

HOSPICE NEWSLETTER

The Hospice Society of Camrose and District

Happy Spring Everyone!

The Hospice Society of Camrose and District is pleased to be sending this newsletter to all our friends of the Society. The Communication Committee is committed to sending out 2 newsletters a year in order to keep you updated as to the activities of the Society.

The Hospice Society is taking serious steps towards the development of a Hospice House in Camrose. You will see the report of the Town Hall meeting in the newsletter. Please check our website for frequent updates in this regard.

The Hospice Society has many plans for upcoming education series also to keep our community informed about end of life issues. We always appreciate your input and constructive criticism, so please email your thoughts to us.

Enjoy reading about our very active volunteer program and if you have thoughts and ideas about how you would like to help the society, we welcome your participation. Please feel free to call any board member or email us.

The board would like to send out a big THANK YOU!! to Dixie Schielke and the Camrose Home Care staff for holding a silent auction in their office which raised approximately \$500.00 which will go towards the Emergency Relief Fund that the society has recently established. These funds are being made available to individuals who require some financial assistance to stay at home for end of life care. More information and guidelines for this new resource are available from any Camrose Home Care Staff member or any board member.

We hope you enjoy this newsletter and as always, "THANK YOU" for your continued interest and support!!



BOARD MEMBERS

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

Any questions you may have please email them to:

camroshospice@gmail.com

UPCOMING EVENTS

Being with Dying
Death Café

Wednesday, May 18, 7-9PM
Camrose Public Library (Downstairs)
Facilitator: Helen Samm

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

*Please note this is not a counselling or bereavement group

Movie/Guest Speaker Series

"Looking ahead to the fall, the Hospice Society will be hosting a movie/guest speaker series at the Camrose Public Library. Potential topics to be explored include Alzheimer's, dementia, dying rituals, contemplative approaches to living and dying, and various kinds of deaths that people experience, such as the loss of a pet. Watch the website for details."

Alive Inside

Watch the award winning documentary...

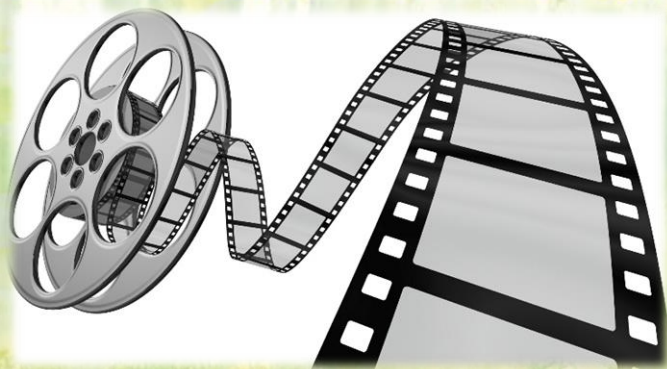
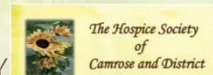
Alive Inside



- **June 15th, 7:00 PM @CPL**
- Light refreshments will be served
- Brief informational talk about Music and Memory
- Admission is free however donations to the Music and Memory program will be accepted

Find out more about the film at www.aliveinside.us

Camrose Public Library
4710 50 Avenue
780.672.4214



THE HOSPICE SOCIETY OF CAMROSE AND DISTRICT**WOULD LIKE TO WELCOME****BILL HARDER****TO THE POSITION OF
GRIEF AND BEREAVEMENT
FACILITATOR****EFFECTIVE MAY 1, 2016**

Bill brings over 20 years of experience to the society. Bill has an academic background in sociology and theology; his work as a pastor and, more recently, as a group facilitator in the area of compassion fatigue makes him the ideal candidate for this new position with the society. We are excited to begin work with Bill as we plan for and develop programs to meet the needs of Camrose and area.

**Join us in welcoming
Bill to the Hospice
Society of Camrose and
District!!**

**A Word from Bill Harder....**

Upon learning about Hospice's Society's Grief & Bereavement Facilitator position my thoughts began to consider the healing possibilities that such a role could offer Camrose and area. Having worked for the last 15 years with local funeral homes, I have a deep appreciation for the challenges that grieving families and individuals face after the death of a loved one. Grief is a rich but tiring experience, one which left without some guidance can mire a mourner down emotionally and physically.

After a career in pastoral care, I now joyfully anticipate discovering new ways to share my gifts and interests through grief care. My new duties begin this month and I joyfully anticipate connecting with the hospice community, as well as with other community resources and stakeholders. Assessment of community needs and the development of corresponding programs to meet those needs is my initial focus as I work with the board to establish the Grief and Bereavement Facilitator groundwork.

If you have ideas about how the G&B role could unfold please do not hesitate to drop me a line. Camrose Primary Care Network is partnering with the Hospice Society to support the G&B Facilitator by providing office space at the west-end PCN clinic (6540-48 Ave, Camrose). Drop in to say hi on Tuesday mornings, call [780.878.5012](tel:780.878.5012), or email bill@insidewise.com.



TOWN HALL MEETING UPDATE

Hospice Society of Camrose and District

Letter to the Editor

March 8, 2016

Re: Appreciate for the Support at the March 1st Town Hall Meeting

As chairperson of the Hospice Society of Camrose and District (HSCD) – on behalf of the Board of Directors – I would like to thank everyone that attended our town hall meeting on March 1st at the Norsemen Inn to hear and talk more about our Hospice Home project.

As you may know, the Hospice Society of Camrose and District (HSCD) is a registered charity (#839859709RR0001) established in November 2011. Our Vision is to provide compassionate, holistic care to those who are dying and to their loved ones. Our Mission is to enable our community to support those individuals facing advancing illness, death and bereavement with dignity through education and compassionate care.

To date the HSCD has coordinated and facilitated a number of education opportunities within our catchment area in hopes of affirming the dying process as a natural and dignified part of life. In October 2015, the society organized a one day conference for caregivers, family members, professionals, and anyone interested in care for the dying. The conference was well attended with over 100 participants from across central Alberta.

In cooperation with health care professionals in our catchment area, the HSCD has also established a robust volunteer program for those who wish to provide support to those who are dying and their loved ones. Volunteers are currently in Covenant Health, St. Mary's Hospital and Bethany Camrose. Other society sponsored activities occurring throughout the year include the Hike for Hospice and Lights to Remember. In 2016 the HSCD will commence a Grief and Bereavement Support Program.

In addition to supporting and enhancing quality palliative and end of life care throughout Camrose and area, a long term goal of the HSCD has been to construct and operate a hospice home for people who wish to die in a comfortable, peaceful and supportive setting.

During our town meeting the Board was excited to announce the society's intentions to move forward in building a 6-bed hospice home and the Board was so grateful and appreciative of the support and enthusiasm from those that attended the meeting regarding the project.

The HSCD is so proud of the charitable services we have been able to provide to date and is eager to begin the work of constructing a 6-bed hospice home. We know in order for our hospice home to be successful, community engagement, consultation and support is vital.

Your support for our hospice home, would be helping the residents of Camrose and area during one of life's most difficult journeys. For more information regarding the society or the hospice home project please feel free to contact me at 780.281.0921 or stacey.stirilchuk@camrosepcn.com.

Sincerely,

Stacey L. Strilchuk, Chairperson, Hospice Society of Camrose and District

Volunteer Committee News

Seventeen potential volunteers have been taking part in the Being With Dying training series in April and May.

Based on the Canadian Hospice Palliative Care Association guidelines, the training helps prepare people to be companion volunteers to sit with and assist the dying and their families. Topics included are grief and loss, spiritual and self care, physical care, communication and the value of silence. A variety of approaches are used throughout the training to build volunteers' self awareness and listening skills, as well as teach basic knowledge of the dying process. After the training is complete, participants will be able to volunteer with the Hospice Society in various capacities in our community. It is our goal to have a strong and vital group of volunteers in place when the new Hospice Home is ready to open its doors.

Volunteers not only work with families and people who are dying but there are other opportunities to help with Hospice activities. Recently a number of volunteers participated in the workshop held at Bethany that was facilitated by Dr. David Goa of the Chester Ronning Centre to begin discussions related to Canada's decision on Assisted Dying. Other volunteers help with fund raising activities like the Hike for Hospice and Lights to Remember. If you have ideas, talents and time you wish to share we would love to have you join our volunteer team.



HOSPICE SOCIETY OF CAMROSE AND DISTRICT BOOKMARK



**Hospice Society
of Camrose & District**

Hospice Society of Camrose & District Volunteers

Who are they?

- People who care deeply about people who are dying and their families
- People who have completed a training course on being with people who are dying
- People who have signed confidentiality agreements, have police criminal checks, and have been orientated to the different care facilities in Camrose
- People who are available to visit in the home, long term care facilities, or on the Palliative Care Unit at St. Mary's Hospital



**Hospice Society
of Camrose & District**

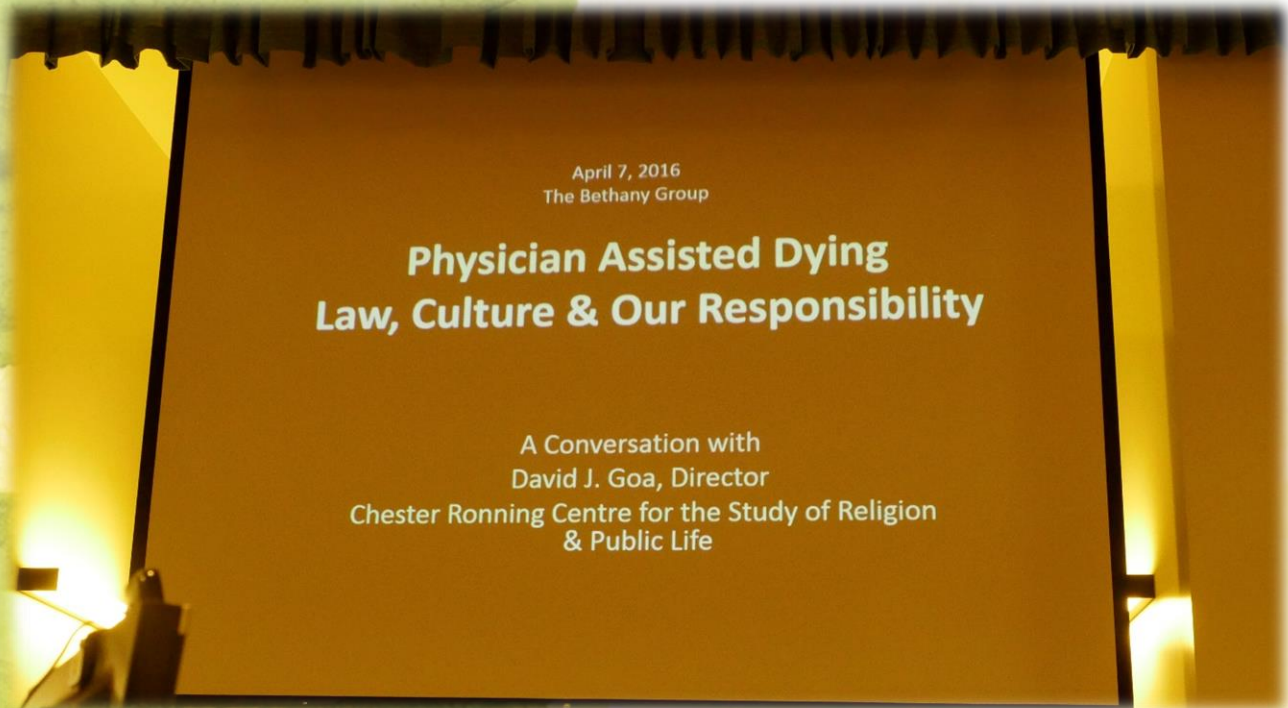
Hospice Society of Camrose & District Volunteers

What can they offer?

- Friendship
- Companionship
- Emotional support for all loved ones
- Relief for caregivers
- Spending time listening, reading, giving hand and foot massages, making memory books and photo albums with the person who is dying
- Sit vigil at the bedside of the loved one when the family needs them
- Volunteers can provide helpful information related to death, dying and bereavement

For more information about volunteer services please contact the Volunteer Coordinator at 780-608-0636

**Photos from the Physician Assisted Dying
Law, Culture & Our Responsibility on April 7, 2016**









HIKE FOR HOSPICE ON MAY 1, 2016



The annual Hike for Hospice was a fun success!

Mother Nature blest us with a beautiful sunshiney day.

Approximately 50 people registered for the walk and were serenaded on their merry way with energizing musicians.

The Drevers cooked up some great burgers, Superstore donated chips and Rebecca from Mallorys some decadent cupcakes.

We raised over \$11,000 in donations. Over \$500 of that was generated by a silent auction with a wide variety of donations from businesses and private donors.

We had a group of amazing volunteers who helped the day pass smoothly.

Thanks to every volunteer, donor and participant who made the day a sunny success!









The Hospice Society of Camrose and District

Board Members

The Hospice Society needs new Board Members. The Hospice Society of Camrose and District is managed by a 12-member board. There will be at least two vacancies at this fall's annual meeting. The members of the board come from a diversity of backgrounds but all are passionately interested in hospice, palliative and end of life care. This is an opportunity to interact with interesting people and at the same time advance the care of the dying in our communities. The Board has a number of committees on which you can also serve: Volunteers, Communications, Fund Development and Education. Board Meetings occur once per month for 2 hours. If you are interested in palliative and end of life care or know of someone who might make a good board member, please contact Odell Olson at droo@cablenet.net.



The Hospice Society of Camrose and District

Phone: 780-608-0636



Contact us:

camroshospice@gmail.com

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

Donations gratefully accepted at:

Website: www.camroshospice.org

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

