

PCSBV Bulletin



Palliative Care Society
of the Bow Valley

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CULTURAL SENSITIVITY IN PALLIATIVE CARE: TAILORING SUPPORT FOR DIVERSE NEEDS

In the realm of palliative care and hospice, where individuals confront the end of life, cultural differences play a significant role in how people wish to be treated and supported. These differences can encompass beliefs, traditions, communication styles, and even the perception of suffering. Understanding and respecting these variations is essential for providing compassionate care.

One of the most critical aspects of cultural sensitivity in palliative care is recognizing that different cultures have unique approaches to death and dying. For instance, some cultures may prefer open discussions about the prognosis, while others may find such conversations uncomfortable. It is crucial for healthcare providers and supporters to adapt their communication to align with the patient's cultural preferences, ensuring they feel heard and respected.

Furthermore, family dynamics and support systems can vary widely across cultures. In some cultures, family involvement in care is expected and valued, while in others, patients may prefer more privacy. It's vital for caregivers to inquire about and respect these preferences, facilitating a supportive environment that aligns with the patient's cultural values.

Supporting loved ones of different cultures in a palliative care or hospice setting involves several key strategies. Firstly, healthcare providers should undergo cultural competence training to understand diverse beliefs and practices. Secondly, involving interpreters or cultural liaisons can bridge language barriers and provide insight into cultural nuances. Finally, creating a flexible care plan that adapts to the patient's cultural needs can enhance the quality of care provided.

Cultural sensitivity is paramount in palliative care and hospice settings. By acknowledging and accommodating cultural differences, healthcare professionals can ensure that individuals and their families receive the support they need during this challenging phase of life. Ultimately, compassionate and culturally sensitive care can help ease the journey towards the end of life for patients and their loved ones.



GLOBAL EFFORTS IN ALZHEIMER'S SUPPORT AND THE ROLE OF PALLIATIVE CARE

In recent years, the world has witnessed a significant shift in the way Alzheimer's patients are supported and cared for. Across the world, healthcare systems and organizations have recognized the need for more comprehensive and compassionate care for those living with Alzheimer's disease. This transformation has been driven by an understanding of the benefits of palliative care in enhancing the quality of life for both patients and their families.

Palliative care, traditionally associated with end-of-life care, is now being integrated into the standard care regimen for Alzheimer's patients. This approach focuses on alleviating symptoms, managing pain, and providing emotional support. It's not about curing the disease but about improving the patient's overall well-being.

One of the most notable advancements in Alzheimer's support is the increased availability of specialized memory care facilities. These centres are designed to create a safe and supportive environment for individuals with dementia. They offer tailored programs, sensory therapies, and activities that promote cognitive function and social engagement.

Moreover, Alzheimer's patients are benefiting from community-based programs that provide respite care, support groups, and educational resources for caregivers. These initiatives aim to reduce caregiver burnout and ensure that patients receive the best possible care.

The global shift towards improved Alzheimer's support underscores the significance of palliative care principles. By focusing on symptom management, emotional well-being, and specialized care environments, we can offer a higher quality of life for those living with Alzheimer's disease. These advancements not only enhance the patient's journey but also provide much-needed support to their families and caregivers.

597,000

The number of people in Canada living with dementia in 2020

955,900

The number of people in Canada projected to be living with dementia in 2030



56%

of Canadians are concerned about being affected by Alzheimer's disease

Golf for Hospice



Thank you!

\$100,000+

**raised to support our palliative
care programs across the
Bow Valley**

**Golfers, sponsors, patrons and donors made our
5th Annual Golf for Hospice Tournament amazing. Each helped
raise more than \$100,000 through donations, gifts-in-kind,
sponsorships, and participation.**

SPONSORS

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Lee & LeQuelenec Family Foundation * Bob & Marilese MacDonell

Phillip Elliot * Penney Gaul * Howard Gorman * Shelly Hubert

Terry & Barb O'Neill * Anonymous Donor

For those who could not attend, but wish to support, you can [donate here.](#)

PCSBV DEMENTIA CARE



NEW PROGRAM INFORMATION



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 this month.

The Dementia Care Team (DCT) is growing, and we are recruiting volunteers to be part of this exciting and innovative project.

TRAINING AND INFORMATION:

For information on upcoming training sessions, please contact the training team.

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.



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.

Grief Practitioner Team

To provide additional resources for the grief care needs of the Bow Valley, PCSBV is piloting a novel grief support program in 2023-24. Four amazing volunteers, all of whom have an educational and professional background in social work/psychology, are donating their time as Grief Practitioners.

The Grief Practitioners meet 1-1 with clients to provide a listening ear, co-mentor the art of sorrowing, and navigate with clients to desired resources. These volunteers are fully onboarded with PCSBV, having completed program-specific training and Vulnerable Sector Police Checks.

Referrals are welcomed by the PCSBV Volunteer Coordinator, Hyo-jung, who then connects clients with an available and appropriate Grief Practitioner. Clients meet their support practitioner in-person at the PCSBV offices, or by phone/zoom. There are no fees to access this service which is powered by volunteer hours.

For more information, please contact Hyo-jung at 403-707-8416 or email hyo-jung.jwa@pcsbv.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.

Next Dates:

Wednesdays, September 6 and 20

Location: Riverside Park in Canmore

Meeting Time: 4:45 - 5:45 pm



CLIENT CARE VOLUNTEERS

September Volunteer Training Dates:

Pilgrims Hospice - Volunteer Training Family Dynamics

September 12 at 11:00 am - 1:00 pm

PCSBV Volunteer Training - Exploring Spirituality

September 13 at 6:30 pm - 9:00 pm

Pilgrims Hospice Society - Volunteer Training Physical Issues and Supports

September 14 at 9:00 am - 11:00 am

PCSBV Volunteer Training - Virtual and Phone Supports

September 18 at 10:00 am - 11:30 am

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



Palliative Care Society
of the Bow Valley

PALLIATIVE CARE SOCIETY OF THE BOW VALLEY PRESENTS:

Community Summit: Compassion & Care

A WEEK LONG SERIES OF INSPIRING CONVERSATIONS

OCTOBER 19-26, 2023

A series of free targeted palliative care conversations for community partners, volunteers, health care providers, supporters and Bow Valley residents.



DR. KATHRYN MANNIX

Retired Palliative Care
Physician, Published author,
presenter, lecturer

PUBLIC EVENT

**OCTOBER 19, 2023
7:00PM TO 8:30PM**



DR. HSIEN SEOW, PHD

Co-Host, The Waiting Room
Revolution Podcast and
Co-author, "Hope for the
Best, Plan for the Rest"

PUBLIC EVENT

**OCTOBER 24, 2023
7:00PM TO 8:30PM**



DR. SAMMY WINEMAKER

Co-Host, The Waiting Room
Revolution Podcast and
Co-author, "Hope for the
Best, Plan for the Rest"

**REGISTER TO ATTEND
PCSBV.CA**



MONTHLY CAREGIVER DEMENTIA WORKSHOP

ORIGIN AT SPRING CREEK

On-going

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.



TRUTH AND RECONCILIATION DAY

SEPTEMBER 30

September 30 is an important day for Canadians as it is a day to bring awareness about residential schools and honour survivors and their families.

Ways to participate in TRC Day 2023:

- Learn about the [Town of Canmore](#) commitment
- Wear an Orange shirt
- [National Centre for Truth and Reconciliation](#): September 25-30. [Week of learning opportunities](#)

SPECIAL DAYS & AWARENESS DATES

World Alzheimer's Month

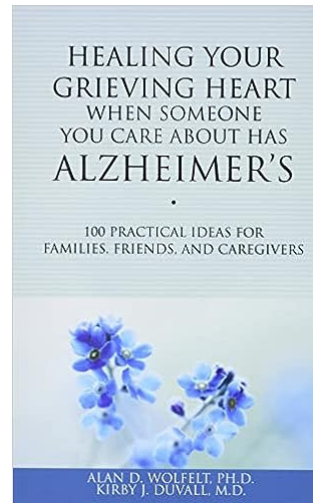
Ovarian Cancer Awareness Month

Prostate Cancer Awareness Month

Truth and Reconciliation Day - September 30

READING RESOURCE

Healing Your Grieving Heart When Someone You Care About Has Alzheimer's: 100 Practical Ideas for Families, Friends, and Caregivers. By [Alan D Wolfelt PhD](#) (Author), [Kirby J. Duvall MD](#) (Author)



In the book, are healthy and productive ways to acknowledge and express feelings. Plus, 100 bits of info and activities that fulfill the emotional, spiritual, cognitive, physical, and social needs of those who care about someone afflicted with Alzheimer's disease.

VIDEO RESOURCE

On June 1st, 2022, the PCSBV welcomed Dr. Kathryn Mannix, Dr. Hsien Seow, and Mr. Brian Callaghan to join in a presentation and discussion about "Ordinary Dying".

We will have Dr. Mannix and Dr. Seow back with us for our Compassionate Care Community Summit on October 19 - 26, 2023.

Watch: [Imaging "Ordinary Dying" A Frank Conversation](#)

PCSBV FUNDRAISING EVENT: AUCTION

This online auction features fine vintage wines & collectible spirits from a Banff estate that are being sold to benefit the PCSBV. BIDDING IS OPEN.

ONLINE BIDDING CATALOGUE

HALLS
AUCTION SERVICES Established 1979

FINE WINE & SPIRITS
AUCTION ENDS
MONDAY, SEPTEMBER
11TH @ 7 P.M. MT



follow us on social!