

## Advanced care planning session slated to run in Milton Apr. 15

Who would make decisions for you if you couldn't speak for yourself?

The Canadian Hospice and Palliative Care Association (CHPCA) has designated April 16 as National Advance Care Planning Day. In recognition of this day, the Townsend Smith Foundation will host the Advance Care Planning Information Session at 7:30 p.m. on Tuesday, Apr. 15 in the Milton Sports Centre banquet room. Townsend Smith Foundation of Milton, which is working to establish and maintain a residential hospice in Milton to serve the needs of terminally ill people and their families, is encouraging Canadians to consider, discuss and document their wishes for end-of-life care.

"Imagine, one day, without any warning, you find yourself in a hospital in a life-threatening situation, unable to communicate," says Sharon Baxter, executive director of the CHPCA and a member of the Advance Care Planning National Task Group. "Who would speak for you and make health care decisions on your behalf?"

Advance care planning is a process of reflection and communication about personal care

preferences in the event that you become incapable of consenting to or refusing treatment or other care. Your plan may include information about the type of care you would or wouldn't want, as well as other personal information, such as spiritual preferences or specific wishes for family members or friends.

One of the most important aspects of advance care planning is naming and having a conversation with a substitute decision maker — someone who will speak on your behalf and make decisions for you — but only when you aren't able to do so yourself, said Baxter. Research has shown that advance care planning significantly reduces stress, depression and anxiety in family members and caregivers who know your wishes and can act with confidence on your behalf.

The information session will take people through the steps of advanced care planning and organizers will provide a workbook and other resources covering all these steps.

Phone Townsend Smith Foundation at (289) 878-3407 or email [admin@townsend-smith.ca](mailto:admin@townsend-smith.ca) to register.



### Recognizing Milton's Olympian

Milton-Olympian Travis Gerrits (third from left) — who placed seventh in men's freestyle ski aerials in Sochi — is greeted by (from left) Eddy Day, General Manager of OLG Slots at Mohawk Racetrack, Mayor Gord Krantz and Ward 3 Town Councillor Cindy Lunau at a recent luncheon hosted by Mohawk. Krantz presented Gerrits with a letter from the Town of Milton acknowledging his achievements, while the local aerialist is recipient of the provincial government's Quest for Gold program, funded by the OLG Instant Quest For Gold crossword lottery game. *Photo courtesy of OLG*

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### FRANKIE FLOWERS

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### MICHAEL OLSON

Author and Chef presents local and delicious flavours  
Saturday Noon and 2pm



### DR. JOEY SHULMAN

Discover her passion for natural health care and nutrition. As seen on Dragons' Den!  
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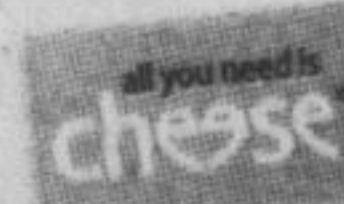
CHEF TIM EVERETT  
Sunday Noon and 2pm



### TERRY SALMOND

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