



| COVID-19 | Variant Detected in Saskatchewan

The Ministry of Health is confirming that four persons from a single household with a travel history to one of the 10 countries of concern identified by the [Government of Canada](#) have screened positive for a variant of concern. These tests will now receive whole genome sequencing to confirm that they are B.1.1.529 (Omicron). Note that all variant of concern screening and sequencing results are posted in the [COVID-19 dashboard](#) daily at 1:30pm.

These individuals and their close contacts have all been identified and are currently isolating. Contact investigations underway have confirmed that the risk of community transmission is low. If the contact investigation had determined that there was a risk of community transmission, additional information would be provided to residents to self monitor or self-isolate and seek testing. As providing the region where these cases reside risks identifying these individuals, their location will not be disclosed.

Case management and the diligence of the Roy Romanow Provincial Laboratory has ensured that these results were quickly identified.

It is expected that additional Omicron cases will be detected in Saskatchewan and all residents should continue to follow best public health practices to prevent all COVID-19 transmission. Slowing all COVID-19 transmission will slow the transmission of variants.

| COVID-19 | Share Memories & Friendship, not COVID-19 this Holiday Season

How each one of us behaves over the holidays will set the stage for COVID-19 cases in 2022, so now is not the time to stop being careful. The Saskatchewan Health Authority Medical Health Officers offer these tips:

- Limit non-essential travel whenever possible (virtual visits can be fun too).
- Keep your gatherings small and ask that everyone who attends be vaccinated. Getting tested ahead of a gathering, even if you are vaccinated, is a safe practice. Self-test kits are available across the province.
- Wear a good-fitting mask in all indoor public places and especially when you are with people who are unvaccinated, partially vaccinated or where the vaccination status is unknown.
- Even if you are fully vaccinated, older people or those people with health conditions should wear a mask for extra protection.
- Make sure your children (5 or older) receive their first dose of vaccine as soon as possible before the holidays.
- Have your children wear a mask when they visit Santa.
- Meet and celebrate outdoors as much as possible.





- Don't share food (common bowls aren't a good idea).

And if you are not vaccinated, please avoid gathering with friends and family this holiday season. Send cards or messages instead and consider using FaceTime, Skype or any other social media platform to host a holiday event. Vaccination is your best defense.

| COVID-19 | COVID-19 Booster Update

As announced December 7, 2021, eligibility for COVID-19 booster doses have been updated and expanded. Below are some important answers to common questions you may have about boosters.

COVID-19 BOOSTER DOSE ELIGIBILITY

If it has been 5 months since your 2nd COVID-19 vaccine dose AND

- ✓ 50 years and older and/or
- ✓ 18 years and older if living in far north or living on First Nation communities and/or
- ✓ all health care workers and/or
- ✓ born in 2009 or earlier and considered clinically extremely vulnerable, including if you have diabetes

Saskatchewan Health Authority

Do I need a booster shot to be fully vaccinated under the Proof of Full COVID-19 Vaccination policy directive?

No, boosters are NOT included in the scope of requirements for the Proof of Full COVID-19 Vaccination policy directive for SHA team members.

Why is it important to get a booster dose?

Studies show that over time individuals may experience waning immunity due to

factors like age or underlying conditions that impact the body's ability to mount a strong immune response to the vaccines. Fully vaccinated individuals are also at-risk of potential breakthrough infections based on the rate of community transmission.

Electing to receive a booster dose may increase your long-term immune response and provide further protection against COVID-19 transmission. It will decrease the risk of contracting COVID-19 and, if you do contract COVID-19, will reduce the risk that you become seriously ill.

Do I need a booster if I already had a third/travel/booster dose?

No, you already have the benefit that the booster would provide and do not need it at this time.

Will a booster protect me against COVID-19 variants of concern?



The COVID-19 vaccines approved for use in Canada are highly effective in reducing severe illness, hospitalization, and death from COVID-19 and its known variants. Over time your body's protection against COVID-19 decreases, and the booster shot helps to boost your defense against COVID-19 and the Delta variant.

Will a booster protect me against the Omicron variant, or should I wait until more information is known?

It is not yet known what effect vaccines and boosters will have on the Omicron variant, studies are underway. However, it is not advised to wait to receive a booster once you are eligible, particularly for the most vulnerable portions of the population. Boosters do provide protection against the Delta variant, which is the most widespread variant of concern, and will most likely help protect against Omicron.

| COVID-19 | Understanding the Melfort Vaccine Success Story

The Saskatchewan Health Authority (SHA) Medical Health Officer (MHO) for the community of Melfort believes there are some lessons to be learned from that community's efforts in the battle against COVID-19.

Recently updated data shows Melfort has a **two-dose vaccination rate of 95 per cent for the eligible population 12 years of age and older.**

"Those numbers are impressive and a result of the hard work of our dedicated staff in the community to not only promote, but provide opportunities for the public to receive both doses of the COVID vaccine," said MHO Dr. Mohammad Khan. "I think it is a great lesson for us to not simply focus only on what is wrong in communities that have low rates, but to use this as a guide to better understand what communities have done right in these instances."

Khan believes that the combined effort of local public health officials, physicians, pharmacies, and community leaders not only played an important role in making the vaccine accessible, but they also worked collectively to help battle the misinformation circulating in their communities by those not supporting immunization. The community needs to be recognized for taking responsibility for their actions and setting the precedent with this rate of vaccination.

Khan understands that you cannot just replicate what you did in one community everywhere else and expect the same results. He does believe that a close examination of the processes that worked in Melfort may offer other areas with lower vaccination rates an opportunity to try various options to try to increase numbers in their community.

| COVID-19 | Patients/Residents Sharing Meals onsite during Christmas & New Years

As we embark on another holiday season during the pandemic, Nutrition and Food Services, in partnership with Infection Prevention and Control and the Patient and Client Experience team, have developed guidance to support safe family presence for patients/residents who choose to share a holiday meal with a loved one. Although we generally request that essential family/supports only purchase food to eat or drink in sites if they are required to stay for an



extended period of time, special considerations are being made to include sharing a holiday meal safely with a loved one on both Dec. 25 and Jan. 1.

Each patient/resident may purchase one guest tray for the noon and/or evening meal on Christmas Day and New Year's Day. Information on these onsite meals can be found in these memos for both [Long-Term Care homes](#) or [Acute sites](#).

Throughout the holiday season, families/supports are also welcome to bring treats or a meal in for a patient/resident to enjoy later, however it cannot be shared with any other patients/residents or staff members at this time.

| COVID-19 | Vaccination Day Finally Arrives for Captain America's Mini Me

Morgan MacFarlane waited a long time for Nov. 29 to come. That's the day the 10-year-old from Saskatoon finally got her first shot of the COVID-19 vaccine.

"It feels great because now I can feel comfortable being with my parents," said MacFarlane, who sometimes goes by the moniker Kid Cap in deference to comic book character Captain America. "I feel safe now. I was worried I would get other people sick if I got COVID."

Getting vaccinated, and encouraging others to do the same, has been a priority for this Grade 5 student.

MacFarlane gained fame this fall for her V for Vaccination initiative, modelled after a fictitious campaign involving her alter ego, Captain America. With the support of her step-dad, Steve Boyd, MacFarlane launched a social media drive dressed as Captain America to encourage others to get vaccinated.



Amongst those taking note were Prime Minister Justin Trudeau who sent a letter of thanks and encouragement; several physicians, including Canadian Medical Association President Dr. Katherine Smart and SHA's Dr. Susan Shaw, who sent photos and messages of support; and local police officers and fire fighters, whose photos are featured on MacFarlane's Twitter feed. MacFarlane was also profiled in a number of media stories.

MacFarlane said getting the COVID-19 shot was pretty much a non-event. She went back to school afterwards and played hockey in the evening. "All I felt was the fluid going in my arm and a little tingle. My arm wasn't sore at all. You just feel normal."

She said the five-year-old getting his shot at a station near her wasn't bothered either. "He didn't even flinch."

While keeping herself and others safe is her No. 1 reason for getting vaccinated, playing hockey would rank No. 2.



“I heard if you don’t get vaccinated you can’t play hockey and that’s my favourite sport,” said MacFarlane who plays defense in her age division and is an affiliate for an under-13 team.

Although she’s not eligible for her next vaccination until eight weeks after her first, she said the best present she could get for Christmas would be her second vaccination. A guitar would be good, too.

She plans to get a booster shot, too, if one becomes available for kids.

“You’re going to be like a porcupine with all those needles,” said Boyd.

“Yup,” said MacFarlane.



/ COVID-19 / Kids talk to Docs

Children from across Saskatchewan submitted COVID-19 vaccination questions – and our physicians answered!

This question comes from Lorne and Linnea in Regina – We've heard kids don't get very sick from COVID, why do we have to get the vaccine too?

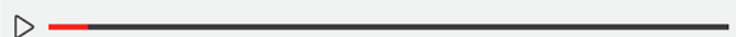




This question comes from Madison in Saskatoon – what are the side effects from the vaccine?



This question comes from Madison and Jayla in Rosetown – How will this vaccine make me feel and is it safe?



This question comes from Tripp in Regina – After I get my COVID-19 vaccination, can I see my grandparents and have sleepovers again?



| COVID-19 | Faces of the Fight

We see the Heroes Coming In

Heather Hogg is a clinical administration coordinator with the Public Health Immunizations team in Saskatoon.

Little did I think during my lifetime I would be facing a world pandemic – let alone fighting in a small way on the front-lines.

These days, when my alarm rings at 6 a.m., I rush to get ready to be at the mass vaccine clinic in Saskatoon for 7:30 a.m. When I arrive, it is eerily quiet. Just a handful of us come early to get things going for 8 a.m. It's after we open that things are bustling with traffic staff, immunizers, team and clinic leads, managers all arriving for their nine- or 12-hour shifts.

First thing in the morning, we all gather and have our huddle to learn of anything new and my co-worker and I send our traffic staff to their posts for the day. At 8:30 a.m., the doors open and the clients come rushing in. I look into their eyes, I see happiness, fear, anxiety, tears and meltdowns. Many are excited to receive their vaccine, some are anxious.



In the first week of vaccinations for ages five to 11, we saw over 7,000 little heroes come through our doors. I looked into their eyes and saw the great pride they felt. They know they are doing something that is making a difference in our world.

At the end of the day, after the doors to the clinic are locked, I walk through the post immunization area and read the “Wall of Reason”, where these children have hung up their post-it notes where they wrote about why they have chosen to be vaccinated. Many bring tears to my eyes.



Working with these little heroes has lifted our spirits and inspired us to keep fighting on and giving our all. I hope someday they really understand the difference they have made and how much they have encouraged us health-care workers to keep on giving when the exhaustion wants to overtake.

Often, I lay awake at night wondering if I could have done more to convince those who have chosen to not be vaccinated. Could I have said more? What more could I have done?

To those who haven't yet got a COVID-19 vaccine, I'm asking you to please reconsider your decision.

As for our health-care teams, we will continue the fight against COVID-19. We will continue to put in the hours day after day... And one day, we will beat COVID.

For my work, I could not do it without the great staff I have who support me and work right alongside me. Thank you for your tireless hours, and giving of yourself. I have watched our traffic staff out directing vehicles at the drive-thru in the snow, wind and rain with huge smiles on their faces. They now direct the flow of people traffic without complaint, day after day. You make a difference and I see you!

I have seen the long hours our seemingly tireless immunizers put in. I have seen the hours upon hours our team leads, clinic leads and managers put in, and yet they always stop to give me an encouraging word. We lift each other up and we keep fighting.

I see most clearly each person who walks through the door and chooses to be vaccinated and I thank you. You are the true heroes who take us closer to ending the pandemic. Thank you for thinking of others.

I wouldn't leave the front-lines for anything right now. I will continue to fight until COVID is beat!

Paramedics in a Pandemic are There to Help

Glen Perchie, Director, EMS South Saskatchewan

It's been 20 long months since the COVID-19 pandemic began. Twenty months of supporting terrified and tired staff from my office and not being alongside them. Twenty months of long hours at work and even longer hours of worrying about my team. Twenty months of paramedics ventilating patients and rushing them to the hospital because COVID has taken their ability to breathe.

Our EMS teams across the province are taking some pretty heavy criticism from patients right now. Our front line is very stressed out and exhausted. Everyone, including our patients and their families, are on edge and just plain exhausted from COVID-19. Our paramedics are waiting hours in hospital to transfer patient care because the Emergency Departments are full. Some teams have spent the better part of their shift with only one patient.





Add to this, our paramedic teams are now responding to opioid overdoses on a regular basis. They get called into some pretty frightening places. They step over countless used needles, knives, bats, other weapons I didn't know existed. They put their lives in danger. And when paramedics do get some naloxone into the patient, it's often followed by paramedics getting threatened by the patient and bystanders because they took away the high.

I'm very worried about my team and how they are going to continue to provide safe, life-saving care when they fear for their safety.

I need the people of Saskatchewan to understand that we are doing absolutely everything we can to help the people that call us. The COVID-19 pandemic has created new processes that we need to follow so that we stay healthy and can continue to provide emergency care.

If it takes us an extra minute to put on our Personal Protective Equipment (PPE) before we get out of the ambulance, please give us that time.

We also need you to be truthful when we ask you questions. We have families at home that need us to return healthy and safe.

Also, please understand that our PPE can mask our body language. It's hard to see our concern and compassion that you would normally see when only our eyes are visible. Just trust and know that it is there – we care about you and your loved ones, and **we are there to help.**

Please, please, please do what you can to reduce the spread of COVID-19. Please get vaccinated.

And, if you or someone you know and love is using opioids, get trained in the use of naloxone. Kits and training are free to anyone in Saskatchewan.

You can help us by helping those around you.



/ COVID-19 / A year inside a historic Immunisation



Over the course of one year, almost two million doses of COVID-19 vaccine have been distributed in Saskatchewan. Countless lives have been saved, the pandemic has been held at bay, and thanks to the hard work of thousands of SHA staff, physicians and partners, Saskatchewan’s largest immunization campaign continues to provide vaccines throughout the province.

To all our friends and colleagues who have been part of this massive undertaking – our Vaccine Chiefs and Physician co-leads, teams in distribution and tracking,

Clinical Standards, Safety, Quality Improvement, Planning, Immunizing, Booking, Digital Health, Human Resources, and Communications – thank you. The ongoing work and dedication you show is a testament to your commitment to saving lives.

Over this and two other stories, we are featuring a retrospective look back at one year of immunization. We are telling your stories, sharing interesting facts, and celebrating the amazing work you’ve done, and continue to do, delivering vaccines, and saving lives.

Part I: The Gift of Vaccine

It was like an early Christmas present when on Dec. 9, 2020, the announcement was made that the first COVID-19 vaccines, from Pfizer BioNTech, would be delivered to Saskatchewan within a week. We were almost 10 months into the pandemic at that point, and the news that we could finally start to go on the offensive against COVID-19 gave us hope at the end of a bleak year.

Over the course of the next six days, multiple teams mobilized, strategized and executed a plan to distribute the first 1,950 doses of vaccine to front-line health-care workers (HCWs) as part of a pilot project that would lay the foundations for the larger rollout that began in January of 2021.

The Pfizer BioNTech (Comirnaty) vaccine provided the unique challenge of requiring ultra-cold storage, which very few locations in Saskatchewan outside of Regina and Saskatoon were initially able to provide. By engaging in a series of dry runs in the days before the arrival of the vaccines, the immunization teams were able to define and refine processes for receiving, transporting, storing and distributing the Pfizer vaccine. It was an impressive show of teamwork and a glimpse of what would be accomplished over the coming months and year.



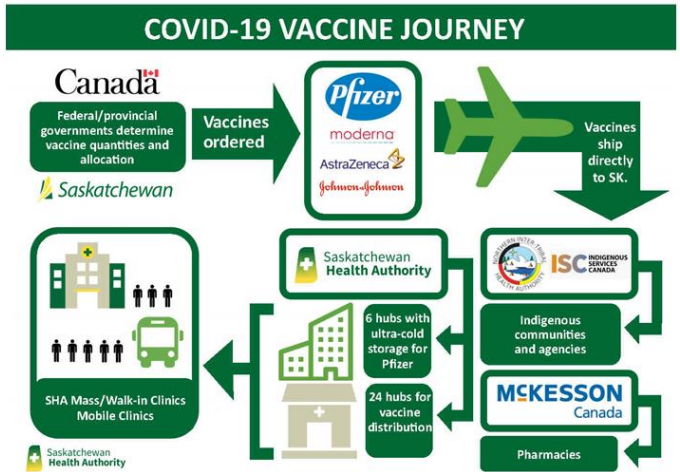
Finally, late in the day on Dec. 15, 2020, word came down that the first batch of vaccines had been received in Saskatchewan. Very quickly, the 10 front-line HCWs selected for the first immunizations had gathered at Regina General Hospital, and at 6 p.m., RN Leah Sawatsky and ICU physician Dr. Jeffrey Betcher became the first two people in Saskatchewan to be immunized against COVID-19.

You can't tell from the photo below, and didn't see it in the news stories from that day, but after almost a year of lockdown, and a week of anticipation, it was a very emotional moment for those who had the privilege to be there.

"Those first immunizations gave us more than a tool to fight COVID-19," said Dr. Tania Diener, COVID-19 Immunization Co-Chief, who was there that night. "They gave us hope. I cried that night, and I wasn't the only one."

For Leah and Jeff, the decision to be immunized was easy. At the time, they both highlighted the importance of protecting themselves, their patients, families and communities; as well as being role models for colleagues and the public. When we checked in with them three months later, both were clear that they had no regrets, and that if anything they felt even stronger about the importance of immunization.

A year later, they feel the same.



The journey of the COVID-19 vaccine from factory to arms.



Jeff and Leah are all smiles (under the masks) after receiving the first COVID-19 vaccines in Saskatchewan.

"No regrets at all," says Leah without hesitation, "I would do it again, and would be first in line to have my kids be vaccinated. In fact I've already had my booster, my eldest child was vaccinated last week, and our middle child will be eligible in a couple of months."

Jeff, who is also fully immunized and has received his booster, agrees, saying "I think everybody should be vaccinated. Our experience over the last year – particularly seeing how hard critical care was hit in the third and fourth waves – just emphasized how important it is to be fully vaccinated."

Both Jeff and Leah work in Regina in Intensive Care, seeing the worst that COVID-19 can do. Leah, taking inspiration from the work of her



colleagues in ICU throughout the pandemic, recently completed her training and moved from the ER to the ICU. The patients under their care are usually comatose, or in an induced coma, but *every health-care encounter is an opportunity to vaccinate*, so Jeff and Leah usually find a moment to speak to loved ones of their patients and advocate for immunization, to hopefully help avoid further tragedy.

“Most of my encounters with families of patients are brief, and may not happen again,” adds Jeff, “so I just say my piece on the importance of being vaccinated, answer their questions, and let them process that information.”

“In my experience,” says Leah, “some people say *I don’t know anybody who’s got really sick*. Unfortunately, when they do have someone close to them get sick with COVID-19, and they see first-hand what we see every day in the ICU, they begin to understand just how serious this illness is. Many are quick to change their mind about immunizations, and hopefully that has a ripple effect with their friends and families.”

While we’ve made a lot of progress on immunizing our province over the last year, we aren’t done yet. Like so many of you reading this, Jeff and Leah continue to work every day to make a positive difference in the lives of all who they encounter, and work towards, as Leah says, “the old normal, because we don’t want any more of this new normal!”

Part II – Time to go Big...

December of 2020 brought COVID-19 vaccines into our province, first with a pilot program to work out some of the logistical challenges for storing, transporting and administering the vaccines, before moving into Phase 1 of what would be the largest immunization campaign in Saskatchewan’s history.

The focus during Phase 1 was on the most clinically extremely vulnerable – starting with Long-Term and Personal Care Homes – as well as seniors over 80, those living in remote Northern communities, and front-line health-care workers (HCW) providing direct care to COVID-19 patients.

January brought the first doses of the Moderna vaccine to the province, which do not require storage at ultra-low temperatures that the Pfizer vaccines do, making them ideal for use in the far north, where there was none of specialized equipment needed for the Pfizer vaccine.

On Jan. 5, 2021 the first doses of COVID-19 vaccine were administered in northern Saskatchewan, in Île-à-la-Crosse. Brittany Favel, an RN who grew up in the community, was the first person to be immunized in the far north, shortly before her grandfather, Jimmy Favel, a resident in Île-à-la-Crosse long-term care.

Family is extremely important to Brittany, and even though she had some anxiety about the immunization, it gave her the first chance to see her grandpa in person in months. At the time, there was a considerable amount of vaccine hesitancy in her community, so she also looked on the immunization as a chance to help some of her neighbours overcome their objections and be immunized as well.



Looking back, Brittany has no regrets about being the first person immunized in her community. “I’m very glad I did it, I feel a lot safer at work and just in general,” she says with a smile. “Working with COVID patients in the hospital, I felt after my vaccination that there’s a much smaller chance of bringing COVID-19 home and making the people I love sick.”

Even with the anxiety, Brittany didn’t hesitate to get her second dose, and was first in line for her booster in October, as was her grandpa Jimmy.

A year later Brittany is in a new role, as a Patient Care Coordinator, and is loving every minute of it. Île-à-la-Crosse is small community, so Brittany will occasionally run into someone who recognizes her from the story about her immunization, and she uses those opportunities to help dispel myths, and educate others on the importance of immunization.



RN Brittany Favel and her Grandfather Jimmy after their first immunization on Jan. 5.

“We serve around 10 communities near Île-à-la-Crosse,” she says, “so when people who aren’t vaccinated come in we give them some education. If they decide to get immunized we ask Public Health to come down and deliver those vaccines. We do a lot of that up here!”

Throughout the month of January, as vaccines began to arrive in larger doses, more and more HCW’s, as well as residents in LTC and PCH received their first doses. In the background, immunization teams were laying the groundwork for the larger immunization campaign yet to come.

On Feb. 9, Phase 2 of the Immunization Rollout Plan was announced. The large scale mass immunization plan was built on the success of Saskatchewan’s influenza campaigns, integrating technological innovations into established best practices for designing and delivering immunization clinics across the province, in as many communities as possible, to ensure the vaccine was readily available for all.

Time and again throughout winter months and into the spring, teams from across the SHA continued to remain nimble and responsive, adapting quickly to evolving science, changes to vaccine availability and eligibility, staffing challenges, and much more.

“The one thing consistent through all challenges – ones we saw coming and the unexpected ones,” says Sheila Anderson, Vaccine Chief, EOC, “was a dedication to help each other and find innovative solutions to achieve our goal of immunizing the province. I’m proud to work with such an amazing group of people who truly do care for each other and the people we serve.”



Additional highlights of Phase 2 include:

- Feb. 23: Introduction of pharmacies as COVID-19 vaccine delivery points
- Mar. 11: Implementation of the Patient Booking System for online appointments, and 1-833-SASKVAX for phone booking
- Mar. 14: Drive-thru immunization clinic opens in Regina, serves as a model for similar clinics in provinces throughout Canada
- May 7: Over half a million doses of COVID-19 vaccine administered
- May 20: Eligibility expands to ages 12-17, school immunizations begin
- Jun. 22: Over one million doses of vaccine administered



Test run of the first Drive-Thru Immunization clinic in Regina, on Mar. 14, 2021.

Coming soon: Part III – Getting creative at giving vaccines

/COVID-19/ Taking the Guess Work out of End-of-Life Care

The pandemic has many of us pondering what the future holds and thinking that now might be a good time to get our affairs in order.

Advance care planning is an important part of preparing for the unknown. It is a process of reflection and communication which includes letting people know what kind of health and personal care you want in the future, should you be unable to speak for yourself. This may be because you are too ill, too injured or close to death. An advance care plan, also called a living will or an advance directive, is a written summary of these wishes.

“I created my plan as part of the planning I did when I was having children,” said Michelle Busch, a social worker who is currently deployed to the Regina General Hospital’s Intensive Care Unit. Pre-pandemic, Busch was a health educator with Saskatchewan Health Authority’s (SHA’s) Advance Care Planning Program. “Having it in place provides a bit of a reassurance because, although I assume my family would know what to do because we talk about it regularly, it’s an extra layer of protection, like life insurance, like a will.”

Busch emphasized that advance care planning is a process, not an event. She started the process a decade ago. “The process continues as you go through your life.”

Speaking with loved ones to ensure they understand the treatments you will, or won’t, accept is part of the process. It will help guide the decisions they may need to make on your behalf, said Brenda Schock, senior health educator with SHA’s Advance Care Planning Program.



“If my children don’t know that I don’t want CPR, then I might receive CPR and that would be against my wishes,” she said. “I would be living with the outcome of something that I potentially don’t want to experience.”

Schock advises people creating an advance care plan to be sure to talk to their loved ones about their beliefs, values and wishes, whether quality or quantity of life is important to them, and what things bring their lives joy and meaning.

People, especially those who’ve been diagnosed with a chronic illness or terminal disease, should talk to their physician about medical interventions they may be required to undergo and the potential outcomes of those treatments, she said.

“If someone has a pain issue, they would want a really good understanding of the different kinds of pain management options, and how those pain management options could impact their quality of life. We want to have these conversations with our health-care practitioners who know us the best and can give us guidance in those scenarios.

Schock said plans can be general or specific and, while they are legally binding, they can be changed as long as the person still has the ability to make their own decisions.

“If I’m in medical crisis at home and the paramedics come to my house and they say I need a medical intervention that my advance care plan clearly outlines I don’t want, as long as I’m able to speak for myself I can change my mind and say, ‘I will accept an intervention.’ The thing to remember is that the proxy or substitute decision maker is required to follow the advance care plan. They can’t change the content of the plan.”

She recommends everyone over the age of 16 create an advance care plan. Sixteen is the legal age in Saskatchewan when people can make an advance care plan and name a proxy.

Busch said working in the intensive care unit has underscored in her mind the importance of advance care planning.

“I’ve seen the experiences of families when advance care planning is done well, and how it can help the most difficult situation they will ever face be a tiny bit easier. I’ve also seen families where they have no idea and the anguish and struggle they undergo with decision-making and trying to think about what the person would want in the midst of grief and crisis just makes everything that much more difficult for them.”

For more information on [advance care planning](#), including a proxy form, workbook, video and contact information, go to SHA’s website.



At left: Brenda Schock, SHA senior health educator. At right: Michelle Busch, SHA social worker.