



Chapter # 185

Charter Date
February 23, 2007

The Men's Probud Club of Lindsay Probud Banner Newsletter

EDITION 138

January 2020



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January Meeting

The club held its January meeting on Tuesday 14th. After a 30 minute social time Club President, Sal Polito, opened the meeting at 10:30am with members singing 'Oh Canada'. Sal then asked for an indication of the members planning to attend the optional lunch at The Grand Experience, following the meeting.

Health and Welfare – Ron Morgan provided an update on the status of a number of members since last months meeting.

Guests - We had one guest; **John Pollard** a guest of John Sale.

Guest Speakers - Sal introduced **Ryan Alexander** and **Laurie Tamblyn** from Community Care. Ryan who manages Hospice Services started his talk by outlining where Hospice Services fits into the Community Care family of services and how it is staffed by seven full and part time employees with more than a hundred volunteers. Ryan's goal for his talk was to educate our members, hoping they would leave the meeting knowing more about this important subject and be able to access resources in a timely manner, should the need arise.

Ryan provided a handout about Palliative Care and some of the Myths surrounding it. He focused on three of the ten myths listed and used some real world examples to illustrate how Community Care support can help people when they most need it.

Laurie, who is a volunteer, provided our group with a view from the front lines as she described some of her experiences with entering this field, getting the required training and providing people with support and help. She believes the role to be needed and very useful in the community and very rewarding as a volunteer.

Ryan and Laurie both shared stories of personal loss in recent times and members were certainly moved by their sharing their own experiences and how their "work" at Community Care helped them through difficult times.

More information from Ryan and Laurie's talk is attached to this newsletter and the audio of their talk is available on the club's web site.

Following their talk Ryan & Laurie drew 2 winning "**Share the Wealth**" tickets. The first was won by **Vern Lonsway**, who opted for the Academy Theatre tickets and the second was won by **Wayne Brumwell** who took home \$71.

Sal closed the meeting at 11:45am.

Next Meeting: Tuesday Feb. 11th 2020

Jim Millington

"The Canadian Soybean Industry"

Health and Welfare

Please notify **Ron Morgan** (705) 324-2318
If you have knowledge of a member who is
experiencing health issues at any time.



If you were inspired by Ryan and Laurie and would like to become a volunteer or support Community Care in any way; here is their contact information.

<https://www.ccckl.ca/>

Phone: 705-324-7323

Sal Polito thanks guest speakers Laurie Tamblyn and Ryan Alexander

10 Myths ABOUT PALLIATIVE CARE

National Hospice Palliative Care Week | May 4–11, 2019

Test your knowledge about hospice palliative care myths throughout the week on Facebook (@CanadianHospicePalliativeCare) and on Twitter (@CanadianHPCAssn) using the hashtag #BustingtheMyths

Myth 1

PALLIATIVE CARE IS ONLY ABOUT PAIN CONTROL

Palliative care includes psychological, social, emotional, spiritual, care giver support and practical support



Myth 6

I'M TOO YOUNG TO RECEIVE PALLIATIVE CARE

Hospice palliative care is provided to people of all ages from infancy to adulthood



Myth 2

I'M NOT READY TO RECEIVE PALLIATIVE CARE



89% of people with life-limiting illness, such as a progressive neurological illness, organ failure, or frailty could benefit from palliative care

Myth 7

PALLIATIVE CARE IS A LOCATION, NOT A RESOURCE

Hospice palliative care is a service that can be provided in many settings, including the patients' home



Myth 3

MY PHYSICIAN HASN'T MENTIONED IT TO ME, SO I MUST NOT NEED IT

Patients can initiate conversations with health care teams related to hospice palliative care



Myth 8

TALKING ABOUT DYING CAUSES STRESS FOR MY LOVED ONES



A cultural shift in how we talk about death and dying is required to facilitate acceptance and understanding of what palliative care is and how it can positively impact people's lives

Myth 4

MY COMMUNITY DOESN'T HAVE A HOSPICE SO I CAN'T ACCESS HOSPICE PALLIATIVE CARE



Palliative care can be provided at home, in a long term care facility, hospice or hospital

Myth 9

PALLIATIVE CARE IS ONLY FOR PATIENTS NEAR THE END OF THEIR LIVES

Palliative care benefits patients and families from diagnosis until end of life



Myth 5

RECEIVING PALLIATIVE CARE MEANS I'VE ADMITTED DEFEAT

Palliative care is for any one at any stage of their illness, aimed at improving quality of life for patients and their families



Myth 10

CHILDREN CANNOT RECEIVE HOSPICE PALLIATIVE CARE

Children need care that is appropriate to their condition/illness, their size, age, understanding of their conditions and its implications, and their spiritual and emotional awareness.



Lindsay Probus Art Group

2020 dates

*Meetings - Mondays 5th and 20th April
May 4th and 18th, and June 1st and 15th
10.00am to 12 noon in the meeting room
below the Lindsay Library.*

Initial cost \$20 to cover instruction.

*Our previous teachers - RoseMarie Con-
don and Lesley McGrindle have agreed to
share the leadership, and will start with
simple sketching exercises.*

*Bring a minimum of at least one pencil (HB), eraser and white
paper (pad); plus any other suitable artists' materials which you
may already have; e.g. chalk, coloured pencils, paints, etc..*

***If you are interested in joining please contact John Sale
johna.sale@gmail.com***

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9:00 - 5:30 Mon. - Fri.
9:00 - 1:00 Sat.
Closed Sunday & Holidays



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