

The PCSBV Bulletin

NOVEMBER 2021



Palliative Care Society
of the Bow Valley

National Bereavement Day November 16, 2021

The third Tuesday in November holds a special place in our hearts, honouring the annual National Grief and Bereavement Day in Canada.

We would like to encourage all of you to involve your community, your government, and all areas of society in discussion around bereavement and create a dialogue to support access and knowledge of the resources available to all. When living with grief and bereavement, there are options for support.

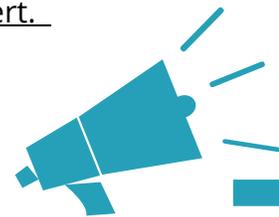
The Canadian Hospice and Palliative Care Association provides many different resources to people across the country. Throughout the month of November, culminating on November 17, CHPCA would like to help promote resources and tools to help Canadians throughout their grief journeys – for those dealing with grief, bereavement, anticipatory grief, ambiguous grief, and chronic sorrow.



[Grief Journey Tool for Canadians](#)



CHPCA is highlighting a concert held in honour of National Grief and Bereavement Day. Award winning Canadian singers and songwriters will come together nationally for the Saying Goodbye concert.



National Bereavement Day Saying Good-bye Concert

Saying Goodbye is a national concert on **November 14, from 8 p.m. to 10 p.m. EST** with performers from across each province and territory, held in honour and awareness of National Grief and Bereavement Day on November 16th.

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National Bereavement Day

Saying Good-bye Concert cont'd



Tickets to the concert are **free**, and the show will feature artists such as:

Johnny Reid, Gregory Charles, John McDermott, Michelle Wright, Fred Penner, Shari Ulrich, Jenn Grant, Carolyn Dawn Johnson, Ray Legere, Tara Shannon and many more.

The national virtual live stream can be found at sayinggoodbyeconcert.ca.

Saying Goodbye is hosted by the National Arts Centre (NAC) and presented by the Canadian Hospice and Palliative Care Association (CHPCA) in partnership with all provincial palliative care associations across Canada.



"There is never a 'good' time to lose a loved one. The Saying Goodbye concert has the potential to create really great awareness around grief and bereavement as we experienced it as never before during this difficult time of social isolation."

- Laurel Gillespie, CEO of the Canadian Hospice Palliative Care Association.

What can you do to support National Grief and Bereavement Day?

Share your stories on social media! Encourage dialogue and support people asking each other about their grief and bereavement, and share their processes and stories.

Tag PCSBV [@PalliativeCareBowValley](https://www.facebook.com/PalliativeCareBowValley) and CHPCA [@CanadianHospicePalliativeCare](https://www.facebook.com/CanadianHospicePalliativeCare) on Facebook and CHPCA on Twitter [@CanadianHPCAssn](https://twitter.com/CanadianHPCAssn). Use the hashtags: **#Grief2021 #GriefJourney #SharedJourney**

Feel free to write and submit articles or op-eds to your local newspapers, or write online posts for your social media and websites on what grief and bereavement means to you.

Share resources and information with your community, including those who may not have encountered grief and bereavement to the same extent as those involved in the palliative care network and community. By talking about our grief and sharing our stories, we can help all help people throughout their grief journeys – whether they are with recent grief, bereavement, anticipatory grief, ambiguous grief, and chronic sorrow.

Through normalizing grief and bereavement and the discussions around it, we can begin to understand the ways in which we all handle bereavement and grief differently. In helping others to understand this process, we can improve the ends of one's life for those in palliative care, for their families, for caregivers, and for loved ones.

2021 Canadian Hospice Palliative Care Conference



The Canadian Hospice Palliative Care Association presented the 2021 Canadian Hospice Palliative Care Conference, from October 21-22, 2021.

This conference provided doctors, nurses, pharmacists, hospice palliative care and other allied healthcare professionals; and caregivers, volunteers, spiritual advisers, and social workers with the opportunity to share their experience and expertise on a national platform.

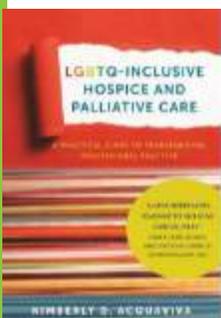
The 2021 conference topics included:

- **It's Our Duty to Care - The Role of Palliative Care Practitioners in Marginalized Communities**
- **Addressing the palliative care needs of those who identify as Two-Spirit and LGBTQ+**
- **Care Connections - Visualizing your support network and fostering conversations**
- **Grief Circles: a team-based debriefing intervention to support workers serving structurally vulnerable patients receiving palliative care**
- **Learnings from 1000 deaths: Seven skills to be hopeful and prepared when facing serious illness**

If you are interested in further information let us know. Email events@pcsbv.ca and we can help.

Reading Resource

<https://cup.columbia.edu/book/lgbtq-inclusive-hospice-and-palliative-care/9781939594143>



LGBTQ-Inclusive Hospice and Palliative Care

This is the only handbook for hospice and palliative care professionals looking to enhance their care deliver...

cup.columbia.edu

Grief Circles

A team-based debriefing intervention to support workers serving structurally vulnerable patients receiving palliative care | Serious Illness Conversations with Structurally Vulnerable Patients: A comprehensive guide & teaching tool

Remember (who we cared for and who we loved),

Reflect (how were you impacted by the person you cared for, how do you feel about them, how did you feel when you learned they died)

Recover (how do we recover from the difficulties we face, the dual concerns of broader impact on our work and the individual situations we need to recover from in loss, how do you recover from the situations where people are a challenge and the difficult experiences with clients)

Reinvest (how can we be inspired to dive back into our work from the relationships we have built and those who inspire us, what is your self-care plan to help reinvest in yourself to be able to reinvest in the work)

PEACH - Palliative Education and Care for the Homeless

Songwriter & Music Therapist in Nova Scotia

Sarah McInnis, presenter in this year's conference for The Legacy Song Project. You can follow the link to listen to some examples of the original songs she writes for people at the end-of-life and folks who have lost loved ones, and to hear a bit about the project.

LISTEN: <https://www.youtube.com/watch?v=Qvqe7bNZds0>



Remembrance Day

November 11

From Veterans Affairs Canada:

Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation's history and the more than 118,000 who made the ultimate sacrifice.

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.—on the eleventh hour of the eleventh day of the eleventh month.

In light of this, it is important to share that palliative care supports are available for veterans. Veterans Affairs Canada can supplement provincial, regional, and municipal programs and services through a combination of treatment benefits, VIP services, and long term care admission, with services designed to meet the unique needs of each client.

More information may be found at [Palliative Care Veterans Affairs Canada](#)

Other important resources for veterans can be found at [Veterans Affairs Canada](#)

These resources include the veterans independence program, which highlights home care services to help veterans remain independent in their own homes.

Go to [Veterans Independence Program Veterans Affairs Canada](#)

For information inquiries and articles about palliative care for veterans, please visit Google Scholar: [Palliative Care Services Terminally Ill Veterans](#)

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



ANNUAL APPEAL *Kick-Off*

Your generosity is astonishing! Thank you for your commitment and support to the Palliative Care Society of Bow Valley. With your help, we are able to change lives and provide hospice care for our community.

We will distribute our Annual Appeal in the upcoming weeks and are grateful donors have sent their contribution early. PCSBV received a donation from the Margaret & Andrew Stephens Family Foundation. **THANK YOU!**



**Palliative Care Society
of the Bow Valley**

Call for Volunteers

VOLUNTEER TRAINING PROGRAM

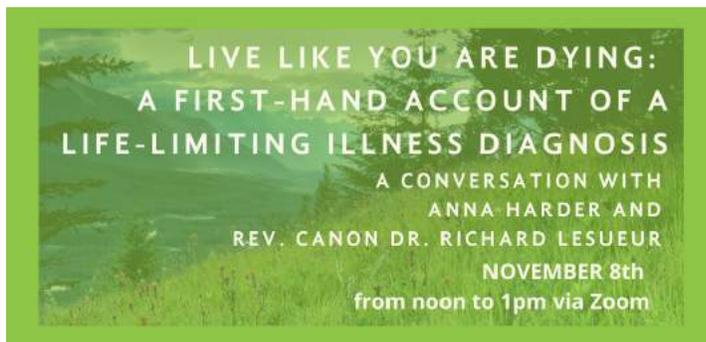
PCSBV has launched a Volunteer Training Program for client-care volunteers. Training sessions will be taking place over the coming months. We would love for you to join us!

Registration for training is open. Visit our website: <https://pcsbv.ca/volunteer/>



UPCOMING SPECIAL EVENTS & DATES

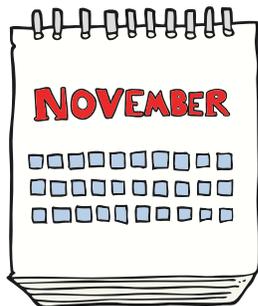
SPEAKER SERIES RETURNS NOVEMBER 8TH AT NOON ON ZOOM



Join Anna Harder and Rev. Canon Dr. Richard LeSueur as they discuss those hours, days, and months following diagnosis, and how to "live with death" and manage what that means in your day-to-day life.

REGISTER [HERE](#) or visit PCSBV.CA/events

We are always expanding our Speaker Series. If you have topics you are interested in hearing about let us know. Feach us at E: info@psbv.ca | P: (403) 707-7111



Digital Health Week | November 29 to December 5

#thinkdigitalhealth!

Digital Health Week is an annual celebration and recognition of how digital health is transforming the delivery of care across Canada as more and more of our health care system becomes digital.

Recognizing that a more connected and collaborative system is a healthier system, Digital Health Week brings together health care organizations, clinicians, government, industry, and patients to celebrate, build relationships and show their support for digital health.



Canada Health Infoway is an independent, not-for-profit corporation established by the Government of Canada in March 2001. They provide multiple resources for patients, families, and caregivers.

Click the link here to learn more about [Digital Health Week](#).

Dates and Events of Note (cont'd)

In Canada, the month of November recognizes several health awareness months.



CPR Awareness Month - [Heart & Stroke Foundation](#)



Crohn's and Colitis Awareness Month - [Crohn's & Colitis Foundation of Canada](#)



Diabetes Awareness Month - [Canadian Diabetes Association](#)



Huntington's Awareness Month - [Huntington Society of Canada](#)



Osteoporosis Month - [Osteoporosis Canada](#)



Men's Health - Prostate Cancer - [Movember](#)



Festival of Trees | Dec 3rd to Dec 31st.

The 12th Annual Canmore Rotary Club Festival of Trees takes place in the Malcolm Hotel. December 3rd to 31, 2021.

The Palliative Care Society of Bow Valley will be there! with a tree up for sale. Proceeds from the Festival will go to worthy causes across our community. We hope to see you there!



To attend and get more info on this event, please go to <https://rotaryclubofcanmore.ca/page/festival-of-trees>.

Many thanks to **Distinctive Homes** for their donation that helps us participate in this festive and fun event! 🙌



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