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May Newsletter

We are thrilled to congratulate Holly Prince MSW on winning the Inclusive Vanguard 2023 Canadian Equity, Diversity & Inclusion award presented by the Women's Executive Network!

This award recognizes a champion for change who has made a profound and measurable impact on diversity and inclusion.



Holly is an Anishinaabekwe and a member of Opwaaganisiniing in Northwestern Ontario. Holly leads the Indigenous Peoples' Health and Aging Division at Lakehead University's Centre for Education and Research on Aging & Health, where she has devoted the last 20 years to advancing the right of Indigenous peoples' access to culturally appropriate and equitable palliative care. Holly has mobilized her efforts as a national champion of human rights and dignity for people at the end of life.

Holly is the Indigenous Lead with Canadian Virtual Hospice, leading strategy for improving culturally safe care including the development of [Coming Full Circle](#), the online [Indigenous Cultural Safety Training modules](#), and facilitating a series of webinars. We were thrilled to have nominated Holly for this award as we are grateful to the team at Lakehead for their support.

[Read more](#)

National Hospice Palliative Care Week – Palliative Care Everywhere

To celebrate National Hospice Palliative Care Week and the theme of "Palliative Care, Everywhere!" we are highlighting products, resources, and services that are being used across settings, across Canada and around the world!

We are excited to announce that Canadian Virtual Hospice has concluded a licensing agreement to provide a selection of our [MyGrief.ca](#) modules at no cost to be translated into Turkish in support of humanitarian efforts following the devastating earthquakes in Turkey.

Did you know?

Our *10 Myths about Palliative Care* have been translated into 13 languages including [English](#), [French](#), [Arabic](#), [Brazilian Portuguese](#), [Catalan](#), [Chinese](#), [Cree](#), [Hebrew](#), [Inuinnaqtun](#), [Japanese](#), [Portuguese](#), [Spanish](#), and [Tagalog](#).



When Katie was unexpectedly referred to palliative care, she was afraid it meant she had only days to live. What she soon learned surprised and encouraged her.

LivingMyCulture.ca

Quality palliative care helps you honour your culture, spirituality, and traditions. At [LivingMyCulture.ca](#), people from various cultures share their stories and

wisdom about living with serious illness, and grief in 11 different languages to support others. In the past year, people from more than 100 countries have accessed these stories.

May is Caregiver Awareness Month

90% of palliative care is delivered by family and friend caregivers in the home. Family and friend caregivers are the soul of palliative care – often providing complex care around the clock. We are grateful to the work of our provincial partners whose services and resources benefit all Canadians.

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

Here are resources to help the caregivers in your life:

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 family and friend caregivers, whether they are providing care full-time, part-time, occasionally, or from a distance.

For caregivers caring for seriously ill children

[CaringTogether.Life](#) is a safe place for parents and other family members caring for a seriously ill child to find information they can trust, support and understanding. Developed by families and pediatric healthcare providers, we are here for you every step of the way as you care for your child, yourself, and your family.

Caregiving and grief

When someone is diagnosed with a life-limiting illness or is living with frailty, the grief caregivers experience can start at diagnosis. [MyGrief.ca](#) includes two modules to support caregivers in the grief during illness:

- [Grieving before the loss](#)

- [As Illness Progresses: Dementia, ALS, MS, Parkinson's and Huntington's Disease](#)

Following a death, caregivers and others can find 26 additional modules that align with various relationships and grief experiences that help them move through their grief from the comfort of their own home at their own pace.

[MyGrief.ca](#) can help them understand their grief and approach some of the difficult questions that may arise

For caregivers with children

[KidsGrief.ca](#) is a free online resource that helps support children when someone in their life is dying or has died. It equips parents and other caregivers with the words and confidence needed to help children grieve life's losses in constructive ways and build coping skills they can use over their lifetime.

PODCAST: Helping the caregiver recover

In this episode of *White Coat Black Art*, Dr. Brian Goldman speaks with family caregiver Janet Nisbet and social worker Zelda Freitas of McGill University about the gamut of complex feelings that family caregivers sometimes experience following the death of the person for whom they were caring.

Listen in

What do medical professionals need to know about family caregiving and how can they support us best?

May 16, 2023

Presented by McMaster University, join Donna Thomson in conversation with Dr. Sharon Anderson, a researcher at the University of Alberta, as they talk about [Caregivercare.ca](#), an online suite of learning programs for doctors and other clinicians. Discover how co-designing medical education with caregivers helps to transform our healthcare experiences in Canada.

Register

Paramedic Services Week

Canadian Virtual Hospice is proud to have a strong connection to paramedic services across Canada and is excited to celebrate Paramedic Services Week which runs from May 21 to 27. This year's theme is "Diversity in Paramedicine – The Patient. The Provider. The Profession." CVH has several resources

relevant to paramedic practice in the context of providing palliative care and inclusive healthcare.

PODCAST: Preparing Paramedics: Palliative Care

In this episode of the *Critical Levels* podcast, Canadian Virtual Hospice's Cheryl Cameron and Tyne Lunn speak about how paramedicine is evolving to include the provision of palliative care and how resources like CVH's MyGriefToolbox are available to better prepare paramedics for their role.

Listen in

Indigenous Cultural Safety Training Modules

Everyone working in healthcare has a responsibility to contribute to respectful care that honours and includes cultural traditions and beliefs. In these [Learning Hub](#) modules, you will hear from Indigenous Peoples about their values, beliefs, and views about care, explore barriers to culturally safer care, and learn how to address these barriers.

MyGriefToolbox.ca

Paramedicine is evolving to provide palliative care in the home. Paramedics and grief experts collaborated to develop [MyGriefToolbox.ca](#) to help you deliver the care that matters at the most difficult time of life.

ARTICLE: Palliative care is still woefully lacking in Canada

In this article, journalist André Picard responds to the recently released CIHI report on *Access to Palliative Care in Canada* and outlines where palliative care falls short and leaves many patients without this crucial care. While strides are being made to improve palliative care across the nation, lack of standards, barriers to access, and gaps in the data available to assess the quality of care continue.

Read more

PODCAST: The Common Parent

Children's Grief Counselor, Andrea Warnick, joins the *Common Parent* podcast to discuss how someone can help their tween or teen manage their grief when

faced with the loss of a family member, friend, pet or relationship.

[Listen in](#)

PODCAST: The Waiting Room with Kathy Kortés-Miller

Dr. Kathy Kortés-Miller, Associate Professor at the School of Social Work and the Director the Center for Education and Research on Aging and Health at Lakehead University, joins the *Waiting Room Revolution* podcast to talk about her book *Talking about Dying Won't Kill You* as well as the *Disrupting Death* podcast.

[Listen in](#)

ARTICLE: Palliative education and care for the homeless

In this article, Dr. Naheed Dosani and Dr. Nadine Persaud of Kensington Health worked with other palliative care leaders to assess the Palliative Education and Care for the Homeless (PEACH) program and its impact on supporting over 1,000 unhoused individuals in Toronto.

[Read article](#)

ARTICLE: Intensive Caring: Reminding patients they matter

“There is abundant evidence that patients approaching death are susceptible to feeling they no longer matter. Our own research demonstrates that patients approaching death may feel a burden to others; that life is futile, and an affliction to those they feel encumbered by having to look after them.”

Written by Dr. Harvey Chochinov OM MD PHD FRCPC FRSC, this article details the components of his concept of "Intensive Caring" which provides strategies to counteract patients' feelings of lost hope and sense of meaning or purpose.

[Read article](#)

Upcoming Webinars

KidsGrief Q&A June

June 6, 2023

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

[Register](#)

Support Groups and Youth Camps

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](#)

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

June 21, 2023

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.

[Learn more](#)

Webinar Recordings

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](#)

KidsGrief Q&A May

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

- How do I honor the good and the bad of the parent who has died with a young child?
- How do I approached telling a child about a complicated relationship after someone dies?

[Watch recording](#)

Events

CALL FOR ABSTRACTS: Annual Palliative Education and Research Day

May 24, 2023

Covenant Health Palliative Institute invites clinicians, students, and faculty to submit abstracts for oral and poster presentations related to palliative and end of life care. Share your clinical and research insights into how palliative care can be improved to more fully honor individuals and communities.

[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 of Lakehead University will be presenting a keynote presentation and Jim Mulcahy will be presenting the opening keynote.

[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](#)

Connected in Care Conference

September 21 to 22, 2023

The Pregnancy and Infant Loss Network are hosting their first biennial educational conference at the Sheraton Parkway Toronto North Hotel & Suites in Richmond Hill.

[Learn more](#)

Palliative Care Conference 2023

September 21 to 22, 2023

Palliative Manitoba's annual conference will be held in Canada Inns Polo Park in Winnipeg with the theme "It's Everybody's Business". Experience a unique blend of keynotes, educational sessions, and networking opportunities grounded in palliative care. You can also drop by CVH's booth to say hi!

[Learn more](#)

We'd love to hear from you!

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