Quarterly Newsletter
Winter Issue 2013

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Quality  Comfort  Dignity  Hope
As I begin to write this message I realize that this will be my last President’s message for the SHPCA. My three year term will end in June and we will welcome a new President/Chair to the organization. It is with a degree of sadness that I will pass on the reigns – I have thoroughly enjoyed my experience and have been deeply enriched by the process. I have met so many wonderful people through the SHPCA; people with a passion and dedication for change. How inspiring and motivating this time has been for me! However, I recognize it is time to challenge our next leader to bring vision and expertise to this cause and help guide us through the upcoming years.

As I reflect back, I see the great progress that has been made with SHPCA. On so many levels we have created a presence and a fresh awareness for hospice palliative care. As I meet with people across this province and indeed across the country, I share our vision and hope for the future. People are interested.

As a Board we are now working in new directions in advocacy, research, education and networking. We are currently engaged in discussions of new strategic planning as the organization moves forward with gusto. Change is in the air – and it is with great excitement I tell you that our organization is strong and has presence in our Province. Members have many reasons to be proud of the work of the SHPCA.

You will note my article in this newsletter that I have updated you on the progress of the Sunset Gala and Raffle. This premiere Gala event is one you will want to attend and we look forward to your support with the raffle!

Our Regina planning team is working diligently to put together what looks to be an outstanding conference in June. This event promises to be rich with opportunities for education and networking! Presenters include world renowned palliative care physician and advocate Dr. Ira Byock, Mrs. Olivia Chow, Member of Parliament (Trinity-Spadina) plus nearly 20 other hospice palliative care specialists. We hope you will carve out time in your busy schedules to refresh yourselves and attend our Provincial Conference “Out of the Shadows; Extending the Boundaries of Hospice Palliative Care” June 13-14, 2013 at Delta Regina. For more information, please go to our website at www.saskpalliativecare.org. Our gratitude is extended to the Regina Qu’Appelle Health Region Palliative Care Services for partnering with SHPCA for the 2013 provincial conference.

A quick reminder to all members: please consider applying for our Dr. Zach Thomas Education Award. More information can be obtained from our website and there is still time to apply!

In closing, I wish to thank the fine Board of Directors with whom I have had the distinct privilege of serving over the past three years. I treasure the many lessons learned and I will look back with great fondness on my term as Chair of this truly special organization.

Best regards,
Carla Carlson
President,
Saskatchewan Hospice Palliative Care Association

Join Us
Advanced Care Planning Day
April 16, 2013

Start the Conversation About End-of-Life Care. Most of us hope that we will die peacefully and be able to communicate with loved ones until the very end. Most deaths do not occur this way. Learn more about Advance Care Planning.

Start the Conversation About End-of-Life Care
http://www.advancecareplanning.ca/
OLIVIA CHOW, MP
Shortly after her marriage to NDP leader Jack Layton in 1988, Olivia Chow became a City Councillor for Toronto. At the end of a successful 23 year marriage, Jack Layton lost his battle with cancer in his home at the age of 61. As a Member of Parliament, Olivia has served on many Parliamentary Committees and Groups including Status of Women, Status of Persons with Disabilities, Canada-China, Legislative Association and Save Darfur Parliamentary Coalition, among many others. She has pushed for a variety of high profile initiatives including a universal non-profit national child care program and immigration reform. Olivia is currently the NDP Transport and Infrastructure Critic. Olivia’s quest for a better society has been a lifelong journey that has taken her from her humble beginnings as a Hong Kong born immigrant in Toronto, to being one of the most visible social advocates and politicians in Canada.

DR. IRA BYOCK
Our main presenter is world renowned Palliative Care Physician and advocate, Dr. Ira Byock. Dr. Byock will be joined by Mrs. Olivia Chow and nearly twenty speakers with various expertise in hospice palliative care. Dr. Byock will also be presenting on his most recent publication The Best Possible Care. Comments about this publication include: “Once again, Dr. Ira Byock delivers a message of hope and promise to all of us who will face our own deaths. Dying is always sad, but with proper professional insight and skill, an individual’s last chapter need not be dominated by suffering and isolation. Dr. Byock demonstrates that growth and completion are possible in the midst of grief and loss. His clinical stories and commentary point to the resilience people find and the importance they discover in their relationships as they face life’s final challenges. This is an important look at the personal, social and political implications of how we care for one another and how we die. The Best Care Possible is a rallying cry to all of us who are concerned about the direction of health care...”

Donald Schumacher, Psy.D. President and CEO, National Hospice and Palliative Care Organization, USA.

OLIVIA CHOW, MP

The Features of this conference are:
• Advance the knowledge and skills of professional and family caregivers
• Advance the delivery of healthcare in Saskatchewan
• Provide a networking opportunity for leaders, clinicians and members of the public.

Register Now!
OLIVIA CHOW, MP

For more information regarding registration, visit:
Sunset Gala Update

It is with great enthusiasm that I share with you the plans for the inaugural 

Sunset Gala to be held at the Living Sky Casino, Swift Current on Saturday, September 21, 2013.

The Swift Current planning committee is a dedicated group and their passion for palliative care will clearly be demonstrated on this special occasion.

The event will commence with a TV program hi-lighting personal experiences with palliative care. We are delighted to report that Sasktel Max Local on Demand will be sponsoring this program and it will be produced utilizing the talents of Southwest TV News as part of their partnership with Bamboo Shoots. Following the Gala event, the program will be broadcast on Sasktel Max Local on Demand and will be available for viewing by the entire province!

The festivities will include with a fundraising auction. Our committee is continually awed by the generosity of the Southwest community as well as others in the Province. We are proud to report that renowned Saskatchewan artist Joe Fafard has generously commissioned a piece for SHPCA (there will be a numbered series of five pieces over the next five years) and the first of the series will be available for purchase via the auction at the Gala. In addition, Rachel Meilke of Hillberg & Berk is creating unique jewelry for auction and we are so pleased to have her support. Many other business are coming to the table with unique sponsorships creating a truly special event. The talents of Bruce Switzer of Switzer Auction Service will lead us through the process and we are working towards creating online opportunities so those of you around the province who are unable to attend can still participate in the event.

Of course, a delicious meal, entertainment from Banda Brava (a Latin Band from Calgary with a Swift Current connection) and various other highlights throughout the evening will help to make this event special. We hope you will consider attending! Tickets will be $125.00/each ($1,250.00 for a table of 10) and each ticket will be entitled to a $75.00 charitable receipt. Although we have not yet commenced sales (this will likely happen in May and we will notify the membership by email) we ask that you mark your calendar and plan to attend!

The committee felt that educating the public in our region leading up the event was of enormous importance. The Southwest Booster (our local newspaper) strongly agreed and as a result has sponsored a series of educational articles about palliative care leading up to the event. We are grateful for the efforts of our local managing editor, Scott Anderson, as he works to create articles of interest and information for our local readership. Please note that we are also posting these articles on our website following publication and we encourage you to take a look (www.saskpalliativecare.org).

Finally, in addition to the actual event, the planning committee has created a raffle. Art and Linda Stenson of Swift Current have generously donated at 2013 Dodge Dart for our first prize, second prize is a Flaman Treadmill (generously donated by Flaman Fitness) and we will also have an early bird draw valued at $1,000.00. Tickets will be $20.00 each and will be available for purchase very soon! We ask our membership to support us in this raffle event as well (tickets will be available at the annual Provincial Conference in Regina in June or from any Board Member). Also, if any members would be willing to assist us with sales in their community – we would appreciate your help!!! Please contact myself, Carla Carlson at 306.773.6523 or cmcarlson@sasktel.net and I would be happy to make arrangements.

Stay tuned for more exciting details to come!

Carla Carlson
Sunset Gala Co-Chair
SHPCA Chair/President
It is my privilege to be able to write a feature article on Jeff Christiansen, Board Member of Saskatchewan Hospice Palliative Care Association. While Jeff thought I didn’t need to publish too much about his background, I wanted you to know that I am always intrigued at how the years of any one’s life shapes them into no ordinary people. We all have unique stories and experiences that make us who we are today.

Right from his earliest memories, Jeff recalls home as a place where caring and reaching out to others in the community was part of his family life. “My Mom and Dad were active volunteers on numerous fronts,” he said. Jeff’s Dad was a minister and because his name was located near the top of the clergy list – alphabetically speaking - they would receive a lot of calls from people, church affiliation aside. He remembers many times going out to the bus depot to buy a ticket for someone in need or paying for a meal. It was from that beginning that Jeff sensed, “our job is to care for and serve people in need.”

Jeff went to high school at Luther College in Regina, and then to the University of Regina - Luther College where he earned his Bachelor of Arts Honours degree in Religious Studies and a Bachelor’s degree in Psychology. Jeff continued his education in Saskatoon where he earned his Master of Theological Studies at Lutheran Theological Seminary.

While Jeff thought his career would be in parish ministry he chose to take on some other work first. Jeff had a number of interesting jobs that included working for the Seed Plant in Cutknife; as Executive Director for a Minor Hockey Association in North Battleford, and then with the Canadian Mental Health Association in Community Development focusing on Youth Suicide Prevention. As his career advanced, Jeff’s next position was with the Province of Saskatchewan, working with Regional Intersectoral Committees, where he assisted multi-jurisdictional committees to link service leaders, community voices and research support to develop, collaborate and communicate shared priorities and outcomes; a job he did for 12 years both in North Battleford and Regina. In September of 2008, he moved to the role of Executive Director at Regina Palliative Care Inc. (RPCI) and in February of 2012, became the VP Operations at Speers Funeral and Cremation Services.

As we talked, Jeff reflected on the themes of his career that led to his service, leadership, and caring for others – with the goal of creating a more caring community. Palliative care became a very important and meaningful area when Jeff was invited to take on role of Executive Director at RPCI. He said he felt a real calling to that work. While he didn’t enter the parish, he did maintain a clergy like role in the lives of many family friends and neighbours and has officiated at numerous funerals and weddings over the years. These opportunities have provided a chance to celebrate with people but also to walk with them at difficult times as well caring for both the dying and the grieving as they journey together.

Jeff’s role as a board member with SHPCA started while still at working at RPCI. He reached out as part of that organization that did and currently provides sponsorship for SHPCA’s annual palliative care conference. He said it has been an honour and privilege to continue as a board member even though he is no longer as directly engaged with palliative care. Jeff says there is no question that the families who have been supported through palliative care services are better prepared by the time they are met at the funeral home. They understand the journey of their loved one in a different way and have themselves been cared for in an environment where the focus has been the entire family and their needs as they strive to understand dying and make meaning of their living.

The Saskatchewan Hospice Palliative Care Association plays an important role in terms of being an advocate for improved access and quality of palliative care, providing increased understanding of palliative care and the dying experience. Jeff said he is a profound believer that unless we can understand and live our lives comfortable about our own dying we struggle to live fully in them. The stronger and more intimately we understand the lifecycle and dying as a part of that cycle, the more fully we are present in our living – at peace with our own living and dying. SHPCA plays a crucial role in keeping that conversation on the table.

On the other side of his life, Jeff has been married to his wife Kyla for over 19 years. They love to travel, are avid fitness people who are runners, playing volleyball and basketball, living an active lifestyle. And, when they’re not moving in every other direction, they are surrogate aunt and uncle to their neighbour’s two children.
A re you the kind of person that makes New Year’s resolutions? Me neither. I find it too easy to break promises to myself. Now, I recall one year, when our kids were really little, we challenged our friends (who also had young kids) to a race to see who could get their wills done first. The losers took the other couple out for supper. We won. I think we should change the whole resolution idea to New Year’s contests... now that’s more motivating! Here’s a challenge for you (and a friend)... First one to do your Advance Health Care Directive wins! However, I realize you may need a bit of an education on this (especially if you want to win).

Confusion persists when it comes to advance care planning. Generally, advance care planning is an overarching term that speaks to the reflection, research, and conversations that one might undertake to express their wishes should they lose capacity (the ability to make their own decisions) during an emergency, serious illness or at end-of-life. When planning, you may want to consider how you define medical interventions and pain relief, family support and spiritual or religious beliefs that might affect your care. In addition, you may want to consider whether you would find aggressive measures burdensome or of little benefit at end of life. Engaging with medical (and sometimes legal) professionals, your priest or pastor, and particularly, family members, is par for the course.

With this groundwork, you are ready to develop a written document - often referred to as a health care directive, advance directive or living will. There is no "official form" for this, and many versions and templates are available. (However, it should be noted that legislation does vary - and some provinces and territories require you to complete certain legal forms, and forms to identify your proxy.) A Proxy is often appointed on the same form as an Advance Directive is made. Many people assume that if they have an Executor of their estate or Power of Attorney established, that this is all the same. You may want that, however, when considering medical decisions, you may choose to appoint a single, a number of single (or successive) proxies who can act independently, or a group of joint proxies who make health-related decisions. In Saskatchewan, The Health Care Directives and Substitute Decision Makers Act (1997) articulates that any person, 18 years of age or older, with capacity, can be appointed as a proxy to make decisions on your behalf. If you don’t create a directive, or appoint a proxy, the nearest relative becomes your substitute decision-maker (using a ranked priority list - spouse, adult son or daughter, etc.). As mentioned, advance directive forms vary, and some legal requirements vary according to province.

Did you know...

- 86% of Canadians have not heard of advance care planning
- Less than half have had a discussion with a family member or friend about healthcare treatments if they were ill and unable to communicate
- Only 9% had ever spoken to a healthcare provider about their wishes for care
- Over 80% of Canadians do not have a written plan
- Only 46% have designated a Substitute Decision Maker – someone to speak on their behalf if they could not communicate

- facts featured with the ‘Speak Up’ campaign, www.advancecareplanning.ca
Provincial Bereavement Committee update

The second meeting of the Provincial Bereavement Committee was held on February 28, 2013 at Edward’s Family Centre in Saskatoon.

During the morning session, government relations expert Joel Peterson, from Hill-Knowlton provided a presentation on how advocacy and lobbying worked and how to work with the government (when making an ask) with respect to their workload and time limits. Joel outlined the types of lawmakers there are, the culture of legislature and the typical calendars for MLA’s and MP’s. While the need to be heard is a tremendous weight for many organizations, it is very important to be thorough in their request; educating themselves to understand how government handles their affairs. It was informative and gave the committee an appreciation for the work conducted by MLA’s/MP’s on behalf of their constituents.

During the afternoon session, the committee reviewed the items discussed at the last meeting highlighting the seven themes across the province: education and training, suicide, call-in line, service to others, grief support and specific grief support for First Nation and Metis, loss being loss and the need for more centres.

The outcome of this meeting determined the following:

1. A professionally vetted survey is to be established to evaluate grief and loss of previous clients. The results would provide client needs in communities across the province.
2. Grief 101 - Education and Training for health professionals and volunteers
3. Train the Trainers - training in pairs and continue with training in order to build a capacity of individuals who will provide grief support in all communities.

The committee will continue their efforts to address the immediate bereavement needs of the province.

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When professional becomes personal

Author: Kath Murray, Director of Life and Death Matters
13 March 2013

I am a person, wife, mother, daughter and friend. I am a hospice palliative care nurse and educator. I am owner and director of Life and Death Matters.

My mother has been diagnosed with a terminal illness, with a prognosis of months. Once again I am a family caregiver.

At Life and Death Matters we create resources to help educators teach hospice palliative care principles and philosophy in core curriculum for Practical Nurse and Health Care Worker students. Our goal is to enhance the ability of the caregivers to provide excellent care for the dying. Our education strategies include blogging, tweeting, and facebook postings.

Since her diagnosis a month ago I have asked “What do I share?” “What do I not share?” “How do I write about this experience while maintaining privacy and space for us (family) to be real and not worry that whatever we do or say will be in the public domain?”

My plan as of today...
In the coming weeks and months I may share a few lessons that we are learning from wonderful professionals, resources that we discover and use, reflections on philosophy and principles of palliative care.

Although I will be authentic, I will not “share it all”. I will protect the privacy of our family, friends and care team. This will allow us all the space to be human.
So today I simply announce my “status update”- I am a family caregiver.

Kath Murray, RN, BSN, MA, CHPCA(C) is the Director of Life & Death Matters (www.lifeanddeathmatters.ca). She brings 25 years of hospice palliative care experience and 15 years of teaching hospice palliative care skills, strategies and understanding to professional, para-professional and volunteer caregivers.

Visit Family Caregiving for People at End of Life for more information about caregiving and for Kath Murray’s updates.
LET’S TALK ABOUT HOSPICE PALLIATIVE CARE FIRST

DECISIONS

RESPECT

QUALITY

END OF LIFE

Euthanasia? Assisted Suicide? Hospice Palliative Care? There are some facts you should consider.

Visit www.chpca.net/hpcfirst for more information.

W I T H  O U R  A P O L O G I E S , the contact information for Prairie Hospice Society was not completely included in the Fall 2012 Issue of SHPCA’s Celebrate the Seasons Newsletter.

Please note: to contact Prairie Hospice Phone: (306) 249-5554 Email: inquiry@prairiehospice.org.

Save the dates
for the very first
International Children’s Palliative Care Network Conference
Transforming children’s palliative care ... from ideas to action

29 - 31 January 2014
Tata Memorial Centre, Mumbai, India
Dr. Zach Thomas Education Award

Purpose of Award
To promote palliative care education for individuals and/or groups in Saskatchewan.

Criteria for Award
• Applicants must hold a deep respect for the principles and values of the palliative care mission and philosophy.
• Must be used for the advancement of hospice or palliative care.
• Awards are made for programs, etc. which have direct application to hospice or palliative care.
• Applications shall identify the specific educational workshop, class or other academic object.
• Any project outline supplied shall be specific in both plan and timeline, and include projected costs.
• The award is open to persons living in Saskatchewan to benefit Saskatchewan residents; recipients must have an individual or affiliate membership.

Information for Award
The award symbolizes the dedication, compassion and desire Dr. Zach Thomas had to further advance palliative care. It also recognizes individuals who show excellence in the field of palliative care.

Through the establishment of this award, it is hoped that more opportunities for education will be made available to those interested in ongoing education and excellence in the provision of palliative care services.

The award will be allocated on a yearly basis, to a maximum of $1,000 per year. The submission deadline is March 28th. Submission should be made in writing to the Saskatchewan Hospice Palliative Care Association by returning the attached form which is to include two (2) letters of reference. Feel free to enclose any other pertinent material that may help the evaluation of the application.

The applicant will be advised in writing of the decision of the Board of Directors. It is the expectation of the Board that the successful candidate will be in attendance at the Annual Meeting to receive the award which is held yearly at the Saskatchewan Hospice Palliative Care Conference.

- Revised Sept 2012
SHPCA MEMBERSHIP

Membership with the SHPCA entitles you to a joint membership with the Canadian Hospice Palliative Care Association (CHPCA), lending a collective voice to reinforce that all Canadians have the right of access to comprehensive and coordinated hospice palliative care services regardless of where they live.

Your joint Membership Has Impact?

Legitimacy:
Membership significantly enhances the overall power of the hospice palliative care movement.

Credibility:
Strength in numbers. The larger the membership base the more effective Associations are in many aspects of their mandates, i.e. awareness raising, fundraising, policy development and provincial and national standards.

Effectiveness:
Membership allows for the pooling of resources to create a hospice palliative care system to serve all Canadians.

Benefits of Joint Provincial and National Membership:

- Subscription to SHPCA’s quarterly newsletter SEASONS, and the CHPCA’s quarterly newsletter AVISO
- Support the ongoing development of the hospice palliative care movement in the province and Canada
- Contribute to the development of health policy and position statements
- Access to networking, educational opportunities and resources in the province
- Discount to SHPCA’s Marketplace, and access to CHPCA’s Interest Groups
- Voting Privileges at both the provincial and national Annual General Meetings
- Eligibility for election to the SHPCA Board of Directors, and participation in the election of members-at-large for the CHPCA Board of Directors
- Discount to CHPCA annual conference and other nationally sponsored events

SHPCA MEMBERSHIP

MEMBERSHIP APPLICATION

The SHPCA welcomes both Personal (Professional, Regular, Volunteer/Student) and Affiliate membership to the Association. An Affiliate member is either an organization that is interested in supporting hospice palliative care but not actively involved in its delivery, or a palliative care program that is actively engaged in the delivery of hospice palliative care.

Name/Organization: ____________________________________________

Contact (if applying for Affiliate membership): ____________________________

Address: ________________________________________________________

City/Province/PC: ________________________________________________

REQUIRED - Email address: _________________________________________

Telephone: ______________________________

Annual Membership Rates:

Affiliate: $250
Professional: $55*
Regular: $45
Volunteer/Student: $35
*CHPCA Nurse’s Group add $20

Membership is valid from date of purchase until the following April 30th.

Please make cheque payable to:

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