

# Hospice Happenings: July 2013



TUESDAY 6 AUGUST

## Honoured



*photo courtesy of the Edmonton Journal*

The Pilgrims Hospice is honoured to highlight a great achievement of one of our board members. **Elexis Schloss**, has been appointed to the Order of Canada, by the Governor General, for her contributions as a visionary and committed volunteer in support of health care, cultural, social service and educational causes, both locally and provincially. Elexis' passion for health and social service is evident through her relationship with Pilgrims Hospice; exceeding ten years, as well as the energy and love she poured into the co-creation of Compassion House; a home for out of town women to reside while receiving breast cancer treatment. Most recently Elexis created a program and comic book, where she has written and illustrated, the superhero ARV (AntiRetroViral), to educate young children in various countries about AIDS prevention.

## Find us on



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## In other news

### Volunteer Training

Pilgrims will not be holding volunteer training this fall. Training will commence in March 2014.

### Please HELP

We are in need of Day Program Companions to begin this fall. Shifts are Monday, Tuesday or Wednesday each week, 9am - 3:30pm. Please submit an application via our website if interested.

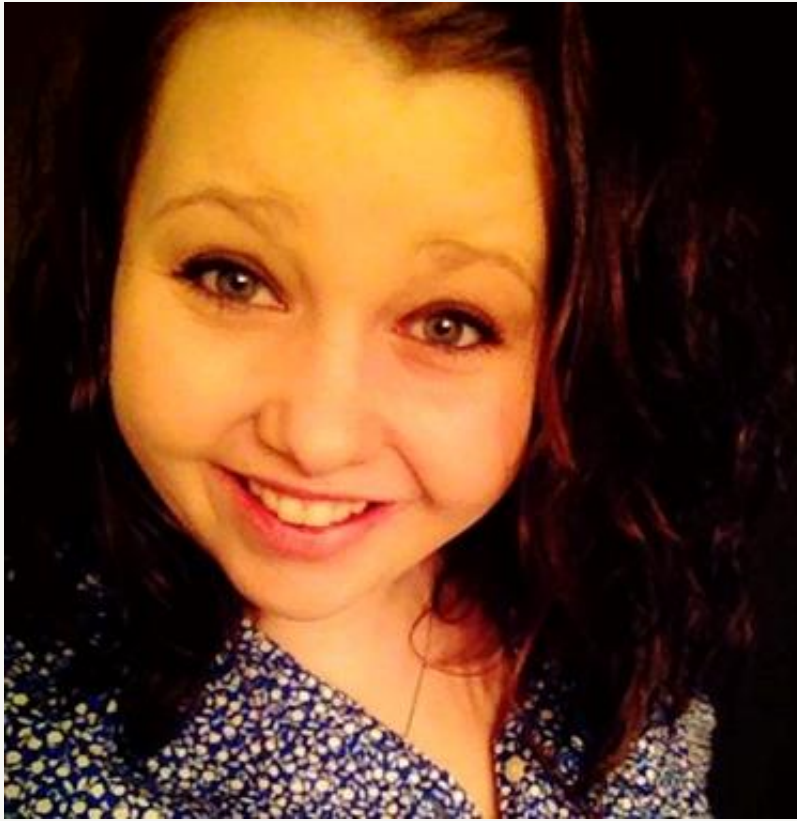
### Grief Journeys

### Adult Bereavement

Congratulations to Elexis, for such a well deserved accolade.

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## Missed



At the end of August Pilgrims will be saying so-long to a well loved staff member. **Kim Stobbe** has been the Day Program assistant for the past nine months, and always brightens the day with her humour, smile, and warm heart. Kim has brought great creativity and a special flare to programming elements, working as a fantastic team member, with extra attention to client needs. Although she will be missed, we are happy that Kim is able to move back to B.C. and be closer to her family - as we know how important family is!

Good luck Kim!

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## Brave

**Support Group.** Sept 16 - Nov 18. No group Thanksgiving or Remembrance Day. For information please contact [Jesse McElheran](mailto:JesseMcElheran@pilgrimshospice.com), 780 413 9801 ext 307

### Expressive Arts Groups

#### Child and Teen

**Bereavement support** (ages 5 to 12 years and 13 to 18years). **Sherwood Park:** Sept 14 - Nov 9. 10am - 11:30am

**Edmonton:** Sept 12 - Nov 7. 1:30 - 3pm AND 6:30 - 8pm  
[cherylsr@pilgrimshospice.com](mailto:cherylsr@pilgrimshospice.com)

#### Compassionate Friends

For anyone touched by the loss of a child at any age.

**Sherwood Park:** 2nd Tuesday each month, 7 - 9pm  
[cherylsr@pilgrimshospice.com](mailto:cherylsr@pilgrimshospice.com)

#### H.E.A.R.T.S.

**Baby loss support program.** Sherwood Park: 4th Tuesday each month, 7 - 9pm

**Rainbow babies program ~ for those considering pregnancy after loss.** Sherwood Park: Tuesday evenings as needed, 7 - 9pm  
[cherylsr@pilgrimshospice.com](mailto:cherylsr@pilgrimshospice.com)

## Pilgrims Hospice Society

9808-148 Street  
Ph: 780 413 9801  
Fax: 780 413 9748  
[info@pilgrimshospice.com](mailto:info@pilgrimshospice.com)

*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



An inspiring video for your enjoyment!

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## Loss & Laughter

Pilgrims has now hosted two Edmonton Death Cafe events, and will continue to do so this fall. If you want a little insight into what the Death Cafe is all about, watch this [video](#) from Alberta Primetime.

*Upcoming dates TBA*

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## Love



July 19 was an especially fun day for the Pilgrims family, as some of us were able to spread the love to another important Edmonton organization. [Ronald McDonald House Northern Alberta](#) invited us into their home to prepare lunch for their families - enough for 60 people; parents, siblings, and children receiving care through the Stollery. We arrived just before 10a.m. and began to unload the groceries we had purchased the day before. 100 chicken burgers were flipped and giant bowls of potato, pasta and cucumber salad were roasted, boiled and chopped, as the smell of 120 monster chocolate chip cookies filled the

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.

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room. Then we had the privilege of sitting down to dine with some of the house guests, while listening to stories of journeys and challenges ahead. We were honoured to take part in the Home for Dinner program at RMH.

*Thank-you to our crew, pictured above (left to right): Joan, Cheryl, Jasmine, Bonnie, Debbie, Jesse and Sheryll. Missing: Deb Birkett, Executive Director.*

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## Celebrate



You are cordially invited  
to celebrate the 11<sup>th</sup> annual Dr. Helen Hays  
**Sunflower Luncheon**

In support of Pilgrims Hospice Society  
Friday, September 20, 2013

Hosted by - Seanna Collins, Global Edmonton  
Champagne Greeting - 11:30 sharp  
Lunch to follow  
Tickets \$95 each, \$950 per table of ten

Empire Ballroom | 10065 - 100th Street  
Fairmont Hotel Macdonald | Edmonton, Alberta

For more information  
Call 780.413.9801 or  
[www.pilgrimshospice.ca](http://www.pilgrimshospice.ca)

**pilgrims hospice**

**Keynote Speakers**

<b>Marion Boyd</b> Board Member & Founder of Pilgrims Hospice	<b>Greg Yanda</b> The father of one of our Expressive Arts clients at the Pilgrims Hospice
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***Presented by Christenson Developments***

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## Legacy

Creating an ethical will is an ancient tradition used to pass on personal values, beliefs, blessings and advice to future generations. The

tradition of a written or oral ethical will or legacy letter has been adopted by many cultures and is still used today. Not a legal document, it is a way to tell your stories, the lessons you have learned and to identify the values you have held throughout your life. It can be shared at any time. If we do not tell our stories, they may become lost forever.

We all want to be remembered, to leave something behind. Robert Lewis Stevenson spoke about legacy: ***“What I remember most about the lamplighter was that he always left a light behind him! And the light was a guide to those that followed afterwards.”***

In leaving our light behind, we leave a record of our existence, a bridge between the values of the past and our hopes for the future. We leave a legacy of values rather than valuables. There is no one way to write it. It can be short or long, handwritten or oral.

You may think you have nothing special to share in such a document. But, in fact, you are unique and have unique thoughts, experiences and feelings to pass on to those around you, a gift to be cherished. You can provide the link between the past and the future in your ethical will.

In the ethical will class, Carol Kodish-Butt will facilitate one of several different approaches to creating this document. In a supportive environment where people are free to share as they wish, we will examine two of the most fundamental questions of life: *who am I now? and what do I hope to leave behind?*

**The Pilgrims Hospice will be hosting two Ethical Wills groups this fall, a group for our *Volunteers*, Sept 12 - Oct 17, 1:30-3:30pm; and a group for our *Clients experiencing life-threatening illness*, Sept 18 - Oct 9, 1:30-3pm. Space is limited. For more information to register please contact [Debbie Nessel](#), 780 413 9801 ext 303**

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## Courageous



*Submitted by Cheryl Salter-Roberts, Manager of the Pilgrims Hospice BriarPatch Centre for Grieving Families*

Whispers. Nervousness. Anticipation. Excitement.

Talking. Laughter. Relief. Creativity.

Not the sounds and emotions of a client's first day in the day program.

These are the sounds and emotions of the children's summer daycamp program at the Pilgrims Hospice. Created in 2005 to meet the needs of grieving children during the warm summer months, the Colored Tears camps have been a popular option for our bereaved families. The first camp this year ran from July 22 - July 26, with nine children; ages 4 through 12. The deaths they encountered included parents, siblings and grandparents and the causes included illnesses, suicides and accidents. Over the course of five days, our engaged facilitators provided over 40 different art activities, and our music therapist provided a great morning of sound and song. The tears flowed, the laughter was abundant, friendships were formed and hearts began to heal. To end the week, all participants, volunteers and parents celebrated with a memorial service to honor the loved ones who were remembered all week. The children were presented with Courage rocks to remind them of the journey they have been on, and then the goodies came out. Everyone left with sugar on their lips and renewed strength for work that will continue, long after the memories of camp fade.

Special thanks to the team of volunteer facilitators who worked so beautifully together: Sarah, Aamena, Gina, Lisa, and Alison.

Our second camp runs in Sherwood Park, at the BriarPatch Family Centre, August 12 -16, with 13 children registered. Another wonderful experience will be upon us, that takes months of preparation and

planning, but worth every moment of the week the kids are with us!

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## Fun



[Participant Registration and Partnership Package](#)

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## Grateful

It is through the kindness and support of the community that Pilgrims Hospice is able to provide programming to those in need; children grieving the loss of a loved one, adults isolated at home and journeying through such diagnosis as cancer, individuals in need of stress and pain reduction through integrative medicine. We are grateful that your donation dollars allow us to continue expanding our services to support our community.

Please [DONATE](#) today!

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