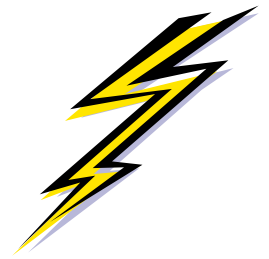




# HOT FLASHES



Newsletter of the Women's Mid-Life Health Program, Women's Health Centre

Spring 2015 Edition

## Prairie Hospice Society (PHSI) - Saskatoon's Well Kept Secret

By Kathy Ford

So what is "hospice"?

- i) Hospice is a **philosophy** – an approach to care of the terminally ill at end of life.
- ii) It can also mean a **place** – a residential hospice where those who are terminally ill can go to live out the end of their lives; or
- iii) It can be a **program** – a very specific way of tending to the needs of the terminally ill at the end of their life.

**Hospice care** is a type of care and a philosophy of care that focuses on the lessening of pain and the symptoms of chronically ill, terminally ill or seriously ill patients and on attending to their emotional and spiritual needs. Hospice/palliative care focuses on the management of pain and symptoms to ensure that the patient is comfortable and able to live as fully as possible. Hospice care tries to make it possible for the client to "live until you die".

The group of community minded citizens who started PHSI did so with the express desire to act as catalyst for action in the establishment of hospice services in our city. Saskatoon is one of the

few cities of its size in Canada without a residential hospice facility.

Given the reality that a residential hospice is likely several years away, Prairie Hospice started a program called "Hospice without Walls". Since 2011, 70 individuals have taken the 30 hour training required by Prairie Hospice. They are the front line individuals who provide services directly to the clients of PHSI. The clients are provided with appropriate medical care through the Palliative Home Care Program. We supplement that program with non-medical assistance.

What do those Prairie Hospice volunteers do for their clients? Pretty much anything of a non-medical nature. Though not a comprehensive list, our volunteers might do any of the following:

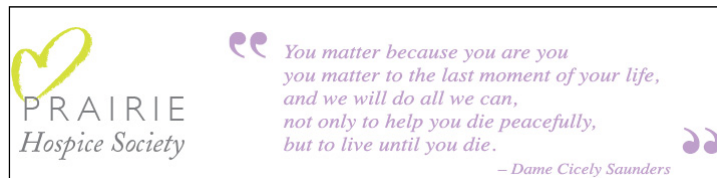
- Take the client on an outing – for coffee, to the library,

shopping or to an appointment – medical or otherwise;

- Sit quietly with them and simply be a companion;

- Listen and talk about important things;
- Watch movies together or play games like checkers or chess;
- Sing or listen to music;
- Run errands for the client;
- Shovel their snow in the winter;
- Write letters for the client;
- Make the occasional light meal or do special cooking with them or for them;
- In one instance, a relatively young client had a teenage daughter who had broken her ankle and couldn't get on the school bus. So a Prairie Hospice Volunteer drove that young woman back and forth to school every day for about 6 weeks. This was very greatly appreciated by the family;
- One client had worked at the racetrack and wanted to go out to the track – so his volunteer took him. Again, this was greatly appreciated by the client;
- One client wanted to see her grave site so her volunteer took her to see it.

Our volunteers build strong relationships with their clients and the message is "you are not alone."



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## Prairie Hospice Society (PHSI) - Saskatoon's Well Kept Secret (continued)

Many of the things that we do for our clients and their families are very simple – yet those things make it possible for them to stay in their homes for as long as possible. Many of our clients have no family at all; or their family is far away and unable to be with the client on a regular basis; or family may be reluctant to be involved. Often, for those people who are so alone, we are an important support and their connection to the community and things that they need from the community. This makes the work of Prairie Hospice very special.

We are currently recruiting volunteers who can visit clients during the day on weekdays. Please contact

us or check our website [www.prairiehospice.org](http://www.prairiehospice.org) for more information.

As a small charitable organization, fundraising is a key component of our work. Please help us spread the word about our upcoming event:

### PRAIRIE HOSPICE SOCIETY FIRST ANNUAL CHARITY GOLF CLASSIC – “Where Hearts Soar”

September 10, 2015 at the Willows

For more information call Prairie Hospice Society Inc.  
306-249-5554 or email [inquiry@prairiehospice.org](mailto:inquiry@prairiehospice.org)

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## Grow Your Own Salads

By Donnelly Sellars, Registered Dietitian

As winter turns into spring, many of our thoughts turn to gardening. Whether you are an avid gardener, or someone just developing your green thumb, one of the easiest vegetables to grow is lettuce. Lettuce and many other leafy greens are often fast producing and you can keep growing it all season long by planting one small crop at a time. Many different types of lettuce are available to plant; however romaine and other leaf lettuces tend to grow better in Saskatchewan than head or iceberg lettuce.

When it comes to lettuce, all varieties are considered nutritious. Lettuce contains fibre, folate, potassium and iron, but not all kinds are created equal when it comes to nutrient levels. Generally the darker the color of the vegetable, the more nutrients it has. Comparing the different types of lettuce, romaine would be considered the most nutritious, followed by green leaf, butterhead, red leaf and iceberg. Per one cup serving (shredded), romaine has 0.2 mg of Vitamin A (as beta-carotene), 11 mg of Vitamin C and one-third of

a day's worth of folate. Compare that to iceberg, one cup (shredded) contains 0.02 mg of Vitamin A (as beta-carotene), 2 mg of Vitamin C and only one-third of the folate found in romaine.

To spice your salads up a bit, you can also try a mix of baby greens – called a Mesclun Mix. These seed mixes can contain a variety of greens from arugula, to leaf lettuce, to spinach. Mesclun mixes also grow well in Saskatchewan and can be grown in small crops throughout the season as well.

Another great thing about growing lettuce, besides its wonderful fresh taste, is that even if you don't have a full size garden, you can still grow it in pots or other containers. Lettuce and baby greens don't take up a lot of space and they usually don't have a large root system. Planting lettuce in a container right outside your door makes harvesting for a fresh salad easy and convenient!

For helpful information, gardening tips and more, check out

GardenLine – a free service offered through the College of Agriculture and Bioresources at the University of Saskatchewan. The website is: <http://agbio.usask.ca/community-resources/gardenline/>.

Now that you've got your fresh greens, here are three great vinaigrettes to try making at home!

### Sweet

2 tsp jam or jelly  
1½ tbsp balsamic vinegar  
3 tbsp olive or other vegetable oil  
Salt & Pepper to taste

### French

1 clove garlic (minced)  
2 tsp Dijon mustard  
1 ½ tbsp red wine or sherry vinegar  
3 tbsp olive or other vegetable oil  
Salt & Pepper to taste

### Asian

1 clove garlic (minced)  
1 tbsp soy sauce  
1 tbsp rice vinegar  
3 tbsp vegetable oil  
Salt & Pepper to taste

Recipes adapted from *Cook Smarts*  
[www.cooksmarts.com](http://www.cooksmarts.com)

## Getting Ready for Gardening

By Kimberly Willison, Senior Recreation Therapist, Community Older Adult, **Forever...in motion**

Gardening is a popular and rewarding activity for all age groups. It is also an excellent way to be more physically active in the summer months and eat healthier with some fresh fruits and vegetables. However, it is important to use good body mechanics when doing this activity so you don't strain your muscles, joints or heart. Here are some tips to get you in the garden patch.

### Set priorities and plan

- Schedule your activities to get a balance of rest, light and heavier activity. Consider spreading your work over the week.
- When starting a project, collect all of the tools and equipment you will need before you begin your project. Take time to get a wheelbarrow to carry heavy objects rather than over-loading your heart or causing muscle aches.

### Warm-up

- Warm up your muscles by walking or moving around for a few minutes first, followed by a few stretches before AND after doing a heavier job to avoid injury.
- Gardening involves a lot of leg and back work. Here are a few stretches to get ready to garden and to do following to minimize stiffness. It is helpful to hold on to a shovel or hoe to keep your balance during your stretches.

1. Hamstring Stretch: Keep your hips and shoulders square. Bend at the waist, sitting with the hips back, keeping your chest up. The knee for the leg that is being stretched should be slightly bent. Lift your toes up towards your shin for a deeper stretch. Switch legs and repeat on other side.



2. Quadricep Stretch: Lift one leg and hold onto your ankle or pant leg, keeping your knee pointed toward the ground in line with your other knee.



3. Shoulder Stretch: Bring one arm straight across your chest. Take the other hand and place, from below, onto the upper arm. Apply pressure until you feel a gentle stretch in the back of your shoulder. Switch arms and repeat on other side.



4. Chest Stretch: Extend your arms out to the side at shoulder height and pull back enough to feel a comfortable stretch across your chest.

### Positioning

- Avoid awkward positions by laying out your work area. Put heavier objects at waist-level and frequently used items between shoulder and hip-level.
- Change positions every 15 minutes.
- Practice proper lifting by using the larger muscles in your legs and bending at the knees.

### Protect your joints

- Limit muscle effort and increase strength by using tools with built-up handles (try gluing pipe insulation around the handles).
- Locate your work directly in front of you, not to one side, to avoid twisting movements.
- Avoid long periods of standing or sitting to reduce muscle stiffness and use a trolley or wheelbarrow to haul objects rather than carrying objects long distances.



### Clean up when you are done

Put away garden hoses, tools, and other equipment that you or others might trip over.

**Gardening and Osteoporosis article...** If you are living with Osteoporosis. The April 22, 2015 issue of the *Coping* newsletter has a great article on Gardening and Osteoporosis [www.osteoporosis.ca](http://www.osteoporosis.ca). Follow the links through COPN – Patient Network, Coping archives to view the article. Join COPN; it is free and wonderful newsletters will come to your e-mail every 2 weeks!

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## Blog Bits

Join the conversation about Improving Women's Lives through Better Health in Midlife and Beyond. We suggest you take a look at these online blogs, and join if you like what you see.

- ➡ **Patricia Katz** believes we can accomplish what matters most in ways that bring more peace of mind. When we reduce the impact of overload and overwhelm in the workplace, we create a more satisfying work and life experience for all - boosting energy, fueling enthusiasm and inspiring insights. Pat shares her ideas at conferences, seminars, in books, and through regular posting on her blog called Pause. Learn more and sign on for a weekly breath of fresh air at <http://www.pauseworks.com/wp/>
- ➡ **Betty Ann Heggie**. Betty-Ann's "Both Sides Blog" is designed to help women step into their energy and stand tall. She knows from personal experience that women simultaneously play more than one role in life. They maintain homes and careers while caring for children and parents, always living and balancing seemingly opposite worlds. Women reading this blog are encouraged to see the benefits of being both, for therein lay the unique strength of their gender. <http://bettyannheggie.com/blog/>
- ➡ **Amanda Hagel** is a certified personal trainer and owner of "A Team Training". With over a decade of experience in the fitness industry Amanda has developed an extensive background in both the educational and practical side of personal training. For many years Amanda was a PT course instructor for the Canadian Fitness Professionals as well as a member of the Saskatoon Star Phoenix Beautiful You Team. This, paired with Amanda's experience working with a long list of diverse clientele, has allowed her to become a strong leader, role model and coach whose main objective is to help those she works with become happier and healthier versions of themselves! With the recent release of her debut country music album and artist website, Amanda has included a page dedicated to fitness and with that, a fitness blog where Amanda is able to share her knowledge and passion for fitness! <http://amandahagel.com/fitness/a-team-training-blog>
- ➡ This is a great link about toxins in our environment. <http://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors>
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Watch for Dr. Vicki Holmes on CTV News at Noon with Jeff Rogstad. A series of short segments on women's health topics will be presented on some Mondays during the noon show. Jeff is planning to set up a bulletin board on the CTV site to host archived editions. Each topic will have a handout which will be on our website [www.menopausecentre.org](http://www.menopausecentre.org).



Saskatchewan Drug Information Service has a new name, medSask - easier to say but the same great service. If you have questions about prescriptions, over-the-counter medications or natural products, call 306-966-6378 (Saskatoon) or 1-800-665-3784 (anywhere in Saskatchewan), 8AM - midnight Mon to Fri, 5PM - midnight weekends, holidays. **There is no charge for the service.**

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### Hot Flashes Now Available Electronically

The Women's Mid-Life Health Program works to keep up with the times on a limited budget. We're combining both in our offer to send your copy of the Hot Flashes newsletter via email. Please contact us at [info@menopausecentre.org](mailto:info@menopausecentre.org) if you prefer this delivery option.



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