

[View in browser](#)

Spring Newsletter

Celebrating National Hospice Palliative Care Week!

Palliative care is for you: Raising awareness this National Hospice Palliative Care Week

From May 5 to 11, join the Canadian Hospice Palliative Care Association in raising awareness during National Hospice Palliative Care Week. This year's theme, "Palliative care is for you" reminds us that life-limiting illness touches countless lives. Palliative care can help people and their loved ones live their lives fully, at every stage of illness.

- [10 Myths about Palliative Care](#) (CVH resource)
- [CHPCA Campaign](#)

Hike for Hospice

It's Hospice Palliative Care week! You can support the caring compassionate Hospice services in your area by joining the Hike for Hospice either by lacing up your running shoes or sponsoring an individual or team.

[Learn more](#)

Learning about the true meaning of "palliative care"

In this video, Katie talks about coming to learn what the true meaning of palliative is - and that it was so much more than she ever expected.



What's new

Barriers to care: An Inuit perspective

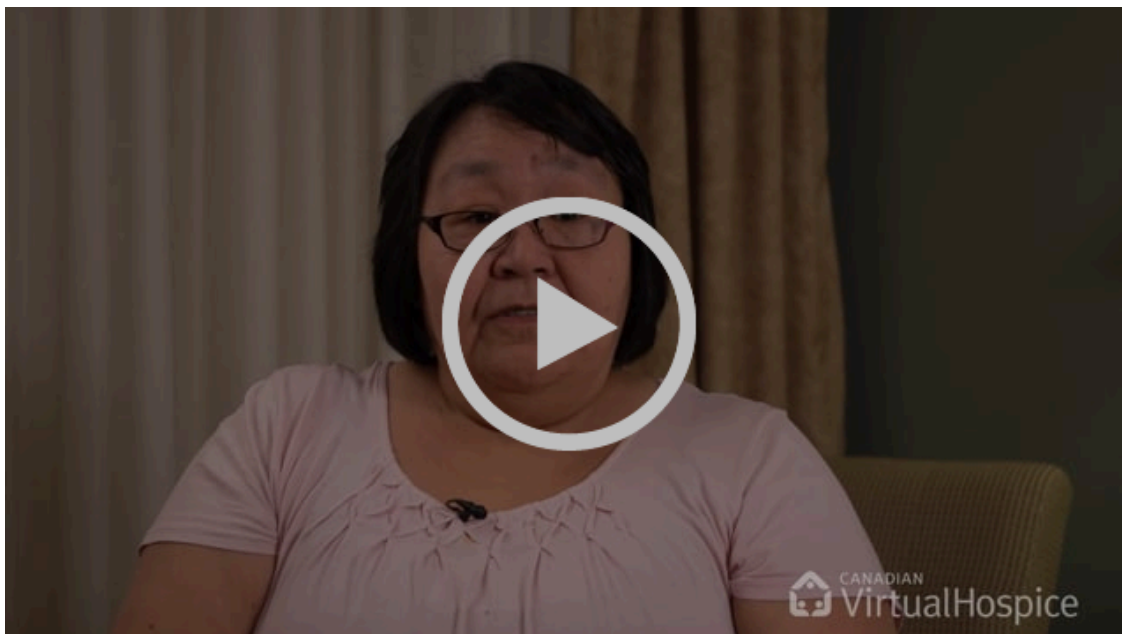
"Inuit want to die at home, where they lived, with familiar places, language, food, people, sounds, friends and culture."

We're pleased to share this newly released transcript of Gail Turner's impactful 2024 presentation at the Advancing Indigenous Policy and Practice conference. Gail - retired Inuit nurse and former Director of Health Services for the Nunatsiavut Government, Northern Labrador - discusses the challenges Inuit experience accessing care that is close to home, and culturally safe.

[Read more](#)

When elders leave for treatment they often never return

In this video from LivingMyCulture.ca, Inuit nurse Aseneth Idlout reveals common fears when Elders leave their home community to receive care.



Article: Her mom's lung cancer was caught too late. It's part of a pattern in Nunavik

Lack of access to healthcare and screening in remote communities is contributing to lower life expectancy and poorer cancer outcomes for Inuit compare to Canadians living in larger centres according to this article by Rachel Watts, CBC News.

[Read more](#)

Innovation Challenge 2024

Have you introduced programs, services, resources, or approaches that have improved hospice and palliative care in your health facility, program, community, country, or beyond? Submit your innovation to the Canadian Virtual Hospice's Innovation Challenge 2024 before midnight GMT on June 30, 2024. The International Palliative Care Innovator of the Year will be named at the McGill International Palliative Care Congress in Montreal, Oct. 15-18, 2024.

[Learn more](#)

New grief literacy resource!

This past month the Canadian Grief Alliance, founded by Canadian Virtual Hospice, released its first resource to help people understand their own, and others' grief. This infographic highlights key facts about grief that are commonly

misunderstood.

Download the infographic and share widely via social media, newsletters, or your website. You can tag the Canadian Grief Alliance on Instagram and Twitter/X posts @GriefAllianceCA.

Grief is...

- ... not something to "get over" or "fix".
- ... a natural response to any loss – a person, a relationship, security, hope, or others.
- ... messy and it doesn't have a timeline.
- ... felt and expressed in many different ways.
- ... something you live with and it changes over time.

Grief needs to be recognized, honoured, and supported.

Canadian Grief Alliance
CanadianGriefAlliance.ca

Financial contribution from
Health Canada Santé Canada

CANADIAN Virtual Hospice

Download

Sending our love and support to all mothers this month

Mother's Day can be difficult for many reasons. We wanted you to know we are thinking of all of you who are grieving and we hold you in our hearts.



Research: Study on physicians and nurse practitioners willingness to visit patient homes

Physicians and nurse practitioners (NPs) are often the first point of contact for palliative care initiation. However, many Canadians do not receive adequate physician and NP home visits near the end of life (EOL). Led by Sarina Isenberg, PhD, this Canadian Institutes of Health Research funded study aims to better understand factors that may be preventing or facilitating physicians' and NPs' willingness to provide palliative home visits.

Survey

New palliative clinical tool launched

The BC Centre for Palliative Care has launched the Gain Palliative Skills Learning Pathway, a free online clinical tool curated by experts in palliative care to support professionals who are new to palliative care.

[Learn more](#)

StatsCanada: “Sandwiched” Caregivers Study

This study released in April 2024 explores data from a 2022 Canadian Social Survey to answer research questions of who provides unpaid care, how much unpaid care is provided and to whom, and what are the impacts on caregivers of providing unpaid care. “Sandwich” caregivers are those who provide unpaid care to both dependent adults and children.

[Read more](#)

CVH recognizes excellence in psychosocial oncology at upcoming CAPO conference

Canadian Virtual Hospice looks forward to recognizing the exceptional work of psychosocial oncology professionals and students at the Canadian Association of Psychosocial Oncology Conference on June 6-7, 2024. The Canadian Virtual Hospice/CAPO Award for Progress in Palliative Care Excellence in Psychosocial Oncology will be presented to a CAPO member who submits the best poster or oral presentation in the area of palliative care at the 2024 conference.

Harvey Chochinov awarded Arthur M. Sutherland and Academic Innovation awards

Congratulations to Dr. Harvey Chochinov, PhD, recipient of the 2024 Arthur M. Sutherland Award presented by the International Psycho-Oncology Society, and the 2024 Academic Innovation Distinguished Alumni Award presented by the University of Manitoba.

- The [Arthur M. Sutherland Award](#) recognizes Dr. Chochinov’s lifetime contributions in the field, - particularly his work on Dignity Therapy - and is

IPOS' most important award

- The [Academic Innovation Distinguished Alumni Award](#) recognizes his innovations in the field of psycho-oncology including his development of research-informed best practices which are recognized globally for enhancing well-being of patients with advanced disease.

Irvine Hildebrand receives Mayor's Volunteer Service award

Congratulations to Irvine Hildebrand, recipient of the 2024 Mayor's Volunteer Service Award at this year's Volunteer Manitoba Awards Dinner. We're happy to have worked with Irvine who appears in our Caregivers video series.

[Video gallery](#)

Kevin Bezanson awarded CSPCP Humanitarian Award

Congratulations to Dr. Kevin Bezanson, PhD, recipient of the 2024 Canadian Society of Palliative Care Physicians Humanitarian Award for his contributions to improving the lives of underserved populations.

CIHI releases report on living with dementia

Understanding health care trajectories of people living with dementia expands on the 2018 Canadian Institute for Health Information report *Dementia in Canada*. This new report examines the clinical characteristics and socio-demographic factors of people living with dementia, along with caregiver factors, with a focus on home care and long-term care sectors.

[Learn more](#)

Government of Canada announces funding for Canada Disability Benefit

On Tuesday, April 16, the Government of Canada announced an investment of \$6.1 billion over six years, beginning in 2024-25 for the Canada Disability Benefit. The proposed CDB would be available to people with a valid Disability Tax Credit (DTC) certificate and is estimated to increase the financial well-being of over 600,000 low-income persons with disabilities.

[Learn more](#)

Research: Call for New Brunswick participants

If you or someone you care about in New Brunswick has received a life-limiting diagnosis, Horizon Health Network would like to hear from you about your experience. The Horizon Health Network is researching how people with a life-limiting illness and their families think about hope.

[Email](#)

Research: IncludeMe™ - A starting point for Dementia Caregivers

Led by the SE Research Centre, IncludeMe™ is an online and interactive educational experience that prepares Canadians facing caregiver responsibilities for someone living with dementia. The online, scenario-based training is free, accessible, and includes practical, downloadable resources. The entire program takes about 60-90 minutes to complete.

[Register](#)

In memoriam

Ted Norris was a proud Métis man who dedicated his life to improving life and opportunities for Indigenous Peoples. Ted was the project manager for Canadian Virtual Hospice's Indigenous Voices 2 project and oversaw the development of [600+ videos](#) and the [Coming Full Circle resource](#). We are grateful for Ted's contributions to CVH and beyond and send our condolences to his partner Donna, son Phil and his many friends and colleagues affected by this untimely loss.

In the news

[Only half of patients dying in community received palliative care](#) – Ottawa Citizen

[B.C. girl who lost dad to overdose says there needs to be more support for families](#) – Global News

From social media

[Baby boomers are making plans for the end](#)

[Therapy cat comforts knows when nursing home residents are at end-of-life and provides comfort during final hours](#)

Upcoming Webinars

Grief Chats Q&A

Date: May 13, 2024 | Location: Virtual

Join grief specialists Maxxine Rattner (MSW, PhD) and Marney Thompson (MA) as they host Grief Chats Q&A – a free monthly Canadian Grief Alliance webinar where they will respond to your questions about loss and grief. Please submit your questions for discussion via the link below. Please note that while we do our best to respond to everyone's questions, there may not be time to get through them all. Thank you for your understanding.

Grief Chats Q&A are held at 8:30 pm ET / 5:30 pm PT, on the second Monday of each month.

Financial contribution from



Health Canada Santé Canada

[Submit question](#)

[Register](#)

KidsGrief Q&A

Date: May 21, 2024 | Location: Virtual

Join children's grief specialists, Andrea Warnick, MA, Colleen Mousseau,

M.Ed., and Nicola Elbro, MA, as they answer your questions.

[Register](#)

Methadone4Pain

Date: May 24, 2024 | Location: Virtual

Canadian Virtual Hospice is hosting a free webinar with Dr. Pippa Hawley, BC Cancer from 5:00-6:00 pm PT. Methadone4Pain is a free online course on [Methadone for Analgesia in Palliative Care](#) that has been certified by the Royal College of Physicians and Surgeons and the College of Family Physicians of Canada. This webinar may be of interest to anyone considering taking the course and those who have completed the course and would like further information or to share their experience.

[Register](#)

Webinar recordings

Canadian Grief Alliance presents...

Grief Chats Q&A

Free Webinar and Facebook Live event

8:30 pm ET
Apr. 8

SPEAKERS:

 Marney Thompson, MA
Victoria Hospice
Bereavement Services

 Maxxine Rattner, PhD, RSW
Canadian Grief Alliance

Visit www.canadiangriefalliance.ca for more information and to register for future sessions.

 Health Canada  Sante Canada

Production of this document and some of its activities has been made possible through a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.

virtualhospice.ca

The recording of the Canadian Grief Alliance's April Grief Chats Q&A is now available. Grief specialists Maxxine Rattner (PhD, RSW) and Marney Thompson (MA) hosted this live event on April 8, 2024.

Events, workshops, and calls for abstracts

Supportive Care Update Conference

Date: May 9, 2024 | Location: Virtual

This virtual event, hosted by the Department of Supportive Care at the University Health Network, will highlight 10 new studies/topics from the last 12 months through 40-minute virtual lectures. All updates will be education-focused, evidence-based, clinically applied, and relevant to those working and learning within supportive care.

[Register](#)

Transgender Individuals and Cancer: Screening and Discussion

Date: May 16, 2024 | Location: Virtual

This free event organized in partnership with Public Interest Group on Cancer Research NL and Quadrangle NL includes a public screening of a documentary by Trans Dudes with Lady Cancers followed by a panel discussion by local transgender individuals, advocates, and healthcare providers.

[Register](#)

Walk to Remember

Date: June 2, 2024 | Location: Ontario

Pregnancy and Infant Loss Network volunteers will be hosting events in several locations across Ontario on Sunday June 2, 2024 from 10 am – 12:30 pm. Families are invited to the 3-5 km.

[Learn more](#)

2024 BON Conference

Date: June 13, 2024 and more | Location: Virtual

The BON conference will continue virtually on June 13, 2024. Learn more or register on the BON website. The conference theme is "Change, Transition, and Transformation: Healing after Loss". Learn more or register on the BON website.

[Register](#)

Compassionate Care 2024 Workshops

Date: January 17, 2025, and more | Location: Virtual

The following virtual workshops are available for health and service professionals who are either employed by a government-funded organization or who are members of a licensed, regulated profession in Ontario. Students of these professions are also welcome to attend.

- January 17, 2025 - [Register](#)
 - **Password:** PAILCCW
- February 7, 2025 - [Register](#)
 - **Password:** PAILCCW
 - *Must work in the Emergency Department to attend.

Support groups and camps

Camp Bridges 2024

Date: May 24 to 25, 2024 | Location: Circle Square Ranch

Camp Bridges is a free bereavement camp, for children 7-15 years old, who have experienced the death of someone close to them. Camp Bridges provides a safe environment where the campers have opportunities to interact and share their feelings with other children in similar circumstances.

[Register](#)

New Circles of Support Group

The Pregnancy and Infant Loss Network offers peer support for all types of pregnancy and infant losses in a confidential environment, facilitated in person by trained peer support volunteers with a shared lived experience of loss.

[Learn more](#)

Myra's Kids Foundation Family Camp 2024

Date: June 15, 2024 | Location: John Abbott College

This Family Camp is designed to provide families with a unique one-day opportunity to come together, share, and heal. This free camp is for families

with children (5 years old +) who have experienced the death of someone close to them.

[Register](#)

Lumara Spring Grief Support Groups

The Lumara Grief and Bereavement Care Society offers peer support groups for adults and children experiencing grief.

[Register](#)

We'd love to hear from you!

[Place an order](#) for free printed materials, bookmarks, and tissues
[Email us](#) with a story idea

[Inquire about webinars](#) presented by our interdisciplinary team
[Update us](#) on palliative care news in your region

Socialize with #VirtualHospice for more stories and news



Copyright © 2024 Canadian Virtual Hospice | Portail canadien en soins palliatifs, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).