



Hospice News

Issue 4  December 2020

Supporting People, Changing Lives

Your Support in Action

One of the supports/tools that Hospice offers is *support groups*. Over the years we have offered the public several kinds of groups.

Your donation means that we can train skilled volunteers to facilitate our selection of support groups. These include:

- Daytime general grief
- Suicide loss
- Children's grief
- Teen/young adult
- Parent group, death of a child
- Men's cooking circle
- Caregiver's group
- Cancer survivors
- Grief walking group

Groups provide participants with opportunity for connection, co-mentoring, education, and emotional/soulful healing.

When grant funding is available, we remunerate our facilitators. Otherwise, we rely on the generosity of volunteers to guide our clients in group processes.

You Make Hospice Happen!

Quotable



Photograph by Carolyn Djanogly

"You matter because you are you, and you matter to the end of your life. We will do all we can, not only to help you die peacefully, but also to live until you die."

~ Dame Cicely Saunders

Still Open

With Covid numbers on the rise (at the time of this writing), Hospice continues to provide supports and services. Our Board of Directors has ensured that Covid protocols are strictly followed to ensure the health and safety of our clients, volunteers and staff.

Joy and Bill continue to see clients face-to-face in the office; in-home support is offered on a case-by-case assessment.

If you, or someone you know is feeling isolated, lonely, or grieving, do not hesitate to touch base with our office (contact info below).

Connecting with Hospice

Program Coordinator, Bill Harder:
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Volunteer Coordinator, Joy LeBlanc:
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 @camrosehospice
 camrosehospice
www.camrosehospice.org



Hospice Society
OF CAMROSE AND DISTRICT

Holiday Grief

As we approach religious/cultural holidays (i.e., Christmas, Hanukkah, Ramadan, Valentine's Day), navigating the road of sorrow can be particularly challenging. Canadian Virtual Hospice offers the following suggestions:

- **MyGrief.ca** – This free online resource includes nine modules on various topics to support adults who are grieving from the comfort of their own home.
- **KidsGrief.ca** - Is your child having a tough time with grief during the holidays? KidsGrief.ca consists of three modules for parents, guardians and caregivers supporting children and teens in time of grief.
- **Programs and Services** – Check your local palliative care organizations or faith-based organizations for special services and resources for grieving during the holidays.
- **Memory Programs** – Some organizations have a Memory Tree, Memory Snowflake, Lights of Life or other program where you can add a symbol to remember and honour someone you care about.
- **Discussion Forums** – Connect with a community of people who are grieving or facing the end of life during the holiday season.
- **Ask a Professional** – Have a question about holiday grief? We're here for you. The clinical team at Virtual Hospice is available to respond to questions that arise during the holidays.

Go to www.virtualhospice.ca for more information.

Changing a Life: Gifts of Love

Sometimes, after informing clients that there are no fees for our supports, I am asked how Hospice funds the services it provides. In response I share stories. I tell them about the Battle River Community Foundation's yearly grants that allow us to run support groups for children and teens, or fund volunteer training. I describe our community's commitment to Hospice as seen through the eyes of fundraising events that are well attended.

Then, I tell them about *you*. Grants, events, and endowments are important parts of non-profit fiscal planning. The fourth leg of this structure is the generosity of private donors. Gifts from our donors are signs of Love in action. Every dollar donated fuels the work of our volunteers and our staff; every dollar is converted into human kindness and compassion.

The realities of running a non-profit society mean that we have financial costs: rent, program supplies, insurance, software licenses, advertising, wages... Our current budget comes with a cost of about \$360/day. In return, (in 2019) we journeyed along with over 1500 individuals who accessed our services over 4500 times.

So, what do *your* donations do? They ensure supports are available for Andrea who discovered that she is strong enough to bear the pain of her grief after her son died from a drug overdose. *Your* sponsorship purchased an iPad which will connect an isolated senior with family and friends. *Your* generosity fuels our Nav-CARE program, bringing together volunteers with those suffering a life-limiting illness. *Your* kindness and generosity is the reason we can provide child-grief support training to teachers, counselors, and parents.



On behalf of the **1500** people whose lives were enriched by Hospice last year, thank you for your gifts of Love!

Bill Harder

Mark Your Calendar



- **Surviving Holiday Grief:** Dec 15, 7pm - This is a Q&A Zoom session with Grief & Bereavement Coordinator, Bill Harder. Access Link: <https://us02web.zoom.us/j/87366706827?pwd=SitRQ3VOU292NkFjdWZlZjZ24xUT09>
- **Lights to Remember:** In December honor the memory of a loved-one with a donation for a Christmas tree bulb and an angel to hang on our tree (go to @camrosehospice on Facebook to see pictures). [Donate online](#) or stop by the office.
- **Facebook Live Lunch 'n Learn:** Dec 2, 12:05pm – Rayne Johnson on "Rituals and Celebrations for Life Transitions, Illness, Dying and Grief"
Dec 16, 12:05pm – Rhonda Watt on "Coping with Grief During Holidays"