

# Compassionate Connections



Hospice Calgary Newsletter | Winter 2024

[hospicecalgary.ca](http://hospicecalgary.ca) | [info@hospicecalgary.ca](mailto:info@hospicecalgary.ca)



You are helping  
grieving families  
connect.

## Families with Loss, Spreading the Light

*The Village* is a free drop-in program funded by the generosity of people like you. On November 16th, the Children's Grief Centre and *The Village* acknowledged *Children's Grief Awareness Day* with an event called "Light the Path". Client families were invited to create paper lanterns in honour of their person who died, and display them at a local park.

Families placed their lanterns,  
with candles inside, on the path  
to remember their person and to  
help others see they are not alone.

It was so moving to see the lanterns decorated in unique and beautiful ways. The night ended around the fire with warm drinks and treats. Participants wrote letters to their person that were "released" into the fire and the universe. It is always a true honour to be a part of our clients' grief journeys.

*A Paper Lantern created by one of  
our clients at the Children's Grief Centre.*



# Fall Fundraising Events You Helped Shatter All Our Fundraising Goals!

'It's the most wonderful time of the year' is a phrase that typically refers to the December holidays, but here at Hospice Calgary, that time starts a little earlier with the kickoff of fall fundraising events. Our busy event season started in October with two community-hosted events supporting the Children's Grief Centre followed by our annual Sage Soirée in November. Thank you to our third-party hosts and all who took part in these events.

## Willow Park and Wine Auction

Hospice Calgary was honoured to be a beneficiary of Willow Park's 30th Charity Wine Auction. This year's event was "Alice in Wonderland" themed, and it did not disappoint! The funds raised from this event go directly to our Children's Grief Centre to help ensure there are no obstacles for children and teens who need grief support.

## Pat's Concert

Pat's Concert is held by former Children's Grief Centre client, Craig, to honour and remember his mother. The evening was filled with fabulous live music, a silent auction, and opportunities to remember Pat. Craig also took the time to talk about how Hospice Calgary and the Children's Grief Centre provide support in the community. In its 4th year, this event surpassed its previous fundraising goal!

## Sage Soirée

The 11th annual Sage Soirée was the "event of the year" (says our Events Coordinator), with live music performed by The Broadview Trio, a silent auction, and delicious food provided by the Calgary Golf and Country Club. It was a soirée, indeed. We are so grateful for our amazing guests, donors, and sponsors whose continued dedication helps Hospice Calgary's mission to care for people during advanced illness, end-of-life, and grief. Thank you to all who attended and supported the event - you are making a true difference in your community!



## Donor Spotlight: Lee Hunt

In December, Lee Hunt wanted to thank everyone at Rosedale Hospice for their hard work. So she stopped by to give a short speech about how **Rosedale is like an orchestra**. Lee's analogy is beautiful and accurate!



Here is a shortened version of Lee's thoughtful expression:

"Just as an orchestra requires people behind the scenes, so too, does the Rosedale Orchestra. From the kitchen staff, housekeeping, and maintenance to the volunteers who help inside and outside the house. The House Manager and Volunteer Manager parallel that of the first violinists. And stepping onto the podium to 'conduct' all is the Rosedale Director of Clinical Care."

Lee has been connected to Rosedale Hospice for almost a quarter of a century. Lee's Dad plus two close friends all passed away at Rosedale. She has seen first-hand the loving care that goes into making Rosedale a special place.

Lee shows her endless passion and support in many ways. For example, she participates in Hike for Hospice Calgary every year, and is consistently a top fundraiser. Sometimes, out of the blue, she will ask, "What do you need at Rosedale?" and then, thoughtfully, she will donate to help us buy something useful for the house.

A few years ago, she established the Hospice Calgary *Winthers-Walker Fund*, a donor-advised fund\* through Calgary Foundation. The fund's purpose is to give the staff and volunteers at Rosedale and at our southeast office opportunities for learning and development. She also enjoys stopping by Rosedale four times a year to do a draw for chocolates.

We think Lee could be compared to a most dedicated season ticket holder, coming to every orchestra performance, telling all of her friends, sitting in the front row, and cheering us on.

**Thank you, Lee! You are an inspiration, and we are so grateful to have you in our community.**

\*Visit [calgaryfoundation.org/donors/start-a-fund/](https://calgaryfoundation.org/donors/start-a-fund/) to learn more about Calgary Foundation's donor-advised funds.

# Did You Know...

We are one of the grateful recipients of the Hitmen Teddy Bear Toss? Each one of our new child clients gets to choose a stuffed animal to help them feel more comfortable in their first visit to the Children's Grief Centre.



*Calgary Hitmen players loading us up with stuffed animals that bring special meaning to our clients.*



*The Calgary tower lit up blue for Children's Grief Awareness Day.*

## Your Generosity is Helping Parents

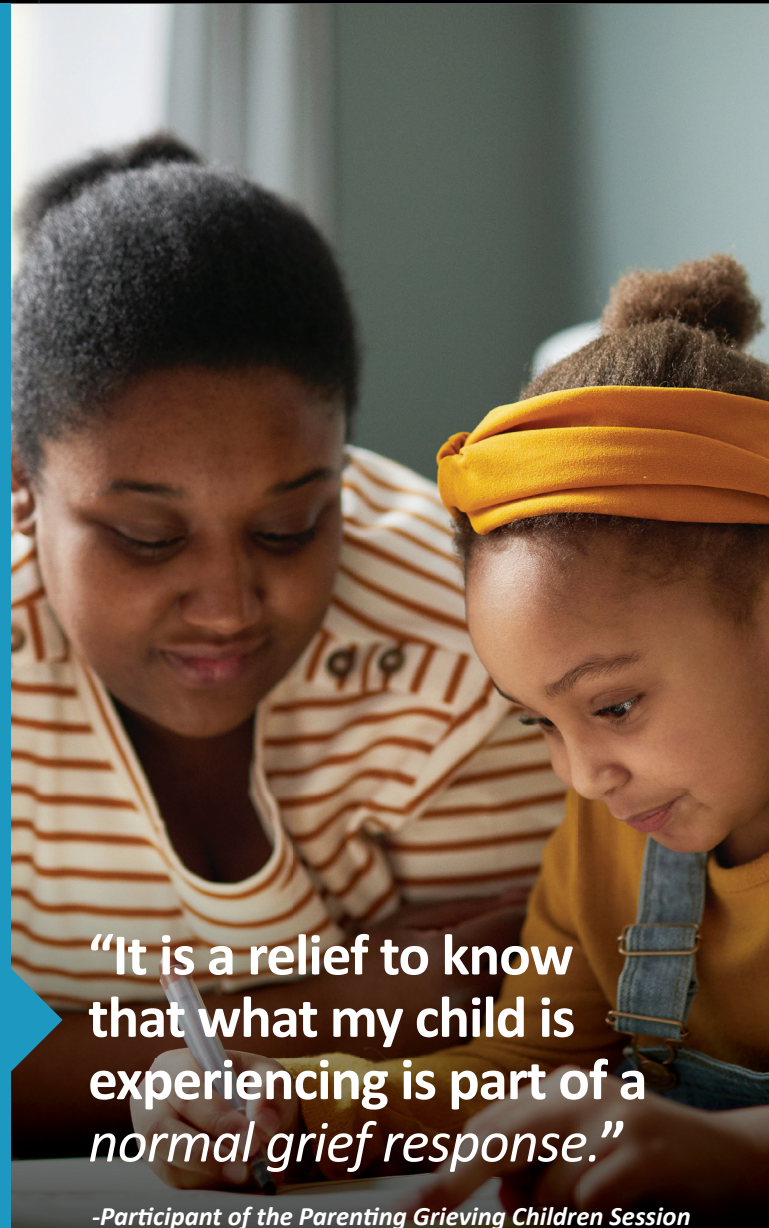
We are listening to the community! Parents who, in many cases, are on their own grief journey, face unique challenges as they parent through their grief.

Many parents told us that they would benefit from brief, concrete, direct, and accessible information as they navigate their grief.

As a result, we began offering in-person information sessions on *Parenting Grieving Children*.

Your donations help make these sessions possible. The free drop-in sessions are presented by one of our counsellors that has experience supporting families through grief. The counsellor answers questions and shares practical information/resources to help parent a grieving child. These evening gatherings also provide an opportunity for parents who are on similar journeys to connect.

To register for the next session, contact Kari Hoellwarth at [Kari.Hoellwarth@hospicecalgary.ca](mailto:Kari.Hoellwarth@hospicecalgary.ca)

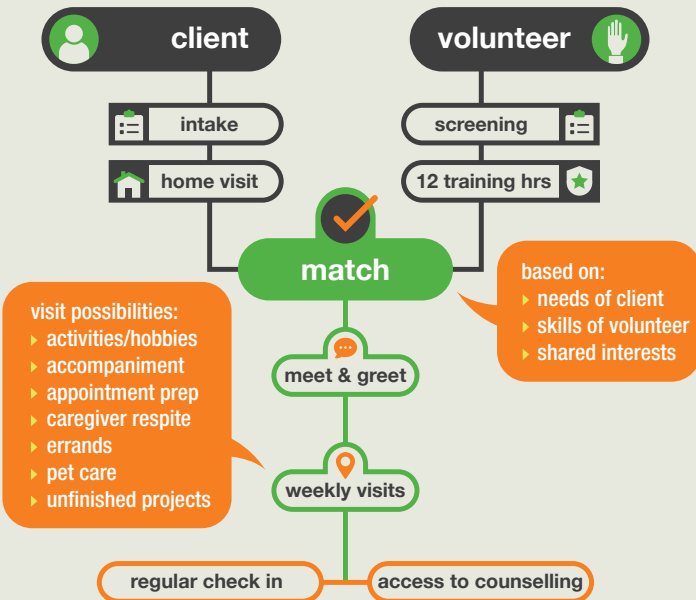


**"It is a relief to know that what my child is experiencing is part of a normal grief response."**

*-Participant of the Parenting Grieving Children Session*

# Companion Program

How does it work?



## Highlights

October 2022 (Launch Date) - December 2023

44 clients

35 volunteers

625

engagement hours



Pat & his Companion Volunteer, Jeremy.

# Building Resilience in Young Caregivers

Living with  
Advanced  
Illness  
Centre

Your support allows us to evolve and innovate to meet the needs in the community.

When you envision family caregivers, you may not consider the youth and young adults aged 15-24 years. Young caregivers can provide as much caregiving time as 14-27 hours per week. This is at an important time in life when youth are developing their sense of identity, self-confidence, and independence. It is also a time when their school performance matters. Young caregivers need support too, and we can help.

Your generosity means we can develop programs and services specifically aimed at these young people who are caregiving. Through counselling that includes strategies such as art therapy and creative writing, our skilled counsellors can focus on building and enhancing the resilience and coping skills of young caregivers.

## Dying To Know:

Live Webinars on End-Of-Life and Palliative Care

MARCH 19 | 6:00 PM – 7:30 PM

### Dreams & Visions of the Deceased

presented by Joshua Black, PhD.  
Grief and Bereavement Researcher, Speaker,  
and host of Grief Dreams Podcast



REGISTER  
FOR FREE



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Advanced  
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# The Many Roles of Rosedale



Imagine you are visiting a close friend who is a patient at Rosedale. You walk up to the home and see a **Maintenance Person** shovelling the sidewalk. Inside, you are greeted by a **Volunteer Receptionist** organized by the **Manager of Volunteer Services**. As you go up the stairs, you smell freshly baked cookies being baked by the **Kitchen Volunteer** while the **Lead Cook** prepares lunch for each patient based on their personal preferences.

Walking down the hall to your friend's room, you pass the nursing station where the **Physician, Licensed Practical Nurse**, and the **Registered Nurse** discuss care planning and symptom management. The Physician calls the **Off-Site Pharmacist** to thank them for expediting the medication.

You knock on your friend's door and find her sitting in a chair with freshly washed hair and dressed in her favourite pajamas. You comment on how good she looks, and she responds by telling you that the **Health Care Aide** assisted her with the most relaxing bath in the spa tub. You notice the **Patient Care Volunteer** making the bed with clean linens laundered by the **Housekeeper** while the **House Manager** finishes hanging your friend's favourite family pictures on the wall.

During your visit, the **Nurse Clinician** stops by to let your friend know she has booked the Fireside Lounge for her granddaughter's birthday dinner. Your friend explains to you that it was something she asked the Nurse Clinician and the **Spiritual Health Practitioner** during her care-planning meeting a few days after she was admitted. As the Nurse Clinician leaves, she reminds your friend that the **Director of Clinical Care** and the Spiritual Health Practitioner will be stopping by tomorrow afternoon with fresh baked bread and a cup of tea for a visit and "check in".

You walk down the spiral staircase, and the **Admin Assistant** smiles as she passes you with a box full of supplies rush delivered for your friend's dressing change.

You leave the house with a lighter heart, knowing that countless people are looking out for your friend.

Hospice Palliative Care Week takes place the first week of May, and we want to thank all the staff and volunteers of Rosedale Hospice for creating the kind of atmosphere that makes Rosedale so special!

## Holidays at the Hospice

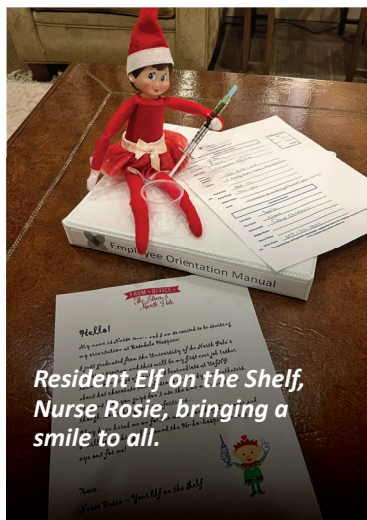
December at Rosedale Hospice was filled with beauty and generosity. We are so thankful to all who helped make it a special place for patients, family, friends, volunteers and staff.



*Year-End Self-Guided reflection created by our Spiritual Health Practitioner, Kristy.*



*Canadian Artist, Cara Luft, performing a private concert for patients and their families.*



*Resident Elf on the Shelf, Nurse Rosie, bringing a smile to all.*



*Beautiful decorations put up by kind volunteers.*



*Holiday wreath donated by Gordon & Sheryl Dibb.*



# Hike FOR HOSPICE 2024 CALGARY

Sunday, May 5th

A family-friendly fundraising event open to all ages and abilities. The event provides participants with an opportunity to celebrate loved ones living with advanced illness and honour those that have passed away. Each year, we walk a 5km route to raise funds that will support Hospice Calgary's mission.

*You can be part of helping raise over \$100,000.*



Living with  
Advanced  
Illness  
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Rosedale  
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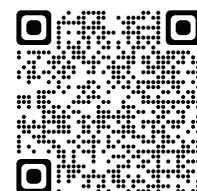


Event Registration Opens March 5th  
[hospicecalgary.ca/hike](https://hospicecalgary.ca/hike)

amazon  
wishlist

By choosing an item from our Amazon wishlist, you are helping provide exceptional care for our clients and patients.

*Note: Due to Amazon's privacy settings, we do not receive your contact information. If you would like a charitable tax receipt for the value of your donation, please email [info@hospicecalgary.ca](mailto:info@hospicecalgary.ca).*



we've partnered with



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- 1 Download the app and book a pickup time:  
<https://app.skipthedepot.com/hospicecalgary>
- 2 Place your bags outside.
- 3 Your refund will go directly to Hospice Calgary!



SkipTheDepot allows everyone to donate directly to our organization with ease. Spread the word by sharing our #SkipTheDepot posts on social media!

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