

Lisa's Message



Spring has officially arrived but someone forgot to send the memo to the Madawaska Valley! Spring brings new life, new beginnings and new opportunities. The recently passed Ontario Government Bill 74 continues to make headlines in the media and proposes sweeping changes to our healthcare landscape. We feel MVHPC is well positioned to weather these changes and we are actively working with our community healthcare partners to move forward during this transition in a proactive and purposeful way.

MVHPC continues to seek ways to improve the lives of the families we serve, and this fiscal year we are committed to our caregivers.

We can support caregivers by teaching them to:

- deal with their own emotions
- learn how to make tough decisions
- respond in crisis, and
- meet the appropriate physical, spiritual and cultural needs for the individual they are caring for.

Karen and I will be sending out more information in the future and we will be seeking out special volunteers who can fill this role and mentor caregivers in their homes under Karen's direction.

We are very pleased with the participation we have had to date at our area team meetings. This will continue in this next fiscal year as the information shared and the feedback we have received has been a positive experience for all. Thank you for making the effort to attend and for those who have not, we will be hosting another team meeting in late May. Based on volunteer feedback at these team meetings, we are changing how we honour the people that have died in our care. Going forward the team that was in service will remember those that they supported at the their team meeting. Team meetings will happen a minimum of 1X per year or at the request of the team.

MVHPC volunteers are our ambassadors in the community so please ensure that when you share information with friends, family, or other community members about our programs and services that you always strive for it to be accurate, and if you are unsure you may direct them to the staff at MVHPC. I am always happy to have a conversation and answer your questions.

Our year-end is March 31 and it has been another great year. Your many hours of volunteer service supported 71 families in their homes and 16 families in hospice, and offered bereavement comfort to 51 families. Your kind efforts resulted in over 1200 volunteer visits, almost 4000 hours, and 47, 472 KM travelled. We received many heartfelt thank-you messages and MVHPC volunteers continue to have a stellar reputation in our community.

This year we will be celebrating our volunteers at a mid-day Volunteer Appreciation Event on May 29 at the Royal Canadian Legion in Barry's Bay. Please save this date on your calendar as we hope to have many of you attend.

Thank You for another successful year! Karen, Michele and I have much respect for your dedication to this program and your community.

Lisa Hubers



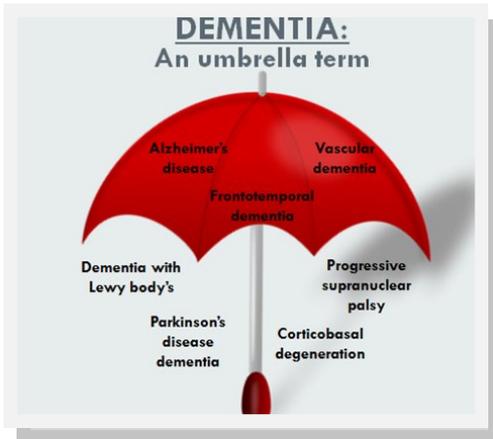
Highlights from the Touch Base Meeting

Dementia Care

Hospice volunteers are often asked to assist with Dementia patients.

Statistics show that at present 1 out of 5 people are dealing with dementia, either as the diagnosed, the caregiver, or family of person with dementia.

Mary Prince did a terrific job at our Touch Base, teaching us that Dementia is not just forgetfulness. It affects the brain—changing it and causing it to deteriorate. Dementia can affect vision, speech, mood, behaviours, memory and, when advanced, it even affects the vital areas that keep us alive. We learned many helpful ways to interact and understand behaviour. Here are some facts that I have found interesting for both aging and dementia.



- Light physical activity (15 min/day) can extend life expectancy by 3 years.
- A secure relationship is the single most predictive health factor for well-being in late life; loneliness is a risk factor for death similar to smoking and obesity.
- Combined lifestyle factors, diet, exercise and challenging your brain with new learning, reduces dementia risk by up to 35%.
- Music, a second language, reading and writing, and going out to socialize are all beneficial in stimulating brain pathways to be active.
- Try using your non-dominant hand to do activities like brushing your teeth. This stimulates different brain pathways to be active.
- TV does not challenge the brain so watching less and doing other creative activities is beneficial.
- Positive thinking about aging is associated with an increased life expectancy of 7.5 years.

Volunteers often do not realize what a huge impact they have on patients and family. Coming into a home brings in a little bit of the outside world, brightens a lonely life, stimulates the brain to think and interact, and helps provide physical and emotional

assistance.



Interacting with someone should be our primary focus. Think about what this person does all the time on their own and set your goals for doing something they would not be doing on their own. Try a craft or a game or conversation. Remember it's OK to suggest turning off the TV for a while. Don't forget to visit with your tote bag of items that will make the visit pleasant for both you and the person you visit.

I recently found an excellent resource on line "This Is Dementia: Stages, Types, Treatment and Care." I have sent it via e mail to all of the volunteers who have computers. Those who do not can drop in to the office and pick up a copy. It is easy to understand and well done.

Happy Reading *Karen*



"Palliative Care is committed to healing, and that is something different from curing. Healing is to make a person whole, to relieve suffering and to give the individual a sense of who he or she is as a person. Palliative Care is person centered."

- Dr. Larry Librach



Seniors Centre without Walls (SCWW) Program for April and May

Brain Teasers & Riddles – Helping you to think outside the box.

Every Second Monday Afternoon from 2-2:30 PM

Categories – Name a type of flower, a hockey team, a brand of cereal! Work together to see how many items in a category you can name in 30 seconds or less!

Every Second Wednesday Morning from 11-11:30 AM

Tip-Top Trivia – Test your memory or just add to your bag of knowledge!

Every Thursday Afternoon from 2:30-3:00 PM

Call the MV Hospice office for more information – Michele, Lisa or Karen will be able to answer all your questions.

National Volunteer Week 2019 April 7-13

The Volunteer Factor -Lifting Communities



Volunteering can give volunteers a lift. When we volunteer, **our spirits are lifted** when we have the opportunity to work with others. **Our sense of purpose is lifted** when we see how our efforts have helped someone else. **Our confidence lifts** when we gain skills and experience through volunteering. What lifts your chances to achieve your goals...it's the Volunteer Factor!

The beautiful image of the hot air balloons of different sizes, shapes, and colours reflects the diversity of community volunteers. It illustrates that when people volunteer together, the sky is the limit, in terms of what they can achieve.

National Advance Care Planning Day – April 16, 2019



1 Think about what you want.

2 Write it down.

3 Share with others.

Advance Care Planning (ACP) Discussion

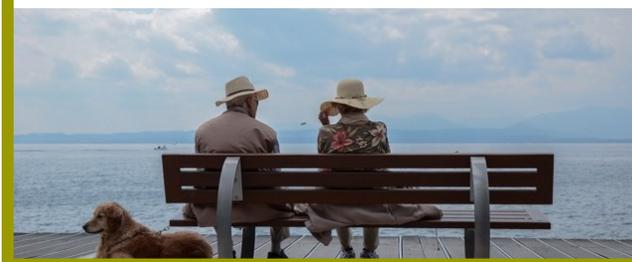
What you *do* want

What you *don't* want

Who will speak for you

ACP is an opportunity for you to reflect on your beliefs, values and wishes. It can also help you plan how you will let others know your health care and personal preferences if you are unable to speak for yourself.

Visit the Advance Care Planning website at www.advancecareplanning.ca for more information.



Important Dates and Upcoming Events

DATE & TIME	TOPIC	LOCATION
April, 2019	Funeral Home Tour	Huebner Funeral Home 43 Stafford Street Barry's Bay
April 2, 2019	Canada's National Family Caregiver Day 	Visit: Elizz.com/caregiverday/facebook-live for more details.
April 15, 2019 7 PM	Madawaska Trivia Night	Madawaska Community Hall
April 24, 2019 1-3 PM	Death Café - opportunity to discuss death and dying in a relaxed, open, respectful setting 	Garth's Kitchen 14 Lake Street Killaloe (located across from the Community Resource Centre)
May 15, 2019 1-3 PM	FREE 6-Week Grief Support Group	Ashgrove Inn, Fireside Lounge Barry's Bay
May 29, 2019	Volunteer Appreciation Event	Details to follow at a later date.



ANOTHER BEATITUDE by Elizabeth Clark

Blessed are they who understand my faltering step and shaking hand,
 Blessed, who know my ears today must strain to catch the things they say,
 Blessed are they who seem to know my eyes are dim and my mind is slow,
 Blessed are those who looked away, I spilled my tea on the cloth that day!
 Blessed are they who, with cheery smile, stopped to chat for a little while,
 Blessed are they who know the way to bring back memories of yesterday,
 Blessed are they who never say, "you've told that story twice today!"
 Blessed are they who make it known that I'm loved, respected and not alone,
 And blessed are those who will ease the days of my journey home, in loving ways.

MV Hospice Palliative Care

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Monthly Statistics

2019	Feb	March
Active Volunteers	120	117
Total Reporting Hours	333	209
Total Reporting KM	3,617	2,718
Total # of Families Served	71	69