



**PILGRIMS  
HOSPICE  
SOCIETY**



**COMPASSION  
FOR THE JOURNEY  
SUPPORT  
FOR FAMILIES**

**[WWW.PILGRIMSHOSPICE.COM](http://WWW.PILGRIMSHOSPICE.COM)**

## ABOUT US

Pilgrims Hospice Society offers compassionate care for individuals living with a terminal illness, enhancing dignity and quality of life from diagnosis until the end of life. Our whole-family approach includes support for caregivers and those grieving the death of a loved one from any cause.

As a registered charity and non-profit organization in Alberta, Pilgrims Hospice Society has delivered quality programs in Edmonton and surrounding communities since 1994.

## RESIDENTIAL HOSPICE PROGRAM

The Roozen Family Hospice Centre offers around-the-clock nursing care in a warm, family-friendly, end-of-life residence with 12 comfortable suites for individuals in the final stages of life. The hospice provides programming that helps support both the patient and their loved ones, from diagnosis through to death and the grief journey.



Our integrated programs and services offer support to individuals, children, teens, families and the community. This includes respite for caregivers, counselling for those grieving the death of a loved one, and knowledgeable staff that can help answer any questions or concerns about end-of-life.



## ADMISSION PROCESS

Our hospice is a welcoming, relaxed, family-friendly place where residents and their loved ones can share meaningful memories during life's precious last moments.

### **Staying at the Roozen Family Hospice Centre is free of charge.**

To be eligible for hospice care, an individual must have:

- A life-threatening, progressive illness with an estimated life expectancy of three months or less.
- No desire to pursue further tests or treatments for the sole purpose of lengthening or shortening their life (C1 or C2 goals of care).

Admission to our hospice is a carefully managed process overseen by Alberta Health Services. Their palliative consultation team will complete an assessment of your loved one (at home or in a healthcare setting) and add them to a waitlist for hospice care. You may indicate your preference for Pilgrims Hospice Society as part of this process.

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We're happy to answer any questions you have about our hospice, arrange a tour or help you with the referral process. Choosing end-of-life care for your loved one is an important decision; we're here to help.

#### **Contact us:**

825-467-8599

referrals@pilgrimshospice.com

## COMMUNITY PROGRAMS

Pilgrims Hospice Society's community programs provide both one-on-one and group support for individuals facing a life-threatening or life-limiting illness. Through these programs, our staff and volunteers help improve the quality of life for those at the end of life and their loved ones.

### **ADULT DAY PROGRAM**

Day programs are recreation and wellness programs for people who are still able to live in the community but could benefit from help to maintain or improve their physical and cognitive function. Staying physically active, socializing, and acquiring new knowledge and skills have been shown to:

- Reduce anxiety and depression
- Improve cognition
- Improve mobility, strength and stamina
- Elevate mood





Our Adult Day Program is available on Mondays, Tuesdays and Wednesdays and can accommodate up to 10 clients per day. As part of the Alberta Health Services (AHS) Home Care service, our day program requires a referral from a Home Care case manager to attend. There is also a \$15 per day fee to attend as required by AHS.

**For information about our Adult Day Program:**

825-467-8585

GillianB@pilgrimshospice.com

**GRIEF PROGRAMS**

Pilgrims Hospice Society's Grief Support and Spiritual Care programs provide a compassionate space for anyone in the community who is grieving the death of a loved one.

We offer group-based support, both structured and drop-in. Our skilled facilitators and trained volunteers create a welcoming space for individuals to begin processing their grief with others who have experienced loss. We keep our groups small to allow participants the opportunity to share their stories.

Individual counselling is available to those whose loved one has been admitted to or has died at the Roozen Family Hospice Centre.



Believing everyone should have access to the emotional support they need, the grief Programs at Pilgrims Hospice Society are free of charge. We also have programs tailored to:

- Children
- Teens
- Families
- Men
- Adults



## SPIRITUAL CARE

Our spiritual care team, led by a professional Spiritual Health Practitioner and supported by trained volunteers, provides space for residents to freely discuss their spiritual concerns, ask essential questions, embrace life and feel at peace as they near death. Our team also offers comfort and support to the families of residents in hospice care.

Spiritual care is provided to residents and families as requested, through either one-on-one or group sessions. We are also happy to arrange connections to community spiritual leaders of various faith traditions.

**For more information about our Grief and Spiritual Care programs:**

587-414-1148  
[GriefSupport@pilgrimshospice.com](mailto:GriefSupport@pilgrimshospice.com)

*"I have two people in my life that took advantage of your grief counselling and it helped immensely at a time [when] they felt absolutely hopeless. We learn so much about living and yet our other certainty, dying, is left for us to wonder and guess.*

*Thank you, Pilgrims Hospice for being here."*

*– Barbara Mickelson*

## HOME VISITING HUB

Pilgrims Hospice Society is pleased to offer a Home Visiting Hub program, which provides home visits from primary palliative care physicians. This service bridges the gap for those with a life-threatening progressive illness who still live at home but do not have access to a primary care provider.

Our team of physicals is available 24/7 for patients in the community on an urgent and non-urgent basis.

- Urgent needs include a pain crisis that has not improved with breakthrough medications, sudden change in consciousness, uncontrolled symptoms and severe discomfort.
- Non-urgent needs include rescheduling an appointment, non-urgent prescription renewal, message to a physician, minor change in health status and expected death in the home.

**To contact our Home Visiting Hub:**

587-415-3537 (for urgent needs)  
[homevisits@pilgrimshospice.com](mailto:homevisits@pilgrimshospice.com) (for non-urgent needs and general information)

E-mail is monitored Monday-Friday 8am-4pm.

# HOW YOU CAN HELP

## DONATE TODAY

Pilgrims Hospice Society is a non-profit organization and your donation makes it possible to provide care at no cost.

Make a tax deductible gift to Pilgrims Hospice Society and become part of a growing community supporting individuals and families on their end-of-life or grief journey.

**To make a donation, scan here:**



Or:

587-735-2373

[donations@pilgrimshospice.com](mailto:donations@pilgrimshospice.com)

## CONTACT US

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780-413-9801  
[info@pilgrimshospice.com](mailto:info@pilgrimshospice.com)

