



Olds and District
**HOSPICE
SOCIETY**

Helping people live until they die.

Mailing Address:
6700-46th Street, Box 70026,
Olds, Alberta T4H 3Z0

Office Address:
5018 - 53 St, Olds

Phone: 403-586-9992
Email: hospice.olds@gmail.com

Newsletter April 2013

Hike for Hospice coming to Olds May 5, 2013

The Olds & District Hospice Society will be hosting **Hike for Hospice** on **May 5**. This is the 11th 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. We invite you to join us and thousands of Canadians on Sunday May 5 in the Hike for Hospice Palli-

ative Care, a national awareness and fundraising event. 100% of all funds raised will stay in our community.

If you wish to participate in the Hike for Hospice in Olds on May 5, 2013, please pick up your pledge sheet at

Mountain View Credit Union, Shopper's Drug Mart, or at Olds & District Hospice Society's webpage at www.oldshospice.com. If you wish to make a pledge or for more information, please contact 403-556-6668 or 403-556-8576.

President's Message

As we honor volunteers in the Month of April, I too would like to say "Thank you" to the volunteers of Olds & District Hospice Society! It is your heart that has made the difference in our journey as we move forward to support those facing end-of-life.

Thank you for your time, your enthusiasm, your commitment, and your generosity for all that you do to help make life better. From our board, to our palliative care volunteers sharing tender moments with families, and to the general community who do so much to support what we stand for...you are appreciated and valued so much.

We are so excited to host "Hike for Hospice" once again as we link arm in arm with others across the nation to raise awareness for the importance of caring well for those facing their final journey. We'll look forward to seeing you on May 5th, 2013!!!

Kathy Kemmere

**Hospice Palliative Care
Week
May 5 to 11, 2013**



**Hike for
Hospice 2013**

Sunday, May 5

1 Km or 5 Km Walk/Run

OLDS SPORTS COMPLEX (Arena)

Registration: 8:45 a.m. - 9:30 a.m.

Welcome Ceremonies: 9:30 a.m.

START TIME: 10:00 a.m.

Draw Prizes

Water and Snacks Provided

\$25.00 Minimum Pledge - Children 10 and Under - Free!

\$50.00 Minimum Family Pledge

Registration/Pledge Forms Available: Mtn. View Credit Union, Shoppers Drug Mart & on the Olds & District Hospice website: www.oldshospice.com

For information please contact 403-556-6668 or 403-556-8576

Proudly supported by:



Nu2U



Upcoming Events

Palliative Volunteer Care Training

April 26 & 27, 2013

Please call the office for more information

Hike for Hospice

May 5, 2013

For information please contact
403-556-6668 or 403-556-8576

Service Coordinator Report

Our volunteers continue to be the mainstay of O&DHS. Whether they are sitting with clients, assisting with operations, fund raising, or community education activities, each makes a valuable contribution. Thanks for all you do!

We have had two volunteer meetings and we plan to continue to schedule them on a regular basis. It is our goal to develop a strong community of volunteers through the sharing of support, experiences and information. All volunteers are welcome.

We also have a Palliative Care Volunteer Training Session scheduled for April 26 and 27 at the Ramada Hotel in Olds. If you or someone you know is interested in Palliative Care, this course is a invaluable.

Thanks,
Bev Hallett
Services Coordinator

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

Caring about Caregivers

Dr. Kelli Stajduhar (ehospice article - <http://www.ehospice.com>)

Family caregivers don't fit a neat description – they are spouses, adult children, friends and neighbours who provide loved ones with everything from emotional support to medication management, dressing and feeding.

They provide enormous value to both their patients and the health system – but often at a risk to themselves. A 2010 study revealed that one in six people providing informal care to seniors experience distress – and those caring for seniors with moderate to severe cognitive impairment, such as Alzheimer's or Dementia, are most at risk.

Given an aging population and a strained health system, it's clear that we need healthy and informed family caregivers who can provide the critical support required to meet the needs of Canadians – but how do we ensure that they don't become our next patients?

Our studies suggest that there are a number of factors that affect caregiver wellbeing, including:

Knowledge – Caregivers who are kept informed throughout the journey feel more confident about their own skills. A participant in a 2010 study in western Canada noted, "We don't know all this stuff. We have other lives that we know about, but we don't know about the medical system." Communication with both their patient and with the health team contributed significantly to caregiver health and wellbeing.

Experiences with health care providers – When family caregivers and health care providers establish good work relationships, quality of care is enhanced, care delivery is more efficient and requests by family caregivers for inappropriate levels of service are reduced. For caregivers, that relationship adds to a sense of 'security' that improves their ability to cope with their situation, and helps them better understand their role in the delivery of care.

The right kind of care – a recent inter-professional pilot workshop for direct care providers held in a care home in British Columbia explored the incorporation of a palliative approach into dementia care for residents. The four-hour workshop was structured to promote critical reflection and challenge participants to consider that people with dementia and their families need palliative care much earlier than during the last days of life.

Family Caregivers are clearly a critical contributor to the health system – and yet, while some services and tools for family caregivers exist, there are critical gaps in awareness of caregiver needs and in translating research results into clinical practice. If we are to successfully manage the upcoming health crisis related to an aging population, we need to continue to find better ways to care not just about patients – but about those who care for them.

Dr. Kelli Stajduhar is an Associate Professor at the School of Nursing and Centre on Aging at the University of Victoria. She currently leads an international research collaborative on family caregiving involving researchers from the United Kingdom and Australia and is the 2010 recipient of the Anselm Strauss Award, U.S. National Council on Family Relations in recognition of her outstanding contribution to family research. Find Dr. Stajduhar's research at: www.eolcaregiver.com.