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NEWSLETTER: September 2014

Updates on Past Events!

We've Been Busy!!!

June 20-21 in Nisku AB.

Just "Imagine".... Olds & District Hospice Society was honored to be invited to be on a discussion panel as a part of the Imagine Conference held last June and hosted by Alberta Hospice Palliative Care Association. This first time event funded by the Eldon & Anne Foote Foundation, engaged over 75 people from 25 organizations from all over Alberta to gather and share ideas and perspectives of hospice palliative care. Among the guest speakers was Dr. Martine LaBrie, a palliative consulting physician with the Calgary Regional Palliative and Hospice Care Services. He spoke passionately about his belief in community-based hospice palliative care using a variety of experiences both at home and in Africa connecting the underlying theme of community based care. It was an excellent opportunity to network, share ideas and learn from each other as we all strive to support those facing end of life wherever we may be.

We were at the Summer Oldstice Street Fair in June!

Perhaps you entered your name into the draw for a summer basket of flowers and maybe you were the winner! For those that missed us, Olds & District Society set up a booth along the street to help promote and educate the public on what hospice is all about. Thanks to the volunteers who helped out with this event.



Palliative Care Volunteer Meeting – June 27th with Guest Speaker Stephen Feswick

Stephen joined a group of our hospice volunteers, staff, and committee members to share his journey with palliative care for both his wife and himself. In the past few years he has battled his own cancer and then lost his wife to cancer. In that time he has had a real eye opening experience with palliative care and hospice. A subsequent heart attack lead Stephen to make several adjustments including a change of careers, but he says he is a survivor. It was a treat to hear Stephen's story and uplifting spin to life's challenges. As a public speaker, Mr. Feswick speaks to our need to see ourselves as "great as we are". His change of careers has taken him to an online business called SendOutCards.com. Worth checking it out!



Community Info and Registration Night ~ September 4th at the Olds Sportsplex

If you were in town the afternoon of Sept. 4th you might have wondered what was a buzz! For sure the great weekly Farmer's Market at the Cow Palace, but why all the vehicles at the Arena??? O&DHS was one of the many booths at the fall community and registration night. Thanks to our Hospice Coordinator, Debbie and our volunteers Maureen, Marlene, and Alice for sharing the word about our society and the needs we help meet in our community. Several people joined our organization as new volunteers. We are blessed to be part of such an active and caring community.

DID YOU KNOW???

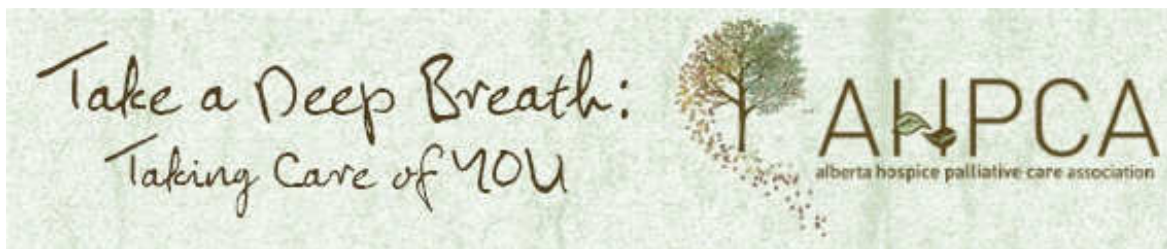
Compassionate Care Leave began Feb 1, 2014

Albertans can take up to eight weeks of unpaid, job-protected leave from work to care for a gravely ill family member. Employees taking compassionate care leave can return to the same or similar position, just like new mothers after maternity leave or armed forces reservists when they return from duty.

Quick facts on compassionate care leave:

- Employees must have worked at least 52 weeks for their employer to be eligible for compassionate care leave.
- Employees must provide their employer with a certificate signed by the attending physician regarding the grave condition of the family member and his or her need for care.
- The eight-week leave may be split into two sections and must be taken within a 26-week period.
- Six weeks of Employment Insurance benefits are available to some employees for compassionate care.

Source: <http://ahpca.ca/compassionate-care-leave-begins-february-1/> Click to this link for more information.



Mark Your Calendars!

Alberta Hospice Palliative Care Association is offering a workshop in Airdrie. This year's AHPCA Road Show is all about YOU. It's about helping YOU recognize the signs and symptoms of compassion fatigue and burnout before they affect your work and health. It's about providing YOU with practical self-care strategies which are critical to your professional and personal quality of living. So, take a deep breath; it's time to take care of YOU!

This workshop is held Wed. October 1, 2014 9:00 AM-4:00 PM at the Town and Country Center 275 Jensen Dr. N.E. Airdrie. Registration and coffee 8:30 AM is hosted by Airdrie and District Hospice. Contact Michele (403) 880-0424 please register at...www.ahpca.ca.



Do You Want To Go Green?

If you wish to receive future newsletters via email, please email
Olds and District Hospice Society at
hospice.olds@gmail.com



Our office is now open by Tuesday and Wednesday 9 AM -5 PM, Thursday 9 AM-1 PM ! Outside these hours by appointment only
Call 403-586-9992

Olds & District Hospice Society would like to thank Family and Community Support Services for their generous grant.

Proudly funded by:



OLDS

A Community Leading by Example

Please note:

AGM November 4, 2014

EVERYONE WELCOME!

Everyone is welcome to come to our Annual General Meeting. We will be sharing our Rural Hospice Solution as we move forward in our community to continue to strive for better hospice palliative care. As location and times become available we will post this on our web site so please check www.oldshospice.com for future details.

Training Dates for New and Current Volunteers

October 7, 2014 Tues: 6:30 PM -8:30 PM

A Volunteer Meeting and also a Refresher Session on Palliative Care will be offered. If you already have taken the training this will be a refresher for you.

Contact Debbie at 403.586.9992 to register. *Note:* Location to be determined.

October 24-25 Fri./Sat. 9 AM-4:30 PM

Olds & District Hospice Society builds its volunteer base with **Skills Training** for those who can sit with hospice clients. The training is a two day event. We bring in an Alberta Health Services facilitator to take our volunteers through 9 modules. These days are full of discussions centered around the materials given and gives you a chance to meet new people who share the same passion. There is no exam, just mandatory attendance.

If you are interested in finding out more about our training please contact our Hospice Service Coordinator, Debbie, at (403) 586-9992. *Note:* Location to be determined.



MORE NEWS

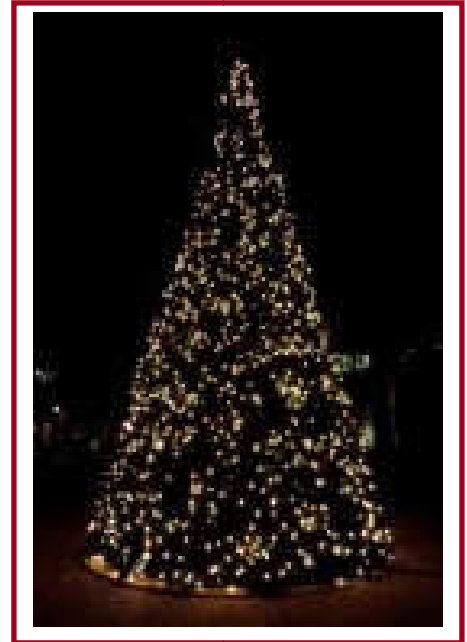
HOSPICE TREE OF REMEMBRANCE

The Olds Hospice Tree of Remembrance, will light up at Olds Fashioned Christmas on **November 29th.**

Remember your loved one in a special way by helping to light up our Tree of Remembrance in Centennial Park. All donations are greatly appreciated and those over \$20.00 containing all pertinent information; first and last names, will receive a receipt.

A donation may also be made at the web site www.oldshospice.com. We now have an easy PayPal button feature on our web site if that is more convenient.

Please watch for further details about local donation boxes around town. The money raised through the light up will help furnish and decorate the hospice suites. Thank you for sharing in a community of giving.



SAVE THE DATE!!! October 18, 2014 7 PM-10 PM Pomeroy Inn.

Swing Back in Time with The Rhythm Barons.

Do you enjoy the big band sounds from the 1920s – 1940s? Olds & District Hospice Society is lending a helping hand selling tickets for **The Rhythm Barons**, a Calgary swing band with big sounds and big beats **AND** there will be dance instructors joining us to giving a helping hand with some of the dances of the times. Tickets will be \$25 each and can be purchased through our hospice office (403) 586-9992. Proceeds from this event will go towards furnishing our new hospice suites. Dust off your dancing shoes, get ready for a Charleston or a Jittybug dance or two and come join us for a night of swing dancing! Contact Jan @ 403.556.1983 for further details.

Hospice Suites in Olds will open soon!

We are so excited to announce that the Olds & District Hospice Society, through the partnership and cooperation of Continuum Health Care will be able to offer to our communities two hospice suites in the new Sunrise Encore supportive living facility opening later this Fall in Olds.

The suites will be available to those facing end of life to offer a better place for final days. There will be no charge to families entering the suites. The one bedroom suite will offer a home-like environment surrounded by support of Olds & District Hospice Society volunteers and 24 hour access to professional care. Stay tuned for more details. Check our website for updates and details or if you wish to donate to help us provide this comfortable space.



THANK YOU!!!!

A sincere thank you to all those have generously donated in any way to our Society. We truly appreciate all your support.

A special thank you to Dean Owen at BRASSmedia in Olds for all his time and energy for our web site clips. We appreciate your patience and guidance. For our readers, these heartfelt hospice palliative care journeys will be shared on our web site in the near future.

Thank you too to Heartland Funeral Home for your donation at your garage sale...what a great idea and know we appreciate your support.

THANK YOU VOLUNTEERS!

The Olds and District Hospice Society would like to sincerely thank all of our volunteers for their continued support and contributions to making our community a better to place to live.

Your assistance in various capacities it truly appreciated!

If you would like to volunteer,
Please call the office.

Community Education

The Olds and District Hospice Society believes in education of the public in regards to palliative care. Members will be contacted when there are education sessions scheduled.

Deb Shindler, the Hospice Service Coordinator

is in the office Tuesday and Wednesday 9 AM -5 PM, Thursday 9 AM-1 PM and is be pleased to make appointments outside of these hours.

Her contact info: (403) 586-9992.

Email: hospice.olds@gmail.com

Know that as Aristotle says “The whole is the sum of its parts.” We truly are so grateful for the volunteers who work with us in any way.

Dance Of Life:



Please have a listen to “The Dance of Life” from Cindy Palin, found in iTunes....it’s truly such a beautiful gift and a song you will want in your personal collection. You will notice it on our web site as well...as you look at the hike pics from this year’s Hike for Hospice.

✓ The Dance of Life 3:21 Cindy Palin The Dance of Life -... Alternative



Thank you for your continued support of the Olds and District Hospice Society.

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