

October 2023

PCSBV Bulletin



Palliative Care Society
of the Bow Valley

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

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Compassionate communities take a health promotion approach to palliative care, aiming to ensure solidarity among community members at the end of life.

A community's strength shines when it rallies together. When a compassionate community comes together for palliative care, neighbours and organizations unite to provide comfort, dignity, and support to those facing life-changing illnesses. Volunteers generously donate their time, offering companionship, running errands, and lending an empathetic ear to patients and families. Local healthcare providers collaborate closely, ensuring comprehensive pain management and symptom relief. Donations and community events raise funds for vital resources and education. Together, this collective effort fosters a nurturing environment where individuals in their final journey can find solace, compassion, and a network of caring hearts.

This year, the theme of World Hospice and Palliative Care Day is about Compassionate Communities: Together for Palliative Care. According to The World Hospice and Palliative Care Alliance, hundreds of compassionate communities have been created around the world to care for and respond to the needs of the most vulnerable, including those with palliative care needs.



COMPASSIONATE COMMUNITIES
Together for Palliative Care
14 OCTOBER 2023
WORLD HOSPICE & PALLIATIVE CARE DAY

We are proud to support this day and the theme of Compassionate Communities with our PCSBV Community Summit: Compassion & Care during the week of Oct. 19-26, 2023. This week we welcome guest presenters, Dr. Kathryn Mannix, Dr. Sammy Winemaker and Dr. Hsien Seow for a range of events to appeal to our Bow Valley Community who have or will be impacted by a life changing diagnosis, whether themselves, their family or their loved ones or as part of their profession. Knowing what to ask, what to say, how to say it and when to listen is so important. Please join us by registering at pcsbv.ca.

OCTOBER 19-26, 2023

PALLIATIVE CARE SOCIETY OF THE BOW VALLEY PRESENTS:

Community Summit: Compassion & Care

A WEEK LONG SERIES OF INSPIRING CONVERSATIONS

Meet the Special Guests

“ I'd like to turn the idea of a difficult conversation on its head. Rather than wearing our armour and being guarded in conversations that really matter, let's bring our tenderness. ”



DR. KATHRYN MANNIX

Dr. Mannix takes a realistic approach to conversations about dying. She is well known for her widely acclaimed books “With the End in Mind” and “Listen”. Kathryn is a retired palliative care physician and shares her wisdom and experience from more than 20 years in her medical career working with people who have incurable, advanced illnesses.

She has delivered Ted Talks, on the subjects of “Why We Don't Talk about Dying”, and “What Happens When we Die?” and presents lectures around the world on the subject of ordinary dying.

Dr. Mannix has travelled from her home in England to join for our Community Summit this month to have conversations with the local medical professionals and the general public. We are thrilled to have her in-person to engage in palliative care conversations and bring her thoughtful insights to our Bow Valley community.

Attend the FREE Public Events

OCTOBER 19
DR. KATHRYN MANNIX

7:00 - 9:00 PM
Creating a Compassionate Community:
A Presentation and Discussion
with Dr. Kathryn Mannix

OCTOBER 24
DR. HSEIN SEOW AND
DR. SAMMY WINEMAKER

7:00 - 9:00 PM
Hope for the Best, Plan for the Rest:
A Conversation with Dr. Sammy
Winemaker and Dr. Hsien Seow

REGISTER TODAY AT [PCSBV.CA!](https://www.pcsbv.ca)



OCTOBER 19-26, 2023

PALLIATIVE CARE SOCIETY OF THE BOW VALLEY PRESENTS:

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“ Our dream is that everyone is hopeful and prepared when facing a life-changing diagnosis. We all can learn how to advocate for ourselves by being fully informed along the illness journey. We'll show you how by offering simple, practical things to do right away. Together we can transform the illness experience. ”



DR. SAMMY WINEMAKER

Dr. Winemaker is a palliative care doctor who has spent her career caring for patients with serious illness and their families. She teaches palliative care to health care professionals as an Associate Clinical Professor at McMaster University. She participates in many speaking engagements around the world and her work and passion for palliative care has won her several awards, including one of her most recent the Dr. S. Lawrence Librach Award for Palliative Medicine in the Community in 2019.



DR. HSEIN SEOW

Dr. Seow is the Canada Research Chair in Palliative Care and Health System Innovation and a Professor at McMaster University, Department of Oncology. His focus is on improving palliative care delivery and the care experience, particularly in the home and community. His expertise is in health services and policy research, quality measurement, population-based analytics, and program evaluation. As with Dr. Winemaker, he also participates as a presenter for many events around the world. He has also won the New Investigator Award from the Canadian Institutes of Health Research in 2015.

Together, Dr. Winemaker and Dr. Seow are part of [Palliative Care Innovation](#) - an organization working to better understand the current state of palliative care and to bring resources, programs, tools and stories to the community. They have teamed up as co-founders and co-hosts on a popular podcast called [The Waiting Room Revolution](#), dedicated to conversations about palliative care, and more recently, they co-authored the book, [Hope for the Best, Plan for the Rest](#), which just hit the market in September 2023.

REGISTER TO ATTEND THE
COMPLIMENTARY EVENTS!

PCSBV.CA





NEW LIFE AFTER CAREGIVING GROUP

Life After Caregiving is a facilitated group supporting individuals adjusting following the death of a loved-one for whom they were caregivers. In the months following the end of an intense caregiving role, navigating a new normal that is comfortable and rewarding can be challenging.

Is There Life After Caregiving?

In reflecting upon experiences as a caregiver, the following questions may arise:



What is my place in the world after caregiving?

Who am I now that my loved-one has died?

Reflection on Experience

Those who are in the process of adjusting to life after caregiving are on a journey to rediscover themselves. Bittersweet and full of possibilities, life after caregiving is a life-changing time that includes changes in perspective, attitude, and self-understanding. Connecting with others experiencing a similar journey may be beneficial.

The Life After Caregiving support group is available for anyone bereft of their caregiver role.

Register at :

✉ info@pcsbv.ca ☎ 403-707-7111.



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, October 4 and 18

Location: Riverside Park in Canmore

Meeting Time: 4:45 - 5:45 pm



PCSBV VOLUNTEERS

PCSBV volunteers are committed and passionate people. They help us to achieve our mission to enable individuals and their families in the Bow Valley to receive palliative care close to home and support our vision that every person in the Bow Valley has access to compassionate, high-quality programs and care throughout the palliative journey close to home.

PCSBV

[VOLUNTEER](#)
[TRAINING](#)
[CALENDAR](#)

THE WEIGHT OF SILENCE

THE TOLL OF AVOIDING DISCUSSIONS ABOUT DEATH AND TERMINAL ILLNESS

Death is an inevitable part of life, yet it remains one of the most challenging topics to discuss openly. Avoiding conversations about death and a life-changing diagnosis not only impacts the patient, but also takes a significant toll on their loved ones.

For the patient, keeping silent about their diagnosis can lead to emotional isolation and denial. It deprives them of the opportunity to express their fears, hopes, and wishes. Suppressing these emotions can intensify anxiety and distress, making their final days more difficult.

Conversely, for family and friends, not talking about a loved one's diagnosis can create a sense of helplessness. They may want to provide support but feel uncertain about how to do so. The absence of open dialogue can also prevent them from understanding the patient's wishes regarding medical care and end-of-life decisions, leading to potential conflicts and regrets.

Furthermore, failing to address the reality of death can hinder the process of closure and grieving for both the patient and their loved ones. It leaves unresolved emotions and can make the grieving process more complicated and prolonged.



Encouraging open, compassionate conversations about these difficult topics can provide comfort, clarity, and an opportunity to cherish the time remaining together. It's an essential step towards a more peaceful and supportive end-of-life journey for both the patient and their loved ones.

Beginning these conversations can be difficult. Here are three tips on how to have open and compassionate conversations when you someone you know has been diagnosed with a life-changing diagnosis.

Choose the Right Time and Place:

Selecting an appropriate time and setting for the conversation is crucial. Ensure a comfortable and private space, free from distractions. Timing matters; initiate the discussion when you both feel emotionally ready.

Practice Active Listening:

Listen more than you speak. Let the person share their thoughts and feelings without interruption. Show empathy and understanding by nodding, maintaining eye contact, and offering non-verbal cues. Avoid judgment and provide a safe space for them to express their fears and concerns.

Be Empathetic and Honest:

Approach the conversation with empathy and honesty. Acknowledge the gravity of the situation and express your support. Use "I" statements to communicate your feelings and avoid making assumptions. Encourage them to share their wishes, fears, and preferences regarding their care and future plans. Remember that this is a time for emotional support and not for giving unsolicited advice.



“ AN OPEN MIND AND A CUP OF TEA CAN HELP WITH CONNECTING. - DR. KATHRYN MANNIX, PALLIATIVE CARE PHYSICIAN ”

DONATE TODAY

FOR MORE INFORMATION CONTACT KRISTIN FRY, FUND DEVELOPMENT BY EMAIL AT 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 life-altering changes, including terminal diagnoses, life-limiting 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.



SUPPORT OUR WORK

- **Area of Greatest Need 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 SUPPORT

- 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.**

REFLECTIONS OF GRATITUDE

On Thanksgiving Day

Practicing gratitude can be a year-round activity. We don't need a special day to reflect on what we are grateful for in our lives. However, Thanksgiving does allow us to reflect on our blessings. As we are approaching Thanksgiving Weekend, many of us may enjoy a nice meal and some special time with family and friends. By incorporating gratitude practices into your Thanksgiving celebration, you can cultivate a deeper sense of gratitude and truly appreciate the blessings in your life.

Share Stories: During Thanksgiving dinner, encourage everyone to share stories of gratitude. Ask each person to talk about something they're thankful for from the past year. Sharing these stories can create a sense of togetherness and appreciation.

Gratitude Tree or Board: Create a visual display like a gratitude tree or board. Have family members and guests write down what they're grateful for on leaves or cards and hang them up. Watching it fill up can be a powerful reminder of the abundance in your life.

Acts of Kindness: As a family or group, plan acts of kindness leading up to Thanksgiving. This could be volunteering together, donating to a charity, or doing something thoughtful for someone in need. These actions can deepen your sense of gratitude by giving back to others.

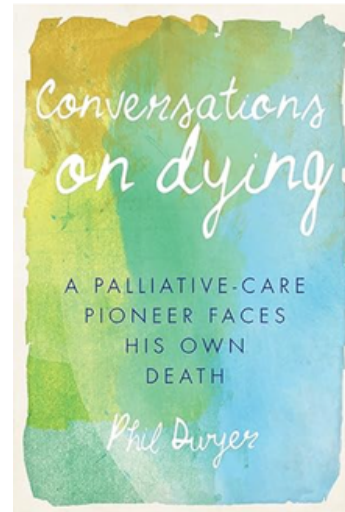
Silent Reflection: Set aside some quiet time on Thanksgiving morning or evening for personal reflection. Sit in a peaceful spot, close your eyes, and think about the people, experiences, and opportunities you're grateful for. Practicing mindfulness in this way can enhance your appreciation for the present moment.

Many of you all enjoy heaps of potatoes and gravy and gratefulness this Thanksgiving!

IN ALL
things
GIVE
thanks

READING RESOURCE

Conversations on Dying,
by Phil Dwyer



"The story of the end-of-life experience of a palliative care physician who helped thousands of patients to die well.

We all die. Most of us spend the majority of our lives ignoring this uncomfortable truth, but Dr. Larry Librach dedicated his life and his career to helping his patients navigate their final journey. Then, in April 2013, Larry was diagnosed with terminal pancreatic cancer."

VIDEO RESOURCE

In 2022, we invited Dr. Sammy Winemaker to join us as a guest presenter for our Speaker Series where she engaged us and the community in an important conversation about improving the illness journey.

Watch the [presentation](#):



Dr. Winemaker will be joining us again, in person for our Community Summit - Oct. 19-26, 2023. [More Details](#).

SPECIAL DAYS & AWARENESS DATES

Breast Cancer Awareness Month
Occupational Therapy Month
National Seniors Day - October 1
Thanksgiving Day - October 9
World Mental Health Day - October 10
World Hospice and Palliative Care Day - October 14
Remembrance Day - November 11



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