



# Hospice Happenings: June 2013



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TUESDAY 4 JUNE

## Always Grateful...

Thank you to all sponsors, donors and attendees who helped to make our annual gala, *Walk in My Shoes*, such a special and successful occasion. We raised over \$100,000 to assist us in continuing to offer our programs.

Please help recognize our supporters, who will be listed on our [website](#) in the near future.

Last but not least thanks to our volunteers who made the event possible.

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## Harpist at Hospice

### Find us on



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### In other news

#### Coloured Tears: Summer Grief Camp

Expressive Arts summer grief camp for ages 5-12yrs. Week long sessions, scheduled for July & August. Please contact [Cheryl Salter-Roberts](#) for information, or to register. 780 413 9801 ext 309

#### BriarPatch Centre for Grieving Families

Presented by Pilgrims Hospice, the BriarPatch Centre has launched a website. Please visit



Edmonton harpist lulls the clients of Day Program

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## Death Cafe...

Edmonton's first **Death Cafe** in April was a huge success! With a full room of people ready to explore the taboo topic of death, we are sure that another event will be welcomed. Thanks to facilitator, Rayne Johnson, and Pilgrims' staff, Bonnie Ross, for offering to host once again. The second **Death Cafe** will be held on **Sunday, June 23rd, 2pm - 4pm, at Pilgrims Hospice 9808-148st**; where all are welcome to attend, with the intention of exploring life, death, and grief. Please reserve your spot via [email](#) or call 780 642 8703.

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## 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

[www.briarpatchgrief.com](http://www.briarpatchgrief.com)  
and can also be found on  
[facebook](#)

### Volunteer Appreciation BBQ

To take place in July 2013.  
Please look for upcoming  
notice and invitation.

## 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 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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joy as we honor the following Pilgrims Hospice Volunteer:

Complementary Services are fast becoming a widely used support in hospice palliative care, with massage and reiki practitioners available in area facilities to offer comfort and relaxation, musicians to gently soothe stresses and wash away worries, and therapy animals to cuddle and create loving environments. We have been lucky at Pilgrims to introduce such services to our clients, in a structured program, throughout the past three years, and this month we'd like to recognize **Liane Wilson**, our in house Reiki practitioner. Liane has been sharing her calming and supportive energy with Pilgrims clients each Wednesday morning, and her presence has been an appreciated fixture of support. We thank Liane, and also wish her well, as she moves on from Pilgrims at this time, to keep up with her busy family life and care-filled endeavours. We will welcome her back at any time, with open arms and hearts, for the service she provides is unparalleled.

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## WIN the Chance to Donate \$2000 to Pilgrims

In conjunction with participation in this year's Hike for Hospice Palliative Care, Bayshore Home Health is pleased to offer its referral sources, care partners and the people in the communities it serves the opportunity to make a donation to their local hospice.

If your name is selected in our Hospice Donation Draw, we'll donate \$2,000 on your behalf to the hospice of your choice and feature you in our company newsletter.

Each year, our 9,000-plus nurses and caregivers provide care and comfort to many terminally ill Canadians in their homes and in community hospices. We witness first-hand the unique and essential role that hospices play in our health care system, enabling people to receive end-of-life care in a comfortable, home-like setting.

Please [enter our draw](#) in support of your local hospice!

### ENTER

#### ON-LINE BY JUNE 6!

1> Go to our website at

[www.bayshore.ca](http://www.bayshore.ca)

2> Click on the Hospice Donation Draw graphic

3> Type the password

HOSPICE DRAW

4> Complete the draw entry form (one entry per person, please)

The winner will be announced the week of June 17th on our website.

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## Food of Summer: BBQ Salmon Salad



Get the recipe [HERE](#)

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## Welcome NEW Staff Member

Pilgrims is happy to WELCOME a new family member, in the role of *Counselling Services & Spiritual Care Coordinator*. **Jesse McElheran** M.Ed, Ph.D Student (Master of Education, Counselling Psychology), comes to us with experience in both group and individual counselling, a compassionate understanding for people and their challenges, as well as a genuine desire to walk with others on their journey. When asked about her first day on the job, Jesse replied, *"My first day was FABULOUS!"*.

Jesse is available to schedule appointments each Monday and Thursday, and is looking forward to supporting the mission of Pilgrims Hospice. 780 413 9801 ext 307.

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## Exploring Your Legacy

It would be thought that the majority of the population has familiarity with a Will or Testament; naming one or more persons to manage estate and transfer of property at death. Though, what if we don't have property to share, or we want to leave behind something greater - the things that define who we are, what we value, our wisdom and experiences of living. These are not of legal consideration, though often hold a greater purpose and value than an old cigar box, hairloom

silver, or rusty car.

Gathering our thoughts, values, and wisdom to pass along to our friends and loved ones, is referred to as an Ethical Will, or Legacy Letter. This project does not have to have written documentation, for some it is more natural and efficient to make a video or audio recording - and often, ethical wills, are shared while the creator is still living. In fact, ethical wills, aren't even reserved for the end-of-life journey, and can be created at any turning point in life; perhaps, when graduating high school or university, or when having a baby or embarking on a new marriage, or leaving a defining relationship behind. There are even times when you may want to explore the wisdom you believe your pet may have - get creative and write an ethical will on their behalf, for future family pets.

There aren't any hard and fast rules when choosing to uncover your ethical will. It will unfold uniquely, much as your life has. Though, sometimes it is helpful to have guiding questions as a starting point, and there are [books](#) and websites out there to offer this support.

Also, for your support, an Ethical Will series is being planned to take place at Pilgrims Hospice this fall. If you would like to explore Ethical Wills in a more concrete fashion, or group setting, please contact [Debbie Nessel](#), 780 413 9801 ext303.

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