



Touch Base Newsletter



APRIL IS ADVANCE CARE PLANNING MONTH

What is Advance Care Planning?

In Ontario Advanced Care Planning (ACP) is defined as:

- Confirming your substitute decision maker(s) (SDMs) and...
- Communicating your wishes, values and beliefs about care to help your SDM(s) make health and personal care decisions for you if you become mentally incapable of doing so yourself.

What does this really mean? You never know when your health or situation may change, when you could be in a car accident, have a stroke or heart attack, develop dementia, the possibilities for change in mental capacity are many and could happen at any time on our life journey. It is important to talk to those in your life about what is important to you. What would you want your loved ones to know if you couldn't speak for yourself? If you are not mentally or physically capable of speaking for yourself your practitioner will turn to your SDM to speak for you and make decisions about your care. Making sure that person is prepared and knows your values, wishes and beliefs about care sets them up for success should these conversations ever happen.

www.speakupontario.ca is an excellent resource to help you initiate this conversation, as it can be difficult or awkward for some. We have Speak Up Ontario Workbooks in the office if you would like to pick some up for your use, or for use with one of your clients, family or friends. The website also has an Advance Care Planning workbook available to download if you prefer an electronic version.

Be prepared, have the conversation, and encourage your loved ones to do the same!

www.speakupontario.ca/resource/acp-workbook-en/



Words of Thanks

I would like you to know how appreciative we are to have this amazing Hospice in our community! During this end of life journey we were all able to feel comfortable and at home. The place is beautiful and the staff and volunteers are all excellent! This was our family's first time ever experiencing hospice, it truly is above and beyond what we expected! Thank you so very much from the bottom of my heart- Lori



Huge thank you to Dawn Cruchet for providing us with Bereavement Refresher Training on March 23rd. Our Bereavement Follow Up Team enjoyed the opportunity!

Dear Dylaina,
On behalf of Brent and myself we would like to thank you and your amazing staff for the care given to Bunny over the last 6 days.

We can't think of a better place that would have suited the families needs, most of all Bunny's.

The kindness of the staff, you, Kathy P, Cathy S, Dorothy, Heidi, Jason was outstanding. I, myself, have always heard how wonderful you all are but until you unfortunately have to experience it yourself, no words can express the gratitude of any one family. If we have missed mentioning someone, please forgive us. We are quite sure all staff give their all.

Truly an amazing, caring, compassionate space.

From the bottoms of our hearts,
THANK YOU!

Brent and Kim

April Edition

We're back to in person!

Touch Base Meetings

Join us, April 26th from 5-8 pm

Activities +, Barry's Bay

(19491 Opeongo Line)

Let's Celebrate Volunteer
Appreciation Week!

Highlights include:

- Aroma therapy lesson
- Lisa's year end review
- Door prizes
- "Friends of Hospice"
Creating Compassionate
Communities Plan
- and more!

Please RSVP to:

mvhospice@sfmhosp.com

or call

613 756 3045 ext 350

by April 22nd

Light supper provided



We look forward to seeing you!



UP COMING EVENTS

Beginning April 12th: 6 week Grief Group, SFMH
Education Room

April 24-30th Volunteer Appreciation Week!
Touch Base meeting April 26th 5-8pm
Activities +, Barry's Bay

May 1st Death Café, 1:30-3:30 pm
Ash Grove (back room)

July 24, Butterfly Release
(more details to come)

SPRING
is nature's way
OF saying
LET'S PARTY!

ROBIN WILLIAMS

EDUCATIONAL OPPORTUNITIES

The link below will take you to a great group of Webinars available to you at your convenience through the Alzheimer's Society of Toronto.

<http://www.alzeducate.ca/course/index.php?categoryid=19>

Renfrew County Geriatric Education Day, Transitions in Care
Zoom Virtual Event April 28th 9-3, Flyer attached with additional details to the newsletter (fee will be reimbursed to you)

Remember to report any educational hours to Heidi!

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Do you know of anyone that would like to become a volunteer with us? Are you a long time volunteer and want to refresh? Get in touch! We offer an excellent and easy to use online training program through Hospice Palliative Care Ontario. It can be completed at your own pace from home. Contact us for additional information.

# As we enter a new season, let's review MVHPCs guiding principals for decision making

## Mission, Vision, Values

**Visionary Goal-** Our communities understand, recognize and use MVHPC as the primary resource for hospice palliative care and 100% of palliative person use MVHPC services.

**Mission-** MVHPC provides compassionate support to enhance the quality of living and dying.

**Values-** Person-Centred, Respect, Compassion, Integrity, Pursuit of Excellence, and Teamwork

**Person Centred-** we will listen and consult with clients, family members, volunteers, partners, and staff when making decisions.

**Respect-** due regard for the feelings, wishes, rights, culture, traditions, and beliefs even if different or in conflict with your own, while maintaining the privacy and confidentiality of all involved.

**Compassion-** to feel for each person and to act thoughtfully with kindness and caring.

**Integrity-** to act honestly and having a consistent and uncompromising adherence to strong moral and ethical principals.

**Pursuit of Excellence-** striving to continually improve, enhance or expand what is currently being done.

**Teamwork-** the collaborative effort to achieve a common goal or to complete a task in the most effective and efficient way, using the strengths, skills and talents of its members.



## Healthy Workplace Policy

### PURPOSE

Madawaska Valley Hospice Palliative Care (MVHPC) believes that our employees and volunteers are our most valued assets. We are committed to maintaining a safe and healthy work environment and this is the shared responsibility of all employees and volunteers at MVHPC. This policy outlines the self-screening and illness reporting for our employees and volunteers to ensure a healthy and safe environment for all of our employees/volunteers, patients and families.

### POLICY

Reporting symptoms of illness:

The employee/volunteer agrees to report to Leadership / Team Lead / Office when experiencing ANY of the following symptoms:

- Nausea
- Diarrhea
- Stomach cramps
- Vomiting
- New or worsening cough
- Sore throat
- Fever
- Runny Nose (unless known allergies)

Before every shift the volunteer/employee should self-screen by asking the following questions:

- Do I have nausea and /or diarrhea?
- Does someone in my household have vomiting and/or diarrhea?
- Do I have a new cough, sore throat, fever or runny nose?

If you answer “**NO**” to all of these questions report to work or your volunteer shift.

If you answer “**YES**” to any of these questions, remain at home and do not report to work/volunteer shift until 48 hours after symptoms have resolved.

If symptoms occur at work or during a volunteer shift:

- Stop work/volunteering immediately
- Report to leadership/team lead/office
- Go home, return to work after 48-72 hours has passed since symptoms have resolved
- See a medical provider/physician if needed

If symptoms occur before reporting to work:

- Notify leadership/team lead/office
- Do not report to work until at least 48 hours has passed since symptoms have resolved

Rapid Antigen Tests (RAT) is not required to be done prior to your shift to test for COVID. If you wish to do a RAT prior to your shift they will continue to be provided, please speak to the office.