



## HNW Benefits from Spring Fashion Fundraiser

### Spring Fashion Show

Sunday, May 30th from 2:00—4:00 pm

Hildale Gardens Retirement Living

309 Hildale Road

Hildale Gardens Retirement Living has generously chosen Hospice Northwest as the recipient of a Spring Fashion Fundraising Event. At the event, Hospice Northwest volunteer Alfred Mayr will be presented with the June Callwood Circle of Outstanding Hospice Volunteers Award for 2010. Alfred's dedicated work as a HNW volunteer is highlighted in our Volunteer's Corner in this edition of the Hospice Herald.

Please come out and support Hospice Northwest on May 30th, and help us congratulate Alfred on being honoured with this prestigious award. You will also be treated to a fun presentation of spring fashions from clothing lines Tan Jay, Alia, Jessica and Alfred Dunner.



**Hildale Gardens Retirement Living**  
presents

*Spring*  
*Shas*  
*Spring*  
fashion show

**Date** - Sunday, May 30<sup>th</sup>  
**Time** - 2:00 - 4:00 p.m.  
**Address** - 309 Hildale Road

Presenting fashions by:  
• Alfred Dunner • Tan Jay  
• Jessica • Alia

Refreshments will be served during intermission.  
All proceeds support Hospice Northwest.

**Advance tickets only: \$10.00/person**  
Please contact Karen at 684-9878 or 1-866-684-9878 for further information.

Hildale Gardens Retirement Living  
309 Hildale Road  
Thunder Bay, ON P7G 0A2  
www.HildaleGardens.ca

## HNW Wine and Cheese Volunteer Appreciation Evening—May 27th



Please join us at the Hospice Northwest office for an informal evening of chatting and relaxation, as we enjoy some light refreshments, greet some old friends and perhaps make a few new ones. The evening will also provide us with the opportunity to say thank you to our volunteers and present you with your years of service pins for your ongoing dedication as Hospice Northwest volunteers.

**Time: 7:00—9:00**

**Place:**  
**Hospice Northwest Office**  
**Please RSVP by May 24th**

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### Special points of interest:

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## Message from Joan

Hospice Palliative Care Week is May 2 to May 9, with this year's theme being **Dis-covering your Voice**. On the national website, [www.hospicepalliativecare.ca](http://www.hospicepalliativecare.ca), check out "Stories" for a series of touching reflections on how hospice palliative care has impacted peoples' lives.

Locally, our Northwest End of Life Care Network has produced a print and web based campaign called Communicate Your Wishes, to encourage people to discuss their end of life preferences with loved ones, as part of the planning process which will guide decision making when such decisions need to be made. Go to the Network website <http://www.nwoendoflifecare.ca/> and click on the link: Communicate your Wishes at the bottom of the home page. You will find a Communicate your Wishes rack card in your newsletter.



### Circle of Friends

Here is another delicious recipe from the Circle of Friends

#### Ditali in Tomato Chickpea Sauce Serves 4



**Ingredients**  
2 tbsp (25 mL) extra-virgin olive oil  
3 cups (750 mL) sliced mushrooms  
2 cloves garlic, minced  
1 onion, finely

chopped  
1 can (14 oz/398 mL) chickpeas, drained and rinsed  
1 can (28 oz/796 mL) tomatoes, chopped  
3/4 tsp (4 mL) salt  
1/2 tsp (2 mL) pepper  
1/2 (2 mL) dried oregano  
1-3/4 cups (425 mL) ditali pasta or penne or macaroni  
2 tbsp (25 mL) chopped fresh parsley  
1/4 cup (50 mL) grated parmesan cheese  
Parsley sprig

#### Preparation:

In large skillet, heat oil over medium-high heat; cook mushrooms, garlic and

The Butterfly Boogie was once again a great success thanks to Bayshore Home Health who have put on this event for three years now with proceeds coming to Hospice Northwest. This year a Jive Dance contest was added, adjudicated by a panel including Mayor Lynn Peterson. The winning couple received a \$300 prize. Many other creative touches added to the evening's fun. Our gratitude goes out to the volunteers who donated their time and energy, and to the amazing team at Bayshore, not only for choosing our agency to receive the hard earned funds but also for their commitment to quality end of life care for clients in community.

One of our goals this year is to strengthen connections among volunteers. Please come out and share a glass of wine with staff and volunteers at the Wine and Cheese party on May 27<sup>th</sup>. I am hoping to see you then.

onion, stirring occasionally, until no liquid remains and mushrooms are browned, 10 to 15 minutes.

Stir in chickpeas, tomatoes, salt, pepper and oregano; bring to boil. Reduce heat and simmer until slightly thickened, about 5 minutes.

Meanwhile, in large pot of boiling salted water, cook ditali until al dente, about 8 minutes; drain and return to pot. Add sauce and chopped parsley; toss to coat. Serve sprinkled with Parmesan cheese; garnish with parsley sprigs.

#### Source

Canadian Living Magazine: March 2010

Danielle Shaver Currie shares these words of advice from Robin Norwood, author of *Why Me, Why This, Why Now*

Be "spiritually naked" with the person we are trying to help. Do not hide in falsely cheerful clichés, subterfuge, or indifference and impersonality. Watching another's suffering tests our faith, and we must allow ourselves to care without needing a specific response or outcome. We must honor the ways in which we ourselves are changed by participating in another's suffering, dying, or physical recovery.

### St. Joseph's Care Group Memorial Service

A memorial service for clients who died at St. Joseph's Hospital from December 16, 2009 to April 15, 2010 will be held on Sunday June 13<sup>th</sup> at 3 PM in the Chapel. Volunteers are welcome to attend.

### St. Joseph's Hospital Volunteer Support Meetings

May 17, 12:00—1:15

June 15, 12:00—1:15

These meetings are for volunteers working with, or interested in working with, clients at St. Joseph's Hospital. They are held in the meeting room on the 4th floor. Muffins and fruit are provided. You are welcome to bring your own lunch.

### Circle of Friends Meetings

April 29th

May 13th

May 27th

June 10th

June 24th

July 8th

July 22th



11:00 - 2:00 at the Hospice NW office

Anyone interested in becoming involved with Circle can contact Danielle Shaver Currie, Program Coordinator at 475-3656.



## News from the Region

### Geraldton Office

The Geraldton HNWC office announces the commencement of the Memory Box Campaign in their community. Pictured here is Bobbi Ratushniak, secretary of the Catholic Women's League and Willy Anton, Chair of Geraldton Hospice Northwest displaying one of the Memory Boxes that the two groups decorated. These special boxes will be made available to the families of the residents in the John Owen Evans Residence to store their loved one's treasured keepsakes when their family member passes away.



Willy Anton also sent in this description of the recent International Telehealth Symposium that was attended by two of our Geraldton volunteers:

### International Telehealth Palliative Care Symposium

This well-organized conference provided useful information on a variety of topics and featured many knowledgeable speakers. The presentations were quite diverse which heightened our focus and interest. The aim of this conference was to assist us in helping patients in a palliative state

to deal positively with their imminent death.

One speaker had us close our eyes and visualize a person in delirium and picture what the patient must experience in the hospital setting—the smells, the sounds, the sights, the touch, the taste. He explained it as a Nightmare that you can't wake up from. These patients have increasing confusion and disorientation. It scares them and they feel trapped. Their brain is failing. This causes increased pain and discomfort for the patient, the families, and the staff. Meds and restraints often worsen the problem. As a better alternative, he suggested that sitters can hold their hand and talk softly to them.

Thank you for this opportunity to attend this professional activity.

Respectfully submitted by

Willy Anton

### Manitouwadge

Volunteers are currently being sought for a program getting underway in Manitouwadge. For more information, please contact the District Program Coordinator for Manitouwadge:

Amanda Warford,  
Box 772

Manitouwadge, ON P0T 2C0

Phone: 807-826-4700 Fax: 807-826-4738

Email: [bwarford@shaw.ca](mailto:bwarford@shaw.ca)

### Nipigon

The Nipigon program is now up and running, with 15 new volunteers ready to begin volunteer visiting in the community of Nipigon.

The District Program Coordinators for Nipigon are:

Donna Smeltzer @ 887-3026 #240

email [dsmeltzer@ndmh.ca](mailto:dsmeltzer@ndmh.ca)

Lauryl Kemp @ 887-3026 #241,

email [lkemp@ndmh.ca](mailto:lkemp@ndmh.ca)

Nipigon

District Memorial Hospital

P.O. Box 37, 125 Hogan Road

Nipigon, ON P0T 2J0

### God's Problem Now...

*His wife's graveside service was just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance.*

*The little old man looked at the pastor and calmly said, "Well, she's there."*



### Terri's Tidbits...

Here we are in May already! That means it's time to start

recruiting volunteers--so if any of you know of folks who would enjoy being Hospice Northwest volunteers, please encourage them to give me a call.

As part of our annual volunteer recruitment and public awareness campaigns, we recently participated in the Health and Wellness Fair at the 55+ Centre on River Street. We were also at the Folklore Festival on May 1<sup>st</sup> and 2<sup>nd</sup>. Thank you to all those who assisted me at the Festival. Your help was greatly appreciated.

I would like to extend congratulations to Lynda Roussel, the recipient of the 2010 Good Citizen Award presented at Thunder Bay's Citizens of Exceptional Achievement Awards on April 27<sup>th</sup> at the Italian Cultural Centre. Thank you Lynda for spearheading such an exceptional team of volunteers at Grandview Lodge!

Congratulations are also extended to Alfred Mayr, the recipient of this year's Hospice Association of Ontario's June Callwood Award, and to those volunteers who are receiving the Ministry of Citizenship and Immigration's Volunteer Service Awards on June 7<sup>th</sup> for their years

of service with Hospice Northwest. They are Barry Brophy-5 years; Eleanor Ashe-5 years; Carol Rintamaki-5 years; Marina McEachern—5 years; Mabel Crooks-15 years; and Janis Degagne-15 years.

Thanks to all of you for the many years you have given the gift of your "self" to Hospice Northwest!

### JUST SOMETHING TO THINK ABOUT

"True spirituality is a mental attitude you can practice at any time." --

Dalai Lama



# Fundraising Updates: LCBO Programs and the United Way Billboard Rescue

## LCBO Donation Box Program

The Hospice Association of Ontario is pleased to announce a fundraising partnership with the LCBO throughout the month of **May 2010**.

HAO was selected as one of 26 provincial charities that will benefit from the LCBO's province-wide donation box program in 2010. In 2009, the LCBO raised a total of \$4.2 million for charities through special programs and initiatives, of which \$3.8 million was raised through in-store fundraising.

HAO will be sharing the proceeds of the campaign with local hospices. A percentage of all proceeds raised in the Thunder Bay District will be returned to Hospice Northwest.

The Campaign starts May 1 and ends May 31. Donation boxes will be placed in all LCBO stores in Ontario.



**Please help us promote the campaign.** Tell your friends and family about the boxes and ask them to support the campaign when shopping at an LCBO store.

### June 25-26

We are also fortunate in being given the opportunity to hold a Tag Day Event at all local LCBO's on the weekend of June 25-26. A Tag Day is a fundraiser in which volunteers wait by the store entrances and solicit donations for their charity in return for a "tag" printed with the charity's information. This event provides an opportunity to raise a good amount for the agency, but we need your help. We are looking for approximately 25 volunteers to help with 2 hours shifts. If you are available to help out, please call Kathleen at 626-5573 or Terri at 626-5572.



### United Way Billboard Rescue

Once again, HNW staff and board members will be participating in the United Way of Thunder

Bay's largest fundraising event, the 18th Annual Great Billboard Rescue

Throughout the month of May, our HNW team, comprised of Joan and Kathleen from the HNW office and Paul Morralee and Dona Ree from the HNW board of directors, will be busy calling and gathering pledges to help raise money for the United Way.

On May 20th, all the participating teams will gather at the Investors Group building to go up on a 75 foot scissor lift where they make their last few calls for support. If you would like to sponsor a member of the HNW team, please call the office at 626-5573 to make your pledge.



## Travel Grant Denied

The following is a letter to the editor written by Hospice Northwest volunteer Marilyn Elvish

Marilyn Elvish -Stephenson, which ran in the Chronicle Journal January 19, 2010

I am writing in hopes of saving other Ontarians from the disappointment and anger I have been subjected to.

In September 2009, a close friend became the victim of a significant medical emergency. After hospitalization here, it was felt she would be better served by going to the Winnipeg Health Sciences Centre. She would be flown out via air ambulance and I would be allowed to accompany her.

Paperwork for the Northern Health Travel Grant was filled out by the physician and we were on our way. Well, SHE was on her way. I could not fly with her because the plane was full. Due to the grav-

ity of the situation, I packed and left immediately for Winnipeg by car. Due to mechanical difficulties with the plane here in Thunder Bay, I arrived 30 minutes after her in Winnipeg.

After five surgeries and the amputation of her left leg, we were ready to come back to Thunder Bay. I, of course, drove my car back while she flew.

Once back in Thunder Bay, I filled out the remainder of the paper work required for the grant. And I waited. Finally, I started to send emails of inquiry to the Ontario Ministry of Health. They were looking into it. My MPP received several emails from me. His office said they would inform him but there has been no response.

On the evening of Jan. 16, I received a phone call from an administrative assistant to the minister telling me I did not qualify for the grant as I drove to Winnipeg instead of flying! These people were aware of the reason I did not fly but as far as he was concerned, the policy read the way it did and I was out of luck. So, if this should happen to you, I suggest

you either tell the paramedic on the flight to leave or fly the plane yourself!

Marilyn Elvish-Stephenson, RN Murillo

### Job Posting

#### Promotions Assistant

Hospice Northwest has a Summer Student Job Position available for a youth between the ages of 15-30

The main component of this position will be to begin the exciting process of producing and publishing a book chronicling the stories of our hospice volunteers.

If you know of someone who might be interested in this position, or if you are interested in sharing a story for this project, please call the office at 626-5570.



## New Resources

We have expanded our Resource Library to include a carefully selected collection of DVD movies. The selection includes:

*The Bucket List*  
*Grumpy Old Men*  
*The Fountain*  
*Patch Adams*  
*Two Weeks*  
*The Sea Inside*  
*Eulogy*

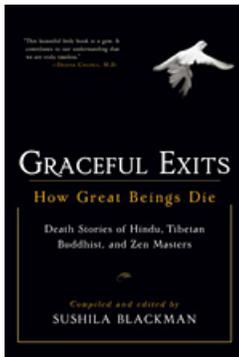
*By Big Fat Greek Wedding*  
*Big Fish*

*My Sister's Keeper*  
*Secondhand Lions*

*The Curious Case of Benjamin Button*

*P.S. I Love You*  
*The Cemetery Club*  
*Life as a House*  
*The Blind Side*  
*Morning Glory*  
*Dragon Seed*  
*Undercurrent*  
*Sylvia Scarlett*  
*The Corn is Green*

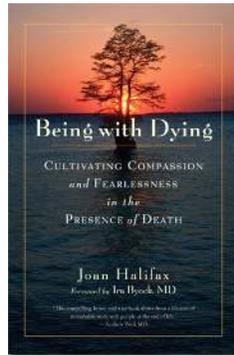
We also have several new books available for loan:



***Graceful Exits***  
***How Great Beings Die - Death Stories of Hindu, Tibetan Buddhist, and Zen Masters***  
Compiled & edited by Sushila Blackman

Death is a subject obscured by fear and denial. When we do think of dying, we are more often concerned with how to avoid the pain and suffering that may accompany our death than we are with really confronting the meaning of death and how to approach it. Sushila Blackman places death—and life—in a truer perspective, by telling us of others who left this world with dignity. *Graceful Exits* offers valuable guidance in the form of IOS stories recounting the ways in which Hindu, Tibetan Buddhist, and Zen masters have confronted their own

deaths. By directly presenting the grace, clarity and even humor with which great spiritual teachers have met the end of their days, Blackman provides inspiration and nourishment to anyone truly concerned with the fundamental issues of life and death.

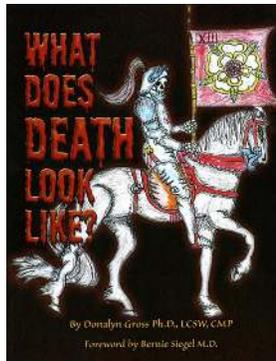


***Being with Dying***  
***Cultivating Compassion and Fearlessness in the Presence of Death***

By Joan Halifax  
The Buddhist approach to death can be of great benefit to people of all backgrounds - as has been

demonstrated time and again in Joan Halifax's decades of work with the dying and their caregivers. Inspired by traditional Buddhist teachings, her work is a source of wisdom for all those who are charged with a dying person's care, facing their own death, or wishing to explore and contemplate the transformative power of the dying process. Her teachings affirm that we can open and contact our inner strength, and that we can help others who are suffering to do the same.

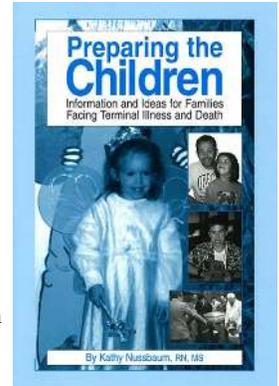
***What Does Death Look Like?***  
By Donalyn Gross, Ph.D., LCSW, CMP



***What Does Death Look Like?*** is a collection of drawings by participants of author Donalyn Gross' Death, Dying, and Bereavement classes and workshops. Children, social workers, students, artists, nurses, and other healthcare professionals were instructed to simply "draw death," giving face to an untimely event most people fear. These drawings illustrate a variety of emotions, including fear and sadness, to hope and healing.

In each page, you will see death in various forms: sorrow, confusion, spirituality and faith, hope, and healing. You will also have an opportunity to draw your interpretation of death at the end of book—a healing process which allows you to face death and accept it as a part of life.

***Preparing the Children***  
***Information and Ideas for Families Facing Terminal Illness and Death***  
By Kathy Nussbaum, RN, MS



The journey from health to death due to a terminal illness comes without preparation or experience. There are no maps to guide the way, and the inability to see ahead can produce a great deal of anxiety. Fatigue or exhaustion are almost constantly present as the path climbs up with hope and plummets down with disappointment.

Finding the energy along the way to prepare your children for a death and meet their emotional needs seem a bit overwhelming. Like many parents, you may be unsure about what needs children have during this journey. You may even feel confused as your friends and relatives generously offer conflicting advice about how much to include children during a terminal illness and death.

In this book, the author Kathy Nussbaum, who has worked in hospice for eight years both as a nurse and as the founder and director of a children's grief support program, offers invaluable information and ideas to families facing death and bereavement as they travel along the difficult path of loss, grief and healing.

***If you have a suggestion for a good book or DVD to add to our library, please let us know.***



## Volunteers' Corner

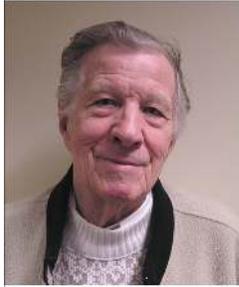
(Please make this corner your own by sending in submissions to Kathleen)

### Volunteer Spotlight

This month, we are spotlighting **Alfred Mayr**, a Hospice Northwest volunteer from our Thunder Bay program.

Alfred started his volunteer work with Hospice Northwest in 2005. A father of three, Alfred had a full understanding of the commitment necessary to support someone on their end-of-life journey following the death of his beloved wife. Alfred wrote "a good death for a loved one was my constant presence and care, my unrelenting love and my assurance, she'll never be alone". He realized that strength could be gained by helping someone die with dignity.

At 86 years of age, Alfred supports clients in long-term care homes, St. Jo-



seph's Hospital Hospice Unit and Hospice Northwest's "Circle of Friends" support group. Alfred consistently offers over 200 hours of service per year. Most recently he offered to visit a German-speaking gentleman who was feeling isolated in his long-term care home. This gentleman wished to communicate with someone in German and of

course, Alfred, speaking fluent German, rose to the occasion by offering his presence apart from his duties as a Hospice Northwest volunteer. Alfred indeed exemplifies the spirit of hospice volunteerism through his devotion and dedication to all those in need.

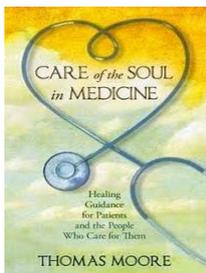
As we approach June, the month designated for Senior recognition, we should recognize that we all have the gift of

ourselves to offer to those in need and that we can do so no matter what our age may be, as Alfred has so clearly demonstrated.

Alfred's dedication was recently recognized through his induction into the June Callwood Circle of Outstanding Hospice Volunteers for 2010. Our thoughts and well-wishes are with Alfred as he recovers from a recent injury.

*Our sincere condolences go out to Margie Hull on the death of her mother and to Sue Imperius on the death of her sister.*

*Congratulations to Marg Poling, Debbie Escott, Roberta Wood and Margie Hull on the birth of their new grandchildren.*



*The following is an excerpt from the book **Care of the Soul in Medicine** by Thomas Moore. It was sent in by HNW volunteers Clay Mosley and Edith Gagne.*

*Beyond Assembly-*

#### *Line Health Care*

*Why a hospital without a soul is just a body repair shop . . .*

A few years ago I was feeding my two dogs, one an aged collie and the other a young and energetic mutt. I had a bowl of dog food in each hand, and when I tried to walk into the house from the porch I tripped over a doormat and fell, hitting my forehead hard on the sharp edge of the doorjamb. I was alone in the house and was dazed at first. When I came to, I saw blood all over my hands and felt a lump on my bleeding head. I sat down, not knowing what to do, since I couldn't think clearly. At that moment my wife and daughter arrived from a shopping trip and drove me immediately to the emergency room of our local hospital. I walked into a crowded reception area and was told to wait my turn and get my insurance information out. I couldn't think very clearly,

but I had enough presence of mind to see that this visit would be good material for my book.

My first impression was not a positive one. The receptionists were too busy and rushed. Maybe they did a quick triage and decided I had minor abrasions. There were people present with serious problems. But I was treated brusquely and felt no sense of care. I didn't feel that I was in a place of healing as much as a "factory" where the assembly line was moving too quickly.

Eventually a harried doctor came and gave me a dozen stitches. He didn't introduce himself and I didn't think he went about his work with a great deal of care. The scar on my forehead even today is very noticeable, while the work the plastic surgeon did on my face when he removed my precancerous lesion is impossible to detect. Maybe it was just a matter of skill—a plastic surgeon versus an emergency room resident. I suspect that the lack of soul in that place was also a factor, because ultimately it is the soul that heals, even when it is only a matter of stitches.

The soul is the invisible factor that draws people together, brings out their humanity, and gives depth and meaning to what-

ever they do. When you treat people as objects, as cases and syndromes and machines in need of repair, you will not be a healer, not even a doctor or nurse. You will be a technician, a human repairman, a functionary in a world of objects. Soul will not enter into your work, not into your skillful use of techniques and not into your relationship with your patients. Your work will not satisfy you, not because it isn't worthy work but because there is no soul to give it a deep human pulse.

On the other hand, when soul is present, when you are capable of being present as a human being and making a connection to a patient, even simple applications of your skills will make your work fulfilling and bring you close in touch with the people who come to you for help.

A hospital with soul is a place of healing. A hospital without soul is a body repair shop. The depth of human feeling and care will show itself in the people, in the building and in the atmosphere. In a sense, it is the atmosphere that heals. Religion scholar Karoli Kerényi once wrote that you sense the presence of the god in the atmosphere of a place. In a hospital you may sense the presence of Asklepios, the Greek God of Medicine. If you do, whether or not you name him, you will know that the place has soul and that it has what is required to heal.



## Educational Opportunities and Events

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### ***Therapeutic Touch, Levels 1 and 3***

**Date and Time:** May 15-16, 2010, 9:00 am—5:00 pm

**Location:** Hospice Northwest Office, 63 Carrie Street

**Presented by:** Thunder Bay Therapeutic Touch Practice Group

**Presenter:** Patricia Tamosetis, Registered Therapeutic Touch Teacher

**Description:** Therapeutic Touch™ (TT) is a complimentary health technique used by lay people and professionals. Based on formal and clinical research, use includes, but is not limited to, promoting relaxation, altering the perception of pain, decreasing anxiety, accelerating healing and promoting comfort. The basic technique can be learned in a day. TT can bring benefits to family and friends, even pets and plants. It can also help the student of TT live a healthy, meaningful life. There are three levels of Therapeutic Touch training. We are offering Level 1 to those new to TT and Level 3 for those who have completed Levels 1 and 2.

**Registration:** please call Kathleen at 626-5573 to register. Hospice Northwest covers the registration fee for Level 1 for those volunteers interested in learning and using TT on their clients. The cost of Level 3 is \$135.

### ***Moving Palliative & End-of-Life Care Forward***

**Dates:** Mon, May 17, 2010 to Fri, May 21, 2010, 9:00 am 3:00 pm

**Location:** Attend online via [https://eclasslive.srv.ualberta.ca/Nursing/join\\_meeting.html?meetingId=1265837176917](https://eclasslive.srv.ualberta.ca/Nursing/join_meeting.html?meetingId=1265837176917)

**Presented by:** the University of Alberta

**Description:** This is a back-to-back series of presentations, workshops, and discussion forums taking place at the University of Alberta. This series is organized by a cross-Canada and international team of CIHR-funded researchers and healthcare providers. It focuses on completed research that addresses these concerns: the number of people who pass away each year is doubling, with advance planning needed for “good” deaths; most (80-90%) of the people who die today are advanced in age or have advanced end-stage illnesses, and their care and support needs differ from those who die suddenly at younger ages; a major shift of death and dying out of hospital has occurred without planning in Canada, leaving nursing homes and families with few resources to cope with greater palliative and end-of-life care roles; people living in rural and remote areas have unique needs and interests, and less access to specialized palliative care and other services that commonly exist now in urban areas.

**Registration:** All sessions are free. Please contact Kathleen at 626-5573 for more information on how to attend via computer link.

### ***CCAC Palliative Pain and Symptom Management Program—Lunch and Learn (Please bring bag lunch)***

**Date:** Tuesday May 18, 2010 from 12:30 pm—1:30 pm

**Location:** North West Community Care Access Centre, Boulevard Room, 961 Alloy Drive

**Topic:** The Role of the Nurse Practitioner in Palliative Care

**Presenter:** Ursula Danner, Nurse Practitioner

**Registration:** Please RSVP to Kathleen by May 12 if you are interested in attending.

### ***Understanding and Honouring Your Grief Mini-Retreat***

**Date and Time:** Wednesday June 9, 2010 at 6:30 pm

**Location:** Hogarth Riverview Manor, 300 Lillie St. N., Timber Hall

**Presented by:** Hogarth Riverview Volunteer Team Caring Hearts and the Alzheimer Society of Thunder Bay

**Presenter:** Margie Uurainen, HBSW, RSW, Education and Family Support Facilitator for the Alzheimer Society of Thunder Bay

**Topic:** You will have an opportunity to learn more about different kinds of grief, why people are grieving and how to work through your grief. Guided meditation, prayer and rituals will be offered after the presentation. Coffee and refreshments will be served.

**Registration:** Please RSVP to Kathleen by June 4th if you are interested in attending.



## Educational Opportunities and Events

### ***Forums on Interdisciplinary Gerontology Speaker Series***

#### ***What Makes a Successful Interprofessional Team? Views from Health Service Providers in NW Ontario***

**Date and Time:** May 26th from 1:00—2:00 pm

**Location:** St. Joseph's Heritage—Telehealth Communications Room, 63 Carrie Street

**Presented by:** Centre for Education and Research on Aging and Health (CERAH), Lakehead University

**Presenter:** Dr. Ian Newhouse, PhD, Director, CERAH

**Description:** This presentation will provide evidence related to the potential benefits of IP education (IPE) and IP care (IPC). The themes and determinants associated with successful collaborative patient-centered practice will be identified

**Registration:** This discussion can be accessed from your OTN site. Please contact Kathleen for the link and to register.

### ***Diversity: A Value Added Dimension to our Health System***

**Date and Time:** May 27, 2010 from 8:30 am to 3:30 pm

**Location:** Nipigon Curling Club, Wadsworth Drive, Nipigon Ontario

**Presented by:** North West Local Health Integration Network and Nipigon District Memorial Hospital

**Description:** NW Ontario is noted for its cultural diversity. Respecting diversity in our communities and workplaces will enhance our social and business cohesion, helping make ours a safe and successful region in which to live and work. This session will allow you to discuss and learn about the value of diversity in our communities and health system.

**Registration:** please call Kathleen at 626-5573 to RSVP for this event

### ***Potala Tibetan Buddhist Meditation Centre Retreat***

**Dates:** June 18-20, 2010

**Location:** Hospice Northwest Office, St. Joseph's Heritage, 63 Carrie Street

**Presented by:** Potala Tibetan Buddhist Meditation Centre and Hospice Northwest

**Teacher:** ZasepTulku Rinpoche

**Registration:** please contact Kathleen for more information

### ***The Secret of Caregiving: Balancing Giving and Receiving***

**Dates:** Wednesday June 9, 2010 from 7:00 to 8:30 pm

**Location:** Oliver Road Community Centre

**Presented by:** The Caregiver Support Committee

**Presenter:** Daniel Klassen, counselling psychologist, professor and author

**Description:** This presentation is for caregivers. It offers the participants the opportunity to reflect on their own philosophy of life as a caregiver. This discussion will provide an understanding and acknowledgement of the significant role one undertakes as a caregiver, tools to ensure a balance of giving and receiving and how one goes about managing the stress that sometimes accompanies the caregiver role.

**Registration:** please contact Kathleen for more information

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Debbie Escott is the volunteer representative on the board and welcomes all communication from volunteers. Her phone number is 345-712 and email is [dlescott@shaw.ca](mailto:dlescott@shaw.ca)

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