



Olds and District
**HOSPICE
SOCIETY**

Helping people live until they die.

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Newsletter April 2012

Town declares May 6 to 12 Palliative Care Week

National Hospice Palliative Care Week 2012 will take place from Sunday, May 6th to Saturday, May 12th, 2012. Hike for Hospice Palliative Care 2012 will kick off the week on Sunday, May 6th, 2012!
National Hospice Palliative

Care Week (NHPCW) is a one-week campaign that focuses on raising awareness about hospice palliative care. It is also a time to celebrate, recognize, and share the achievements of hospice palliative care throughout

the nation. The Town of Olds has declared Sunday, May 6th to Saturday, May 12th, 2012 as Hospice Palliative Care Week in Olds. As in the national campaign, Hospice Palliative Care Week in Olds will kick off with the Hike

for Hospice on May 6th (See article below). Olds and District Hospice Society would like to thank Mayor Judy Dahl and all the Town Councillors for recognizing the importance of hospice palliative care in our community.

Hike for Hospice coming to Olds May 6, 2012



The Olds & District Hospice Society will be hosting **Hike for Hospice** on **May 6th**. This is the 10th Anniversary of the Hike in Canada. Life is a series of moments. Quality of life defines the moment and is never more

important than during our final days. When that time comes you can be informed, involved, and in charge. Join thousands of Canadians on Sunday May 6th in the Hike for Hospice Palliative Care, a national awareness and fundraising event. 100% of all funds raised will stay in the our community. Hike for Hospice is proud to announce that Peter Mansbridge is our Honorary

Chair. If you wish to participate in the Hike for Hospice in Olds on May 6, 2012, please pick up your pledge sheet at Mountain View Credit

Union, Shopper's Drug Mart, or the Olds Albertan. If you wish to make a pledge, please contact Lori 403-556-6668 or Joyce 403-556-8576.

"Community, friendship, family and openness are necessary to ensuring quality end-of-life care. Let's work together to help people approaching end-of-life."

Peter Mansbridge
Chief Correspondent, CBC News & Anchor, The National
Honorary Chair of the National Hospice Palliative Care
Week and Hike for Hospice Palliative Care



National Framework on Advance Care Planning released: Report aims to ensure Canadian's voices are heard

March 2012 (Ottawa, ON) Most of us hope to be able to communicate to the very end of our lives – but it doesn't always happen that way. A Task Group representing over 25 associations across Canada has released its National Framework For Advance Care Planning, with the goal of providing guidance for implementing this importance practice into our health system to ensure that your voice is heard – even when you

cannot speak for yourself. "Many people think of advance care planning as being the same as filling out a living will or having a "Do Not Resuscitate" order in your medical file," says Sharon Baxter, Executive Director of the Canadian Hospice Palliative Care Association (CHPCA) and a member of the Task Group. "But advance care planning is really more about the conversations that we have – over time - with our

family, our friends and our health team. It's something that we all need to do." Advance Care Planning is a process of reflection and communication to ensure others are aware of your preferences for care if you cannot speak for yourself. Your plan may include information about procedures such as CPR and mechanical ventilation, as well as other personal information, such as spiritual preferences or

specific wishes for family members or friends. One of the most important aspects of advance care planning is naming and having a conversation with a Substitute Decision Maker - someone who will speak on your behalf and make decisions for you – but only when you are not able to do so yourself.

For complete article visit the CHPCA website: CHPCA.net



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**Our office is now open by
appointment only!
Call 403-586-9992**

**Olds & District Hospice Society
would like to thank Family and
Community Support Services
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*If you wish to receive future newsletters via
email, please email Olds and District
Hospice Society at
hospice.olds@gmail.com*

Upcoming Events

Speak Up - National Advanced Care Planning Day is April 16, 2012

It's about the conversations. It's about decisions. It's how we care for each other. This is a project managed by Canadian Hospice Palliative Care Association. Watch for future details.

Hike For Hospice is Sunday, May 6, 2012

Hike for Hospice comes to Olds on May 6, 2012. Pick up your pledge sheet or make a pledge. 100% of the funds raised stay in our community.

Community Education

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.

Welcome to all our new volunteers

On January 31, the Olds & District Hospice Society held a Volunteer Open House. O&DHS would like to thank everyone who came to the session and for the great dialogue that was shared. O&DHS are pleased to welcome all those volunteers who have agreed to assist in various capacities. Welcome aboard!

Introducing New Palliative Care Resource Nurse for Central Zone

My name is Tracy Reberger, RN, CHPCN, and as of December 2011, I am the new Palliative Care Resource Nurse in the southwest region of the Alberta Health Services (AHS) Central Zone. I have taken over from Tammy Acker. My areas are Rocky Mountain House, Sundre, Olds, Innisfail, Eckville, Sylvan Lake, and Bentley.

My prior experience has been mainly on Unit 32, Oncology and Palliative Care at the Red Deer Regional Hospital. The last 7 years have been as Charge Nurse/Coordinating Nurse solely with Palliative Care on Unit 32. In that position, I learned a tremendous amount from a knowledgeable palliative care team, and I

bring that experience to this position. Please feel free to call my office directly at 403-845-8535 or my cell phone at 403-846-8754 if you require any assistance with palliative patients. Personally, for me, being able to help clients/patients in this aspect of their lives is not only fulfilling but ultimately a true privilege.

National Volunteer Week April 15 - 21

"Volunteering is part of our identity as Canadians – we value civic participation and embrace a spirit of community. The tremendous efforts of our 12.5 million volunteers help make Canada a vibrant, safe place to call home. Across the country, Canadians are getting involved and leading positive change in a variety of ways, all of them vital – from quick bursts of mobile micro-volunteering on smartphones to front-line disaster relief efforts overseas. The work of volunteers is essential to maintaining healthy, dynamic communities at home and around the world. National Volunteer Week is all about taking time to recognize the incredible contributions of Canada's volunteers and letting them know how much their efforts are appreciated."

- <http://nationalvolunteerweek.ca/>

The Olds and District Hospice Society would like to sincerely thank all our volunteers for their contribution to making our community a better place to live. If you would like to volunteer, please call 403-586-9992.