

# Hospice Happenings: October 2013



TUESDAY 8 OCTOBER

## A Hole in One



*"Pilgrims Hospice is a small organization doing great things in the Edmonton Community. We are so pleased to have the continued support of Minister Heather Klimchuk and the sponsors who lent their good name to this event. Special credit to the golf committee for their hard work. Everyone had a great time, so much so that they have already signed up for next year." ~Richard Wong, Tournament Chair.*

September 18, turned out to be a blustery day in Edmonton, but that didn't hinder the success of the annual Heather Klimchuk Pilgrims Hospice Charity Golf Classic.

104 golfers took over the green at the Edmonton Petroleum Golf and Country Club, after much dedicated work from our event committee; Crystal Graham, Dave Majeski, Don Zinyk, Gloria Bauer, Hanif Manji, Jeff Battershill, Jeff Robinson, Mark Mercier, Nick Lees, Nick Trovato, Richard Andersen, Richard Wong, Ruben Jeffery, Scott McKeen, and Wade Klimchuk.

This year we had the unique addition of disc jockey music, provided by Boomtown Sound, playing on the golf course, which cut through the chill of the morning frost and warmed the hearts of every golfer and

Find us on



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## In other news

### Death Cafe

Edmonton's **Death Cafe**, held in September, was an outstanding event, once again, where participants came together to discuss various topics surrounding death and dying. Stay tuned for the next Death Cafe date, to be posted on the Pilgrims Hospice event calendar.

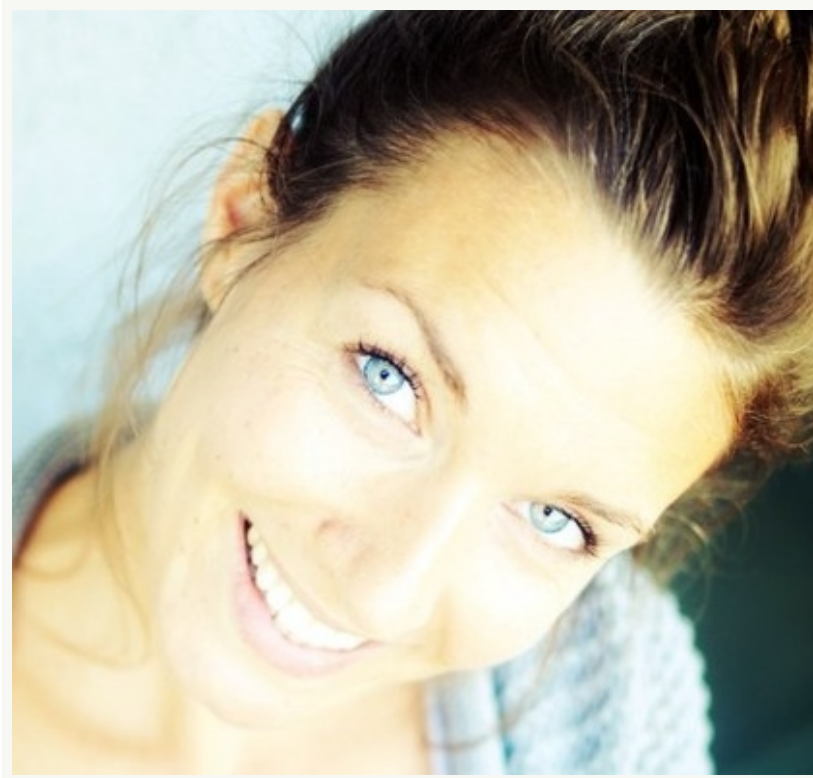
hosts on the golf holes. **"It was a GREAT HIT and everyone loved it,"** says Dave Majeski, thought leader behind the idea. The DJ was sponsored by community leader Mark Mercier, of the Mark Mercier Foundation.

We extend much gratitude to our various sponsors this year, including: presenting partner, Ledcor Group; breakfast and hole sponsor, Dialog Design; as well as lunch and hole sponsor, Canadian Western Bank. Recognition shall also be given to Master of Ceremonies, Richard Andersen of Northlands, and Auctioneer Extraordinaire, Sine Chandi of Imperial Equities.

Through the continued commitment of the many individuals involved in this exemplary event, Pilgrims Hospice estimates revenues of \$70,000. Success indeed!

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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:

The [Compassionate Companions](#) volunteer team is continually growing in order to serve the flow of client referrals. This program serves adults with life-threatening illness, in their homes, hospital or care facility, by providing services such as companionship, community outings, legacy work, respite care, and end-of-life vigil. One of our valued team members, **Sarah Matysio**, has been matched with a community client for over two years - visiting each week, and being a

## Pilgrims Hospice Society

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*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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constant source of stability and comfort. Sarah is a busy professional, as many of our volunteers are, and yet she has not wavered from her commitment to companion this client. She is innovative and thoughtful, coming up with activities to meet the client's need for social support. Sarah has made a big difference in the life of this individual, and we are very proud of her. Congratulations Sarah!

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## Sunflowers and Champagne...



Bonnie Ross, Day Program Manager, modelling the stunning necklace awarded as raffle prize at this year's Sunflower Luncheon. Raffle tickets brought in over \$1000 revenue for hospice.

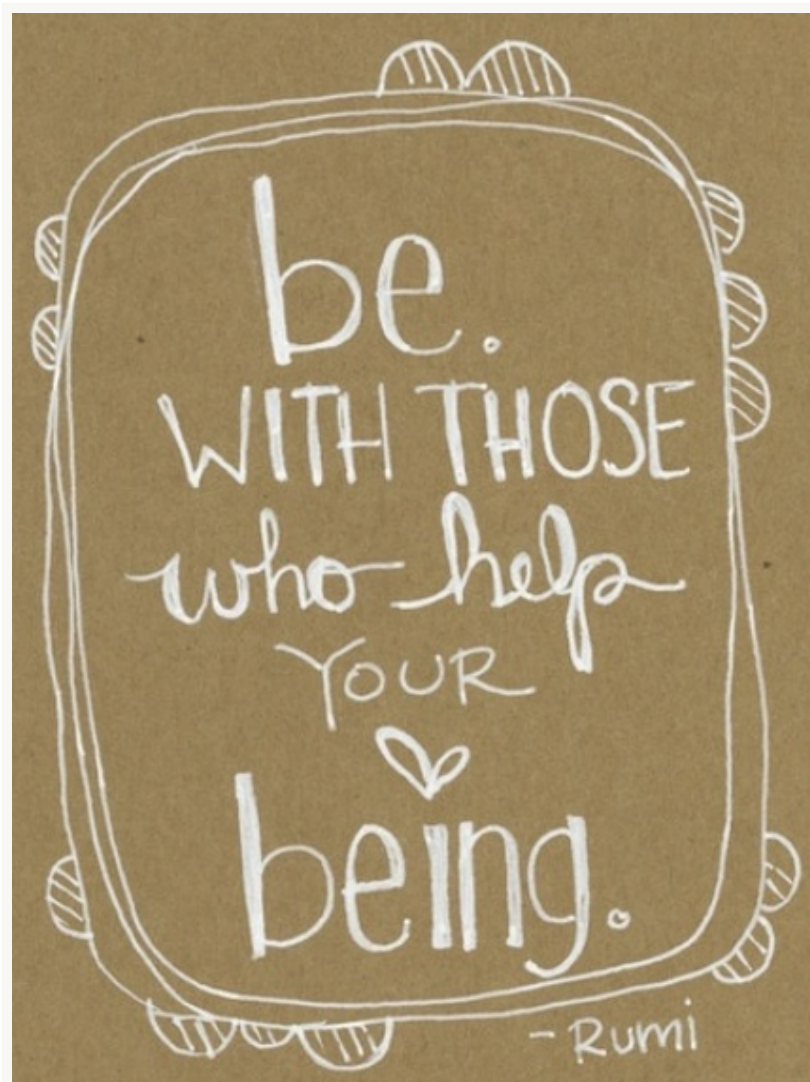
September 20, 2013 found us once again at the prestigious Fairmont Hotel MacDonald, for the annual Helen Hays Sunflower Luncheon. Silver trays of champagne and punch circulated the reception room, while 123 smiling supporters perused the silent auction items; jewellery, purses, and overnight getaways, among other attractive donations. Once the ballroom doors opened, guests were welcomed into an elegant space, with a high ornate ceiling and chandeliers, to be served a refreshing salad with delicious beets and honey vanilla balsamic, stuffed chicken breast and seasonal vegetables accompanied by a tasty orzo pasta, all followed by a creamy creme brulee and biscotti dessert. Although the lunch menu is one to rave about, thanks to our sponsor Christenson Group of Companies, the

highlight of this exceptional event came when our keynote speakers took the stage. Pilgrims co-founder Marion Boyd, spoke of community impact and the role of our services, while Greg Yanda shared his personal and heartfelt account of receiving support for himself and his daughter, through the Expressive Arts for Grieving Children, Teens and Families program, after the loss of his wife in 2010. We would like to extend gratitude to hostess, Seanna Collins of Global Edmonton, for her warmth in sharing the Pilgrims spirit with attendees, and promoting the importance of community donations. Through all of the various contributions and energy put into this event, Pilgrims gained many new friends and supporters.

The Society would like to recognize board member Gloria Bauer, as the one woman organizing committee for the luncheon - she is a true testament of passion in the Pilgrims family.

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## Self Discovery Amongst Friends



Over the past four weeks, a small group of individuals have been coming together weekly at Pilgrims to explore their personal values

through sharing life experiences, and answering some intriguing questions. Each week presents a different theme: personal information, personal happiness and satisfaction, the role of others, life advice, forgiveness and regrets. The group spends twenty minutes silently in contemplation and writing, and the rest of the two hour period sharing their answers and perspectives, along with the stories that have shaped their values. It is most validating to share oneself, be raw, and let the heart fall open, with strangers who become confidants in a matter of hours; all with the purpose of creating a legacy document, an ethical will, to share with others or keep as personal diary. This Ethical Will group series has been introduced to Pilgrims Hospice by respected community leader, Carol Kodish-Butt, founder of the Edmonton Bereavement Centre.

Next week the series will come to an end, but we are looking forward to offering Ethical Will groups in the future, for our volunteers, clients and community members.

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## Honoured Spirit



Every couple of months the Compassionate Companions volunteer team gathers together for a meeting to support each other in the emotionally and mentally demanding role they have chosen to take on; companionship individuals through illness and dying. Each meeting presents a special education or self-care opportunity as well, and last fall the team had the humbling experience of witnessing a presentation at the Misericordia Hospital by a woman who was considered a medical miracle. Her body riddled with cancer, yet she persevered and was more than happy to share her journey, her hope, her faith, and love of family - all of the things that kept her on her path.

Shortly after this impactful talk, [Kristen Fersovitch](#) was asked to sing at an upcoming Pilgrims Hospice event; a volunteer appreciation variety show. This woman's voice, in speech and song, uplifted and inspired the room. She had come straight from a radiation treatment to be with us only a couple hours later, and I don't know that she realized how honored we were by her presence.

A couple short weeks after this private performance, a packed house at the Jubilee was blessed to hear Kristen sing a moving solo performance for the [Edmonton Singing Christmas Tree](#). And this is also where Kristen was able to share her own compilation, an album titled '*Songs from Home*', available on iTunes.

Most sadly, Kristen's [journey](#) on earth came to an end last week, after just turning 30 in August; leaving behind her three baby boys (ages 5, 3, and 2), her husband, parents, sister, and grandparents. For those who would like to honour Kristen, there is a public Memorial being held on Thursday, October 10, 2pm, Millwoods Pentecostal Assembly, 2225-66st.

A [special video](#) of Kristen, and her sister Kennedy, sharing a memorable moment.

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## Welcome to the Family

Many individuals comprise the Pilgrims organization; our talented and passionate staff members, the dedicated volunteers and board members, as well as compassionate donors and sponsors. From the moment of involvement we welcome these individuals with open arms and warm hearts, calling them family.

In the past few months we have welcomed a few new [family members](#), and are happy to introduce them to you.

If you are lucky enough to visit our Adult Respite Day Program, you will encounter smiling faces, along with a lot of jokes and laughter. This is because of the great activities and social atmosphere created by our program staff, such as our new Day Program Assistant and Health Care Aide, **Aprile Leblanc**, who is happy to play games, paint and welcome all with a warm demeanor.

The pinnacle of Day Program comes at high noon; when the family gathers around the dining table, to take in a great meal, followed by dessert, and tea in china cups. We couldn't have this special time together without the support of our creative culinary artist, Day Program Cook, **Amanda Blizzard**.

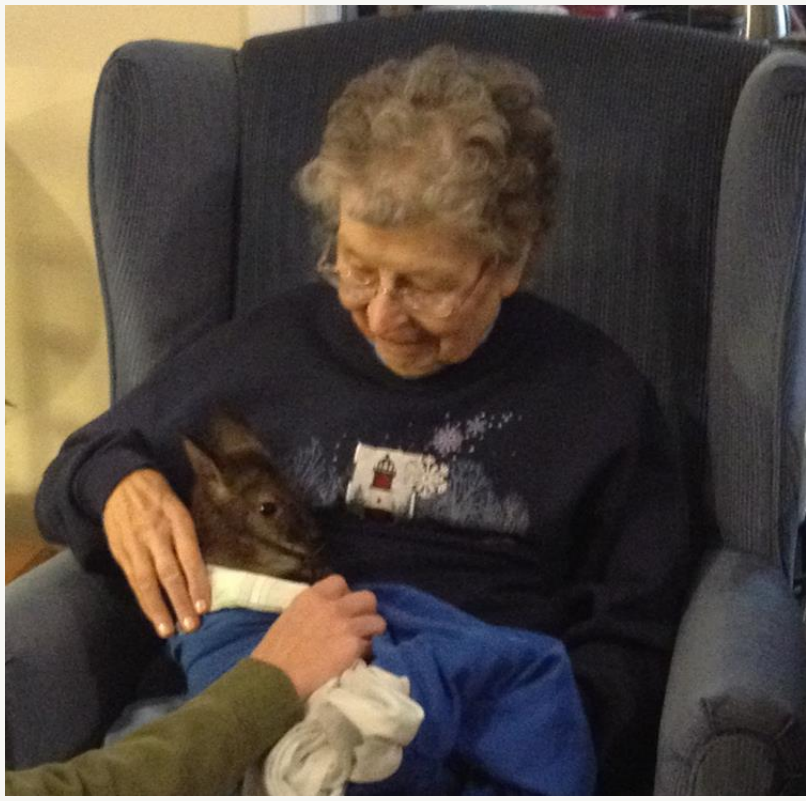
A lot of work goes in behind the scenes at Pilgrims, to make sure the operations run smoothly and the little details aren't overlooked. In the past few months, we have had office guru, **Sean Youn**, get us on track - and we are so grateful for his hard work and perseverance in the Accounting and Administration role.

Lastly, but most certainly not least, we must introduce the woman who will be front line in bringing on our valued volunteer family members. Screening, interviewing, training, leading, and helping to create the Pilgrims family culture, **Debby Harink**, new Volunteer Services Manager.

Welcome Everyone, we are excited to have you all with us as integral Pilgrims Family members.

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## Walla-baby



A special little visitor came to Pilgrims Day Program. Baby Wallaby Rory, stopped in to be cuddled and he was a perfect guest - passed from one person to the next, snuggled into his pillowcase pouch. We hoped he would stay forever, but his zoo family would miss him.

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## Integrative Therapies Workshop

For those working in health care, social or human services, or education and have an interest in end of life care, this personalized course is offered through 'Rayne's Care & Prepare'...

Healthcare Professionals will come away with simple and profound practices and techniques to support clients/residents through the end of life. These include:

- Pain meditations
- The Tibetan practice of Tonglen
- John Calvi's hands-on touch
- Aromatherapy for transitioning

Learning these practices and techniques will help Healthcare Professionals to:

- Create a coherent strong presence
- Feel more confident about working with the dying process
- Attend to the spirit of the dying person as well as their body and mind
- Prevent burnout by learning to give and receive so there is an exchange of energy

**November 9, 2013, 1pm- 5pm**

**\$140 per person**

**For more information or to register, contact Rayne Johnson,**

[lorainej@shaw.ca](mailto:lorainej@shaw.ca), 780 642 8703

[www.tearcups.com](http://www.tearcups.com)

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## Dinner with Friends



In attendance: Greg and Carol Cameron, Peter and Colleen Cavanaugh, Chereda Bodner, Nick Trovato, Marianne Brown, and Tara the resident sommelier.

At the 2013 Walk in My Shoes gala, Greg and Carol Cameron, had winning bid on a special dinner evening, hosted by Marianne Brown, of The Butler Did It catering. Recently the Cameron's cashed in on their prize, and had a great evening with friends, enjoying a number of appetizers and sampling various dishes; beef, lamb, and seafood, followed by rich desserts. Along with the variety of tongue tantalizing culinary pleasures, wine hostess, Tara, gave insight into the many wines served before and during dinner. A beautiful evening with friends was shared!

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## Baby Steps



The First Annual [Baby Steps Memorial Walk](#) took place on Saturday, October 5, 2013 in Sherwood Park, thanks to Pilgrims' own Cheryl Salter-Roberts and her volunteer planning committee. Thank you to all families who attended the walk to remember the babies who have died during pregnancy and after birth. These little ones hold a special place in our hearts.

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## Regional Palliative Care Conference

The 24th annual [Regional Palliative Care Conference](#) is coming up quick. Registration is open, and there are some great educational sessions taking place for professionals as well as volunteers. Pilgrims will be there once again, with a table in the poster room, as well as hosting the Paula Brindley Healing Room, offering various Complementary modalities to support relaxation, stress reduction and self-care. We hope to see you there!