



# Hospice News

Issue 1  April 2020

Supporting People, Changing Lives

## Your Support in Action

**2019-2020 have been years of growth for Hospice.**

Your support provided resources to offer **10** volunteer training events to **42** new recruits in the last 12 months. Trainings took place in Camrose, Sedgewick, and Wetaskiwin.

You ensured that **520** one-on-one grief support sessions were provided to **247** different griever – women, men, and children/teens.

Because of *you*, we equipped staff and volunteers to facilitate **11** support groups/events for griever, and for caregivers, reaching more than **200** people.

Your donation allowed volunteers to visit someone with a chronic illness, an elder feeling lonely, or someone at end-of-life **700** times.

You provided the resources that empowered us to make **24** presentations about grief and Hospice care to **650** people in Camrose and area.

***You Make Hospice Happen!***

## Quotable



Carol, her mom, and her dad (in bed)

*“The community is so fortunate to have Camrose Hospice with such dedicated, caring, and knowledgeable volunteers and coordinators. I can truly say these people, this organization, changed my life.”*

~ Carol Yamabe Breitreutz,  
family of palliative care clients

## Covid 19

As we move well into Covid 19 protocols a new normal settles upon us. Covid has required Hospice to **postpone** many of our programs including:

- Support groups
- Face-to-face supports
- Fundraising events
- Education events

In the meantime, you may access grief support by phone/video conferencing (780.608.0636), as well as access our care-volunteers by phone (587.322.9269)


Be of good cheer – you are *homo sapien*. You are resilient, strong, and highly adaptable.

Hospice is here for you.

## Connecting with Hospice

Program Coordinator, Bill Harder:  
780.608.0636  program@camrosehospice.com

Volunteer Coordinator, Joy LeBlanc:  
587.322.9269  volunteer@camrosehospice.com

 @camrosehospice  
www.camrosehospice.org



**Hospice Society**  
OF CAMROSE AND DISTRICT

## Re-mem-bering



Image by Catkin from Pixabay

Do you remember? Do you remember when your loved-one... gave a particular gift, laughed, took a tumble, cooked something amazing?

To remember someone is the art of *re-mem-bering* – that is, to bring into membership again. When we *re-mem-ber* someone, we are bringing them back into the midst of us. Though absent in body, *re-mem-bering* enlivens their story so that they once again occupy a place at the table.

*Re-mem-bering* is often painful, for it asks us to find the courage to enter the vulnerable places of our sorrowing. It is here, though, that our renewal begins.

Who, in your storytelling, are you *re-mem-bering* today?



## Covid – Yours, Mine, Our Grief

We may be unaware of the need to honor the grief that can arise from non-death losses. Moving away from a community; end of a relationship; ending of a dream or goal; loss of safety, identity, voice; these changes, and countless others, can be catastrophic.

The Covid 19 pandemic is one such change. Its effect ripples across continents, countries, cities and families. Almost nobody on earth is left untouched. Close to home, we are facing unprecedented financial, social, and structural challenges.

This is a very real source of tremendous grief. In our fear and anxiety over the Covid contagion, our self isolation and social distancing, and the resulting loss of income, sorrow wraps around us – individually, communally.

This grief, as with any grieving that comes upon us, will run its course. Emotions will arise to batter us, in waves small and tsunamis towering. Despair and sadness will oxidize the metal of our being. Sorrow, that great master of transformation, is already at work among and within us. In light of this, how are we to cooperate with sorrow so that we can emerge from our grief cocoons deepened, stronger, growing?

You may consider the following:

- *Create a ritual*: when we experience loss, the emerging grief needs to be heard. Ritual is a supportive way to give voice to grief.
- *Write* a poem or song, journal, pen a letter to a friend, blog. Find a way to say what you are feeling that is true for you. Share your writing, or burn it, or keep it. Read it, re-read it. Treasure it.
- *Invite your creative energy* to speak for you – dance, paint, build... and let what you create be a reflection of the loss that has taken residence in your being.
- *Acknowledge*, without judgement, how you feel. Do your best to name the feelings of loss that arise.
- *Find joy* in the moment. Sorrow is not only about difficult feelings; sorrow also has space for wonder, playfulness, peace, and gratitude.

Finally, remember to get some fresh air, a little exercise, purposefully do some acts of kindness, and connect, in whatever way works for you, with your village. Phone, text, email, snail mail, facetime... whatever, just reach out.

Grieve deeply for what has been taken from us. Anticipate with joy the gifts that will arise from our sorrow.

## Mark Your Calendar



Due to Covid 19, we have cancelled all fundraising events until further notice (as have our partner organizations). The financial impact is significant for all non-profits. We are also aware that many households are struggling similarly – you have our compassion. Let us continue our mutual support of each other, as we are able, journeying together in difficult times.

☞ Watch our Facebook page for upcoming Facebook Live events