

## End of Life Care: Let's Speak Up on April 16

The Catholic Health Association of Saskatchewan (CHAS), along with many other national, provincial and territorial organizations, is encouraging Canadians to think and talk about their wishes for end-of-life care on **April 16<sup>th</sup> - National Advance Care Planning Day.**

"Imagine, one day, without any warning, you find yourself in a hospital in a life-threatening situation, unable to communicate," says

Sharon Baxter, Executive Director of the Canadian Hospice Palliative Care Association (CHPCA) and a member of the Advance Care Planning National Task Group. "Who would speak for you and make health care decisions on your behalf?"

Sandy Normand, Mission Education Coordinator for CHAS shares in the importance of drawing attention to Advance Care Planning. She states that, "It is unrealistic for me to assume that I will be conscious and be able to state my intentions at any given moment especially during a crisis event. Having a plan ensures that others will know my wishes and that my voice will be heard if I cannot speak for myself."

Advance care planning is a process of reflection and communication about personal care preferences in the event that you become incapable of consenting to or refusing treatment or other care. Your plan may include information about procedures such as CPR and mechanical ventilation, as well as other personal

information, such as spiritual preferences or specific wishes for family members or friends.

One of the most important aspects of advance care planning is naming and having a conversation with a Substitute Decision Maker - someone who will speak on your behalf and make decisions for you – but only when you are not able to do so yourself. Research has shown that advance care planning significantly

reduces stress, depression and anxiety in family members and caregivers who know your wishes and can act with confidence on your behalf.

A website –

[www.advancecareplanning.ca](http://www.advancecareplanning.ca) features a number of tools and resources to help Canadians make a plan and start the conversation with others.



*"It's not that I'm afraid to die. I just don't want to be there when it happens."*  
- Woody Allen

"As health care technologies and life saving interventions continue to improve and people live longer – many with complex medical conditions – advance care planning becomes increasingly important," says Ms. Baxter. "We need to communicate our feelings around the use of certain procedures at the end of life, and what we believe gives our life meaning. These are personal, individual choices that every Canadian deserves at the end of life. Make sure your voice is heard."

**National Advance Care Planning Day**  
**April 16, 2012**  
[www.advancecareplanning.ca](http://www.advancecareplanning.ca)

# Creating Critical Conversations

## Mission Week

For years, it has been a tradition for many of our member organizations to host a Mission Week in their respective facilities. These internal events would take place throughout the calendar year and often be held in junction with a feast day corresponding to their founding congregation. Also for many years, CHAS would host its Mission Week, which often happened in the Spring. This educational event took on a variety of formats - sometimes a guest lecturer was brought in to speak to a specific theme or topic, one year we developed a 'Mission-in-a-Box' kit that was delivered to each of the facilities, and last year we did a road tour to connect personally with each facility CEO or Mission/Spiritual Care Director, and introduce our then-new Mission Education Coordinator, Sandy Normand.

## A New Name

We trust that our member facilities have anticipated and enjoyed our Mission Week endeavours, however, a few things have become apparent. Firstly, calling it a 'Mission Week' can sometimes be confusing with the local events that are already planned. And secondly, our event is rarely a week long, or scheduled in the same week (i.e. third week of April) from year to year, often due to the shifting Easter weekend. So, we are trying something different. A new name and a new format has been envisioned for our spring educational event, and you may have heard of it already - Critical Conversations.

## Starting the Conversation

Critical Conversations will allow for a broader audience to engage - from our member facilities, public facilities, parishes, or community - anyone interested in the topic is invited to attend. In our post-modern, secular, multi-faith society, we experience the increasing complexity of health care issues and concerns that challenge a Catholic/Christian perspective. With the desire to uphold and educate from a Catholic/Christian perspective, we want to engage in

How do you make a difficult decision in a health care setting?

- a) I go with my gut
- b) Weigh pros and cons
- c) Phone a friend
- d) Pray
- e) I avoid them

Want to join this critical conversation?

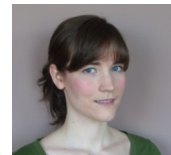
[www.criticalconversations.com](http://www.criticalconversations.com)

the critical conversation without apology, with great respect to other opinions, and with the wisdom to understand the grey areas.

## Our Presenter: Mary Deutscher, B.Sc, B.A., M.A.

We are very pleased to have Mary Deutscher as this year's presenter.

Mary is the Roman Catholic chaplain for Pasqua Hospital in Regina. She holds a B.Sc. in biology and a B.A. in philosophy from the University of Saskatchewan, as well as an M.A. in Public Ethics from Saint Paul University in Ottawa. Deutscher grew up in Saskatoon and is a regular contributor to the Prairie Messenger.



## How We See Success

Ultimately, we see the measurement of success to be more about providing an opportunity for education and conversation, rather than arriving at the 'correct answer' to the question or dilemma. The forum is not designed to provide formal, academic debate, but rather a place to espouse a confident Catholic/Christian perspective that invites a response and call to action.

## Want to Join the One Hour Conversation?

Esterhazy - Apr 24, 2:30 pm, Our Lady of Victories Church  
Radville - Apr 25, 2:00 pm, Radville Marian Health Centre  
Gravelbourg - Apr 26, 1:30 pm, St. Joseph's Hospital  
Ponteix - Apr 27, Noon, Foyer St. Joseph's

North Battleford - Apr 30, 2:30 pm, Villa Pascal  
Macklin- May 1, 12:30 pm, St. Joseph's Health Centre  
Saskatoon- May 2, 1:00 pm, St. Anne's Seniors Home  
Regina- May 3, 1:30 pm, Santa Maria Senior Citizens Home  
Moose Jaw- May 4, Time TBD, Providence Place

## A Special Lady, A Story of Love and Care

A woman, small of stature with a magnanimous heart, and a special lady among many of her friends, has gone to her eternal rest, fortified with the blessing of her Church.

Helen was a woman of great faith, who was endowed with many gifts and talents by her Creator God which she utilized to the full! Her family was her priority, serving them generously with daily tasks such as baking, knitting and crocheting. She had a charming garden with delightful flowers and enjoyed arranging them in bouquets for different occasions.

Even with all of Helen's family duties, she still made time for her community of Melville. She joined the Rosary Sodality at St. Henry's Roman Catholic Church, as well as the Ladies' Auxiliary at St. Peter's Hospital. She was a devoted visitor to the sick and the shut-ins, and dedicated herself to assist the Volunteers at St. Peter's Hospital for the weekly Mass by bringing the residents from St. Paul Lutheran Home to the Hospital. Helen was, indeed, generous with her time for others.

It was fitting then that she would receive the best of care from the Hospital staff and visitors when she was admitted in the new year to St. Peter's Hospital. Days later, Helen suffered what was later diagnosed as a stroke, at which time she received the "Sacrament of the Sick". Helen remained conscious and was able to respond at request and open her eyes.

Helen was still saying "Good Morning", however as time passed, her heart began to weaken. We became aware that she was not going to recover. At the end of the month, the family informed the hospital staff that

*"Mom stated a long time ago that she wanted compassionate care only."*


The family had left a Visitor's Sign-in Book at their Mother's bedside. This proved to be a very useful tool for the family to make them aware of the people that came to visit and to pray with Helen. A tape recorder was set up with the Rosary on it, and many could be found present at various times of the day, praying the Rosary with Helen. Staff members would let the tape play during times when the family wasn't there.

Staff, family, the Chaplain and her many friends visited Helen often. Just being present for moments such as these go a long way towards helping a person to heal, whether that be physically, emotionally and/or spiritually. The power of touch was very evident. Holding Helen's hand, or giving her a comforting pat on the arm would bring a smile to her face.

Helen received great care from her caregivers. Much affirmation and reassurance was also given to the family members regarding Helen's care and decisions made by the family. A family member commented *"We felt a lot of support from you and the staff."* That was a tremendous bouquet for all those who had rendered kind service to Helen.

May God's blessing be upon all who continue to live out our Mission – the healing ministry of Jesus; a ministry of love and compassion here at St. Peter's Hospital, Melville.

*Submitted by:  
Sister Theresa Kreiser & Elaine Exner*



*"May the **GLORY**  
and the **PROMISE**  
Of this **JOYOUS**  
Time of year,  
Bring **PEACE**  
And **HAPPINESS** to you  
And those you hold most **DEAR***

*And may **CHRIST**  
Our risen **SAVIOUR**  
Always be there  
by your side  
To **BLESS** you  
**MOST** abundantly  
From the Board and staff of **CHAS***

# A Joint Conference for Catholic Health and Education

The **Catholic Health Association of Saskatchewan (CHAS)** and the **Saskatchewan Catholic School Boards Association (SCSBA)** are very pleased to announce a joint convention, “One Lord, One Call – a rainbow of ministries” being held in Regina, Saskatchewan at the Regina Inn, November 2 – 4, 2012, featuring keynote speakers Jesse Manibusan and David Wells.

Prior to the conference, a Provincial Youth Day on Friday, November 2, will bring together as many as 400 high school students. Jesse Manibusan, a world renowned musician and speaker, will engage the youth in a high energy, interactive presentation. Jesse is itinerant witness, singer, songwriter, and storyteller, and co-founder of Two by Two Ministries, an international music and preaching ministry. Directly following this youth day, Jesse will address all the delegates of the joint convention as his gift for evangelization and catechesis is uniquely powerful for groups of all ages.

David Wells, noted as a “remarkable and gifted speaker,” will make his way to the prairies from a port town in East Devon, England. He is the Director of the Vicariate for Formation in the Diocese of Plymouth. David’s role is to encourage opportunities for life-long learning among volunteers in parishes and professionals in schools. While in Saskatchewan, David’s message will offer a humorous look at the state of culture, and propose that those who work in Catholic health and education are better at ministry than they give themselves credit for.

For the first two break-out sessions, delegates will hear about how health and education came to be in Saskatchewan and how Catholic laity are now entrusted to carry out the mission and ministry in our Catholic sponsored works.

## Take Note

**Congratulations to Samaritan Place, Saskatoon** who will hold their official **Grand Opening** on Thursday, April 19, 2012.

The **Catholic Health Alliance of Canada** hosts its **national conference** in St. John’s Nfld. from May 9 - 11, 2012, with the theme *Spirituality and Health Care: Growing into Wholeness*. For more information visit their website at [www.chac.ca](http://www.chac.ca)

*Rekindling the Spirit* is the theme for the **2012 Provincial Palliative Care Conference** to be held at **The Heritage Inn** in **Moose Jaw**, May 30 to June 1, 2012. For more information visit their website at [www.saskpalliativecare.org](http://www.saskpalliativecare.org).



Fr. Mark Miller, CSsR will speak about why we continue dual systems (Catholic and public) in education and health, especially with public dollars.

Sr. Sarah Quackenbush, Vice President of Mission, Ethics and Spirituality with the Catholic Health Corporation of Ontario, will focus on the personal call of each person to be a healing presence in society and the voice of hope, while continuing to build a legacy for the future.

The second set of break-out sessions provides delegates with many tangible initiatives where faith development, stewardship, eco-justice and mission experiences are just some of the sessions offered by representatives of each of the eight Catholic school divisions.

There is no time like the present to encourage a mindset and the opportunity to “walk in the shoes of the other” to see, hear and experience how the charism of Catholic faith and tradition are carried out. With this exciting and positive outlook on health and education, all are invited to mark their calendars for November 2 – 4 and be open to the possibilities of not only being challenged about the future, but also be re-charged and ready for whatever that future holds.

For further information, please contact CHAS at 306-655-5330 or [cath.health@sasktel.net](mailto:cath.health@sasktel.net) or SCSBA at 306-445-7744 or [k.loenhdorf@scsba.ca](mailto:k.loenhdorf@scsba.ca).