



**University  
of Victoria**  
Retirees  
Association

# END OF LIFE MATTERS!

## AN ELDER ACADEMY EVENT

Preparing for death is not an easy conversation to have. It is a subject that many of us prefer to avoid or postpone. This series offers four topics aimed at helping us to make informed decisions when it comes time to do so.

We have been most fortunate in securing presenters with 'front line' experience who will share their insights and experiences dealing with these challenging issues.

## WHEN, WHERE, HOW MUCH?

**DATES:** Saturdays, February 6, 13, 20, 27, 2021

**TIME:** 10:00am to Noon. Zoom entry available starting at 9:45 am for all 4 events

**WHERE:** Online via Zoom

**LINK TO JOIN THE SESSIONS:** Emailed to registrants via Eventbrite two days before first session

**COST:** \$20.00 for the four sessions.

**Feb 6: "Medical Assistance in Dying (MAiD): What's old and what's new?"**

**Presenter:** Rosanne Beuthin, PhD, RN, CNS, End of Life, Island Health.

**Feb 13: "LONG Term Care: a definite misnomer"**

**Presenter:** Patricia Gunton, MD, Family General Practitioner and Hospitalist.

**Feb 20: "Navigating Palliative Care Services in Island Health"**

**Presenter:** Shelley Tysick, RN, BSN, BSW, South Island Palliative Care Coordinator.

**Feb 27: "Recognizing your Journey as a Caregiver"**

**Presenters:** Laurie DeCroos & Glenda Kopperson,  
Support and Education Coordinators for the Alzheimer Society of BC

## REGISTRATION AND PAYMENT

Registration, payment and presenters' bios and abstracts at EventBrite.

Please click on: <https://www.eventbrite.ca/e/end-of-life-matters-tickets-130066649851>

Students attend free but need to register by emailing  
[UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca) to get Zoom link

Questions? Please email [UVRAElderAcademyevents@uvic.ca](mailto:UVRAElderAcademyevents@uvic.ca)

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**“Medical assistance in Dying (MAiD): What’s old and what’s new?”**

Saturday, February 6, 2021 – 10:00am to noon

**Presenter: Rosanne Beuthin, RN, PhD**

Biography: Dr. Rosanne Beuthin completed her post graduate nursing at the University of Victoria and is an Adjunct Professor. She works for Island Health and has been the Clinical Nurse Consultant supporting Medical Assistance in Dying since 2016. She had been involved with research into advanced illness for more than ten years, with a focus on metaphor, spirituality and death and dying. She is currently funded for a study related to bereavement of loved ones following an assisted death.



Rosanne’s goal has been, and continues to be, inspiring relational practice and ethical, quality care. Her practice reflects a heartfelt conviction that we are the other and are all connected. She is an advocate for patient choice and person-centered care, and believes it crucial that we invite, honor, and lean into patient stories: that we hear and hold each individual’s unique lived experience without judgement.

Description: After this session, you will have a further understanding of MAiD as an end-of-life care option. We will touch on current legislations, eligibility and safeguards, the process to access, current reality, and resources. There will be time for questions and engagement.

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**“LONG Term Care: a definite misnomer”**

Saturday, February 13, 2021 – 10:00am to noon

**Presenter: Pat Gunton, MD and Hospitalist**

Biography: Dr. Patricia Gunton, aka “Dr.Pat”, works exclusively in Long Term Care.



It is a wonderful ending to a long career as a Family General Practitioner and Hospitalist. She obtained her medical degrees graduating from St. Andrews University in Scotland (later attended by Prince William and Kate Middleton!). Residency training in Kingston, Ontario, and decades of general practice in Calgary were followed by working as a hospitalist in Nanaimo.

Dr. Pat retired several years ago and moved to the Capital Region where she read an appeal for physicians to work in the area. She came out of retirement and is now responsible for the medical care of residents in five Long Term Care homes in the Capital Region.

Description: This presentation will discuss some of the differences related to private vs public care homes. I will describe the challenge of caring for residents as they live their final years and the need to gain the support and trust of family members and loved ones. COVID-19 has added further stresses and concerns for residents, their families, and the staff of care homes. Some solutions to these issues will be offered.

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**“Navigating Palliative Care Services In Island Health”**

. Saturday, February 20, 2021 – 10:00am to noon

**Presenter: Shelley Tysick, RN, BSN and BSW**

Biography: Shelley Tysick is a Registered Nurse with a BSN and a BSW from UBC, currently completing her Master of Nursing at UVIC. She has over 20 years combined experience as a Social Worker and Nurse in Palliative Care. With a diverse background, she has held a number of clinical and leadership roles in acute



tertiary palliative care, Hospice End of Life Care, and Pediatric Palliative Care.

Shelley currently works as a Palliative Care Coordinator for Island Health’s Palliative and End of Life program. This is a regional program with a mandate for building capacity for palliative and end of life care in the community setting.

Responsible for development and facilitation of palliative education, coordinating client and family care, and

collaborating with primary and specialty care providers. Shelley also supports the work of UVIC’s Institute on Aging and Lifelong Health’s program ‘Equity in Palliative Approaches to Care (ePAC)’.

Description: Navigating Palliative Care Services. This presentation will provide information related to the eligibility and access to Palliative and End of life services. We will discuss upstream palliative approaches to care, the value of goals of care conversations, anticipating changes, and the importance of planning. We will have time for conversation and questions.

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**“Recognizing Your Journey as a Caregiver”**

Saturday, February 27, 2021 – 10:00am to noon

**Presenters: Laurie DeCroos & Glenda Kopperson**

Biography: Laurie DeCroos is a Support and Education Coordinator, and, a Minds in Motion Coordinator for the Alzheimer Society of B.C., Northern Resource Center. Laurie has been a licensed practical nurse for 34 years, is an End-of-Life Doula, holds a Certificate in Professional Management, and is currently completing a Diploma in Advanced Gerontology for Healthcare professionals.



Laurie has lived in northern communities in Alberta and British Columbia most of her life. She enjoys spending time with her husband, two young adult children and their variety of 10 pets. In the summer, you will find Laurie at the lake appreciating nature; in the winter, Laurie loves to travel.

Description: The presentation will discuss and recognize the personal challenges you may face along the caregiving journey, including making difficult decisions, dealing with grief and frustrations and recognizing caregiver burnout. Learning strategies to positively manage stress and ways to build resilience will help ensure effective and sustainable care.

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**“Recognizing Your Journey as a Caregiver”**

Saturday, February 27, 2021 – 10:00am to noon

**Presenters: Laurie DeCroos & Glenda Kopperson**

Biography: Glenda Kopperson is a Support and Education Coordinator at the Alzheimer Society of BC., Victoria Resource Centre. Before coming to the Society, Glenda worked for a transition and employment program in North Vancouver, supporting young adults with disabilities and their families to create future plans and access community services.



Glenda believes that through caring and supportive assistance, relevant information and resources, people affected by dementia can build the resilience needed to face the challenges ahead of them. She feels honoured to be in a position to offer those support through First Link.

Glenda is grateful to be back living in the island near to her family and grandkids after 15 years of living and working in Vancouver. In her spare time Glenda enjoys the outdoors, reading about local history, her art practice, and is delighted to be part of her grand-kids' lives.

Description: The presentation will discuss and recognize the personal challenges you may face along the caregiving journey, including making difficult decisions, dealing with grief and frustrations, and recognizing caregiver burnout. Learning strategies to positively manage stress and ways to build resilience will help ensure effective and sustainable care.