



Ontario Palliative Care Association



*Seasons Greetings
from the Ontario Palliative Care Association
Board of Directors.*

Wishing you joy in your world and peace in your home this holiday season

**VISION
VOICE**

2011 Annual Hospice Palliative Care Conference
April 10 – 12, 2011

The second annual ***One Vision One Voice*** Hospice Palliative Care Conference was a great success this year, with 440 participants. The Hospice Association of Ontario and The Ontario Palliative Care Association boards met together. The conference also experienced the joint announcement from OPCA and HAO of the plan to amalgamate both organizations to one organization with a target date of 2011.

The co-chairs for the 2011 ***One Vision One Voice*** Conference are Beth Ellis from HAO and myself representing OPCA. We are busy planning an equally if not more exciting conference for 2011. The dates for the conference are April 10-12 at the same location as last year (Sheraton Toronto Parkway Conference Centre in Richmond Hill). Call for abstracts are going out now and I encourage everyone with any ideas for a workshop, a poster, an oral presentation, to submit an abstract proposal. If there is a speaker you would like to hear as a plenary or workshop speaker or topics you would like to hear, please feel free to email me as well (elaine@maisonsudburyhospice.org).

The website is now up, with general information and links to the hotels so that you can book early.
www.hpconference.on.ca

*Elaine Klym, RN CHPCN(C)
OPCA Regional Representative North East LHIN
and member of the Conference Planning
Committee.*

HAO/OPCA One Association Working Group

Work toward the 'One Vision, One Voice' is ongoing, with our original goal of April 2011 remaining the target date. The working group, made up of four board members from each Association, meets every two weeks, working on by-laws, membership structure, etc. The MacMillan Law Firm, Toronto is providing legal expertise on a pro bono basis and has been very helpful in guiding us through the process. A transitional board of appropriate composition will be formed and a Communication Plan will be developed. We will keep the memberships informed as we progress.

*Marg Poling
President*

Recognition of Excellence

Now is the time to start thinking about giving recognition to those who have made a significant contribution to end-of-life care in Ontario. Each year, we honour excellence in hospice palliative care with the presentation of two awards; *The Dorothy Ley Award of Excellence in Hospice Palliative Care* and the *Hospice Palliative Care Outstanding Philanthropist*. We also assist in *The Marilyn Lundy Hospice Palliative Care Award* sponsored by the Temmy Latner Centre for Palliative Care, Mount Sinai Hospital.

Nomination forms can be downloaded from our website www.ontariopalliativecare.org and will be accepted through to mid-March, 2011. The 2010 recipients will be honoured at the *One Vision One Voice* Hospice Palliative Care Conference, April 10 – 12, 2011.

Canadian Hospice Palliative Care Conference

The theme of this year's Canadian Hospice Palliative Care Conference was Changing the National Perspective of Hospice Palliative Care. It was held at the beautiful Westin Hotel in Ottawa and was attended by approximately 400 participants. The opening keynote address was made by Dr. Kathleen Foley who spoke of advancing pain management and palliative care globally. In addition to a wide and informative range of concurrent sessions offered throughout the four days, each day had excellent keynote speakers.

On Friday, Canada's former first lady Maureen McTeer presented the legal context within the issues of palliative care, assisted suicide and euthanasia as they are framed in Canada. She reiterated the need for control at End of Life and the tough legal choices that we face at this difficult time. Her speech was insightful and very relevant.

On Saturday morning the participants had the pleasure to hear Senator Sharon Carstairs in what

will be one of her final addresses as senator. She spoke of Palliative Care being the Essence of our Humanity and that looking after those who are dying is a strong value for the people of Canada. Her address was very passionate and identified a number of things, such as integrated services, building of capacity and health care system redesign (just to name a few) that will need to be considered as we advocate for change.

Saturday evening, participants were treated to a wonderful gala event with a nice dinner and interactive entertainment from Elliott Smith, magician.

Finally, the closing address was another conference highlight with Dr. David Kuhl keeping those of us who were able to stay to the end, spellbound by his thought provoking words and mental exercises in balancing our relationship to ones-self and with others, as we provide care in the work we do.

Next year's conference will be held in St. John's, Newfoundland from September 8-11, and will be a "do not miss" event if it even comes close the experience that was had at this conference.

Vivian Papaiz
OPCA Regional Representative North Simcoe Muskoka LHIN

A New Definition of Palliative Care

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and *impeccable assessment* and treatment of pain and other problems, physical, psychosocial and spiritual.

This definition came to light at the CHPCA Conference in Ottawa.

The Healing Cycle Foundation Expands To Support Hospice Palliative Care Across Ontario!

Founded in 2005, the Healing Cycle Foundation is a volunteer-based, registered charity whose mission is to honour life by raising and stewarding funds to hospice palliative care services that provide compassion and uphold dignity. Recognizing the significant financial need in hospice palliative care, the Foundation ensures that **100% of all donations received go directly to supporting hospice palliative care in Ontario.**

The Foundation's primary fundraising event is an annual, one-day bike ride. The day is fun-filled and family-focused with several ride distances that brings together non-athletes, cycling enthusiasts and everyone in between. Its first commitment was to raise \$1,000,000 for the Palliative Care Unit at Credit Valley Hospital in Mississauga. To date, \$835,000 has been raised, and in 2011 it will successfully reach the completion of this major milestone.

As the Healing Cycle Foundation closes in on this milestone, it is very pleased to announce that it is expanding to support hospice palliative care organizations across Ontario. The Foundation will provide this support in two ways:

1. Starting in 2011, hospice palliative care organizations that want to raise money through the Healing Cycle Ride in Mississauga can enter a team and recruit individuals to sign up as part of their team. The Foundation will organize the entire ride and 100% of the funds raised by each Hospice Palliative Care Team will go directly to their organization.

2. Looking ahead to 2012, hospice palliative care organizations within Ontario will be able to request grants from the Healing Cycle Foundation. During 2011, the Foundation will develop its process for receiving and evaluating grant applications. Once this has been developed and formalized, the information will be posted on its website.

What began with 27 riders raising \$27,000 in 2005 has grown to over 300 riders raising more than \$200,000 in 2010. The Healing Cycle Foundation is not slowing down – its goal is to bring together 400 riders and raise \$400,000 for its 7th annual Healing Cycle Ride on June 26, 2011. Mark the date in your calendar and plan on participating!

For more information on the Healing Cycle Ride and how hospice palliative care organizations can participate, contact Heather Campbell, Executive Director, at Heather@thehealingcycle.ca or 905-820-6081.

Heather Campbell
OPCA Regional Representative Mississauga
Halton LHIN

Announcement

The Board of Dignity House Hospice is proud to announce the **Opening of the Day Hospice Program**. With generous support from Carolina Retirement Suites and Community Home Support Lanark County Volunteer Hospice Visiting Service, we will welcome our first palliative clients (4 to 6 people) at McMartin House in downtown Perth on Monday January 17th 2011. An Open House for the public is scheduled for Monday January 10th 2011.