



Hospice News

Issue 6  April 2021

Supporting People, Changing Lives

Welcome Aboard!

Bereavement and Grief Navigator, Lori-Ann Huot

Lori-Ann lives in Sherwood Park with her husband of 26 years. She is the proud mother to 4 daughters she holds in her arms and two babies she holds in her heart. Through her own personal grief journey of losing her babies and then losing her mom, Lori-Ann discovered her passion for providing support to others that have experienced the heartbreaking loss of a loved one.

Lori-Ann comes with over 10 years of experience in providing grief support with a non-profit agency in Ft. Saskatchewan where she provided hope, healing, compassion and understanding to grieving individuals. Lori-Ann is a graduate of the Death & Grief Studies Certification Program through Dr. Alan Wolfelt and the Center for Loss and Life Transition.



Quotable



“Sunsets are proof that endings can often be beautiful too.”

~ Beau Taplin

Welcome Aboard!

Office Administrator Brenda Zimmel

Brenda has lived most of her adult life in the Camrose/Daysland area with her husband Dave and their 2 sons. Her first experience with Hospice was in 2017 while her mom was in palliative care in their home. At that time Brenda felt that one day she would love to give back to HSCD. Brenda brings many years of health care and office administration experience to her new role.



Connecting with Hospice

Office Administrator, Brenda Zimmel
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Bereavement & Grief Navigator, Lori-Ann Huot
780.781.3780  hscdnavigator@gmail.com

Volunteer Coordinator, Joy LeBlanc
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Hospice Society
OF CAMROSE AND DISTRICT

A Story of Community Caring

Joy LeBlanc
Volunteer Coordinator

Hospice volunteers are compassionate visitors and wonderful listeners!

They listen to the needs of the people they are visiting and look for ways to help them navigate systems, access resources they may need, and engage in activities that are meaningful to them. Our Nav-CARE volunteers work with people who have health issues or who may be at an age that has impacted the quality of their life.



Some of the challenges these people may experience include filling out forms, housecleaning, income tax preparation, yard care, gardening, grocery shopping, transportation, home repair or maintenance, meal preparation, snow removal, garage removal, taking medications etc.

Volunteers find resources in the community to help the person meet these challenges. In order to do this, Hospice has formed strong bonds with community partners. To name just a few:



- Home Care provides the physical and nursing care for people needing these supports.
- Concerns about filing income tax are referred to Service Options for Seniors (SOS).
- Meal prep needs are passed onto “Meals on Wheels.”



There are so many wonderful services in our area and the Camrose and District Support Services “HELP BOOK” lists most of them. Hospice Nav-CARE volunteers are available to assist in finding the right service needed.



Your Support in Action

**“It takes a village
to raise a child”**

(African proverb)

It also takes a village to sustain an adult, especially as they move toward end-of-life.

A village rich with interconnection creates the foundation for healthy living and meaningful dying.

A village that nurtures curiosity, creativity, and playfulness fosters abundant life.

A village that collaborates and shares resources catches us before we fall through the cracks.

You are a part of the Hospice village; *your* support empowers our staff and volunteers in the profound human work of *villaging*.

The Hospice village that *you* partner in creating makes space for children, young adults, those in their working years, and of course, our beloved elders.

You Make Hospice Happen!



Paying it Forward

Hi, my name is Margo and I have been a volunteer with the Hospice Society of Camrose and District for about 5 years.

When I initially applied and took the training, I wasn't even sure what I expected or what I would get out of it. I just knew that I felt the need to help others and "pay it forward." Having Joy and Bill lead the training was the first of many fulfilling moments over the years. It felt almost instantly that I was going to be a part of a family of caring and loving people.

As time has progressed, I found I was more drawn to the "doing" part of the program. While others are drawn to sitting with a person who is passing (which I admire greatly) I was able to go to Joy and talk to her about what I felt I could help with. Joy was extremely supportive in helping me to go in the directions I needed to go. This turned out to be baking for the Death Cafe, attending every new training opportunity offered, such as the Nav Care project and grief companionship, helping in the office or even phoning volunteers. Now I am helping set up the iPad project (which has been very challenging but also has taught me more than I ever needed to know about iPads).

When my parents passed away, I really had no support during this time. It was so easy to feel abandoned with no one to help me figure out the next steps that needed to be done. Now I look back and see that a caring and compassionate Hospice volunteer would have made such a difference in how I coped. Every day I pray that I can be that person to someone at any time that it is needed.



~Margo McPhail
Hospice Volunteer

Mark Your Calendar



Stay tuned to our twice-monthly Facebook Live Lunch 'n Learn

- April 7: Meet Lori-Ann
- April 21: Meet Brenda
- May 5, May 19 (Topics TBA)

Watch for upcoming programs as Covid 19 allows, and need dictates

Springtime – A Time for Change and New Growth

Pamela Cummer
HSCD President

Hi Everyone! Happy Spring!

Even though it is minus 8 with a howling wind and snow today – it is officially spring! Spring is a time of new growth and change that we anxiously look forward to every year. Several years ago, we had a particularly late spring in Central Alberta. I met an elderly gentleman and asked him if he thought spring would ever come? His answer was, “I’m 94 dearie, and I haven’t missed one yet!”

I haven’t asked anyone that question since!

Spring is a time of change for hospice also. Last week we said goodbye to our dear friend Bill Harder who has been with hospice for close to 5 years. He held the role of Grief and Bereavement Coordinator followed by Program Coordinator. Over those 5 years many of you have been touched by his kindness, his ability to listen, to support and to offer compassion and empathy. We have all enjoyed his sense of humour. Hospice has benefitted from the many connections Bill has made in Camrose and area, and he is leaving us with a very strong foundation on which to continue to build and meet the needs of individuals in our communities.

The board has decided that this is an opportunity to change the structure of hospice a bit, while we continue to meet the needs in our community. We are very excited to announce that we have hired Brenda Zimmel as a part time Administrative Assistant. Brenda will be in the office most weekday mornings. We are just as excited to announce that we have hired Lori-Ann Huot as a Grief and Bereavement Navigator. Lori-Ann will be available to offer support to those in our community who are suffering a loss of any type.

Feel free to contact Brenda via the HSCD phone number at 780-608-0636.
Lori-Ann can be reached via email at hscdnavigator@gmail.com.



Spring has sprung...



... the grass is riz...