



*Giant Connect Four*



*Outside at the fire pit*



*Lanterns along the path*

## A Place for Kids Like Me

*Light the Path* is an annual event at the Children's Grief Centre (CGC) to highlight Children's Grief Awareness Day. Clients are invited to make and bring paper lanterns to honour their person who died. *Light the Path* participants connect with other families and learn that they aren't alone in their grief.

A nine year old client who came to the event, shared his thoughts:

"When our mom died, my sister and I came to the CGC to meet with a counsellor. I like coming here. It's nice to know there is a place like this for kids when someone dies because there are not a lot of people who understand what it's like."

**"For me, adjusting to the changes has not been easy. I know other kids come to the CGC, too. But seeing all of the lanterns and so many kids, it felt comforting to know others have been helped by the CGC."**

"I played some of the games like Ski Ball and Giant Connect Four, but my favourite part of the night was standing outside by the big fire, drinking four cups of the *best* hot chocolate. I felt peaceful standing there and feeling that kids like me are not alone and there are people helping us. There is only one thing that could make next year's *Light the Path* better... roasting marshmallows!"

# PARENT & CAREGIVER INFO NIGHTS:

These evening sessions are for parents and caregivers supporting grieving children and teens. Sessions are presented by CGC staff and cover topics and common concerns related to parenting through grief. Each monthly session provides valuable information, practical tips, and connections with others navigating grief and loss after death.



**APRIL 22**

Children, Teens & Grief:  
Common Responses & How To Talk About Death & Grief

**MAY 6**

Supporting Children & Teens After a Sudden Death

**MAY 20**

Rituals for Remembering:  
Staying Connected to the Person Who Died

**JUNE 3**

How to Talk With Children About Advanced Illness  
Presented in Partnership with our Living with Advanced Illness Centre

[Register for Free](#)



**SAVE THE DATE:  
SUNDAY, MAY 4TH**

Registration & Fundraising open March 5th

[Learn More](#)







Pauline (left) & Leslie (right)

## Pathways To Connection: Companion Program Spotlight

Living with an advanced illness can feel isolating. Sometimes, activities we love are no longer accessible. Even leaving home for fresh air can feel out of reach.

When someone living with an advanced illness joins *The Companion Program*, they are matched with a volunteer who meets with them once a week. Companion volunteers are trained to provide practical support and create meaningful connections, helping participants feel less alone. These connections help people thrive. Recently, Pauline and Leslie - a participant and her companion - shared their experiences with the program.

**Q: What does being a companion volunteer mean to you?**

**Leslie:** It's a rewarding experience to develop a relationship with someone who is looking for companionship. Not only am I enjoying our weekly visits, but I'm learning a lot and feel like I can be of service to my community.

**Q: Has your volunteer companion impacted your daily life?**

**Pauline:** Yes, this has made an impact on me every day. Spending time with Leslie and knowing she is coming for a visit has helped.

**Q. What are some things you've learned through this volunteer role?**

**Leslie:** According to Pauline (who wanted to answer this for me!), I'm learning how to count faster when playing Cribbage. I've also learned how being present, listening and learning about someone's life story is providing support - as opposed to problem solving, advising or fixing.

Interested in learning more about  
our **FREE Companion Program**?

[Read More](#)

## DYING TO KNOW EDUCATION SERIES

MAR 18, 2025 | 6:00 PM – 7:30 PM

### Sitting in Silence: Creating a Space for Grief



Presented by:  
**Becky VanTassel**

[Register for Free](#)

## Living with Advanced Illness Centre Welcomes New Director



On January 6th, 2025, Rani Murji started as the new Director of the Living with Advanced Illness Centre. We are excited for Rani to share her skills developed as a counsellor at YWCA, during her social work practicum at Skypointe Hospice, and as Director at the Centre for Suicide Prevention. *Welcome, Rani!*





Rosedale  
Hospice



*Original windows in patient room*



*New high-efficiency windows*

## Rosedale Reno Update

The final phase of the Rosedale Hospice patient room renovation is in progress and expected to be completed within the next few weeks. We are looking forward to being back at full capacity.

Triple-pane windows have been installed, and custom-designed blinds are coming soon. This upgrade brings energy efficiency and added comfort in the house. Thank you to Starcraft Construction, our local contractors, who have not only provided great workmanship, but have also been kind collaborators. The contractors and tradespeople have been respectful and responsive to the needs of our patients and their loved ones.

This project would not be possible without a grant from *Government of Alberta's Facility Enhancement Program* and gift from the *Ernie & Leah Hagel Family Foundation*. Thank you for your contributions!





*Garland on the staircase*



*Debbie working on decor*



*Hot Chocolate Bar by Debbie*

## Bringing the Holidays to Rosedale

The holiday season is stressful for many. Having a family member or close friend in hospice during this time is especially heavy. At Rosedale Hospice, we do what we can to brighten each day for our patients, and their visitors. A big part of that goal is achieved by our amazing volunteers.

One such example is our volunteer, Debbie. Debbie's father passed away two and a half years ago in hospital. In her father's final week and days, the family surrounded him with love, memories, music, prayers, and touch. They created a sacred space.

Knowing that not everyone has that same kind of support, Debbie became a reception volunteer at Rosedale Hospice.

**Although Debbie typically volunteers at reception, she also volunteered to bring some holiday spirit to Rosedale this past December. "I enjoy this! I am able to contribute. I feel that I have a purpose and that my life has meaning. I hope that the decorations uplift patients and guests. Decorating is just a small gift I can give."**

Thank you Debbie, for using your time and talents to make a meaningful impact on Rosedale Hospice patients and their families.



# Sage Soiree 2024 Recap

Our annual dinner and silent auction fundraiser, *Sage Soirée*, is a time to gather, hear impactful client stories, and support Hospice Calgary. Guests learned about the impact of their donations as four strong and brave grandmothers shared the ways they are cared for through our services. While the work of Hospice Calgary can be heavy, hearing such stories is a great reminder of why Hospice Calgary exists.

Thank you to everyone who attended and donated to *Sage Soirée*, and for being open to talking and hearing about the hard stuff. Please save the date for our 2025 *Sage Soirée* event, happening on November 6!



*Guests from our client community*



*The Broadview Trio during cocktail hour*



*Guests perusing the auction tables*



*Emcee, Dave Kelly*

# Celebrating a Lasting Legacy

When Fiona, Executive Director, and Kelsey, Director of Marketing and Fund Development, met with Al Osten in the summer of 2024, they had no idea how transformative this meeting would become for Hospice Calgary.

Al, who is in his 90s, arrived at the main Hospice Calgary office with his lawyer and a broken arm. Despite his ailment, his bright smile and kind spirit were intact.

Al was interested in learning about our services, and after tours of both our counselling centre and Rosedale Hospice, he asked about practical ways he could help. So, our team gave him a long wish-list of projects.

**A few months later, Al made a generous gift of  
\$1 million for everything on the wish list and more!**

Thank you, Al Osten and Buddy Victor (Al's late partner), for the way you celebrate and give back to your community. Your legacy will impact thousands of people facing advanced illness and end-of-life for decades.

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