



Olds and District  
**HOSPICE**  
**SOCIETY**

## **Hospice Happenings**

### **MAY 2016**

#### **MAY 1st - 7th is Hospice Palliative Care Week!**

Dotted across our calendars each year are weeks and months dedicated to many diseases and conditions in our health spectrum, and in May we reflect on and raise awareness for hospice palliative care.

*Why is it important to have opportunities to bring to light this aspect of our health care?*

It is all about education, awareness, and an opportunity to learn and understand another aspect of our lives.

Speaking about death and dying is not something we embrace. We culturally tend to focus on life: its joys, its demands of work, jobs, family and recreation. We tend to avoid the thoughts of our own mortality and conversations about end of life until something happens; then we feel thrust into a land of chaos and unknown, walking through very difficult moments unprepared.

Hospice Palliative Care is aimed at relief of suffering and improved quality of life for persons who are living with or dying from advanced illness **or bereaved**.

The more we can learn about what is available to us, and how to have the conversation with our loved ones about end of life, the more prepared we can be when it happens in our lives.

Consider some of the listed interesting facts regarding hospice palliative care provided by the Canadian Hospice Palliative Care Fact Sheet:

*Only 16-30% of Canadians have access to good hospice palliative care services in Canada;*

*Chronic disease accounts for 70% of all deaths in Canada and the number of aging Canadians are ever increasing as baby boomers age. The demand on caregivers is enormous and continues to increase; and*

*Hospice palliative care programs allow patients to gain more control over their lives, manage pain symptoms more effectively, and provide support to family caregivers.*

***The theme of Hospice Palliative Care Week again is  
the Power of 10!***

***Take time and have the conversation with 10 people  
about hospice palliative care.***

We are blessed to live in a community that acknowledges the importance of good hospice palliative care, and we appreciate the support as we move forward to continue awareness and programs.

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