

Hospice Happenings



TUESDAY 2 DECEMBER

Giving Tuesday - Giving Dignity and Hope



After Black Friday and Cyber Monday, today is **Giving Tuesday** – a National Day that celebrates giving back. It's a day where charities, companies and individuals rally for favourite causes and think about others. As a new movement in Canada, it's a wonderful reaction to the consumer culture we find ourselves in, and marks the “**opening day of the giving season**”. It's a celebration of the holidays, our communities, and the people who most need our help – like Gary.

When he first came to our **Adult Respite Day Program**, Gary was severely ill, isolated and depressed - a lonely 45 year old man, referred to us by his Home Care team. He was shy and uncomfortable in unfamiliar surroundings and his depression kept him almost a hermit. On his first day here, Gary was unkempt and disheveled, keeping his head down and lips sealed for the duration of the day. We didn't think he'd return....

Gary surprised us all - on his third visit he had a new haircut, clean clothes, and his decision to **join** our group was obvious. Gary loved the Day Program, laughing with his peers and telling stories of his life's

Find us on



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Ways to Donate

It's as simple as a few clicks! Make a **secure donation** through our website by [clicking here](#). You can also speak to Sean & give a **credit card donation** at 780-413-9801 ext. 304, or **mail a cheque** to us at Pilgrims Hospice, 9808-148 Street, Edmonton, AB, T5N 3E8. **Your kind donations ensure the continuation of our vital programs.**

adventures. He continued to visit, even as his health was declining. After Gary's death, his mother called us from Vancouver to say how truly grateful she was to Pilgrims for making his last few months **so worth living**. Gary was given back his dignity and zest for life, and even called his mom to say how happy he was. She called us **"his Angels"**.

On **Giving Tuesday**, make a [secure donation](#) today through our website and feel great giving dignity and hope to others like Gary in the last months, weeks and days of life. **Thank you.**

Starting the Conversation

For those facing the end of life and their families, the subject of death and end of life care can be difficult to broach – often being the “elephant in the room” that is never talked about. So much education and support is given at birth... we need as much education and support at death.

In today's episode of [The Current](#), CBC Radio continued its excellent and much-needed exploration about death and care of the dying, encouraging listeners to have such essential conversations. The Canadian Palliative Care Association also has resources to help us [Speak Up](#) – having conversations about end of life care and being clear about medical directives, can lessen the stress and anxiety when decisions need to be made.

At Pilgrims Hospice, we see dying as an intimate and important part of life, and can help you have the important conversations. Through our [counselling](#) programs, we help individuals and family members explore issues and concerns about illness and death, as well as look at what is meaningful and hopeful in the journey. [Death Cafés](#), hosted at Pilgrims, provide a great opportunity to talk openly about death. [Compassionate Companions](#) also provide supportive listening, giving the opportunity for those facing the end of life to express their questions and feelings. As mentioned in *The Current*, those facing the end of life **"don't need to be protected but heard"**.

Grief During the Holidays



Thank you!

Forwarded by a friend?

[Click here](#) to sign up for our monthly newsletter, or to see past editions.

Pilgrims Hospice Society

9808-148 Street
Ph: 780 413 9801
Fax: 780 413 9748
info@pilgrimshospice.com

Celebrate Life...Our Pledge of Care and Compassion

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

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

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Last year, Cheryl Salter-Roberts wrote an excellent article called [Grief During the Holidays](#). As we know, grief, death and loss do not take a holiday at any time, especially at Christmas. In this season of love, family, gifts and glad tidings, there are many who are struggling to find a moment of peace in the chaos of happiness. [Click here](#) for comforting ways to support those trying to cope with the holidays, when grief is the guiding emotion. As Cheryl says, *“In the end, the best gift anyone who is grieving can receive is the gift of compassionate listening. No judgement, no changing the facts, no shutting down the conversation. Just listening and being present.”*

Another resource you may find helpful at this time of year is [Helping Yourself Heal During the Holiday Season](#), by Dr. Alan D. Wolfelt. He finishes with these words: *“As you approach the holidays, remember: grief is both a necessity and a privilege. It comes as a result of giving and receiving love. Don’t let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving, caring people.”*

Festive Concert - December 9th



PILGRIMS HOSPICE
COMPASSION FOR THE JOURNEY. SUPPORT FOR FAMILIES.

&



St. Andrew's United Church

WARMLY INVITE YOU TO A

Festive Concert



Tuesday, December 9th

AT
7 PM

St. Andrew's
United Church
9915 148 STREET, EDMONTON

MUSICAL GUESTS:

Nova Musica

CONDUCTOR : BILL DIMMER

Anna Maria Manalo
PIANIST

**Edmonton Swiss
Men's Choir**

FESTIVE REFRESHMENTS PROVIDED

By donation: proceeds go to PILGRIMS HOSPICE
& St. Andrew's United Church

Please join us for this special evening together!

Visit us on Candy Cane Lane!



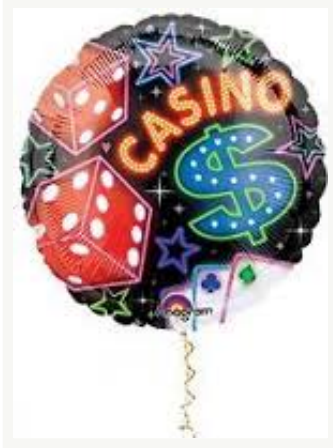
On Friday, December 19, drop into our OPEN HOUSE from 6:30-8:30pm and enjoy hot chocolate, festive music, & warmth as you take in the delights of Candy Cane Lane. At: Pilgrims Hospice, 9808 148 St., Edmonton.

Learn about our vital work in the community - providing compassionate

care to individuals at end of life, bereavement & grief support for their families, and much-needed respite for their caregivers.

With special thanks to Geralynn and her co-workers from the **Home Depot Distribution Center**, for helping us with our OUTDOOR lights and decorations for the **third year running** - they do a great job and their time and talents are very much appreciated!

Fundraising Casino – Call for helpers



Our longstanding volunteer, Viv Mendes, has again taken on the planning of our **Casino Fundraiser**, to be held on Feb 2-3, 2015. If you, your friends or family can **help by taking a shift**, please contact Viv at mmendes@shaw.ca as soon as possible. We expect to raise around \$75,000 - a significant amount to sustain our programs and well worth our effort. ***Thanks to Viv for your ongoing support.***

Adult Grief Groups in 2015

Starting in January 2015, the **Counselling Services & Spiritual Care program** will now be hosting **two educational workshops per month** along with **two drop-in support groups** (one support group open to the public and one specific to young adults). The Education workshops will cover different aspects related to the grieving process and how to care for yourself as you grieve.

The schedule for monthly events is as follows:

- First Tuesday of the month – Workshop #1
- Second Tuesday of the month - Drop-in Grief Support Group
- Third Tuesday of the month – Workshop #2
- Fourth Tuesday of the month – Young Adult (ages 18-30) Drop-in Grief Support Group

Upcoming Dates:

Drop-in Grief Support Group January 13, February 10, March 10

Once a month drop-in grief support group open to the general public.

Come connect with others who are grieving in a safe environment. Trained facilitator will guide the group in topics related to grief. Group members are encouraged to share their own experiences.

Young Adults (ages 18-30) Drop-in Support Group January 27, February 24, March 24

Once a month drop-in support group for young adults (ages 18-30) who wish to connect with same-aged peers who are also grieving.

Trained facilitator will guide the group in topics related to grief. Group members are encouraged to share their own experiences.

Fees – Drop-in groups are **by donation**. Please feel free to contribute what you can.

Workshop #1 - What is Grief? January 6, February 3, March 3

Exploring the multidimensional impacts of grief. At this workshop you will learn the different ways that grief can impact you – physically, emotionally, cognitively, and spiritually. We will discuss different grief “symptoms” and how the experience of grief can change over time.

Workshop #2 – Using Self-Compassion as you Grieve January 20, February 17, March 17

At this workshop you will learn the principles of self-compassion and how different self-compassion techniques can help you as you grieve.

Fees - \$30 per workshop or \$50 for two workshops.

Group programming will take place on Tuesday evenings throughout the year. **For all the events, please contact Jesse** at (780) 413-9801 ext. 307 or email jessem@pilgrimshospice.com to let her know if you plan to attend, or to register for the workshops. You can also contact Jesse for more information about the Counselling Services & Spiritual Care program’s individual and group services.

We look forward to being able to support more individuals with these changes in our group programming, and hope you pass on these exciting changes to those who may be interested.

Happy Holidays



We will be closed for the holidays, from December 25 to January 1 inclusive. From all of us at Pilgrims Hospice, we wish the happiest of holidays to all our supporters, clients, staff & volunteers and look forward to seeing you again in the New Year.

You are receiving this newsletter because you signed up at pilgrimshospice.com or received our pdf newsletter. Having trouble reading this? [View it in your browser](#). Not interested anymore? [Unsubscribe](#) instantly.