

Patient Rooms Complete!

Recently, we sat down with Sandi to chat about her experience with the newly renovated rooms. Sandi has a special perspective; her mom was at Rosedale Hospice in 2020, and when Sandi's husband was recently diagnosed with cancer, they chose Rosedale again. Sandi describes hospice as something that, "Isn't for just the end, it's to give the best quality of life in the last few months."

When Sandi's mom was at Rosedale, Sandi and her daughter visited the house every day. The room was pleasant, but also had some challenges. The older window meant less natural light. There was little space for her mom to move around with her wheelchair or for Sandi to set up a cot for the night. Although tight, they made it work.

Fast forward to the present day. Sandi instantly noticed how much brighter and more spacious the room feels. The built-in murphy bed has been used daily, and there is still enough room to maneuver around it with a walker.

"The mini fridge is a really good feature to bring in food and stock it without having to go downstairs to grab it." Sandi's husband also happens to be a sports fan, so the bigger TV mounted on the wall is a major plus. "The rooms are 100% better" Sandi says.



Before - Rosedale Patient Bathroom



After - Rosedale Patient Bathroom



Before - Rosedale Patient Bedroom



After - Rosedale Patient Bedroom

Celebrating Palliative Caregivers & Nurses

National Hospice Palliative Care Week (May 4-10) and National Nurses Week (May 12-18) means the month of May is a special time to celebrate the amazing dedication of those working and volunteering with clients, patients, and families in our community. Thank you!



Grief: Transitioning from School to Summer



When kids and teens are grieving, transitions can be especially hard to deal with. Here are a few recommendations to support the transition from the school year to summer break:



Acknowledge the loss

Recognize where the person who has died would have been present and acknowledge their absence as you move into the summer.



Create routines

Death can impact our sense of security. Finding routines for summer that fit family rhythms can help things feel predictable and secure.



Make a plan

Nothing can replace the person who is gone but, asking your child what they will miss and finding ways to fill the gap can help.



Schedule rest

Grief is exhausting, and so is the end of a school year. Don't forget to leave space for downtime as summer arrives.

Introducing the *Common Ground Mentorship Program*

The *Children's Grief Centre* is launching the *Common Ground Mentorship Program* this September! *Common Ground* supports young people who have experienced grief by providing a one-on-one mentoring relationship. Mentors and mentees spend meaningful time together doing activities like exploring shared interests, going to community events, or just hanging out.

Research shows that resilience in young people can be shaped and strengthened by a relationship with one caring adult in their life. The connection and compassion mentors bring creates a space for grieving children and teens to find healing, growth, and joy.

Mentors are asked to commit to one year and dedicate at least two hours per month to spend with their mentee. We are committed to helping our mentors with training and ongoing support throughout the mentorship relationship so that meaningful and enduring connections can be formed.



Mentors needed! Interested
in applying to be a mentor?

[Learn More](#)

Processing Illness Through Art

Living with
Advanced
Illness
Centre

Odette came to the Living with Advanced Illness Centre as a single parent looking for emotional support and guidance in developing better communication with her children as her illness changed and progressed. She met with her counsellor, Amar, to help her process her experience using various creative strategies.

“As an emotional, creative, and intuitive person I enjoyed his ability to use art therapy as an expression of myself.”

Amar spent time listening to Odette and asking challenging questions to help her with her perceptions and personal experiences. Eventually, Odette’s son and daughter joined her sessions, and her goal became taking care of herself and dying with peace.

“Talking with someone knowledgeable in this area brings insights that you can’t always perceive by yourself.”



Legacy photograph of Odette, by her counsellor, Amar

Poem By Odette & Amar

*I am standing in the presence of mysterious stairs,
Contemplating...Where will they lead me?
As I ask the question, I experience a mystical
moment; resistance leaving my mind and body,
Surrendering to what is to come,
In this dance of life, I am in the now,
witnessing my heart opening to the unknown...*

20th Anniversary of Hike for Hospice Calgary!

On May 4th, our community came together to walk a 5km route to raise essential funds, celebrate individuals living with an advanced illness, and honour those who have died. Although things started off cold and windy, the amazing sponsors, volunteers, and hikers showed up with spirits high! The weather warmed up and it was an incredible morning. *(continues on next page)*



Emcee, Norma Reid, Addressing the Crowd

Thank you to: *Bill Zheng, Norma Reid, Wild Rose Duo, Kevin Schostek, Jalen Philpot with teammates from the Calgary Stampede, Outriders, The Calgary Ghostbusters, Landmark Cinemas Canada, Woods Edward Engineering Ltd., Lilyfire Photography, Persuasion Photography, and JK Sloan Productions.*

Thank you to our incredible hike sponsors!



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Attendees Posing at the Photobooth!



Hikers as they finish the 5 KM walk



Calgary Stampede & Outriders

Photos by: Persuasion Photography

Update at the SE Office

The front exterior of Hospice Calgary's SE office got a makeover to match the meaningful work that takes place on the inside of the building. In the fall of 2024 we had a mural painted in our colours. Recently, signs with our centres of care were installed to match. These two changes make a big difference in welcoming clients and families to the space, and showing the local community who we are.



Mural by @moonandflorastudio

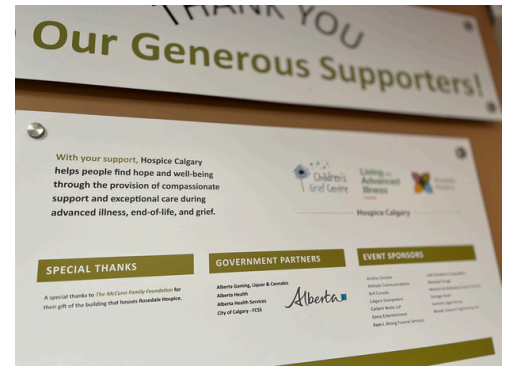
Thank You, 2024 Donors!

Donors make care possible. With rising costs, political and economic uncertainty, and the ever-growing need, we depend on donors to keep our programs accessible.

To everyone who believes in making Calgary a place where all people can live well through advanced illness, end-of-life, and grief – Thank you!

Thank you for giving.

Did you know? Donors who gave more than \$500 in 2024 and all monthly donors are celebrated on our annual donor wall at the *Children's Grief Centre* and *Living with Advanced Illness Centre* offices. Come visit and have a look for yourself!



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