

HOSPICE SOCIETY OF CAMROSE & DISTRICT

PALLIATIVE/END OF LIFE CARE

If you have been living with, or have recently received a diagnosis of a life-limiting illness, you may be asking many questions. When this happens, Hospice Society of Camrose & District (HSCD) is available to support you.

VOLUNTEER SUPPORT Trained HSCD volunteers provide bedside and in-home companionship, emotional support, relief for caregivers, sitting vigil, and access to resources.

N-CARE (Navigating, Connecting, Accessing, Resourcing, and Engaging) endeavors to improve the quality of life of adults living at home with a life-limiting illness.

Trained HSCD volunteer navigators conduct regular visits with individuals in the home.

Navigation may include: advocating; facilitating community connections; coordinating access to services and resources; and promoting active engagement of individuals with their community.

GRIEF SUPPORT

If someone in your life has died you have our compassion. HSCD is here to support you in your grief.

MEN'S COOKING CIRCLE This is an opportunity to learn basic cooking skills, meet other men, cook and eat together, and to engage conversation with men who are experiencing grief. This is a partnership program with Hospice, AHS and community facilitators.

GRIEF COMPANIONING PROGRAM Grief companions are HSCD-trained volunteers offering one-on-one grief support. Companions are a compassionate, listening presence when you need a safe place to tell your story of loss, and to share both tears and laughter.

GRIEF-SUPPORT WALKING GROUP This drop-in group meets year-round on Wednesday mornings at 9:30 am. In the non-snow season, we meet at the Camrose Visitor Center Parking Lot for a leisurely walk around Mirror Lake. In winter we meet at the indoor track at the Rec Center. Walking is followed by coffee and conversation.

BEREAVEMENT & GRIEF WORKSHOP This workshop is for people who are coping with grief and loss, as well as for people interested in becoming "grief helpers" – co-workers, family members or even physicians and healthcare professionals supporting people going through a loss.

ONE-ON-ONE CONSULTATION Book time for conversation about your grief journey. Assessment and referral are provided as desired.

DEATH CAFÉ Death Cafes are scheduled gatherings over coffee, for the purpose of talking about all things death and dying. This is not a grief support group; no counselling, or instructions regarding planning one's death are offered. This is an open and frank conversation around the topic of death. Monthly, Camrose Public Library.

You may access grief support programs by contacting HSCD Program Coordinator Bill Harder at **780-608-0636**

You may access volunteer support by contacting HSCD Volunteer Coordinator, Joy LeBlanc at **587.322.9269**



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www.camrohospice.org ■ email: camrohospice@gmail.com



VOLUNTEERING

HSCD considers accompanying the dying to be a privilege and a sacred experience for everyone involved.

As a not-for-profit charity, the heart of our Society's endeavor lies in our compassionate and committed volunteers.

Our volunteer program connects trained volunteers with individuals experiencing a life-limiting illness, as well as with those who are bereaved.

Volunteers provide practical, emotional, and spiritual support with the recognition that the relationship benefits and enriches both the volunteer and the individual.

HSCD Volunteers

- Sit vigil with those who are dying
- Support client families
- Companion those in grief
- Support clients in navigating clinical and social challenges
- Provide administrative and program - facilitation support
- Serve on the Board of Directors and working committees

HOSPICE SOCIETY OF CAMROSE & DISTRICT

OUR VISION

To provide compassionate holistic care to those who are dying and to their loved ones.

OUR MISSION

To enable our community to support those facing advancing illness, death and bereavement with dignity – through education and compassionate care.

OUR GOAL

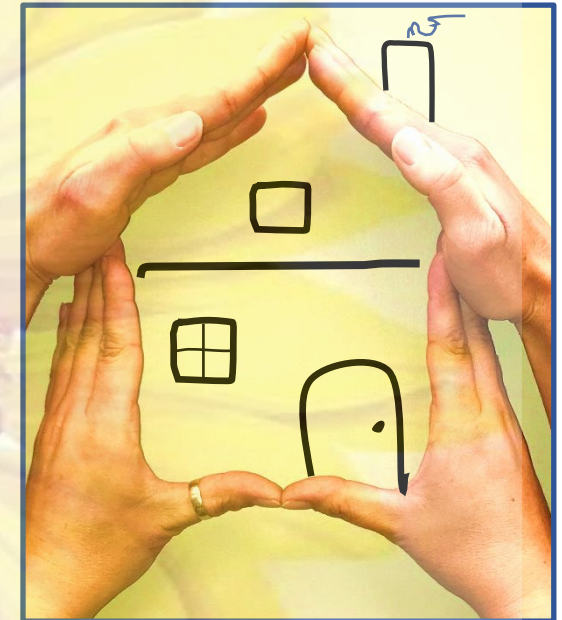
In addition to providing quality care throughout Camrose and area, longer term we have a goal to provide a freestanding hospice facility as a "home" for people who wish to die in a comfortable, peaceful and supportive setting.

OUR PARTNERS

HSCD wishes to thank our community partners Alberta Health Services, Covenant Health, Bethany Group and the Camrose Primary Care Network for their support and collaboration of HSCD initiatives and programming.



Hospice Society
OF CAMROSE AND DISTRICT



Our Hands and Yours...
Building Hospice
Together

