

**GIVING  
TUESDAY**

Nov  
28

There are so many different ways to express generosity on GivingTuesday and every day! Give time, make someone smile, help a neighbour, or make a donation. Everyone has something to give and every act of generosity counts.

**YOUR GIFT** will contribute to the refurbishing of the Community Palliative Rooms at Columbia View Lodge

**DONATE AT:**

<https://www.canadahelps.org/en/charities/greater-trail-hospice-society/>

## *COPING WITH GRIEF DURING THE HOLIDAYS*

- "Who's going to carve the turkey this year? Grandpa always did it..."
- "I don't have the energy or desire to shop, decorate or visit others this Christmas."
- "I just want to erase Hanukkah this year. I'll just feel too empty without my husband to celebrate."

Thanksgiving, Christmas, Hanukkah, Ramadan, Kwanza and New Year's Day can be a very difficult holidays for people who have experienced the death of a loved one.

Memories serve as constant reminders of loss. Watching others celebrate can be painful and overwhelming. Particularly in the first year after a death, survivors need to learn how to develop new holiday rituals and traditions.

See Page 2 for ideas.....

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The Greater Trail Hospice Society provides support and compassion to all people irrespective of their cultural identity, gender or sexual identity, religious beliefs, or health status.

We acknowledge that we are collectively gathered on the traditional, ancestral, and unceded territories of the Sinixt, Ktunaxa, and Syilx Nations, where we live, learn, collaborate and work together.  
This region is also home to Chartered Métis Communities.

# Some Tips for Coping with Grief at the Holidays

The first step in coping with grief at the holidays is to acknowledge that the first holiday season is difficult. You can prepare for it by making specific plans and obtaining the support you need. Remember too, that sometimes anticipation of a holiday can be more difficult than the day itself. Set realistic expectations for yourself. Remind yourself that this year is different. Decide if you can still handle past responsibilities and expectations. Examine the tasks and events of celebrating and ask yourself if you want to continue them. Accept others' offers to cook, shop, decorate, etc. Consider shopping by phone, Internet or catalog this year if you feel a need to avoid crowds or memories.

Surround yourself with people who love and support you. Share your plans with family and friends and let them know of changes in holiday routines. Memories can sometimes be a source of comfort to the bereaved, so share them by telling stories and looking at photo albums. Despite the temptation, try to avoid “cancelling” the holiday. It is OK to avoid some circumstances that you don't feel ready to handle, but don't isolate yourself. Make some time for solitude, remembering and grieving, but balance it with planned social activities. Allow yourself to feel joy, sadness, anger – allow yourself to grieve. It is important to recognize that every family member has his/her own unique grief experience. No one way is right or wrong. Experiencing joy and laughter during a time of grief does not mean you have forgotten your loved one.

Draw comfort from doing for others. Consider giving a donation or gift in memory of your loved one. Invite a guest who might otherwise be alone for the holidays. Adopt a family in need during the holiday season.

Take care of yourself. Avoid using any mood-altering substances. Try to avoid the hustle and bustle of the holiday season. Physical exercise is often an antidote for depression. Writing in a journal can be a good outlet for your grief. Give yourself permission to buy something frivolous and indulgent, just because.

## Here are ideas for how to honor loved ones during the holidays:

- Set a place for them at the table
- Light a candle for them
- Say a prayer for them
- Take a short walk
- Make memorial ornaments or wreaths
- Make a favorite recipe of theirs
- Set aside time to reminisce and share memories with family and friends
- Create a holiday scrapbook of pictures or other mementos from past holidays
- Visit their grave site or place of rest
- Watch a holiday movie or TV show they loved
- Make a toast during a holiday meal in remembrance of them
- Make a donation in their memory to a cause that was important to them
- Set up a memory table and place pictures, mementos, and/or notes to your loved one
- Hang a stocking in memory of your loved one, and invite friends and family members to put notes to them inside





Stop by and leave a card  
in memory of a loved one  
who has passed.

**NEW** this year:  
There will also be a tree  
where you can leave  
a card in memory of  
a special pet!

# LUNCH & LEARN EDUCATION OPPORTUNITY

4 different topics about Dementia Dec. 4,5,8,9 Noon to 1PM

**DEMENTIA CARE FOR CLIENTS AND FAMILIES – A PALLIATIVE APPROACH**

Winter Lunch & Learn Webinar Series  
Monday, December 4th, 2023 from 12:00 - 1:00 PDT

**SPEAKER SPOTLIGHT**

**Karen Tyrell**  
CEO, Personalized Dementia Solutions Inc.  
*Understanding the differing presentations of common dementias*



**REGISTER NOW**

**DEMENTIA CARE FOR CLIENTS AND FAMILIES – A PALLIATIVE APPROACH**

Winter Lunch & Learn Webinar Series  
Tuesday, December 5th, 2023 from 12:00 - 1:00 PDT

**SPEAKER SPOTLIGHT**

**Laurie DeCroos**  
Support & Education Coordinator, Indigenous Community Engagement  
*Communicating with a client who has dementia*



**REGISTER NOW**

**DEMENTIA CARE FOR CLIENTS AND FAMILIES – A PALLIATIVE APPROACH**

Winter Lunch & Learn Webinar Series  
Thursday, December 7th, 2023 from 12:00 - 1:00 PDT

**SPEAKER SPOTLIGHT**

**Shannon Freeman**  
Director, Prince George Hospice Society  
*Caring for Caregivers, Interdisciplinary team & Volunteers*



**REGISTER NOW**

**DEMENTIA CARE FOR CLIENTS AND FAMILIES – A PALLIATIVE APPROACH**

Winter Lunch & Learn Webinar Series  
Friday, December 8th, 2023 from 12:00 - 1:00 PDT

**SPEAKER SPOTLIGHT**

**Marissa Stalman**  
Person-centred End-of-Life Care for Persons Living with Dementia and their Families/Chosen Families, Simon Fraser University  
*Fostering a culture of diversity in volunteerism*



**REGISTER NOW**

Register at BC hospice Palliative Care Association <https://bchpca.org/>

**Fundraiser!**

Help us refurbish and renew  
the two Palliative rooms at Columbia View Lodge  
to provide comfort for residents and families.

**Donate at:**  
<https://www.canadahelps.org/en/charities/greater-trail-hospice-society/>  
**Category: Community Palliative Rooms**



We at the **Canadian Cancer Society** believe that everyone in Canada with a serious illness like cancer deserves access to affordable, culturally safer, high-quality palliative care no matter where they live in the country and in what setting they choose to receive care.

To that end, CCS has just released a new report, **Analyzing Hospice Palliative Care Across Canada: A report on federal, provincial, territorial and community actions**, which examines the state of palliative care across the country.

The report includes information collected from 12 provinces and territories, 4 departments of the federal government and 13 community organizations. The report provides a comparison of palliative care across jurisdictions to identify progress made, enablers and best practices, but also the barriers and gaps in care. It's the first time a report like this has been published since 2017.

The report also includes a count of hospice beds available across the country, data not previously available.

The report shows that governments, despite their efforts, are falling short of accomplishing their goals for palliative care.

By our count, Canada has just over half the hospice beds we need to provide adequate access to palliative care services. Moreover, there are significant challenges in ensuring we have the health human resources needed to provide care. And we don't have the data we need to assess who is – and who isn't – receiving the palliative care they need, much less if it is the care they want.

We prepared this report because Health Canada is due to report back to Parliament on their Framework on Palliative Care in Canada in December 2023.

We hope the Government of Canada will see our report – and theirs – as an opportunity to update its Framework and Action Plan for palliative care. We encourage the Government of Canada to take this report and put it to good use since some of our society's most vulnerable are going without the basic right everyone should be afforded; palliative care that provides comfort, dignity and choice.

**See Report at:** <https://cancer.ca/-/media/files/about-us/media-releases/2023/palliative-care-report/adv23163palliative-care-report85x11en04.pdf>

## HOW DOES BRITISH COLUMBIA PALLIATIVE CARE MEASURE UP?



## Hope for the Holidays

The Holiday Season is approaching;  
a time for family to be together,  
to share the gifts of love and joy.  
For your family, this Holiday  
may be particularly difficult.  
We want you to know that you are not alone,  
that we and others share in your loss.

Please join us  
Sunday, December 10th  
at 2:00 PM  
Trail United Church  
1300 Pine Avenue, Trail, BC

All are Welcome

RSVP by Friday, December 1, 2023  
[office@clarksfuneral.ca](mailto:office@clarksfuneral.ca)  
250-368-8080



## Join us for a Service of Remembrance

If you would like to contribute a photo of your loved one, please RSVP Clarke's Funeral Services