

# HOSPICE NEWSLETTER

*The Hospice Society of Camrose and District*

The Hospice Society of Camrose and District is pleased to present you with the winter edition of our newsletter. A lot has happened since our last newsletter, so we welcome the opportunity to touch base with all our members.

The HSCD hosted our AGM on September 27<sup>th</sup> to a full house of attendees. The meeting began with a welcome from Stacey Strilchuk, Chair of HSCD, and a synopsis of activities and events that the society has been involved with. Each of the committee chairs reported on the roles and activities of their committees. Bill Harder, Grief and Bereavement Facilitator for the Hospice, spoke about the continued growth and success of the program. Look for reports from all the committees and Bill in this edition of the newsletter.

The guest speaker at the AGM was Joanne Marcotte who shared a powerful and emotional story about her mothers' journey with cancer and the wonderful experience of hospice care that this family received in the Red Deer Hospice. All attendees were touched by Joanne's story and the board is very grateful to her for offering to share this story.

The HSCD continues to focus on program development, especially in the areas of volunteerism and grief and bereavement. As a board, we hope to meet the needs of our community as we plan programming, and hope that as members you will share the works of the society.

We continue to work towards our goal of a hospice in Camrose. We have been very fortunate to be able to work with architect Lillian Mah in the design of a 6 bed hospice. Many of you may have seen this plan in The Booster in September. We also revealed and discussed these plans at the AGM. We are very pleased and excited with the design and look forward to finding appropriate land space for the Hospice House.

We hope you enjoy this newsletter and as always, please contact any board member with your thoughts, ideas or concerns. We are open and anxious to hear from you.

May the Christmas Season bring peace and happiness to each and every one of you!

Sincerely the Board members of the HSCD



Hospice Society  
OF CAMROSE AND DISTRICT

## BOARD MEMBERS

- Stacey Strilchuk, Chair
- Pam Cummer, Vice Chair
- Raj Rathnavalu, Secretary
- Jaime Aicken, Treasurer
- Bernie Williams
- Treva Olson
- John Person
- Wanita Toews
- Janelle Wallace
- Cheryl Smith

**Any questions you may have please email them to:**

**camrosehospice@gmail.com**

**or contact**

**Stacey Strilchuk at 780 281-0921**

## UPCOMING EVENTS



### “Lights to Remember”

The Hospice Society of Camrose and District is excited to begin our annual Lights to Remember campaign for 2016.

This campaign gives our community an opportunity to remember a loved one by purchasing a bulb in their memory and supporting hospice. Our tree is in front of The Bill Fowler Center and on Friday December 2<sup>nd</sup> it will be aglow with the many, many lights that have been purchased by all of you over the years. The kick off to our campaign is Friday December 2<sup>nd</sup> at 7PM and we invite you all to join us. We will have a short celebration out by the tree (weather permitting) and then a presentation by Bill Harder, Grief and Bereavement Facilitator of the HSCD, inside with coffee and cookies. Please join us and bring along a friend.

The society is grateful for all donations which can be made at the ceremony on Friday December 2<sup>nd</sup>, at Superstore on Saturday December 3<sup>rd</sup> or at Wal Mart on Saturday December 17<sup>th</sup>.

Look for us at another special event, “Hockey for Hospice”! Board members and volunteers will be at the Kodiak games on Friday and Saturday December 9<sup>th</sup> and 10<sup>th</sup> eager to discuss with you our projects and plans for a hospice house for our community. Come out and cheer for the Kodiaks while supporting the hospice.



The Hospice Society of Camrose & District and the Camrose Kodiaks invite you to participate in the first annual

### **Hockey for Hospice Awareness Event**

**December 9<sup>th</sup>** vs the Spruce Grove Saints and  
**December 10<sup>th</sup>** vs the Calgary Canucks

Meet the Board of Directors and learn more about the Society's programs and services and its vision to build a 6 bed hospice.

Find out how you can help, make a donation and be part of this exciting community project!

## UPCOMING EVENTS

### “Lights to Remember 2015” Photos



Hospice Society  
OF CAMROSE AND DISTRICT

### “Lights to Remember”



**Ceremony will be held on  
Friday, December 2, 2016  
at 7PM @  
The Bill Fowler Center**



Donations can be made at the  
following locations or online:

- Saturday, December 3<sup>rd</sup> at Superstore
- Friday, December 9<sup>th</sup> & Saturday, December 10<sup>th</sup> at the Kodiak games
- Saturday, December 17<sup>th</sup> at Walmart
- Online @:  
[www.camrosehospice.org](http://www.camrosehospice.org)



## “Lights to Remember 2015 Photos”



## UPCOMING EVENTS



### **“Being With Dying Death Café”**

*The Hospice Society of Camrose  
and District presents:*

BEING WITH DYING

DEATH CAFÉ

*Through open conversation we  
hope to:*

Bring death out of silence

Create an environment where talking about  
death is natural and comfortable

Increase awareness of death with a view to  
helping people make the most of their lives

WEDNESDAY, DECEMBER 14, 7-8:30PM

CAMROSE PUBLIC LIBRARY (DOWNSTAIRS)

FACILITATOR: BILL HARDER

*\* Please note this is not a counselling or bereavement group*

## Committee News



### The Fund Development Committee

The Fund Development Committee is responsible for organizing and helping with various fund raisers for the Hospice. Some of these include; promoting and encouraging donations to the society, organizing and promoting events such as the annual Hike for Hospice, and the annual Lights To Remember campaign (special thank you to D2 Electric Camrose for their help with the lights on the tree). The committee has completed the application process to The Alberta Gaming and Liquor Commission to work an upcoming casino event. We've completed and followed up on a grant from our local Battle River Community Foundation. The Society has also partnered with the Camrose Kodiak's hockey team to have our presence at two home games on December 9th and 10th. The committee works closely with the Society's treasurer, keeping track of the many donations it receives.

#### **Generous donations from community:**

2015 (Last quarter):

- Camrose Royal Canadian Legion BR #57  
\$1000
- Poppy Fund Camrose BR #57  
Royal Canadian Legion  
\$1000
- Battle River Community Foundation  
\$10,300
- St. Mary's Hospital Camrose  
\$4,420.11
- Knights of Columbus  
\$500



## Committee News



### The Fund Development Committee

#### **Generous donations from community:**

2016:

- Camrose and District Family Thrift Shop  
\$5,050
- Daysland Catholic Women's League  
\$212
- Camrose Royal Purple #49  
\$500
- Poppy Fund Camrose BR#57  
Royal Canadian Legion  
\$1000
- Camrose Council Catholic Women's League  
\$250.55
- Messiah Lutheran Women  
\$450
- Battle River Community Foundation  
\$20,300
- Our Saviour Lutheran Church of Hay Lakes  
\$100

#### **Successful fund-raising events:**

- Lights to Remember 2015  
\$2,348
- Hike for Hospice 2016  
\$11,802
- Golf Tournament Fundraiser 2015  
\$1480

Alberta Gaming and Liquor Commission Event has been scheduled for April/May/June 2017.

The Hospice Society graciously thanks Camrose and District for their generous donations.



## Committee News



## The Communication Committee

Tina, Janelle and Pam are the members of the communication committee. We work with board members to help with advertising for all upcoming events. Recently we also worked closely with The Booster to build an advertisement for our AGM which will also be displayed soon in poster form. Our committee worked with Bill Harder to develop some advertising and business cards for the new Grief and Bereavement Facilitator position that Bill has recently assumed. We have also worked with Joy Le Blanc, volunteer coordinator, to develop some advertising bookmarks for the volunteers.

If any members have ideas about advertising and ways to communicate the great work that hospice is doing, please contact Janelle or Pam to discuss your idea! We'd love to hear from you!

## The Education Committee

The Hospice Society is hosting a series of Death Cafes at the Camrose Public Library. There aren't many places where talking about death is OK. The purpose of a Death Cafe is to bring death out of silence by creating an environment where talking about death is natural and comfortable, so that open and respectful conversation can occur. When people first hear about a Death Cafe; they often assume that it will be a depressing or even morbid evening. But reactions to the three held so far have been the opposite, with participants saying how much they enjoyed the group and the thoughtful conversation. Through these gatherings, the Hospice Society hopes to increase awareness of death with a view to helping people make the most of their lives, now. This is not a grief or counselling group; anyone interested in the discussion is welcome to attend. There is no charge. The next Death Cafe will be held on Wednesday December 14 from 7-8:30, downstairs at the library.



## Committee News



**Hospice Volunteers  
Loreen Bendfeld and Gloria Mowat  
Serving Tea**



### The Volunteer Committee

One of the pleasures of being a Hospice Volunteer is serving tea, coffee and cookies to patients and their families on Unit 2 at St. Mary's Hospital each Wednesday afternoon. This is a wonderful opportunity to visit with patients and listen to their stories. The patients often talk about how much they look forward to this afternoon treat and visit.

A member of our volunteer committee, Treva Olson was able to attend the Imagine Conference on Medical Aid in Dying (MAID). The day was filled with the following speeches:

- The opening address was given by the Minister of Health, Sarah Hoffman who decided to toss her speech aside and speak from personal experience. This was very interesting to listen to.
- The Executive Director of Rosedale Hospice Calgary, Sarah Walker spoke on governance.
- The Senior Director of Operations of Rosedale Hospice Calgary, Fiona McColl spoke on leadership development, sustainability and growth.
- Dr. Silvius who is the lead for Medical Assistance in Dying Preparedness spoke on the journey taken to be prepared for Medical Aide in Dying.
- The personal story of a woman losing her sister and mother to Huntingtons disease was another interesting part of this conference.

Treva hopes to share the information she heard at the conference with the volunteers.

The volunteer committee is looking forward to bringing in education days for the volunteers. There will be more information to come in the future.

## “Alive Inside”

The Camrose Public Library approached the HSCD to co-sponsor a movie night on Wednesday June 15<sup>th</sup>, 2016 @ 7PM. The title of the movie was “Alive Inside”. This movie was shown at the Sundance Movie Festival Award in 2014 where it won the Audience Award.

This is a documentary that follows social worker Dan Cohen as he demonstrates music’s ability to combat memory loss and restore a deep sense of self to those suffering from Alzheimer’s’. He visits family members who have witnessed the miraculous effects of personalized music on their loved ones. Alive Inside is a very emotional and inspirational story.

The HSCD was very happy to co-sponsor the event which was coordinated by Kelsey Mailer, Intergenerational Programmer at the Camrose Public Library. HSCD was able to make a short presentation about the society to a group of 40 individuals. The society will look at further opportunities to partner with local community groups and organizations.

Submitted by,

Pam Cummer





### A word from our Grief and Bereavement Coordinator...

It has been a steady fall in the G&B world. The Grief Support Walking Group continues to meet weekly at the Rec Center indoor walking track on Wednesday mornings, 9:30-10:30. In addition, I had the privilege of sitting in on the Saint Mary's grief support group with facilitators extraordinaire, Lyndell Drever and Mary Ann Pastuck. Presentations about grief to school staff, and to residents at Sunrise Village, many hours of one-on-one grief support, and researching new resources round off Hospice's G&B work. Many thanks to the board for their vision and support of this vital role. Please do not hesitate to call, text, or email if you have questions or concerns.

Bill



**Hospice Society**  
OF CAMROSE AND DISTRICT

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**Contact us:**

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[facebook.com/camrosehospice](https://www.facebook.com/camrosehospice)

**Donations gratefully accepted at:**

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