



GREATER TRAIL
HOSPICE SOCIETY

NEWS & NOTES

Could You Become a Hospice Volunteer?

Hospice volunteers have many roles:

- Supporting people to make Advance Care Plans
- Visiting people who are socially isolated or lonely
- Helping people navigate health challenges or transitions to remain independent
- Providing compassion and presence at end-of-life
- Journeying with people through their grief
- Board members

You Can Do It!

WE PROVIDE 30 HOURS OF TRAINING

Next General Volunteer Course:

September 29, 30 + October 13, 14

Call 250-364-6204 to register

YOU CAN MAKE A DIFFERENCE!

"I have been a volunteer with Trail Hospice for over 30 years. It has been an absolute privilege to journey with people who have life-limiting illness, and to have them share their most intimate thoughts, hopes and dreams with me. I know Hospice volunteers make a difference in helping people achieve their end-of-life goals so they can more towards a peaceful ending to their life."

-Gail, Hospice Board Member

JOIN OUR

HIKE FOR HOSPICE

FUNDRAISER

SEPTEMBER 9, 2023



We'll walk around the Trail bridges to show our community Trail Hospice is here to help people navigate life-limiting illness or grief.

Call 250-364-6204 for information or to sponsor a walker



CAREGIVER: a person who tends to the needs or concerns of a person with short or long-term limitations due to illness, injury or disability.

We never know exactly when it might happen, but we could become caregivers for another person – parents, another family member, a child, a spouse, a neighbor. Caregiving might entail looking after parents who have several complex health conditions or are beginning the long dementia journey. It also might arise with any person through tragic accidents or sudden health changes. Dr. Brian Goldman notes, “What defines unexpected caregiving is that the burden is unanticipated and usually unplanned.”



Care-giving is a confounding role. It can be rewarding because it presents the opportunity to give back to another person, to show love and compassion. It can be utterly exhausting because it often demands 24/7 availability for care needs, constant vigilance, and a resultant minimizing of your own life and needs. You may be plunged into having to buy incontinence products, navigate medical appointments, learning about special diets, dispensing medication.

The Canadian Institute for Health Information (CIHI) states the unexpected time commitment can be 12-15 hours per week, but may become an unpaid full-time job in the long-run. Over half (56%) of all unpaid caregivers reported feeling tired because of their caregiving responsibilities, while 44% felt worried or anxious during the past 12 months.

IN 2022, MORE THAN HALF OF WOMEN AGED 15 AND OLDER (52%, OR ALMOST 8.4 MILLION WOMEN) PROVIDED SOME FORM OF CARE TO CHILDREN AND CARE-DEPENDENT ADULTS, WHETHER PAID OR UNPAID. NEARLY ONE-THIRD OF WOMEN (32%) LOOKED AFTER OR PROVIDED UNPAID CARE TO CHILDREN, AND ALMOST ONE-QUARTER (23%) PROVIDED UNPAID CARE TO ADULTS WITH LONG-TERM CONDITIONS OR DISABILITIES. A TOTAL OF 6% OF THOSE PROVIDING UNPAID CARE ARE CONSIDERED DUAL CAREGIVERS (ALSO KNOWN AS "SANDWICH CAREGIVERS"); THAT IS, THEY ARE CARING FOR BOTH CHILDREN AND CARE-DEPENDENT ADULTS AT THE SAME TIME.

(STATS CANADA 2022)

When Dr. Brian Goldman became a caregiver for his sister, he came up with “**Brian’s Rules**”:

- **Take care of me** so I can take care of her (exercise, sleep, eat well).
- **Don’t drown in sadness or pity for the person you care for** – they wouldn’t want that.
- **Be pragmatic, not perfect** – care-giving is an exercise in messy improvisation.
- **Figure out what you dislike doing and get someone else to do it.**
- **Assemble a team to get the job done.**

Teamwork is the connective tissue that makes the care-giving more manageable.

What to do when you unexpectedly become someone’s caregiver,
Dr. Brian Goldman

Contributed to The Globe and Mail, Published January 1, 2023

**Join our Caregiver Support Group starting September 7th,
1PM - 2:30 PM. Call 1.888.212.2337, ext. 5 to register.**

Meet Our New Staff!



DEBBIE FINK - Outreach Coordinator

Hello, I'm Debbie! After growing up in Australia, I chose to make Canada my home in 2003, and in particular Rossland my home in 2018. The feeling of being welcomed with open arms and the community connections and supportiveness in the area was nothing like I had felt before in my life. I am honoured to call the Kootenay's my home and have immersed myself in the community here both professionally and personally.

I am a critical care RN and for the past 10 years I have worked in multiple towns and cities across the country primarily in Emergency departments. I found myself seeking more impactful and rewarding work and switched my speciality to Hospice and Palliative Care. My favourite quote by Ann Richardson "We cannot change the outcome, but we can affect the journey" resonates with me strongly with hospice and palliative care. We are in a unique and privileged position to be a part of someone's end of life journey. By supporting both the clients and their families through this journey, we can help people achieve their end of life goals and die with dignity.



ALI FILLMORE - Nav-Care Coordinator Caregiver Support Coordinator

Hi, I'm Ali. I was born and raised in Trail and after living on the west coast since the early 90s, I have finally returned to the lush greenery of this area that we love so dearly. While living in Victoria I completed a Bachelor of Science in Psychology.

For approximately 25 years, I have been volunteering with various organizations such as BC Schizophrenia Society, Big Brothers and Sisters, Vinyasa Yoga for Youth, the End of Life Doula Association of Canada, Vancouver Hospice Society, and as of late, the Greater Trail Hospice Society.

For the last 25 years I have also been advancing my skills in designing and delivering leadership and personal development programs, coaching executives and teams, teaching meditation and mindfulness, and providing heart-led support to people in their last stage of life.

If you are out and about you are likely to find me frequenting *Zee Crepes* on weekends!

The Role of HOPE During Life Transitions

When life is up-ended by a unexpected diagnosis, a major obstacle, or acute grief it can feel like Hope is lost - lost like the wind that blows past and is gone. When life knocks us sideways, we instinctively question the meaning and purpose of life. There can be an initial sense of helplessness and loss of control. Life is changed. We are changed.

To have hope is to want an outcome that makes our life better or more bearable in some way. Not only can it help make a tough situation bearable but hope can also eventually improve our lives because envisioning a better future motivates us to take the steps to make it happen.

(Hope Grows: <https://hopegrows.org/news/why-is-hope-so-important/>).

LIFE WITHOUT
HOPE
IS NO LIFE....

How do you find hope again, when it feels like all hope is lost? A starting point might be to talk your situation through with another person. Dialogue can help you look at a situation from different points of view and think about things you might not have considered before. Sometimes our search for hope can be somewhat grandiose and we seek things that are not possible. A different perspective could help pare down our wishes to a hope that is more realistic and attainable.

Looking backwards can help us look forwards. In the past, what coping skills have helped you get through previous tough times? Have you learned to 'reframe' situations and see them in new ways? Have you leaned on faith or prayer? Have you 'thought things through' on paper, looking at potential solutions. Have you used 'self-talk' or counselling to wade through challenges? Have you asked for help? Whatever got you through other challenges may help you lean into this current one.

There is always something to hope for. When we have a distressing diagnosis we hope for a cure. When life is almost over we hope for a peaceful death or life beyond this life. When we are dealt a crushing loss, we hope to be able to start over again. As human beings we have the ability to hope and look ahead to the future.

HOPE IS IMPORTANT
BECAUSE IT CAN MAKE THE
PRESENT MOMENT LESS
DIFFICULT TO BEAR. IF WE
BELIEVE THAT TOMORROW
WILL BE BETTER, WE CAN
BEAR A HARDSHIP TODAY." –
THICH NHAT HANH

But hope requires participatory action. Because we wish for something does not mean it is going to magically appear. We need to consider how to set small goals that will help us move towards better health, new relationships, reparation for what is lost, or a meaningful ending to our life. These goals might be large, but more often they are small, everyday endeavours that motivate us to keep moving forward.

How can we help you navigate your challenges and change?

Our hospice volunteers are trained to listen, to link people with resources, to help find meaning in your transitions. We would be honored to journey with you and support you in finding hope again. Call us at 250-364-6204.