

## Palliative Care Educational Opportunities:

### Palliative Care in Long Term Care

Grandview Lodge, February 18-March 24, 6–8:30 p.m.,

The majority of Canada’s elderly die in LTC facilities affirming the need for continuing education on palliative care. This 15 hour course is based on the identified learning needs and preferred educational format of front-line providers.

**Dates:** Mondays, 6:00–8:30 pm February 18–March 24/08

**Location:** Grandview Lodge Classroom

**Audience:** Grandview Lodge Staff and Hospice Northwest Volunteers

**Registration:** There is no cost for this course but registration is required. A certificate of Attendance will be provided. Please contact Kathleen at 626-5573 to register.

### Supporting the Palliative Care Experience An Introduction to Complementary Therapies

This workshop, presented by CERAH, will explore a variety of approaches that can be used to address the physical, psycho-social and emotional aspects of suffering experienced by palliative patients and their families. The workshop will be of interest to caregivers at home or in a health care setting.

**Date:** Thursday February 28, 2008, 12:30 - 5:00 and Friday February 29, 8:30 am - 12:00 pm

**Location:** Victoria Inn, 555 W. Arthur St.

**Registration:** For more information or to register please call Kathleen at 626-5573. Registration Fee will be waived for Hospice Northwest volunteers.



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### Circle of Friends

January 10, 24

February 7, 21

March 6, 20

### Laughing Yoga

The Circle of Friends volunteers and clients will enjoy a special Laughing Yoga workshop on Feb. 7 presented by Sherry Ann Kelly.



Happy New Year! 2008 promises to be a year of change and growth. To begin, we are in the process of recruiting a new volunteer coordinator. As many of you already know, Sandy Lychowyd has left Hospice Northwest. In light of this vacancy, the following changes have been made to our staffing complement:

1) Full Time Communications Coordinator/Office Administrator. This is Kathleen's new position, which includes the production of our newsletter, the registrations and coordination of all educational initiatives for volunteers, receiving and processing volunteer hours reports and other communications with volunteers. Kathleen will now have responsibility for fundraising initiatives and will assist with agency promotions.

2) Part time Volunteer Coordinator: This currently vacant position will be half time(18 hours per week), with responsibility for volunteer recruitment, screening, training, support, recognition and retention, in Thunder Bay and region. The position will include some client referrals, assessment and service implementation and monitoring. A volunteer training program is scheduled for September 2008 and recruitment for this will begin soon after hiring.

No significant changes have been made to the position of Executive Director (Joan) or Support Group Coordinator (Danielle Shaver Currie)

Client Expense Fund: We have had an opportunity to provide financial assistance to numerous clients this year with the proceeds of fundraising and donations specified for this purpose. If you see that your client is in need of financial support for a particular item or expense, please call Joan to inquire about accessing this fund.

Special Thanks to the Slovak Legion, who not only gave us their usual great service for our Christmas party, but made a very generous donation of \$1000 to Hospice Northwest. Bonnie Markevich, an active member of the Slovak Legion, is acknowledged for her advocacy efforts in procuring this donation. This donation is specifically for the Client Expense fund.

#### **Volunteer Coordinator (Part Time)**

Hospice Northwest requires a dynamic, energetic individual with exceptional interpersonal skills and a sensitivity to the needs of persons at the end of life. The Volunteer Coordinator will be responsible for all aspects of recruitment, management, training, support and retention of local volunteers as well as satellite programs in the District of Thunder Bay. Responsibilities for coordination of client services will be included.

#### **The successful applicant will:**

- be self directed
- have demonstrated abilities in team building
- be highly skilled in oral and written communications
- have excellent organizational skills and an ability to work flexible hours.

Post Secondary Education in a related field is required.

**Assets include:** Palliative care training and/or expertise and experience in the volunteer sector.

**Applications must be received by 5 PM on January 28, 2008.**

Please send applications by email to [busok@tbaytel.net](mailto:busok@tbaytel.net), or mail or fax to:

Hospice Northwest  
105 North May Street, Suite 117  
Thunder Bay Ontario P7C 3N9  
Fax: (807) 626-5574

Only those chosen for an interview will be contacted.



Our in-house workshop, ***Caring for Clients and Ourselves*** was held on Saturday, November 10th in the HNW office. The panel presented excellent information about nutrition, physiotherapy, occupational therapy and respiratory therapy and how they benefit palliative clients. Kathy Kortez Miller talked about how we can recognize compassion fatigue in ourselves and what we all should remember about self-care.

***The Value and Vitality of Volunteers: Our Community Heroes***, held at the Valhalla Inn, November 22-24 was very successful and well attended.

In the last newsletter, information was included on the 211 service available through the Lakehead Social Planning Council. They have issued a bulletin indicating the service will be available in the Thunder Bay District on February 11, 2008.

Our ***Volunteer Christmas Luncheon*** took place on December 13, 2007 at the Slovak Legion. It was an enjoyable and festive occasion, with approximately 65 volunteers and friends of Hospice Northwest in attendance.

**Please note:** As mentioned in our last newsletter, to assist you in contacting other volunteers, we have enclosed a volunteer information sheet with the phone numbers and e-mail addresses of your fellow volunteers.



## IMPORTANT NOTICE

### ***Please report your volunteer hours!***

In order to fulfill our contractual obligations with the Local Health Integration Network, who provides the bulk of our operating funds, we must meet our contractual target of volunteer hours per year or our funding will be cut. Please make sure to send in all volunteer hours at least quarterly, or monthly if you are able.

## ***Your Representative on the Hospice Northwest Board of Directors***

Debbie Escott has been elected as Volunteer Representative to the Board of Directors. If you have any suggestions or concerns, Debbie can be contacted at 345-7122 and at [dlescott@shaw.ca](mailto:dlescott@shaw.ca)

Our thanks to the volunteers who contributed to this issue of the newsletter. Don't forget, we want your input. This is your opportunity to submit poems, recipes, tributes, information or anything that you think would be of interest to other volunteers.

We will try to publish all submissions where possible. By contributing, you will help make this newsletter yours!

## *Just A Dog*

Written by: Richard A. Biby

Submitted by: Jeanne Adams

From time to time, people tell me, "lighten up, it's just a dog", or, "that's a lot of money for just a dog". They don't understand the distance traveled, the time spent, or the costs involved for "just a dog".

Some of my proudest moments have come about with "just a dog". Many hours have passed and my only company was "just a dog", but I did not once feel slighted.

Some of my saddest moments have been brought about by "just a dog", and in those days of darkness, the gentle touch of "just a dog" gave me comfort and reason to overcome the day.

If you, too, think it's "just a dog", then you will probably understand phrases like "just a friend", "just a sunrise", or "just a promise". "Just a dog" brings into my life the very essence of friendship, trust, and pure unbridled joy. "Just a dog" brings out the compassion and patience that make me a better person.

Because of "just a dog", I will rise early, take long walks and look longingly to the future. So, for me and folks like me, it's not "just a dog" but an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment.

"Just a dog" brings out what's good in me and diverts my thoughts away from myself and the worries of the day.

I hope that someday they can understand that it's not "just a dog" but the thing that gives me humanity and keeps me from being "just a human".

So the next time you hear the phrase "just a dog", just smile, because they just don't understand.



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## **January**

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### *Search and Rescue Pre-Plan Project*

**Type of Event:** Presentation  
**Presented by:** Alzheimer Society of Thunder Bay  
**Date:** Wednesday, January 30th, 2008  
**Time:** 2-4 pm  
**Location:** Georgian Room, St. Joseph's Heritage  
**Contact:** For more information, please contact Joy Nieminen at 345-9556  
**Description:** Joy Nieminen, Public Education Coordinator of the Alzheimer Society of Thunder Bay and Eric Luoto, Emergency Management Coordinator, Ontario Provincial Police will be hosting a presentation on the Search and Rescue Pre-Plan Manual, which addresses the issues of people with Alzheimer's disease and dementia losing their ability to recognize familiar places and becoming lost.

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## **February**

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### *Cutting Edge Forum*

**Type of Event:** Videoconference  
**Presented by:** Ottawa University, St. Elisabeth Bruyere Institute and SCO Health Service  
**Date:** Tuesday, February 5th, 2008  
**Time:** 4-6 pm  
**Location:** CERAH, Balmoral Street Centre, Rm 2001 (available via teleconference)  
**Registration:** Please RSVP to Kathleen at 626-5573  
**Description:** An informal setting for Palliative Care Front-line staff, clinicians, Managers, Educators and Researchers to share ideas, innovations, projects and research with their colleagues. Presenters: Dr. Keith Wilson—Euthanasia and Physician-assisted suicide: Lessons from the Canadian National Palliative Care Survey  
Dr. Pippa Hall & Dr. Peter Barnes—Death Made Visible: An Interdisciplinary Exploration of Death and Dying in Literature

### *Combating Alzheimer's: What researchers are doing and what you can do*

**Type of Event:** Free Public Forum  
**Presented by:** Alzheimer Society Thunder Bay  
**Date:** Thursday, February 7, 2008  
**Time:** 7:00 pm  
**Location:** Confederation College Lecture Theatre  
**Registration:** No registration necessary. Everyone is welcome. Free parking is available. For further information, please contact the Alzheimer Society of Thunder Bay at (807) 345-9556  
**Description:** Presentation by Dr. Diamond, the Scientific Director of the Alzheimer Society of Canada. He will discuss recent research findings and tips on early detection and prevention of Alzheimer's.

*Hospice Northwest gratefully acknowledges the support of the Centre for Education and Research on Aging and Health (CERAH) in continuing to provide educational opportunities for our volunteers.*

***Beyond the Banana: the biology of HIV transmission***

Type of Event: Workshop  
Presented by: Canadian AIDS Treatment Information Exchange and AIDS Thunder Bay  
Date: February 25, 2008  
Time: 10:00 am - 2:00 pm  
Location: Victoria Inn, 555 W. Arthur St  
Registration: To register, please contact Kathleen at 626-6673. For more information, contact Brook Thorndycraft: bthorndycraft@catie.ca, 1\_800-263-1638, ext. 290  
Description: a workshop for ASO workers and HIV educators

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***March***

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***Health and Housing, a community workshop on HIV, housing and health***

Type of Event: Workshop  
Presented by: Aids Thunder Bay and Positive Spaces, Healthy Places  
Date: March 6, 2008  
Time: 10:00 am - 4:00 pm - lunch provided  
Location: Columbus Centre, 301 S. May St.  
Registration: Please call Kathleen at 626-5573 to register.  
Registration is free but attendance is limited so register early  
Registration deadline: February 29, 2008. Mileage for out of town delegates available  
For more information please contact: Kari Chiappetta at (807) 621-6225,  
email:kconconsulting@shaw.ca  
Description: A community workshop presenting results from the Positive Spaces, Healthy Places Housing and HIV Ontario Research Study

***A Hopeful Heart: Returning to the Well Spring: A Spiritual Health and Healing Workshop for Family Caregivers***

Type of Event: Workshop  
Presented by: Alzheimer Society Thunder Bay  
Date: Friday, March 28, 2008  
Time: 10:30 am - 3:00 pm  
Location: St. Joseph Heritage, Georgian Room  
Registration: Please call Kathleen at 626-5573 to register  
Description: Guest speakers: Rev. Hugh Walker, Director of Spiritual Care and Katherine Smith, Spiritual Care Associate. The purpose of this workshop is to learn ways in which to nurture your spiritual well-being, and to promote healthy living through mind, body, and spirit. This workshop will provide an opportunity to reflect on, and learn more about the grief experience and how we can cope with loss.

***Aids Thunder Bay Annual Fundraising Valentine Waffle Breakfast***

Come and enjoy hot steamy waffles with delicious fruit toppings & whipped cream.

A great way to gather friends after a long work week!

\$5.00 in advance, \$6.00 at the door

Saturday, February 9, 2008, 9:00 am - 1 pm

At St. John's Anglican Church, 226 Pearl Street (beside the Casino)