

The PCSBV Bulletin

JUNE 2021



IN THIS EDITION

Dear PCSBV Friends and Supporters,



Welcome to the June 2021 e-issue of The PCSBV Bulletin. In my role as CEO, it has been such an enormous pleasure to connect virtually with some of our volunteers, members, supporters, and community leaders. I am thankful for the warm welcome to the community I now call home and grateful for the opportunity, both for myself and Bill Harder, Palliative and Grief Support Navigator, to be able to engage, listen and learn from others as we settle into our respective new roles with the society.

This is an exciting time! This past month, with the support of our corporate sponsors and the participation of more than 37 individuals and 10 teams, the PCSBV hosted our virtual Hike for Hospice event, generating more than \$15,000 in donations. We are extremely grateful for all those who contributed – it is because of you and your ongoing support that the PCSBV continues to develop and implement programs, training, and resources to engage volunteers, and support individuals and families on the palliative care journey.

This month, we join our fellow Canadians in reflection, recognition, and celebration of National Indigenous History, as well as National Indigenous Peoples Day on June 21. As well, we celebrate June as Pride Month while recognizing that barriers within the healthcare system for LGBTQIA2S+ individuals continue to exist.

We are hosting our Annual General Meeting on June 17, starting at 7:00 pm over Zoom. I would like to personally extend an invitation to you to join us for the AGM portion of the evening, immediately followed by an informal “Fireside Chat” with Bill Harder and me. We look forward to an engaging discussion covering a range of topics, as well as providing you with an opportunity to ask questions and get to know us better. Advance registration is required by June 15 through our website.

We are also gearing up for a busy month of August when we are hosting our annual Golf for Hospice Tournament on August 31 at the Stewart Creek Golf & Country Club. The PCSBV Golf Committee has organized an exciting 2021 event and we are thankful for the gift of their time, as well as the generosity of the Bow Valley community of corporate sponsors. More information on registration will be coming soon.

In closing, I encourage you to read through our June e-newsletter. Feel free to reach out to connect with either me or Bill Harder. We would love to speak with you and to hear your ideas for the Society!

With regards,
Marjorie



PCSBV
Annual General Meeting
JUNE 17, 2021, 7pm

This meeting will be conducted via Zoom due to the current public health measures.

REGISTER AT PCSBV.CA to attend the evening.

AGM agenda covers the official business of the Society, including reports, financial matters and the election of the Board of Directors. A full meeting package (special resolutions, agenda, financials, and other relevant materials or documents) will be electronically mailed to you.

Please stay after the business portion of the AGM for an informal chat with our CEO, Marjorie Morrison, and Bill Harder, our new Palliative and Grief Support Navigator!

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: Renew your membership in
: the PCSBV for 2021-2022 if you
: have not already done so,
: through the Society's website
: at pcsbv.ca
:



PCSBV Conversations

A fireside chat featuring Marjorie Morrison and Bill Harder
June 17, 2021

National Indigenous Peoples Day

June 21, 2021

Monday June 21st will be Indigenous Peoples Day in Canada and is the national 25th anniversary of celebrating the heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples.

In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, as National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.

End-of-life care is significant within Indigenous culture. While adjustments for local Indigenous culture must be accounted for, there are a variety of resources available.

Cancer Care Ontario has created a palliative care toolkit for Indigenous families and communities, including an Indigenous definition of palliative care.

The toolkit also includes personal stories and traditional teachings for individuals and families in First Nations, Inuit and Métis communities who are experiencing grief related to a loved one's cancer or other life-threatening illness.

Canadian Virtual Hospice has researched the importance of end of life care among Indigenous populations. The research project, entitled "Completing the Circle: End of Life Care with Aboriginal Families," acts on the recommendations suggested in academic literature for cross-cultural end-of-life care. It may be found here.

More information on this resource may be found at [Palliative Care Toolkit for Indigenous Communities](#).

To First Nations, Inuit and Métis people, palliative care means "comfort care"

- **Kind, compassionate care that is given with understanding and respect**
- **Care that relieves a person's pain and symptoms for the best quality of life**
- **Care that honours a person's spiritual beliefs, traditions and customs**
- **Care for the whole person and support for the whole family**

June is PRIDE Month!



June is Pride Month! It is important to recognize that there are still existing barriers within the healthcare system for LGBTQIA2S+ individuals.

SPECTRUM, Aging With Pride, and the Hospice of Waterloo Region have gathered information on the many ways in which LGBTQIA2S+ individuals may have different needs and circumstances when it comes to end of life care. If LGBTQIA2S+ people are not confident and do not feel safe with services or staff, they may not seek support and/or may not feel able to be open about themselves and the people who are important to them – factors that are crucial to dying well.

To learn more, please visit the [Virtual Hospice Guide](#), or review the presentation referred to above, which may be found [here](#).



Unique considerations for palliative care include:

- 3 times more likely to be single
- Significantly less likely to have children
- Possibly estranged from their birth families
- Experienced multiple losses within the LGBTQIA2S+ community due to AIDS, suicide, addictions, marginalization, etc.
- Increased risk of mental health problems resulting from lifetime of marginalization & oppression

Key experiences by LGBTQIA2S+ people at end of life

- Anticipating discrimination
- Assumptions about identity and family structure
- Complexities of religion and LGBTQ end of life care
- Possible trauma from lifetime of oppression/discrimination and marginalization
- Unsupported/Disenfranchized grief and bereavement



VIRTUAL Hike for Hospice

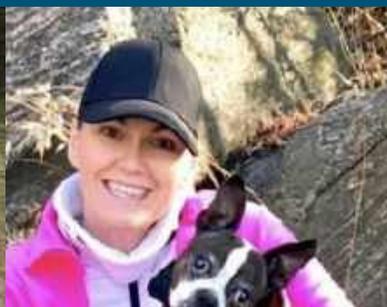


THANK YOU!

Thank you to all our generous sponsors, supporters, donors and participants!

\$15,220

was raised to support programs and services in the Bow Valley!





Golf for Hospice



SAVE THE DATE **TUESDAY, AUGUST 31st, 2021**

Please join us at the stunning
Stewart Creek Golf & Country Club,
in the shadow of the Three Sisters mountains,
Canmore, Alberta.

\$375.00 per golfer includes:

- 18 holes of golf with cart
- Boxed lunch with two beverage tickets
- Golf challenges and prizes
- Reception
- Gift card
- Virtual auction

**NEW
DATE!**

Registration details to be released!

#Golf4Hospice2021

Other Events Of Note!



REGISTRATION NOW OPEN

20th Annual Mary O'Connor

Palliative and Hospice Care Conference

The Tapestry of 20 Years...

Weaving the Threads of Patient and Professional Experiences

Thursday June 17, 2021

08:00 - 13:00 MST

via Zoom Webinar

Register at www.maryoconnorpalliativeconference.com (link below)

or by Scanning the QR Code:

Mary O'Connor Palliative Conference



Palliative End of Life Care - Calgary Zone - is pleased to host this year's conference **FREE OF CHARGE** as a gift of respite and restoration to all Health Care Providers who have persevered during this pandemic.

KEYNOTE SPEAKERS

Jeremie Saunders

Award-Winning Actor and Host of the Sickboy podcast

Dying with Laughter: A Patient's Journey to Accepting Life and Death through the Power of Laughter

Dr. Darcy Harris

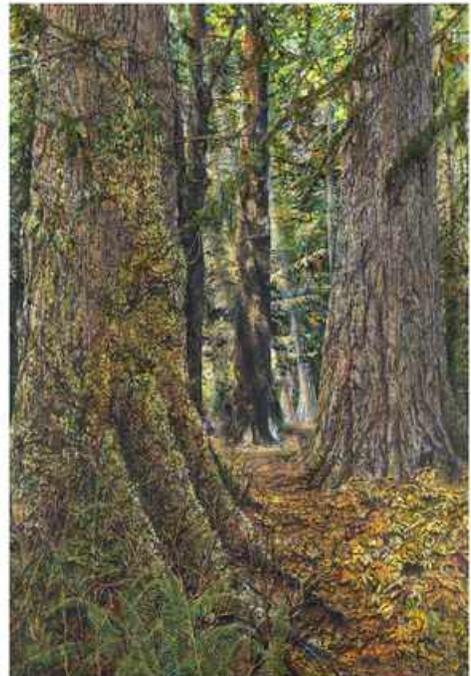
Public Speaker, Therapist and Writer

Exploring Compassion-Based Approaches in Difficult Times

Phil Callaway

Compassionate Humourist, Award-Winning Author and Speaker

Laugh Again: The Caregiver's Guide to Survival



We need your help Please consider a gift today

IT WILL TAKE FINANCIAL SUPPORT FROM PEOPLE LIKE YOU TO REACH OUR GOALS.

DONATION:

You can donate online at [PCSBV.CA](https://www.pcsbv.ca)

You can mail a cheque to us directly to the Palliative Care Society of the Bow Valley, PO Box 40113, Canmore Crossing, Canmore, AB T1W 3H9.

Specify if you want to contribute to our projects: General or Building.
Donations of \$25 or more will receive a charitable receipt.

ONGOING PROJECTS:

Your donation will contribute to the amazing work done by our volunteer teams, including the efforts towards building a rural residential hospice right here in the Bow Valley.

Contact **Julie Hamilton** at (403) 707-7111 or email chair@pcsbv.ca - if you would like to help!

Help today for support tomorrow!

Find us on social media!



@PCSBowValley



@PalliativeCareBowValley



Mailing Address

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