

PCSBV Bulletin



Palliative Care Society
of the Bow Valley

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MESSAGE FROM THE NEW BOARD CHAIR

**ROSEMARY BOULTON
PCSBV BOARD CHAIR 2023-24**



For the past six years the Palliative Care Society of the Bow Valley has benefited from the dedication and insight of three members of our Board of Directors: Dr. Catharine Hinds and Dr. Martin Tweeddale as founding members, and Julie Hamilton as the Board Chair. As of June 15th their terms have come to end. They have passed the torch to a new slate of directors who bring new energy and commitment to our vision. Together with our existing Board members, we will work together to move the Society's mandate forward.

Since 2016, with the strong leadership of Julie, Martin and Catharine and the hard work of our many volunteers, the Society has grown from an idea into a thriving organization.

We have the support of many donors who believe in our vision of providing access to high quality care and programs across the palliative care journey to Bow Valley residents. We work hard to preserve the trust of donors by creating effective programs and moving towards the realization of a physical hospice building.

The recent approval by the Town of Canmore regarding the subdivision of land at the end of 3rd Ave in South Canmore allows us to realize this dream.

We are very grateful for the time and effort of the landowners, Jan and Bernie McCaffery, and those Councillors who support our vision.

Within the hospice we plan to create a community 'hub' of hope and help for those living with a life-changing diagnosis, a space of respite and solace for family members and caregivers, end of life rooms, and round-the-clock care. We will also provide a safe and comforting space for those grieving the loss of loved ones.

After almost two and a half years as a director on the Board I am honoured to step into the role of Chair of the PCSBV. I feel I have rather large shoes to fill, following the leadership and drive of Julie Hamilton, and I commit to keeping the Society moving in a positive direction during this exciting new stage. I welcome the opportunity to collaborate with our CEO Theresa Radwell and her team of dedicated employees.

I look forward to working with you all, and thank you for your tireless support of the society.

Rosemary Boulton
2023-2024 Board Chair

2023-24

PCSBV BOARD OF DIRECTORS

PCSBV OUTGOING BOARD MEMBERS

BOARD CHAIR

ROSEMARY BOULTON

BOARD OF DIRECTORS

BELINDA BOLEANTU

MARTIN BUCKLEY

DENE COOPER

DR. H. PENNEY GAUL

DR. ANDREW KIRK

LESLIE MCDANIEL

DONNA MCKOWN

BRIAN PICKERING

GORDON RATHBONE

JANE SALY

LEARN MORE ABOUT THE NEW BOARD AT PCSBV.CA



JULIE HAMILTON
OUTGOING BOARD CHAIR

Thank you to Julie Hamilton for serving on the PCSBV Board for 6 years including 3 years as a Board Chair. Wanting to give back to the community and with a background as a Certified Fundraising Executive, Julie decided to become a PCSBV board member in 2016. She leaves the position of Board Chair with a sense of pride and accomplishment.

"The palliative care landscape has greatly changed since I began my time with PCSBV. I have been involved with leading many of the changes that have transpired over the last 6 years. My success was in great part due to the team of board members, volunteers and staff that I have had the pleasure of working with over the years. The organization has the capacity to build a palliative care centre that reflects the needs of the Bow Valley. Big ideas are worth pursuing thoughtfully. We are not daunted by what lies ahead. We have the people and a compelling mission to achieve success."



DR. CATHARINE HINDS
BOARD MEMBER

Thank you to Dr. Catharine Hinds for serving as a founding member on the PCSBV Board of Directors. Catharine is a recently retired Family Physician.



DR. MARTIN TWEEDDALE
BOARD MEMBER

Thank you to Dr. Martin Tweeddale for serving as a founding member on the PCSBV Board of Directors. Martin is a retired Intensive Care Physician.



DEMENTIA CARE TEAM *NEW*



CLIENT CARE VOLUNTEERS



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.

Volunteers are at the core of the work we do at the Palliative Care Society of the Bow Valley. These committed and passionate people help us achieve our mission and vision to bring palliative care to our community. We can't imagine what we would do without such supporters!

There are no volunteer training dates for the summer. We will resume in the fall!



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.

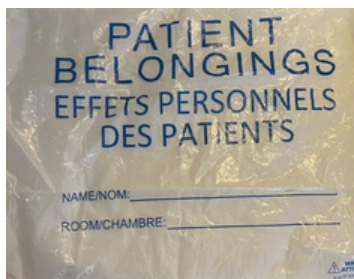
July 5 & 19

Location: Riverside Park in Canmore

Meeting Time: 4:45 - 5:45 pm



PRECIOUS BELONGINGS BAGS



Members of the Mountain Cabin Quilters Guild, have kindly supplied us with special Precious Belongings Bags. These bags are for families to bring home the personal belongings left behind by a loved one who has passed on rather than the plastic bags which tend to be made available. These bags are a gift from PCSBV to families. Please contact us if you would like one. Email info@pcsbv.ca.

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 to play
or donate at
[pcsbv.ca](https://www.pcsbv.ca)



LIFE CHANGING ILLNESS

HOW IT CAN IMPACT YOUR PUBLIC INTERACTIONS

Life-changing illnesses or diagnoses come with the added pressure of public interaction and how others perceive and respond to them within a space. Treatment for certain diagnoses, like forms of cancer, can alter our physical appearance which can lead to stress, anxiety, depression, and self-consciousness when interacting with others.

One of the most recognizable signs of cancer treatment is hair loss. To preserve “normalcy” many patients will shave their heads, or wear scarves and wigs. These precautions can stem from real experiences or potential ones, but the result is the same. Changes in how people are treated can be a cause of undue stress at a time when stability is hard to come by.

Strangers and friends alike can be a source of good encounters to give people positive and confidence-building experiences, especially in the public eye.

What can you do to help?

Provide a supportive environment: Create a safe and non-judgmental space for people to express their emotions and concerns. Let them know that you are there to listen without judgment and that their feelings are valid. Encourage open and honest communication, allowing people to share their thoughts and fears without feeling self-conscious.

Offer empathy and understanding: Put yourself in someone else's shoes and try to understand the emotional impact of receiving a life-changing diagnosis. Show genuine empathy and validate their feelings. Avoid minimizing or dismissing their concerns, as this can make them feel more self-conscious. Instead, acknowledge their emotions and reassure them that it's okay to feel the way they do.



Educate yourself about their condition: Take the initiative to learn more about a person's diagnosis, treatment options, and potential side effects. This will not only help you understand their situation better but also enable you to provide relevant support and guidance. By being knowledgeable, you can address their questions, provide useful information, and alleviate their worries.

Focus on strengths and abilities: Remind people of their strengths, talents, and capabilities. Encourage them to focus on what they can still do and achieve, rather than solely on their limitations or changes brought about by the diagnosis. Help them identify activities or hobbies that can bring joy and a sense of accomplishment, which can boost their self-confidence and reduce self-consciousness.

Encourage self-care and self-compassion: Self-care plays a crucial role in maintaining emotional well-being during challenging times. Encourage the person to engage in activities that promote self-care, such as practicing mindfulness, exercising, spending time in nature, or pursuing hobbies they enjoy. Additionally, emphasize the importance of self-compassion, reminding them to be patient and kind to themselves as they navigate through the changes. Remind them that it's okay to have ups and downs and that they are not defined by their diagnosis.

Remember, everyone's experience is unique, so it's important to tailor your support to the individual's needs and preferences. Be patient, understanding, and adaptable as they navigate the changes brought about by their diagnosis.

When you see physical changes to health or ability remember how your reaction can impact the individual. Be kind whenever possible as there can be invisible symptoms and experiences that cannot be identified easily.

BE SELF-CARE AWARE FOR SELF-CARE DAY!



July 24th is International Self-Care Day and a good opportunity to think about what you do to maintain your physical and mental wellbeing.

Did you know there are 7 pillars of self-care?

At selfcare.ca you can learn more about what each of these pillars means to your wellbeing.

- **Health Literacy**
- **Risk Avoidance**
- **Self Awareness**
- **Good Hygiene**
- **Physical Activity**
- **Optimal Use of Products and Services**
- **Healthy Eating**

Self-care is important because it fosters more resilient and empowered people who can readily make decisions about their health based on an intimate understanding of oneself. There are many ways to intentionally practice self-care this month, but if you're just beginning your journey here are some resources.

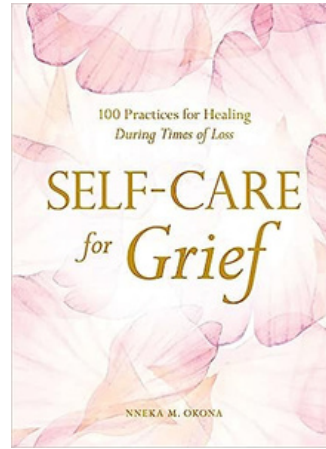
[Self-Care Quiz - Are You A Priority? - Empowered and Thriving](#)



[The Self-Care Wheel: Wellness Worksheets, Activities & PDF \(positivepsychology.com\)](#)

[Self-Care Assessments, Exercises and Activities](#)

RECOMMENDED READING



[Self-Care for Grief: 100 Practices for Healing During Times of Loss](#)
Author: Nneka M. Okona

"When faced with loss or trauma, the grief can oftentimes feel overwhelming. It can feel difficult, if not impossible, to focus your attention elsewhere. And yet, during hard times is the perfect time to look inwards for support and practice self-care. Tuning in to your personal needs and taking the time to create a thoughtful self-care practice can make all the difference in moving forward in a healthy way."

HAPPY CANADA DAY!



SPECIAL DAYS & AWARENESS DATES

- [Canada Day - July 1](#)
- [Glioblastoma Awareness Day - July 17](#)
- [International Self Care Day - July 24](#)
- [PCSBV Golf for Hospice - August 24](#)



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