



Networking  
Education  
Advocacy  
Research



# CONNECTIONS 2024 PALLIATIVE CARE CONFERENCE

JUNE 4TH & 5TH 2024  
CONEXUS ART CENTRE  
REGINA, SK



Rates:  
2-day conference - \$295  
1-day rate - \$195  
Invoice requests can be sent to  
[info@saskpalliativecare.org](mailto:info@saskpalliativecare.org)



Register at [saskpalliativecare.org](http://saskpalliativecare.org)





# KEYNOTE SPEAKER

**Connecting people to product:  
How the injectable drug shortage of 2012  
precipitated new approaches to palliative  
care medication delivery**

**Dr. Carmen Johnson**

**Dr Johnson will take us through the lasting impacts the injectable drug shortage had on medication choices and administration of the Palliative Care Program in Regina, how the impact helped shape new approaches to medication delivery for palliative care patients, and how the experience and lessons learned could inform and expand access to palliative care across Saskatchewan, especially where medical resources are limited.**

**Dr Johnson is a highly respected physician who has worked internationally with advanced training in family medicine, palliative care, chronic pain management and addiction medicine. She is currently the Medical Director of Palliative Services and chronic pain consultant. Along with practicing medicine she has received training in leadership, teaching and coaching and is interested in leading change, supporting system change and working collaboratively to improve health care services. Dr. Johnson enjoys working with people and obtains great satisfaction in working with patients, families and health care teams.**





## **A Lifetime of Nature Connections: The place of parks and nature in palliative, end of life and grief care**

Dr. Sonya Jakubec



Taking time to breathe in the air, feel the sun and wind, visit special waters or landscapes, or look at plants and animals - the place of parks and nature in the cycles of life is universally valued. We celebrate our special moments, find healing and strength through our struggles, and memorialize and grieve in parks and nature! Based on movements in social/parks prescribing and in lessons learned from community-engaged research, Sonya Jakubec (RN, PhD) will share evidence that parks and nature offer a valuable intervention for people of all abilities across the lifespan - including people receiving palliative care, their caregivers, and those experiencing grief and loss. Stories, documentary film and practical experimentation with, and active exploration of, parks and nature interventions will leave you inspired and ready to integrate more nature into your everyday practice.

Dr. Sonya Jakubec (RN, PhD) is a Professor at the School of Nursing and Midwifery at Mount Royal University in Calgary, Alberta. A community health nurse for over 30 years, Sonya studies the health and environment connection, with a focus on nature-based interventions for health and wellbeing across the lifespan and in disability, dementia, dying, death and grief care. You can find her walking in Calgary's urban parks, community gardening in her neighbourhood, and skiing and hiking in the mountains.

### **The Saskatchewan Hospice Palliative Care Association is proud to present: 2024 “Connections” Conference**

We are excited to be hosting two full days in Regina, SK during which a variety of speakers, workshops, activities and discussions will permit a bringing together of people and ideas across the province and treaties.

We are honoured to be hosting this conference on the traditional lands of the Treaty 4 territory, a Treaty signed with 35 First Nations across Southern Saskatchewan and parts of Alberta and Manitoba, and the original lands of the Cree, Saulteaux, Dakota, Nakota, Lakota, and the homeland of the Métis.

We wish to acknowledge that we advocate for all citizens of Saskatchewan, and therefore respect all Treaty land (Treaties 2,4,5,6,8 & 10), and that the Treaties signed serve to govern our relationships with Indigenous people. We also acknowledge the traditional homeland of the Métis and honour their contributions.





## Identifying the support needs of informal caregivers of long-term care resident

Kelsey Haczekwicz

Informal caregivers of older adults who reside in long-term care facilities play a crucial role in ensuring the needs of the resident are being met. Such informal caregivers are at a greater risk of experiencing subjective burden and loneliness, and report lower levels of perceived social support than their non-caregiver counterparts. Despite caregiver support groups showing promise in reducing subjective burden and loneliness, several barriers often prevent caregivers from engaging in such groups. In order to make this type of social support more accessible, mobile applications (apps) have been developed, but often focus on training the informal caregiver to provide care and fail to provide the informal caregiver with support for managing their own stressors. This Canada-wide study used online questionnaires to investigate the support needs of informal caregivers in addition to the potential benefits of a mobile app intended to provide them with support.

Kelsey is currently finishing her Master's degree in Clinical Psychology at the University of Regina and will be entering the Ph.D. program in the fall. Her clinical and research goals reflect a specific interest in serving the older adult population as they are often overlooked in both research and clinical practices. She hopes that through pursuing a career in psychology she will be able to break down common misconceptions about the natural processes of aging.



## Cultivating culturally responsive healthcare for families: Lessons from the Sikh community

Ramneet Jassal

Responsive care for the whole family is one of the cornerstones of palliative care. Partnering effectively with family caregivers and cultivating sensitivity to their cultural values is critical to achieving this goal. Join Ramneet Jassal as she explains the cultural values and traditions of India's Sikh community and discusses their translation in a Saskatchewan prairie context. Learn more about the healthcare experiences of Sikh Canadians and see, through their eyes, critical moments and accessible methods to develop stronger care partnerships using the caregiver competency framework ([www.caregiver.ca](http://www.caregiver.ca)).

Ramneet Jassal is currently completing a Bachelor of Arts & Science in Psychology & Health Studies degree at the University of Saskatchewan. Her honours thesis involves interviewing Sikh family caregivers who have supported relatives in long-term care and transitional care settings, using the caregiver competency framework ([www.caregivercare.ca](http://www.caregivercare.ca)) as a guide. Down the road, Ramneet hopes to support culturally responsive healthcare as a family physician





## Strengthening a Palliative Approach - Long Term Care (SPA-LTC)

Dr. Paulette Hunter & Dr. Abigail Wickson-Griffiths

More than one in four people will rely on long-term care during their lifetime, often in the last two years of life. This makes long-term care a prime setting for the incorporation of a palliative approach to care. The Strengthening a Palliative Approach in LTC ([www.spaltc.ca](http://www.spaltc.ca)) Alliance engages healthcare organizations across the Canadian provinces and territories in increasing the uptake of a palliative approach in Canadian long-term care homes by creating, curating, and sharing resources in an accessible national repository. Learn more about the approach, training, and resources as Abby Wickson-Griffiths and Paulette Hunter describe Saskatchewan's contributions to this national initiative.

Abby Wickson-Griffiths (PhD, RN) is an Associate Professor in the Faculty of Nursing at the University of Regina and co-coordinator of the Aging Studies program. She studies palliative and end-of-life care, dementia care, long-term care and advance practice nursing.

Paulette Hunter (PhD, RD Psych) is an Associate Professor in the Department of Psychology at St. Thomas More College, University of Saskatchewan. Her research interests emphasize people-centred care, family care, and a palliative approach in long-term care.

Paulette and Abby have been working together for nearly a decade, after discovering a mutual interest in contributing to Saskatchewan's long-term care sector through strong clinical-research partnerships.

## Dignity in Care : Follow up and practice

Rachelle Kosokowsky



During the SHPCA conference in 2022 Dr. Harvey Chochinov presented the concept of Dignity in Care and the practical ideas and tools that support a culture of compassion ([dignityincare.ca](http://dignityincare.ca)). Rachelle Kosokowsky will provide a recap of the Dignity in Care model and explore the use of Dignity Therapy in practice and how this has made a difference in the lives of patients and loved ones.

Rachelle Kosokowsky, BA, BSW, MSW, RSW - Rachelle obtained her Bachelor of Social Work from the University of Regina in 2010 and her Master of Social Work from the University of Toronto in 2013. She has been employed as a Clinical Oncology Social Worker for the Saskatoon Cancer Centre for the last 9 years. Prior to this, Rachelle worked in a variety of settings, including work in non-profit youth advocacy, community crisis work, and as a medical social worker within the Saskatchewan Health Authority. As a Clinical Oncology Social Worker, Rachelle has implemented programming at the Saskatoon Cancer Centre including the Androgen Deprivation Therapy Education Class and Dignity Therapy for end-of-life patients.



# SCHEDULE

*JUNE 4*

8:30	REGISTRATION & BREAKFAST
9:30	Welcome & Opening Remarks
10:00	KEYNOTE ADDRESS
11:00	Break
11:15	Speaker : Supporting culturally meaningful end of life care
11:35	Speaker : Caregiver competency framework
11:55	Sponsor Message: Community Foundation: Building Legacies
12:15	Lunch
13:00	Workshop #1 : SPA - LTC - Facility Self-Assessments
14:00	Workshop #2 : Hoping for the Best and Planning for the rest
14:50	break
15:00	Speaker: Nature and Grief in Palliative care
16:00	Nature Walk



Minor changes to scheduling may occur between now and the event, we thank you for your understanding



# SCHEDULE

*JUNE 5*



8:30	REGISTRATION & BREAKFAST
9:00	Opening Remarks - SHPCA program update
9:30	Speaker: Strengthening a Palliative Approach in Long Term Care
10:30	Break
10:45	Speaker : Implementing Dignity Care
11:15	Speaker : Student Research - Fostering Care Partnerships
11:35	Sponsor Message - St. Paul's Hospital Foundation
11:55	Workshop - Legacy giving
12:15	Lunch
13:00	Workshop #1 - Building capacity in front line health care staff
14:00	Workshop #2 - Building legacies
14:50	break
15:00	Speaker: End of Life care from a caregiver perspective
15:30	Speaker: Working towards a common language for palliative care
16:00	Closing Remarks

Minor changes to scheduling may occur between now and the event, we thank you for your understanding



# THANKS TO OUR MAJOR SUPPORTERS



St. Paul's Hospital Foundation believes that the power of generosity saves and changes lives. Our Foundation raises, manages, and allocates funds for St. Paul's Hospital and the Hospice at Glengarda.

We seek forward-thinking projects that positively impact health outcomes for patients and strengthen our Hospital's mission. We work with St. Paul's leadership to support the delivery of compassionate, holistic healthcare and serve unmet needs in our community, including bringing innovative advancements to our Hospital.

St. Paul's Hospital Foundation is honoured to have offered support to a number of vital initiatives through the generosity of our donor community, including the construction of the Hospice at Glengarda, acquisition of the da Vinci Surgical Robot and establishment of the Provincial Surgical Robotics Program, purchase of the safety-enhancing Aplio Ultrasound Machine, and support of both the compassionate Holistic Care programming at the Hospice at Glengarda and the phenomenal Healing Arts and Spiritual Care Program at St. Paul's Hospital.

We continue our work to advance end-of-life care at St. Paul's Hospital and the Hospice at Glengarda. Community support through St. Paul's Hospital Foundation has contributed to Palliative Care Unit renovations, and enabled the Unit to purchase items that bring home-like touches to their space as well as important items like new beds, which significantly enhance patients' experiences. Our Foundation also supports Holistic Care services at the Hospice, and maintains Funds that complement the already home-like environment of the Hospice, ensuring patients and families have access to a state-of-the-art facility and any items that might bring them comfort during their stay. Community donations have also enabled us to create the Hospice and Palliative Care Education Fund to support training and education for end-of-life caregivers, and advanced important endowments to support holistic palliative care staffing and programming at St. Paul's Hospital, the Hospice at Glengarda, and in the surrounding community.

We are very pleased to be partnering with the Saskatchewan Hospice Palliative Care Association to advance palliative care education and training in our community. We are thrilled to be providing financial support for the upcoming Palliative Care Conference in Saskatoon on June 4th and 5th, and look forward to seeing you all there!

## Your legacy, forever.

At the heart of the Community Foundation for 55 years lies our commitment to building, protecting, and honouring legacies and lives well-lived, forever.

We serve as a vital connection between generous donors and impactful charities in Saskatchewan. Our mission is to cultivate philanthropy, strengthen local charities, and nurture a more resilient and equitable community for all. Since our establishment in 1969, as a registered charity, we've remained dedicated to making long-term investments through Legacy (Endowment) Funds that spark enduring positive change in our community.

The concept of Legacy giving is straightforward:

1. Your donations are safeguarded indefinitely, forming your own personal Legacy Fund securely held in trust at the Community Foundation.
2. By pooling resources with other donors' Legacy Funds, we achieve exceptional returns with minimal fees.
3. Subsequently, your Legacy Fund will provide predictable and sustainable grants in your honour for generations to come.

The true power of a Community Foundation is that any family, regardless of wealth, can establish their own Private Foundation without the administrative burden. Your family's legacy can continue in perpetuity, offering peace of mind knowing that the communities and charities dear to you will receive ongoing support long after your physical presence.

Learn more at [www.sscf.ca](http://www.sscf.ca).

