



Report From the Chair

Welcome to the Wheatland & Area Hospice Newsletter!

In the past 3 years our society has developed and matured, and we have grown in all areas of our Board. Thank you to everyone who has given in- memorium gifts, contributed donations, or participated in fundraising events. We are also very grateful to community and service clubs throughout the area who have hosted Hospice Society presentations and discussions. Your support is invaluable. Let's keep the conversation going about death, dying, and caring, and together we can become stronger as individuals and as a community.

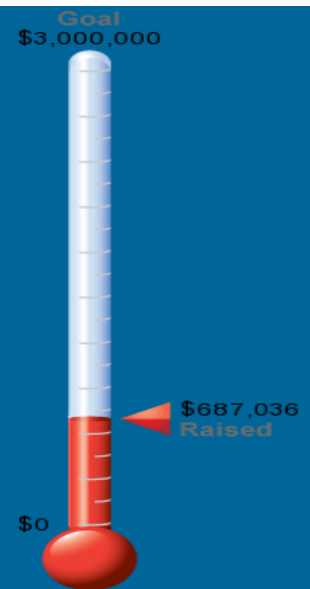
*Dr. Joni McNeely,
Chair, Wheatland & Area Hospice Society*

Upcoming Events:

Hike for Hospice—May 6, 2018 You can register online by visiting the website:
[www. Wheatlandhospice.ca](http://www.Wheatlandhospice.ca)

Steering Towards Hospice—May 12, 2018

A Mindful Finale: June 6, 2018 (hyper for hike and for all 3 to website)
wheatlandhospice.ca/newsand events/upcoming events



Did you know... any donation, big or small, makes us one step closer to our goal!!

*A Mindful Finale:
Spirituality and Ritual
at End-Of-Life*



AHPCA
alberta hospice palliative care association

This is a full-day workshop that will help you foster moments of gratitude and joy during a challenging phase of life. How can spirituality help? You will fill your toolbox with practical rituals to help navigate complicated paths. Caregivers, family members, community volunteers, and healthcare professionals are all welcome.

Register at www.wheatlandhospice.ca

VOLUNTEER



We need you

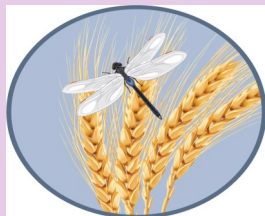
Volunteer Opportunities:

We are continually building our Volunteer Base. Not everyone is being utilized at this point but there will come a time where we will need each of you.

Do you have Communication skills, Graphic Artist, Marketing or Advertising skills. Please contact our Volunteer Coordinator .

Through Events and Compassionate Communities Conversations, we are building an email list so that we can send out newsletters.

If wish to be on this list please contact our Volunteer Coordinator
Gwen@wheatlandhospice.ca
at 403-934-8199.



Remember!!

Most hospice societies in Alberta were established 10 years prior to building their hospice.

AHS is at the table with us.... that's very positive!!

What is Palliative Care?

Palliative care is End of Life Care. It usually starts 3-6 months prior to death. It is care that takes place anywhere.... in Home, Hospital, a Seniors Facility, or a Hospice. Palliative care no longer actively tries to stop a disease; there are few if any lab tests, xrays/CT scans, or chemotherapies. Palliative care still provides lots of care, and makes the most out of a bad situation. Palliative care supports a patient and family to get the most of a life's journey that will be ending soon. What a dying person needs at the end of life isn't necessarily what living people need to save their life.



Why Choose Palliative Care and Hospice?

Patients do better: **comfort dignify**

Families do better: **support compassion**

WAHS Bedside Respite Program Provides....

- **A local, trained palliative volunteer, often someone from your own community**
- **Evening respite care**
- **Family caregivers a chance to rest and rejuvenate**
- **The Bedside Respite Program is only available for clients in the Rural Palliative Home Care Program, and is initiated at the recommendation of the Rural Palliative Care nurse.**



BUILDING COMMITTEE REPORT

The newly formed building committee consists of 3 Board members and 2 members of the public. The board members are Casey Silbernagel, Gwen Schneider and Keith Clayton, with Steve Grajczyk and Rhonda Wheeler holding the other 2 seats.

We are currently researching various options for building, locations and the possibility of partnerships with other health and aging organizations.

Meetings have been held with the Wheatland Housing Authorities, Alberta Health Services and other Hospice organizations, to gather information. Preliminary talks with an architectural firm have begun.