

# HOSPICE NEWSLETTER

*The Hospice Society of Camrose and District*

Hi Everyone,

Welcome to our Winter 2017 Newsletter!

This edition of the newsletter we are starting a bit differently. We decided that you always see our names at the beginning of the newsletter and some of you may not be able to put a face to the name. Therefore, we are starting off by introducing you to all of our Board Members and sharing a little bit of information about them.

There are many events coming up and we hope some of them you find of interest. We look forward to seeing you at these events.

We hope you enjoy our newsletter. If you have any questions feel free to contact any of the board members.

May the Christmas Season be filled with peace and joy for all of you. The Hospice Society wishes you all the best in the New Year.



Hospice Society  
OF CAMROSE AND DISTRICT

## **BOARD MEMBERS**

- Stacey Strilchuk, Chair
- Pam Cumber, Vice Chair
- Raj Rathnavalu, Secretary
- Bryan Lynka, Treasurer
- Joy LeBlanc, Hospice Volunteer Coordinator
- Bill Harder, Hospice Program Coordinator
- Treva Olson
- John Person
- Wanita Toews
- Janelle Wallace
- John Davis
- Selina Read
- Pat Carlson

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

**camrosehospice@gmail.com**

**or contact**

**Stacey Strilchuk at 780 281-0921**

## INTRODUCING OUR BOARD MEMBERS.....



**Stacey Strilchuk**

**Chair**



Stacey L. Strilchuk is the Executive Director of the Camrose Primary Care Network and current chairperson of the Hospice Society of Camrose and District (HSCD). It has been her privilege to serve in this capacity since August 2015. Her major areas of interest in the health care system include developing and implementing quality and cost effective team based, patient centered care within the primary care setting. Stacey is above all interested in doing this work in a collaborative manner with engaged healthcare and community providers, and applying appropriate population health data and evidence based practice to local and provincial primary care priority initiatives that enhance a patient's quality of life. This interest certainly aligns with the reason she serves and volunteers her time on the HSCD Board of Directors.

Stacey lives with her husband Dan and their black retriever Bodhi on an acreage near Beaumont. They enjoy traveling and the outdoors.

**Pam Cumber**

**Vice Chair**



I am a registered nurse, presently working as a palliative nurse consultant with AHS. I am privileged to meet individuals and families at a difficult time in their lives and hopefully together with the health care team we can make a difference for them. I have a special interest in caring for people at end of life which has led me to working with the hospice society for the past 5 years. I am constantly amazed and grateful for the compassionate community we have here in Camrose. I look forward to helping to build this community in the future.

## INTRODUCING OUR BOARD MEMBERS.....



**Raj Rathnavalu**

**Secretary**

Rajan Rathnavalu is coordinator for the Spirit of the Land program at Augustana and co-founder of Newo Global Energy, a non-profit solar company. He helped develop and co-teaches the Hospice Volunteer Training Program and has served on the board since 2012.



**Bryan Lynka**

**Treasurer**

Bryan is one of the Society's newest board members that were appointed at the AGM in September 2017. He currently works as an Accountant at Grant Thornton in Camrose and is working towards achieving a Chartered Professional Accountant (CPA) designation. While he does not have experience with hospice care, he believes that this is a valuable service that helps patients and their families get the best care possible through difficult circumstances. He is also a supporter in helping out in areas that benefit the community as a whole and is looking forward to bringing his accounting experience to the Treasurer position.



**Joy LeBlanc**

**Hospice Volunteer  
Coordinator**

Joy is a former nurse and educator. During her career she worked with staff who cared for dying children and adults. This love of helping others support people who are dying motivated her to become involved in Hospice. She believes that the Hospice Volunteers are some of the most loving, caring people she has had the privilege of working with. Their kindness knows no bounds.

## INTRODUCING OUR BOARD MEMBERS.....

**Bill Harder**

**Hospice Program  
Coordinator**



I Love life, and its many splendored possibilities. Born in Edmonton, raised in Westlock, I've been in Camrose and area on and off since 1984. I've worked in landscaping, flooring, at a summer camp, for churches, Bethany, and most lately, for Hospice. I consider it an awesome privilege to bear the pain of another's grief, to sit with the dying, and to celebrate life. I fill my tank with walks in the woods, backpacking, dark chocolate, good movies, and coffee with my Beloved. Oh, lets not forget the dog – he fills my tank too!

**Treva Olson**

**Board Member**



Camrose has been my home for 28 years. I teach yoga and am actively involved in many social and environmental issues. Being involved in hospice care has been a passion for several years. My greatest wish is that all beings be lovingly cared for as they live fully into death.

**John Person**

**Board Member**



John Person has been a Camrose Hospice board member since its inception in 2011. Professionally, he has been actively involved in funeral service for over 25 years and considers it a privilege to serve the people of Camrose and district. He has a strong passion for the bereaved and believes all people should be able to die with dignity and respect. He truly believes that the Camrose Hospice Society continues to have a very positive impact on the many individuals and families in the surrounding area.

## INTRODUCING OUR BOARD MEMBERS.....

**Wanita Toews**  
**Board Member**



Licensed Practical Nurse for 26 years, the first 16 of those in St.Mary's Hospital and the Camrose Public School system. The last 10 years have been with Camrose Home Care. I love the unpredictability of my current job, never knowing what's going to meet me at the door, the constant running outdoors, and the license to let people know I truly care about them and their well-being. I love the outdoors with long walks in the countryside, and the smell of campfires and the stars overhead at night. I love baking for relaxation. I love going somewhere warm in the midst of our crazy cold winters. I love believing God created us to be joyful. I am passionate about creating a hospice in Camrose as I see it as a peaceful home-like setting where I want to spend my last days. Favorite truth - The truest greatness lies in being kind.

**Selena Read**  
**Board Member**



## Our Board Members

As a child growing up on a farm outside of Camrose, the cycles of life and death became a pathway to personal discovery. Curiosity about these wonders led me to education, compassion and seeking to support others, led me to nursing and continuing care. I observed the isolation and loneliness that can accompany those who are facing sickness and suffering and as such, was compelled to work with Hospice. The genuine commitment from the board and within our community is a rooted in a deep respect for life and the desire to see it maintained with dignity. It is a great and humbling task. When time allows, I enjoy a wide range of hobbies including hiking, kayaking, reading, working out, camping and playing Pokémon Go with my little boy.

**Janelle Wallace**  
**Board Member**



## INTRODUCING OUR BOARD MEMBERS.....

**John Davis**  
**Board Member**



My name is John Davis. I am pleased to be accepted onto the board of the Hospice Society of Camrose and District. I have seen many times the great work that the staff and volunteers do. This caring approach to dying is a much needed service in our community. I am the Director of Client Services with The Bethany Group and have a nursing background. I am hopeful that I can be a valuable member to this great organization.

**Pat Carlson**  
**Board Member**



I am a nurse employed with Alberta Health Services currently at Home Care in Bashaw. Nursing is my second career, my first was in agricultural sales. I was born and raised about an hour east of Camrose on a mixed farm. I grew up in a small agricultural community therefore I have a great appreciation of the importance of community working together to accomplish mutual goals in the best interest of the people of that community. In the past I have volunteered as a 4-H leader, parent council advisory president, minor hockey team manager, parents for playground fund, community hall board, hospital auxiliary, and STARS. My hobbies are cooking and entertaining, quilting and recently wood working and refinishing. I am married with 3 adult children, all of them married and 8 grandchildren so far. Through my past life experiences I have personally faced loss on my levels and I certainly realize the value of assistance in these great times of need. Helping people is a very strong passion for me. I believe I have some great qualities, skills and life experience that will enable me to be a valuable volunteer on the Hospice Society of Camrose and District. I look forward to working with like-minded people with the same goals, dreams, visions and passion.

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**B** **O** **a** **r** **D**

## UPCOMING EVENTS

# Death Café

Thursday, November 16 @ 7:00 p.m.

Camrose Public Library (downstairs)

*\*please note: this is not a counselling or bereavement group*

Through open conversation in a natural, comfortable setting, we can bring death out of silence and increase awareness of death while helping people make the most of their lives.



*\*for more info call: 780-608-0636*



## Death Cafès

**Our Death Cafè series continues this fall, meeting on the lower level of the Camrose Public Library. Through open conversation in a natural, comfortable setting, we can bring death out of silence and increase awareness of death while helping people make the most of their lives.**

**Join the conversation at this drop-in, no-fee gathering where all things death and dying are open for discussion.**

**November 16 @ 7pm and December 21 @7pm.**

## UPCOMING EVENTS

# Death Café

Thursday, December 21 @ 7:00 p.m.

Camrose Public Library (downstairs)

*•please note: this is not a counselling or bereavement group*

Through open conversation in a natural, comfortable setting, we can bring death out of silence and increase awareness of death while helping people make the most of their lives.



## UPCOMING EVENTS



Hospice Society  
OF CAMROSE AND DISTRICT

**Hospice Society of Camrose and District - Volunteer Training**

**Lessons for Living**

# Being with Dying

- ✦ **Introduction to Being With Dying and the Value of Silence (November 17)**
- ✦ **Effective Communications, Family Dynamics, Emotional and Spiritual Support (November 18 and November 19)**
- ✦ **Physical Care of the Dying, Grief and Bereavement, Self Care (November 25 and November 26)**

### Hospice Care

...provides  
compassionate  
care to the dying  
and their loved ones.

Contact us if you  
wish to volunteer  
or need support

### Volunteer Training

Cost: \$35

Friday: 7-9:00 PM  
Saturdays: 9-4 PM  
Sundays: 9-4 PM

Fire Hall  
201 Mount Pleasant Drive

Everyone Welcome!

Register @ [www.camrohospice.org](http://www.camrohospice.org) or

Phone Wanita @ 780-678-6859

Palliative/End-Of-Life Care Training

## UPCOMING EVENTS



## GRIEF & LOSS



### The Bereavement and Grief Workshop

Facilitated by Colette Howery and Donna Lynne Erickson.

November 17 @ 9:30-3:30 pm at the Camrose Public Library.

November 30 @ 9:30 to 3:30 pm at the Daysland Senior Centre.

No cost to attend.

Contact the Camrose PCN at 780-608-4927 to register.

## UPCOMING EVENTS

# Exploring Death Through Film

with discussion to follow

Dr. Janet Storch's "Reflecting on Life and Death:  
The Significance of Medical Assistance in Dying"

December 5 at 12:30 and 6:30 PM at  
Camrose Public Library



Hospice Society  
OF CAMROSE AND DISTRICT

Presented in partnership

Camrose United  
Church



On Tuesday Dec. 5 at 12:30 and 6:30 in partnership with the Camrose United Church, Dr. Janet Storch's talk, "Reflecting on Life and Death: The Significance of Medical Assistance in Dying", will be shown at the Camrose Public Library. Following the DVD a discussion will be facilitated by the Camrose and District Hospice Society.

## UPCOMING EVENTS



### LIGHTS to REMEMBER

Sponsor a light on our Christmas tree in memory of a friend or loved one.

Join us for the lighting ceremony on Thursday, Dec. 14 from 7:00-8:30 pm at the Bill Fowler Centre. Refreshments and fellowship to follow.

[www.camroshospice.org](http://www.camroshospice.org)



## LIGHTS TO REMEMBER

In Loving Memory

## UPCOMING EVENTS



### The Grief-Support Walking Group

**Meets every Wednesday morning at 9:30am at the Camrose Recreation Center (formerly the Edgeworth). Buy a \$3 walking pass at the main floor office, and join volunteer facilitator, Nicole Luft for a 40 min walk followed by coffee and conversation (coffee compliments of the Camrose PCN).**

## COMMITTEE NEWS



### Men's Cooking Circle

The Cooking Circle is an opportunity for grieving men to come together for conversation, cooking, nutrition instruction, and of course, eating great meals with one another. The seven-week pilot project had seven men involved, and was facilitated by chef Judy Haselwood, cook Evalynn Ross, AHS dietician Jocelyn Armstrong, and HSCD Program Coordinator, Bill Harder. Laughter, tears, and amazing meals flowed each evening as the men gathered. A meaningful experience for all involved, we anticipate running the program again in the new year.



### Annual Fall Symposium

Our first fall symposium, on the theme "Compassionate Communities: How Can We Help Our Grieving Children?" drew a crowd of nearly 300 participants to the Norsemen Inn in Camrose on October 17. Dr. Jody Carrington's knowledge, wisdom, and humor provided much needed tools and renewal. Child/teen grief can be challenging to support; the Symposium was an opportunity to address these concerns. Thank you to the organizing committee, the HSCD board of directors and our sponsors, Burgar Funeral Home, Camrose and District Support Services, and Weber Funeral Home. In addition to these new programs, our ongoing work in palliative/end-of-life care, and grief supports continues.



# COMMITTEE NEWS



## Communications Committee Annual Report for 2016-17

Janelle Wallace, Tina Zarski and Pam Cummer are the members of the Communication Committee. Their primary responsibility is to work with the standing committees on the HSCD board to promote hospice events and write articles highlighting hospice news.



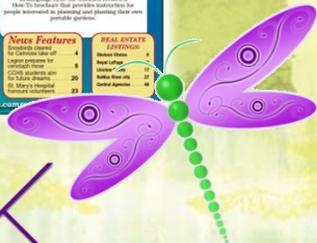
Janelle has designed posters for “Being with Dying-Volunteer Training”, Death Cafés, movie nights and the upcoming Symposium, “Compassionate Communities-How can we Help our Grieving Children?” We have also advertised the annual Hike for Hospice and Lights to Remember.

Tina has helped a great deal by sending our advertising out to the membership along with putting newsletters together for the society. The committee was successful in sending out two newsletters this year and will continue to do so in the coming year.

Pam has spent time gathering information and material for writing newspaper articles. Hospice news is highlighted frequently in our local newspapers.

We owe a great big thank you to the Camrose Morning News and the Booster who have been very accommodating in our advertising requests.

THANK YOU . . .





[www.camroshospice.org](http://www.camroshospice.org)

The HSCD website has had a remake. Using the same URL as previously, we have a new look, and tons of new resources for volunteers, grievers, and those diagnosed with a life-limiting illness. Check it out and let us know what you think.



## Hospice Society OF CAMROSE AND DISTRICT

Phone: 780-608-0636



**Contact us:**

[camroshospice@gmail.com](mailto:camroshospice@gmail.com)

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

**Donations gratefully accepted at:**

**Website:** [www.camroshospice.org](http://www.camroshospice.org)

**By Mail:** Hospice Society of Camrose & District  
Box 1891  
Camrose, AB T4V 1X8

**Website:** [www.camroshospice.org](http://www.camroshospice.org)