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April Newsletter

In support of **Advance Care Planning Day** on April 16, we are highlighting a number of resources available to help you navigate ACP whether you are filling in your own ACP to help ensure your wishes for future care are known or if you are assisting patients, residents, or clients.



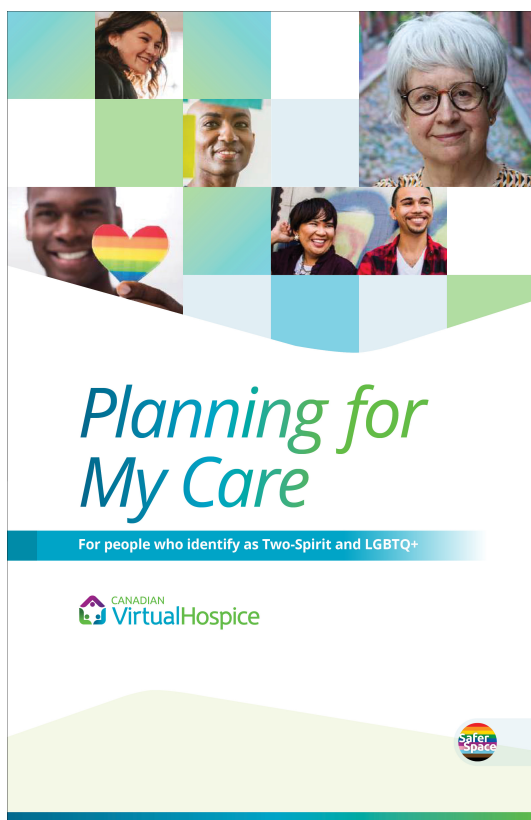
Planning for your care

Ensure your wishes are heard and respected.



[Coming Full Circle: Planning for Your Care](#)

Developed by Indigenous Peoples for Indigenous Peoples, *Coming Full Circle: Planning for Your Care* is a culturally safe resource to assist First Nations, Inuit and Metis reflect on their wishes for future care and help ensure that wishes, beliefs and values are known and respected. It is a place to document care choices and helps share important information with loved ones and healthcare providers before a medical crisis happens. It is a key tool to assist healthcare providers to provide culturally safe care.



[Planning for My Care](#)

Part of Proud, Prepared and Protected – a series of resources to support 2SLGBTQ+ inclusive palliative care – this document focuses on care conversations for Two-Spirit and Lesbian, Gay, Bisexual, Trans, Queer, and all sexual and gender-diverse people. It is intended to help 2SLGBTQ+ people and healthcare providers working with 2SLGBTQ+ people to start conversations about what is important to them, what concerns they might have, and help them identify who they would want to make decisions on their behalf should they not be able to make decisions for themselves.

Advance Care Planning Videos

A big shoutout to Ontario Centres for Learning, Research and Innovation in Long Term Care for using our [LivingMyCulture.ca](https://www.livingmyculture.ca) videos in the training they deliver throughout Ontario. They recognize that ACP is also about respecting and enabling cultural practices. In these three videos, people from various cultures share practices that are important to them.



Pakistani contributors Sama, Hamayun, and Shahina speak to the role of religion and culture how it interacts with loss, grief, and wishes for end-of-life.



Italians Francesca, Rosanna, and Pina speak to the importance of a good death and what that means for someone with an advanced illness.



Indigenous Peoples share the importance of enabling ceremonies, traditions, and spiritual practices when people are living with advanced illness.

For more ACP perspectives of people from 11 cultures, visit [LivingMyCulture.ca](https://www.livingmyculture.ca).

If Not You, Who?

Advance Care Planning (ACP) in Canada is a collaborative initiative led by the Canadian Hospice Palliative Care Association (CHPCA). Each year on Advance Care Planning Day, ACP Canada runs a campaign to raise awareness for ACP. This year's campaign focuses on the complicated decision of who do you choose to care for you should you no longer be able to make decisions about your care for yourself.

ACP Day

ACP Canada also has online interactive workbooks designed to guide users through the 5 Steps of Advance Care Planning.

Speak Up Plan

BC Centre for Palliative Care launches ACP hub!

This ACP resource repository enables users to navigate easily between learning about and creating an advance care plan. It offers ACP resources, many in Hindi, Punjabi, Simplified Chinese and Traditional Chinese (filterable by language and audience), and information about the legal aspects of ACP.

[Learn more](#)

The Conversation Project

The Conversation Project is a public engagement initiative from the Institute for Healthcare Improvement in the United States with a goal to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected. The Conversation Project offers free tools, guidance, and resources to begin talking with those who matter most about your and their wishes.

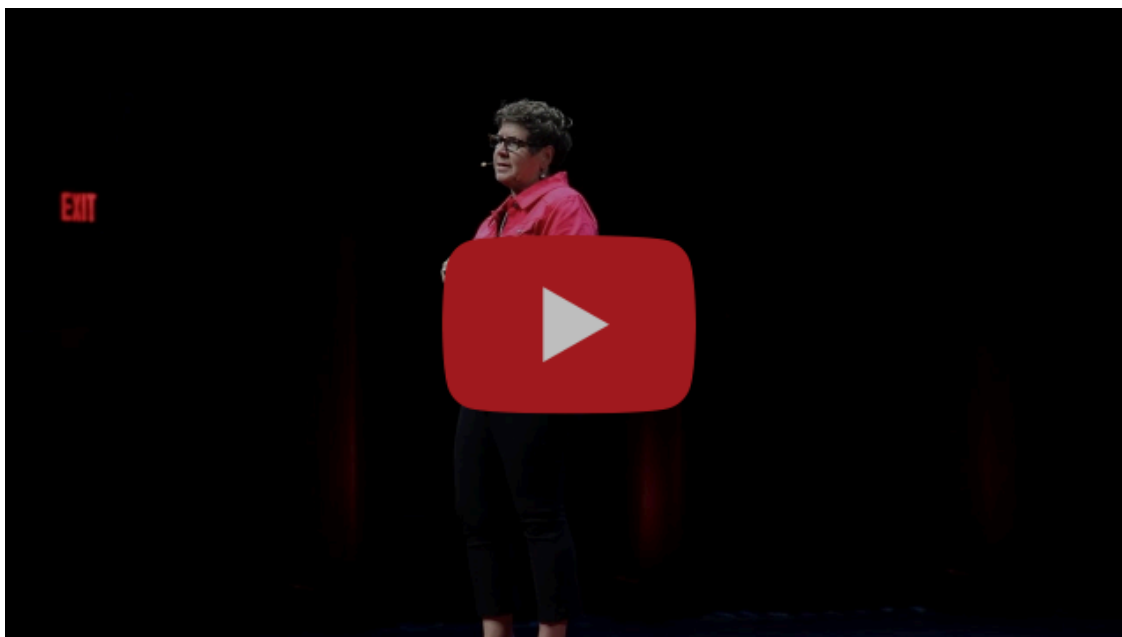
[Learn more](#)

For Everyone

PODCAST: The Waiting Room Revolution

Join your hosts Dr. Samantha Winemaker, palliative care doctor, and Dr. Hsien Seow, health care researcher, as they share real-life stories to explain the 7 keys to being hopeful and prepared when facing serious illness. The most recent episode features a discussion with New York Times columnist and best-selling author Theresa Brown. Previous episodes include special guests such as Dr. Harvey Chochinov of the University of Manitoba, influential TikTok star Penny Hawkins, aka Nurse Penny, rock star and breast cancer survivor Bif Naked, aka Beth Allen, and many more.

Listen in



TEDTALK: Pet loss grief

The grief of losing a pet is crushing; and yet it is too often minimized. This talk, by Dr. Sarah Hoggan DVM has been an emergency veterinarian for over 20 years, explains why the pain of pet loss is different and why it is valid.

I'm married to my partner but feel widowed by her dementia

"My partner can no longer remember Valentine's Day. Or my birthday or our anniversary. She's never again going to be able to buy me flowers or get me a corny card. The essence of her being is eroding away. So it's like I'm widowed. And yet I'm not a widow because my partner is alive."

In this article, Sharon Hunter talks about the grief and feelings of loss from their partner moving into a personal-care home last year due to their early-onset dementia.

[Read more](#)

Upcoming Webinars

KidsGrief Q&A May

May 2, 2023

Join children's grief expert Andrea Warnick as she answers your questions.

[Register](#)

For Professionals

ARTICLE: Exploring work-related grief among community service workers

Written by Melissa Giesbrecht, RA et al of the University of Victoria, this study explores community service workers' experiences of grief to help identify ways of providing more tailored, meaningful, and equitable supports. At the end of life, people experiencing structural vulnerability (e.g. homelessness, poverty, stigmatization) rely on community service workers to fill gaps in access to traditional palliative services. Although high levels of burnout are reported, little is known about these workers' experiences of grief.

[Read article](#)

Support Groups and Youth Camps

NEW! Lumara Program Registrations for the spring are open

The Lumara Society for Grief and Bereavement Care is offering a wide variety of adult and youth online and in-person support groups, programs, and workshops. All of Lumara's online group programs are being offered with a nominal registration fee.

[Register](#)

Vancouver Island Youth Retreat

May 12-15

Presented by the Lumara Society, the Vancouver Island Youth Retreat is for youth ages 13-19 looking for an opportunity to connect with peers who are grieving the death of someone they care about. During the three night stay at Strathcona Park Lodge, participants will experience canoeing, hiking, campfires as well as an array of healing modalities including Art Therapy, Music Therapy, Peer Support Groups, and much more.

[Learn more](#)

Camp Keaton

June 9-11, 2023

Camp Keaton is a bereavement camp for children and teenagers ages 7-17 grieving a significant death. Camp Keaton provides a traditional, fun, and high-energy camp experience, combined with grief education and emotional support. The camp is staffed by bereavement counselors and community volunteers professionally trained by child bereavement experts.

[Learn more](#)

Virtual Support Group for People in Treatment for a Blood Cancer, Survivors, and Caregivers

Presented by the Leukemia & Lymphoma Society of Canada, this support group will cultivate an atmosphere in which members feel safe and comfortable talking about and working through personal issues and experiences. It will provide the opportunity to share ideas and support each other in a virtual environment. From the comfort of your home, connect with others who are going through or have gone through a similar experience. Build connections through group discussions and share coping methods and practical information. Meetings are professionally facilitated.

Dates

April 19, 2023

May 17, 2023

June 21, 2023

[Learn more](#)

Webinar Recordings

KidsGrief Q&A March

In this March webinar, children's grief expert Andrea Warnick answered your questions about children's grief.

- What resources exist for health care practitioners to help accommodate patients with ADHD?
- How can therapists help parents who are grieving from their child suffering from severe illness?
- What language do we use when we're talking to families or children about grief?

[Watch recording](#)

KidsGrief Q&A April

In this April webinar, children's grief expert Andrea Warnick answered questions about children's grief.

- What are the 5 C's?

- What is complex grief and how does it differ from mental health?
- My children's dad died from cancer recently, now both grandfathers have been diagnosed with cancer, how do I talk to my children about it?

[Watch recording](#)

Events

Seasons Centre Annual Education Day

April 20, 2023

Presented by the Seasons Centre, this hybrid symposium focuses on the theme of cultivating emotional resilience in children and families.

[Learn more](#)

SWHPN 2023

April 23 to 25, 2023

The Social Work Hospice and Palliative Care Network's General Assembly will be held in Denver, Colorado.

[Learn more](#)

NEW! Advanced Learning in Palliative Medicine

May 4 to 6, 2023

The Canadian Society of Palliative Care Physician's annual conference in Calgary, Alberta brings together more than 220 palliative care physicians from across Canada and is a key learning event not just for palliative care physicians, but for family doctors and other physician specialists who want to enhance their knowledge of palliative care. The program has been developed by physicians for physicians and includes plenary sessions, concurrent workshops and pre-conference workshops on May 3.

[Learn more](#)

HPCO 2023

June 11 to 13, 2023

The Hospice Palliative Care Ontario's annual conference, *Now is the Time*, will be held in Toronto. Holly Prince, MSW, Lakehead University will be presenting the opening keynote presentation and Jim Mulcahy will be presenting the closing keynote presentation.

[Learn more](#)

CAPO 2023

June 20 to 22, 2023

The Canadian Association of Psychosocial Oncology's annual conference, *Co-designing Psychosocial Oncology: Optimizing Outcomes for All*, will be held in Toronto.

[Learn more](#)

We'd love to hear from you!

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