

NATIONAL HOSPICE PALLIATIVE CARE WEEK May 5 to May 12

HOSTED By

HOSPICE

Colchester East Hants



#MYCOMPASSIONATECANADA

SCHEDULE

SAT

MAY **5**

8AM-1PM

TRURO FARMERS MARKET

Hospice will have a table at the **Truro Farmer's Market** where people will be able to get detailed information on the weeks' events. We will have further info and resources on Hospice services as well as Caregivers Nova Scotia.

CAREGIVER STRESS MANAGEMENT ELMSDALE WORKSHOP

Caregivers Nova Scotia Presentation by Cindie Smith looks at causes, symptoms, recognition and management of stress to caregivers, then provides helpful tools, Quizzes and interactive worksheets. Contact **Elmsdale Library** for registration.

WED

MAY **9**

ELMSDALE
130PM

SUN

MAY **6**

Registration: 930am
WALK:1030AM

HIKE FOR HOSPICE

Join us for our annual Hike for Hospice in **Elmsdale, NS**. Starting in the Sobey's parking lot we take a leisurely walk around Elmsdale to raise awareness and kick off National Hospice Palliative Care Week! Register online or 930am on day of event. Walk followed by a complimentary BBQ!

CAREGIVER STRESS MANAGEMENT TRURO WORKSHOP

Caregivers Nova Scotia Presentation by Cindie Smith looks at causes, symptoms, recognition and management of stress to caregivers, then provides helpful tools, Quizzes and interactive worksheets. Contact **Truro Library** for registration.

THU

MAY **10**

TRURO
130PM

MON

MAY **7**

1PM-4PM

OPEN HOUSE AND BBQ

Come to **Colchester East Hants Hospice** for an open house to learn about our history. We'll exhibit what we do, how we help support those living and dying with terminal, life threatening illnesses in our community. Get a tour, explore our library and enjoy our complimentary BBQ. *Please note that we are NOT residential.

HOSPICE VARIETY SHOW

Join us at **First United Church** in Truro, for a night of performances by local talent in celebration and honour of our compassionate communities theme and National Hospice Palliative Care Week!

THU

MAY **10**

7PM

TUE

MAY **8**

TRURO: 1030AM
ELMSDALE: 130PM

LEGAL **Information**
SOCIETY OF NOVA SCOTIA

WILLS & ESTATES MADE EASY!

Learn about preparing a will, discuss personal directives and power of attorney, as part of best estate planning practices. Getting organized has never been easier!

Truro Library: 1030am
Elmsdale Library: 130pm

Contact each Library for registration.

NOVELTEA FILM SCREENING: PHILADELPHIA



Starring Denzel Washington and Tom Hanks who won Best Actor Oscar for his performance of a man with HIV that is wrongfully fired by his law firm because of his illness, and hires a homophobic lawyer as his only willing advocate.

FRI

MAY **11**

7PM

TUE

MAY **8**

130PM

KNITTING BEE

Come to **Colchester East Hants Hospice** for the Month of May's Social Club event. People of all ages and ability are welcome to bring their current projects; knitting, crochet, or cross stitch. Sit, knit and chat about hospice palliative care while enjoying complimentary Tea, coffee and light snacks.

FOR KIDS: PAINTING OUR HUGS FOR HOSPICE

Taking place at the **Truro Public Library**, this event is for children of all ages who are interested in painting one of our wooden Hospice HUGs and want to learn about the history behind them. Contact the Truro Library for registration.

SAT

MAY **12**

10AM-12PM

TUE

MAY **8**

DOORS: 7PM

HISTORICAL PERSPECTIVES ON DEATH, DYING & GRIEF

Join us at the **Colchester Historium** for an informative discussion on the current cultural, historical practices and customs surrounding death and dying. Event to be moderated by the Colchester Historium. Panelist(s) TBD.

Death Cafe

Join us for a self-directed conversation about death and dying. Cake and light refreshments will be available.

Elmsdale Library: 1 to 3pm
Truro Library: 2 - 4pm

Contact each Library for registration.

SAT

MAY **12**

ELMSDALE: 1-3PM
TRURO: 2-4PM

! ALL EVENTS are FREE to the public with exception of the NovelTea Film Screening of Philadelphia, where we ask for a ticket to be purchased on a "by donation" basis. NovelTea will also be creating a speciality Hospice Hug drink with \$1 from the purchase of each drink going to the Hospice Society.



Canadian Hospice Palliative Care Association
Association canadienne de soins palliatifs



First United Church
- Truro, N.S.



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