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October Newsletter

First-time video featuring Dr. Kathryn Mannix released!

On Oct. 14, 2023, International Hospice Palliative Care Day, Canadian Virtual Hospice was thrilled to share a sneak peek at our recent interview with international palliative care leader, author and retired palliative care physician, Dr. Kathryn Mannix! Watch for the full series release, coming soon!



Halloween PSA for bereaved parents

From Lori Ives-Baine, Pathways Grief Support Program, Hospital for Sick Kids
Halloween can be a difficult time for families that have experienced the death of a child. It is important to remember that you do not need to participate in anything you don't feel ready for. If another child in your family wants to participate, it is alright to ask a friend to take them instead. If you have no other children in your home, there is nothing wrong with putting a sign on the door

and turning out the lights or closing the curtains. Some parents find it helpful to leave the home area for the evening. There is no one right way to handle situations like these so please be kind to yourself and do whatever feels right.

The Quality End-of-Life Care Coalition of Canada relaunches

The Quality End-of-Life Care Coalition of Canada (QELCCC), has rebranded and will now be called the [Palliative Care Coalition of Canada \(PCCC\)](#). This decision reflects PCCC's commitment to embracing the current, accepted definition of palliative care – an all-encompassing approach that improves the quality of life for individuals and their loved ones facing serious illness.

The Palliative Care Coalition of Canada is made up of more than 30 national organizations dedicated to improving palliative care for all.

[Learn more](#)

Sharon Kaasalainen receives Canadian Academy of Health Sciences Fellowship

Congratulations Sharon Kaasalainen, PhD, on her fellowship with the Canadian Academy of Health Sciences. Sharon is a global leader in palliative long-term care and a professor at McMaster's School of Nursing and a Gladys Sharpe Chair in Nursing. She helped create a national framework, Strengthening a Palliative Approach in Long-term Care, and leads a long-term care project Canadian Virtual Hospice is pleased to contribute to.

[Read more](#)

Canadian Children's Grief Symposium Nov. 14-15, 2023

The Canadian Alliance for Children's Grief along with three hosting organizations (Lighthouse for Grieving Children & Families, Lumara Grief & Bereavement Care Society, and Seasons Centre for Grieving Children) are pleased to introduce you to the Canadian Children's Grief Symposium – Canada's third virtual conference designed specifically for those who support grieving children and youth. This year's theme is "The Many Faces of Children's Grief" with University of B.C. law professor, Benjamin Perrin, and children's grief specialist, Andrea Warnick, delivering the keynote presentation.

[Learn more](#)

Give A Mile connects families at end of life this holiday season

Give A Mile is a registered charity that believes strongly in the power and importance of being with family at end-of-life. Through crowdfunded flights purchased with donated frequent flyer miles, travel loyalty points, and cash, Give a Mile aims to connect 75 people, nearing end of life, with their loved ones this holiday season.

If you have a patient or family member who could benefit from a flight of compassion, please encourage them to fill out this [online application](#). Individuals can request a flight either to visit their home community for a final holiday or to return home to be cared for by family at the end of their life. Donations cover round-trip flights, travel fees, and taxes.

[Learn more](#)

Article: *End-of-life care – Infusing the ‘person’ back into the ‘patient’*

In this article, palliative care researcher and associate professor at McMaster University, Dr. Samantha Winemaker, describes how the standardization and sanitation of the modern healthcare system removes individuality from patients as person-centered care comes second to efficiency, risk management, and the financial bottom line. Palliative care consultations attempt to rectify this issue by keeping the person intact by asking the patient to describe their story to provide better, personalized care.

[Read more](#)

Article: *Neuroticism as a moderator of symptom-related distress and depression in 4 noncancer end-of-life populations*

In this article, authors Dr. Maia Kredentser, Dr. Harvey Chochinov et al. from the University of Manitoba examine the impact of neuroticism as a moderator of physical symptoms and development of depression in patients with amyotrophic lateral sclerosis, chronic obstructive pulmonary disease, end-stage renal disease, and frailty in the last 6 months of life.

[Read more](#)

Article: *Top Ten Tips Palliative Care Clinicians Should Know About Dignity-Conserving Practice*

This article, written by a team of palliative care specialists and dignity researchers including Dr. Harvey Chochinov of the University of Manitoba, offers 10 tips to facilitate the implementation of dignity-centered care in serious illness.

[Read more](#)

Not Another Second

The first in a national series of cultural exhibits, *Not Another Second* collects the untold stories of a dozen LGBT+ seniors as they recount their experiences, sacrifices, and contributions to pave the way for acceptance for future

generations. This project is presented by Sage Advocacy and Services for LGBTQ+ Elders in partnership with Watermark Retirement Communities.

[Learn more](#)

Radical Nurse Talk launched this fall

Hosted by Patricia H. Strachan RN, BScN, MSc., PhD, this brand-new podcast aims to reveal stories, expertise, challenges, and possibilities for nurses communicating with patients and families with serious illnesses and in critical situations. The intent of the podcast is to make visible, explore, learn from, and value the often misunderstood, skilled, and artful relational communication role of nurses across diverse patient and practice contexts.

[Learn more](#)

Survey: Speak up for Canadian nurses' working conditions

The COVID-19 pandemic revealed many consistent and ongoing challenges faced by nurses, including unsafe and untenable workloads, and was accompanied by an emerging urgency to confront and tackle injustices such as racism and discrimination within nursing and across health systems. Led by the Canadian Nurses Association, this study aims to examine the pan-Canada landscape of nursing with particular attention to racial discrimination experiences by all regulated nurses. The findings will help inform the development of strategies to address these issues and ultimately to improve patient outcomes.

[Take survey](#)

Registration for Camp Keaton 2024 is open!

Camp Keaton is a bereavement camp in Hamilton, ON, 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](#)

Canadian Hospice Palliative Care Association 2023 Awards

On October 12, the CHPCA announced its 2023 award winners at their conference in Ottawa. These individuals were recognized for their outstanding commitment and contributions to hospice palliative care across Canada. Congratulations to all the winners.

- Dr. Stephen Liben – Pediatric Award of Excellence
- Nancy Lefebre – Award of Excellence
- Jeremie Saunders, Taylor Macgillivray, and Brian Stever of Sickboy Podcast – National Media Award

Upcoming Webinars

KidsGrief Q&A October

November 21, 2023

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

[Register](#)

Events

National Grief and Bereavement Day - Nov. 21, 2023

National Grief and Bereavement Day calls upon all of us to reach out and to walk alongside those around us on their grief journey. It's a day to take action, to be present for someone who needs your support, even when words fail.

[Learn more](#)

Children's Grief Awareness Day - Nov. 16, 2023

Children's Grief Awareness Day is designed to help us all become more aware of the needs of grieving children — and of the benefits they obtain through the

support of others. This day is an opportunity to make sure that grieving children receive the support they need.

[Learn more](#)

PAIL: New online support groups starting in November

PAIL Network will be starting two new support groups this November!

- Support for Grandparents (Bi-monthly, second Sunday of the month at 10 a.m.)
- Trying to Conceive (monthly, fourth Thursday each month at 8 p.m.)

[Register](#)

McGill International Congress on Whole Person Care

October 19, 2023

Designed as a healing journey, conference participants will explore unspoken challenges and build resilience through plenary talks, self-care sessions, workshops, posters, panel discussions, and more. To aid in this process the conference will feature public lecture, plenary talks, daily self-care sessions, workshops, papers, posters, and panel discussions, as well as an evening of “Bitter Sweet” entertainment.

[Learn more](#)

Annual Palliative Education and Research Day

October 23, 2023

This year’s theme for Covenant Health’s annual conference is “Personalized Palliative Care: Caring for People and Communities”. This event will be held virtually with presentations from one of the hosts of the [Waiting Room Revolution](#) and co-author of *Hope for the Best, Plan for the Rest*, Dr. Hsien Seow, PhD, and a presentation from Ceilidh Eaton Russell on CVH's children's workbooks.

[Learn more](#)

The Role of Nurses in Recognizing & Addressing Oncologic Emergencies in Leukemia & Lymphoma

Presented by the Leukemia and Lymphoma Society of Canada, this series of webcasts on the complications arising from blood cancer or its treatment are free to attend.

- Tumor Lysis Syndrome (TLS) - Nov. 1, 2023 | [Register](#)
- Disseminated Intravascular Coagulation (DIC) - Nov. 15, 2023 | [Register](#)
- Syndrome of Inappropriate Antidiuretic Hormone Secretion (SIADH) - Nov. 29, 2023 | [Register](#)
- Febrile Neutropenia - Dec. 13, 2023 | [Register](#)

BC Hospice Education Day

November 3 to 4, 2023

This event, hosted by Vancouver Island Hospice Federation in partnership with the BC Hospice Palliative Care Association and the Fraser Federation of Hospices, will focus on promoting wellness for staff, volunteers and patients alike through strategic support and collaboration.

[Learn more](#)

Leukemia & Lymphoma Society of Canada: Prairies Virtual Support Group

This virtual is open to those diagnosed with all types of blood cancer and survivors. This group will be professionally facilitated by a social worker with Cancer Care Manitoba.

Support Group Dates

- November 14, 2023
- December 12, 2023
- January 9, 2024
- February 13, 2024
- March 12, 2024
- April 9, 2024
- June 11, 2024

[Register](#)

Journey Through Grief Conference

November 14, 2023

Presented by Hospice Northwest Services, this conference's theme is "Healthy coping strategies in your journey through grief" and features keynote speaker C. Elizabeth Doughery.

[Learn more](#)

Compassionate Communities Forum

November 30, 2023

Centered on the theme of growing and sustaining compassionate communities, this free, all-day virtual event is presented by the Palliative Institute. Dr. Shane Sinclair, Director of the Compassion Research Lab and professor at the University of Calgary, and palliative care physician and health justice activist, Dr. Naheed Dosani will be presenting the opening and closing keynote speeches.

[Register](#)

Lumara Fall support groups registration are now open

- Adult Grief Support Group (8 weeks, virtual): Wednesdays, Oct 4 - Nov 22 at 5:30-7 pm PST / 8:30-10 pm EST
- Writing Our Grief Adult Support Group (6 weeks, virtual): Mondays, Oct 16 - Nov 27 at 5:30-7 pm PST / 8:30-10 pm EST
- Adult Grief Support Group (8 weeks, in-person): Wednesdays, Oct 18 - Dec 6 at 6:30-8 pm PST at Vancouver Unitarian Church
- Minecraft Reunion Groups (age 7-12, virtual): Saturday, Oct 28, Nov 18 and Dec 9 at 9:30-11:30 am PST / 12:30-2:30 pm EST
- Circles of Strength Adult and Children's Grief Support Groups (age 6-12, in-person): Saturday, Oct 14, Nov 4 and Dec 2 from 10-12 pm PST at New Westminster Secondary School Welcome Center
- Mindfulness Meditation Drop-in (virtual): Every Thursday starting Sept 1 from 7-8 pm PST / 10-11 pm EST

[Register](#)

We'd love to hear from you!

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