

Pastoral & Spiritual Care

A Newsletter from Pastoral & Spiritual Care • Calgary Presbytery • The United Church of Canada



Andrew Brash will be the guest speaker at this year's Pastoral Care Picnic



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PASTORAL CARE PICNIC: HONOURING OUR VOLUNTEERS

Please RSVP by June 2nd!

Please mark June 7th from 11:30 a.m. to 2 p.m. on your calendars for the annual Pastoral Care Picnic. This year we will have a special guest speaker – Andrew Brash. Andrew will speak on the **“Profound Impact of Commitment and Compassion.”**

Putting personal hopes, dreams and needs aside to help others is a familiar scenario for pastoral care volunteers — come and listen to how Andrew's decision to do just that captured the world's attention.

“In the spring of 2006 Andrew had the opportunity to attempt Mt. Everest, a goal he had first set for himself when he began climbing over twenty years ago. Two hundred metres below the top, Andrew and his fellow climbers discovered Lincoln Hall, a man who had been presumed dead. Assisting Lincoln to recover, and to

organize his rescue, meant giving up the summit, and a lifelong dream.

Mountain climber Andrew Brash is uniquely positioned to speak on the subject of ethics and compassion and of the profound results they can bring. Whether in business, government or everyday life, compassion and commitment will be the way forward in the post economic meltdown era.”

“200 metres from Everest summit, Canadian halts climb to rescue man”

CBC

There is more information about Andrew on his website www.andrewbrash.com

The picnic will be at Northminster United Church, 3311 Centre St. North and lunch will be provided. To RSVP or for more information please email ucp-care@telus.net or call 403-294-0378.

Hope to see you there!



Resources



ALZHEIMER'S SOCIETY WORKSHOP

Best Friends — this was the theme of the workshop presented by the Alzheimer's Society of Calgary and co-sponsored by Pastoral Care (Calgary Presbytery) and Scarboro United Church. This day-long workshop taught participants the KNACK of interacting with people with dementia.

In the mid-1990s Virginia Bell and David Troxel developed the best-friends model for caring for people with Alzheimer's. The model is based on the belief that what a person with dementia needs most of all is a friend, a best friend.

"This can be a family member, friend, or staff member who empathizes with their situation, remains loving and positive and dedicated to helping the person feel safe, secure and valued. The model teaches caregivers how to have



'knack.' Caregiving knack is defined as the art of doing difficult things with ease."

Bell and Troxel have a series of books on dementia including: *The Best Friends Approach to Alzheimer's Care, A Dignified Life* (recommended for families), *The Best Friends Book of Alzheimer's Activities*, and *The Best Friends Staff*. For more information visit www.bestfriendsapproach.com.

The Alzheimer Society has an excellent online tutorial that takes a brief look at the basics — you can log on at www.alzheimercalgary.com and click on

the link pictured to the left.

The website also has a wealth of information about training and help for people with Alzheimer's and their caregivers.

You can also connect with the society for information about upcoming programs and events on Facebook (search Alzheimer Calgary) or on Twitter (<http://twitter.com/alzcalgary>).

ADULT GUARDIANSHIP & TRUSTEESHIP ACT

In October 2009, the *Adult Guardianship and Trusteeship Act* replaced the outdated *Dependant Adults Act* in Alberta.

The new act applies to adults over 18 who are not able to make their own personal or financial decisions. The goal is to allow older Albertans to maintain their independence longer and to provide more protection against senior abuse.

A range of decision-making options recognizes that different circumstances require different solutions. While there are still provisions for full guardianship, there are other less intrusive choices when full guardianship is not necessary.

Supported decision-making is helpful for capable individuals who face complex decisions, people whose first language is not English and people with mild disabilities.

Co-decision-making is for adults who can make personal decisions with the guidance and

support of another person. The decisions are in the best interests of the assisted adult, who must agree to the arrangement and to the person who is appointed as their co-decision-maker.

Information
www.seniors.alberta.ca/opg
1-877-427-4525

Guiding Principles

- *the adult is presumed to have capacity and able to make decisions until the contrary is determined;*
- *the ability to communicate verbally is not a determination of capacity, the adult is entitled to communicate by any means that enables them to be understood;*
- *focus on the autonomy of the adult with a less intrusive and less restrictive approach; and*
- *decision making that focuses on the best interests of the adult and how the adult would have made the decision if capable.*

What's Up?

Here are upcoming events hosted by Pastoral & Spiritual Care.

Pastoral Care Picnic

A gathering to honour and thank our pastoral care volunteers with special guest speaker Andrew Brash.

June 7: 11:30 a.m. — 2 p.m.

Marriage Preparation Courses

There is room in all the upcoming marriage preparation courses:

May 28th & 29th—St. David's

June 4th & 5th—St. David's

June 25th & 26th—St. David's

July 16th & 17th—St. David's

Oct. 15th & 16th—Symon's Valley

Nov. 12th & 13th—St. David's

Basic Arts of Pastoral Care

Pastoral and Spiritual care once again offers an 8-week course in the Basic Arts of Pastoral Care — the course covers topics such as the Power of Care, Listening, Prayer, Death and Dying, Visiting the Ill and Elderly, Presence and Self-Care. The course is approved training for anyone wanting to visit hospital patients on behalf of the United Church.

There will be a four-week session in the fall and another in the spring.

Fall/Winter 2010



Participants can register for these programs or events at www.pastoralcareunited.ca or by calling 403-294-0378.

Born in January 2009 out of the 10-Year Plan to End Homelessness, All Roads Lead Home is operated by NeighbourLink Calgary and funded by the Calgary Homeless Foundation and an Anonymous Donor.

The program exists to support formerly homeless families as they move from shelters into stable housing, in order to prevent them from slipping through the cracks and ending up back on the streets.

Its mission is to help families adjust to their new environments and communities through friendship as well as material and financial support provided by volunteers from their neighbourhood.

"Churches have chosen to step in on the timeline of a family's life when they're trying to figure out how to break the crazy cycle they're on. Some families only need a bit of help, some friendly support and they feel like they are back on track. Others are more complicated - just as complicated as the rest of us - and need a great deal of friendship before they feel they can trust a church with their hearts. And when that moment of trust happens, what a sweet, sweet moment."

Sharon Evans, Program Director

From bench to bedroom, sidewalk to sofa, the journey from homelessness to home sweet home isn't an easy one. Yet hundreds of families within Calgary are travelling that hard but hopeful road.

Having temporarily boarded at a shelter and then been provided low-cost housing, much still stands between making their houses homes.

Furniture. A stocked fridge. Help registering children in school. Someone to fix that leaky faucet or cover that first utilities bill. A friend simply to chat with over coffee.

That's where All Roads Lead Home steps in - and where you step in as well - to come alongside each family and walk awhile with them on their journey home.

Lakeview, Living Spirit, McDougall and Southwood United Churches already participate in All Roads Lead Home.

If this is something your church might like to do you can find more information by logging on to www.neighbourlink.com and following the "All Roads Lead Home" link.

Famous Last Words

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Helping Congregations
Help Others



Good Hearted Living

Daily Practices to Prevent Hardening of the Attitudes and Add More Laughter to Your Life

Mondays are for Compliments

This overcomes our tendency to criticize and be judgemental of others, which robs us of laughter. Look for the good in others, tell them about it and you just might end up laughing together.

Monday Thought: A kind word often goes unspoken, but never goes unheard.

Tuesdays are for Flexibility

There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in.

Tuesday Thought: The tree that bends in the wind does not break.

Wednesdays are for Gratitude

A good way to feel miserable is to always think you need something more to be happy, or to always think you are right. An attitude of gratitude will bring serenity and laughter.

Wednesday Thought: As you go through life, let this always be your goal, keep your eye upon the donut and not upon the hole!

Thursdays are for Kindness

Think of ways to make the other person's life a little easier. Simple kindness may be the key to the riddle of how human beings can live with each other in peace, and care properly for this planet we all share.

Thursday Thought: The practice of kindness creates healthy relationships and community and inspires people to pass kindness onto others.

Fridays are for Forgiveness

Forgiveness means letting go of anger. Find a way to see those who have hurt you in the new light of Compassion, including yourself! Releasing anger makes you healthier and opens up room in your heart for more laughter.

Friday Thought: I never hold a grudge—while I am being angry the other guy is out dancing! (Buddy Hackett)

Weekends are for Chocolate

Remember to eat some Chocolate or any other favourite food. Remember to take time for leisure, pleasure and relaxation.

Weekend Thought: "A bad day fishing beats a good day working!"

Brought to you by Steve Wilson, World Laughter Tour and Sharon Falconer
(www.joythroughlaughter.com)