



Hospice Happenings



TUESDAY 8 JANUARY

Executive Director Greetings



Happy New Year! to all of our Friends of Hospice! 2012 was a year of growth for all of our Hospice Programs; we are happy to report that most are fully subscribed. This means we are providing the compassionate and caring services to those who need us most. 2013 will bring opportunities for Pilgrims Hospice to expand current services, and possibly add some new ones. We look forward to continuing our provision of quality Hospice Care Programming to the Edmonton community.

To our donors, THANK YOU and please know you are always welcome to visit us for a tour; to our Volunteers, THANK YOU, we could not do what we do without you; and to the Staff and Management, THANK YOU for all you do for our clients and for me! We do good work!! Bless you, and again, a very Happy New Year to each of YOU.

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In other news

Casino Event Volunteers

Pilgrims is looking for volunteers to help 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.

BriarPatch Centre for Grieving Children, Teens & Families: Bereavement Support Programs

Warmest Regards,
Deb Birkett

Volunteer of the Month

Each month, the Pilgrims management nominates a Volunteer of the Month for their dedicated and outstanding service. Please share in the joy as we honor the following Pilgrims Hospice Volunteer:

Each week we look forward to a fun filled Wednesday, and welcome much humour from Day Program volunteer **Henry O'grodney**. Henry takes the time to do the little things for our clients, and these things really add up! Bringing in special snacks, helping clients cut their food, and making sure each client is enjoying their personal creature comforts, while also handling certain housekeeping chores, such as taking out the garbage. We count on Henry, and truly appreciate his time and thoughtful contributions. As well, we are blessed each year by a donation from *CN Railroaders in the Community*, as they recognize Henry's volunteer efforts with Pilgrims Hospice, during his retired years. Thank you Henry, and congratulations on being the first Volunteer of the Month for 2013! You set the standard high for the new year.

Namaste

With palms together at heart centre, and fingers pointing up, we bow to our friends at [Moksha Yoga Sherwood Park](#) as we honor them for their generous donation. Each Friday night, MYSP holds a Karma yoga class, where the drop-in fee is by donation, and each month a charity is chosen as the recipient of the Karma proceeds. Pilgrims Hospice was the Karma recipient of proceeds from October 2012, totalling over \$800.

Thank you to owner's Jenny & Dave Sproule, as well as the instructors of the Karma yoga classes at Moksha Yoga Sherwood Park.

Compassionate Companions: a Year in Review

What a great year for our Compassionate Companions program. You may recall at the beginning of 2012, that this program was called the Home Hospice Visiting Program. Though with much consideration, we made the decision to rebrand with a name that better describes the amazing service being offered to our community. We also were happy

New support programs will be beginning this month. Please click [here](#) for more details.

Or call **Cheryl Salter-Roberts**
780 413 9801 ext 309

Hearts for Hospice

Join us Sunday, February 17th for a Valentine's Dinner, sponsored by Il Forno Restaurant.

Tickets \$125 per person
5 course dinner, wine and entertainment included.

5:30pm reception
6:30pm dinner

All proceeds to support
Pilgrims Hospice

Save the Date

**Walk in My Shoes -
Dinner & Auction** in
support of Pilgrims Hospice
Friday, April 19th, 2013
Sutton Place Hotel

Honorary Chair, Craig
MacTavish

Please contact Doug for
more information or to
order tickets, 780 413 9801
ext 302

Volunteer Training

Hospice Care Training
March 2, 9, 16, 23, 2013
(9am-4pm)
Registration deadline:
February 18, 2013

Advanced Soul Doula Training

For Compassionate
Companion Volunteers only
April 13, 2013 (9am-4pm)

Please contact Debbie at 780
413 9801 ext303 for more
information on volunteering.
Please apply on our [website](#)

to develop the Advanced Soul Doula Training. This opportunity, offered exclusively to our Compassionate Companion Volunteers, provides further information and guidance on how to support those at the end of life, what to expect during the dying process, and how to assist during the humbling moments of life review and legacy work.

Our Compassionate Companions team nearly doubled in number by the end of the year - which allows us to support more individuals in need; whether it be in the home, hospital, or care facility.

We cannot express how proud we are of this group of volunteers. They come together at our meetings to share, learn, and grow - allowing them to provide the best of care. They have outstanding communication skills, and keep up to date with their manager. But most of all, they each are the prime example of Compassion; truly upholding the title of their role.

We look forward to the expansion this program will have throughout 2013. If you'd like to make a referral, or have a Compassionate Companion during your own journey, please call Program Manager, Debbie Nessel 780 413 9801 ext303.

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

Don't want to receive these emails anymore? You can **unsubscribe** instantly.

What's your resolution?



Day Program Highlights



2012 brought much excitement to the Day Program, we had many guests stop in, including: Nakita Cohan, Miss Teen Canada; Deana Rattai, Harpist; the ever talented singer songwriter, Andrea House; Constable Vera Murphy; Reuben Anderson; Pastors Kevin & John, MLA Matt Jeneroux, and many more.

New staff members also joined Day Program this year, bringing fresh energy, humour and warm hearts with them. We were happy to welcome Dan Aire as our cook, preparing healthy and creative dishes for lunch, and Kim Stobbe as our Day Program Assistant and Health Care Aide.

One of our creative endeavors in 2012, also turned into a fabulous fundraising resource. We continue to make and sell paper bead bracelets, and send out a special thanks to Jim, who works tirelessly to make the beads by hand.

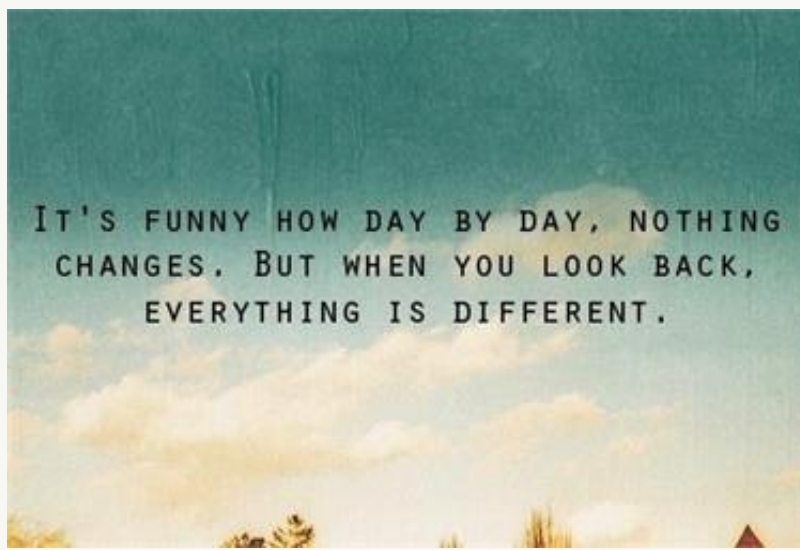
Numerous new volunteers and students have also brought their own special flair and kindness to the program in the past year, and we were so happy to welcome them to our family. Every one involved with Day Program (staff, clients, volunteers and visitors) have been able to enjoy our various activities: new arts and crafts, lots of baking days, the music shared weekly from Anna Maria, Jim & Sheila, as well as Reiki sessions shared by Liane, the antique car club coming down to show off their rides and enjoy a BBQ, learning Buddhist meditation, a summertime backyard weiner and marshmallow roast, and a special visit with our big friend Titan the dog.

The holiday fun was also plentiful: entertaining Halloween celebrations, Thanksgiving feasts with gratitude shared by all, and THREE days of Christmas meals - the Christmas Eve theme, a reminiscent potluck, and the traditional Turkey dinner. Thank you to all who made our holidays warm and cheery.

There really is never a dull day in Day Program. We spend much time

laughing, socializing, and spending quality time together, even if we're just relaxing with some great movies.

A Year Gone By



Adult Bereavement

Group Support

The next session of the “[Grief Journeys](#)” Adult Bereavement group will run Monday evenings from April 8th – June 3. This group supports and provides resources and help to adults grieving the death of a loved one. A supportive group where you can connect with others who are also mourning can be a very helpful and healing part of the grief journey.

Individual Support

In the meantime, individual counseling is always available throughout the year. Sessions can be tailored to your specific bereavement concerns and needs. In addition to verbal counseling, Sheila is a trained music therapist. Some clients wish to have guided imagery, relaxation, and opportunities to express through their grief through the creative arts as part of their counseling. This is entirely up to the individual.

For more Information please contact:

Sheila Killoran, MA, MTA, BMT

COUNSELLING SERVICES & SPIRITUAL CARE COORDINATOR

P: 780.413.9801 ext. 307

E: sheilak@pilgrimshospice.com

Day Program Support

From January until April, music therapy will be offered weekly for the Monday Day Program clients. Sheila looks forward to re-connecting with the Day Program, and getting to know the new participants. Bring your song requests!

Giving Gifts

Although it is most common to think of donations and gift giving over the holiday season, Pilgrims Hospice relies on the generosity of our community to support our programming all year through.

Please consider becoming a monthly supporter. By spreading your donation over the course of a year, you can help provide Pilgrims Hospice with a reliable source of funding to ensure the continuation of quality care to clients and their families. Becoming a monthly sponsor is as easy as providing your credit card information (Visa, MasterCard or American Express) and your gift will be withdrawn automatically each month. Contact us for more details, or download the donation form [here](#).

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