

September 21, 7:00  
Coalmont Road

Present: Ed Staples, Ole Juul, Lynn Wells, Nienke Klaver, Bill Day (by phone)  
Absent: Spencer Coyne  
Guest Speaker: John Akerley

## **1. Agenda**

- Adoption of minutes of the April 27 meeting
- Financial Report - Ole Juul
- Presentation Palliative Care - John Akerley
- South Okanagan Mental Health Project
- Steering Committee update - Ed
- MP candidates meetings - Lynn
- Community Consultation - Ed
- AGM

## **2. Minutes were adopted**

**3. Financial Report:** There is no change in our finances.  
Accepted.

## **4. Presentation on Palliative Care.**

The aim of the Hospice Society is to improve the quality of life for both the living and the dying. The team consists of physician, nurse, social worker, spiritual advisor, pharmacist, nutritionist and volunteers.

Palliative care usually takes place in the last 6 months of the patient's life and consists of spiritual, emotional, and physical help in the environment that the patient needs, which may be at home. The whole person is considered and the aim is to ease the dying and to reflect the wishes of the patient and family. Akerley pointed out that palliative care is part of our healthcare and was started in England as a reaction to the harsh treatment of patients in the last stages of their lives. In the third world it usually is the family that takes care of the family member.

Princeton General Hospital has 2 hospice rooms, one for the patient and the adjoining one for the family. These were created around 2000, at the wish of Adele Nesbitt who was a nurse, and wanted a hospice room when she was dying of cancer. The Social Worker refers the patient and works to find volunteers.

Volunteers seem to be losing interest because they are not being called out. In the past June Hope would have a debriefing with all volunteers after a patient passed away, and talk about what worked and what did not work. This is not happening anymore, but John would like to revive this again.

One of the problems the Princeton Society faces is that if the services don't get used enough they will lose them. Akerly would like to visit the residents in Ridgewood Lodge which is something that June Hope used to do. He is also planning to get more volunteers to go to Ridgewood Lodge.

The Society has a trained spiritual advisor. They do not impose beliefs but listen to the patient. The Society also works closely with Jeff Dias from Interior Health as well as the Moog House in Penticton. There are physicians who are trained in Hospice Care however Princeton's population base would not be large enough to make this sustainable.

Oliver and Osoyoos both have a Hospice Society and Akerly would like to form a group with them, something they are amenable to.

It was pointed out that this is a community effort and should be a partnership. SOHC will be able to lend support by adding articles on our website.

**5. South Okanagan Mental Health Project:** this is a research project and at this point a fact finding exercise. The project is an initiative by Nelly Oelke, Assistant Professor of UBC Okanagan. Oelke approached SOHC with the request for support and is asking for letters of support and donations, either financial or in kind. SOHC's role could be to co-ordinate volunteers, approach other organizations for support and donate time and publicity.

Oelke is putting together a proposal for a three year term grant with up to \$75,000 per year provided by the Vancouver Foundation, matched funding required.

Oelke would like to set up a set of community tools that can be used. The aim is to develop a set of innovative tools (e.g. video, print, other innovative resources) to increase awareness, decrease stigma and support self-management. She will need co-ordinators, knowledge translation, recruitment of participants for consultations, settings etc.

The Town of Princeton, Rotary and SOHC have agreed to provide letters of support. Ed will approach RDOS and other organizations.

**6. Steering Committee update:** the **Art for Health Committee** has received a grant from the Arts Council. The cost for materials will be paid for while the artists are donating their time and expertise. SOHC appreciates the support of the Arts Council for this initiative.

**6.1** A new **lab technician** has been hired, which means the lab is now fully staffed with three permanent and two casual jobs.

**6.2** Women over the age of 40 can't make an appointment to have a **mammogram** unless they have a family doctor. Tanya TerKeurs informed the Steering Committee that clients do not need a family doctor, being a patient at Cascade Clinic will be sufficient.

**7. Interviews with MP Candidates:** Lynn gave a report on the interviews we had with the MP Candidates, which will be posted on the SOHC website.

**8. Community Consultation:** there are only two people left on the Steering Committee that were there for the first Community Consultation which was held in January 2013. Susan Brown suggested a follow up Community Consultation to see where the community wants to go, set the course for future improvements, and celebrate our achievements.  
Ed proposed that SOHC takes on the organizing which was accepted by all.

**9. AGM:** the date for the next AGM has been set for Wednesday October 14, Riverside, 7:00 pm. Ed will book the room.

### **Actions:**

- Cascade website needs to be updated with new lab positions. Ed will work on this.

- MP interviews on SOHC website
- Public Notice for AGM and book room in Riverside (Ed)