



# Hospice Happenings



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TUESDAY 2 OCTOBER

## The Month of Thanks

October has to be one of the best months of the year; the colors, the holidays, family, friends, and gratitude.

At Pilgrims we have much to be thankful for, as you will see throughout this issue, but first, we would like to congratulate our new volunteers on successful completion of the fall Hospice Care training series.

Welcome to the Pilgrims family everyone, and thank YOU for wanting to join us and make a difference in the lives of others.

Our next [training series](#) will be held in March 2013.

We are also looking forward to our first Advanced Soul Doula training, to take place on October 13th, 2012, for all Compassionate Companions volunteers.

## Downward Dog for Hospice

This month Pilgrims Hospice has been chosen as the Karma charity for [Moksha Yoga](#) studio in Sherwood Park. Each Friday night a Karma Yoga class is held, from 9:15 - 10:15pm, and all proceeds from the Karma classes in **October** will be donated to Pilgrims Hospice.

The karma classes are open to drop-in, for the minimum donation of \$7, and are suitable for all levels. Bring your mat, towel and water to class.

Thank-you to owners, Jenny and Dave Sproule, for their support. This studio welcomes all students with a smile, and all instructors are friendly and willing to support your personal yoga practice. Hope to see you on the mat, ready to get your sweat on!

### Find us on



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### In other news

#### Casino Event Volunteers Needed

Pilgrims is looking for volunteers to help with with our Casino fundraising event, taking place on March 16 & 17, 2013.

Putting out an early call for support to make sure we have the best Casino event to date!

Please contact us if you'd like to help out.

**Pilgrims  
Hospice Society**

## Sweet not Savoury!



Day Program crafts and creates....with yummy end results! Gobble Gobble!

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## Volunteer of the Month

Although she has been with us a very short while, we are so humbled by her immediate dedication to Pilgrims Hospice. **Nicole Read** joined Pilgrims as a Day Program Companion in August, and has demonstrated her compassion since day one. Taking the role head-on and bringing joy and smiles to the clients of Day Program. Nicole is a light in the lives of the Pilgrims family, and we cannot express enough gratitude for her desire to be a presence at the hospice. Congratulation Nicole! - you are very appreciated.

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## A Day for Hospice Awareness

Did you know that this October 13th marks the date for [World Hospice and Palliative Care Day](#)? Taking place on the second Saturday in October each year; this year's theme is "Living to the End- palliative care for an ageing population". This day is organized throughout the world through the Worldwide Palliative Care Alliance and specifically here in Canada through the Canadian Palliative Care Association.

This very important date is a day of unification for Hospices and Palliative care centers around the world. This day has a few very specific purposes.

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*Celebrate Life...Our Pledge of  
Care and Compassion*

[Pilgrimshospice.com](http://Pilgrimshospice.com)

If you would like to make a contribution to Hospice Happenings, or nominate a volunteer for outstanding service, please feel free to make any submissions to **Debbie Nessel**, by way of email:  
[debbien@pilgrimshospice.com](mailto:debbien@pilgrimshospice.com)

Suitable additions would include such things as: stories, poems, jokes, photos, etc.

## Forward to a friend

Know someone who might be interested in the email? Why not [forward this email](#) to them.

## Unsubscribe

Don't want to receive these emails anymore? You can [unsubscribe](#) instantly.

1. It serves as an event which brings awareness for the need of hospice and palliative care around the world.
2. It raises an understanding of the nature of people who need the services of palliative and hospice care and illustrates to the world the assistance that it can provide.
3. It brings awareness and offers knowledge to the public regarding hospice and palliative care in order to raise funds to support palliative and hospice care.

Anyone can be involved with World Hospice and Palliative care day. You may choose to volunteer or help out at your local Hospice. You can also share your story on the World Hospice and Palliative care website <http://www.worldday.org/share-your-story/> and tell us what hospice and palliative care has done for you or a loved one, find out or take part in a hospice awareness event taking place near you, or if you can, plan your own awareness event for hospice to raise funds to donate to the cause.

In 2009 Pilgrims Hospice Society took part in [Voices for Hospice](#). This is an event held on World Hospice and Palliative Care day every second year. It is a global event that has communities gathering all over the world in harmony. These concerts are not only uplifting and inspiring for all that attend, but are also integral with the assistance for fund development for hospices all over the world.

We can all do our part to raise awareness for a cause that we believe in. No matter how little it may seem to you. You just never know when your actions will be witnessed by others and have a profound effect on another life; snowballing into something bigger than we could ever imagine.

*Submitted by [Bonnie Ross](#), Day Program Manager*

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## **Being Thankful**

*Submitted by Day Program Volunteer Companion, Joan Buckland.*

Recently, I read about a woman named Kim Phuc Phan Thi, who became world famous as the nine-year-old Vietnamese girl, running and screaming down a road near Saigon with burning flesh falling from her body. The photo was taken in June 1972 during the Vietnam War, and was broadcast around the world.

Ten years later, the photo was used as a propoganda tool in Vietnam;

the government made her quit her pre-med studies. Eventually, she was allowed to finish her studies in Cuba, where she met her husband. They received permission to honey-moon in Russia.

On returning to Cuba from Russia, their plane had to refuel in Gander, Newfoundland. As they started the descent, Kim whispered her plan to her new husband. They had one hour on Canadian soil, they took their passports, left everything else behind, and with other Cubans, went to an immigration official.

She is now a Canadian citizen, has a family (boys who play hockey), and they love Canada and the people. They even love the cold. But what she appreciated most of all is the Freedom.

So, as the farmers harvest their crops, the leaves start to fall and the season of reflection and thankfulness is near, it would behoove us all to ponder at just how fortunate we are in this great country, province and city; with wide open spaces, beauty second to none and our freedom. While on other parts of the world, they suffer from hunger, poverty, disease, persecution and intolerance. Let us give thanks for our blessings.

On a more personal note, I am thankful for my family and friends, and the many wonderful staff, volunteers and clients I have met over the years at Pilgrims Hospice. What an honour it is to be a part of the lives of the courageous and brave souls that come to hospice. It is a privilege to know them all. How fortunate I am, to share laughter and happy times, as well as sad ones with you. You have made my life so much richer.

Thank-you and God Bless!

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## Sunflower Success



Above: (left to right) Sarah Walker, E.D. Hospice Calgary; Lisa Porret,

*Edmonton Zone Palliative Care; Mayor Stephen Mandel; Dr. Ingrid DeKock and Tina, also from Edmonton Zone Palliative Care.*

Thank you to the 185 guests who attended this years Dr.Helen Hays Sunflower Luncheon; increasing our attendance over 37% from 2011, and raising approximately \$25,000 and a lot of awareness.

For the 3rd year, the lovely luncheon at the Hotel Macdonald, was emceed by Seanna Collins, of Global Television, and this year we were honored by the presence of Honorary Chairperson, Lynn Mandel, who shared personal reflections of her family's experience with hospice care, as well as, keynote speaker, Sarah Walker, Executive Director of Hospice Calgary and President of the Canadian Hospice Palliative Care Association.

Also in attendance were Mayor, Stephen Mandel, bringing greetings from the City of Edmonton, and Dr. Helen Hays, the event namesake and Pilgrims Hospice founder.

We look forward to an outstanding event again next year, to take place on September 20, 2013.

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## Celebrations



It is well known that our pledge of care and compassion, at Pilgrims, is to Celebrate Life. And we were very excited to Celebrate a special milestone in September; the 80th birthday of veteran volunteer **Shirley Bell**. Shirley has been a volunteer companion in the Adult Day Program for more than 11 years, and we are blessed and grateful for her unwavering support. Happy Birthday Shirley, and may the coming years continue to be as fruitful.



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