

The PCSBV Bulletin

March 2022



Palliative Care Society
of the Bow Valley

Monthly Theme: Palliative Care and Nutrition

Imagine how your relationship with food could change if you, or your loved, is diagnosed with a life-limiting illness. How does it impact food choices, what you buy, your ability to prepare and enjoy food, and family meal traditions. This month we talk the role of nutrition in palliative care with tips and ideas for maintaining a positive relationship with food.

March is national nutrition month. Depending on an individual's personal circumstances, nutrition month can have a variety of different meanings.

For many, nutrition month is a reminder to make healthy food choices to improve eating habits. However, imagine being diagnosed with a life-limiting diagnosis. Nutrition month might mean something entirely different. Why does nutrition matter after receiving this kind of diagnosis?

Nutrition is considered a type of health care treatment and informed food choices can have a very significant impact on quality of life. This is the case no matter what stage of life an individual is in.

A life-limiting diagnosis comes with many changes to an individual's lifestyle. From a nutrition perspective, our bodies change drastically when fighting illness or disease. Eating well can be especially difficult when not feeling well. For starters, an individual who has received a life-limiting diagnosis may notice changes in how much food they eat.

For example, many individuals find that their interest in eating decreases as their diagnosis reaches more advanced stages. An individual's interest in specific foods may also shift, in addition to when they want to eat.

Well-established traditions surrounding food may change as well, such as those surrounding mealtimes or specific meal preparations. Despite these changes, it is important to work to maintain a relationship with food, even after receiving a life-limiting diagnosis.

Nutrition plays many roles in palliative care. Healthy food choices and a relationship with food can improve quality of life. When dealing with the fear or anxiety that may be associated with a life-limiting diagnosis, making healthy food choices can help both patient and their family feel stronger and cope with stress. Directed nutrition choices can also play an important role in addressing symptoms, for example by minimizing food-related discomfort. In this way, nutrition can also maximize food enjoyment, which contributes to maintaining or improving quality of life.

Source info: [Canadian Virtual Hospice Nursing in Practice](#), [Saskatchewan Health Authority](#), [The Geriatric Dietitian](#)





TIPS

For Healthy Living with a Life-Limiting Diagnosis

Healthy or inspired living involves making purposeful choices to uplift oneself or others. For example, these choices can relate to who an individual spends time with, or in this case, what an individual chooses to eat. By making a conscientious effort to choose healthy food options, an individual can work to improve their own quality of life as well as that of others around them.

Healthy or inspired living can be used to cope with some of the difficulties that arise from a life-limiting diagnosis. As it can be difficult to focus on making nutritious choices when experiencing illness, here are a couple tips to help make informed and healthy food choices

Plan Ahead

A great way to ensure healthy, balanced and budget-friendly meals is to plan ahead. It is much easier to focus on including vegetables, healthy grains and protein in each meal when that meal is planned in advance. Planning ahead ensures that the right groceries are available, which, in turn, reduces waste. In addition, choosing meals can also be turned into a fun family activity. Searching for new recipes or working together to create a weekly menu and shopping list provides opportunities to spend time with loved ones, something that is especially valuable for those with a life-limiting diagnosis.

Set Yourself Up for Success

In order to prepare healthy meals or snacks, it is important to start off with the right ingredients. There are many food staples that can be kept on hand to facilitate healthy choices. Dried or canned beans and lentils can be bought in bulk, making them a cost-friendly protein choice. They can be stored for long periods of time, and can be added to soups, salads or stews. As well, nuts and seeds are also a great source of protein and fiber, can be bought in bulk and can be frozen, making them a great option for a quick and easy snack. Finally, fresh and frozen fruits are another excellent choice to eat as a snack or to add to smoothies or cereals for breakfast.

Making thoughtful choices about healthy eating can improve quality of life and serve as a way to cope with the difficulties of a life-limiting diagnosis. These suggestions support balanced, quick and cost-effective meal choices, which can make a meaningful difference in an individual's life, no matter what stage of life they are in.

Source info: [Healthline](#), [The Kitchn](#)



Palliative Care Society of the Bow Valley Highlights!

WEEKLY GRIEF SUPPORT WALKS

Walking Groups are a no-cost, drop-in grief conversation group. Walks are open to all who are 18+ who are grieving. The walks last approximately 30 minutes and then end with a guided conversation on the themes of grief and loss.

CANMORE WALKING GROUP - INDOOR

Every Wednesday from 1:30 to 2:30 pm at the Canmore Recreation Centre, 1900-8th Avenue, Canmore. We will meet at the reception desk in the recreation centre.

BANFF WALKING GROUP - INDOOR

Every Monday morning from 10:00 to 11:00 am at Fenlands Recreation Centre, 100 Mt Norquay Rd #2F, Banff. We will meet at the reception desk in the recreation centre.

For more information, contact Bill at bill.harder@pcsbv.ca

WEEKLY DROP-IN VIRTUAL GRIEF SUPPORT GROUP

STARTING MARCH 1st!

Every Tuesday over Zoom from 7pm to 8pm. Email bill.harder@pcsbv.ca to register and receive the Zoom link.

PCSBV SPEAKER SERIES

March 30, 2022 | 12:00 pm
Zarifa Monson, Registered Dietitian
Bow Valley Primary Care Network
Imagine your relationship with food and how that changes with a new life-limiting illness in your home.

REGISTER TODAY



"Kennedy Administration" Helps Kick-Off National Hospice Palliative Care Week

Marshall Kennedy is a popular, local ukelele musician from Canmore. He and his sons make up the Kennedy Administration Band and you can hear them live on April 30!

RESERVE YOUR TICKETS TODAY!

Email dmkennedy11@gmail.com using the code "PCSBV" and more information will be shared closer to the event!

Kennedy Administration
Cornerstone Theater
— SAVE —
THE DATE
Sat. April 30th 2022
Fund Raiser for Palliative Care Hospice



Palliative Care Society
of the Bow Valley

Hike for Hospice



SAVE THE DATE
May 1, 2022

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

*Donate or fundraise
the \$25 registration
fee...*

*all additional donations
are welcome!*

*We have prizes up
for grabs too!*

#HikeforHospice2022

Simple Ways to Make Meals Enjoyable

For many people, nutrition is a science that guides individuals in making healthy food choices. However, for someone facing a life-limiting diagnosis, nutrition may come to mean more than just making food choices to improve or maintain health. Many people find a lot of enjoyment in eating.

However, an individual facing a life-limiting diagnosis may experience changes to their body that prevent them from enjoying food the way they once did. Given that it is still important to maintain a relationship with food, those facing a life-limiting diagnosis may benefit from redefining the way they think about food.

Food is much more than a way to stay nourished or healthy. For some, the preparation of food is a type of meditative process. Putting on music and slowly working through a recipe is a great way to connect with food in a new way, one that prioritizes the journey of preparation rather than the outcome of eating. For many individuals, cooking slowly and intentionally is a way to de-stress and can be an excellent tool to help cope with the difficult feelings that come with receiving a life-limiting diagnosis. In this way, preparing food can be a source of comfort and relaxation.

As well, coming together with loved ones to prepare a meal is a great way to spend quality time together. When everyone takes responsibility for a different portion of a recipe, preparing a meal becomes a team effort and can be a wonderful way for loved ones to spend time together.

Finally, nutrition can also be thought of through the lens of giving. Preparing a meal can be a way of showing love to both ourselves and those around us. An individual who prepares a meal with themselves in mind is prioritizing their wellbeing. As well, an individual who prepares a meal with others in mind can bring great happiness to those around them. While not directly related to the science of nutrition, practicing both self-love and love for others through food preparation are additional ways in which nutrition can be used to improve quality of life.



Cooking for Palliative Care

This is a recipe you can make with someone and make extra. Double the recipe or cook more chicken to freeze for a later date!

Chicken Enchiladas

Prep Time: 15 minutes

Cook Time: 2 hours

Servings: 4 servings

Ingredients:

4 each boneless and skinless	Chicken thigh
½ tsp (2 mL)	Paprika
½ tsp (2 mL)	Cumin
½ tsp (2 mL)	Chili powder
4 cloves	Garlic, crushed
1 each	Onion, diced
1 cup (250 mL)	Red pepper, diced
1 cup (250 mL)	Can of black beans, drained and rinsed
½ cup (125 mL)	Tomatoes, canned, diced
8 each	6" Flour tortilla
½ cup (125 mL)	Monterey jack cheese, shredded
¼ cup (60 mL)	Sour cream
¼ cup (60 mL)	Cilantro, chopped

Method:

1. Preheat oven to 325°F (160°C).
2. Rub chicken thighs with paprika, cumin, chili powder and crushed garlic and place in oven proof dish.
3. Add onions, red peppers, black beans and top with tomatoes.
4. Cover tightly with foil and place in oven for 1 ½ hours or until chicken begins to fall apart. Pour out and save any liquid from dish.
5. Using 2 forks, shred chicken and divide mixture into and place into clean baking dish.
6. Pour remaining liquid on top of rolled tortillas and sprinkle with cheese. Cover and return to the oven for 15 minutes until cheese is melted.
7. Top with sour cream and garnish with chopped cilantro.

Nutrition Facts	
Valeur nutritive	
Per 2 enchiladas (300 g) par 2 enchiladas (300 g)	
Calories 420	% Daily Value*
Fat / Lipides 14 g	19 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 46 g	
Fibre / Fibres 8 g	29 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 70 mg	
Sodium 720 mg	31 %
Potassium 400 mg	9 %
Calcium 200 mg	15 %
Iron / Fer 4 mg	22 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



Chef's Tips:

Tailor this recipe to your own taste by using different vegetables or remove the beans and peppers for a simpler recipe.

SUPPORT THE PALLIATIVE CARE SOCIETY OF THE BOW VALLEY

It takes financial support from people like you to reach our goals. By the end of March 2022, our goal is to train 20 PCSBV volunteers. In total, our goal is to train and deploy 40-50 volunteers for 2022. To help achieve that goal we are aiming to raise \$25,000 in funding to help achieve that goal.



VOLUNTEER TRAINING COSTS

Giving \$42 a month goes to support a volunteer to do site visits, training, and help in the community.

Giving \$500 per year goes to support a volunteer to do site visits, training, and help in the community.

Together with supporters like you we can achieve our goals for better palliative care services and programs to the community in Bow Valley. Please consider making a donation today!

All ways to give:

- **General Donations** are used for programs currently with the greatest need of your financial support.
- **Tributes** honour a family member, friend, or loved one.
- **Building** donations support creating a residential hospice home accessible to the Bow Valley community.
- **Monthly donations** will ensure constant support throughout the years.

Donations of \$25 or more will receive a charitable receipt. Here are the ways you can make a donation:

- Click on the link >> [Donate today!](#)
- Online at www.pcsbv.ca and click on the "Donate" button.
- Send a cheque to: **Palliative Care Society of the Bow Valley, PO Box 40113, Canmore Crossing, Canmore, AB, T1W 3H9.**

For more information contact Kristin Fry, Fund Development at fd@pcsbv.ca or call (403) 707-7633



SAVE THE DATES

NavCare Training – Spring 2022

Advanced Care Planning Day – April 16

National Hospice Palliative Care Week – May 1 to 8

Hike for Hospice - May 1

PCSBV Annual General Meeting - June

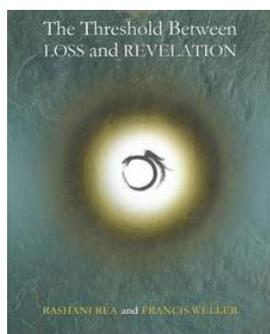
Golf for Hospice - August 25

National Bereavement Day – November 15

Reading Resource

The Threshold Between Loss and Revelation

Authors: Rashani Rea and Francis Weller



"The Threshold Between Loss and Revelation infuses our lives with an immediate sense of perspective—deeper than, and beyond, conceptual understanding, inviting us to consider that suffering is an option, not an inevitable, ongoing condition."

Video Resource

Ted Talk: Compassion and the true meaning of empathy - Joan Halifax

Joan Halifax talks about what she's learned about empathy and compassion in death working with people at the last stage of life (in hospice and on death row).

Shoutout! TO SOCIAL WORKERS

The Alberta College of Social Workers (ACSW) is celebrating Social Workers Week March 6-12, 2022. The week raises awareness about social workers and their contributions to the health and wellbeing of patients across the province.

Social workers have an important and necessary role in palliative and hospice care. These skilled professionals help patients and families to navigate challenges that arise from a life-limiting illness; such as providing community connection resources, processing end-of-life planning, and helping patients to manage the mental, emotional, familial, and monetary stressors of physical illness.

The invaluable support and work of social workers deserves recognition!

Give a thanks and a shoutout to a social worker you love and appreciate this month!

HAPPY ST. PATRICK'S DAY

IRISH BLESSING

"May the road rise up to meet you.
May the wind be always at your back."



Social Media Channels



Facebook: [@PalliativeCareBowValley](#)



Twitter: [@PCSBowValley](#)

Palliative Care Society of the Bow Valley



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