

# PCSBV Bulletin



#202 - 1080 Railway Ave. | Canmore, AB T1W 1P4

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## MESSAGE FROM THE CEO THERESA RADWELL

### A TIME OF NEW BEGINNINGS

May has finally come to the Bow Valley and we are starting to see the signs of nature's new beginnings. We are so used to being witness to nature's life cycle; the vibrance and anticipation of spring, the blooming, fruitfulness of summer, the celebration of nature with its golds and reds in fall, and the peaceful quiet, contemplation and remembrance of winter.

While we may complain, we accept this cycle of nature, we speak openly about the changes that will take place and how they will impact us. Our lives are no different. Yet, as we move through the seasons of life, we speak less openly, are less able to share our thoughts and emotions.

Here at PCSBV, we want to change that. We want to encourage open discussion about what a life-changing illness means, physically and emotionally, the feelings of loss and grief, and how we can enter each season with understanding and hope.

### Supporting our Work

May is when we recognize National Hospice and Palliative Care Week (NHPCW) - this year it is May 7-13, 2023. Hospice and palliative care provide comfort and co-nurturing quality of life for patients with life-changing illnesses, providing physical, emotional, and spiritual support for individuals and their families. With our community partners, and team of volunteers, PCSBV provides programs and resources to support those who call the Bow Valley home.

### Supporting the Building of the Palliative Care Centre and Hospice

As we continue to expand, so does the need for a dedicated space, a place that complements the work of our partners and welcomes our community at every stage of the palliative care journey. A place that is inviting, offers peace and quiet, a connection with nature as well as physical, practical, and navigational supports.

As we move closer to bringing this space to the Bow Valley community, we appreciate all who support our future plans and the new programs and services that it will bring. Together we can make this happen.

# THE HISTORY OF HIKE FOR HOSPICE

## A FUNDRAISING MOVEMENT SINCE 1991

Hike for Hospice is an annual event held locally across Canada that brings communities together to raise money for hospice and palliative care organizations.

### History of Hike for Hospice in Canada

The first Hike for Hospice was held in Canada in 2001, and since then, it has become an important event for many Canadians. The history of Hike for Hospice goes back to the early 1990s, when the hospice movement was gaining momentum in Canada.

In the early 1990s, a group of volunteers in Hamilton, Ontario organized a fundraising event to support the local hospice. The event was called "Hike for Hospice," and it involved a walk through the city's beautiful escarpment trails. The event was a success, and it raised money for the hospice and raised awareness about the importance of hospice care.

The success of the Hamilton Hike for Hospice inspired other communities across Canada to organize their own Hike for Hospice events. In 2001, the Canadian Hospice Palliative Care Association (CHPCA) launched the national Hike for Hospice campaign. The goal of the campaign was to raise awareness about hospice care and to raise funds for local hospice organizations.

Since then, Hike for Hospice has become an annual event in communities across Canada. Each year, thousands of Canadians participate in Hike for Hospice events, raising millions of dollars for local hospice organizations. The funds raised are used to provide essential care and support.



## THIS SUNDAY, MAY 7!

### History of PCSBV Hike for Hospice

The PCSBV Hike for Hospice began in Canmore in 2018. Local volunteers organized the event from Elevation Place through Canmore. In 2021, the Hike for Hospice was virtual, but moved back in person in 2022 along a beautiful, grass path that begins near the Canmore Rec Centre.

As an annual event for the last 6 years, the Hike brings together the community, volunteers and partners all in support of hospice and palliative care in the Bow Valley.

Since 2018, Hike for Hospice has raised more than \$38,000 and received significant in-kind donations in support of the work of the Palliative Care Society of the Bow Valley.



We are on the countdown to this year's Hike for Hospice! Come join us on **Sunday, May 7**, for our 2023 event or if you are unable to make it, please consider donating in recognition of someone you know who was supported by excellent palliative care. DETAILS: [Hike For Hospice Information](#)

# PCSBV PROGRAMS

## PALLIATIVE CARE SOCIETY OF THE BOW VALLEY PROGRAMS



### GRIEF NAVIGATION

Personalized one-on-one or group consultations with PCSBV's specialist grief practitioners. Grief presents itself in many ways for many different reasons. This offering is open to anyone in need of grief support and is not limited to the loss of a loved one.



### LIVING WITH LOSS GROUP

The Living With Loss Group is a compassionate and welcoming space to connect to, learn from, and listen to each other. During these sessions it's common to enjoy discussions around remembrance, resilience, and reflection. This group is for you when you need it as long as you need it.



### ART WORKSHOPS

PCSBV hosts Art Workshops as a way to express and explore the parts of sorrow which are beyond words. These in-person groups are small to create a sense of refuge together. Groups are held multiple times a year to allow for adult, teen, and child cohorts. No artistic experience necessary.



### DEMENTIA CARE TEAM - \*NEW\*

The PCSBV team is working on a new initiative. A dedicated team of volunteers specialist trained will provide support to families navigating dementia by providing caregiver respite, resource navigation, and quality of life activities for dementia clients. Contact PCSBV via email at [info@pcsbv.ca](mailto:info@pcsbv.ca) or phone 403-707-7111 to learn more.



### CLIENT CARE VOLUNTEERS

These dedicated volunteers help with palliative supports for individuals and respite care for family members along with grief companionship. It's common to see our volunteers supporting clients in many nurturing ways such as: skiing or birding with dementia clients, meeting for coffee with grief support clients, and tidying houses for busy family members.



### SIGNATURE SPEAKING EVENTS

PCSBV Speaker Events focus on in-depth discussions with local, national, and international thought leaders on topics core to palliative and hospice care, living with serious illness, caregiver supports, and managing the grief experience.



### PRESENTATIONS & TRAINING

Sessions are sculpted to the needs of the audience. Some workshops offer registered continuing education credits that provide knowledge, teaching tools, and useful strategies to medical and other health care providers.



### PRECIOUS BELONGINGS BAGS

Produced by members of the Mountain Cabin Quilters Guild, these bags are a gift from PCSBV to families grieving a recent death. Each bag is intended to transport home the personal items left behind by a loved one who has passed on. The bags are a sign of our compassion for the family and friends at this difficult time.



# Nothing is More Natural than Loss and Grief

BY. DR. SONYA JAKUBEC

Nature's impact on health and wellbeing across the lifespan is well documented with numerous individual, social, community, societal and conservation benefits. It is no surprise that so many moments along life's journey are connected to parks and nature; big moments (the weddings, babies' first steps, reunions and memorials) and also the unglamorous, daily walk of life - including the dying and death, mourning and grief. We seek parks and nature to grieve and memorialize. Cemeteries are parks and people also create informal nature ceremonies and memorials. The collection of memorials (picture here) carefully gathered by Crimson Lake park staff tell a story!



These experiences and the core value of providing Albertans a lifetime of nature-based experiences, sparked research about palliative care and grief/memorializing in parks with recommendations such as:

- Increasing park access for people in palliative care and caregivers
- Creating cross-sector communication tools
- Encouraging grief experiences in parks/nature

Good Grief Walking (Friends of Fish Creek Provincial Park, Calgary) began from these recommendations, and continues to provide a regular series of walks that enable grief to have a place and to move, by simply putting one foot in front of the other supported by nature and volunteers who have walked similar paths. The model is adapted into walking groups around the province, including through the PCSBV Living with Loss Group. Nothing is more natural than loss and grief. With a view toward creating more compassionate, grief-friendly communities by connecting with parks and nature we can journey on this walk of life, together.

It is from this vantage point that my own family walked alongside my Mum, Lucille (pictured here and with my Dad, Howard), in her hospice and palliative home care, and now find places for our grief. In parks and nature, we can all rest in peace!



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**Sonya Jakubec**, RN, PhD, is a professor at the School of Nursing and Midwifery at Mount Royal University who studies the health and nature connection across the lifespan (including in palliative and grief care). She is an Alberta Parks volunteer and research collaborator and is a volunteer member of the Program Advisory Committee for the PCSBV.

Sources: BC Parks Foundation/PaRx. (2023). [Why Nature? Peace in the Parks](#) ([documentary short film](#) from Alberta Parks on parks and palliative care action research project)  
Good Grief and the Walk of Life - Voice of the Friends, Friends of Fish Creek Provincial Park Society [Newsletter](#) (April 2023)



# SUPPORT PCSBV

FOR MORE INFORMATION CONTACT KRISTIN FRY, FUND DEVELOPMENT BY EMAIL AT [FD@PCSBV.CA](mailto:FD@PCSBV.CA) OR CALL (403) 707-7633

The Palliative Care Society of the Bow Valley offers essential community support services to those in our community experiencing a diagnosis, life-changing illness, and grief through our client care volunteer program.

Together with supporters like you we can achieve our goals to offer a full spectrum of palliative care services and programs delivered to communities, individuals and families in the Bow Valley.

Thanks to generous donors, PCSBV provides client care services without a fee.



## OPTIONS TO DONATE

- **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.

## WAYS TO DONATE

- Click on the link >>> [DONATE](#)
- Online at [www.pcsbv.ca](http://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.**

# RESOURCES

## THE THRIVING CAREGIVER WORKSHOP

As a caregiver... Have you ever felt at your wits end? Have you ever thought that you need to do it all by yourself? Family and professional caregivers fill some of the most crucial roles in our community providing essential care to vulnerable people.

Join the PCSBV in partnership with the Banff Public Library to understand and develop tools for keeping a caregiver's tank topped up.

**Registration Required:** [CLICK HERE TO REGISTER](#)

**Date:** Thursday May 25, 2023

**Time:** 2:00-3:00pm

**Location:** The Banff Public Library

101 Bear Street, Banff, Alberta T1L 1H3

Fee: Thanks to generous donors and partnership with the Banff Public Library, PCSBV is able to provide this session without a fee.

## VOLUNTEER TRAINING

May and June Volunteer Training Dates:

### May 12: The Role of the Volunteer

1:00 - 3:00 PM

Via Zoom

Facilitator: Bill Harder

[Registration Link](#)

### June 1: Virtual and Phone Supports

6:30 - 8:00 PM

Via Zoom

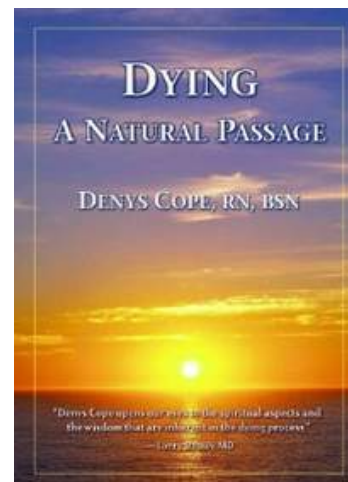
Facilitator: Bill Harder

[Registration Link](#)

FIND MORE TRAINING DATES HERE



## READING RECOMMENDATION



"[Goodreads](#) calls this "a one-of-a-kind guidebook, provides practical and insightful information about rarely addressed end-of-life issues, such as;

- What best supports a peaceful death?
- How can I help with pain management?
- Is it time to call in hospice?"

## PCSBV LENDING LIBRARY

We have a small and growing lending library. Anyone wanting to borrow a book may do so by emailing [info@pcsbv.ca](mailto:info@pcsbv.ca).

## SPECIAL DAYS & AWARENESS DATES

National Hospice Palliative Care Week (May 7-13)

PCSBV Hike for Hospice - May 7

National Nursing Week - May 10-16

National Indigenous History Month - June

PCSBV Annual General Meeting - June (Date TBD)



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