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## September Newsletter

### Recognizing Truth and Reconciliation in Canada

The week of September 25 to 30 marks Truth and Reconciliation Week – a time dedicated to acknowledging the intergenerational harm caused by the Canadian residential school system on Indigenous Peoples. This week is a time to honour survivors and their families and identify actions toward reconciliation.

Canadian Virtual Hospice is committed to supporting truth and reconciliation. We walk alongside Holly Prince – Anishinaabekwe from Opwaaganisiniing First Nation and a leader in palliative care – and a circle of Elders and Knowledge Carriers from across Canada to amplify the voices of First Nations, Inuit, and Métis as they share their experiences of illness, care, traditions, and spirituality. In addition, we support them in developing resources to educate health and social care providers on providing culturally safer care.

Explore these free decolonizing resources.

#### [Indigenous Voices](#)

This video library showcases First Nations, Inuit, and Métis talking about dying and death, ceremonies, expectations for care, and more at [LivingMyCulture.ca](https://LivingMyCulture.ca).

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

This workbook assists First Nations, Inuit, and Métis to reflect on their wishes for future care and help ensure that wishes, beliefs, and values are known and respected.

#### [Indigenous Cultural Safety Training](#)

These free modules support anyone working in healthcare to provide culturally safer care through guidance and stories from Indigenous Peoples about their values, beliefs, and views about care.

## **NEW! Hope for the Best, Plan for the Rest: 7 Keys for Navigating a Life-Changing Diagnosis**

Canadian Virtual Hospice is thrilled to congratulate Dr. Hsien Seow and Dr. Sammy Winemaker on the launch of their new book, *Hope for the Best, Plan for the Rest*. In this book, Dr. Seow and Dr. Winemaker harness the advice of thousands of patients to identify and share seven keys for a better illness experience. Readers are empowered with practical tools to navigate the healthcare system and feel hopeful and prepared every step of the way. *Hope for the Best, Plan for the Rest* is available for purchase.

[Order book](#)

## **Public consultation launched on safe long-term care**

The COVID-19 pandemic highlighted long-standing systemic challenges in long-term homes across Canada which have a profound impact on the older adults and persons with disabilities who live in these facilities. In response, Health Canada has launched a national online consultation that will inform the development of a Safe Long-Term Care Act to ensure all long-term care residents live in an environment of dignity, comfort, and respect. The consultation is open to the public.

[Read more](#)

## **SURVEY: Priorities for adolescent and young adult cancer research**

The Adolescent and Young Adult (AYA) Cancer Priority Setting Partnership (PSP) is calling for patients, caregivers, and clinicians to inform the top 10 research priorities for AYA cancer in Canada by participating in a survey. The results will be used to establish a new, national research agenda. The AYA Cancer PSP is led by Dr. Perri Tutelman and Dr. Fiona Schulte of the University of Calgary, and Chantale Thurston (AYA CAN) along with a steering group of patients, caregivers, and clinicians in AYA cancer from across the country.

[Take survey](#)

## **CALL TO ACTION: 2SLGBTQ+ poverty in Canada study**

Led by activist-scholar Nick Mulé, PhD of York University, this National study on LGBTQ+ poverty is seeking Community Advisory Board members to provide advice over the next 6 years. Openings remain in: New Brunswick, Nova Scotia, Prince Edward Island, Yukon, the Northwest Territories, and Nunavut.

[Learn more](#)

## **PODCAST: Indigenous Medicine Stories**

*Indigenous Medicine Stories* aims to educate health professionals and the public about Indigenous healing and highlights the lived experiences of Indigenous Knowledge Holders and Elders. This podcast is a collaboration between AMS Healthcare and the Jason A. Hannah Chair in the History of Indigenous Health and Indigenous Traditional Medicine at the NOSM (Northern Ontario School of Medicine) University.

[Listen in](#)

## **ARTICLE: *From workshop to action - takeaways on equitable access to palliative care***

In this article from Healthcare Excellence Canada (HEC), national palliative care leaders including Dr. Kelli Stajduhar and Virtual Hospice team member, Holly Prince, speak to the disparity in access to palliative care and the need to co-create solutions with affected communities. Kelli and Holly are members of HEC's Improving Equity in Access to Palliative Care collaborative that assists communities in improving access to palliative approaches to care with – and for – individuals experiencing homelessness or vulnerable housing.

[Read more](#)

## **ARTICLE: *Bereavement in the context of homelessness: A rapid review***

Written by British Columbia Centre for Palliative Care team members, this review focuses on the bereavement experiences of those who are precariously housed. It examines bereavement as a risk factor for homelessness, current practices for support, as well as gaps and barriers, with the goal of informing

future research, policy, legislation, and cultural responses to grief and bereavement.

[Read more](#)



International palliative care researcher, Dr. Harvey Max Chochinov, emphasizes the importance of patient dignity in his presentation at the Cicely Saunders International Annual Lecture at King's College London.

### ***ARTICLE: High out-of-pocket spending and financial hardship at the end of life among cancer survivors and their families***

Cancer is one of the most expensive medical conditions to treat worldwide, affecting national and local spending, as well as household budgets for patients and their families. In this commentary, author Jingzuan Zhao from the American Cancer Society discusses the high out-of-pocket spending and medical and non-medical financial hardship faced by cancer patients and their families at the end of life in Israel and other high-income countries, including Canada.

[Read more](#)

### **Dr. Darcy Harris receives 2023 Award of Excellence**

Congratulations to Dr. Darcy Harris, PhD FT, recipient of the 2023 Award of Excellence in Teaching from King's College for her teaching excellence, self-

reflectiveness and responsiveness to students, innovative program development, and versatility in pedagogy. Dr. Harris has been a faculty member at King's since 1998, creating and teaching courses and leading grief thinking internationally.

## **The Barbie movie brings conversations about death to the big screen**

“Do you ever think about dying?” Barbie’s exclamation during a party scene in the much-talked-about blockbuster is the first indication that rather than being simply a cinematic adaptation of the popular children’s toy, this movie explores philosophical themes and societal norms embodied by the familiar icon. In this story on the Socratic Method, the author talks about how *Barbie* touches on themes of mortality, existence, purpose, and identity, and ultimately normalizes death as part of the human experience.

[Read more](#)

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## **Upcoming Webinars**

### **KidsGrief Q&A October**

October 17, 2023

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

[Register](#)

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## **Webinar Recordings**

### **KidsGrief Q&A September**

In this September webinar, children’s grief expert Andrea Warnick answered your questions about children’s grief.

- How do I know if the behaviors my child is experiencing are grief or mental health? When should I seek help?
- I'm just starting to work with grieving children. Do you have any recommendations for websites, workshops, short courses, etc?

- How do I talk to my children about the grief that I experience as a parent after the death of a grandparent?

Watch recording

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## Events

### Good Grief, Nova Scotia!

September 23 to 30, 2023

Good Grief, Nova Scotia! is a week-long grief festival to support and nurture grief literacy in communities across the province of Nova Scotia – and beyond! This festival brings together citizens from overlapping communities to learn and share knowledge, practices, and experiences about grief. CVH will be there!

[Learn more](#)

### Who Cares about Caregiving in Canada?

September 28, 2023

The McMaster Continuing Education Caregiving Essentials course and webinar series aims to provide caregivers with relevant and meaningful information. Join Donna Thomson, caregiver, author, advocate, and educator in a thoughtful and lively chat with guest speaker Globe and Mail columnist and author Andre Picard about the future of caregiving, aging, illness, and disability in our country.

[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](#)

## **Leukemia & Lymphoma Society of Canada: Prairies Virtual Support Group**

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

- October 10, 2023
- November 14, 2023
- December 12, 2023
- January 9, 2024
- February 13, 2024
- March 12, 2024
- April 9, 2024
- June 11, 2024

[Register](#)

## **Northwestern Ontario Palliative Care Conference**

October 3 to 5, 2023

Presented by Lakehead University, this conference's theme is "Navigating the Journey Together: Providing Care for Ourselves and Others". This event aims to support capacity development in Ontario to provide quality palliative care to those who have received a palliative diagnosis.

[Learn more](#)

## **An evening with Kathryn Mannix**

October 6, 2023

Join bestselling author and palliative care doctor and trailblazer Dr. Kathryn Mannix, and host, palliative care researcher, Dr. Harvey Max Chochinov, at this live book event. Dr. Mannix is the author of *Listen: How to Find the Words for Tender Conversations* and *With the End in Mind: Dying, Death and Wisdom in an Age of Denial*. This event will be held in-person, live at the McNally Robinson Booksellers in Grant Park, Winnipeg on October 6<sup>th</sup> from 7-8 pm CT, and also online for virtual attendance.

[Learn more](#)

## **Canadian Hospice Palliative Care Association Conference**

October 12 to 14, 2023

The upcoming in-person conference features plenaries from Harvey Chochinov and Holly Prince, and presentations by members of the Canadian Grief Alliance including Maxxine Rattner, Marney Thompson, and Paul Adams. Drop by the CVH booth to meet team members Maria Ryhorski and Cheryl Cameron.

[Learn more](#)

## **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 host of the [Waiting Room Revolution](#) and 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](#)

## 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](#)

## Canadian Children's Grief Symposium

November 14 to 15, 2023

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](#)

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### We'd love to hear from you!

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12/19/25, 12:26 PM

New stories for our September edition

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