



GREATER TRAIL HOSPICE SOCIETY NEWS & NOTES

“ It's a New Year!
How do I want to live?
What will bring
Quality to my days?
What really matters
to me for all the
days I have left?

**Let's make waves!
Let's make a difference!**

Join our
Annual Swimathon
raising funds for our programs

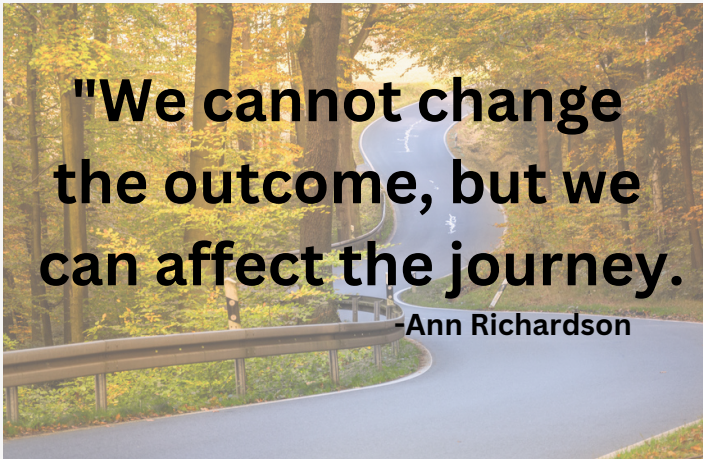
March 9, 2023

Trail Aquatic Centre

Call 250-364-6204

to swim or be a sponsor!

HOSPICE PALLIATIVE CARE



**"We cannot change
the outcome, but we
can affect the journey.**

—Ann Richardson



Meet our new Staff Member!

Happy to be back with GTHS!

Hello and thank you to everyone who takes the time to read our newsletter. My name is **Gwen Ziprick** and I am truly honoured to be working with GTHS once again.



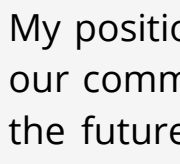
Some of you may recognize my name from my previous contributions to this newsletter or from my work as a funeral director in our community during the last 11 years. I was lucky to be hired by Bill Clark in 2011 which allowed my family and I to begin building a life in Rossland. I am so happy that at least two of my three children live in this area and hope that my son and his family will soon join us too.

I joined GTHS as a member of the board in 2015. I remember my very first meeting with the team at that time - it was winter, and everyone had gathered at the Ram's Head Inn in Rossland for some strategic planning. I will never forget the beautiful, warm fireplace, the falling snow, the majestic trees seen from the window and the overall sense of all being right with the world in that moment. Everyone had gone around the room, introducing themselves to me and explaining why the work of hospice was so important to them. I had a difficult time keeping my emotions in check when I realized how much goodwill and positivity there was in the group! I was amazed and knew I wanted to join them.

My career in funeral service evolved to helping at four local funeral homes and then developing my own skills as a funeral celebrant. It was the best of times; it was the worst of times quite frankly. I loved my funeral family, I was glad to serve our clients and offer my help, I truly enjoyed my work as a celebrant, but it was very busy. I began to step away from my volunteerism and lost my ability to slow down and live in the moment.

In June of 2022 I decided to resign from funeral service but keep my celebrant work so that I could continue on in a part time way in a profession that I really loved. Two changes motivated the change. We had the amazing life altering event of having grandchildren and I wanted to focus more on my family life. My husband and I were just finishing building our home in the forest and it was time to spend some time on the property.

When I was approached by my friends on the GTHS board to rejoin the team, but this time as the Hospice Community Coordinator, I was really thrilled. (continued...)



My position is new and developing but my real focus is to ensure that everyone in our community has knowledge of how GTHS may be of service to them, now or in the future. GTHS has expanded to be so much more than palliative bedside care (although we are proud and honoured to be there also); we offer help with advanced care planning, navigating community resources, grief support and children's grief support.

I am always looking for people or groups to share our story and resources with, so by all means - reach out to me anytime! Currently we are looking to train some more volunteers for all areas of GTHS so let me know if you have a few hours per month available to help in our community.

gwenziprick@trailhospice.org

Become a Volunteer with Hospice

**Grief Support
Volunteer Training**
March 10,11 plus 24,25

Basic Volunteer Training
(to provide end-of-life care or
friendly visiting)
April 14,15 plus 28,29

Navigator Training
(supporting people with life-limiting
illness as they transition
through health changes)
Online & ongoing

**I am a hospice
volunteer because
the experience of joy
and giving
unconditionally is
both a gift to yourself
and others.
~Heather**



**Call 250-364-6204 to
register for all trainings**

5 reasons why music makes connections in Advanced Dementia



Music Therapist Robin Rio says: "There are many factors that make music a natural choice in helping those with problems related to dementia. The most prominent is the way that music supports and stimulates residual memory". Here are 5 reasons why music helps make connections in people with advanced dementia:

1. Music is used as a trigger for memories. A trigger is a question, statement, action, sound, smell that sparks a memory from the past. A flash is the memory retrieved in response to the trigger. Familiar songs can be successful triggers and help a person with dementia find a "sense of self" because memories persist when they have some personal importance. Familiar music with positive associations provides emotional safety and may trigger re-collection of neural pathways. Familiar music may trigger a sense of connection to self.

2. Music is a means of expression and non-verbal communication. The advanced stage of dementia will probably involve receptive aphasia (not understand words spoken). Verbal communication may consist of repeated words, phrases or utterances that are hard to understand or may become completely non-verbal. Music is an activity that doesn't need words. Music-making, appreciating or responding to music through movement, motions, tears, playing an instrument helps persons with dementia express themselves and possibly make a connection to others in the process.

3. Music helps to restructure identity. Dr. Oliver Sacks, a neurologist and writer of *Awakenings* and *Musicophilia* states: "It is the inner life of music which can still make contact with their inner lives, with them; which can awaken the hidden, seemingly extinguished soul; and evoke a wholly personal response of memory, associations, feelings, images, a return of thought and sensibility, an answering identity." He's saying that music can keep you connected you to the preserved self. The story of Henry demonstrates this immediately. In fact, you can see with Henry, It is as if there is a switch where his identity is "turned on" and even after the music stops, he has rediscovered his identity and reconnected to his self. The carryover effect of the music allows him to stay self-connected and other-connected for some time. <http://www.youtube.com/watch?v=fyZQf0p73QM>

4. Music can reduce responsive behaviors. There is substantial evidence in the literature that music can connect PWD to appropriate social behaviors. Music has been shown to reduce agitation generally, and at mealtime. Music reduces activity disturbance and the use of psychotropic drugs and physical restraints, particularly with the use of personalized music. Using individualized music has also shown reduction in combativeness, and reduced wandering. We're going to unpack the terms personalized and individualized music shortly.

5. Music contributes to quality of life especially at end of life. Research suggests that music is valued by older people as part of their everyday lives and contributes to quality of life, psychological well-being and positive aging. At the end of a PWD's life, music serves to facilitate interpersonal contact, Communication, Self-expression. End of life is an opportunity to reintroduce aesthetic experience and genuine beauty to people, especially those who because of their disease may have been without.