

The PCSBV Bulletin

APRIL 2021



Palliative Care Society
of the Bow Valley

Announcement: New CEO Marjorie Morrison

This month, we welcome our new CEO, Marjorie Morrison, a collaborative nonprofit leader with a passion for community engagement, and health policy.

Marjorie comes to us from a background that includes the Canadian Association for Population Therapeutics, the Canadian Cancer Action Network, and more, with extensive national leadership and management expertise in the health sector. Having a Masters of Health Administration and Masters Certificate in Health Systems Management, Marjorie is known as a collaborative and highly engaged team leader with a deep commitment to operational excellence and accountability.

As an authentic communicator with governance, policy, and health advocacy expertise, she has an established record of cultivating multidisciplinary partnerships and promoting robust stakeholder engagement.

We are looking forward to Marjorie's first opportunity to meet our community members.

Visit our website to learn more and to watch Marjorie's introduction video.



APRIL 16th: ADVANCED CARE PLANNING DAY IN CANADA

March's PCSBV Speaker Series guest was Alexandra Kushliak. Alexandra educates nurses, physicians, long term care and supportive living facilities as well as the general public on advanced care planning. Of note, Alexandra reminded us that Advanced Care Planning Day in Canada is April 16th, and a chance for Canadians to learn more about this important issue.

Advanced care planning makes it easier for your family and healthcare providers. It is a critical way to help you plan and document your wishes for the types of healthcare and medical interventions you wish to receive now and in the future. It is for every adult, especially for people with health issues. It is best done when you're healthy, before there's actually an urgent need for a plan.

Advanced care planning is not just for seniors, but should be something considered by all people over the age of 18. In Alberta advance care planning includes:

- Having a personal directive
- Having a Goals of Care Designation order, when medically appropriate
- Using a Green Sleeve to hold and transport advance care planning documents

It can be particularly significant for people who have a chronic illness, more than one disease, are older or may have cognitive impairment.

What are the five steps to the advanced care planning process?

- Step One, think about your values and goals
- Step Two, learn about your own health
- Step Three, choose someone to make healthcare decisions for you if you can't
- Step Four, communicate your values with your healthcare providers, family, and loved ones
- Step Five, document your decisions in a personal directive

A personal directive doesn't come into effect until you become unable to make your own decisions. You can write a personal directive with or without a lawyer, but a witness can be anyone over the age of 18. A witness cannot be a spouse or partner, or the spouse or partner of your stated agent. Keep the original safe, but it's important to give copies to your agent, healthcare providers, and family.

What do you write in a personal directive?

Consider writing quality of life statements, and what quality of life means to you. This could include speech, recognition, ability to eat, or even specific wishes for particular illnesses.

What is a Goals of Care Designation Order (GCD)?

- A medical order that describes the general focus of your care.
- This is not necessarily needed by all individuals – this is meant to help when your treatment changes or you have specific medical needs and wishes
- Helps the healthcare team match your unique values and preferences to care that is most appropriate for you and your healthcare condition.
- Written by a doctor or nurse practitioner.
- Ideally created after conversation between you and members of the healthcare team.
- Recognized in all care settings in Alberta.
- Changes as your health changes; any doctor can update your GCD order.

Advanced care planning documents should be kept in your AHS "Green Sleeve", which is recognized by medical teams in Alberta. The Green Sleeve should only contain the most up to date documents, including your personal directive.

Resources and additional information can be found at [conversationsmatter.ca](https://www.conversationsmatter.ca)



Palliative Care Society
of the Bow Valley

VIRTUAL Hike for Hospice



**May 1 to
May 31, 2021**

Join us as we come together
– anytime and anywhere – in
support of patients and families
of the Bow Valley.

Walk, Run, Cycle, Climb Stairs, do Yoga,
Dance or participate in any other activity to
complete this year's Hike for Hospice!

**REGISTER
TODAY**

*Donate or fundraise the
\$25 registration fee...
all additional donations
are welcome!*

*We have prizes up
for grabs too!*

**Visit PCSBV.CA for more information
#HikeforHospice2021**

PCSBV UPCOMING SPECIAL EVENTS !



**SPEAKER SERIES:
April 20th**

**“What Should I Do: Visiting at End-of Life”
with Rev. Kenn Balzer**

REGISTRATION IS OPEN NOW!

VISIT PCSBV.CA/EVENTS/

GOLF FOR HOSPICE July 8th

Shine up your 9 iron!

We are looking forward to a wonderful day hosted at the Stewart Creek Golf & Country Club

More details will be coming soon!



National Volunteer Week

April 18th to 24th

Thank you!

As a volunteer-led organization, our volunteers work tirelessly to improve the Palliative and End of Life experience for individuals and families who call our beautiful Bow Valley home. From service on our Board of Directors or committees to Community Outreach and Education Program support, fundraising, events, and more, committed and skilled volunteers are an integral part of our society. We at the Palliative Care Society of Bow Valley wouldn't be able to exist without the support and time of our amazing team of volunteers.

**WE ARE GRATEFUL FOR EVERY VOLUNTEER WE HAVE SUPPORTING OUR WORK!
THANK YOU!**

Volunteering is essential for every community making it a better place for all who live there. Volunteering creates mutually beneficial relationship for the volunteer and the organization. Here are some surprising benefits to getting involved:

You can make new friends!

- Getting involved helps you connect with people from all walks of life and creates lasting friendships as it commits people to a shared activity. This also improves your social skills.

Good for your mental and physical health

- Volunteering can help provide a sense of purpose and builds self confidence. This is because giving back to your community and doing good helps you feel better about yourself. A study from Carnegie Mellon University found that people who volunteered regularly were less likely to develop hypertension in comparison to non-volunteers.

Helps advance your career

- Volunteering helps you makes connections and shows employers that you take initiative. Getting involved in your community teaches you skills that are necessary for all professional jobs such as communication, teamwork, and problem-solving.

Brings fun and fulfillment to your life

- Volunteering provides a sense of purpose and allows you to make a difference which helps boost your happiness.

Deepens your connection to your community

- Volunteering helps build stronger and safer communities. It also builds bridges and closes gaps between decision makers, businesses, and residents.

If you'd like to volunteer with us, connect to our volunteer coordinator at volunteer@pcsbv.ca to learn more about the opportunities that we may have coming up.

THANK YOU TO OUR VOLUNTEER BOARD!



Julie Hamilton

BOARD CHAIR / FUND DEVELOPMENT COMMITTEE CHAIR

PCSBV is important to the community because it adds one more very important piece to the health care delivery model in comforting and supporting patients and families going through the palliative and end of life journey in the place they call home.



Michelle Vincent

VICE CHAIR

My devotion to PCSBV is based on the my desire to fill the current gap in the community - hospice and its supporting palliative services. My very sad experience with my father's passing where he and we did not have the privilege of having an intimate environment to spend the last moments of his life. It pains me to think that some die alone or in pain. I truly believe that everyone deserves to die with dignity.



Norm Dreger

INTERIM BOARD SECRETARY

I initially got involved because a friend asked me to, due to my business background. I am not from the medical sector as many of the original group were. I since have learned so much from my PCSBV colleagues, and now realize just how important the services are we're striving to bring to the community. As one learns what all is involved in PEOLC, they realize they have family and friends who have required, or will require, these services. That makes it very personal.



Aliza Leblanc

TREASURER / FINANCE AND AUDIT COMMITTEE CHAIR

PCSBV is very important to the community. When a life event, such as having a life-ending diagnosis, happens to you or to a loved one, it is important to know about the resources to support you. This can make a major impact in the quality of life, the mental wellness and the feeling of not being alone.



Martin Buckley

OPERATIONS COMMITTEE CHAIR

I have been involved in community initiatives on a number of fronts throughout my past 34 years in the Bow Valley; the palliative care/end of life care/hospice situation is one that has hit home within the past few years, with the passage of both my parents (in Drumheller), and the environments in which they spent their final months/days. I believe there are better, more comforting surroundings for a person's final years, than those my late parents were in.



Penney Gaul

COMMUNITY OUTREACH AND EDUCATION PROGRAM COMMITTEE CHAIR

I think it is really important to educate our community about the meaning of Palliative Care and how it can improve the quality of life of both the patient and their families. Terminal illness are frightening and a tremendous cause of stress, anxiety and grief. The PCSBV programs will be able to help and support patients and their families as they go through this journey.



Rosemary Boulton

COMMUNICATIONS COMMITTEE CHAIR

I honestly believe that the end of life can be a time of great love and peace. Having a palliative care facility located in the shadows of our beautiful mountains will provide all families in the Bow Valley with a place of comfort and care for both the patient and their family, during this time of transition. And importantly, people will not need to travel back and forth Calgary to access such a facility during such a challenging time.



Martin Tweeddale

GOVERNANCE COMMITTEE CHAIR

Although Alberta is one of the better provinces, support for neither the palliative nor the end-of-life components of PEOLC (especially the former) are well-developed across Canada with only 15 to 30 per cent access at best. "Full spectrum" palliative care should be available locally to all communities. The full extent of palliative and end-of-life care and the opportunity "full spectrum" palliative care improves the quality of life of patients and caregivers along the entire palliative journey.



Donna McKown

DIRECTOR

What excites me about the work of the PCSBV is the dream of building a hospice home for all Bow Valley residents and getting to a stage where the PCSBV's programs are known to who need them across the Valley and ultimately, to see the positive impact of these programs for people.



Catharine Hinds

DIRECTOR

I am constantly impressed with the dedication and passion of my fellow PCSBV board members. We are a good team and progress has been significant. It is exciting for me to be involved with our new Loss and Grief Program, and I look forward to its launch. Again we have a dedicated and passionate group who see the value for such a program.

We have come a long way since I started with the society at a grass roots level.