




# WHEATLAND & AREA HOSPICE SOCIETY



## NEWS & ANNOUNCEMENTS

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## A MESSAGE FROM OUR BOARD

-  @WheatlandHospice
-  @wheatlandhospice
-  [wheatlandhospice.ca](http://wheatlandhospice.ca)

We often discuss *doing the right thing* and *doing things right* at our monthly board meetings and, so do you around many of your family dinner tables. WAHS is steadfast in its commitment to support community palliative care. Without a doubt, this is about *doing the right thing*. Our dream has challenges, including Covid-19 and our fantastic partners WHMB (the Lodge) battle to secure provincial and federal funding. In short, we appreciate your patience and your commitment to compassionate care for others as we try our level best to do things right.

Welcome our new board members, Joanne Clark and Jacy Rapke. And thank you to our retiring board members, Judy McLean and Gerry Cool.

***With hope and hard work, anything is possible.***

## COMMUNITY OUTREACH NEWS

Together We Are Better 

### The Palliative Navigator

It's normal to feel a bit overwhelmed providing care for someone else. The Palliative Navigator helps you see things a little differently and will mobilize a network of support when the need arises.

See someone who could use our help? Our navigators accept referrals from family, medical providers, pharmacists, clergy, and friends. Reach out to [navigator@wheatlandhospice.ca](mailto:navigator@wheatlandhospice.ca) OR download the standard referral form from our website.

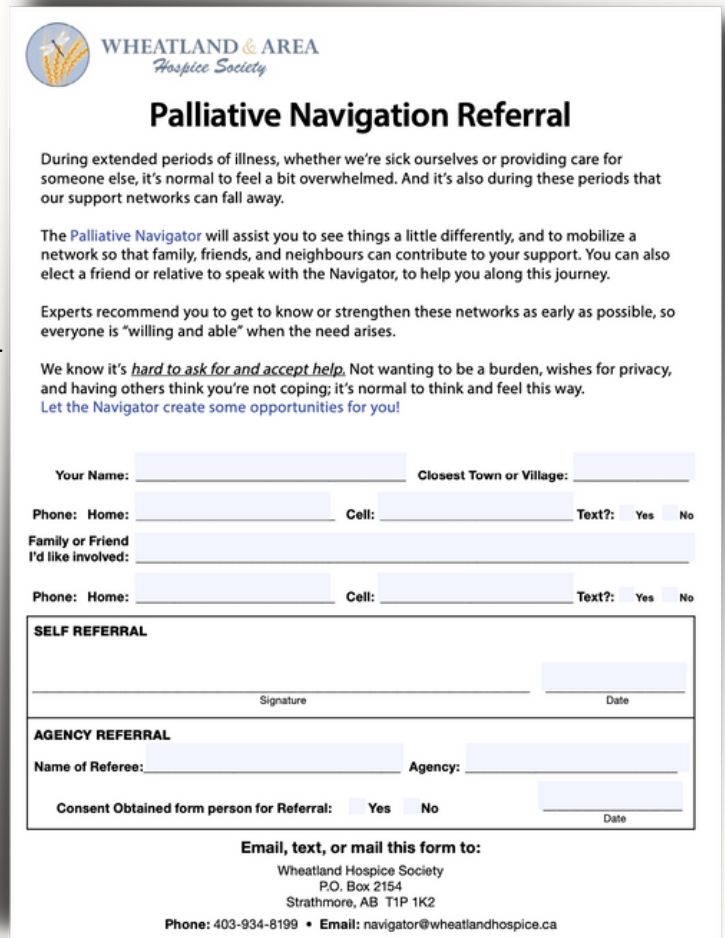
### Caregiver-for-Hire

Not enough hours in the day? Homecare and WAHS bedside respite hours not enough?

Our Palliative Navigator can guide you as you hire extra help. She has many insider tips and ideas as you recruit, screen, and hire. AHS can provide Rural in-home funding too. Look for our [new brochure](#) on our website.

### Welcome Our 3 New Navigators

Congratulations! Sharon S, Valerie B, and Denica M have completed navigator orientation and will be joining Diane C as local experts on everything related to palliative care in our community. *Need help? Ask us.*



**WHEATLAND & AREA Hospice Society**

### Palliative Navigation Referral

During extended periods of illness, whether we're sick ourselves or providing care for someone else, it's normal to feel a bit overwhelmed. And it's also during these periods that our support networks can fall away.

The **Palliative Navigator** will assist you to see things a little differently, and to mobilize a network so that family, friends, and neighbours can contribute to your support. You can also elect a friend or relative to speak with the Navigator, to help you along this journey.

Experts recommend you to get to know or strengthen these networks as early as possible, so everyone is "willing and able" when the need arises.

We know it's **hard to ask for and accept help**. Not wanting to be a burden, wishes for privacy, and having others think you're not coping; it's normal to think and feel this way. **Let the Navigator create some opportunities for you!**

Your Name: \_\_\_\_\_ Closest Town or Village: \_\_\_\_\_

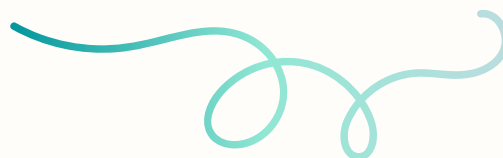
Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Text?:  Yes  No

Family or Friend I'd like involved: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Text?:  Yes  No

<b>SELF REFERRAL</b>	
_____	_____
Signature	Date
<b>AGENCY REFERRAL</b>	
Name of Referee: _____	Agency: _____
Consent Obtained from person for Referral: <input type="checkbox"/> Yes <input type="checkbox"/> No	_____
	Date

**Email, text, or mail this form to:**  
Wheatland Hospice Society  
P.O. Box 2154  
Strathmore, AB T1P 1K2  
Phone: 403-934-8199 • Email: [navigator@wheatlandhospice.ca](mailto:navigator@wheatlandhospice.ca)



## Bedside Respite Program

- Need companionship? Need reassurance? Need sleep?

Caregiving is tough! Even just a few hours of help can get you through your week. WAHS's dedicated respite volunteers help those living with a palliative diagnosis and work to help prevent caregiver burnout.

- Approved! In addition to home and hospital, Bedside Respite volunteers are now available for services in AgeCare Sagewood.
- Welcome to our new volunteers: Shannon S, Gina A, Lois F, Greg H, and Shawna H!
- Now available free online! WAHS's 5th Anniversary legacy book is a great resource to record our stories. Thanks to Dr. McNeely, who presented this to Hope 4 the Future Seniors Wellness group in December.



**Our Stories in the Time of COVID!**  
Recovery from and Living with COVID-19

**December 9, 2021**  
**4:00 – 6:00 pm**  
Strathmore Municipal Library,  
Program Room  
85 Lakeside Blvd., Strathmore

Guest Speaker, **Dr. Joni McNeely**  
Wheatland Hospice Society

**What do you want YOUR COVID story to be?**  
Share and record events good and bad.  
Learn an easy way to tell a good story.

FREE Event for 55+  
Limited to 18 participants  
Snack and Water provided

**Register by December 8**  
through  
[www.bridgingthegapalberta.ca](http://www.bridgingthegapalberta.ca) -  
Eventbrite link  
[audra.seniorswellness@gmail.com](mailto:audra.seniorswellness@gmail.com)  
403-361-1030

COVID -19 protocols will be followed.  
Masks will be required to be worn throughout the session.



Linda G, BR Volunteer

A letter to Linda G, BR volunteer:

"I cannot begin to express how grateful that I am for having you so directly involved in what was one of the most sensitive and important times in my life. Your care, compassion, and dedication... in her time of greatest need will never be forgotten by her or I."

## Community Learning

Check it out! Our newest social media information posts have been viewed over 2500 times each! Mythbuster Mondays explain palliative care concepts, and What-if Wednesdays help us dream for better systems for awareness and support.

A collection of these posts can be found on our [website](#).



AHPCA represents all Albertans, including patients and their families, professionals, and volunteers, and provides education, advocacy, and great support programs.

The Living Every Season Program provides a monthly online community to connect, learn from speakers, and continue to live a good life while also living with a terminal diagnosis. These are regular, interactive sessions and can help with feelings of fear or isolation.

You're Not Alone-Grief Connection Program matches trained volunteers who have had a similar grief experience to you. Confidential telephone calls occur regularly for up to a year if needed. This is a safe space for the participant to speak openly about what they are experiencing.



It takes all types to make a hospice! Thanks to our young and enthusiastic techies. All support us from distant lands, but their hearts are still close to home with us!

Nathan H (Peru) and Chris R (Victoria): website design and management

Kate M (Calgary): data management

Shea M (Toronto): graphic design





## UPCOMING EVENTS

### Hike for Hospice



Registrations for Hike for Hospice open March 15! Walk, run, hike, or bike to support hospice palliative care in Wheatland community. [Register online.](http://www.wheatlandhospice.ca)

...What will you do?

### Farming for Hospice



Seeding is around the corner! Always an exciting and expectant time of the year. Best of luck boys!

[Support us now.](http://www.wheatlandhospice.ca)

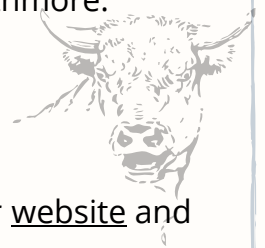


### Save the Date!

[Vintage and Vines](#) September 10, 2022, at the Klaiber Barn in Strathmore.

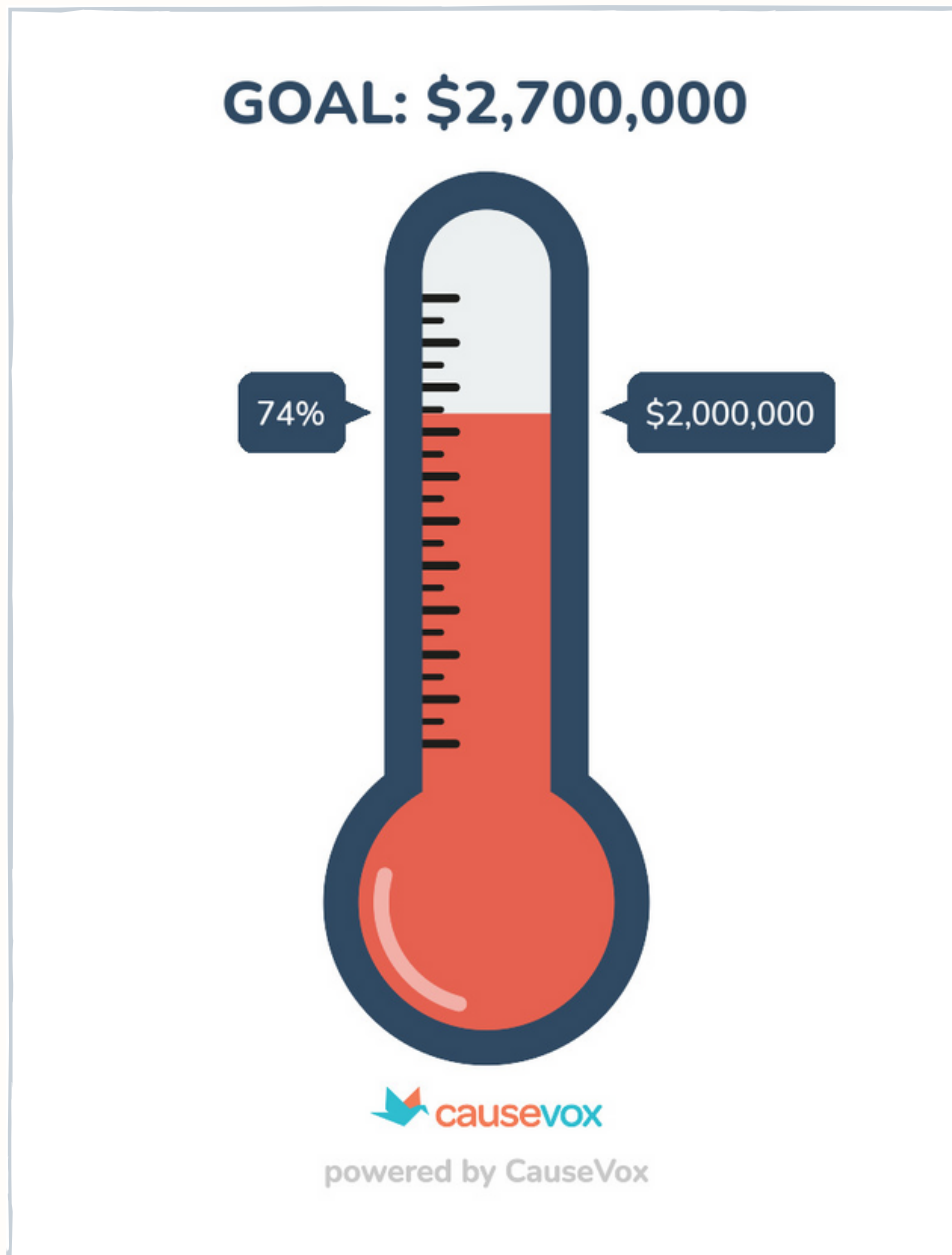
[Cluny and Gleichen Lions Bullarama](#) July 1, 2022.

The Cheadle Lions Steering Towards Hospice is coming soon! Watch our [website](#) and [Facebook](#) for more information.



## FUNDRAISING UPDATES

The end of life deserves as much beauty, care, and respect as the beginning of life. Wheatland & Area Hospice Society supports palliative patients and their families in their own homes and community. Funds raised go towards our goal of building a 3 to 6-bed hospice for our residents.



Thank you to our community for helping us get to 74% of our total goal! Your donations and support bring so much hope and comfort to us all.



What a party! The Drew Gregory Harvest Wrap-up Event added 127.3 acres and raised more than \$47,000 for Farming for Hospice 2021! These funds will benefit WAHS's Hospice Building Fund. Most importantly, Drew has contributed significantly to raising awareness of community hospice palliative care. Thank you, Drew!



*Did you know* WAHS has received more than 445 donations online through [Canada Helps](#) this year? Canada Helps donations are safe, secure, and easy. You are also issued an immediate CRA acceptable tax receipt to your email address. This will be our 6th year collaborating with Canada Helps!

Congratulations to Belinda Backhouse, Barb Hodge, and Gwen Schneider, the Valentine's Day Wine Raffle winners, who shared 6 bottles of Opus One Wine. The next raffle will be in time for Christmas 2022. Take advantage of [online ticket sales](#) or [contact a WAHS board member](#).

Thanks to the special 100 who bought golden tickets and our anonymous sommelier for his generous donation.







Heart and Hands! The Cheadle 4H Beef Club did both... contributing \$1000 AND helping with field pest control at the Farming for Hospice site this past spring. Thanks to all!



Cluny Lions presenting cheque



Drew Gregory and members of the WAHS board





## **BUILDING OUR HOSPICE**

*With Hope and Hard Work, Anything Is Possible*



**Wheatland Housing**  
Management Body

Wheatland Housing Management Board is staying in motion and moving forward with Alberta Seniors Housing. The framework is now in place, and the legwork continues! Thank you for all the hard work done by WHMB, especially to those on our Board (Keith Clayton, Jacy Rapke, Shelley Harriman, and Barry Neuphin) who are involved with both building committees.



WHMB Baby Goat Day



## WAHS PICTURES



New board members Joanne and Jacy



Nathan and Chris



Kate M



Shea M



Strathmore hospital nursing staff presenting a cheque to WAHS president Dr. Joni McNeely