

Hospice Happenings September 2013



TUESDAY 3 SEPTEMBER

You're Invited...

You are cordially invited
to celebrate the 11th annual Dr. Helen Hays
Sunflower Luncheon

Friday, September 20, 2013

Presented by Christenson Developments
In support of Pilgrims Hospice Society

Hosted by - Seanna Collins, Global Edmonton
Champagne Greeting - 11:30 sharp
Lunch to follow
Tickets \$95 each, \$950 per table of ten

Empire Ballroom | 10065 - 100th Street
Fairmont Hotel Macdonald | Edmonton, Alberta

For more information
Call 780.413.9801 or
www.pilgrimshospice.ca

Keynote Speakers

Marion Boyd
Board Member & Founder of
Pilgrims Hospice

Greg Yanda
The father of one of our Expressive Arts
clients at the Pilgrims Hospice

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In other news

Grief Journeys

Adult Bereavement Support Group. Sept 16 - Nov 18. No group Thanksgiving or Remembrance Day. For information please contact Jesse McElheran, 780 413 9801 ext 307

Expressive Arts Groups

Child and Teen Bereavement support (ages 5 to 12 years and 13 to 18years). **Sherwood Park:** Sept 14 - Nov 9. 10am - 11:30am
Edmonton: Sept 12 - Nov 7. 1:30 - 3pm AND 6:30 - 8pm
cherylsr@pilgrimshospice.com

Death Cafe



At [Death Cafes](#) people come together in a relaxed and safe setting to discuss death, drink tea and eat delicious cake.

The objective of Death Cafe is "To increase awareness of death with a view to helping people make the most of their (finite) lives".

Join us at Pilgrims Hospice Sunday, September 29, 2-5 pm. Reserve your spot by contacting Rayne Johnson, EDMdeathcafe@gmail.com or 780 642 8703

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:

If you visit Pilgrims on a Monday you will be sure to see the smiling face of **Connie Humby**, our reception volunteer. Connie not only greets our visitors, but she answers the phone, assists with administrative tasks, and above this, companions Day Program clients. She is attentive, compassionate, and always friendly - a natural fit for the Pilgrims family. Congratulations Connie, we value you, your time and your heart. Thank you!

Sweet Treats

Compassionate Friends

For anyone touched by the loss of a child at any age.

Sherwood Park: 2nd
Tuesday each month, 7 - 9pm
cherylsr@pilgrimshospice.com

H.E.A.R.T.S.

Baby loss support program.

Sherwood Park: 4th
Tuesday each month, 7 - 9pm
Rainbow babies program
~ for those considering pregnancy after loss.
Sherwood Park: Tuesday evenings as needed, 7 - 9pm
cherylsr@pilgrimshospice.com

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.

Forward to a friend

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



102.3 NOW! Radio stopped by in August with the Trucksicle, to share some cold treats with Day Program

Falling Leaves

How to Care for Yourself as the Seasons Change

Submitted by [Jesse McElheran](#), Counselling Services & Spiritual Care Coordinator

As the lazy days of summer draw to a close and we turn our sun-soaked faces away from newly created memories at the beach or cottage, we are greeted with two certainties: **1)** the splendour of fall with its cool mornings and changing trees is fast approaching, and **2)** regular-scheduled programming' is about to begin. For many people, this regular schedule includes a host of children's activities, community groups, church committees, and a list of other commitments that keeps them rushing from one place to the next. While these activities undoubtedly add to the richness of our lives, they can sometimes take on a life of their own, pulling us in too many directions. Life has a sneaky way of turning your agreeing to help out with one bake sale into being convinced to organize the entire winter carnival, and it's easy to find ourselves over-committed and overwhelmed by the time the first snow flies.

Somehow we have completely missed all that the fall has to offer and the beautiful opportunity inherent in the changing seasons. So why not use the fall transition as the 'new and improved' version of New Years and resolve to keep some of those summer self-care habits as part of your regular routine? Self-care is key in caring for your mind, body, and spirit; yet it is often the first thing to get cut from our overly scheduled lives. Why not make this fall, the fall you keep self-care alive and well, and reap the rewards of doing-so all winter long.

Self-care doesn't need to be complicated. It can be as simple as having

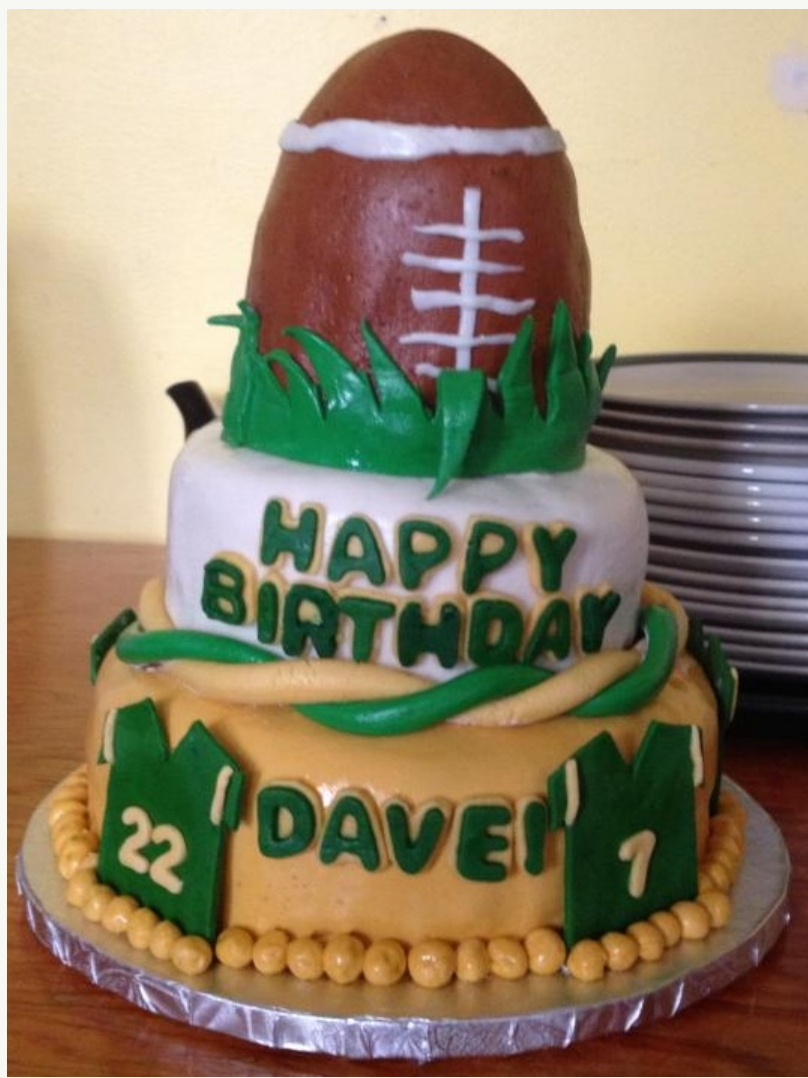
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a cup of your favourite tea while you enjoy a crisp morning on the patio, watching the last few brightly coloured leaves fall to the ground below. What matters is remembering to take the time to slow down and do something that you enjoy, something that rejuvenates you and gives you the energy to tackle that busy schedule. Below are a few self-care ideas that you may want to integrate into your fall line-up...

- Visit the humane society and snuggles some animals
- Take a walk through the river valley and enjoy the brightly coloured leaves
- Watch your favourite movie
- Call an old friend who you haven't spoken with in awhile
- Drink lot's of water
- Get a massage, reiki or reflexology treatment done
- Start a gratitude journal
- Make a healthy meal plan
- Meditate
- Take a warm bath
- Sing or listen to music
- Flip through an album of old photographs
- Exercise

Celebrating Life



One of the fantastic cakes made by Karen Gunn, a community member wanting to brighten the day of Pilgrims' clients. Thank you Karen!

Special Thanks

A great BIG thank you to volunteer Gina Makowsky! As an employee of ATCO Gas, Gina is able to take part in a program where her volunteer hours will earn a donation to her charity of choice. In August, ATCO gifted Pilgrims with \$150, thanks to Gina's gift of time. We are so grateful.

Feeling Full

Pilgrims Adult Day Program would like to extend deep gratitude to the individuals who were able to contribute meals while our staff cook was on medical leave. Sitting down to a lunch together is the cornerstone of the Day Program, and our hearts and bellies are full, thanks to staff and

volunteers, Bonnie, Kim, Debbie, Deb, Sean, Myra and Karen, as well as Rico of [Allegro Italian Kitchen](#); for scrumptious minestrone soup. We have also had the talented Amanda Blizzard join our team for a few weeks, as our temporary cook - and she has gone above and beyond. Her peanut butter bars are out of this world!

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