

# Hospice Calgary Newsletter



Living with  
**Advanced  
Illness**  
Centre



**SUMMER 2024**

## Upgrades At Rosedale



Rosedale  
Hospice

**“We appreciated the home-like atmosphere & coziness of Rosedale.”**

As with any home, upgrades are needed from time to time. We are thrilled to share that patient room updates are beginning this month. The upgrade project will include new flooring and built-ins, accessible bathrooms, energy-efficient windows, a Murphy bed for overnight guests, and more. One thing that won't be changing is the beautiful bird feeder outside each room that bring our feathered visitors!

The renovations will happen in 3 phases so we can continue providing care during the project.



*Current Patient Room*

## CAREGIVER & PARENT INFO SESSIONS:

**JULY 24**

When Trauma & Grief Collide: Supporting Child & Teen Grief After a Sudden Death

**AUGUST 7**

Rituals for Remembering: Staying Connected to the Person Who Died

**AUGUST 21**

Returning to School After a Death



[Register for Free](#)



**50% of Canadians  
don't feel adequately  
supported in their  
grief.\***

*\*taken from the National Public  
Consultation on Grief: Executive Summary  
by the Canadian Grief Alliance*

# A Healing Connection

Kids and teens should never grieve alone, yet feeling isolated is common. Our groups provide connection to remind grieving children, teens and their families they are not alone.

The Children's Grief Centre facilitates Kids Club, a 6 week group for children (ages 7-12) and their parents or caregivers to create connections, share their grief, and remind families they are not alone as they navigate life with loss. Earlier this year, Kids Club re-launched for the first time since the pandemic. Staff and families alike were thrilled to be re-engaging with others in this important way. The kids loved making memory boxes for their person, playing games, and loading up the toppings on their ice cream sundaes. Seeing how much these opportunities meant to the kids and their families was moving. It's a place to 'be' with others who understand their experience.

We also host our teen group, Common Ground, for young people ages 12-19 in addition to The Hangout, a monthly drop-in night for teens with a laid back vibe, snacks, art activities, music, ping pong, video games and more. The teens that attend say the snacks are "on point" and have even brought their favourite games! We know adolescent grief has unique factors, including isolation and relationship changes. The Hangout is a perfect place to buffer those secondary losses teens are experiencing in grief.



It is a privilege to facilitate these groups as a way to foster laughter and joy in the midst of grief.

**“In the years I have done this work with Hospice Calgary, I’ve been struck by the power of experiencing joy and laughter for those who come to us. Many express feeling surprised and relieved by the life and laughter they experience in our building.”**

*– Shanna, Director of the Children's Grief Centre*

The fall session of Kids Club and Common Ground are scheduled to begin October 10th.

[Learn more about our Grief Groups](#)



[Watch Our 2024 Hike Recap Video](#)



Many of you joined us on the first Sunday in May at Fish Creek Park for another successful Hike for Hospice Calgary. Despite a cloudy start to the morning, it was amazing to see over 300 people show up to celebrate and honour loved ones living with advanced illness and those who passed away.

This year is Sentinel Storage’s seventh year as an event sponsor! Their contribution helped ensure everyone had a good time and a tasty lunch, and we loved the handy backpacks for our volunteers. Thank you, Sentinel Storage, for your generosity and for being a leader in supporting communities across Canada!



Thank you to Evan J. Strong Funeral Services for supporting our Hike for Hospice event for over 10 years! Your unwavering commitment to helping families during difficult times is kind and inspiring.

*We also give a shoutout to all of our sponsors: Corus Entertainment, The Calgary Stampeders, LAN Solutions Corp., Airdrie Dodge, Altitude Communications, Carbert Waite LLP, and Marshall Drugs.*

BACK AGAIN!

## ROSEDALE GARDEN CAMPAIGN 2024

# Honour Your Loved One: Give Them a Tribute in the Rosedale Garden

When you donate \$110 or more and tribute your gift to someone, we will display a beautiful name card in the Rosedale Garden for the summer of 2024.

[Donate Today](#)



# Young Caregivers

Living <sup>with</sup>  
Advanced  
Illness  
Centre

## Did you know we help kids and teens through our Living with Advanced Illness Centre?

Jasper sought support from a counsellor in our Living with Advanced Illness Centre - he is a young person acting as primary caregiver for his mom. Jasper and his Counsellor worked to explore experiences and feelings related to his mother's illness and the stress of being a teen and a caregiver. The Counsellor listened, validated, and together they worked to strengthen Jasper's communication and stress management skills associated with the changes in his mom and her multiple hospital stays.

**"I don't always get why I feel all that I feel, but I can be nicer to myself when I am feeling low."**

Our team at the Living with Advanced Illness Centre supports young people like Jasper as they navigate grief and loss related to illness and caregiving.



Donate to the **Children's Grief** and **Living with Advanced Illness** Centres through *Rogers Birdies for Kids* presented by *AltaLink*, and **your gift will be matched up to 50%.**



**Living <sup>with</sup>  
Advanced  
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**Donate Today.**

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