

The PCSBV Bulletin

October 2022



Palliative Care Society
of the Bow Valley

WORLD HOSPICE AND
PALLIATIVE CARE DAY

Healing Hearts and Communitites



October is an important month for Hospice and Palliative Care awareness days. There is a worldwide need for hospice and palliative care and to advocate for quality of life and equitable access for all.

We celebrate October 8 as World Hospice and Palliative Care Day (WHPCD) as a unified day of action to support hospice and palliative care. The WHPCD theme for 2022 is "Healing Hearts and Communities" which reflects on the need to heal humankind. There were more than 6 million deaths worldwide from COVID-19, plus the current wars, and destruction has left millions of people including health care workers, caregivers, families and friends experiencing grief and suffering. The advocacy of palliative care services includes grief and bereavement care to adults and children to support the healing process.

"Palliative care is the active holistic care of individuals across all ages with serious health-related suffering due to severe illness, and especially of those near the end of life. It aims to improve the quality of life of patients, their families and their caregivers. "



A study from World Health Organization (WHO) on the Global Atlas of Palliative Care showed that little more than 12% of approximately 60 million adults and children in need of palliative care services receive it. Advocacy of hospice and palliative care services also includes a call to action for governments and policymakers to implement national strategies for the bereaved population with:

- Education programs
- Social supports
- Workplace bereavement support programs

Palliative care is an unmet need in many communities around the world, however it is a component of a right to health. Action and investment in palliative and hospice care to support grief and healing is critical to create compassionate and healthy communities.



Palliative Care Society of the Bow Valley

PCSBV GRIEF SUPPORT

IN-PERSON GRIEF SUPPORT VISITS

- **By Appointment**

Mondays | 11:00 am to 2:00 pm



Bill Harder, Palliative and Grief Support Navigator, welcomes clients at the Banff Canmore Community Foundation, 214 Banff Avenue. Email Bill at bill.harder@pcsbv.ca.

VIRTUAL GRIEF SUPPORT GROUP

- **Drop-in**

Wednesdays | 7:00 pm to 8:00 pm



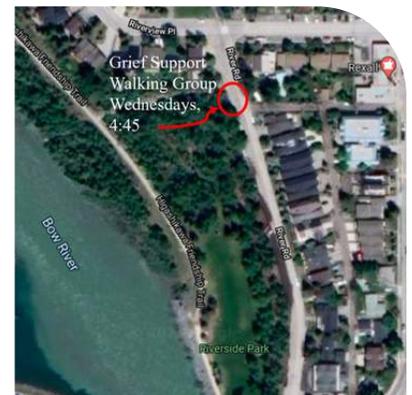
Virtual Grief Support Group runs weekly on Wednesdays. Email Bill at bill.harder@pcsbv.ca to register and receive the Zoom link.

CANMORE GRIEF SUPPORT WALKING GROUP

- **Drop-in**

Wednesdays | 4:45 pm to 5:30 pm

We meet at the community mailboxes at Riverside Park which is south of 8th on River Road. This is a no-cost, grief conversation group, open to all 18+ who are grieving. We will walk and chat for about 30 minutes and then stop for a guided conversation on the themes of loss and grief. Please direct any questions to Bill Harder at bill.harder@pcsbv.ca



PCSBV EDUCATION & TRAINING

October Volunteer Training Dates

October 14, 6:30 pm to 8:30 pm
Role of the Volunteer (Facilitator: Bill Harder)

October 15, 9:00 am to Noon:
Grief Companionship (Facilitator: Bill Harder)

October 15, 1:00 pm to 4:00 pm
Exploring Spirituality
(Facilitator: Rev. Dr. Richard LeSueur)

October 16, 9:00 am to Noon
Effective Listening (Facilitator: Dr. Tiffany Kriz)

October 16, 1:00 pm to 3:00 pm
Virtual and Phone Supports (Facilitator: Bill Harder)

October 25, 6:00 pm to 9:00 pm
Emotional & Psychological Supports (Facilitator: Jackie Baker)

To Register, please email Bill at bill.harder@pcsbv.ca. This will ensure that we have your email address to send out course materials and Zoom link.



Giving Thanks

How to Find Gratitude When Grieving



Thanksgiving is celebrated this month and for many it will be a day spent by giving thanks with family and friends. But for anyone sad about the loss of an important person in their life, the holidays can magnify the grief. How can a person 'give thanks' when they are grieving?

While it doesn't feel natural to practice gratitude when we are grieving, being grateful can actually help us with our healing. When life is painful, reminding ourselves of the good things that exist can actually be a good way to bring joy back into our lives.

Some suggestions are to recognize the little things to be grateful for, find one thing each day to be thankful for, keep a daily gratitude journal and share memories and experiences with others.

For a more inclusive list, follow the link for ideas on how to [find gratitude](#) when grieving.



Happy Thanksgiving!

Canadian Patient Safety Week

October 24 - 28, 2022

From October 24 to October 28, 2022, Canadians across the country will participate in [Patient Safety Week](#). This week, first celebrated in 2005, is observed to spark improvements to patient safety and to the quality of care provided to patients. While this week is relevant to any Canadian who engages with the healthcare system, Patient Safety Week also has a special pertinence for members of the palliative care community. Specifically, Patient Safety Week is important for all those who provide care to individuals with a life-limiting illness.

Many individuals with a life-limiting condition rely on loved ones to look after them. Family caregivers make up an important part of palliative care providers in Canada. In many situations, individuals with a life-limiting illness feel most comfortable being cared for by their loved ones, as they have developed loving relationships with these individuals. However, many family caregivers do not have formal healthcare training when they step into their role as a healthcare provider.

An important part of Patient Safety Week is ensuring that all healthcare providers have access to the necessary education, training and resources to provide effective and high-quality treatment. This alone is vital in ensuring patient safety.

Family caregivers providing support in a hospice setting are an especially important group to consider, as many are not previously trained as healthcare professionals. In order to ensure that individuals with a life-limiting illness receive the care they require as they reach the end of their life, the necessary resources must be made available to informal health care providers, such as the family members that care for their ill loved ones. Resources could include information on how to administer medicine, maintain records of a patient's condition and respond to emergency situations. This goes a long way towards prioritizing the safety of all patients, regardless of the severity of their health condition.

This year's theme "Press Play on Safety Conversations" focuses on having safety conversations followed up by actions for safer care in older adults.

If you have an interest in conversations about patient safety, you can tune into the award winning [PATIENT Podcast series](#) created by Canadian Patient Safety Institute. You can also join the conversation on social media at #CPSW2022.



PSCBV Presents:



**Dr. Samantha (Sammy)
Winemaker**

Co-host of the
"Waiting Room
Revolution" podcast

SPECIAL SPEAKERS SERIES VIRTUAL PRESENTATION

Nov 9, 2022
11:00 am to 12:30 pm

Presenter:

**Dr. Samantha Winemaker BSc., MD, CCFP(PC),
FCFP**

Dr. Winemaker is a graduate of McMaster University Medical School. She has completed residency training in Family Medicine, and fellowship training in Palliative Medicine. Her clinical work is predominately community based, caring for people in their home.

She is an advocate for palliative care reform. She believes strongly that basic principles of palliative care should be the responsibility of all health care providers and integrated into care seamlessly, upstream in the patient's illness journey.

I spent the first part of my career imagining how I could improve the illness journey for patients and families.

I imagined a world where patients and families didn't have to ask for palliative care to achieve a 'good death'.

I imagined a world where patients and families felt they had a roadmap for what to expect along their illness journey.

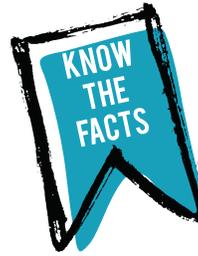
I imagined a tidal wave of patients and families demanding a different type of care.

I'd like you to imagine the same.



Join us for this
important conversation.

REGISTER



TOP 5 LEADING CAUSES of Death in the Last Decade

Leading Causes of Death in 2012

Heart Disease	1586
Lung Cancer	1362
Dementia	1113
Heart Attack	1054
Other chronic obstructive pulmonary disease (COPD)	941

Leading Causes of Death in 2021

Other ill-defined and unknown causes of mortality	3362
Dementia	2135
COVID-19 virus	1950
Heart Disease	1939
Lung Cancer	1552

Alberta Health tracks the leading causes of death each year by ranking and total number of deaths. In 2021, Alberta ranked "ill-defined and unknown causes of death" in the top position moving heart disease from the number 1 spot in 2012.

The rise in ill-defined and unknown causes of death in 2021 is believed to include an inability to determine the cause of death in some cases, delayed or lack of access to healthcare services and post-COVID complications. Thankfully, since the availability of vaccines, COVID related deaths have decreased.

Although ranking in different spots, dementia, heart disease and lung cancer still make the top 5 leading causes of death in the last decade. Having this data available certainly has a very practical value. It is important to be aware of what is causing death in order to take preventative action when possible.

Of course, not all illnesses or diseases on this list are preventable. However, there are some where risk can be minimized by making certain lifestyle choices and by early preventative screening. Many of the illnesses listed above can be less deadly if they are recognized early on.

SUPPORT PALLIATIVE CARE SOCIETY OF THE BOW VALLEY

Help today for support tomorrow!

The Palliative Care Society of the Bow Valley offers essential services to those in our community experiencing life-altering changes, including terminal diagnoses, life-limiting illness, and grief.

Together with supporters like you we can achieve our goals for better palliative care services and programs delivered to communities in the Bow Valley.

PLEASE CONSIDER MAKING A DONATION TODAY TO SUPPORT PCSBV'S WORK IN THE BOW VALLEY COMMUNITY!

VOLUNTEER TRAINING & WORKSHOP EDUCATION SUPPORT



\$42 per month



Our volunteers make a DIFFERENCE in client's lives on a weekly basis. Giving \$42 per month supports the training of a client-care volunteer



\$500 per year



We offer workshops on navigating grief and loss:

- For health care workers
- Town staff
- Parks staff
- Parents, teachers, child support staff
- The Bow Valley community

Giving \$500 per year helps us maintain these important workshops.

WAYS TO GIVE!

- **Your donations** are used for programs with the greatest need of 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** are an easy way to give and will ensure constant support for our programs and services 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**
- 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.

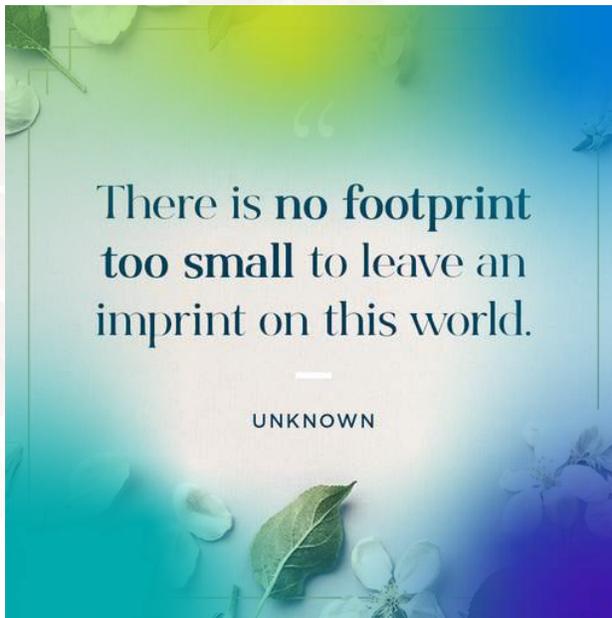
For more information contact Kristin Fry, Fund Development at fd@pcsbv.ca or call (403) 707-7633

National Children's Hospice Palliative Care Day



October 13, 2022 is National Children's Hospice Palliative Care Day in Canada. This day is observed to raise awareness of Canadian children with life-limiting conditions that require them to seek hospice care.

You can find more information on National Children's Hospice Palliative Care Day at the Canadian Hospice Palliative Care Association website.



RECOMMENDED VIDEO

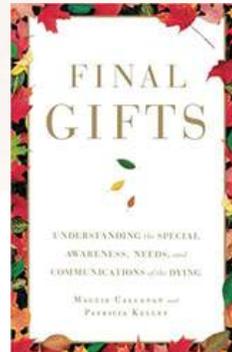
"Am I dying?" The honest answer.

Experienced First Responder, Matthew O'Reilly tells us what it's like when someone in critical condition and facing death asks him, "Am I dying"? Does he tell them the truth of their condition, or does he lie to comfort them?



RECOMMENDED READING

Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying



Authors, Maggie Callanan and Patricia Kelley, share experiences as hospice nurses with patients at the end of life.

This book offers practical advice on helping the terminally ill live fully to the final days.

Upcoming Special Dates and Events

Healthcare Aide/ Assistant Day - October 18

National Bereavement Day - November 15

Canadian Hospice Palliative Care Conference - Nov. 16 -17



follow us on social!

Palliative Care Society of the Bow Valley

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