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January Newsletter

Paul Adams receives QELCC Award

Paul Adams, respected journalist, academic and award-winning author turned palliative care champion is the recipient of the 2023 [Quality End of Life Coalition of Canada Sharon Carstairs Award of Excellence in Advocacy](#) for his outstanding efforts in championing palliative care and as spokesperson for the [Canadian Grief Alliance](#). The award recognizes individuals who have advocated for the recommendations laid out in the QELCCC's *Blueprint for Action: 2020-2025*. It was presented to Paul by the Hon. Sharon Carstairs whose watershed achievements to accelerate progress in palliative care in Canada are legendary. Canadian Virtual Hospice was delighted to nominate Paul for this award.



Paul was the primary caregiver to his wife, Suzanne, who died of complications from metastatic breast cancer in 2016. Suzanne's very late referral to palliative care and subsequent missed opportunities prompted Paul to become an advocate. Paul has appeared before two Parliamentary Committees, contributed articles to *The Ottawa Citizen*, *Policy Options* and *Healthy Debate*, and *The Walrus*.

He has lobbied government officials, and shared his very personal story in service to others. He has participated in numerous panels and presentations including the advocacy panel at the McGill International Palliative Care Congress. Paul volunteers with numerous organizations, including the Canadian Virtual Hospice, Canadian Partnership Against Cancer, the Canadian

Society of Palliative Care Physicians, the Canadian Caregivers Advisory Network, the Canadian Institute for Health Information, and the Canadian Cancer Society. As a founding member and the lead spokesperson for the Canadian Grief Alliance, Paul has done scores of interviews with print, radio and television outlets, to advocate for investments in grief and bereavement services, education and research.

[Explore Paul's videos](#)

For Everyone

Living Dying

Supporting a child or teen when someone they care about is dying or has died is one of the most difficult tasks of a parent. Family members, friends, and caregivers who are helping a child to understand and grieve, when they themselves are also grieving, often feel overwhelmed and helpless. This popular handbook provides practical strategies for parents and professionals supporting children and teens who have or will experience the dying and death of someone they care about.

Canadian Virtual Hospice is pleased to partner with author and national children's grief leader Ceilidh Eaton Russell to make "Living Dying – A guide for supporting grieving children and teenagers" available for purchase for yourself or to distribute to families you support.

[Order](#)

Connection and Support in the CVH Discussion Forums

"One month ago my mother passed away. With her dementia I feel that I have been losing her for 3 years. My heart breaks but I don't think anyone sees it." – Janny

"I am my mom's caregiver - she has terminal cancer. I have my own family and feel a lot of guilt as so much of my time is taken up looking after my mom. I feel like I'm neglecting my family." – M09

"I too wondered how I carried on with life while grievingI know that I am grateful for having had them in my life and try to remember the good times." – Sadgirl

The Discussion Forum is a safe, caring community where people can share their experience anonymously and find support about living with a life-limiting illness, caregiving, loss and grief.

Join the CVH Discussion Forums if you feel community support may help you or if you have support to give and experience to share.

[Join discussion](#)

Dr. Bernard Lapointe appointed to Order of Canada

Dr. Bernard Lapointe has been appointed an Officer of the Order of Canada for his outstanding work in palliative care. While Bernard may be best known for his stewardship of the International Congress on Palliative Care which has grown to be the most important palliative care conference in the world, he has also made significant contributions to research, clinical practice and the policy landscape in Canada.

Thank you, Dr. Nicola Smith

This year, Dr. Nicola Smith made Canadian Virtual Hospice the charity of choice for her birthday "fund-rager". We greatly appreciate Dr. Smith's personal donation and the generosity of her friends and colleagues to support our work. We will be directing this donation to support grieving Canadians.

Congratulations Dr. Maxxine Rattner and Dr. Ceilidh Eaton Russell

We are delighted to recognize these two outstanding team members who recently completed the requirements for their doctoral degrees. While attending to heavy academic demands, these amazing women made substantial contributions to the work of Canadian Virtual Hospice and the Canadian Grief Alliance.

Puppies fill the Grey Bruce Hospice with Joy

Staff and residents at the Grey Bruce Hospice were treated to a playdate with six adorable golden retriever puppies. In this episode of Ontario Morning from CBC Radio, Ramraajh Sharvendiran speaks to Funds Development Officer Amy McConachie about the heartwarming event.

[Listen in](#)

Camp Erin 2023 Applications Open

Gilda's Club of Greater Toronto's Camp Erin is now accepting applications for their 2023 season. Camp Erin Toronto is a free, weekend bereavement camp for youth who are grieving the death of a significant person in their lives. Children and teens ages 6 to 17 attend a weekend camp experience that combines grief education and emotional support with fun, traditional camp activities. Led by bereavement professionals and caring volunteers, campers are provided a safe environment to explore their grief, learn essential coping skills, and make friends with peers who are also grieving.

[Learn more](#)

Hospice Toronto Bereavement Support Groups Open

Hospice Toronto's Bereavement Support program is available to family and friends who are grieving. A dedicated pool of volunteers works one-on-one either by phone, in person or online.

[Learn more](#)

Hospice patient sees planes on final flight

The Oxford Paramedic Association's *A Wish to Remember* program and the Canadian Harvard Aircraft Association made Von Sakura House Hospice patient, Bill Wright's, special wish to see the airplanes he once worked on fly for one last time a reality. *A Wish to Remember* enables palliative care patients who are immobile or need constant care to see or do something special they wouldn't otherwise be able to do. Wishes could be trips back to their family farm, to go out for a special dinner, or to visit the beach to watch the sunset. Thanks to the Oxford Paramedic Association for this innovative and meaningful program – another outstanding example of quality palliative care!



New Virtual Cancer Care Study

The Canadian Cancer Society and Women's College Hospital are seeking participants for a study exploring the virtual cancer care experience for older adults in the Black community. The purpose of the study is to understand the unique experiences of older Black patients (age 50+) and their caregivers and to learn how virtual cancer care can be improved and support health equity.

Eligibility:

- healthcare providers with experience delivering virtual cancer care
- adults (age 50+) in the Black community who have used virtual cancer care
- unpaid caregivers for adults (age 50+) in the Black community who have used virtual cancer care

To learn more contact Shivani.Chandra@wchospital.ca.

For Professionals

ARTICLE: Loneliness, its effect on mental and physical health, and the dying

Author Ami Rokach PhD of York University, describes loneliness and its effect on mental and physical health during dying and death.

[Read article](#)

NEW BOOK: Handbook of Psychiatry in Palliative Medicine

Written by internationally known psychiatry and palliative care experts, and edited by Drs. Harvey Max Chochinov and William Breitbart, the *Handbook of Psychiatry in Palliative Medicine* is an essential reference for all providers of palliative care, including psychiatrists, psychologists, mental health counselors, oncologists, hospice workers, and social workers.

[Order book](#)

NEW BOOK: Dignity in Care – The Human Side of Medicine

Written by Canadian Virtual Hospice cofounder, Dr. Harvey Max Chochinov, *Dignity in Care – The Human Side of Medicine* explores the humanity and tone of care, and how healthcare providers can engage in a thoughtful and meaningful way that satisfies their patients' needs to be seen and appreciated as "whole persons." Sir William Osler said, "The good physician treats the disease; the great physician treats the patient who has the disease." *Dignity in Care* applies this approach to all of health care.

[Order book](#)

ARTICLE: 'Platinum Rule' to Replace the Golden One

Author Dr. Harvey Max Chochinov, offers the "platinum rule" described as "do unto others as they would want done unto themselves". This principle takes the place of the Golden Rule: do unto others as you would have them do unto you, which has been found to be imperfect in providing compassionate and ethical care as health care moves towards being more individualized.

[Read article](#)

New Caregiver-Centered Care Education modules

The University of Alberta's Advanced Caregiver-Centered Care Education modules for health providers who work closely with family caregivers or supervise employees who work with family caregivers, are now online. Check out the first 2 modules:

- Module 1 Recognizing the Family Caregiver Role
- Module 2 Communicating with Family Caregivers

These new modules will take 45 to 60 minutes to complete and include a continuing competency certificate.

[Learn more](#)

ARTICLE: Grief and bereavement of family and friends around medical assistance in dying

Published by [MAiDHouse](#), this community-based scoping review gives a visual summary of the concepts related to grief & bereavement around MAiD.

[Read article](#)

In the News

[6-bed hospice coming to Miramichi](#) – CBC News

[Castlegar Hospice Society wins Community Social Award 2022](#) – Castlegar News

Upcoming Webinars

KidsGrief Q&A February

February 7, 2023

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

[Register](#)

Webinar Recordings

KidsGrief Q&A December

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

[Watch recording](#)

KidsGrief Q&A January

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

[Watch recording](#)

Events

Promoting Health Equity Through Trauma-Informed Practice and Engagement

February 7, 2023

Join Health Excellence Canada for two new virtual learning events aimed at promoting patient engagement that is equitable and inclusive. These sessions will help you develop an understanding of trauma-informed approaches that help foster more equitable and inclusive engagement with a broad diversity of people in the health system. You will explore practical approaches and instructive case studies, guided by a diverse set of speakers.

[Register](#)

Innovations in Palliative Care Virtual Conference

February 8, 2023

The 19th Annual Innovations in Palliative Care Virtual Conference, presented by McMaster University's Division of Palliative Care in the Department of Family Medicine, will again be online for 2023.

[Register](#)

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

February 15, 2023

March 15, 2023

April 19, 2023

May 17, 2023

June 21, 2023

[Learn more](#)

Children's Fun Night

February 23, 2023

Growing with Grief at Yorktown Family Services is following Ontario's Family Day with Children's Fun Night this February 23rd.

Activities may include:

- A scavenger hunt
- Pin the tail on the Grief Monster
- Simon says
- A heel-toe race

There will also be quieter, more individual activities available for those that need a change of pace. This event is free. Snacks will be provided.

[Register](#)

Call for Abstracts: CAPO 2023

February 28, 2023

The Canadian Association of Psychosocial Oncology (CAPO) is now accepting abstracts for posters, oral presentations, symposia and 90-minute workshops for the 38th Annual Conference to be held from June 20 through June 22, 2023.

[Learn more](#)

CPCNA Webinar: Medical assistance in dying (MAID) in Canada: Today's law and the changes ahead

February 28, 2023

Helen Long and Kelsey Goforth from Dying with Dignity Canada, will provide an overview of the existing assisted dying law in Canada, the changes expected in 2023 regarding assisted dying for those whose sole underlying condition is a mental disorder, and future changes being considered during the Parliamentary Review. They will speak to the eligibility criteria for medical assistance in dying (MAID) and the procedural safeguards in place. Additionally, they will provide statistics on MAID in Canada. The presentation will also cover challenges to access that have endured since MAID first became available.

[Register](#)

Dementia Care “Caring During COVID-19 and Beyond” Professional Development Series

March 10, 2023

The Alzheimer Society Manitoba's Dementia Care “Caring During COVID-19 and Beyond” Professional Development Series concludes with the final online seminar "Does Medication Have a Role in Managing Responsive Behaviours in Dementia?" featuring Dr. Barry Campbell.

[Learn more](#)

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](#)

HPCO 2023

June 11 to 13, 2023

The Hospice Palliative Care Ontario's annual conference, *Now is the Time*, will be held in Toronto.

[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](#)

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