

PCSBV Bulletin



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

(403) 707-7111 | pcsbv.ca



DISCUSSING A LIFE- CHANGING DIAGNOSIS WITH COLLEAGUES

Living with a life-changing illness can be a challenging and sensitive journey, especially when it comes to employment. Discussing your experience with work colleagues and employers can be an important, but daunting first step. However, open communication can foster understanding, empathy, and support within the workplace.

Here are strategies to help navigate these conversations:

Choose the Right Time and Setting:

Initiate the conversation in a private and comfortable setting where both parties can speak openly without distractions. Avoid discussing sensitive topics during busy work hours, and instead, request a short break or schedule a meeting to ensure sufficient time for meaningful dialogue.

Educate and Inform:

Many people may not fully understand the nature of a life-changing diagnosis. Take the opportunity to educate your colleagues about the condition, treatment options, and any potential changes in your work schedule or performance. This information will empower them to offer appropriate support.

Set Boundaries:

While it's essential to be open, it's equally important to set boundaries regarding the level of involvement you desire. Be clear about what kind of support you are comfortable receiving.

Seek HR and Management Support:

Consider contacting Human Resources to let them know about your health status to keep them informed. If you encounter any challenges or negative reactions from colleagues, don't hesitate to seek assistance from your human resources department or management. They can mediate discussions, implement accommodations, and ensure a supportive work environment for everyone involved.

Once you have had these conversations with your colleagues, the next step is to be proactive and develop strategies to help you navigate the workforce with grace and resilience:

Open Communication:

Honest and transparent communication with your employer is crucial. Inform them about your diagnosis, current health status, and potential impact on your work performance. This dialogue fosters understanding and opens the door for possible workplace accommodations.

Utilize Assistance Programs:

Many companies and communities offer programs that provide counseling, support services, and resources for those facing challenges. Reach out to these programs to seek emotional support and guidance during difficult times.

Advocate for Workplace Accommodations:

Work with your employer to identify reasonable accommodations that can help you perform your duties effectively. This could include workspace modifications like ergonomic supports, flexible work options like remote or part-time schedules, or assistive technology.



Prioritize Self-Care:

Managing a life-changing illness while working requires self-care. Listen to your body and know when to take breaks. Engage in stress-reduction techniques, such as meditation or counseling, to maintain emotional well-being.

Network and Seek Support:

Connect with colleagues, mentors, or support groups to share and learn from others who may have similar experiences. Their insights and encouragement can be invaluable during this time.

Review Employee Benefits:

Familiarize yourself with your company's benefits, including health insurance, disability leave, and sick pay. Understanding these resources will help you plan and make informed decisions about your work and health.

Facing employment challenges while experiencing a life-changing diagnosis necessitates a proactive and open-minded approach. Remember, you have the right to be treated with dignity and respect, and there are resources available to help you balance your health and professional life.

If you are seeking more information about the supports we can offer at PCSBV, please contact our office at info@pcsbv.ca or (403) 707 - 7111.

MEET THE PCSBV TEAM!



THERESA RADWELL
CHIEF EXECUTIVE OFFICER

I am passionate about palliative care and the positive impact it can have for those facing a diagnosis of a life-changing illness. Strong relationships and meaningful collaborations are critical. By working together with our partners we can build a compassionate community here in the Bow Valley, one that is supportive of our friends and families on the palliative care journey and during times of loss and grief.

I know first hand the difference that palliative care can make for individuals and those around them, from those initial discussions at the time of diagnosis throughout the palliative journey to end of life. My personal experience is my inspiration. It is what drives me as CEO at the Palliative Care Society of the Bow Valley and will guide me to achieve our vision and goals, bringing change in our community.



KRISTIN FRY
FUND DEVELOPMENT

Philanthropy is about transforming communities and connecting people to their passions.

The Palliative Care Society of the Bow Valley inspires me to wake up in the morning with a purpose. I feel privileged to connect donors to their vision of a caring compassionate community. During the “end-of-life” process, my father, a friend and a neighbour did not have the opportunity to experience a worthy end to their magnificent life journey. The path can look so much better.



BILL HARDER
PROGRAM MANAGER

I have learned much about living from my work with those who are dying and from those who feel sorrow. It is in this soil that I have deepened my own roots and grown as a person. In discovering the transformative power of grief, I have come to understand loss as a quintessential experience that every human being will come to know.

In hospice end-of-life care, we journey with the dying and grieving as co-mentors, explorers of beginnings and endings. Our work is about dying well and bearing witness to the sorrow of those who grieve.

MEET THE PCSBV TEAM!



PAULINE GIGLIO
OFFICE COORDINATOR

The palliative care journey is an important one as we will all experience it in many forms throughout our lives. I am thankful for the opportunity to work for an organization that exists to help everyone no matter where they are on that journey. I have experience in all things administration and events related and always look forward to meeting and chatting with PCSBV friends and supporters. Please reach out if you need anything at all!



HYO-JUNG JWA
VOLUNTEER COORDINATOR

My name is Hyo-jung Jwa. I am incredibly honored to join the team, as a volunteer coordinator, at a time when PCSBV is evolving to be an invaluable resource in our community. My educational and professional background includes an MA in Gerontology, geriatric mental health case manager, and registered nurse in a variety of areas. At the core of my work is the philosophy of client choice, advocacy, and empowerment.

I have lived in many locations known for their strong winds. These include Evanston, Illinois; Lethbridge, Alberta; Squamish, British Columbia; and chasing wind while traveling across the Pacific Ocean on a 30-foot sailboat. It appears the strong winds have blown me right here, right in the Bow Valley, to continue my growth together with the PCSBV, where I was meant to connect with you. I am truly grateful.



PCSBV DEMENTIA CARE



VOLUNTEER DEMENTIA SUPPORT TEAM

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

- ✓ Provides specialized support for a person living with dementia and the caregiver
- ✓ Co-nurtures the quality of life for clients living with dementia and their caregiver
- ✓ Shifts the dialogue to broaden the scope of what dementia care looks like

The PCSBV team, with Lee Rinne taking the lead, is putting together a special pilot project. We are excited to share that training begins on the evening of Sept 8th and continues during the day on Sept 9th and 10th. The Dementia Care Team (DCT) is growing, and we are recruiting volunteers to be part of this exciting and innovative project.

CONTACT INFO:

If you are interested and would like to learn more about the Dementia Care Team and take part in our upcoming training, reach out to Hyo-jung at 403-707-8416 or email hyo-jung.jwa@pcsbv.ca.

TRAINING SESSIONS:

Friday, September 8, 2023: 6:30-8:30pm

Saturday, September 9, 2023: 9:00am-4:00pm

Sunday, September 10, 2023: 9:00am-5:00pm

*Lunch and snacks will be provided throughout the training weekend.

"Dementia is a life-changing illness and individuals often see considerable benefit from palliative care. Dementia diagnoses are forecast to triple by the year 2050. This will cause increased costs to society (fiscally, emotionally, socially to our health care system and to caregivers). Since the PCSBV's volunteer program started (2021) we have noticed an influx in requests for specialized dementia support. This differs to our current grief / palliative journey support and needs additional training and volunteer development. As dementia diagnoses increase, a need for more specialist trained volunteer supports does as well." - Hyo-jung

Golf for Hospice

2023 TOURNAMENT



REGISTRATIONS ARE FULL
STILL ACCEPTING SPONSORSHIPS
AND DONATIONS.

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

THURSDAY, AUGUST 24, 2023

DONATE

For sponsorships,
please call Kristin at 403.707.7633

SOLD OUT

THANK YOU!





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.

August Volunteer Training Dates:

PCSBV Volunteer Training – Grief Companionship

August 8 at 6:00 pm – 9:00 pm

PCSBV Volunteer Training – Effective Listening

August 14 at 9:00 am – 12:00 pm

PCSBV Volunteer Training – Case Studies

August 14 at 7:00 pm – 9:00 pm

All of the course learning objectives and registration details

[Click HERE to view course details and register.](#)



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.

Next Dates:

Wednesdays, September 6 and 20

Location: Riverside Park in Canmore

Meeting Time: 4:45 – 5:45 pm



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.

If you would like to access any of the programs and client services, please contact the PCSBV for more information via email at info@pcsbv.ca or by calling 403-707-7111.

**THANKS TO GENEROUS DONORS,
PCSBV PROVIDES CLIENT
SERVICES WITHOUT A FEE.**

MONTHLY CAREGIVER DEMENTIA WORKSHOP

ORIGIN AT SPRING CREEK

Starting in August:

There is a monthly Caregiver Dementia Workshop at Origin at Spring Creek. The last Saturday of every month from 9am - 2pm at Origin in Spring Creek. There is no fee for any PCSBV or AHS volunteers or employees and it is open to anyone interested.

The contact is Zoe Robinson who is running this workshop at Origin.



PCSBV LENDING LIBRARY

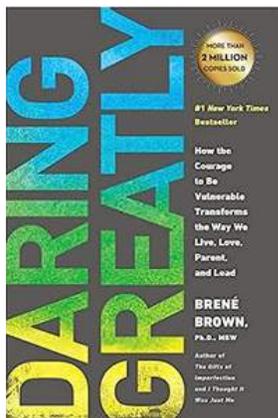
As a reminder - We have a small and growing lending library. Anyone wanting to borrow a book may do so by emailing info@pcsbv.ca.

PCSBV FAQs

Do you have questions related to palliative and hospice care or the work of PCSBV in the community? You can find our [Frequently Asked Questions](#) in the Resources section of our website.

READING RESOURCE

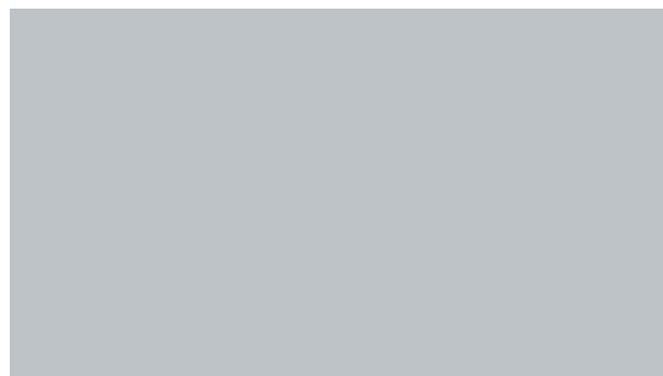
Daring Greatly, by author Brené Brown



Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Brené Brown PhD, LMSW, dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage.

VIDEO RESOURCE

[End Game -Official Trailer:](#)



If you have Netflix and are interested in documentaries, "Netflix's latest documentary explores the end-of-life support system provided by doctors, nurses, and hospice professionals."

SPECIAL DAYS & AWARENESS DATES

- Alberta Heritage Day - August 7
- PCSBV Golf for Hospice - August 24



follow us on social!