



Hospice Happenings



FRIDAY 14 NOVEMBER

Hospice Philosophy



Hospice is a philosophy of compassionate care that values the quality of life until death. Hospice care can be given at home - the place where most patients wish to die - or can be given in a specialized care facility. Wherever it happens, the goal of care is to optimize the quality of life of those with a life-threatening illness, by meeting the physical, emotional, social and spiritual needs of both individuals and their loved ones.

[Pilgrims Hospice Society](#) recognizes that Edmontonians have access to quality palliative care through our provincial and local authority. We also see a trend across Canada towards the development of free-standing hospices, with the involvement of non-profit organizations, to enhance and complement the services already provided, in a cost effective manner.

Lisa Priest, Health-issues reporter for The Globe and Mail, observed that Toronto's stand-alone Kensington Hospice is "following the model that many experts consider the future of end-of-life care – a more compassionate, all-encompassing experience for patients and families, and more affordable and sustainable for the burdened health-care system".

To read Lisa's full article, click on the link: [To go gently into that good night: When quality of death can enhance quality of life](#)

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Pilgrims Hospice Society

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Celebrate Life...Our Pledge of Care and Compassion

Can't keep a secret? Good!

Pilgrims Hospice has been called the "Best Kept Secret in Edmonton", (Craig MacTavish General Manager of the Edmonton Oilers). Thanks to the help of [Pattison Outdoor Advertising](#), that's all changing.

With generously donated neon signs of our new logo at strategic points throughout the city, the word's getting out. **Pilgrims Hospice: Compassion for the Journey. Support for Families.**

Knowledge of [Pilgrims Hospice](#) and our [programs](#) could make all the difference for those who are ill, and for their families, to maintain independence, choice, hope and dignity during a stressful and emotional time.

What can you do? [Forward to a friend!](#) Tell others why you are interested in or involved with Pilgrims Hospice. If you can't keep a secret, that's good!



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.

Forward to a friend

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

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Nelly's Legacy



Pictured: Christine Vachon & grandson Blair, Alexis Harke, Cheryl Salter-Roberts

On a beautiful fall afternoon, **Pilgrims Hospice** hosted a warm gathering to honour those who worked so hard to help us achieve our dreams and to receive a cheque presented by the [Soul Sisters Memorial Foundation](#), containing the proceeds from their recent gala.

As one of the benefactors, we were thrilled to receive these funds, dedicated to providing programming for children, teens and family members who attend the [Expressive Arts Programs](#) and the [Colored Tears Summer Daycamp](#).

The gala event was the **1st Annual Nelly's Project**, to bring awareness to the community about suicide and mental health. A **heartfelt thank you** to the **Soul Sisters Memorial Foundation** for their support and recognition of this vital community program and our entire organization.

Death Cafe - November 16



A [Death Café](#) is a relaxed and safe setting where you can join open, honest discussions to explore the questions you've always had about life, dying and grief.

The next **Death Café** is on **Sunday, November 16**, from **2-4 pm** at:
Pilgrims Hospice, 9808-148 Street

There's no charge - however, donations are welcome.

Participants at Alberta's First Death Café said:

"Awesome discussion topics – safe and welcoming environment!"

"I enjoyed meeting new people, and having open, respectful conversation."

Join **Rayne Johnson**, a palliative spiritual care provider for end of life matters, and enjoy tea and treats over stimulating conversation. Make your reservation today - contact Rayne at 780-642-8703 or email EDMDeathCafe@gmail.com



Halloween Fun in the Day Program



Making a difference: Carla Soderquist (Volunteer of the month)

Carla Soderquist is a wonderful part of the Pilgrims family. With a background as a Natural Health Practitioner, practicing Reiki, Acupressure and Reflexology, Carla has volunteered her time in our [Complementary Services Program](#) since March this year.

When Carla's not giving treatments to our clients, she's involved with recreation activities in the [Adult Respite Day Program](#). Her compassionate personality and sense of humor are a great fit and we love having her around.

“I find volunteering with the Hospice rewarding in the simplest yet most meaningful ways. I love seeing **a client's smile or twinkle in their eye** following a Reiki session. To know that I've made a difference in their life for even a brief moment is incredibly fulfilling. I always look forward to volunteering at the Hospice as the environment is always warm and comforting but, most of all, full of laughter and love” – Carla.

The services Carla provides are invaluable and very much appreciated. **Thank you Carla** for your hard work and support!

Meet Farley....



We would like to welcome Judith and her Labradoodle **Farley**, as a new addition to the [Day Program](#). Farley is a Certified Pet Therapy Dog and will be joining us every Wednesday.

What will Farley add to the program? Amongst other things: companionship, promoting social interaction, encouraging playfulness, and most importantly – providing **unconditional love and affection**.

Festive Concert - December 9



PILGRIMS HOSPICE
COMPASSION FOR THE JOURNEY. SUPPORT FOR FAMILIES.

&



St. Andrew's United Church

WARMLY INVITE YOU TO A

Festive Concert



Tuesday, December 9th

AT
7 PM

St. Andrew's
United Church
9915 148 STREET, EDMONTON

MUSICAL GUESTS:

Nova Musica

CONDUCTOR : BILL DIMMER

Anna Maria Manalo

PIANIST

**Edmonton Swiss
Men's Choir**

FESTIVE REFRESHMENTS PROVIDED

By donation: proceeds go to PILGRIMS HOSPICE
& St. Andrew's United Church



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