

GOVERNMENT OF SASKATCHEWAN COMMITTS \$1.75 MILLION TO RPCI

On June 9, 2009, the Government of Saskatchewan announced its commitment to Regina Palliative Care Inc (RPCI). A grant of \$1.75 million, administered through the Regina Qu'Appelle Health Region (RQHR), will support the development of the Greystone Bereavement Centre and assist in the delivery of educational services, group programs, and individualized counselling to citizens throughout Saskatchewan.

The Honourable Don McMorris, Minister of Health, acknowledged Saskatchewan's leadership in the field of palliative care and the beneficial partnership established between the provincial government, RQHR and RPCI. "This collaboration will help build the Greystone Bereavement Centre's reputation as a one-of-a-kind provincial resource that provides essential support to those who are grieving," stated the Minister.

The Centre is a unique and valuable resource – one that is widely admired for its capacity and variety of programming. Individual counselling, group programs, and educational sessions and materials are among the services available to people of different ages, cultural backgrounds, and at various stages in the grief process. Programs are supported by effective outreach and research components. Online information and support services link the Centre to communities and clients across Saskatchewan.

John Lee, President of RPCI's Board of Directors, acknowledged the Government of Saskatchewan for supporting RPCI's goal of contributing "proactively to the health and well-being of grieving individuals in our province. Counselling expertise combined with education around the grieving process will ensure that each client receives the right care, in the right place, and at the right time."

The current level of response to programs offered at the Centre speaks to the dire need for bereavement services. Programs are in high demand. Workshops and counselling sessions are operating at full capacity, and a number of new programs and services have been added this fall. The Government of Saskatchewan's investment in RPCI provides a solid foundation for further growth and development of the Greystone Bereavement Centre over the next three years. Long-term vision, planning, and the continued support of the community are necessary to sustain the programs that are being created and ensure that critically-needed services continue to be enhanced and delivered.



From left to right: The Honourable Don McMorris, Jeff Christiansen – Executive Director, RPCI and John Lee – President, RPCI's Board of Directors.

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PRESIDENT'S MESSAGE



It is a privilege to have this opportunity to serve as volunteer Board President. A legacy of superb achievements and commitment has been established by my predecessors in this position, and by board members, staff, and volunteers who have shared their leadership. I wish to thank all who have contributed to the success of Regina Palliative Care Inc.

As anticipated, the role of President offers exciting challenges and gratifying moments. Within days of assuming my new responsibilities, I enjoyed the distinct pleasure of acknowledging the Government of Saskatchewan for its investment of \$1.75 million in the Greystone Bereavement Centre. June highlights also included the Shooting Stars Foundation *Golf Gala Fore Charity*, followed by Stantec's *Sticks on Rose* street hockey tournament in downtown Regina. These events showcased the philanthropic spirit that is so characteristic of Saskatchewan communities.

Yet another example of extraordinary generosity was the outpouring of support for the 9th annual *Family Fun Bike Ride for Palliative Care*. By mid-July, sponsorships and pledges had well-exceeded last year's total. The year's event, held on August 23rd, featured a new twist – the *Tour de Lumsden*, which shows great promise of becoming a renowned tradition. Thanks to the efforts of the volunteer organizers, the tenacity of the riders, and the generosity of donors, this event raised \$91,000 in support of our work.

Having served on the board of RPCI since 2007, I have been inspired by the efforts of my board colleagues, and by the impressive work and dedication of professionals and volunteers who have been instrumental in raising palliative care and bereavement services in Saskatchewan to the current level of excellence. Motivation comes, too, from the courage of individuals stricken by a life-limiting illness and of families confronted by loss and grief.

Each initiative undertaken by RPCI – from fundraising events to the delivery of programs to supporting the work of RQHR Palliative Services, and more – offers one a chance to play a small role in bringing comfort to others at a most critical and challenging time. I have appreciated every fulfilling moment and look forward to the work ahead.

John Lee – President of the Board.

PROFILES IN PHILANTHROPY: ROTARY CLUB OF REGINA SOUTH

Established in 1986, Rotary Club of Regina South is the youngest of the four Rotary International branches in Regina. The Rotary motto - *Service Above Self* - is clearly evident in the activities of Regina South Club, which include a spring Gala Dinner and Silent Auction.

Regina Palliative Care Inc. has been fortunate to benefit from the proceeds of this yearly event, which began in 2008. The Gala Dinner and Silent Auction is the Club's major fundraising initiative. Members work tirelessly and commit countless hours to ensure its success. On May 14, 2009, their efforts were rewarded with the sell-out of their 2nd annual Gala evening, which raised \$12,000 for RPCI, along with significant funds for other local and international causes.

"The choice to partner with Regina Palliative Care Inc. was certainly not difficult," says Greg McNamara, member of Rotary Club of Regina South. "RPCI and the Greystone Bereavement Centre address an issue that touches everyone. At some point in our lives, we all experience loss and grief. Having services in place to help with the suffering is such an important and valuable resource for our community and province."

A highlight of the Gala evening was the keynote address delivered by Regina business leader and local philanthropist, Mo Bundon. He spoke about his role models and the influences that shaped his values, his vision, and commitment to making a positive difference in people's lives.

"The Gala Dinner and Silent Auction is a win-win partnership," adds Greg McNamara, "for Rotary members, and for RPCI. A strength of that organization is its people. They are devoted to their work and share our vision of service."

DR. JOHN SWINTON LECTURESHIP

RPCI in collaboration with the Regina Qu'Appelle Health Region Palliative Care Services and Ambrose Seminary (Calgary), is pleased to give advance notice of two public lectures by a distinguished visiting scholar from Scotland. Dr. John Swinton is a professor at the School of Divinity, History and Philosophy, King's College, University of Aberdeen. He lectures internationally and is widely published in literature concerning the care of persons with disabilities, spirituality, and palliative care.

For more information or to register please call Sandra at 766-2300. Or click [here](#) to view advance notice flyer.

HIGHLIGHTS OF RPCI'S ANNUAL GENERAL MEETING

Board and Steering Committee members, staff, and friends of Regina Palliative Care Inc. gathered at the Wascana Country Club the afternoon of June 3, 2009 for the organization's Annual General Meeting. The focus of the assembly was the growth experienced by RPCI in 2008-2009. The AGM was also an opportunity to pay tribute to long-term supporters of RPCI, acknowledge new partners, and reflect upon the success and enjoyable moments during numerous events of the past year. In addition to recognizing corporate supporters, special thanks was extended to volunteers.

Outgoing President Elaine Bourassa stressed the importance of the beneficial relationship between RPCI, the Palliative Care Services team, and the Regina Qu'Appelle Health Region. "Partnerships are the essential element of providing the services and supports we offer to individuals and families," she expressed. "They are a critical element in securing the means to deliver, enhance, and sustain those services."

One of the most significant areas of expansion was in programming and services offered by the Greystone Bereavement Centre. The Annual Report identified a number of interesting statistics:

- Demand for individual counselling continues to grow. Over 150 new clients were added to our caseload in 2008-2009. Twenty percent were from rural areas. The average age of people served was in the mid-40s.
- Group programs were in high demand, and were accessed by more than 150 people.
- Childhood/Teen Grief Groups, along with Caring Hearts Camp have played a profound role in helping young people cope with loss. The success of these programs can be attributed to the efforts of over 80 volunteers who assist with group facilitation, general administration, and by providing compassionate support.
- Education and training activities included more than 40 presentations and workshops to a range of groups and professionals, located in Regina and throughout Saskatchewan. A variety of topics in the field of bereavement and palliative care were addressed

The AGM provided an opportunity to thank retiring Board members and introduce the new President John Lee and RPCI's volunteer Board of Directors for 2009-2010: Rod Balkwill, Dr. Lawrence Clein, Ed Helm, Howard Jesse, Pamela Kendel-Goodale, Jim Kilkenny, Kevin Lang, Graeme Mitchell, Patti Pacholek, Noel Sandomirsky, and Carolin Saunders.

A special part of the AGM festivities included the presentation of professional developments awards to the following:

- Rae Letain, Ella Hingston Educational Scholarship
- Barb Hale, Dr. Lawrence Clein Educational Scholarship
- Dan Cooper, Dr. Lawrence Clein Educational Scholarship



Elaine Bourassa presents Dan Cooper with the Dr. Lawrence Clein Educational Scholarship.

BRINGING GOOD PEOPLE AND A GOOD CAUSE TOGETHER

Volunteers are an integral part of Regina Palliative Care Inc. They assist in making possible the unique support that RPCI provides to the Regina Qu'Appelle Health Region Palliative Care Services and the Greystone Bereavement Centre programs for individuals and families. Volunteers are exceedingly valuable. We admire and appreciate their generous donation of time and talents.

RPCI is looking for volunteers to be involved in the administrative activities of Regina Palliative Care Inc. This includes answering or making telephone calls, photocopying, assistance with mailings and the newsletter, working in the library, and other office support. Volunteers are welcome to participate in any of our many Fundraising events.

IF YOU WOULD LIKE TO VOLUNTEER FOR REGINA PALLIATIVE CARE INC., PLEASE CALL 766-2300.

RONALD MCDONALD HOUSE CHARITIES OF CANADA CONTRIBUTES TO CHILDREN'S PROGRAM AREA

Recent enhancements to the Greystone Bereavement Centre include a new Children's Program Area, which was unveiled on April 12, 2009. A generous gift from Ronald McDonald House Charities allowed for the purchase of equipment such as musical instruments, puppets, therapeutic play tools, and other resources to assist children in coping with loss of someone special.

Marlene Jackson, Bereavement Coordinator at the Centre, spoke about the importance of bereavement services for young people and commented on approaches that help children heal:

"Anyone who has parented a child or works closely with children knows that they learn through play. Music, games, and play enable them to communicate what is difficult, if not impossible, through words. . . . Through songwriting, improvisation, drumming, and listening to music, bereaved children and teens discover new tools to express their sorrow and remember a family member. Through puppetry, they are able to share their story in an imaginative way. Through creative play, they can express how they are feeling and what they have experienced, but cannot find the words to describe."



The new tools add to the existing group and individualized programming offered by the Greystone Bereavement Centre, which include a bi-annual six-week after-school grief group and an annual weekend retreat. Each year, these services are accessed by hundreds of young people from Regina and communities elsewhere in Saskatchewan.

Regina Palliative Care Inc. gratefully acknowledges Ronald McDonald House Charities of Canada for its contribution. This support moves the Greystone Bereavement Centre one step closer to its long term goal of establishing a larger space dedicated exclusively to accommodating children's programs.

EVENT HIGHLIGHTS

- **April 4, 2009** – More than 175 participants strolled through Douglas Park (Regina) for the inaugural *Good Mourning Walk*. People of all ages took part in the four kilometre walk that provided an opportunity to explore the bond shared by grieving families and individuals. The first *Good Mourning Walk* was a success on many levels and promises to be annual spring highlight for RPCI. Over \$13,000 was raised for programs and services offered by the Greystone Bereavement Centre. To all who participated – Thank you!
- **June 25-26, 2009** – The annual Shooting Stars Foundation Golf Gala Fore Charity and Stantec *Sticks on Rose Street Hockey Classic* have become summer traditions enjoyed by the local business community, sports fans, and generous supporters of these events. A portion of the funds raised at these two events was donated to RPCI, in support of bereavement programs for children and teens, including Caring Hearts Camp.
- **August 23, 2009** - Bright and early (7:30 a.m.), eager cyclists departed from Regina for the 9th annual *Family Fun Bike Ride* and, for the first time, *Tour de Lumsden*. Impact Printers and Nicky's Café and Bake Shop are the proud supporters of this annual summer fundraiser for RPCI. The route took participants on a ride through the picturesque Qu'Appelle Valley via the old Lumsden Highway. Their journey culminated at the Lumsden Picnic Grounds, where everyone involved celebrated their accomplishments. RPCI extends gratitude to the cyclists, sponsors, volunteers, and all who contributed to success of this event that raised \$91,000.

MARK YOUR CALENDARS!

- **November 20-21, 2009** – Canadian Progress Club Regina Wascana presents its Mosaic Potash *Festival of Trees* at the Conexus Art Centre. This annual festival launches the holiday season in Regina. Proceeds from *Festival of Trees* will be donated to RPCI in support of the Greystone Bereavement Centre.
- **February 2010** – *An Evening in Greece*, hosted by St. Paul's Greek Orthodox Community of Regina. RPCI is grateful for the many years of support received through the efforts of *An Evening in Greece*. We look forward to the 2010 event!
- **February 12, 2010** – Dr. John Swinton Lectureship. Please call Sandra @ 766-2300 for more information.

CARING HEARTS CAMP FALL RETREAT

For kids challenged by the loss of a loved one, meeting and talking to other young people with similar stories can be a critical step in the healing process. Caring Hearts Camp provides such an opportunity each spring. Sixty or more youth gather for a three-day retreat at Dallas Valley Ranch Camp. They participate in therapeutic activities, enjoy the adventures of camp life, and benefit from the discovery of a common bond with other children who are grieving.

Caring Hearts Camp has made a positive difference in the lives of these young people – so much, that families have requested a follow-up assembly. In response, the first Caring Hearts Camp One Day Jam-Packed Retreat has been scheduled for **Saturday, November 21, 2009**.

RPCI is proud to support this important initiative and gratefully acknowledges the Regina Qu'Appelle Health Region's involvement, along with volunteers who donate their time and expertise in areas that include nursing, social work, psychology, music therapy, and other fields. To those involved in organizing this event and ensuring that camp activities run seamlessly – thank you!

For more information about Caring Hearts Camp or to register, contact Marlene Jackson at (306) 766-6947.



A CARING HEARTS CAMPER SHARES HER STORY

Life has been brighter now than I could ever imagine . . .

First, getting a second opportunity to go to Caring Hearts Camp was amazing. It meant another year to see some of those people I made friendships with. It meant so much more fun and new people. More campfires and new friendships. Also, amazing food. But it also meant another year to face something I have been battling with since I lost my Grandma and cousin. It meant facing my fears and personal feelings I thought I had dealt with last year.

Of course the death of my family members will forever be with me but now experiencing a program that helped me deal with my grief has made life seem liveable again. It made me think that my life is still worth something and that I can achieve and work harder for my loved ones.

Going to camp made me realize that I'm not the only one even though I feel like it sometimes. Life has been brighter now than I could ever imagine because of my experiences and relationships at camp. They had amazing volunteers and coordinators who were helpful and made it comfortable to talk about my feelings and hurt. It was such a comfortable environment I felt it easy to share my experiences more than ever the second time around. Sometimes when I feel darkness and guilt or all those horrible feelings seeping through, I always remember the things we can do that were taught at Camp. One of the best times I have had in my life. To have the chance to go to Caring Hearts Camp would be an honour for any child . . . It helps so many children and teenagers deal with guilt [and grief] in positive and safe ways. I truly loved it and felt all my hurt in my heart come out and be healed because of the chance to share my story and situation with others.

- Kehiew Fox, age 17, 2008 and 2009 Caring Hearts Camp participant



GREYSTONE BEREAVEMENT CENTRE FALL PROGRAMMING:

Grieve Outloud – Helping Kids and Teens Work through Bereavement

This is a great opportunity to meet other kids and teens who are grieving the loss of a parent, sibling, grandparent, friend, or other family member.

Grieve Outloud provides children and teens a chance to learn about the grieving process and to share in mourning the death of a family member in a caring, accepting and confidential setting.

Three different age groups are offered at the same time (Littles: 5-8, Middles: 9-12, Teens: 13-18), as well as a group for parents.

We talk, share, cry, paint, draw, and play out our grief.

Wednesdays after school- six week program – 4:15PM - 5:30PM

October 14, October 21, October 28, November 4, November 18, November 25

Caring Hearts Camp One Day Jam-Packed Retreat – NEW!!

In response to popular demand, we are offering a one-day fall retreat for children and teens who are grieving. This event will include fun, recreational activities such as horse back riding, indoor rock wall climbing, and campfire as well as therapeutic activities to help with your grief.

Open to children and teens, aged 5-18, who have experienced a recent death loss.

Spaces are limited and are expected to fill soon – please call now to receive an application.

**Saturday, November 21, 2009
8:00AM – 9:00PM**

ONGOING SESSIONS:

Bearing Loss: A Support Group for Families Grieving Perinatal Loss

First Tuesday of every month at 7:00pm

Surviving Suicide Support Group

First Wednesday of every month at 7:00PM

Friday Evening Drop-In Social

Last Saturday of Each Month at 7:00PM

Drop-In Coffee Time

Every Thursday for 2:00PM – 4:00PM

This Bites: Group for Teens affected by Life-Threatening Illness

Every Tuesday from 3:45PM – 4:45PM

Adult Grief Group

This is a five session program designed to help adults who are grieving. Each week a different aspect of the grieving process is examined.

Participants are divided into small groups according to type of loss (i.e., spouse, child, parent, sibling, perinatal).

Thursday Evening – 7:00PM – 8:45PM

October 29, November 5, November 12, November 19, November 26

Daytime Support Group for Older Adults

This is a five session program designed to help adults who are grieving the death loss of a spouse, parent or child. Each week a different aspect of the grieving process is examined. The sessions follow the same format as the evening Adult Grief Group, but are held in daylight hours.

Thursday Mornings – 10:00AM – 11:30AM

October 29, November 5, November 12, November 19, November 26

Young Adult Group

Greystone Bereavement Centre offers a five week session for young adults aged 18-30 who have had a recent death loss.

These sessions are run at the same times and dates as the Adult Grief Group.

**PLEASE CALL 766-6947 TO
PRE-REGISTER FOR ALL GROUPS**

THANK YOU TO OUR SUPPORTERS

RPCI extends thanks to the corporations, businesses and individuals who proudly support the work and programs of Regina Palliative Care Incorporated.



LEADER-POST



Access Communications Children's Fund
 An Evening in Greece - St. Pauls Greek Orthodox Community of Regina
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 Kevin Veitenheimer
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RPCI gratefully acknowledges the many families who have chosen to support palliative care in memory of loved ones through memorial gifts and the RPCI Butterfly Wall program.

2009 – 2010 RPCI BOARD OF DIRECTORS

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Jeff Christiansen	Executive Director	(306) 766-7401
Sandra Hubenig	Operations Manager	(306) 766-2300
Kathy Geiger	Operations Assistant	(306) 766-6946
Pat Cavanaugh	Bereavement Counsellor	(306) 766-6948
Wendy Bright	Bereavement Counsellor	(306) 766-7402

RQHR

Louise Cadrin	Director of Palliative Care Services	(306) 766-2665
Marlene Jackson	Bereavement Coordinator	(306) 766-6947
	(located at the Greystone Bereavement Centre)	

Regina Palliative Care Inc.
4F – 4101 Dewdney Ave.
Regina SK
S4T 1A5

Greystone Bereavement Centre
700B – 4400 4th Ave.
Regina SK
S4T 0H8

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www.rpci.org

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