

GREATER TRAIL HOSPICE SOCIETY

NEWS & NOTES

SERVING THE GREATER TRAIL AREA FOR 37 YEARS!

National Volunteer Week April 14-20, 2024



**Our deepest GRATITUDE
to our incredible
41 Hospice Volunteers who
provided 1459 hours of direct
compassion and support to
120 clients and families over
the past year. Our community
is better and stronger
because of your care!**

"The best way to find
yourself is to lose
yourself in the
service of others"

- Ghandi

**JOIN OUR VOLUNTEER
TEAM! 250-364-6204**

“ May is Hospice Month!

We Provide:

- Help navigating through health changes
- End of life vigil and comfort
- Respite care for family towards end of life
- Grief support when you have a major life loss
- Assistance with Advance Care Planning
- Support for Caregivers
- Volunteer Training

Implications of Climate Change for Chronic Illness and Palliative Care

Earth Day in Canada is April 22. Let's pause and reflect on the fact that climate change events and risks are becoming more frequent. The World Health Organization and the Lancet medical journal have both declared climate change the number one health threat of this century. As we head into summer after a winter with low precipitation it is a good time to think about how that and other environmental changes might impact our community members who live with chronic life-limiting illness or those who are moving towards the end of their life.

In the greater Trail area we have been lucky to avoid destructive fires or flooding to date. However, in the past our municipalities have been significantly affected by heat waves, poor air quality from fires in surrounding areas, and mental health or grief issues related to the Covid pandemic. At any time, crucial infrastructure (water supply, electricity failure, housing displacement) can be impacted by weather events. While these dangers affect everyone in our population, they have more profound consequences for older people, those who are frail or anyone living with life-altering illness.

Provincially we are encouraged to have personal disaster plans. It may be difficult for people who are unwell and struggling to manage day to day to even think about problems in the future. As a community how can we support and help protect people who are frail, disabled, or palliating?

Strategies:

- Each of us can connect with vulnerable family members, neighbours, or friends to develop a plan for what to do if/when an adverse climate event occurs.
- Develop a regular check-in system with the person needing care or support as things change. If the person is housebound because of poor air quality do they need help acquiring groceries or medications? Do they need emotional support in the time of uncertainty?
- Make sure the person needing support has an emergency response directory or list of numbers to call. This may include government services, non-profits, churches, community groups.
- Does the person have a portable radio for news updates?
- Make sure the person needing support has an emergency response directory or list of numbers to call. This may include government services, non-profits, churches, community groups.
- Urge the person to keep an accurate list of medications available in the event of evacuation.
- Suggest all medical forms and information are kept together in a place that is immediately accessible (e.g. Advance Care Plans; palliative forms, etc.).

A COMPASSIONATE COMMUNITY ... IS A GROUP OF CARING PEOPLE WHO ARE PASSIONATE AND COMMITTED TO TAKING AN ACTIVE ROLE IN IMPROVING THE WELL-BEING OF INDIVIDUALS GOING THROUGH TOUGH TIMES, LIKE SERIOUS ILLNESSES, CARE-GIVING, END-OF-LIFE SITUATIONS, AND GRIEF.

-BC CENTRE FOR PALLIATIVE CARE



As a community we are stronger when we look after one another, and when we take personal responsibility to make ourselves available during changing circumstances. For greater impact we can lobby for publicly available cool spaces during extensive and debilitating heat waves, especially for those who live in places with no air conditioning. We can campaign for increased home support services and stronger emergency services.

Climate change is a reality. How we respond to support others is a choice and an opportunity. Let's look out for each other.

Grief Dreams and Visions

Likelihood of having a 'grief dream' of the deceased:

86%
Partner Loss
1st year

78%
Pet Loss

57%
Miscarriage

'Visions' of the Deceased:

12.6%
up to 6
months

23.1%
12-24
months

Research comes from Black et al. 2019, and Black et al., 2021

After your loved one or beloved pet has died, have you had a vivid dream about them where it felt like they were with you again? Have you had a waking vision where you thought you glimpsed the person or had a sense they were nearby (touch, smell, sight)? Have you been reluctant to tell anyone else because you wonder if you were 'going crazy' because of your grief?

Grief Dreams

\'grēf 'drēm\ noun

1. A dream that occurs after the death of a human or animal.

Synonyms: Bereavement dreams, dreams after loss, dreams of the deceased, dreams of the dead, visitation dreams.

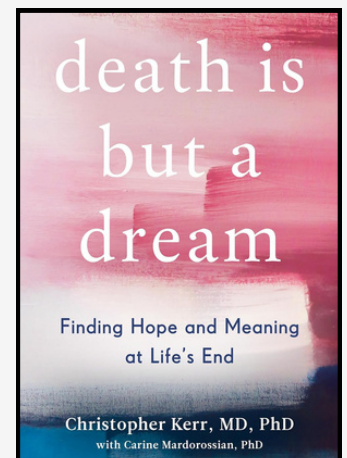
Grief dreams and visions are not unusual and they can be comforting. They can help with trauma recovery, help with managing emotions, provide meaning and hope. They become treasured memories of the person or pet that has passed. Research in this area is relatively new but it is becoming evident that these phenomena are common across the world and across cultures.

Learn More:

<https://www.griefdreams.ca>

This site has research references, participant blogs, podcast links, and Facebook groups.

Dr. Joshua Black is the leading world researcher in this field.



Further Reading

WHAT is an Advance Care Plan?

- Why would I need one? How would I make one?
- Is it legal? Does it cost anything?

Join us to find out about ACP and how to let your loved ones know your medical wishes and values.

Held at Royal Canadian Legion, 2141 Columbia Ave, Trail

Sunday, April 28, 2PM No charge.

Call: 250-364-6204 to REGISTER





Grief is a journey. It has to be lived, experienced and encountered. No matter how much we long for it, there are no short cuts. No one should have to walk this road alone.

"There are three needs of the griever: To find the words for the loss, to say the words aloud and to know that the words have been heard."
-Victoria Alexander

BECOME A GRIEF SUPPORT VOLUNTEER

30 Hours of Training Offered by Trail Hospice Society

Join Us to Learn :

- How grief progresses over time
- How grief impacts mind, body and spirit
- How to support someone in their grief
- How to help people make meaning of their grief

May 10, 5-9 PM, May 11, 9AM - 4PM
AND
May 24, 5-9 PM, May 25, 9AM-4PM
Location: Trail United Church Hall

CALL 250-364-6204 TO REGISTER Cost: \$35, Includes meals and materials

MUSIC CONCERT

Baroque meets Neo-Baroque
Pergolesi Trio Sonata in G + and
Stravinsky Suite Italienne

FEATURING:
Carolyn Cameron – Violin
Katie Clarke – Violin
Leslie Mahr - Viola
Hendrik Mendes - Piano

Thursday, MAY 2, 7:30 PM
Supporting West Kootenay Friends of Refugees

Sunday, MAY 5, 2:00 PM
Supporting Greater Trail Hospice Society

Location: Trail United Church
1300 Pine Ave.

Admission by Donation

Join us on May 2 or 5
for a Concert
of superb music

Location:
Trail United Church
1300 Pine Ave.

Admission by Donation