



SASKATCHEWAN
HOSPICE PALLIATIVE
CARE ASSOCIATION INC.

Seasons

Celebrate all seasons of life



Resident and staff at the Palliser Regional Care Home in Swift Current celebrate "Blue Christmas". Photo Bonita Chad

Blue Christmas honours the grieving process at Christmastime

While Christmastime can be a festive and memorable time for many, for those who have out-lived loved ones or fallen ill, the yuletide season can bring as much melancholy as it can bring joy.

Some, like Bonita Chad, pastor at the Palliser Regional Care Centre in Swift Current, may call this a "Blue Christmas".

When Chad arrived at the Palliser Regional Care Centre two years ago, she was surprised

that the residence did not organize a service for the less-happy side of Christmas, a side she refers to as a "closer to the real meaning of Christmas."

"When I got to Palliser, I realized nothing was happening like this. I've become aware over the years—partly through my chaplaincy at Sherbrooke Community Centre in Saskatoon—that people are not always joyful at Christmastime." *Cont'd Page 3*

A Quarterly Newsletter

Winter 2011

Membership Renewal

Have you renewed your SHPCA membership?

Do you know of someone who would like to join? See page 6!

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President's Message

Greetings of the New Year! It is my pleasure to first welcome Allen Warren as our new Editor of the "Season's" Newsletter.

He brings with him a wealth of knowledge and experience in journalism as well as a passion for Palliative Care. We look forward to working with Allen and we are grateful for his volunteer commitment to our organization.

On that note, we hope to showcase our membership in upcoming editions of the newsletter. If you or someone in your region has something to share, please contact Allen or any one of our Board members.

Allen will interview and write the article so time commitment is minimal and the rewards to the membership could be invaluable. Please share your journeys, stories and ideas!

Members of our Board were pleased to be invited to the Round Table Discussion hosted by MP Kelly Block in November.

Kelly Block is one of the founding members of the new non-partisan Parliamentary Committee on Palliative and Compassionate Care (PCPCC). The round table discussion was one of many national consultations and our comments will form part of a national

report to the Federal Government.

Ms. Block is passionate about Palliative Care and clearly demonstrates a strong understanding of the issues on a regional, provincial and national basis. We look forward to further developments.

Plans for the annual SHPCA conference to be held in Saskatoon are well under way! The planning committee is organizing an exceptional conference and we hope you will set aside June 1 - 3, 2011 to attend.

Best wishes for 2011!

Carla Carlson, President, SHPCA

Upcoming Events

March 10-12, 2011

Palliative Medicine & Supportive Oncology 2011, The Harbor Beach Marriott Hotel, Fort Lauderdale, Florida

April 10-12, 2011

One Vision/One Voice - 2011 Annual Ontario Hospice Palliative Care Conference Sheraton Parkway Toronto North Hotel, Richmond Hill, Ontario

April 28-29, 2011

Dynamic Approaches to Palliative Care, Miramichi, New Brunswick

May 1, 2011

Hike for Hospice Palliative Care (Canada)

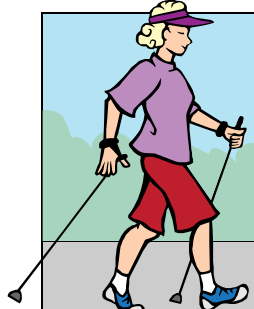
May 1-8, 2011

National Hospice Palliative Care Week

June 2-3, 2011

A Breath of Care—2011 Saskatchewan Palliative Care Conference, Saskatoon Inn, Saskatoon, Saskatchewan

Hike for Hospice Palliative Care National Hospice Palliative Care Week May 1-8, 2011



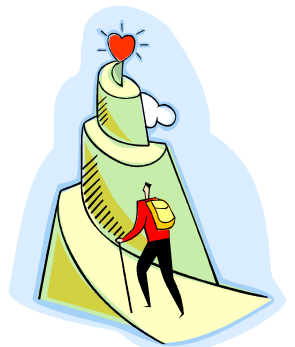
Is your community hiking for hospice palliative care?

The Hike for Hospice Palliative Care 2011 will kick off National Hospice Palliative Care Week (NHPCW) Sunday, May 1st, 2011! The Hike is a national fundraising event that joins organizations who work together in hospice palliative care to raise funds and awareness in their community. All of the funds raised remain in your community.

NHPCW is a one-week campaign that focuses on raising awareness about hospice palliative care. It is a time to celebrate, recognize, and share the achievements of hospice palliative care throughout the nation. Think about a hike and about what else you can do to help!

The theme for the 2011 campaign is "Communities Share the Care." The theme is built upon the World Hospice Palliative Care Day's campaign, "Sharing the Care". The responsibility of caring for someone with a life-limiting illness is one that needs to be shared collectively within your community.

The Hike is coordinated by the Canadian Hospice Palliative Care Association. For more information, please visit: <http://www.chpca.net/hfhpc>



Blue Christmas, cont'd



"So many are actually grieving at Christmas, either because they've lost a loved one with whom they used to celebrate the season or because they've had to leave their family homes."

Chad believes that it is important to "give voice" to these feelings and emotions, and to recognize that there is sadness at Christmastime amidst the celebration.

"We need to say, 'this is okay,' and we need to honour those feelings and give expression to them."

The care centre's Blue Christmas service on December 15, 2010, drew around 60 people, including Care Centre residents, their family members, members of the Swift Current community, and care centre staff and management.

"The event went really, really well," Chad said. It was subtitled

as Proclaiming God's Love and Acknowledging Our Grief.

The 45-minute Blue Christmas service opened with a welcoming and introduction, introit, and opening prayer. This was followed by four scripture readings, from Matthew 11:28, and Matthew 2:13, 2:14, and 2:15, then a Reflection and a Liturgy of Remembering, which read:

And so, in hope of healing we remember our personal losses at Christmas because of death, travel distance, a broken relationship, illness, injury, or other crisis, and allow ourselves to experience the feelings that come with: The loss of a spouse or life partner. . . The loss of a family member: parent, child, relative. . . The loss of a friend. . . The loss of a pet. . . The loss of health. . . The loss of a cherished dream. . The loss of independence. . . The loss of a job. . . The loss of a home. . . And any other losses that we name...

Following the Liturgy of Remembering, attendees lit five candles, to signify Christ, Memory of Loss, Compassion and Community, Wisdom, and Faith.

Finally, the service was summed up with the placing of the Blue Stars of the Tree. This part of the service also included an anointing of healing. Chad asked people in attendance if they wished to be anointed with scented oil, if so, either on their forehead or hand.

"People really like rituals that have meaningful symbols for them," Chad said. "People were invited to place a blue star on the tree in memory of whatever loss they wish to have honoured. And the anointing, with touch, helps healing. It's a very healing time for people."

The formal service was followed by a "time of fellowship," which included refreshments and socializing.

Chad, an ordained United Church minister who worked for 27 years as a nurse in Prince Albert and Saskatoon before returning to school to study Theology in 1995 (eventually obtaining a Masters of Divinity in 2000 and a Masters in Sacred Theology in 2002), credited staff and management at the Palliser Regional Care Centre for helping to organize the successful service.

"It's a real team effort," she said.



Give yourself a break!

A Breath of Care

2011 Saskatchewan
Palliative Care Conference
Saskatoon Inn
Saskatoon, Saskatchewan

Reserve these dates
June 2 & 3, 2011

www.saskatoonhealthregion.ca

Keynote Speakers :

Stephen Jenkinson, *Leading Canadian Palliative Care Educator, Spiritual Activist and Author.*

"He is revolutionizing the way dying and death are understood and practiced in North America".

Dr. Graeme Rocker, *Canadian Author, and Division Head, Dept. of Respiriology, Dalhousie University*

Plus sessions on symptom management, working with limited resources, provincial updates, addictions & pain management, volunteer programs, panel discussions and much more !

An opportunity for caregivers, volunteers and the medical community to share thought-provoking concepts, new treatments and alternative therapies.



SASKATCHEWAN
PALLIATIVE CARE
ASSOCIATION INC.

Registration Information and full conference details will be available in February.

**Questions? Contact Meredith Wild, Conference Chairperson, (306)655-5868
or Karen Conway, Expert Events, (306) 229 9966**

Ottawa looks to make palliative care, home care a legal right

Along with Honourable Sharon Carstairs, P.C., Senator, three Ottawa MPs are fighting to make compassionate, end-of-life care a legal right for Canadians.

NDP MP Joe Comartin, Conservative Party MP Harold Albrecht, and Liberal Party MP Michelle Simson are leading a committee looking at palliative care and disability issues, as well as suicide prevention and elder abuse in Canada.

The Parliamentary Committee on Palliative and Compassionate Care (PCPCC) is considering ways to make it a legal right for Canadians to have access to long-term care, palliative care and home care when they're sick.

Their final report will recommend national suicide prevention and palliative care plans. The suicide prevention and palliative care strategies would need national co-ordinating bodies.

The 40-member bi-partisan committee includes Saskatoon-Rosetown-Biggan MP Kelly Block, who helped found the committee.

Throughout the Summer and Fall, the committee held roundtable hearings and consultations across the country with stakeholder groups, MPs, and the public to examine the issues and possible solutions.

Within the palliative care category, the committee is investigating the state of long-term chronic care, pain control, and family/home-centered care giving in Canada. The issue is underscored by Canada's ranking of 9 out of 40 on the Quality of Death Index prepared by the Economist Intelligence Unit.

According to the report, Canada's end-of-life care is not well coordinated, does not respect the wishes of patients, and lacks policy leadership.

In June 2010, Senator Carstairs released a list of 17 recommendations in her report, *Raising the Bar: A Roadmap for the Future of Palliative Care in Canada*, to help improve palliative care support in Canada.

"To realize a society where all Canadians have access to quality palliative care services, we need five things: a culture of care, sufficient capacity, support for caregivers, integrated services, and leadership.

"It is the responsibility of every Canadian to work together at all levels—federal, provincial, and community—to ensure quality palliative care for the 90 per cent of Canadians who will need it," Carstairs stated.

To read the Senator's report, please visit: <http://sen.parl.gc.ca/scarstairs/>



POSTER DISPLAY – CALL FOR ENTRIES

2011 Provincial Palliative Care Conference

Share your knowledge and innovative ideas! Poster abstract details are now being accepted for consideration as part of the the Provincial Palliative Care Poster Display, hosted at the Saskatoon Inn, June 2nd & 3rd, 2011. Abstract streams are: Advocacy & Leadership, Education, Innovations and Partnerships in Service Delivery, Interdisciplinary Patient / Family-Centred Care, and Research. **Deadline for submissions is February 28, 2011.** For entry guidelines or more information, please contact sheila.honeker@saskatoonhealthregion.ca.

Your Membership is Important

Membership in the Sask. Hospice Palliative Care Association Inc. not only shows your commitment to the concept of palliative care in our province, but it gives you membership in the Canadian Hospice Palliative Care Association and gives you voting privileges at the Annual General Meeting held at the end of May each year. Your membership also gives you a reduced rate for provincial and national conferences, educational and networking opportunities and a subscription both Seasons and CHPCA quarterly newsletters.

Nurses who are interested may also register for the CHPCA Nurses Group which was established as a formal network to identify, address and advocate for recognition of hospice palliative care nursing and which includes the CHPCA web forum (List-serv) to address needs or issues for nurses working in palliative care.

We encourage you to renew your membership now so that we can ensure you receive your benefits from now until end of April next year.

Saskatchewan Hospice Palliative Care Association Inc. Membership Application

Joint Membership in the Saskatchewan
Hospice Palliative Care Association Inc.
and the Canadian Hospice Palliative Care Association Inc.
Individual Membership

Name _____

Address _____

City _____

Postal Code _____ Province _____

Home Phone _____ Cell Phone: _____

Work Phone _____

Email address _____

Place of employment _____

Position _____

Are you interested in becoming a member of our Board?
Board Members' term is 2 years.

One Year Membership :

- \$50.00 Professional
- \$40.00 Member-at-Large
- \$30.00 Volunteer
- CHPCA Nurses Group- add \$10.00

Is your membership

- Renewal New

Please make cheque payable to:

Saskatchewan Hospice Palliative Care Association
Box 37053, Regina, SK S4S 7K3



Please note: it is more financially beneficial to your prov. association if you renew through SHPCA instead of through CHPCA.

A “Caring for YOU” Seminar

Brought to you by Helping Hands Care Group and these sponsors



Join us on Wednesday, March 23, 2011 at The Mackenzie Art Gallery in the Schumiatcher Theatre for our 6 x 10 Educational Event.

We will have SIX speakers giving us the highlights of their occupations as it pertains to the future needs of baby-boomers for 10 minutes each. Opportunity will be given at the end of the seminar to set up times to answer your questions or to discuss your personal needs with each participant.

March 23, 2011—6:30pm—8:30 pm

**The Mackenzie Art Gallery
Schumiatcher Theatre
3475 Albert Street
Regina, SK**

- Spiro Kangles (BSP) (Pharmacist) - Medications and Seniors
- Ruth Pradzynski (B.A., M.A., L.L.B) from A.R.E. Law—“Powers of Attorney, Wills and Estate Planning and Life’s Legal Issues”
- Bill Allen (Certified Financial Planner) from Sun Life Financial “Long Term Care Insurance—What You Need to Know”
- Heather Monaghan (B.Ed ,LPN) from Helping Hands Care Group “Navigating Our Health District with Seniors”
- Marlynn Swallow (RPM) (Palliative Care Nurse) “End of Life Care”
- Bonny Daku (C.N.A.) - Helping Elderly Parents. “What’s next?”

**RSVP by March 21st to Bonny or Peggy
545-7733
Or email to helpinghands@sasktel.net**

Remember: you MUST register for the seminar to attend!