

# Dryden Regional Palliative Care

COMMITTEE  
IS EXCITED TO PRESENT

## “AFFECTING THE JOURNEY WHEN WE CANNOT CHANGE THE DESTINATION”

THURSDAY

MAY 9TH

9 AM - 6 PM

The Centre, 100 Casimir Avenue, Dryden

Register by May 1, 2024:

<https://www.eventbrite.ca/e/affecting-the-journey-when-we-cannot-change-the-destination-tickets-865611947637>

We've designed our full-day conference to actively engage patients, families, caregivers, and loved ones, with a focus on:

- *Essential conversations*
- *Thoughtful End of Life planning*
- *Dignified Endings with MAiD*
- *Acknowledging Grief*
- *Cultural and personal care alignment*

### Conference Highlights:

- *Keynote speakers (take in one or all)*
- *Lunch (registration required)*
- *Free refreshments*
- *Community resource display*

*It promises to be a day of inspiration and preparation for life's journey.”*



**FREE Admission | FREE Draw Prizes**



COMMITTEE  
IS EXCITED TO PRESENT

## “AFFECTING THE JOURNEY WHEN WE CANNOT CHANGE THE DESTINATION”

**THURSDAY**

**MAY 9TH**

**9 AM - 6PM**

The Dryden Regional Training & Cultural Centre  
100 Casmir Avenue, Dryden

EVERYONE is welcome, patients and their loved ones, caregivers and professionals.

This day long conference will host *in person* and *online speakers*. Though this is a full day conference you are welcome *to take in ONE or ALL* of the speakers.

There will be a **free lunch** and an Advance Care Planning **workshop** “Don’t Duck the Conversation” you must **register** by **May 1, 2024** through Eventbrite link <https://www.eventbrite.ca/e/affecting-the-journey-when-we-cannot-change-the-destination-tickets-865611947637> or **request a printed form** by email or use the QR code below.

There will be local agencies and business that offer services in our area associated with palliative care, caregiving, personal care, caregivers, aging, grief, and more.

For more information please email:  
**[drydenrpcc@yahoo.com](mailto:drydenrpcc@yahoo.com)**



**FREE Admission | FREE Draw Prizes**  
**FREE Refreshments provided**

# “DON’T DUCK THE CONVERSATION” ADVANCE CARE PLANNING WORKSHOP

*“We plan life events all the time: birthday parties, family vacations, going to college, choosing to raise a family. But what about planning for our death?”*

*While most people say that talking with their loved ones about their end-of-life care is important, few people have actually done so. Being prepared and discussing our end-of-life wishes in advance can give ourselves, our loved ones and our health care team a sense of peace.” Hospice Northwest Services has created the Don’t Duck The Conversation:*

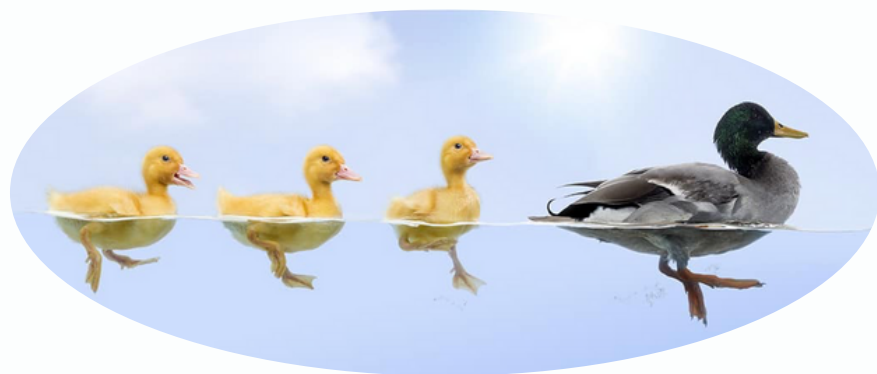
*A Personal Planning Guide to help you begin the conversation. The guide has been designed for you to complete at your own pace. This way, you can sort out one duck at a time, at a pace that feels comfortable and manageable for you. Join the team as we discuss how to work through the Planning guide and offer support to those who are working through this difficult yet important planning and conversations with loved ones.*

## THURSDAY

 **9 MAY 2024**

 **9 AM**

**Dryden Regional Training  
& Cultural Centre**



Registration required  
[drydenrpcc@yahoo.com](mailto:drydenrpcc@yahoo.com)  
or Eventbrite



*Hospice*  
NORTHWEST SERVICES

## **WILLS, POWER OF ATTORNEY AND ESTATE PLANNING**

*Meet one of our inspiring conference speakers, Brenda Bell. Brenda was born and raised in northern Ontario and graduated with her Bachelor of Arts and Juris Doctor, both with honours, from the University of Ottawa. From Corporate Law, Residential and Commercial Real Estate Law to Wills, Estates and Powers of Attorney, Brenda has been proudly providing expert legal advice and solutions throughout Northwestern Ontario for over 25 years. With offices in Dryden, Atikokan and Fort Frances Brenda aims to provide excellent, efficient, personal legal services with genuine concern for your individual needs.*

*Brenda will be joining us live to discuss, Wills, Powers of Attorney and Estate Planning.*

**THURSDAY**

 **9 MAY 2024**

 **AT 10:30AM**

**Dryden Regional Training  
& Cultural Centre**



**Brenda Bell**  
*In Person*

# NAVIGATING LIFE, DEATH AND EVERYTHING IN BETWEEN—WITH HEART AND HUMOUR!

*Meet one of our inspiring conference speakers. Yvonne Heath worked in many areas including emergency, chemotherapy, palliative care and hospice. She became disheartened by our society's reluctance to talk about, plan and prepare for grief, transitions and end of life—causing excessive suffering. She suffered too, not knowing how to do it differently. So in 2015, she blazed a new trail to create social change.*

*Yvonne will be joining us live via a Zoom.*

## THURSDAY



**9 MAY 2024**



**11 AM**

**Dryden Regional Training  
& Cultural Centre**



**Yvonne Heath**  
*Speaker & Q&A*

# UNDERSTANDING DYING, DEATH, AND BEREAVEMENT

*Meet one of our inspiring conference speakers.*

*Chelsea Peddle is a writer, counsellor, and end-of-life consultant who helps people find peace of mind in times of great stress. In her work, she helps individuals, families and children feel anchored through the uncertainty of a serious diagnosis or the grief of terminal illness.*

*Chelsea's heart for the subject is rooted in both personal and professional experience.*

*Through her writing and counseling, Chelsea helps those facing loss to feel comforted, informed, and empowered.*

*Chelsea will be joining us  
live via a Zoom.*



## THURSDAY



**9 MAY 2024**



**1 PM**

**Dryden Regional Training  
& Cultural Centre**

**Chelsea Peddle**  
*Speaker & Q&A*

## **DYING WITH DIGNITY & AVAILABLE RESOURCES**

*Meet one of our inspiring conference speakers, Kelsey Goforth. She is the Director of Programs at Dying With Dignity Canada and has been a staff member with the organization since 2015.*

*Kelsey is a graduate of Douglas College's end-of-life doula program and Centennial College's Thanatology Certificate program. She has completed a Patient Navigation Certificate from the Health Leadership and Learning Network at York University as well as training in grief literacy. She has also completed Pallium Canada's Learning Essential Approaches to palliative Care (LEAP) course.*

*Kelsey will share a bit about Dying with Dignity Canada, the education and resources it offers.*

*Kelsey will be joining us live via a Zoom.*

### **THURSDAY**



**9 MAY 2024**



**2 PM**

**Dryden Regional Training  
& Cultural Centre**



**Kelsey Goforth**  
*Speaker & Q&A*

# “LEAD THE BIG PICTURE CONVERSATIONS WITH YOUR DOCTOR”

*Meet one of our inspiring conference speakers.*

*Matthew Tyler, MD is board certified in internal medicine and hospice & palliative medicine.*

*Dr. Tyler has over a decade of experience helping people living with a serious illness create personalized medical care plans centered around what matters most to them. He believes you have to train your doctor to know you. Learn to advocate for yourself, ask the questions and take control of your own care journey.*

*Matt will be joining us  
live via a Zoom.*

**THURSDAY**



**9 MAY 2024**



**3 PM**

**Dryden Regional Training  
& Cultural Centre**



**Dr. Matt Tyler -  
How to Train your Doctor**  
*Speaker & Q&A*



## A TIME TO LIVE: LIVING WITH A LIFE-LIMITING ILLNESS

*Meet one of our inspiring conference speakers. Barbara Karnes, RN Award Winning End of Life Educator, Award Winning Nurse, NHPCO Hospice Innovator Award Winner 2018 & 2015 International Humanitarian Woman of the Year. Author of “Gone From My Sight in the “End of Life Guideline Series”.*

*“Dying is not a physical event. It’s not a medical event. It’s an emotional, communal, and social event. You don’t have to have a medical degree to support a person who’s dying and/or their family. What you need is knowledge in the dying process.”*

*Barbara will be joining us  
live via a Zoom.*

### THURSDAY



**9 MAY 2024**



**4 PM**

**Dryden Regional Training  
& Cultural Centre**



**Barbara Karnes**  
*Speaker & Q&A*

## UNDERSTANDING MAiD IN OUR COMMUNITY

*Meet one of our inspiring conference speakers, Dr. Francois Doiron is a GP who works at the Dingwall Clinic and has privileges at the Dryden Regional Health Centre. François Doiron, builder and farmer during the day and family doctor at night. “I started my practice here in Dryden in 2019. I have been providing MAiD since starting my practice”.*

*He is passionate about ensuring patients and families receive customized care at the end of life and works closely with the interdisciplinary team to identify care options. Medical Assistance in Dying (MAiD) is a complex and very personal issue and Dr Doiron will present*

*information intended to support people living with life-limiting illnesses together with families and caregivers in making informed decisions about their care.*

*The presentation will review options for care, the process for exploring MAiD, and also a Q&A regarding the legal requirement/safeguards, what MAiD looks like and what considerations are helpful when making plans for end-of-life care.*



### THURSDAY



**9 MAY 2024**



**5 PM**

**Dryden Regional Training  
& Cultural Centre**

**Dr. François Doiron**  
*In Person*



Dryden Regional  
Palliative Care  
COMMITTEE

8:45	Opening of Conference
9:00 -	<b>North West Hospice – Don’t Duck the Conversation.</b> <ul style="list-style-type: none"> <li>• A training workshop for identifying advance care directives.</li> </ul>
10:30	<b>Brenda Bell</b> <ul style="list-style-type: none"> <li>• Wills, Power of Attorney, Estate Planning</li> </ul>
11:00 – 11:45	<b>Yvonne Heath</b> <ul style="list-style-type: none"> <li>• Plan and prepare for grief, transition and end of life</li> </ul>
12:00 – 12:45	<b>Grief Session</b>
1:00 – 1:45	<b>Chelsea Peddle</b> <ul style="list-style-type: none"> <li>• A personal experience with navigating serious diagnosis, grief and grief of terminal illness.</li> </ul>
2:00 – 2:45	<b>Dying with Dignity – Kelsey Goforth</b> <ul style="list-style-type: none"> <li>• What is “Dying with Dignity Canada”, what education and resources it provides, like dementia and MAID</li> </ul>
3:00 – 3:45	<b>Dr. Matt Tyler</b> <ul style="list-style-type: none"> <li>• How to advocate for yourself or family on how to get the information you need from your physician</li> </ul>
4:00 – 4:45	<b>Barbara Karnes</b> <ul style="list-style-type: none"> <li>• Hospice Nurse and End of Life Educator, her blue book, “Gone From My Sight” and how her books can support those facing life’s challenges</li> </ul>
5:00 – 5:45	<b>Dr. Francois Doiron</b> <ul style="list-style-type: none"> <li>• MAID in our community</li> </ul>