



Hospice Happenings: January 2014





TUESDAY 7 JANUARY

Happy New Year

The Pilgrims family is honoured to wish you another year of happiness, peace within your being, and love in your heart - and we look forward to supporting our community throughout 2014.

We value quality of life, compassion and dignity at Pilgrims Hospice - and we strive to Celebrate Life with those seeking our help through [programming](#).

If you, or anyone you know, is experiencing progressive life-threatening illness or grief, please contact us to explore how we may be of service.

"Hope is the thing with Feathers that perches in the Soul, and sings the tunes without the words, and never stops at all." ~Emily Dickinson

A New Alliance

Find us on



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In other news

Annual Event Dates

Please check our online calendar for 2014 scheduled events.

Support Pilgrims Hospice

The ongoing support of our community, helps us to continue much needed quality hospice care for those in need. Please **DONATE** to our cause, and know you are making a difference; for those at end-of-life and their



Richard Wong, Chair of Pilgrims Hospice and Rick Paterson, Chair of Canterbury Foundation were all smiles, on Monday, December 16, 2013, as they signed a Memorandum of Understanding, to explore the creation of our residential hospice program.

Message from the Board Chair

On behalf of the Board of Directors, Management, Staff and Volunteers, we wish you and your loved ones a very happy and prosperous New Year!

They say the past is a window into the future so I will begin by recognizing some of the blessings we have been fortunate to receive over the past year.

Year 2013 was a very successful year for Pilgrims Hospice Society.

Our client centered programs were fully subscribed and our board and management teams were as engaged as ever.

Our treasured volunteers, who are key and critical to our success, have grown to assist in our Mission which is to provide voluntary, free-standing hospice that offers supportive care to enhance the quality and dignity of life for those diagnosed with a progressive, life-threatening illness.

The Fund Development efforts supported by key signature events such as the annual Walk In My Shoes Dinner Gala, the revered Dr. Helen Hays Sunflower Luncheon, the Honorable Heather Klimchuk Golf Tournament and the Hearts for Hospice at Il Forno, reached new heights helping the Society to achieve greater fiscal sustainability and increased community profile.

In addition to the above, we are forever grateful to our legacy donors, both big and small. Your unconditional support is very much appreciated and it provides us with the resources to provide a much needed service to the Edmonton community that would otherwise be unavailable to those in need.

grieving families.

Pilgrims Hospice Society

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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.

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Guided by our new business and strategic plan, 2014 is looking to be another promising year. Under the leadership of our new Executive Director, Sebastian Panciuk and supported by Deb Birkett in her new role as Director of Programming, we are confident that the strategic goals and objectives for the Society are in great hands. It is a very exciting time for Pilgrims Hospice Society and we look forward to making some major announcements in the New Year.

Sincerely,
Richard Wong

Thanks for Your Helping Hands



The Decorating Volunteers from Home Depot Distribution Centre

Thank you to those who were able to support the holiday celebrations at Pilgrims in December; the Pilgrims team that came out to decorate on December 5th, the crew from Home Depot Distribution Centre who lit up the exterior of the building, and those who welcomed our community at our Holiday Open House on December 20th. Thank you also to Robin Linden, Fairmont Jasper Park Lodge, for donating beautiful festive scone/centrepieces from their Christmas in November celebrations. It was a December to remember with warm hearts!

HEARTS for Hospice



Please join us for another fantastic evening at [Il Forno Ristorante](#), all proceeds to support Pilgrims Hospice.

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:

As a newer member of the Pilgrims family, **Bonnie Dell** settled in as a Day Program Companion with great ease. Always available to offer her time when needed, and with a cheerful disposition, we are blessed to have Bonnie on the team. She is both innovative and creative, offering ideas and activities to engage clients, and exudes compassion in each interaction.

Thank you Bonnie - we look forward to sharing 2014 with you!

The Greatest Gift

As adults, we have certain responsibilities, one of which includes maintaining a job and being a contributing member of society. Sometimes our job isn't our dream, but it's one of those necessary things. Other times, you may be one of the lucky ones; taking part in something much bigger than yourself. The individuals working at Pilgrims are amongst the lucky ones. We truly comprehend how important our contributions are, and when we have moments where the 'work' gets the better of us, we are humbled, grounded, and brought back to our purpose by receiving notes of appreciation, or by hearing impactful stories from the families we serve. Follow this [link](#) to read one letter we received before the holidays - the greatest gift of all.

2014 Winter Bereavement Programming

H.E.A.R.T.S. Baby Loss Support Program ~ Tuesday, January 28th, 2014 at 7 p.m. BriarPatch Family Centre in Sherwood Park.

The Compassionate Friends Child Loss Support Program ~ Tuesday, January 14th, 2013 at 7 p.m. BriarPatch Family Centre in Sherwood Park.

Expressive Arts for Grieving Children, Teens & Families

Thursday, January 23rd, 2014 to Thursday, March 13th, 2014 from 6:30 p.m. to 8:00 p.m. Pilgrims Hospice, Edmonton group (children ages 5 to 12, teens ages 13 to 18, and adults).

Saturday, January 18th, 2014 to Saturday, March 8th, 2014 from 10:00 a.m. to 11:30 a.m. BriarPatch Family Centre, Sherwood Park group (children ages 5 to 12, teens ages 13 to 18, and adults).

cherylsr@pilgrimshospice.com

Grief Journeys: Adult Support Group

Monday, January 20, 2014 to Monday, March 17, 2014 from 6:30p.m. - 8:30p.m. at Pilgrims Hospice.

Please pre-register by calling (780) 413-9801 ext. 307 or

jessem@pilgrimshospice.com

Wish List

Late last year Pilgrims began creating a monthly wish list, posted to our website on the second Wednesday of each month. Our wishes are suitable for those wanting to purchase new, or gift gently used, items to support operations and programming. The cost of items range to fit individual budget, as well as larger business or group donations. Please share our [Wish List](#) with your friends and let us know if you can help!

Upcoming Volunteer Training

Interviews are well underway for new volunteers looking to join us for our March training series. The deadline for [volunteer applications](#) is **February 7, 2014**, to be offered March training opportunity.

We are excited to now be offering training developed by the [Canadian Hospice Palliative Care Association](#). Throughout four Saturdays, this 26 hour training will provide information to enhance your understanding of hospice care, client needs, the dying process, family

dynamics, how to support those at end-of-life, bereavement, spirituality, self care... and more.

A certificate of attendance will be provided upon successful completion of the series.

Those who are interested in participating in the training for personal interest may contact us; space is limited and priority is given to our volunteer applicants.

2014 Training Dates:

Spring Series - March 1, 8, 15, 22 (9am - 4pm daily)

Fall Series - September 6, 13, 20, 27 (9am - 4pm daily)

Please contact [Debby Harink](#) with any questions.



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