

HOSPICE NEWSLETTER

The Hospice Society of Camrose and District

A Message From the Program Coordinator's Desk.....



The word, "hospice" is from the Latin *hospitium* meaning "hospitable reception, entertainment; hospitality, bonds of hospitality, relationship of guest and host (Etymology Online)." At its heart then, since the 10th century C.E., a hospice has been a resting place where one is warmly welcomed. At a hospice a host gladly invites one in to sit a spell, put their feet up, and participate in a meal and conversation.

One thousand years later nothing has changed. Hospice continues to offer a resting place, somewhere to breathe deep, take stock, and be renewed by the compassion of the host. In the case of HSCD, the hosting happens, not in our house, but in *your* home, or in Bethany's home, or in Daysland Hospital's home... Through our volunteers, we bring Hospice to the individuals and families that need it most.

Your support enables our "hospice hosts" to go into the community, creating bonds of hospitality, nurturing the spirits of those who suffer, and sharing smiles and conversation to enhance quality of life. Even as we speak, HSCD's team of more than 40 active volunteers are offering solace and comfort as hosts to the dying, the grieving, and those suffering a life-limiting illness. *Your* partnership with Hospice empowers an ancient tradition of care to continue in Camrose and district.

2018 is already set as a year of exciting growth and new possibilities for HSCD. We have greater exposure than we've ever had, new board members with gifts to share at the board table, and of course, our ongoing array of palliative and grief programs. Let us know how we can bring the hospitality of Hospice into your home.



Hospice Society
OF CAMROSE AND DISTRICT

BOARD MEMBERS

- Stacey Strilchuk, Chair
- Pam Cummer, 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

UPCOMING EVENTS

Solace

wisdom of the dying

is an invitation to journey
into the wilderness of our
mortality and beyond.

a film directed by Camille Adair



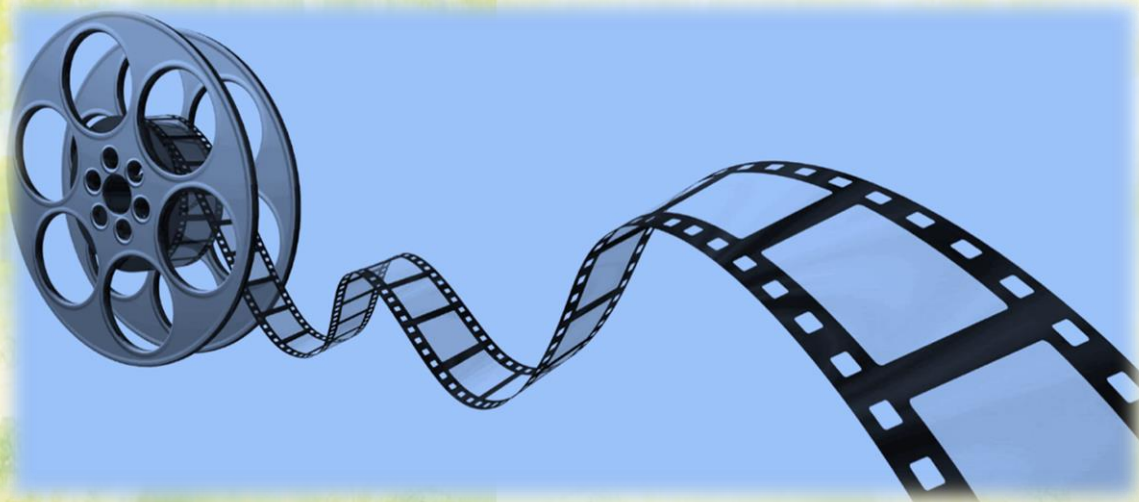
May 29
6:30 PM
with discussion
to follow
at



Exploring Death Through Film



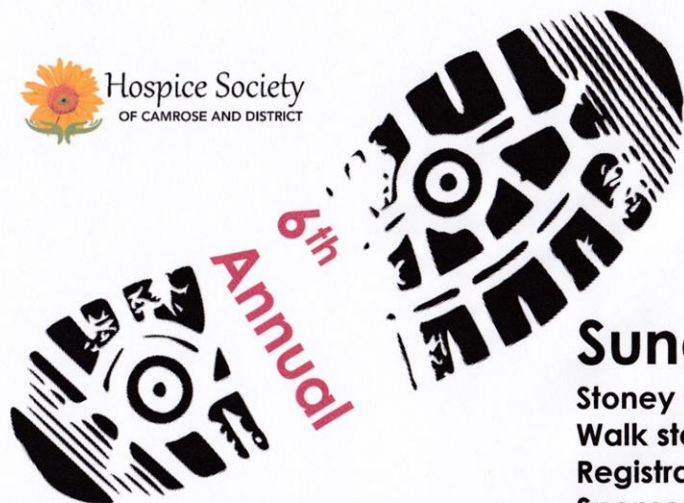
Hospice Society
OF CAMROSE AND DISTRICT



UPCOMING EVENTS



Hospice Society
OF CAMROSE AND DISTRICT



HIKE for HOSPICE

Sunday, May 6/18

Stoney Creek Ski Lodge, Camrose

Walk starts at 2:00

Registration @ 1:30

Sponsor forms: www.camrosehospice.org

INFO: Wanita: 780-678-6859

Burgers & drinks available.

Bake Sale!

*A family event – offering
something for all ages and
abilities.*



UPCOMING EVENTS

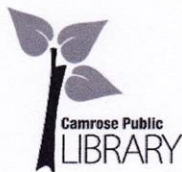
Death Café

Thursday, May 17 @ 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.



COMMITTEE NEWS

EDUCATION COMMITTEE



The Education Committee has a very active group of 5 members. The chair is Pam Cummer who works along with Helen Samm, Miriam Neufeld, Jessica Johnson and Joy LeBlanc. We meet on an as needed basis, usually every other month for an hour.

This year the committee decided to continue with hosting Death Café's at the Camrose Public Library on the third Thursday of every month. We meet in the Irving Room on the lower level of the library from 7-8:30 PM. We have a group of individuals who have volunteered to facilitate the gatherings and thanks to our wonderful core of volunteers, Joy is able to recruit people to supply cookies, tea and coffee and help with set up. Participation varies from 4-20 participants; the conversation is always lively, interesting and stimulating. The cafes provide an avenue for individuals to talk openly about their personal feelings about death and related topics in a safe and non-judgmental environment. It is not a grief support group, but resources for that purpose are always offered if the needs arise. The committee has decided to continue with the cafes for the months of May and June—please look for a special Death Café event in June! It will be advertised in the local papers.



The Education Committee has hosted movie nights in the past and this spring we are showing a movie entitled "SOLACE: Wisdom of the Dying". This movie grew out of the director's intimate experiences with people facing the end of their lives. The director is Camille Adair, a hospice nurse, who has worked closely with patients, families and health care professionals to provide end of life care. The movie offers a rich blend of perspectives from experts and the practical and authentic wisdom from people facing their own mortality. Movie night starts at 6:30PM on Tuesday May 29th in the Irving Room, lower level of the Camrose Public Library. This is a free event and we encourage you to come out, have some popcorn and enjoy the movie!

The Education and Volunteer Committees are working together to provide a Volunteer Training Weekend in late April. This is our first attempt at having a one weekend training session; after which we will assess and evaluate the weekend. Our hopes are to take this training program out to some sites in the Camrose area.

The committee has also put together a powerpoint presentation about the Hospice Society of Camrose and District. With the help of Bill Harder, HSCD Program Coordinator, we will soon have it ready for any interested committee members to take out to community groups asking for presentations from our society. We will soon present it to the committee, and have a "training session" after which we will be ready to meet any and all requests we have for presentations!

And finally, if you are interested in education, public speaking or participating in any way with the above mentioned programs—give Pam Cummer a call @ 780 608-4270.

COMMITTEE NEWS

VOLUNTEER COMMITTEE

WE  **VOLUNTEERS**

Volunteer Committee Members:

Wanita Toews – Chair
Anne Roper
Treva Olson
Joy LeBlanc
Joan Willoughby

Our volunteers are truly the heart of our society and we appreciate them tremendously! For all of you that are volunteers, I thank you for today and for all the yesterdays that you have given your heart and for all the tomorrows that I know you are waiting to give! **And if it wasn't for Joy, our volunteer coordinator, we would be sunk! Thank you Joy for your great leadership!**

Our spring training program will be history by the time this report is read. We have revamped it and condensed it and are now running it for only one weekend instead of two. Inservices throughout the year will be offered to make up for what is not contained. We feel like we are offering everything that is necessary to volunteer for us at present. We plan to run another training session again in the fall so if anyone is interested please contact the society to register.

The month of May we are planning a volunteer appreciation supper and evening for our volunteers. Abraham Lincoln stated, **Nothing in this world is impossible to a willing heart.** Because of the willing hearts of our volunteers we have accomplished nearly impossible feats. We thank you from the bottom of our hearts. Our volunteer coordinator, Joy LeBlanc, will report on what those accomplishments actually are.

I will speak for the NavCARE program though. NavCARE stands for connecting, accessing, resourcing and engaging. Volunteers are connected with seniors who have a chronic illness, with the intent of making them aware of the resources that are available in our community and connecting them with the appropriate one that will increase their quality of life. This program started out as a research project with the U of A Faculty of Nursing with the hopes that it would be sustainable. Fortunately the HSCD saw it as a valuable fit for our already existing volunteer program and are now implementing it. We have, at present, 7 seniors and 6 volunteers active in the program. We do have the video posted on the website that explains it further.

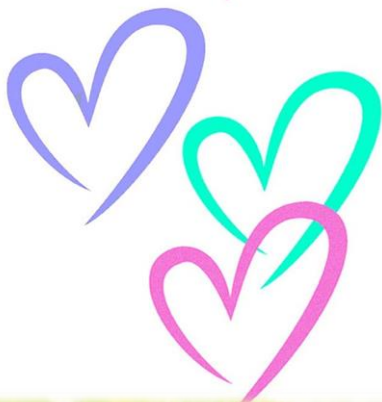
Once again, thank you to our volunteers and to all who support this worthy cause of making the world a better place by sharing your hearts!

A Message from the Hospice Volunteer Coordinator.....



Joy LeBlanc

Volunteering is
a work of heart



I have been a member of the Hospice Society since 2012. I became a member of the Volunteer Committee and worked closely with the Hospice's founder's Bev Drever and Treva Olson. The first education training had been completed. People wanted to volunteer with the dying. St. Mary's Hospital opened their doors and we were welcomed as volunteers there. Our volunteer program has grown from 6 volunteers to 46 volunteers. They provide comfort to people in Bethany, Seasons, Daysland Hospital and Providence Centre, Wetaskiwin Hospital, and in family homes.

Our volunteer's greatest gift is their presence. They are comfortable sitting quietly for hours with someone who is dying. They will read, play music, or listen to stories. They come to give family respite or if there is no family they become "family". Our volunteers also visit people who need someone because they have a life limiting illness. The volunteers are trained to companion those who are grieving. Volunteers truly are instrumental in "Building a Compassionate Community".

I am often asked what drew me to Hospice work. I have a nursing background. I worked with children living with Cystic Fibrosis. The courage of these families as they faced an uncertain future was inspiring. Looking after people in my family and friends as they were dying made me want to help others who were facing the same challenges. The volunteers I work with tell me over and over again how privileged they feel to be able to be a loving presence to people as they make this final journey. The volunteers often say that they receive more than they give because it is such a "sacred time".

I accepted the Volunteer Coordinator position because just as the volunteers love being with the dying and others who need their help, I love serving the volunteers. As a former manager and educator in the health care system I had skills that I could bring to this position so was happy to use them to help grow the volunteer program. To me the volunteer program is the heart of Hospice and it is a joy to keep it beating with love.

Funds for Fashion Show



Hospice Society
OF CAMROSE AND DISTRICT

Phone: 780-608-0636



Contact us:

camrosehospice@gmail.com

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

Donations gratefully accepted at:

Website: www.camrosehospice.org

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

Website: www.camrosehospice.org