

Message from the Volunteer Coordinator- Kate Merkowsky



Our Values:

- **Respect**
- **Compassion**
- **Commitment**
- **Ethics**
- **Service**



Greetings,

It's hard to believe another year has come and gone and we are once again staring the holiday season in the eye. One of the best things about this time of year is the opportunity to look back on all we have accomplished and all the great and kind things you, our volunteers, have done.

As always, we here at Intercare are especially grateful for the amazing group of volunteers we have been blessed with. You continuously rise to the occasion. You give of your own time and share your caring and compassion with all our residents and staff. I am repeatedly told how much you add to the quality of life of our residents. Be it Bingo, shopping, activities or crafts, you make the days and evenings fun and entertaining.

I would like to thank each and every one of the volunteers for your commitment and dedication. I hope that you take time over the season to be good to yourselves and be proud of your efforts. You truly do make a difference in the lives of so many.

I wish Peace, Love and Joy to you and yours and look forward to working with you again in 2019.

Thank you all

Christmas Traditions & Did You Knows!!!

Roast Turkey didn't appear consistently on Christmas menus until 1851, when it replaced roast swan as the favourite dish of Royal courts.

Small items such as coins (wealth) and buttons (bachelorhood) were originally add to Christmas pudding and supposedly foretold what the New Year would bring.

The Candy Cane's origins can be traced back to Europe in 1670, but did not appear in North America until the 1800's. The shape represents Jesus's shepherd's hook and the colors represent Purity and Christ's sacrifice (blood).

Jingle bells was not originally intended to be a Christmas song. It was written for Thanksgiving and was called "One Horse Open Sleigh".

Nova Scotia leads the world in exporting Christmas trees.

Germans made the first artificial Christmas tree, using dyed goose feathers to look like needles of a pine or fir tree.

Happy Holidays

I can hardly believe that Christmas is less than a month away and it is the time of year to send holiday wishes. It is always my pleasure to express our gratitude to the volunteers who work each week to make Hospice a special place, a safe place, a place where journeys can be expressed and residents and families can find the support they need. Each of our hospices provides care to over 200 residents and their loved ones each year. Volunteers are so vital to providing the level of personalized service we want for our residents. It is my wish that each volunteer will have a true sense of everything they bring to our units. That each of you will know in the depth of your hearts how important your gifts are. On behalf of the hospice teams, I wish every one of you and amazing Christmas Season. This year I want to share with you some thoughts of the season.....from the Christmas tree.

Lessons from a Christmas Tree

- ❖ Be a light in the darkness
- ❖ We all fall over sometimes
- ❖ When things get tough, add glitter
 - ❖ Bring joy to others
 - ❖ Share your gifts
- ❖ Sparkle and twinkle as often as you can
 - ❖ It's ok to be a little tilted
- ❖ The best ornaments are handmade with love
- ❖ Alone we may be pretty, but many of us together is awesome!

Jane Lee Logan



If you would like to nominate a fellow volunteer for going above and beyond please do so by emailing me @ kmerkowsky@intercarealberta.com. I would like to introduce a new award this year called "Peer Cheers" and everyone is eligible. Each of you goes above and beyond so often that I expect a lot of recommendations.