



# Hospice Happenings: November 2013



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TUESDAY 5 NOVEMBER

## Welcome New Staff

For the past couple of years Pilgrims has been so grateful to **Deb Birkett** for her versatile leadership, as Executive Director. However, with the continued growth and goals of the organization Deb's strengths are needed in a focused role as *Director of Programming*, to support the program managers in developing and reaching out to community members in need. In November Pilgrims Hospice will be welcoming a new *Executive Director*, **Sebastian Panciuk**.

Sebastian comes to us with over 14 years of experience in strategic leadership positions, in both non-profit and for profit industries. He has held roles with the University of Alberta, Productivity Alberta and various community organizations. First introduced to Pilgrims Hospice by a business colleague a few years ago at the annual Charity Golf Classic, Sebastian was struck by the quality of the organization, through the event, volunteers, staff and board members. Now a number of years later, he is thrilled to have the opportunity to be a part of the Pilgrims family, and has been further impressed by the personal connection and commitment of the many individuals involved in our noble cause. With some very ambitious goals in front of us, Sebastian is confident we will succeed while working together.

## Welcome Sebastian!

## Happy Halloween

## Find us on



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## In other news

### Accepting Volunteers

New volunteers are needed in all areas of Pilgrims Hospice; programs, special events, admin and reception. If you would like to join the Pilgrims family, please [apply](#) through our website and you will be contacted for an interview.

**Application deadline for spring training is February 7, 2014.**

Limited training space available.

Contact [Debby Harink](#), Volunteer Manager, with any



The Adult Respite Day Program celebrated Halloween throughout the last week of October; making crafts, carving pumpkins, eating spooky themed dessert - worms & dirt, savouring sweets, and of course dressing up. Pictured above, our Wednesday crew: Volunteers, Tony Mouse and Hunter Joan, along with Lady Bonnie, Day Program Manager.

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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:

Joining our family earlier this year, **Martha Gable**, was set on becoming a [Compassionate Companions](#) volunteer, and we were delighted to have her join the team. Though, sometimes our volunteers like to take on more than one role to support the work we do - and we always welcome this generosity, so we were very happy to also have Martha's help at the First Annual [Baby Steps Baby Loss Memorial Walk](#). Thank you Martha, keep up the great work, and congratulations on being nominated Volunteer of the Month for November.

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## Wish List Wednesday

questions.

## 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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Often we have individuals contact us to donate items, and sometimes we end up pointing those donations in a new direction, as we can't always use them. But, there are always things we do need to support our work at Pilgrims. So to make it easier, Pilgrims will be creating a **Wish List** to be posted on our [website](#) and [Facebook](#) page every second Wednesday of the month.

If you are able to help make our Wishes come true we would be greatly appreciative. The first **Wish List** will be posted on Wednesday November 13. Please spread the word.

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## Pilgrims Pumpkin Head



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## 4th Annual Paula Brindley Healing Room

Again this year Pilgrims Hospice sponsored the Paula Brindley healing room, at the [Covenant Health 24th Annual Palliative Care Conference](#), on October 28 & 29 at the FantasyLand Hotel and Conference Centre. It was a fantastic experience once more, as our eight volunteer

practitioners offered over 60 mini-sessions, in Reiki, Reflexology, Massage, Acupressure, and Acutonics. Sessions were fully booked within the first few hours, and there were many delegates vying for openings on cancellation. Next year, [Debbie Nessel](#), of Pilgrims Hospice, plans to recruit more practitioners to share their time and talents with the conference attendees. Complementary Therapies continue to gain momentum in the palliative field, and the conference is the perfect opportunity to introduce the benefits of relaxation, stress reduction, pain management, and self-care, to professionals.

A special thank-you to our practitioners this year: Danielle Drapaka, Rayne Johnson, Sue Steparuk, Jessica Stankowski, Mel Perka, Lesley Baartman, Lori DeBoer, and David Loree.

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## Integrative Therapies in Palliative Care

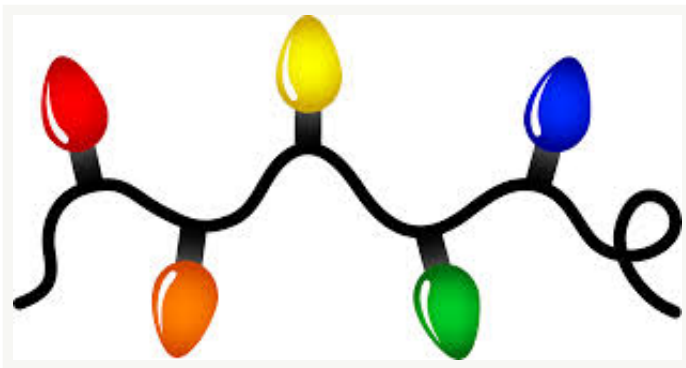
Presented by Rayne Johnson, this is a workshop for those working in health care, social or human services, who have an interest in end-of-life care. [Compassionate Care & Integrative Therapies in Palliative Care](#) will leave you with simple and profound practices, such as: pain meditation, the Tibetan practice of Tonglen, John Calvi's hands on touch, and aromatherapy for transitioning.

November 9, 2013 1pm - 5pm at Pilgrims Hospice

For more information or to register, please contact [Rayne](#), 780 642 8703

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## Event Announcements



Due to the busyness of our elves Pilgrims Hospice will not be hosting the annual ***Share the Spirit*** cookie trot this year.

However, we would like to invite you to drop-in to our Christmas [Open House](#), taking place on Friday, December 20, 2013, 6:30pm - 8:30pm.

Coinciding with the spirit and wonder of the [Candy Cane Lane](#) light and decoration display, we welcome you to partake in hot chocolate, festive music and a warm place to gather.

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## Grieving through the Holidays



**Mindful Music & Movement:**  
Gentle Grief Support for the Holidays

Date: **Saturday, December 14, 2013**  
Time: 1- 3:30 PM  
Cost: \$55.00  
Location: Healing Connections Wellness Centre  
10548- 115 Street Edmonton, AB T5H 3K6

Experience gentle yoga, mindfulness meditation, and guided imagery and music to nurture you and bring you solace. This workshop is suitable for anyone who is grieving a death loss, over this holiday season.

Workshop Facilitated by:

Sandy Ayre	Sheila Killoran
Certified Yoga Teacher	Accredited Music Therapist
Yoga for Grief Support	Transitions Music Therapy
<a href="http://www.yogaforgriefsupport.com">www.yogaforgriefsupport.com</a>	<a href="http://www.transitionsmusictherapy.ca">www.transitionsmusictherapy.ca</a>

For information or to register please call:  
Sandy (780) 474-4536 or Sheila (780) 932-5235

Here is a great workshop to support those grieving this holiday season. Presented by two wonderful professionals in the field of grief support, Sheila Killoran and Sandy Ayre.

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