



Hospice Happenings: May 2013



WEDNESDAY 8 MAY

Goodbye My Winter Suit

Goodbye my winter suit,
Goodbye my hat and boot,
Goodbye my ear-protecting muffs
And storms that hail and hoot.

Farewell to snow and sleet,
Farewell to Cream of Wheat,
Farewell to ice-removing salt
And slush around my feet.

Right on to daffodils,
Right on to whippoorwills,
Right on to chirp-producing eggs
And baby birds and quills.

The day is on the wing,
The kite is on the string,
The sun is where the sun should be -
It's spring all right! It's spring!

~ N. M. Bodecker

WIN the Chance to Donate \$2000 to Pilgrims

In conjunction with our participation in this year's Hike for Hospice Palliative Care, Bayshore Home Health is pleased to offer its referral

Find us on



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In other news

25th Annual Vitalize Conference

Provincial Voluntary Sector Conference
June 13 - 15, 2013 at the Shaw Conference Centre.

May Long Weekend

Pilgrims Hospice will be closed on Monday, May 20th, in observation of Victoria

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

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.

Going the Distance with Great Friends

Day.

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.

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Know someone who might be interested in the email? Why not [forward this email](#) to them.

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Our friends from Bayshore Home Health, out to enjoy the Hike for Hospice. Thanks to the Bayshore team for Sponsoring the Hiker's Breakfast.

With a beautiful Sunday at hand, it was the perfect opportunity for our hikers to enjoy the morning, while raising money and awareness for Hospice Palliative Care in the Edmonton community. On May 5th, individuals supporting Pilgrims Hospice, Grey Nuns Palliative, Edmonton General's 9Y (Mel Miller Hospice), St. Joseph's Auxillary Hospital, and Bayshore Home Health, hiked between 1 - 10km, raising thousands of dollars.

In 2012, the 10th annual Hike for Hospice raised \$1.7 million dollars at more than 100 sites across Canada. We can't wait to see the growth when the 2013 report is released.

We are so grateful to those who were able to attend in support of the services we provide. Your passion for end-of-life care will continue to fuel the cause and raise awareness.

Edmonton Palliative Massage Workshop

Pilgrims Hospice presents [Christine Sutherland](#) RMT, Director of the Canadian Institute of Palliative Massage.

May 14, 2013

Full Day Workshop 10am – 4pm \$25 registration fee, includes 'Dying in Good Hands' book copy

Evening Intro Session 6pm – 8pm \$10 registration fee

Designed for Massage Therapists, Caregivers, Health Professionals,

Hospice Volunteers, Family and Friends.

- Effective, safe massage & hydrotherapy for the chronically ill, disabled, terminally ill, and those with spinal cord injury
- Proven techniques for at home, institutions, in bed or wheelchair
- Enhancement of circulatory, respiratory, and digestive systems

Register by May 10, 2013 with Debbie Nessel, 780 413 9801 ext 303,
debbien@pilgrimshospice.com

Location and supply list provided upon registration.

Prayer for Mothers & Daughters

Happy Mother's Day

Dr. Christiane Northrup

My prayer for mothers and daughters everywhere, is that each of us be willing to support each other as we birth the highest and best lives possible.

That we learn to honor and respect each other without requiring undue sacrifice.

That we become willing to forgive each other for the pain and the hurt we may have unwittingly caused each other.

That we honor each other as powerful teachers.

That we know our fierce mother-bear wisdom lives in every cell of our bodies and is always available, even when our own mothers are not.

That we know we can call on our grandmothers for guidance whenever we need it.

And finally, that the mother-daughter relationships of the future become so steadfast and supportive that when a woman says "I'm becoming just like my mother," she will beam with pride and her friends and family will proclaim: "Well done!"

Copyright Mother Daughter Wisdom (Bantam 2005)

Well Wishes & Good Luck



The Pilgrims team would like to extend farewell wishes to Doug McLaughlin, who has been our Fund Development Associate for the past two years. Doug will be moving on from his role with Pilgrims and we wish him the best of luck in the opportunities presented to him.

Pilgrims Hospice AGM

Wednesday May 15th, 2013

5:30pm

9808-148 street

Included in the Agenda will be an Approval of Revised ByLaws
The ByLaws can be found on our [website](#), along with Membership information.

IF YOU ARE NOT ALREADY A MEMBER PLEASE CONSIDER
[JOINING NOW](#) for the annual cost of \$20.00.

Your membership assists us in moving our mission forward.

Sneakers, Loafers, Stilettos, or Sandals...



No matter our choice of footwear, it's always a special experience to walk in the shoes of others. This year the 200 attendees of Pilgrims' annual **Walk In My Shoes** gala and auction were given a glimpse into the lives of those involved with Pilgrims Hospice; clients and volunteers.

Sharing in an energetic evening, great food, and auction, our supporters showed immense generosity; providing the hospice with over \$100,000 to fund the important services we offer to the community.

We extend gratitude to Danny Hooper, who once again rose to the occasion, and kept the room enthralled with his humour as he auctioned off some spectacular items, such as a home concert with singer songwriter Andrea House (\$3500); a shopping spree for Thread Hill Edmonton Fashions for Women; and a Palm Desert condo for one week, including airfare. We would also like to recognize the support of Craig MacTavish, the new General Manager of the Edmonton Oilers, as the honorary chair; Minister Heather Kimchuk, Alberta Culture; and His Worship Stephen Mandel, Mayor of Edmonton. We were also fortunate again for the title sponsorship of Flaman Group of Companies, and our new Gold Sponsor, Eddie's Men's Wear.

A very special thanks goes out to all of our supporters and attendees of this year's gala. We could not do what we do without your compassion and care.

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:

Sarah Karesa has been working in the Expressive Arts program since 2010, bringing a knowledge that is beyond her years and energy that keeps the kids and the teens jumping. She is creative, enthusiastic and eager to help young people begin to heal from their grief experiences. We are all so excited that Sarah has been accepted into a Masters program at the University of Lethbridge, to continue her grad studies in

the area of psychology. We're even more excited that she will still be volunteering with us as her time permits. Congratulations Sarah! You are well deserving of this educational opportunity and of this volunteer nomination. Thank you for all your hard work and dedication to our kids and our teens!

Death Cafe: A Lively Event



Photo courtesy of [Edmonton Journal](#)

From left, Valary Howard, Susan Boychuk, Erin Christopher and Judy Gillis share a laugh at Edmonton's first Death Cafe Sunday, April 28 at the Pilgrims Hospice.

Photograph by: Shaughn Butts

Edmonton's first Death Cafe brought the taboo topic of death to vibrant life, as the 16 attendees, on Sunday, April 28th, explored their fears, thoughts, and beliefs surrounding the subject.

With such great turn-out, and the Death Cafe concept drawing interest, facilitator, Rayne Johnson, and Pilgrims' staff member, [Bonnie Ross](#), can't wait for the opportunity to come together again. Watch our calendar and your email for future dates.

You are receiving this newsletter because you signed up at pilgrimshospice.com or received our pdf newsletter.
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