

May 2020

Day Program News

Pilgrims Hospice Society #104 15023 123 Ave, 780-413-9801



Celebrating May

**Global Health and
Fitness Month**

Gardening for Wildlife Month

No Pants Day
May 2

Nurses Week
May 6–12

Lost Sock Memorial Day
May 9

Mother's Day
May 10

Victoria Day
May 18

World Lindy Hop Day
May 22

Hamburger Day
May 28

I Dream of Pilgrims

Looking into our day program room, I close my eyes and try to imagine you are all back in your chairs. Smiling, laughing, drinking coffee and playing games. I can almost picture it!

It's your ol' recreation pal Gillian here – you know, the person who used to make you do exercises? Now you remember! Well, it sure is different working at home and not being able to hear Don announce "I FEEEEEL GOOD!" as he walks in the door, or hear Rob play a tune on his guitar, or watch Teresita put Tony in his place for being cheeky. Boy I miss those days. But don't worry, we will have them again!

As for myself, well, I'm getting really good at washing dishes owing to the fact that being at home, I'm constantly eating snacks all day. As some of you may know, I have a bit of a

sweet tooth and recently I found a small locally-owned candy store in the Highlands area. It is owned by a British man and his wife, and they import all of their candy from the U.K. and Scotland. To support them I've sampled humbugs, licorice all-sorts, blackcurrent candies, rhubarb custards, pina colada gummi bears, sherbert lemons and would you believe, rum and coke gummi bottles???

Sometimes sacrifices have to be made to support our economy, and I am willing to make those sacrifices! Though I do have a stomachache....



Gardening season has begun! And so far my weeds are looking great! Have you been able to get outside to the garden or patio? I know some of you have been clearing yards, raking leaves and washing patio furniture.

The rest of this newsletter contains interesting stories and updates from all your friends at Pilgrims Hospice. We hope you enjoy and can't wait to see you again!



In celebration of Lost Sock Memorial Day, see if you can guess which of our clients belongs to these beauties?

Mask-Making Superhero

Greetings from our Grief Counsellor Shalini

Hi Day Program Friends,

I miss putting off my paperwork and sneaking in to see all of you! I hope you're all getting lots of relaxing done. I'd love to hear how all of you are doing. On a side note, if you do want someone to talk to, don't forget that we Pilgrims counsellors are still doing phone/video sessions. Feel free to also just call to say hi - my work cell number is 780-690-8297.



I've been continuing to do telephone and video counselling from home and have been busy planning an online children's grief group. This group uses art to help children understand and process their grief. I've been putting together boxes of art supplies for the children to pick-up. Craft supplies are sold out everywhere with all these bored children at home! Luckily, I've found most of the items we need after going to different stores and ordering online.

This past week, I've been busy making masks for iHuman Youth Society. They support at-risk youth who have difficult living conditions. I completed my counselling practicum there a few years back. They put out a call for masks that didn't get many replies, so I offered to help out. I am a very beginner sewer so the mask making started out with some inside out masks! I also experimented with some "buffs" that are stretchy looped scarves that go around your neck. I was thinking that youth can have sitting around their neck and then pull up as a mask when needed. Maybe they'll be less likely to lose them this way too!

Otherwise, I've been having some socially distanced hangouts with my 4-year-old nephew. One day we had ice cream, and another day, he wanted to pick up every single pinecone we could find. I told him to leave some for the squirrels – he looked at me seriously and said, "Shani (what he calls me), listen to me ok. Let me tell you something. Squirrels eat *acorns*. These are *pinecones*." He's already smarter than me! Looks like soon I won't be able to tell him things are closed at random times of the day and have him believe me!

That's all for now. Stay healthy and I hope to see you all again soon. - Shalini

Pet Therapy Check-in with Daisy & Gayle

Hi everyone! Hope you are all well and keeping safe at home. I am so happy that the sun is out and I can go out and play in my yard. There is lots of dry grass and little pieces of plants that I can roll in and bring into the house, so I am keeping mum busy cleaning up after me! I can hardly wait to see you all again and I am looking forward to my cuddles! Love Daisy



Well I finally got Daisy off the computer so that I can say hi. I have been busy outside in my garden with lots of help from my dogs, as Daisy mentioned they are a great help! Miss you all very much and can't wait to see you all soon! Gayle

A Chomp Off the Old Block



Did you know that hungry, little yellow chomper known as *Pac-Man* made his debut on May 22, 1980, when the first *Pac-Man* machine was installed in a Japanese movie theater?

The game was very different from the other popular games of the era. *Space Invaders* and *Asteroids* depended on shooting things in order to win. *Pac-Man's* creator, Toro Iwatani, wished to design something wholly different—a game that would be universally appealing. He was eating a slice of pizza when he noticed that the rest of the pie looked like a friendly character. He considered the word *eat* and determined that the notion of eating appealed to everybody. The game he would design not only starred the pizza but required eating in order to win. The name *Pac-Man* comes from the Japanese slang word *paku-paku*, which means "to chomp."

Greetings from Liz!

Hello everyone! Today is a beautiful, sunny day. I'm thinking of you all and missing you! I hope you get the chance to go outside and enjoy these lovely first days of spring, or enjoy some clear blue skies and spring flowers from a favourite window.

Here's a picture of me working from home, next to one of my favourite windows. It overlooks our back yard and a huge blue spruce tree. I love to watch the sparrows as they build their nests. Soon I'll be hearing the chirping of little chicks – a wonderful sound.



Do you have any favourite sounds or signs of spring? I love to see and hear the Canada Geese flying overhead. And when the hares start turning brown, it's a great sign the snow is almost over.



The Roozen Family Hospice Centre is looking amazing. Through funding applications I've been

writing, we recently received gifts to purchase the front doors and brand-new laundry equipment. Fingers crossed that TELUS will donate TVs for each of the residential suites!

Well, I best get back to work. I hope the letters and goodies you receive brighten your days, and that it won't be too long before we enjoy each other's company again.

Take care, Liz

Britain's Best Garden



The lockdown has proven advantageous for British couple Tony Newton and his wife Marie, who have had more time to work on their 3,000 plants and flowers, including 450 azaleas, 120 Japanese maples and 15 blue star junipers.

The couple has been transforming their one-quarter-acre plot of land for the past 38 years and have been crowned "Britain's Best Garden".

Cats in Hats

A Japanese couple were brushing their 3 cats when they came up with a unique idea. What if the clumps of shedded fur could be made into a hat?

Using a felting process, the couple has now made numerous styles which their cats love to wear – due to the familiar smell and lightness.



Celebrating Victoria Day Edmonton's Royal Visits



In May of 1939, 68,000 Edmontontonians lined the streets for a glimpse of King George VI and Queen Elizabeth on Portage Avenue, soon renamed Kingsway Avenue. Their visit lasted a mere 6 ½ hours.

In 1951 came the first Canadian Royal Visit of Princess Elizabeth and Prince Philip. The couple were feted at a state dinner at the Fairmont Hotel MacDonald and afterwards



watched the Edmonton Eskimos beat Winnipeg 4-1 in the western semifinal before departing the city.



> You can tell it's football season in Alberta!

May Birthdays

A BIG Happy Birthday to our Day Program friends:

Susan Sigfuson – May 6



Don Koreen – May 12



Other famous May birthdays:

- Bing Crosby (singer) – May 3, 1903
- J.M. Barrie (author) – May 9, 1860
- Salvador Dalí (artist) – May 11, 1904
- Bea Arthur (actress) – May 13, 1922
- Stevie Wonder (singer) – May 13, 1950
- Mr. T (actor) – May 21, 1952
- Tony Blair (politician) – May 6, 1953
- Bob Hope (entertainer) – May 29, 1903
- Clint Eastwood (actor) – May 31, 1930

In the Kitchen

A few recipes to try! (Full recipes attached)

1. **Vegetarian Chili** – a delightful crockpot meal from our Executive Assistant Cheryl!
2. **Irish Soda Bread** – an easy bread to make with only 4 ingredients! We've made it before in Day Program and it is the perfect accompaniment to a delicious soup or chili. No yeast required!

Did You Know?

- Despite their different colours, Fruit Loops are all the same flavor
- Goat meat is the most widely eaten red meat in the world (accounts for 70%)
- 40% of produce in the US is not sold because it doesn't look "perfect"

