



# CHABC Newsletter

Catholic Health Association of British Columbia

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December 2019

## CHABC AGM and Conference— ADDICTIONS AND MENTAL HEALTH

ADDICTIONS AND MENTAL HEALTH was the theme of this year's CHABC AGM and Conference, held September 19<sup>th</sup>. Dr. Michael Hryniuk, the keynote speaker, gave the first presentation on the topic: *Beyond the Wounded Healer: Henri Nouwen, Mental Health, and the Journey to Spiritual Resilience*. His presentation was received with enthusiasm from over 100 people who filled the conference room at the Executive Plaza Hotel in Coquitlam.



Dr. Hryniuk holds a Doctorate in Theology and Personality Theory with over twenty years of experience in spiritual direction, counselling and therapy in private practice. He uses a variety of modalities of healing in a spiritually-integrated approach to counselling and therapy. The presentation explored Nouwen's vision of the "Wounded Healer" and how these insights can be applied concretely in mainstream clinical practice today. To view Hryniuk's presentation visit our website [chabc.bc.ca](http://chabc.bc.ca) under News & Events.



*On behalf of the Board of Directors of the Catholic Health Association of BC, we wish you the joys and blessings of this Holy Season and a bright and healthy 2020!*

*Bob Breen, Executive Director*

*Jo-Ann Fält, Chair*

*Merry Christmas and Happy New Year!*

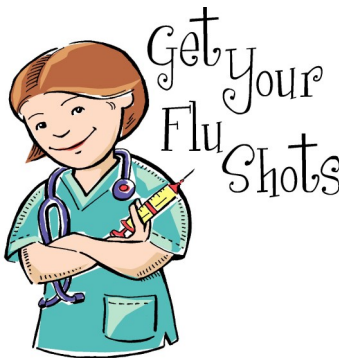
## CHABC AGM and Conference — ADDICTIONS AND MENTAL HEALTH

The second presentation of the day was “*Impact of the Current Opioid Crisis on Elders in B.C. Issues in Long Term Care*” by Dr. Marcus Greatheart. Dr. Greatheart is a family physician in Vancouver with over 25 years experience as a community educator and a Clinical Instructor in the Department of Family Medicine at the University of British Columbia. Dr. Greatheart specializes in addictions, eldercare and LGBT health. In the presentation, Dr. Greatheart discussed the unique challenges faced by long term residents with opioid use disorders and a pilot project that meets Providence Health Care’s mission to serve older British Columbians and people with substance misuse disorders.

Scott Harrison gave the third presentation of the day about “*SafeCare: Creating and Integrated Care Model for Patient and Staff Safety in the Context of Public Health Emergency*”. Mr. Harrison is the Director of Urban Health, Indigenous Health, Substance Use, Maternity and NICU for Providence Health Care in Vancouver, BC. He has over 25 years experience of clinical nursing and leadership experience and is Masters trained in advanced nursing practice with experience in both the UK and Canadian health care systems. In response to the overdose crisis, the Urban Health program led by Mr. Harrison created the Safe Care Program which helps provide life saving harm reduction and treatment to people who use substances while supporting staff to deliver the services safely.

### FLU SEASON

This year is predicted to be a very bad one for the flu virus, based on the early experience in Australia. Research has shown that seniors are at much higher risk of complications from the flu and in the 2014/15 season accounted for 70% of flu-related hospitalizations and 91% of flu related deaths.



“Why is that?”, you may ask. Adults aged 65 and older are more severely affected by flu because:

1. The immune system becomes weaker with age
2. They have less ability to fight the infection
3. The flu can worsen pre-existing conditions such as diabetes or renal disease
4. In some cases, the flu may significantly reduce ability to perform normal activities such as walking, dressing and eating independently

Having the flu shot is considered the most effective method to prevent the flu.

Also, for seniors, the standard flu vaccine does not work as effectively as it does in younger adults. As we age, our body’s ability to develop immunity is significantly reduced. There is a solution available that is not yet funded by the government in BC although it is provided to seniors in other provinces.

It is called High Dose Flu vaccine and it contains the same antigens as the standard vaccine but with four times the amount. This increases the effectiveness of the vaccine in seniors by 24 to 35% above the standard vaccine. The vaccine is available at London Drugs and Save-on Pharmacies for \$75 and if you have an extended health plan, you may also be eligible for partial or full coverage, depending on your plan.

Ask your doctor what he or she recommends for you but whatever you do, please make sure you get vaccinated. The standard vaccine is still better than not getting vaccinated.

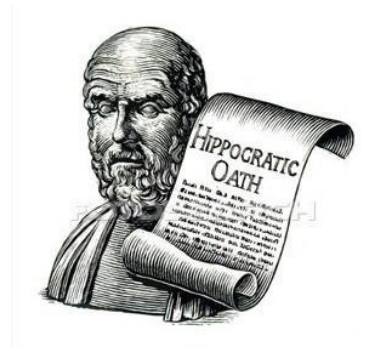
**ANNUAL WHITE MASS Friday JANUARY 10, 2020 7:00 pm**

**For Physicians and All Healthcare Providers & Their Families**

**Celebrated by**

**ARCHBISHOP J. MICHAEL MILLER, CSB**

**Pray for the Preservation of Catholic Medical Ethics In Healthcare**



**St. Augustine's Church  
2028 West 7th Avenue Vancouver**

**Reception to follow Hosted by the Catholic Physicians' Guild**

**Information: Dr. Jim Lane 604-240-2725 Dr. Toni Parsons: [drtoniparsons@telus.net](mailto:drtoniparsons@telus.net)**

## **SPIRITUAL CARE TRAINING**

The CHABC is embarking on a new program to expand the ability of parishes to train pastoral visitors with the intent of developing pastoral care visitation teams in each parish. These teams would coordinate visits to members of the parish who may be frail and not able to get out often or they may be alone and lonely, or they may have health problems that prevent them from leaving their home.



**SPIRITUAL CARE**  
SERIES

In some cases, they may be individuals who have been moved to a long-term care home and have nobody to visit them. The training in this program is excellent for staff who work in a care home or hospital, for individuals caring for loved ones in their home or for people who visit with seniors in their homes or care homes. Many attendees have commented that it has been an enormous help to them just in understanding how to better communicate with family members and friends.

The focus of the program will be to start by offering the training to parishes who have the support to start a home pastoral visitation program. By training individuals from parishes to facilitate the training, we will vastly expand our ability to train large numbers of people throughout the province the training consists of eight 2.5 hour sessions. For a brief description of the program, look at our website at

[www.chabc.bc.ca/news-and-events/](http://www.chabc.bc.ca/news-and-events/)



## COLUMBUS RESIDENCE CHARITY GOLF TOURNAMENT



Columbus Residence Board member, Frank Schober (center) and his team took home top prize in tournament.

The Inaugural Columbus Residence Charity Golf Tournament, held in September at the University Golf Club, was a great success thanks to the generosity of many and hard work by the Golf Committee. Over \$42,000 was raised, a fundraising event total never before achieved. Proceeds were directed to programs that enhance the residents' physical, emotional, cognitive, spiritual and social well-being.

Columbus Residence was awarded over \$7,000 by St. Mary's Health Foundation for the purchase of two specialty Pressureguard mattresses that help manage the damaging effects of pressure ulcers and shear forces that can occur when anyone, particularly the elderly who have thinning skin, spend prolonged periods in bed or a geri-chair.



Board Directors, Armand Giroday and Jo-Anne Harrison with Margaret Mason, Secretary Treasurer of St. Mary's Health Foundation at the Grant Award Reception held last month at the Old Bavaria Haus.

## ANNUAL CHABC ESSAY WINNER 2019



Each year, the CHABC sponsors an essay contest for graduating students on the meaning of spirituality in health care. The winner receives a \$500 prize to assist with their continuing education.

This year's winner is Keona Valentin who graduated from Mount Douglas Secondary in Victoria.

Keona began her studies in September in the Kinesiology program at University of Victoria and has plans to eventually complete a Master of Physiotherapy at UBC. Congratulations and best wishes to Keona.

**PLEASE MARK YOUR CALENDARS WORLD DAY OF THE SICK**

**TUESDAY, FEBRUARY 11, 2020**



### ***NEW! Health Ethics Guide* Sponsor and Board Formation and Learning App**

As announced during the recent CHAC Conference in Banff, a new interactive learning app on the *Health Ethics Guide* is now available for free on both the Apple App Store (for iPhones) and the Google Play store (for Android phones).

1. To access the app using an iPhone, navigate from your phone to the App Store. And within the search window, search “Health Ethics Guide Module”. You can then download the app by clicking the ‘GET’ icon or the ‘cloud’ icon.
2. To access the app using an Android device, please click the following link:  
<https://play.google.com/store/apps/details?id=com.healthethicslearningmodule&hl=en>

Developed by Covenant Health with support from Catholic Health of Alberta, the app features personal interviews of Alliance Governing Council and other leaders in Catholic health care, including key articles, principles, and practical applications of the Guide. It is intended to guide sponsors and boards in exercising their roles and accountabilities to ensure the ethical integrity of their sponsored works, but is accessible to broader audiences, both within and external to Catholic health care.

Given the complex and often nuanced ethical issues we face in Catholic health care today, sponsors will benefit from a deeper exploration of the rich ethical and theological tradition upon which the Guide is based. With its user-friendly format, case studies, and content testing questions, the app serves as a formation experience of this moral tradition, and its relevance in guiding decision-making at both the clinical bedside and board table.

A French language version will be available in the future.

Please feel free to share this information with others in your organization, network, or community setting.

For technical assistance regarding access, navigation or subsequent upgrades of the app please contact the general intake email at: [healthethicsguideapp@gmail.com](mailto:healthethicsguideapp@gmail.com).

Any other questions around the subject matter or use of the app can be directed to Gordon Self at: [Gordon.Self@covenanthealth.ca](mailto:Gordon.Self@covenanthealth.ca)

## PASTORAL VISITATION STAR OF THE SEA PARISH

CHABC would like to congratulate the volunteers and parish administration for creating this very important service to their parishioners. The parish has embraced the healing ministry of Jesus by reaching out to fellow parishioners who are lonely, frail or homebound. Pastoral visitation provides the spiritual care needs that are part of the holistic approach to health.

Our health care system does a very good job of caring for the physical needs but when the spiritual care is missed, holistic care can not be achieved. Over the next year, the CHABC will be embarking anew on providing access to the training needed for parishes to begin pastoral visitation programs .



**“The greatest disease in the West today...  
is being unwanted, unloved, and uncared for.  
We can cure physical diseases with medicine, but  
the only cure for loneliness, despair,  
and hopelessness is love.”**

St. Mother Theresa of Calcutta



**STAR OF THE SEA PARISH**

## PASTORAL **care** VISITATION

We are a group of volunteers trained by the Catholic Health Association of BC to better understand and support individuals and families who, for reasons of advanced age, compromised health or frailty, are isolated in their home or residential care facility. The training provided us with skills on how to show care and compassion by active listening, how to come alongside those suffering from dementia or experiencing grief and loss, and thereby lessening the ill effects from feelings of abandonment and loneliness on one's physical, mental and spiritual health.

If you or someone you know could benefit from receiving such emotional and spiritual support from our Pastoral Care Visitation volunteers, please contact Star of the Sea Parish Office to make arrangements. As per our Safe Environment Policies, all of our volunteers have undergone security screening and will visit in twos.

Tel. 604-531-5739 Email: [parish@starofthesea.ca](mailto:parish@starofthesea.ca)

## EDUCATION

To develop education programs for parishes, individuals and affiliated church organizations on Catholic healthcare issues.

We will use social media where possible to make information available as widely as we can.

## ADVOCACY

We will meet with Government and health authority leaders to advocate for the rights of conscience protection.

We will advocate for the inclusion of spiritual care in all health programs and facility based care.

We will advocate for increased focus on palliative care and hospice programs.

## PARTNERING

We will seek partnerships with organizations and associations that share the values of Catholic healthcare.

We will work with these organizations to deliver programs to our communities.

We will work with Parishes to develop a better understanding of Catholic healthcare for their parishioners.



## HOSPICE ORGANIZATIONS MUST NOT BE FORCED TO DO EUTHANASIA

*Article from Citizen Go to view click here:*

<https://citizengo.org/en/175861-delta-hospice-society-should-not-be-forced-provide-euthanasia>

In February 2018 the [board of the Delta BC Hospice Society was given an edict from Fraser Health](#) to provide euthanasia (MAiD). At that time, the board refused to comply and continued its good work.

Recently, the [newly elected board re-stated its opposition to euthanasia](#). They passed a resolution stating:

"MAiD is not compatible with the Delta Hospice Society purposes stated in the society's constitution, and therefore, will not be performed at the Irene Thomas Hospice."

The [Delta Optimist newspaper](#) reported on December 7 that Fraser Health informed the Delta Hospice Society that their position is at odds with the policy of Fraser Health.

A spokesperson for Fraser Health told the *Delta Optimist* that:

"...it fully supports a patient's right to receive medical assistance in dying wherever they may be, including in a hospice setting."

If funding for their 10 bed hospice is stopped, people in the community requiring care at the end of life will lose the excellent care the hospice provides.

By forcing the Delta Hospice Society to provide euthanasia, Fraser Health is also redefining the meaning of hospice/palliative care.

In its recent Call to Action (Nov 27, 2019), the Canadian Hospice Palliative Care Association and the Canadian Society of Palliative Care Physicians stated that MAiD (euthanasia) is not a part of hospice palliative care (taken from <https://www.chpca.net/chpcacspcp>):

"MAiD is not part of hospice palliative care; it is not an 'extension' of palliative care nor is it one of the tools 'in the palliative care basket'. National and international hospice palliative care organizations are unified in the position that MAiD is not part of the practice of hospice palliative care.

...Hospice palliative care sees dying as a normal part of life and helps people to live and die well. Hospice palliative care does not seek to hasten death or intentionally end life."

If the Delta Hospice Society is forced to provide euthanasia then all hospice palliative care organizations within Canada could also be forced to provide it.

This petition is directed to Dr. Victoria Lee, President of Fraser Health Authority and to the Hon. Adrian Dix, BC Minister of Health, to oppose forcing the Delta Hospice Society to provide euthanasia.

Hospice/palliative care is not MAiD. The Society must not be forced to provide MAiD. Fraser Health is overstepping its role as a health authority in forcing and bullying them to provide MAiD.