

**NATIONAL HOSPICE PALLIATIVE CARE WEEK MAY 5—11, 2019**  
**10 MYTHS ABOUT PALLIATIVE CARE**

**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.



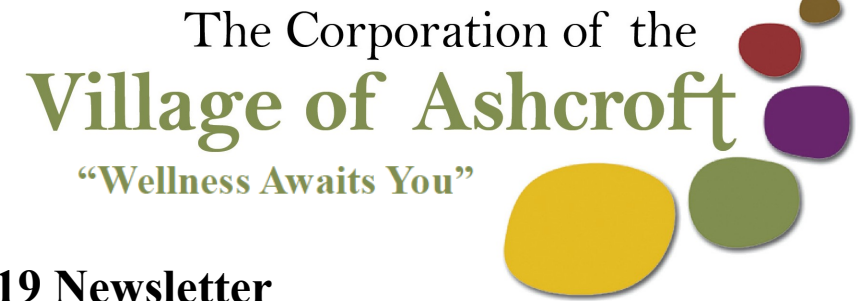
**Your Mayor and Council:**

Mayor: Barbara Roden; Councillors: Marilyn Anderson—Jonah Anstett—Nadine Davenport—Deb Tuohey

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**April 2019 Newsletter**



**Mayor & Council**

**Encourages Everyone to**

**Stay Active and Healthy**

## Community Update

Mayor Roden and Council would like to take a few minutes of your time to tell you about a number of things they have been working on, including some past community events:

- Sgt. Fitzgerald provided Council with a quarterly update regarding activities at the local RCMP detachment.
- Mike and Leslie Glen of Gold Trail Recycling, provided Council with an overview of their recycling operations in 100 Mile House and invited Council to tour the facilities.
- Andy Anderson, one of the owners of Home Hardware, advised Council that Home Hardware is running a promotion from April 1—June 30 encouraging businesses to paint their storefronts.
- Chief Josh White provided Council with an overview of the Ashcroft Volunteer Fire Department activities for the 2018 calendar year. He also provided a summary of potential fire hazards and suggested ways for the community to follow the Fire Smart program.
- Monty Downs, representing several dog owners, proposed to Council that a Memorandum of Understanding could be developed between the Village and a Dog Owner Group that would allow both parties to work together on the development of an Off Leash Dog Park.
- Council declared the week of May 5—11 as Palliative Care Week.
- Council approved a Development Variance Permit, allowing an accessory building that is higher and larger than the bylaw allows.
- Ashcroft Council is investigating the formation of an Emergency Preparedness Committee, including the terms of reference, mandate and mission statement.
- Council approved the closure of Evans Road on June 2nd to accommodate the 9th Annual Skips Memorial Charity Run.
- The Spring Community Forum was well attended with many people expressing concerns regarding the proposal to develop an Eco-Depot at Boston Flats.
- Council was advised that there are plans underway for an unveiling ceremony for the Japanese Internment Mosaic.



## Upcoming Community Events and Notices



**May 1**—Stage 1 watering restrictions come into effect

**May 5-11**—Palliative Care Week

**May 6**—Town Hall Meeting, Community Hall at 7:00 pm

**May 11**—Ashcroft District Hospice High Tea & Silent Auction at St. Alban's Anglican Church Hall. Admission by donation.

**May 13**—Council Meeting at 4:30 pm

**May 25**—Free Load on Free Disposal Day at TNRD Transfer Station in Cache Creek (applies to residential customers only)

**May 25**—Household Hazardous Waste Round Up at Heritage Place Park in Ashcroft

**May 27**—Committee of the Whole 6:00 pm, Regular Council Meeting 7:00 pm

**June 1 & 2**—Annual Plein Air Paint Out with Show and Sale at St. Alban's Hall on June 2nd

**June 2**—9th Annual Skip's Memorial Charity Run, starts at 8:45 am

**July 13**—Ashcroft Community Thank You Barbecue at Heritage Place Park from 11am—1 pm

**July 15**—Property tax due date. Payments received after this date subject to 10% penalty

## Ashcroft Swimming Pool Re-opens

The Ashcroft Swimming Pool is scheduled to re-open for the season on Saturday, May 18th. Unfortunately the hot tub will continue to be out of service, however Council has applied for a grant to assist with the costs of replacing it.

We are fortunate to have most of our staff returning and welcome two new faces this year.

Our facility is drawing school classes from around the area who wish to spend some time in the play ground as well as in the pool. It is rewarding to see groups from Savona and 100 Mile House having Field Trips that focus on Ashcroft and what we have to offer.

The pool schedule as well as admission information will be updated on the website prior to opening day. Check [www.ashcroftbc.ca](http://www.ashcroftbc.ca) for more details.

