

# GREATER TRAIL HOSPICE SOCIETY

# NEWS & NOTES

## JOIN OUR TEAM, BECOME A VOLUNTEER:



**I volunteer for  
Hospice because  
everyone deserves  
compassion, even  
when life is limited  
by age or illness**

**~Jill**

### NAVIGATOR TRAINING

Support people who have chronic and life-limiting illness through the transitions of their illness.  
Online training - begin any time.

### BASIC TRAINING

Learn how to support people who are nearing end of life and their families  
Friday, Sept. 30, 5-9 PM & Saturday, Oct. 1, 9-4PM PLUS  
Friday, Oct. 14, 5-9 PM & Saturday, Oct. 15, 9-4PM

### GRIEF SUPPORT TRAINING

Learn about the process of grief and provide presence and support to people who have experienced major loss  
3 Saturdays 8:30 AM to 2:30 PM: Nov. 5, 12 and 19

**CALL 250-364-6204 TO REGISTER TODAY**

## 100 PEOPLE WHO CARE!

Be 1 of 100 people  
donating \$100.00

**Help us raise \$10,000 to  
grow our program**

You can make a difference.

**Visit *Canada Helps*:  
Greater Trail Hospice Society**

All donations welcome.

“

SOMEBODY SHOULD TELL US,  
RIGHT AT THE START OF OUR  
LIVES THAT WE ARE DYING. THEN  
WE MIGHT LIVE LIFE TO THE  
LIMIT, EVERY MINUTE OF  
EVERY DAY. DO IT! I SAY.  
DO WHATEVER YOU WANT TO DO,  
DO IT NOW! THERE ARE ONLY SO  
MANY TOMORROWS.

-POPE PAUL VI

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Visit us at: [www.trailhospice.org](http://www.trailhospice.org)



# What Do Dying People Want to Talk About?

As end of life nears, it is a common assumption that dying people don't want to talk about what is happening to them. Angela Morrow, RN writes, "It's a common belief that talking about someone's illness or impending death will only upset them. Many people are surprised to find that a dying person wants to talk about what's happening to them. In fact, many dying people are thinking the same thing: that talking about what's happening to them will only upset a friend or loved one." (verywell health, May 26, 2022)

If we could support open conversations, what might the dying person want to talk about?

- It can be an opportunity to allow the person to express any unspoken fears or concerns
- It gives both the person and the family a chance to share their day-by-day feelings. Limited time helps cut through the superficial to focus on what is important;
- There is a chance to express any regrets, and then to leave those behind;
- It is a chance to say 'I love you', thank you for all you have been in my life, or 'forgive me';
- There is the opportunity to 'remember together' as the person looks back over their life, and it is also a chance to grieve together for what is being lost;
- Is there anything the person still wants to do, to accomplish?
- What legacy is this person leaving? Can we help them define why their life mattered? What are they most proud of? What do they feel they have accomplished?



Most importantly, people who are moving towards the edge of life continue to want to talk about what they still hope for. Dr. Simran Malhotra, a top palliative doctor says, "I've seen patients suffering from crippling symptoms like pain, difficulty in breathing, social isolation, loss of control and independence. Yet the one thing that they all hold on to despite what they are going through is hope. A kind of fierce hope that anything is possible even in the darkest of moments and that there is always a chance of them getting better." Hope changes over the course of illness, and even when hope for cure is no longer possible, the person can hope for more time and connection, and hope for peace and symptom management.

Kerry Egan, a Hospice Chaplain, talks about each person's need to talk about their family. "We don't live our lives in our heads, in theology and theories. We live our lives in our families: the families we are born into, the families we create, the families we make through the people we choose as friends. This is where we create our lives, this is where we find meaning, this is where our purpose becomes clear. What do people who are sick and dying talk about...? Mostly, they talk about their families: about their mothers and fathers, their sons and daughters." (CNN, October 25, 2017)

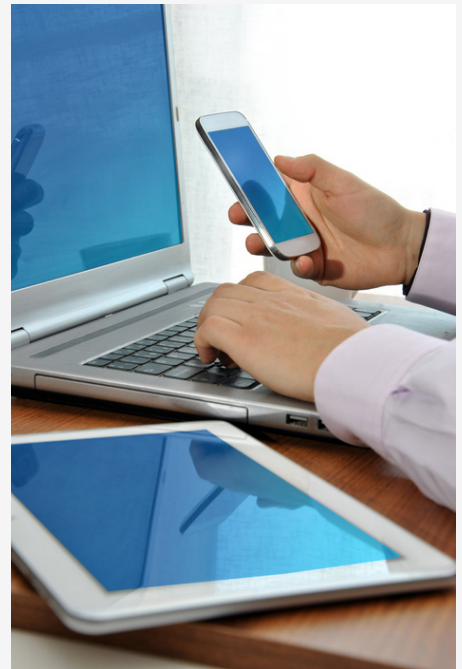
While talking about death can be stressful, and it takes courage to open conversations, it can also be therapeutic and healing for everyone involved. Last open conversations can be mutually life-changing – these words, and this shared time, will be the things that will be remembered.

**People on the edge of life want to talk about  
what they have accomplished and what they hope for**

## Have You Thought About Your Digital Legacy?

When you die what will happen to all of the documents on your computer or tablet? Will all of your precious photos be locked into your phone or in an i-cloud where no family can access them? Will your most recent text messages or voice mail be lost forever? Do you want your Facebook or Blog accounts deleted or kept?

Part of estate planning for your death is making sure you leave instructions on how your material and pictures can be accessed or deleted. This article provides some very good information about how to memorialize your personal information:



***Upon my death, delete:  
how to plan your digital legacy***

<https://www.theguardian.com/society/2022/apr/04/upon-my-death-delete-how-to-plan-your-digital-legacy>

**COMING SOON:**

**World Hospice Palliative Care Day**  
Saturday, October 8th

**National Grief and Bereavement Day**  
Tuesday, November 15



# MAiD - Medical Assistance in Dying

Living with Grief is always a challenge. When a loss is experienced after a loved one has chosen MAiD, there can be conflicting feelings - gratitude that the person was able to make their own choice; possible anger about the choice they made; conflict with other family members, and just a deep sense of loss.

**Where can you get help to process your grief and the experience you were a part of?**

**Call 250-231-7344** to meet with one of our local trained Grief Support Volunteers

**OR Check out this online course:**

**My Grief.ca**

This is a 5 module course on Grief and Medical Assistance in Dying at Canadian Virtual Hospice:  
<https://mygrief.ca/mod/lesson/view.php?id=893&pageid=2207>



No One Should Have  
to Grieve Alone

