

# extra**EXTRA**



HOSPICE FOR UTAH  
CARING FOR CAREGIVERS

HFU NEWS

## 3<sup>rd</sup> Annual Caregiver's Conference

### Conference Details

#### Understanding Compassion Fatigue

8:30am-4:30pm

Thursday, May 20

University of Utah

Humanitarian Building  
395 S 1500 E

\*6 CEUs (Pending)

Pre-Conference Workshop

Wednesday, May 19

7:00pm

University of Utah

\$35 or Free with Conference Registration

For details and  
to register visit

[www.hospice4utah.com](http://www.hospice4utah.com)

or contact

Wendy at (801) 571-2111

### Françoise Mathieu, M.Ed., CCC.

Compassion Fatigue Specialist

Renewing the Spirit of  
Professional Caregiving

#### Keynote Speaker

Françoise is a certified mental health counselor and compassion fatigue specialist. Her experience stems from many years as a crisis counselor, working in a hospital emergency ward, university counseling service and community mental health

environments. Françoise is director of WHP-Workshops for the Helping Professions whose aim is to offer counseling, consulting and training to helpers on topics related to self care, wellness, burnout and compassion fatigue. Since 2001, Françoise has given hundreds of seminars on compassion fatigue and self care across Canada to thousands of helping professionals in the health care fields.

Based in Kingston, Ontario, Françoise also runs a successful private practice with individuals and couples. Many of her clients are military personnel and health care professionals. Françoise is an engaging and dynamic speaker who offers evidence-based solutions to helpers seeking validation and new strategies to remain healthy while working in this challenging and rewarding field. Her positive outlook and commitment to helping clients excel are hallmarks of her work.

Françoise is the author of *The Compassion Fatigue Workbook*.

For more information on her work, you can visit her website:

[www.compassionfatigue.ca](http://www.compassionfatigue.ca)



### Monthly Quote:

"You can complain because roses have thorns, or you can rejoice because thorns have roses."

-Ziggy

For More information, visit [www.hospice4utah.com](http://www.hospice4utah.com)  
or call (801) 576-1455

## Bereavement for Caregivers

In addition to regular bereavement meetings, we also provide a healing room (pictured) for our staff and patients' families.



We offer inservices pertaining to grief, healing and meditation.

We provide 13 months of grief support and counseling services to families following the death of a loved one.

For more information about our Bereavement Program or to schedule and inservice, please call (801) 576-1455.

Sometimes laughter is the best medicine...



**“Through my grief, I have become a more sympathetic, stronger and more capable person. I am kinder, have more understanding, and am more willing to hear (not just listen to) others. I know that the real healing process comes from within, as I enlarge upon my strengths”**  
-anonymous

## We LOVE Caregivers! Grief Support Services for Caregivers

Here are a few extras the Hospice For Utah staff provides to help show their love for caregivers:

Carla (CNA)  
*I make a special trip each week to Great Harvest and buy sweet bread for my patients and their families.*

Chaplain Buckley arranges for flowers to be donated each week. He delivers them personally to patients and caregivers.

Lyn (CNA) enjoys helping patients and caregivers get out of the house, most recently helping a patient tour the LDS Conference Center and Temple Square.

- One to one grief support by hospice social workers and chaplains
- Books, pamphlets & other materials about grief and loss are provided
- Referral to other community agencies that help with grief related issues and problems
- Educational presentations on grief related subjects
- Sensitivity to increased need during difficult times including holidays, anniversaries, birthdays and special occasions
- Community Support Groups



## What is Extra Extra?



Extra Extra is a monthly newsletter detailing some of the “extras” that Hospice For Utah has to offer.

If you have any questions, please call Kelsie @ (801) 576-1455