



GREATER TRAIL HOSPICE SOCIETY NEWS & NOTES

GIVING
TUESDAY **Dec 3**



Grief is normal when we have a loss. It is hard. It can be lonely.

We believe that every person who is grieving benefits from access to grief support.

You can help us by contributing to Giving Tuesday. Your donation will provide 1:1 grief support, adult grief support groups and grief volunteer training right here in our community.

Every dollar matters. Every connection helps.

“Giving is not just about making a donation. It is about making a difference!”

Donate at: canadahelps.org/en/charities/greater-trail-hospice-society

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 8th
at 2:00 PM

Venue generously
donated by:
Trail United Church
1300 Pine Avenue, Trail, BC

All are Welcome

Please consider bringing
a non-perishable food item
for the local food bank.



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At the end of the day it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back.

-Denzel Washington

SERVING THE GREATER TRAIL AREA FOR 38 YEARS!



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www.trailhospice.org 250-364-6204

Are you care-giving for a family member or loved one? Is your loved one terminally ill and you would like to be there to spend more time with them? Did you know that there is financial support to help if you require time off work? Care-giving Benefits are offered through the Federal Government and may help provide part of your wage so you can take time off to care for your loved one.



Compassionate Care Benefits & Family Caregiver Benefits

If you are providing end of life or palliative care for a loved one, you may be eligible for the Compassionate Care Benefit. Compassionate Benefits provide up to 26 weeks of funding to help ease the financial burden of taking the time you need off work to be with your loved one.

Additionally, there is the Family Caregiver Benefit. This is for someone caring for a family member who has been critically injured or ill. The number of weeks provided is dependent on if you are caring for an adult, or a minor under the age of 18.

To Qualify & Apply:

You do not have to be immediately related to qualify as a caregiver. The criteria recognizes the diverse family network people may have and outlines you must be considered "like a family member". To apply you must complete an application form and a doctor or nurse practitioner must also complete a medical certificate on the health status of your loved one. Similar to EI Benefits, there is one week waiting period before you can be eligible to receive funding.



Caregiving is truly an amazing gift but can come with added stress and challenges. Knowing what resources are available such as financial support, help navigating care needs, and peer group support can help reduce some of the stress.

-Ayla Thompson, Outreach Coordinator



Importance of Support and Self Care for Caregivers

Caregiving can be such a rewarding experience. It is a gift supporting and spending time with your loved one, especially if providing end of life care as they begin their final journey.

However, at times it can also be overwhelming and full of challenges. Taking care of yourself as you care for others is so important! The age-old saying is true, you can't pour from an empty cup. Ensuring you meet your own health needs and continue to practice self care is extremely important and helps ensure your own health doesn't become compromised.

Outside supports can help as well

Our Caregiver Support Program offers support for people caregiving for a family member or loved one over the age of 55. Connect one on one with our facilitators to learn more tools and strategies, and about other local resources available. Or join the support group to share with others who are going through a similar experience. It can be so helpful to know you're not alone.

For more information on our local Caregiver Support Program contact

Suzann Self at: 1-888-212-2337 ext. 4 or visit [Compassionate Care Benefits & Family Caregiver Benefits](#)

How to Cope with Grief During the Holidays?

Have some Strategies Ready

Set Boundaries with Holiday Events	You can participate and not participate in whatever feels right for you. While there may be pressure to attend a holiday party, family gathering, holiday show—remember to check in with your wants and needs to identify your readiness.
Tune Into Your Grief Emotions	As mentioned above, grief does not take a back seat during the holidays and can often be magnified. It's important to acknowledge your feelings and not avoid them.
Plan Ahead to Fill Empty Holiday Roles	It is important to think ahead (especially with children) to consider who will fill vacated roles (e.g., Dad always dressed as Santa or Aunt always cut the turkey). Planning ahead can avoid unnecessary moments of grief and can help make the experiences more fluid and enjoyable.
Honor Old Traditions & Honor Memo	Continue with old traditions that existed in order to honor and celebrate the individuals who are no longer here. This is a helpful way to keep their memory present.
Create New Traditions	Creating new traditions can be healing for individuals who are grieving. Making new memories does not erase old memories. Acknowledge, validate and then challenge any feelings of guilt that may arise in the process.
Identify Grief Coping Skills	Prior to the holiday season beginning, consider creating a list of go-to coping skills to use whether you are at home or at a social function. It will be handy when the grief hits you unexpectedly. Some examples of coping skills are deep breathing, taking a walk, journaling, listening to music, practicing yoga, and saying positive affirmations.
Volunteer/Do Something Charitable	Helping others helps alleviate your sadness while bringing joy into someone else's life who needs it.
Ask For Help When Struggling with Grief	It is important to seek support from friends, family, coworkers and professionals if needed. Call the Hospice Office to set up grief support: 250-364-6204



One day at a time....
One step at a time....



Place a card in
memory of a loved one
on the Memorial Tree at the
Mall by Dollarama
Dec. 13 - 24, 2024

-Dr. Tali Berliner



The season is upon us! Not just December 25 but April 30, 2025, the date your tax return has to be filed. By donating to Hospice you can reduce the amount of taxes you may have to pay.

If you have stocks, bonds or mutual funds that you can part with this is another excellent way to give. You do not reduce your cash, and you receive a tax deductible receipt for the full amount. You do not pay capital gains tax on your securities and Hospice gets the full amount of the gift. Using *Canada Helps* to facilitate the transfer is easy.



Make a donation to Greater Trail Hospice before December 31 and get a receipt to use in your 2024 tax return. You can donate through Canada Helps using a credit card or send a cheque to Hospice: 7-1500 Columbia Ave, Trail, BC V1R 1J9

For more ways to reduce your taxes, protect your estate and support Hospice please call the office: 250-364-6204

Oh no, it can't be dementia!

One of the greatest fears people have as they get older is the fear of getting dementia. The dread of losing memory, becoming dependent on others, not being able to navigate everyday tasks weighs heavily on a look into one's future. It becomes especially dismaying if there has been experience with family members or friends who have lived with a progressive dementia.

When there is cognitive change, such as decline in short-term memory, getting lost, or personality alterations, it is important to try and understand the basis of the change.

Is the alteration in a person's health and thinking a symptom of an early dementia, or the result of delirium. These two conditions have different causes. Dementia (global cognitive decline) is caused by a disease process. The most common ones are Alzheimer's disease, Vascular dementia, Lewy-body dementia, or Frontal lobe dementia, among others. Dementia is progressive, long term, and irreversible.

Delirium is an acute condition that may be triggered by infections, head injuries, untreated health conditions, etc. It is considered a medical emergency and requires immediate attention and treatment. It starts abruptly and behavior changes quickly.

Here are some of the differences between these two conditions:

Feature	Delirium	Dementia
Onset	Sudden , with a definite beginning point	Slow and gradual
Duration	Hours, days to weeks (but may be longer)	Usually permanent
Cause	Another condition (e.g. infection, dehydration, medications, surgery, renal failure, head trauma, etc.)	A chronic brain disease
Course	Usually reversible May last up to 6 months in older adults	Slowly progressive and irreversible
Effect at night	Almost always worse	Often worse; sundowning in the evening; sleep short periods; day/night reversal
Attention	Greatly impaired; short attention span; easily distracted	Unimpaired until disease progresses
Level of Consciousness	Variably impaired May fluctuate during the day; cognition worsens at night	Unimpaired until disease progresses
Orientation to time & place	Varies	Impaired
Use of Language	Slow, often incoherent, and inappropriate	Difficulty finding the right words May be able to read but not comprehend what they read
Memory	Varies	Lost over time, especially for recent things. Inability to learn new things.
Perception	Gross distortion, illusions, visual or tactile hallucinations Feels like they are 'going crazy'	Prone to hallucinations
Behavior	May be loud, belligerent, or slow	May be combative, but this may be due to poor vision
Need for Medical attention	Immediate. This is life-threatening.	Required but less urgent
Effect of treatment	Usually reverses symptoms	No current treatments that are effect; manage symptoms



If you notice any changes in a person's thinking and behavior, either sudden or progressive, get an assessment by a medical practitioner immediately.

If there is a delirium prompt treatment is essential. If the diagnosis is dementia, life-style changes and healthy brain activities can help the person live the best quality of life for as long as possible.

Navigation Volunteers, available through hospice, can support the person through the life changes they will face in their future.