

DECEMBER 2023 NEWSLETTER

Olds & District Hospice Society



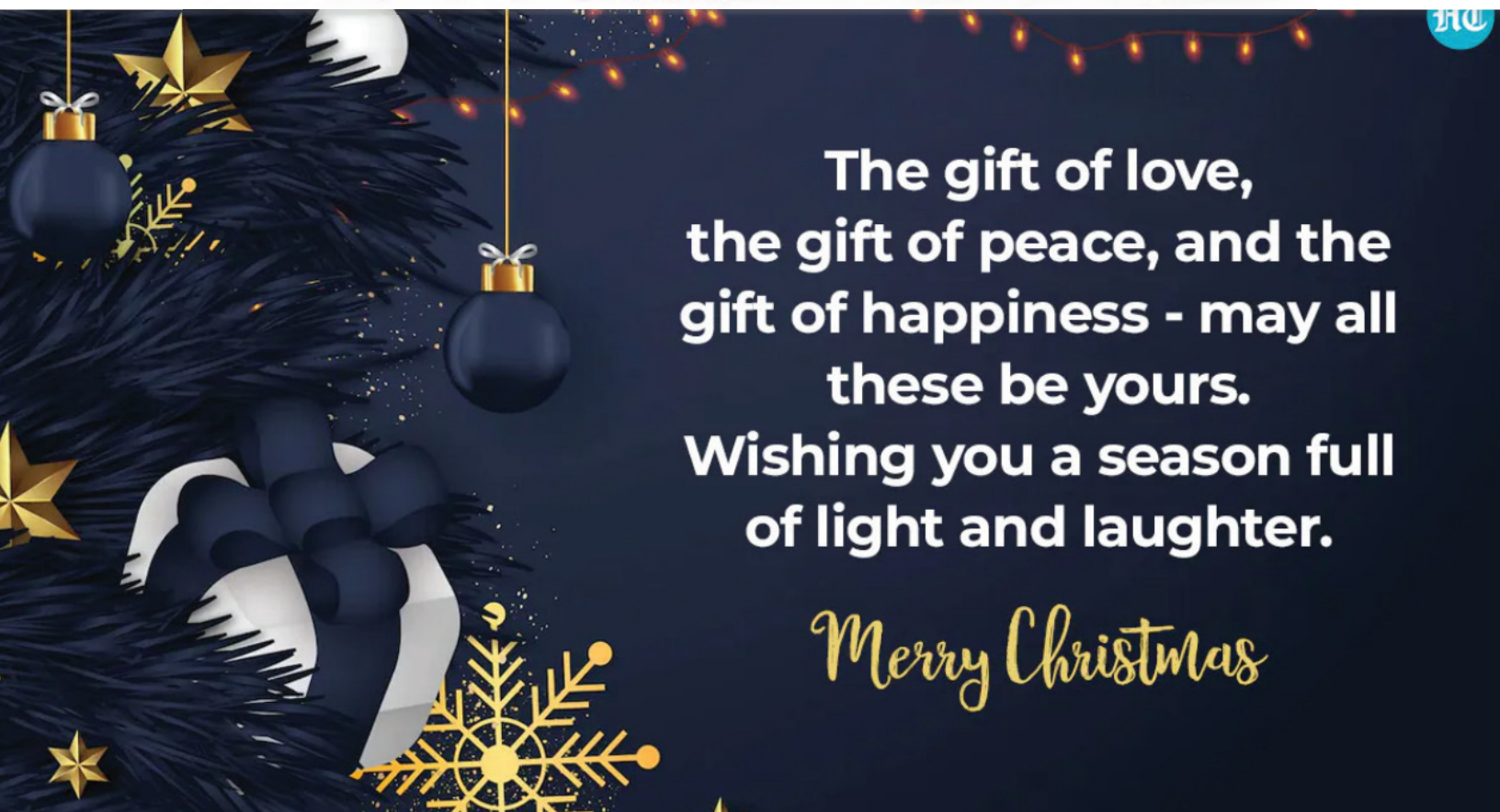
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*To a joyful present and a
well-remembered past.
Best wishes for
Happy Holidays and
a magnificent New Year.*



**The gift of love,
the gift of peace, and the
gift of happiness - may all
these be yours.
Wishing you a season full
of light and laughter.**

Merry Christmas



TREE OF REMEMBRANCE

In loving memory of those we have lost.
Tree of Remembrance 2023 December 1st

This ceremony involves hanging a handcrafted star (created by two of our fabulous volunteers, Kelly & Lorna) on the Hospice tree or on your tree at home in memory of a loved one.





TINSEL & TEARS

An evening of support and education for those who are grieving at Christmas

Friday December 8th, 7pm to 9pm

Located at the PCN Board Office on 50th Ave



HOLIDAY TRADITIONS

What our Christmas Day looks like is pajamas, movies, playing games and eating finger foods throughout the day, filled with laughs and stress free mornings along with Baileys coffee. We cook our Christmas dinner on Boxing Day

Charlene Wilson



Drinking hot chocolate and driving around to look at Christmas lights with the family.

Mary Marshall



Our Christmas traditions have always involved a Christmas Eve Candlelight Service. Everyone who comes through the doors gets a candle. At home, we like to put up a nativity scene, which my husband bought me years ago when our children were small. Sometimes we get matching Christmas pyjamas for everyone to wear on Christmas morning.

Cindy Palin



Attending a candlelight Christmas Eve service and singing at church, whatever town we are in over the holiday, is always a wonderful experience.

Jonathan Smith



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2023 ANNUAL GENERAL MEETING

On Wednesday November 8th we held our annual AGM

President's Report, Impacting our Community

Earlier this year in April the Board hosted a strategic planning event over two evenings to set our one-year goals and to plan for the next five years. Last year I spoke about focusing on our future and that is what an effective Board should be doing on a monthly basis. We have grown and changed over the past twelve years, thanks to the good foundation laid by our founding members.

One of the suggestions out of the strategic planning process was to look at a name change from "Olds & District Hospice Society". As we explore other locations for a satellite suite, other communities are quick to point out that they are not a district of Olds, community pride is a good thing, so we put out a call out for name suggestions. Nothing has come back yet that has resonated with the board and we remain open to continued input.

Another question for the Board in a similar vein is the original vision, "Helping people live until they die " is this sufficient? Can we come up with something better? The phrase works well in the "Palliative Care" context which means the specialized care of people who are dying. By adding "hospice" to Hospice Palliative Care we expand that definition to a philosophy where we stress the relief of suffering and improve the quality of life while dying. This philosophy is also extended to families of the dying and we need to ensure their experiences are satisfying and that they are actively supported in their bereavement.

Our Bereavement Support team offers support to those experiencing the death of a loved one and seeking help through their journey. The Society offers one on one (bereavement bridging) support as well as eight-week bereavement groups that are available Spring and Fall.

Nav-CARE 's specially-trained volunteers help improve the lives of people living with chronic/terminal illness who are not in need of hospice palliative care. Our volunteer navigators help these clients create connections to community services and resources, and provide them with caring compassionate emotional and social support. As a benefit to providing NavCARE the clients transition to end of life support is gentle and they have a better understanding of what is in store for them.

Our Nu2U Thrift Store has added a revenue stream to our Society but it also provides support to the community through donations of products to those in desperate need.

As we grow and focus on our future, these are a few of the areas we feel we need to communicate to our communities. We are much more than what our vision statement implies.

If you would like more information or are interested in becoming a member, contact the Executive Director, Mary Marshall at ed@hospiceolds.com or visit our website by clicking [here](#)



GIVING TUESDAY

Tuesday, November 28th is GIVING TUESDAY which is a global movement unleashing the power of people and organizations to transform their communities and the world.

This year, the Olds & District Hospice Society is in need of a new Smart TV for one of our Suites and reaching out for help.

Our goal is to raise \$600 by November 28th.

Together, we can reach this goal!

All you have to do is click on the following link for Canada Helps. and donate any amount.



Olds and District
**HOSPICE
SOCIETY**

DONATE NOW





2024

Hike for Hospice

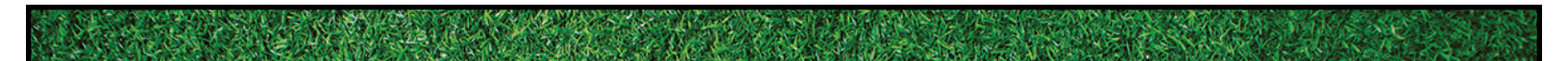


SAVE the DATE

Sunday May 5th, 2024
Rain or Shine!

Get your teams together & start planning how to dress for this year's theme... Dress like a superhero!

For more information email ed@hospiceolds.com



Golf for Hospice

2024



SAVE THE DATE

Thursday, June 13th
Rain or Shine!

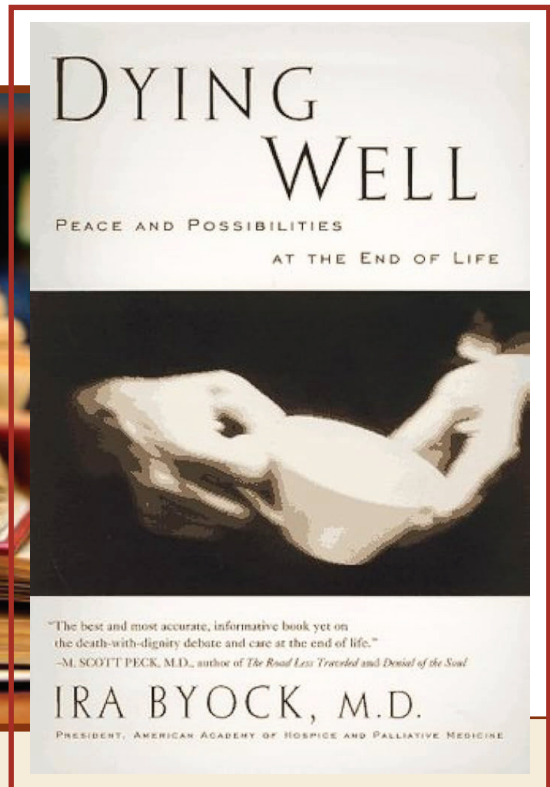
Come for golf, food, prizes, silent auction, and lots of fun!

Gather your friends & submit a team.

For more information email ed@hospiceolds.com



BOOK CORNER



Nobody should have to die in pain. Nobody should have to die alone.

From Ira Byock, prominent palliative care physician and expert in end of life decisions, a lesson in Dying Well .

This is Ira Byock's dream, and he is dedicating his life to making it come true. Dying Well brings us to the homes and bedsides of families with whom Dr. Byock has worked, telling stories of love and reconciliation in the face of tragedy, pain, medical drama, and conflict. Through the true stories of patients, he shows us that a lot of important emotional work can be accomplished in the final months, weeks, and even days of life. It is a companion for families, showing them how to deal with doctors, how to talk to loved ones—and how to make the end of life as meaningful and enriching as the beginning.

**To see a complete list of books the Hospice Society has for you to borrow, please visit our website: <https://www.oldshospice.com/library/>



JUST for FUN

