



SOOKE REGION COMMUNITIES HEALTH NETWORK QUARTERLY NEWSLETTER

To help support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone.

Latest SRCHN Activities

We have a new name!

The powers that be have granted us a new name, *namely* Sooke Region Communities Health Network. We will be using the acronym SRCHN, but we are still trying to settle on our logo and branding. Finally the moment has arrived for the logo contest where the public is invited to take part. Please refer to our new website for details, where you can help us define our new look www.sookeregionchn.com or simply email the coordinator: srchn@sookeregionchn.com. Special conditions do apply. Deadline is April 30th. 2016.

Sooke Region Volunteer Centre (SRVC) and New Horizons Grant

The New Horizons Grant has come to a close. The community has certainly benefitted from the useful workshops provided.

The Volunteer Centre is hosting its annual volunteer fair April 6th at the Edward Milne Community School for most of the day. A noon session for the students especially and then in the evening for the general public. For more details, please consult the resources calendar: www.sookeregionresources.com/calendar-events.

Marlene Barry is stepping down from the helm of the volunteer centre. The position has been advertised. Thanks to Marlene's hard work, Sooke continues to have growing and informed volunteer network!



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Age-Friendly Committee

This committee is working on a Regional Seniors Services brochure, ideal for those who do not feel comfortable with computers. This brochure will be able to provide relevant information in a single guide. The yellow HELP brochure is in the process of being updated and reprinted to give general regional services information to all in our communities. This committee has also been meeting with agencies wishing to provide services to seniors especially, which would be beneficial to us all.

Seniors Managing at Home

A draft of the report is presently being circulated within our network for revision.

Board and Steering Committee

Unfortunately we did not get the grant for the Seniors Information Resource person. The Board is working on its governance piece. The Steering Committee has been hosting guest speakers and agencies interested in expanding their health related services in the Sooke Region.

Upcoming meetings - all are welcome to attend!

- **Steering Committee** - Wed., April 6th, 2016 at 9:30 - 11:30 T'Sou-ke Nation Health Office, Lazzar Road, Sooke.
- **Board** - Wed. April. 27th 4:30 - 6:30, Sooke Child, Youth and Family Centre, 6672 Wadams Way
- **Age-Friendly Committee** - Wed April 13th, 2016 at 9:30-11:00 – Sooke Child, Youth and Family Centre, 6672 Wadams Way



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Issue Awareness

Alone with Grief

The ancient Chinese character for "death" shows two persons, both experience loss - one lost his life and another a loved one accentuating the interdependent relationship(1). The fact Western culture has internalised, or "privatised", grief has its roots in rather recent events. The waistless slaughter of numerous lives during WW1 marked a turning point where individual deaths were too numerous for families and communities to handle emotionally and financially(2). The emergence of psychoanalysis and quantities such as importance of uniqueness and promoting one's own goals have moved us away from the interdependent framework that existed in our culture earlier and still exists with the "Eastern" and aboriginal traditions today (1), In addition, deaths are less frequently taking place in the home, but in institutions. Hence a certain disassociation from these life events have taken place.

Social convention can also influence grieving processes. In Victorian times death was such a common domestic part of life that elaborate rituals were developed to cope (3). Under Mao's China one was not to mourn one's children but only adults (1). With the demise of such eras, these "traditions" disappeared, but new ones appeared reflecting the times one lived in.

With the deaths of beloved dictators or high class celebrities, public showings of grief often surpasses what can be expressed with one's nearest and dearest. It has been argued that with the internalisation of grief, one can become so overwhelmed in large scale events such as the funeral of Princess Diana (2), but unable to connect with one's own family members or comprehend their need to mourn and the varying duration of the mourning process. Medical doctors may also feel inadequate in situations of grief, and may be unable to guide the patient in a manner that is appropriate to the individual clients with varying backgrounds(4).



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Issue Awareness (cont'd)

This lack of understanding or patience with the mourners, can create a divide within the family and social network. If one cannot mourn with one's own family, one can feel alone with one's grief. Indeed how one needs or wishes to mourn can vary. Perhaps due to the lack of mores in our present society we have lost our way in how to act while bereaved or towards those who are enduring this painful process.

Those with deep religious or ancestral beliefs are advised to seek out their congregation or "people", but in this day and age not all have faith to begin with. Though some prefer deal with their pain in solitude, it is interesting to see how peer groups emerge often through social media, where complete strangers in similar positions can seek solace with each other.

It is not only those who have a loved one die that needs to mourn, but also those who are caring for spouses, children or parents suffering from life changing illnesses. Not only is the burden of caring a large one, but seeing the loss of abilities and long term suffering of the patient definitely takes its toll. The Alzheimer's Society does offer peer support groups for caregivers of sufferers of dementia, even in Sooke. The emergence of such groups due to the need to externalise one's grief and to seek understanding and be understood shows how a new era is emerging in our Western society, and that grief is slowly relinquishing its taboo status.

- (1) http://www.hkspm.com.hk/newsletter/200203_05.pdf
- (2) <http://www.newyorker.com/magazine/2010/02/01/good-grief>
- (3) <http://www.berkeley.edu/news/berkeleyan/2000/04/05/death.html>
- (4) <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=ncicdr0000062828>



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A big thanks to the Alzheimer's Society for the lists of services below.

Bereavement Resources In Greater Victoria

Beacon Community Services 9860 3rd St., Sidney, BC V8L 4R2 250-656-0134
www.beaconcs.ca Provides support for individuals and families dealing with grief and loss.

South Island Centre for Counselling and Training 3821A Cedar Hill Cross Road Victoria, BC
V8P 2M6 250-472-2851 www.southislandcentre.ca Counselling available to anyone for a variety
of issues, including grief and loss as well as marriage/family/relationship concerns.

Sooke Hospice Widows Group 250-642-2833 - Open to all widows.

Silver Threads Contact 250-382-3151 The drop in “sharing and caring” program is a support
group for those coping with grief and loss.

Touchstones Children’s Bereavement Support Group Children aged 5 - 12 Pre-registration with
Victoria Hospice Bereavement Services 250-370-8868

Victoria Hospice Society 1952 Bay Street Victoria, BC V8R 1J8 250-370-8715
www.victoriahospice.org Person must be registered with Hospice first (simple form required) in
order to access the following programs: 1. Individual Counselling: up to 4 sessions with a counselor
(by donation) 2. Drop-In Groups: facilitated by a counselor; 2 groups run per week (by donation) 3.
Closed Groups: topic or population specific (e.g. journaling, seniors widow group, etc.); \$150 for
approx. 7 weeks 4. Children’s group: for children who have lost family member, including a
grandparent 5. Walking group



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Suggested Websites for Bereavement

Alzheimer's Society of Canada <http://forum.alzheimer.ca> Online discussion forum, people sharing experiences with Alzheimer's caregiving, with special discussions for people who are bereaved.

BC Bereavement Helpline www.bcbereavementhelpline.com Provides telephone support and connects to grief and support services.

BC Association of Clinical Counsellors www.bc-counsellors.org Find a Clinical Counsellor in BC

BC Psychological Association www.psychologists.bc.ca Find a Psychologist in BC.

Canadian Virtual Hospice <http://www.virtualhospice.ca> Information and support on palliative and end of life care.

Centre for Loss and Life Transition <http://www.centerforloss.com> An online source for information, articles, and books on grieving.

Griefnet <http://www.griefnet.org> Email based grief support groups provide help to people working through loss and grief issues of many kinds

Health Link BC <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw164282> Clinical information of grief and grieving, with particular focus on physical symptoms and treatments

Lower Mainland Grief Recovery Society <http://lmgr.ca> The LMGRS is a non-profit registered charitable organization that has been organizing grief support groups in the greater Vancouver area.

For more SRCHN information or to subscribe/unsubscribe, please email: srchn@sookeregionchn.com