

# Hospice Happenings: March 2013



TUESDAY 5 MARCH

## Our Hearts are Full



Above: Il Forno's Anna Muze (left), and Pilgrims Hospice co-founder and board member, Marion Boyd (right).

The 2nd annual **Hearts for Hospice** event, held at the lovely and intimate [Il Forno Restaurant](#), has left us humbled by the support of our community. Thank you to proprietor, Anna Muze, for sponsoring this event once again, it was a huge success, bringing in more than \$10,000 in support of Pilgrims Hospice, and tables are already being booked for next year. All 94 guests enjoyed the entertainment by the Power Tenors, as well as a lovely dinner of smoked salmon pizza appetizers, gnocchi with tomato sauce, beef tenderloin with mash potatoes and vegetables, and panacotta with blueberries for dessert. Various wines were served throughout, and were also donated for the event. Pilgrims is so grateful for the new friends made and we are looking forward to this special evening again next year.

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## In other news

### Walk in My Shoes

Tickets are now on sale for the annual gala event, taking place on April 19th, and can be purchased by calling 780 413 9801 or [online](#)

## 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*

To view more pictures of the event, please click [here](#).

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## Future Engagements

Sheila Killoran, Counselling Services & Spiritual Care Coordinator, has been asked to present at a couple upcoming conferences, regarding the analysis of data from her masters research. Congratulations Sheila, what a wonderful honor.

**Canadian Association for Music Therapy, National Conference.**  
*"Expanding Horizons" Saskatoon, SK. May 8-10, 2013*

**22nd Association for Music & Imagery International Conference.**  
*"Imagining the World with Music at Our Core" Vancouver, BC. June 17-22, 2013*

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## Join Today!



Each year, close to 250 people take out an active membership in the Pilgrims Hospice Society.

Their \$20 entitles them to voting privileges at the Society's annual general meeting.

It also helps to offset the cost of general operating expenses.

Many of Pilgrims' current donors have not signed on as Society members and we encourage them to do so.

[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.

## 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.

By taking out an active membership, you can accomplish two very important objectives.

- You will increase the Hospice's voice when we appeal politically for better end-of-life care support systems.
- You will also help create a stronger base from which to seek funding from the private sector, foundations and government.

Our membership year runs from January through December.

If you have not yet done so, we encourage you to send in your annual membership fees today!

**To become a member of Pilgrims Hospice please contact us 780 413 9801 or complete this [membership form](#).**

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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 joy as we honor the following Pilgrims Hospice Volunteer:

There are times when taking on a new role, that individuals need a brief time to settle in and find their footing. BUT, then there are those that find their comfort and stride right away. **Tony Woo**, is one of these people. Having just joined the Pilgrims family, as a Day Program volunteer, in January, it's as though he has always been a part of the team. Adding humour to each activity, connecting with clients and providing support and companionship, engaging with fellow volunteers and staff. Tony we are so blessed to have you join us, and share your gifts.

Congratulations!

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## An Irish Recipe for Happiness & Health



March marks the month of St. Patrick's Day. This year on March 17th, the anniversary of St. Patrick's death, we remember St. Patrick. This man was the saint who was responsible for bringing Christianity to Ireland. St. Patrick was known, according to legend for using the Shamrock to symbolize the Holy Trinity- one leaf symbolizing the father, one for the son and the other for the Holy Spirit.

In Canada, St. Patrick's Day is not a statutory holiday but is widely observed as a day to recognise and celebrate the Irish culture. Celebrating with a good hearty meal is a common occurrence amongst these celebrations.

Here are a few recipes to try that are sure to warm the cockles of your heart this St. Patrick's Day, or any time of year.

### **Red Potato Colcannon**

#### **Ingredients**

- 1 pound small red potatoes, scrubbed and cut in half
- 1 tablespoon butter
- 1/2 cup onion, thinly sliced
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup low-fat milk

- 1 teaspoon salt
- 1/4 teaspoon white pepper

### **Preparation**

1. Bring 1 inch of water to a boil in a Dutch oven. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm.
2. Meanwhile, heat butter in a large nonstick skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes.
3. Reduce heat to low. Stir in milk, salt and white pepper; cover and cook until the cabbage is tender, about 8 minutes. Add the cabbage mixture to the potatoes. Mash with a potato masher or a large fork to desired consistency.

## **Cheddar Ale Soup**

### **Ingredients**

- 1 tablespoon canola oil
- 1 large onion, chopped
- 1 12-ounce bottle beer, preferably ale
- 2 18-ounce bags precooked diced peeled potatoes, (see Ingredient Note)
- 1 14-ounce can vegetable broth, or reduced-sodium chicken broth
- 1 cup water
- 2 1/2 cups nonfat or low-fat milk
- 1/4 cup all-purpose flour
- 1 1/2 cups shredded sharp Cheddar cheese, divided
- 1 small red bell pepper, thinly sliced or finely chopped

### **Preparation**

1. Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring, until softened, about 3 minutes. Add beer; bring to a boil and boil for 5 minutes. Add potatoes, broth and water; cover and return to a boil. Reduce the heat to maintain a simmer, and cook until the potatoes are tender, about 4 minutes. Remove from the heat and mash the potatoes with a potato masher to the desired consistency.
2. Whisk milk and flour and add to the soup. Bring to a simmer over medium-high heat and cook, whisking occasionally, until thickened, about 3 minutes. Remove from the heat; stir in 1 1/4 cups Cheddar and stir until melted. Ladle the soup into bowls and garnish with the remaining 1/4 cup cheese and bell pepper.

**An Irish wish for all of you. Happy St. Patrick's Day!**

May the raindrops fall lightly on your brow.  
May the soft winds freshen your spirit.  
May the sunshine brighten your heart  
May the burdens of the day rest lightly upon you.  
And may God enfold you in the mantle of His love.

Submitted by Bonnie Ross, Day Program Manager

References:

<http://www.eatingwell.com>

[http://en.wikipedia.org/wiki/Saint\\_Patrick%27s\\_Day](http://en.wikipedia.org/wiki/Saint_Patrick%27s_Day)

<http://fionasplace.net/AnIrishPatchwork/Irishsayingsandblessings.html>

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## Welcome Baby!



The birth announcement, as shared by the proud and loving Grandma, Cheryl Salter-Roberts:

"Our newest & smallest rockstar has arrived! Lua Roberts was birthed @ exactly 9:00 a.m. on Friday, February 8th, 2013, weighing exactly 6 lbs. & measuring a very tall 17.5 inches. Sporting the official 'Roberts dark, curly birthday hair', little Lua is getting used to the Paparazzi following her every move."

**Congratulations Roberts family! Little Lua will always be surrounded by love with you all in her life.**

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## Now Taking Registrations

If you, or someone you know, needs support and companionship while they grieve the loss of a loved one, we have openings for "*Grief Journeys*".

This 8-week Adult Bereavement Group provides support, resources, and a safe place to process grief with others. Individual counselling is also available for those that prefer one-on-one support.

When : Monday evenings, April 8 – June 3rd, 6:30 PM – 8:30 PM

Where: Pilgrims Hospice

For information, or to register, please contact Sheila Killoran at (780) 413- 9801 ext. 307 or [sheilak@pilgrimshospice.com](mailto:sheilak@pilgrimshospice.com).

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**Enjoy!**



Pilgrims will be closed for the Easter holiday, March 29th & April 1st.

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