

The Greater Trail Hospice Society

News and Notes



SPLASH FOR CASH

Hospice Swimathon



**All ages are
welcome.
Swim or
Pledge.**

March 1-7, 2021

Swim Times will vary.

**For information or to
register please call**

**Trail Hospice at
250 364 6204.**



Can you Swim? Dog-paddle?

Float on your back??

All Swimmers are needed

to make this fundraiser a success!!

Money raised helps keep our programs 'afloat' and enables our hospice to increase community education about end of life issues, support people with life-limiting illness, and journey with people through their grief.

TWO IMPORTANT QUESTIONS

1. **How are You??**
2. **When will this Pandemic ever end?**

The first question, **"How are you?"** was a part of our normal, everyday communication. It was usually a polite, superficial inquiry. However, as COVID-19 continues to erode 'normal' this question needs to be asked more intentionally as we try to connect with others. Social isolation, keeping our 'bubbles' small, the inability to hug someone, restricted travel and fear arising from the onslaught of negative news all accumulate to keep us disconnected from others. Whether our encounters are via phone, digital technology or outdoor walks, let's change the emphasis of the words and ask, **"How ARE you?"** with genuine compassion and curiosity about the other person. Words have power to help us connect.

When will this Pandemic ever end? This question has no concrete answer. Let's consider what might be underneath the question for each of us. Are you feeling an underlying anxiety because of the uncertainties about vaccination or planning for the summer or having medical procedures rescheduled or diagnostics delayed? Are you having more difficulty sleeping or keeping your weight under control? Are you feeling the pressure of being the primary caregiver for a loved one who has a life-limiting illness? Is there a sense of helplessness because you can't visit family members who struggle with their advancing health issues and don't have enough support.

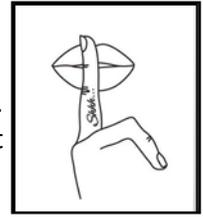
This can lead us to ask a third question, "How can I be well during this unsettled time?" or "How can I cope?" This is a time to reflect on what will help us get through current life challenges. Check out the list on the back page to find links to resources that will help answer these two questions.

Nobody Wants to Talk About It....

It is something that causes so much emotional pain and grief – but nobody wants to talk about it. When it happens there are so many feelings of loneliness, inadequacy, shame, and anger – but people often don't know how to respond or reach out.

Miscarriages and stillbirth are common. They are a loss—a deep aching loss. They need to be acknowledged and grieved. Let's try to understand and open a dialogue to help women and couples through this devastating experience.

Canada does not have accurate statistics about how often miscarriages happen. However, “the Society of Obstetricians and Gynaecologists of **Canada** (SOGC) estimates 15 to 20 per cent of pregnancies end in one. Barrett and many others put the number even higher.” “One in four pregnancies end in a miscarriage,” Dr. Kirupanthan stated (2016). One in 125 pregnancies in Canada end in a stillbirth (2017).



The Journey of Grief After Miscarriage or Stillbirth

- ◆ Understand that feelings of grief are normal, expected, and a necessary part of recognizing your loss. You have lost a child, dreams of a future, trust in your own body, and an opportunity to be a parent. These multiple losses do cause real emotional and spiritual pain along with physical upheaval.
- ◆ There are no 'shoulds'. You and your partner will each grieve in your own way. Some people move forward more freely, while others feel more despair. No one gets to tell you how to feel except you (Kriptke, LCSW). People grieve differently and losing a baby can be a very different experience for a partner than it is for the mother. Give each other 'space'. Grief has no set timeline.
- ◆ Emotions shift. Some days and some hours are better than others. You might feel anger, depression, guilt, self-doubt, anxiety, sadness, or denial. These emotions can all be made worse by the hormonal changes your body is experiencing as it returns to its pre-pregnancy state.
- ◆ Your identity is shifting from being a parent to a state of emptiness and loss. It may be difficult to be around other parents right now, or around family members who had such high hopes for a new child in the family. In spite of this you are still a person, still an individual with hopes, dreams, skills, needs. This loss is a part of you but not all of you.
- ◆ Even if you choose to have more children, or feel ready to move ahead with life, that doesn't mean your baby is forgotten. Find a way to create a memorial for your child – a naming ceremony, a yearly remembrance, or some way that honors the life that was.
- ◆ Find someone else who has had a similar experience. Others can provide compassion and understanding because they have ridden this rollercoaster of grief and loss and emotional angst.

How Can Someone Help?

- ◇ Acknowledge the person's loss and how profound it is. Only a few compassionate words are needed but saying nothing sends the message that it is too hard to talk about or you don't care.
- ◇ Let the mom or couple know that you are ready to listen – any time.
- ◇ Don't offer false platitudes about the future, about being able to have another baby. The pain the couple is experiencing is here and now.
- ◇ Ask what would be most helpful – regular phone calls? Casseroles on the days she doesn't even feel like getting out of bed? Long, quiet walks?



Let's bring this loss into the open and support the persons going through it.

Call 250-231-7344 if you would like to speak to a Grief Support Volunteer



Are you dreading filing your taxes this year? Have you filed and found out you owe money to the government? Would you like to be better prepared for the next tax season? **Here are two simple ways that will reduce your taxes and benefit the Greater Trail Hospice Society.**

DONATE PUBLICLY TRADED SECURITIES AND MUTUAL FUNDS

Gifts of appreciated public securities are an attractive way to make a donation because they are subject to generous tax incentives. The important thing to remember is that to get the maximum benefit from donating shares they must be transferred to a charity whole instead of cashing them in and donating the cash.

	Sell Shares And Donate Cash	Donate Shares
Original Cost of Securities	\$ 4,000.00	\$ 4,000.00
Current Market Value	\$ 10,000.00	\$ 10,000.00
Capital Gain	\$ 6,000.00	\$ 6,000.00
Income inclusion for Capital Gain (\$6,000 x 50% x 45% tax rate)	\$ 1,350.00	\$ 0.00
Amount going to Charity	\$ 8,650.00	\$ 10,000.00
Charitable tax receipt	\$ 8,650.00	\$ 10,000.00
Tax credit for gift at 45%	\$ 3,892.50	\$ 4,500.00
Tax savings after offsetting tax on capital gain	\$ 2,542.50 (\$3892.50-\$1,350)	\$ 4,500.00

By donating securities, the charity gets the full amount of the value of the shares on the day they are sold and you get a tax break. It is so easy to donate your shares using the Donate Securities button on our website. You will be taken directly to the form on the Canada Helps site and they do the rest. Remember, do not cash the shares, your biggest tax advantage is by donating the shares whole.

GIFTS OF LIFE INSURANCE

When you give a new or existing life insurance policy to Hospice, you are turning small monthly premiums into a significant gift. The insurance benefit will eventually be paid to the Greater Trail Hospice Society and is separate from your estate, so there are no administrative costs or probate fees. Your gift has no effect on your estate's assets and you will receive a charitable tax receipt that can be used in your lifetime or for your estate.

There are three ways to donate a life insurance policy to Hospice.

Take out a new policy in the name of Hospice. Name Hospice as the owner and beneficiary of the policy and receive a charitable receipt for the annual premiums paid by you.

Name Hospice as the beneficiary of an existing policy. This is a good option if you already have a policy that your family does not require for financial stability. At the time of your passing Hospice will receive the proceeds of the policy. You can receive a current tax receipt for the fair market value of the policy or defer the tax receipt for your estate when the policy is paid out.

Transfer ownership of an existing policy to Hospice. Name Hospice as the beneficiary and receive a tax receipt for the fair market value of the policy and annual tax receipts for your ongoing premium payments.

Please remember to consult with your financial advisor before making any changes that would impact your current financial security. Also, please discuss with your family any changes that you intend to make to your will or your financial position. Make sure that they know that it is your desire to provide for both them and Hospice.



Where Can I Find the Help I Need?



Wellness resources:

Personal Health and Wellness

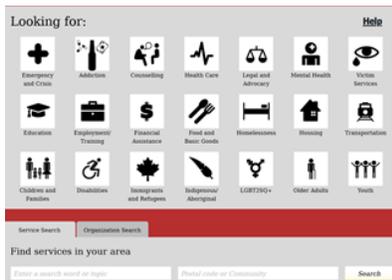
<https://www.healthlinkbc.ca/> Access to Navigators, Nurses, Dieticians, Exercise Professionals and Pharmacists.

If you don't have a doctor

[Babylon](#) by TELUS Health is a free app that allows you to video chat from a smart phone directly with a licensed doctor. Download Babylon by TELUS Health: [Google Play](#) & [Apple Store](#)

Coping with COVID related fears or frustrations:

Virtual Mental Health Supports during COVID-19 <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19> (Get Help Immediately; Free or low cost counselling; supports for health care workers; supports for seniors; supports for Indigenous Peoples, etc.)



Services for seniors bc211 <https://www.bc211.ca/>

Coping with Anxiety: <https://www.anxietycanada.com/>

Resources to help me be a better caregiver:

Canadian Virtual Hospice: https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics.aspx

Information about Grief and Grieving:

BC Bereavement Helpline <https://www.bcbh.ca/>

Greater Trail Hospice Society <https://www.trailhospice.org/grief.htm>

My loved one is nearing the end of a life-limiting illness:

BC Palliative Benefits Program

<https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/palliative-patientinfo.pdf>

Information about Advance Care Planning

<https://www.interiorhealth.ca/YourCare/PalliativeCare/ToughDecisions/Pages/Advance-Care-Planning.aspx>

Information about End of Life Issues:

Interior Health <https://www.interiorhealth.ca/YourCare/PalliativeCare/Pages/default.aspx>

Canadian Virtual Hospice <https://www.virtualhospice.ca>

Information about how Hospice can support me:

The Greater Trail Hospice Society <https://www.trailhospice.org>



CHECK OUT OUR WEBSITE FOR MORE INFORMATION!