



*Love Leaves
A Memory
No One
Can Steal*

Autumn 2016



RPCI

GREYSTONE
Bereavement Centre

2016 TOUR DE LUMSDEN 8TH ANNUAL CYCLING CHALLENGE RACES TO SUCCESS!



Regina Palliative Care Inc.,

Regina, SK

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www.rpci.org





RPCI-GBC Director of Philanthropy, Trish Taylor; Dave Moscaliuk; Nick Makris; RPCI-GBC Executive Director, Stephanie Kohlruss

August 21st, 2016 was an incredible day for Regina Palliative Care — Greystone Bereavement Centre! 51 cyclists along with sponsors and volunteers, all came together in the small town of Lumsden to bring our 8th annual Tour de Lumsden 56 km challenge to life!

What started 8 years ago as a Family Fun Ride, has now grown into a competitive signature event, raising over \$98,000 this year in support of palliative and bereavement services.

The team at RPCI-GBC were proud to welcome event founders Dave Moscaliuk of

Impact Printers, and Nick Makris of Nicky's Café, to join the race day activities! Later, each event founder was presented with a framed Tour de Lumsden journey to acknowledge their incredible contributions to this amazing event of the years.

Greystone Bulls was not only our Top Fundraising Team but also took home the bragging rights of 2016 Overall Top Team bringing in \$24,492.

Congratulations to ALL of our riders for making a tremendous impact for palliative and bereavement services in our province.

Be sure to mark **SUNDAY, AUGUST 27th, 2017** in your calendars for our 9th Annual Tour de Lumsden race! We look forward to seeing everyone there!



Greystone Bulls: Trevor Boquist, Max Moore, Rob Vanderhooft

EXECUTIVE DIRECTOR'S MESSAGE.....

What an incredible summer it's been at RPCI-GBC! We've been busy supporting our community partners, and in return they've been doing amazing things to support palliative and bereavement care throughout our province. Donors are remarkable, and they come in all shapes and forms; as route marshals for Tour de Lumsden, all-hands on deck volunteers for Caring Hearts Camp, and even as helpers organizing our resource library.

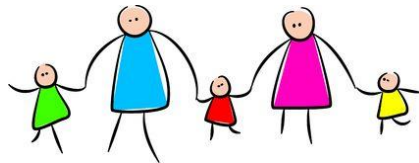
Financial donations are vitally important to the work we do, but just as important – if not more so – is the huge contribution our volunteers make each and every day. These gifts are at the core of who we are and what we do, and we know how lucky we are to have great relationships like these in place. We hope you enjoy our Autumn Newsletter, and that you accept our thanks when we acknowledge your contributions, whatever shape or form they come in! – Stephanie Kohlruss, CFRE



HEALTHY FAMILIES INITIATIVE PROJECT

The Healthy Families Initiative carries the philosophy that all families have strengths, and families have value. This pilot project was developed by a multi-government ministry team comprised of the Ministries of Justice - Corrections and Policing, Social Services, Health, and Education. This initiative targets some of Saskatchewan's most vulnerable families living with complex needs, and focuses on changing the repetitive generational patterns of abuse, violence, drug use and crime.

The Healthy Family Unit managers recognize trauma is frequently the root cause behind much of the anti-social behaviour the Healthy Families Initiative program is seeking to change. Understanding the effects of trauma and the need to provide care in a trauma informed-manner is critical to the success of the program.



On August 23, RPCI-GBC provided trauma and trauma-informed care education to over 60 Healthy Families Initiative Unit managers, front-line service providers and managers, and government policy persons. The session defined trauma-informed care and discussed how agencies and organizations can become Trauma-Informed Care agencies by removing the 'power over' relationships in their agency. It focused on providing services in a way that does not re-trigger a traumatic response in clients or create a new traumatic response, while recognizing clients have experienced trauma or multiple traumas in their lives.

To become trauma-informed, managers and staff need to have an understanding of trauma. The session defined trauma, the symptoms clients present, and the basic neuroscience and brain reactions behind these symptoms. The session also addressed intergenerational trauma and the effects of secondary trauma on front line service providers.



RPCI-GBC believes in building partnerships that advance our cause through strategic alignments with community partners. And that's because we understand the power our partnerships have when we work together with a common vision.

We gratefully acknowledge our following partners who allow us the opportunity to provide more impact in our communities.



Thanks to the support of The Co-operators, RPCI-GBC is able to provide Support Groups absolutely free of charge. Thank you for your commitment to supporting strong mental health and wellness to Saskatchewan families!



"The Ramada Plaza Regina and Ramada Saskatoon are pleased to support the initiatives of RPCI-GBC. Through the efforts of countless volunteers and involved sponsors, we recognize their goal in providing assistance to those in difficult situations. It's in this community effort that a true difference is made. We appreciate the opportunity to be involved with this amazing organization."

ANNUAL PATS WICKENHEISER GOLF CLASSIC TEES OFF FOR RPCI-GBC



The 19th Annual Pats Wickenheiser Golf Classic was a great success on Monday, August 8th! Golfers took to the course at the Royal Regina in support of Regina Palliative Care – Greystone Bereavement Centre and raised \$16,000 for Caring Hearts Camp.

Each year, the generosity of participants and Regina Pats helps to deliver a range of activities that empower children to work through their grief, and to celebrate their loved ones in a safe and open environment.

This memorial golf tournament was named in honour of one of the greatest Pats of all time, Doug Wickenheiser. Doug's life was cut short at the age of 37 after battling a rare form of cancer. RPCI-GBC is truly thankful to the Wickenheiser family for their continued support and for being an integral part of this meaningful tournament.



EMPLOYEE GIVING HIGHLIGHT

Thank you to Aaron Spelliscy for choosing RPCI-GBC as your charity of choice!

Aaron was awarded the Hero Award through Conexus Credit Union for his tremendous volunteer work in the community. This honour allowed Aaron to select a charity of his choosing and Conexus Credit Union made a great donation on his behalf.

Thanks to Aaron, RPCI-GBC received \$2500!

Be good to yourself.

CINDY'S COMFORT CORNER



For many, September marks the beginning of a NEW...

...school year	...schedule
...extracurricular activities	...friends
...responsibilities	...financial commitments
...and the list can go on....	

Often times, with these new things comes stress. *Stress – the dreaded “S” word - is a reaction, either real or imagined, to situations, events, or people.* Stress can motivate us (good stress) or it can cripple us (bad stress).

To counteract the negative effects of stress in our day-to-day lives it is of utmost importance for us to practice a healthier “S” word: self-care. Self-care is all about being good to yourself. When we practice self-care, we are building our resilience and our capacity to live our lives more fully and completely. If we aren't nurturing ourselves, who else will?

I like to use the analogy of driving a car. If I drove my car every day, for many kilometers at a time and I never filled up with gas, what would happen? My car would eventually come to a complete stop. And so it goes for our physical and emotional selves – if we don't fill up our inner tanks, we will run dry.

This September, start something NEW. Treat yourself kindly. Each and every day take a few moments to do those things for yourself that fill you up and bring you joy - whether that be enjoying a chai tea latte, going for a run, reading a good book, or just simply sitting in silence at the end of a hectic day so that you can just “be.”

Remember, you're a human BEing not a human DOing.



RPCI-GBC WELCOMES NEW COUNSELLOR

On August 12th, the team at Regina Palliative Care – Greystone Bereavement Centre welcomed our newest team member. Cindy Werner joins us as our new Counsellor, all the way from Calgary, Alberta. Cindy has spent decades in the field of grief and loss and brings with her an incredible amount of experience and knowledge.

Cindy's professional passion leads her to build strong and trusting relationships with clients, and she journeys alongside each client in a creative and therapeutic environment. Cindy draws from Cognitive Behaviour Therapy, Emotional Freedom Technique, Eye Movement Desensitization and Reprocessing, Solution Focused Therapy, Narrative Therapy, Motivational Interviewing and Mindfulness. We are truly lucky to call Cindy a part of the RPCI-GBC family.

DID YOU KNOW?




85% of Canadians will need palliative care in their lifetime, but only 25% will have access




Saskatchewan has 33 palliative & hospice beds – Alberta has more than 200!



Caring Hearts Camp Costs an average of \$500 per camper to attend – but is provided free of charge



We've counselled and educated as far north as La Loche, Saskatchewan



We offer supports in the form of art therapy, group sessions, and yoga for grief



What's Happening



Sept 30th & Oct 1st

Caring Hearts Camp

Programs & Services



"Secrets in Grief Counselling and End of Life Care"

Mon. Sept 19: 7:00 - 8:30pm

Thurs. Sept 22: Noon - 1:30pm

Location: Greystone Bereavement Centre



Nov 12th & 13th

Festival of Trees

Fundraiser



"Attachment Informed Grief Therapy – Perspectives on the Therapeutic Relationship"

Mon. Oct 17: 7:00 - 8:30pm

Thurs. Oct 20: Noon - 1:30pm

Location: Greystone Bereavement Centre



February 10th, 2017

Kiss the Canvas

Fundraiser



"Revisiting Loss and Restoration"

Mon. Nov 21: 7:00 - 8:30pm

Thurs. Nov 24: Noon - 1:30pm

Location: Greystone Bereavement Centre

COMPASSIONATE COMPANIONS SUPPORT GROUPS



Fall Support Groups are here! We want to ensure families receive the best level of support and care available, and thanks to your feedback and input we're increasing our sessions from 5 to 6 beginning now. We look forward to serving even more clients in this safe and supportive environment. All support groups will take place at RPCI-GBC, and are offered at no cost thanks to generous support from The Co-operators.

"Creative Steps in Grieving" Art Therapy

Tuesday Evenings
Oct. 11 – Nov. 1
7:00 – 9:00 pm

Adult Grief Loss of Spouse/Child

Wednesday Evenings
Oct. 5 – Nov. 9
7:00 – 9:00 pm

"Silver Linings" Senior Grief

Tuesday Afternoons
Oct. 4 – Nov. 8
1:00 – 3:00 pm

Adult Grief Loss of Parent/Sibling

Thursday Evenings
Nov. 10 – Dec. 15
7:00 – 9:00 pm



Our mission is to lead palliative and bereavement care for Saskatchewan through education, advocacy, counselling and support.



RPCI-GBC relies on a dedicated volunteer base as volunteers are essential to our success!
We cannot deliver our mission without you!

If you would like to make a meaningful difference in the lives of grieving children, teens and adults, please consider volunteering for Regina Palliative Care – Greystone Bereavement Centre.

We need volunteers to help with grief groups, Caring Hearts Camp, fundraising efforts, and more!

If you are interested in making a difference, please contact Connie at (306)523-2781

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