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March Newsletter

Family and friend caregivers are the soul of palliative care – often providing complex care around the clock. This includes physical care and attention to emotional, spiritual and cultural needs. Often caregivers are juggling work and other family responsibilities as well. Approximately 90% of palliative care is delivered by family and friend caregivers. In anticipation of National Caregiver Day on April 4th, we're recognizing the crucial role of caregivers and highlighting resources co-designed to support caregivers in the crucial care they provide. Do you know someone who is providing care to a spouse or partner, parent, child, sibling, neighbor or friend? Canadian Virtual Hospice has online resources available to help!

A big shout out to our caregiving partners:

- [Family Caregivers of British Columbia](#)
- [Caregivers Nova Scotia](#)
- [Caregivers Alberta](#)
- [The Ontario Caregiver Organization](#)
- [Young Caregivers Association](#)

Thanks to you and all of the palliative care organizations and associations that support caregivers everyday!



In this video, Paul Adams provides some advice to caregivers entering the world of advanced illness.

Resources for Caregivers

CaregiversCAN

Our free and comprehensive online resource helps caregivers build practical skills and confidence to deliver safe care. Available at www.virtualhospice.ca/caregiving, the modules support unpaid family and friend caregivers, whether they are providing care full-time, part-time, occasionally, or from a distance.

[Learn more](#)

Caregiving Demonstrations

This series of caregiving demonstration videos cover important topics like administering medications, helping with movement, and personal hygiene.

[Access videos](#)

CaringTogether.life

CaringTogether.life is a free platform designed to educate, support, and empower parents caring for a seriously ill child and those who are experiencing pregnancy or infant loss. Developed by families and pediatric healthcare

providers, CaringTogether.Life is here for you every step of the way as you care for your child, yourself, and your family.

[Learn more](#)

Grief as illness progresses: Dementia, ALS, MS, Parkinson's, or Huntington Disease

This resource offers information and support for people who are caring for others living with progress neurodegenerative illness including Alzheimer's disease, other dementias, amyotrophic lateral sclerosis (ALS), Huntington disease, Parkinson's disease, and multiple sclerosis (MS).

[Learn more](#)

Building Healthcare provider capacity to support caregivers

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

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

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

[Learn more](#)

Caregiver Centre of Excellence

The Canadian Centre for Caregiving Excellence supports and empowers caregivers and care providers, advances the knowledge and capacity of the caregiving field, and advocates for effective and visionary social policy, with a disability-informed approach.

[Learn more](#)

For Everyone

EDITORIAL: Hospice residences alleviate intense pressure on health care system

Dr. Sandy Buchman of Neshama Hospice and the Freeman Centre for the Advancement of Palliative Care explains that expanding access to hospice care takes the pressure off of hospitals where the demand for beds often exceeds the capacity and is a more affordable care option when care can't be provided at home.

[Read article](#)

PODCAST: Strengthening a Palliative Approach in Long-Term Care

Individuals in long-term care have unique physical, emotional, social, psychological, and spiritual needs. A palliative approach to care ensures these needs are being met in a compassionate way that enhances quality of life, limits suffering, and provides needed comfort. This podcast presented by the SPA-LTC initiative funded by Health Canada, explores a palliative approach to long-term care through conversations with patients, health care professionals, family members, researchers and others who want to improve how we care for people in long-term care.

[Listen in](#)

PODCAST: Disrupting Death

In the first episode of Disrupting Death, hosts Kathy Kortes-Miller, MSW PhD and Keri-Lyn Durant, PhD candidate have a conversation with Globe and Mail journalist and author Sandra Martin about the history of MAiD in Canada, the importance of leading with an open heart, writing your obituary, and much more.

[Listen in](#)

Young Caregivers Association Launches an Online Resource Hub

The Young Caregivers Association, an organization that provides dedicated support to young caregivers and their families, has launched its Knowledge Centre. This online platform is equipped with tools designed to help families, educators, health care professionals, social workers, and young caregivers connect with resources to support wellbeing.

[Learn more](#)

Grief resources from Compassionate Ottawa

Compassionate Ottawa has created 7 digital stories to spark conversations around topics of caregiving, serious illness, death, dying, grief and the role of compassionate communities in relation to these topics. In addition to these personal vignettes, their *Book Chat* section includes resources based on lessons learned from Dr. Kathy Kortez-Miller's book "Talking About Death Won't Kill You", that guide participants through conversations about death and dying.

[Learn more](#)

SURVEY: Long-Covid and its effects on cancer patients

The Canadian Cancer Survivor Network (CCSN) is working with Leger, an independent market research agency, to survey Canadian cancer patients and caregivers who have long Covid. This 10-minute survey will gather information about the physical and financial impacts of the virus, and what impact it has on cancer care.

[Take survey](#)

Hummingbird Book Club

Are you a widowed parent who likes to read? The Hummingbird Centre for Hope has a book club just for you.

[Learn more](#)

BOOK: Preparing for the Journey: Caring for Indigenous Peoples who are Seriously Ill

Centre for Education and Research on Aging and Health newly updated the *Preparing for the Journey: Caring for Indigenous Peoples who are Seriously Ill* resource manual that provides family and community members with guidance and support for caregiving at the bedside. This resource is useful in Indigenous communities across Canada. Available for free download in both [printer-friendly](#) and [image-rich formats](#).

Running low on Virtual Hospice postcards?

We've launched so many new resources over the past year! Did you know you can order Canadian Virtual Hospice postcards, posters, and more, free of charge within Canada? Using the "place order" button below, complete the online form and we'll send you materials to distribute to people living with illness, families, staff, colleagues, and students.

Thank you for sharing our materials with your networks.

[Order English](#)

[Order French](#)

Dr. Kelli Stajduhar awarded 2022 Barer-Flood Prize

Congratulations to Dr. Kelli Stajduhar, the 2022 Barer-Flood Prize in Health Services and Policy Research awardee! This prize recognizes and supports research excellence among Canada's senior-career investigators working within the mandate of Health Services and Policy Research.

[Read more](#)

Paramedic wins palliative care award

Niagara-area paramedic Lisa Bath has been awarded the 2023 Elizabeth J. Latimer Prize in Palliative Care, named for the McMaster University professor who helped transform palliative care in Hamilton and beyond. Lisa is an advanced care paramedic with Niagara Emergency Medical Services and she received the award from the McMaster's Department of Family Medicine's division of palliative care for her leadership and involvement in research that could transform community-based palliative care in Ontario.

[Read more](#)

Welcoming our new team member!

We are very excited to welcome Maria Ryhorski back to the Canadian Virtual Hospice team as our Manager of Communications. Maria was previously a senior member of the Communications team at Saskatchewan Medical Association, and volunteered for Prairie Hospice Society as a communications advisor, board member, and as an end-of-life companion. She has a personal and professional commitment to contributing to progress in palliative care and grief. Maria started her career at Canadian Virtual Hospice 13 years ago.

Cheryl Cameron receives Queen's Jubilee Platinum medal

Cheryl Cameron, Director of Operations for the Canadian Virtual Hospice received the Queen's Platinum Jubilee medal from the Province of Alberta for her outstanding work in palliative care in Alberta and across Canada. Congratulations, Cheryl. We are so proud of you and grateful to have you on our team!

Upcoming Webinars

KidsGrief Q&A April

April 4, 2023

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

[Register](#)

For Professionals

ARTICLE: Quality of Communication Correlates to Quality of Care

Written by International Association for Hospice and Palliative Care board member, Barry Ashpole, this article focuses on how communication impacts the

quality of care provided in palliative care and hospices. The article highlights issues of self-censorship and the importance of nonverbal communication.

[Read article](#)

Nominations for CANO ACIO's Oncology Nurse of the Year Awards are open!

Deadline: May 31, 2023

The 2023 Boehringer Ingelheim Oncology Nurse of the Year Award recognizes a CANO/ACIO nurse who has demonstrated the highest level of nursing excellence and leadership, and contributed to advancing oncology nursing and/or health system transformation during the past year.

[Learn more](#)

Support Groups and Youth Camps

NEW! 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](#)

NEW! Evening Coffee Break for Bereavement Support

Presented by Abbotsford Hospice Society, this support group is a drop-in that allows those who have lost a loved one and those experiencing grief to build a community by caring and sharing over a cup of coffee. This group meets every Monday from 6:30-8:00 pm at 32780 Marshall Road Abbotsford, BC.

[Learn more](#)

NEW! Growing with Grief: Grief Youth Group

Presented by Yorktown Family Services, this 8-week in-person grief youth group is for high school-aged youth (14-18) who have experienced the death of a sibling, parents, or custodial caregiver. This group aims to provide a supportive environment to connect with peers, express oneself, share grief experiences, and explore grief through art, nature and discussion. This group gathers Tuesday nights starting on March 21 from 5:30-8pm.

[Learn more](#)

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](#)

Bereaved Families of Ontario - Ottawa: closed support groups

In April 2023, BFO-Ottawa is offering 8-week closed groups focusing on various topics experienced by those who are grieving including emotions, how to move forward, and remembering the person. The groups are divided into types of loss including loss of child, loss of parent, loss of spouse/partner, loss of relative/friend/sibling or loss by suicide. Register online using the following links:

- [Loss of Child](#)
- [Loss of Parent](#)
- [Loss of Spouse/Partner](#)
- [Loss of Sibling/Friend/Relative](#)
- [Loss by Suicide](#)
- [Art Therapy](#)

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](#)

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 February

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

- How do you address families that dismiss that their child may be experiencing grief?
- How do you navigate your child asking questions about their own death or existence after a family member has passed away?
- How do you support an adolescent grieving a peer's suicide when they do not know how to talk about it?

[Watch recording](#)

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](#)

Events

Living Til We Die Conference

March 29, 2023

Living Til we Die is hosted by Scarborough Centre for Healthy Communities. The goal of this conference is to explore important topics that our industry experiences every day. We'll be there! Drop by our booth and meet Michaela.

[Register](#)

Call for Abstracts: 34th Annual Palliative Education and Research Day

April 3, 2023

Covenant Health Palliative Institute is now accepting abstracts until April 3 for the 34th Annual Palliative Education and Research Day to be held virtually on October 23rd, 2023. The theme of the event is *Personalized Palliative Care: Caring for People and Communities – Honoring people where they are at.*

[Learn more](#)

NEW! Call for Abstracts: International Congress on Whole Person Care

April 14, 2023

The 5th International Congress on Whole Person Care which will be held in Montreal, Quebec is currently accepting abstract submissions. The theme this year is *Teaching Whole Person Care: Elephants in the Room.*

[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. 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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Caregiving, events, and more

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