

PCSBV Bulletin



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

(403) 707-7111 | pcsbv.ca

TOWN OF CANMORE LAND USE DECISION!

The Palliative Care Society of the Bow Valley has been on a journey for nearly a decade providing benefit to those in our community experiencing a life-changing diagnosis.

We are continually grateful for the community that surrounds us, for its support in pursuing our mission to provide a full spectrum of services including a dedicated space for palliative care in the Bow Valley region.

On Tuesday, June 6, the land application for 800 - 3rd Avenue was brought to the Canmore town council for a 2nd and 3rd hearing. Given the changes made to the submission by the land owners, including the conservation of a significant portion as green space, the town administration recommended that council approve the application. We are excited by the decision of the Town of Canmore Council in this first, critical step towards realizing our goal to build this space in our community.

We are incredibly grateful to the landowners, Jan & Bernie McCaffery. It is from their own personal experience that they recognize the true benefit of end of life hospice care.

We look forward to working with the McCaffery's and the Town in the coming months towards the day when we can proudly open our doors to our community.

June 6th's outcome reinforces our unwavering mission to work closely with our partners to continue to meet the growing demand for our palliative care, grief and loss programs and services for our community - helping those impacted - live their best lives possible following from a life-changing diagnosis.

WHAT HAPPENED AT COUNCIL?

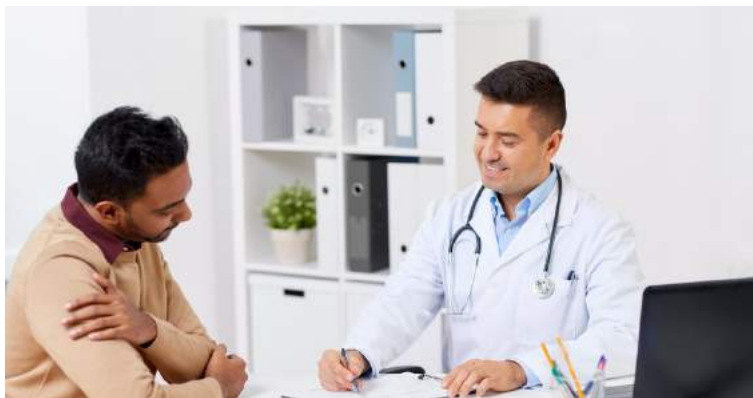
"Council approved MDP and LUB amendments for 800 Ave, which proposes up to five detached homes and a new hospice facility on the site. The applicant revised their application based on the specific motions made by council at first reading. To read a full summary of the motions and changes made, refer to item #G-3 in the [June 6, 2023 council agenda package \(55.83 MB PDF\)](#). This is a privately owned parcel of vacant land in South Canmore located at 800 3rd Avenue."

(Source: Town of Canmore)



JUNE IS MEN'S HEALTH MONTH!

Did you know that 2 out of 3 men avoid going to the doctor for as long as possible even when experiencing various and potentially serious symptoms? The reality that men are less likely to seek medical help and less likely to talk about their feelings can be a serious barrier to receiving important care and potentially early detection of life-threatening issues.



Proactive Health Measures

Men can take a proactive approach to their health by implementing a range of strategies and lifestyle choices. Firstly, regular check-ups and health screenings are essential. Scheduling routine visits with healthcare professionals allows for early detection of potential health issues and ensures timely intervention.

Maintaining a balanced and nutritious diet is vital. Incorporating fruits, vegetables, whole grains, lean proteins, and reducing processed foods helps to maintain a healthy weight and reduce the risk of chronic conditions such as heart disease, diabetes, and certain cancers.

Regular physical activity is equally crucial. Engaging in exercises like cardiovascular workouts, strength training, and flexibility exercises not only improves physical fitness but also promotes mental well-being.

Managing stress effectively is another important aspect of men's health. Utilizing stress management techniques such as mindfulness, meditation, yoga, or engaging in hobbies and activities that provide relaxation can reduce the negative impact of chronic stress on overall health.

Taking care of mental health is equally important. Seeking professional help when needed, cultivating healthy coping mechanisms, and maintaining social connections contribute to overall well-being.

Lastly, open and honest communication with healthcare providers is key. Discussing any concerns, symptoms, or questions openly allows for a comprehensive understanding of one's health and enables the development of appropriate care plans.

By adopting these proactive strategies, men can take charge of their health, prevent potential problems, and enjoy a higher quality of life.



RESOURCES



01 - Men's Health Check: Covering the 8 most common men's health conditions and diseases. Take 10 minutes to assess your health. It's free, online and confidential!

02- Men's Health Directory: Our directory of physical and mental health services for Canadian men

03 - Men's Health A-Z: Men's health topics and medical conditions that are important to you.

[Visit the Canadian Men's Health Foundation website for these and more resources.](#)



Golf for Hospice

2023 TOURNAMENT



It's Time to Tee Up!

for the

5TH ANNUAL PCSBV GOLF FOR HOSPICE
Stewart Creek Golf & Country Club
Canmore, Alberta

THURSDAY, AUGUST 24, 2023

Registration, warm up & breakfast begins at 7:15am. Shotgun start at 9:00am, post golf reception & prizes at 2:00pm, with wrap up around 4:00pm. Have fun and support the PCSBV!

Fee: \$375.00

Registration is OPEN!

Includes one round of 18 holes, power cart, breakfast sandwich, BBQ lunch, reception, and golf challenges with prizes!

Sign up or
Donate at
pcsbv.ca



EVENTS AND ACTIVITIES



DEMENTIA CARE TEAM: *NEW*



WE ARE RECRUITING!

VOLUNTEER DEMENTIA SUPPORT TEAM

We are recruiting for a dedicated team of volunteers who will provide support to families navigating dementia by providing caregiver respite, resource navigation, and quality of life activities for individuals living with dementia.

Email info@pcsbv.ca or phone 403.707.7111 to learn more about volunteering with this exciting initiative.

ORIGIN SPRINGS CREEK PRESENTATION

EXPLORING LOSS, GRIEF AND SORROW - WITH BILL HARDER



Date: **Saturday, June 10, 2023**
Time: 12:00 to 2:00 p.m.
Location: 808 Spring Creek Drive,
Canmore, Alberta
Lunch at Mineshaft Tavern,
Learn in Origin's Screening Room

Friends & Family Welcome
Limited Space so RSVP Today!
leasing@originspringcreek.ca



LIVING WITH LOSS GROUP

Open to all who are 18+ to drop-in and have a sociable conversation with other attendees and enjoy discussions around remembrance, resilience, and reflection.

June 21

Location: Riverside Park in Canmore

Meeting Time: 4:45 - 5:45 pm



Palliative Care Society
of the Bow Valley

ANNUAL GENERAL MEETING

THURSDAY, JUNE 15, 2023

The AGM includes important business of the Society, and all members are encouraged to participate in the meeting.



Register to join us by visiting
pcsbv.ca/events or scan the QR
code with your phone camera.



It's time to renew your 2023-24
PCSBV Membership!



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 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.

INDIGENOUS COMMUNITIES



Palliative and End-of-Life Care

Palliative and end-of-life care is a critical aspect of healthcare. Several factors uniquely influence the provision of quality care in indigenous communities recognizing their cultural values and specific healthcare needs.

Cultural Beliefs and Practices: Indigenous communities have distinct cultural beliefs and practices surrounding death and dying. Traditional healing practices, spirituality, and the importance of community involvement play vital roles in shaping their palliative and end-of-life care preferences.

Historical Trauma and Trust: Building trust and understanding cultural sensitivities is crucial in providing appropriate care that respects indigenous traditions and customs.

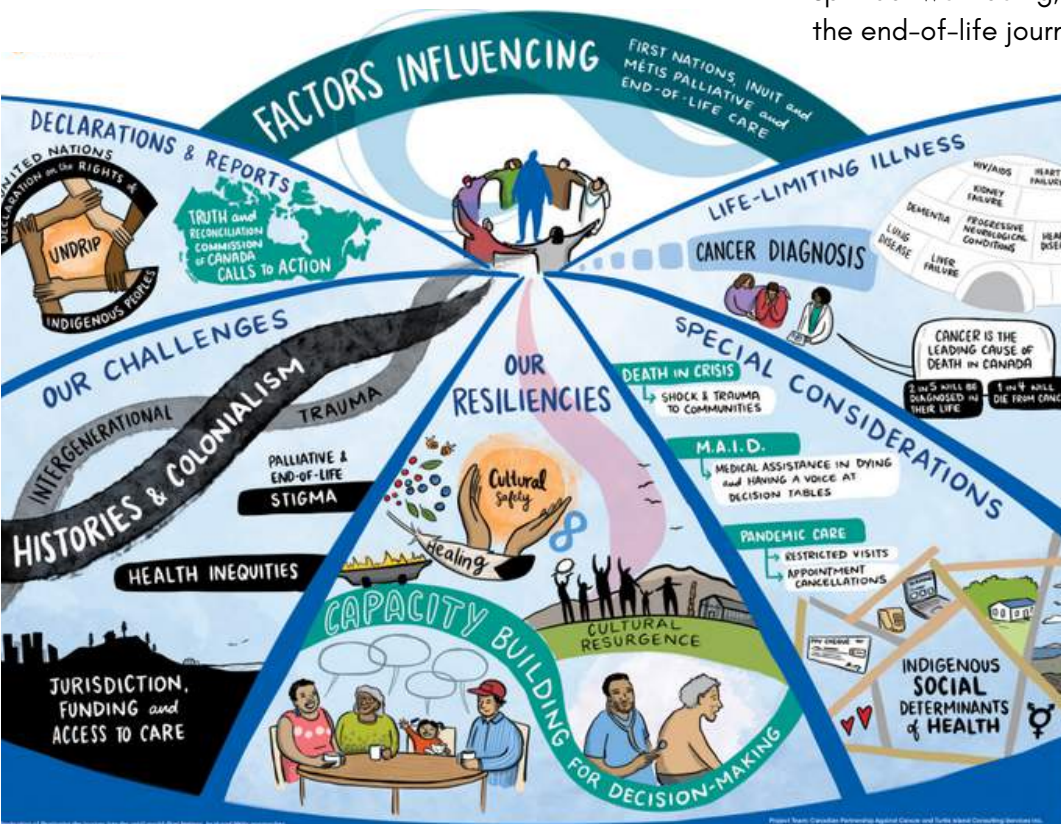
Geographical and Social Determinants: Remote locations, limited access to healthcare facilities, and socioeconomic disparities can pose challenges to accessing palliative and end-of-life care services. Addressing these determinants is essential to ensure equitable and accessible care for indigenous communities.

Community Involvement: Engaging community members, elders, and cultural leaders in the development and delivery of care services helps ensure cultural safety and responsiveness.

Health Inequities: First Nations, Inuit, and Métis individuals experience higher rates of chronic illnesses, poverty, and lower health outcomes compared to the general population. Addressing these health inequities is crucial to providing equitable palliative and end-of-life care services.

Workforce Education and Cultural Competence: Healthcare providers need to receive education and training that enhances their understanding of indigenous cultures, history, and specific healthcare needs. Culturally competent care is fundamental to providing respectful and effective palliative and end-of-life care.

Providing quality palliative and end-of-life care to First Nations, Inuit, and Métis communities requires a holistic and culturally sensitive approach. Recognizing and addressing the unique factors influencing care delivery is vital to ensure equitable access, respect for cultural practices, and improved health outcomes for indigenous individuals and their families. These meaningful practices promote dignity, spiritual well-being, and a sense of cultural continuity during the end-of-life journey.



LEARN MORE

To learn more about the promising palliative care and end-of-life practices in First Nations, Inuit and Metis communities read:

[Beginning the journey into the spirit world: First Nations, Inuit and Métis approaches to palliative and end-of-life care in Canada - Canadian Partnership Against Cancer.](#) (Source)



SUPPORT PCSBV

THANK YOU!

**WE RAISED MORE
THAN \$12,000!**

Thank you to our donors, participants, volunteers and partners for helping us make the 2023 Hike for Hospice a success!



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.

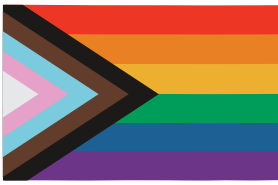
The Palliative Care Society of the Bow Valley offers essential community support services to those in our community experiencing a diagnosis, life-changing illness, and grief through our client care volunteer program.



**DONATE
TODAY!**

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





LGBTQ2S+ PALLIATIVE CARE

ADDRESSING CONCERNS, CHALLENGES, AND OPPORTUNITIES FOR INCLUSIVE CARE

Palliative care aims to provide comfort and support to individuals nearing the end of their lives, focusing on physical, emotional, and spiritual well-being. However, the LGBTQ2S+ community faces unique concerns, challenges, and opportunities when it comes to accessing inclusive palliative care. Recognizing and addressing these issues is crucial to ensuring equitable end-of-life care for everyone to ensure they can live their best lives for as long as they are able.

One major concern is the fear of discrimination and prejudice. LGBTQ2S+ individuals may worry about receiving discriminatory treatment or experiencing a lack of understanding regarding their unique needs, identities, and relationships. This fear can hinder their willingness to seek palliative care and lead to disparities in access and quality of care.

Challenges in LGBTQ2S+ palliative care include a lack of LGBTQ2S+ cultural competency among those providing care and support, limited research on LGBTQ2S+ end-of-life experiences, and inadequate training and education on LGBTQ2S+ healthcare needs.

These challenges contribute to the existing disparities and highlight the need for comprehensive education, training, and awareness within the palliative care field.

Creating opportunities for LGBTQ2S+ inclusive palliative care involves several key initiatives:

- Developing policies and guidelines that explicitly protect LGBTQ2S+ patients from discrimination
- Foster a welcoming environment by adopting gender-affirming practices
- Using inclusive language
- Respecting chosen names and pronouns

Collaborations with LGBTQ2S+ organizations can provide valuable insights and resources for improving care.

By promoting cultural competency, conducting relevant research, and embracing LGBTQ2S+ community collaborations, the palliative care field can make significant strides towards providing compassionate and tailored care for all individuals, regardless of sexual orientation or gender identity.

NATIONAL INDIGENOUS PEOPLES' DAY



CANMORE CELEBRATION

Canmore is celebrating Indigenous History Month and Indigenous People's Day on Saturday, June 17.

[Event Details.](#)

BANFF CELEBRATION

Canmore is celebrating Indigenous History Month and Indigenous People's Day on Wednesday, June 21.

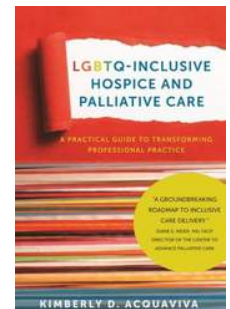
[Event Details.](#)



Rocky Mountain Outlook: [Banff Centre celebrating Indigenous culture, heritage all month long.](#)

RECOMMENDED READING

[LGBTQ-Inclusive Hospice and Palliative Care: A Practical Guide to Transforming Professional Practice.](#)



SPECIAL DAYS & AWARENESS DATES

- National Indigenous History Month
- Men's Health Month
- Pride Month
- PCSBV Annual General Meeting - June 15
- Indigenous Peoples' Day - June 21



follow us on social!