

Supported by



SHIFT health & nature

webinar series

Nature, Grief, and COVID-19: Connecting People to Parks During Times of Loss

April 14, 2020

Supported by



Christian Beckwith

Executive Director, SHIFT

Meredith Davison

Marketing Manager, SHIFT

Arika Virapongse, PhD

Webinar Series coordinator, SHIFT
Principal Scientist, Middle Path EcoSolutions



About the Webinar Series

March-September 2020

Every 2nd & 4th Tuesday of the month at 10:00 - 11:00 AM MT

CHAPTER 1

The Health & Nature Movement

March 10 & March 24

Special episodes on Covid-19: March 18 & April 7

CHAPTER 2

Public Health:

Nature as an Intervention Strategy

April 14, April 28, & May 12

CHAPTER 3

Conservation:

Public Health as an Ecosystem Service

May 26, June 9, & June 23

CHAPTER 4

Land Management:

Land Use and Public Health

July 14, July 28, & Aug 11

CHAPTER 5

Outdoor Recreation:

The Health Benefits of Time Outside

Aug 25, Sep 8, & Sep 22





Sonya L. Jakubec, RN, PhD

Community Mental Health Nurse & Professor
Mount Royal University in Calgary, Canada



Jennell Rempel, M.Ed

Community and Partner Relations Team Lead
Kananaskis Region of Alberta Parks
Ministry of Environment and Parks,
Alberta, Canada



*"Peace & the Parks":
Connecting people to parks in crisis, loss & grief*



Sonya L. Jakubec, RN, PhD
Professor of Nursing & Midwifery
MOUNT ROYAL UNIVERSITY
ALBERTA PARKS VOLUNTEER

Jennell Rempel, MEd
Community Partner Relations
ALBERTA PARKS

Dr. Ron Spice
Linda Read Paul, RN, MN
ALBERTA HEALTH SERVICES – CALGARY ZONE RURAL PALLIATIVE SERVICE

Don Carruthers Den Hoed, PhD
Ashok Krishnamurthy, PhD
Healther Ray, PhD
Mike Quinn, PhD
MOUNT ROYAL UNIVERSITY

Julia Millen, MA
ALBERTA PARKS
Shana Barbour
FRIENDS OF FISH CREEK PARK SOCIETY
Jill Jamieson
WILLIAM WATSON LODGE SOCIETY



NAN COVID-19 Task Team guidelines for being on the land during the pandemic

The people of NAN have a special relationship with the land. It is the source of our spiritual, mental and physical wellbeing. The NAN COVID-19 Task Team encourages the people of NAN to be on the land during the pandemic. They have developed the following guidelines to help NAN members hunt, gather, fish, and harvest in a safe way.

COMPASSIONATE COMMUNITIES

FORUMS 2019

**HEALTHY
PARKS,
HEALTHY
PEOPLE
FORUM**



COVID-19 INFORMATION

VEHICLE ACCESS TO PARKS CLOSED

alberta.ca/covid19

Alberta 



Hikers fail to practice social distancing as they gather at the top of popular hiking trail, Quarry Rock in Deep Cove in North Vancouver March 20, 2020.

COMPASSIONATE COMMUNITIES



Alberta Parks: Inclusion Plan

EVERYONE BELONGS OUTSIDE



RESEARCH: *NATURE INCLUSION & MENTAL WELLBEING*





RESEARCH:
"NATURE TEACHES US TO GRIEVE"

Parks can provide...

- (91%) physical
- (92%) emotional
- (93%) spiritual

...comfort at end of life

NATURE CONNECTS US TO DEATH

- monuments of decay, restoration, reconnection, reconciliation
- risk is a reminder of vitality

NATURE TEACHES US TO GRIEVE

- natural companions
- “classrooms” full of lessons, challenges, and comforts

DEATH CONNECTS US TO NATURE

- death is a place
- nature is bigger than life/death
- parks are a container for grief

“It’s like you have this pet shark you really love, and it eats your buddy. How do you come to terms with that?”



NATURE
CONNECTS
US TO
DEATH

"Here's a guy that lived 93 years and spent most of his life outdoors and has a real affinity and connection to the land."



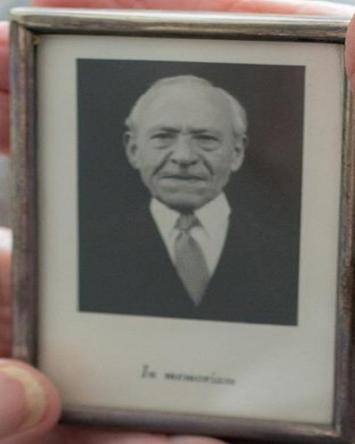
DEATH CONNECTS
US TO NATURE

“We get in touch with our grief. Our grief is always under the surface. When we come here, we let go.”

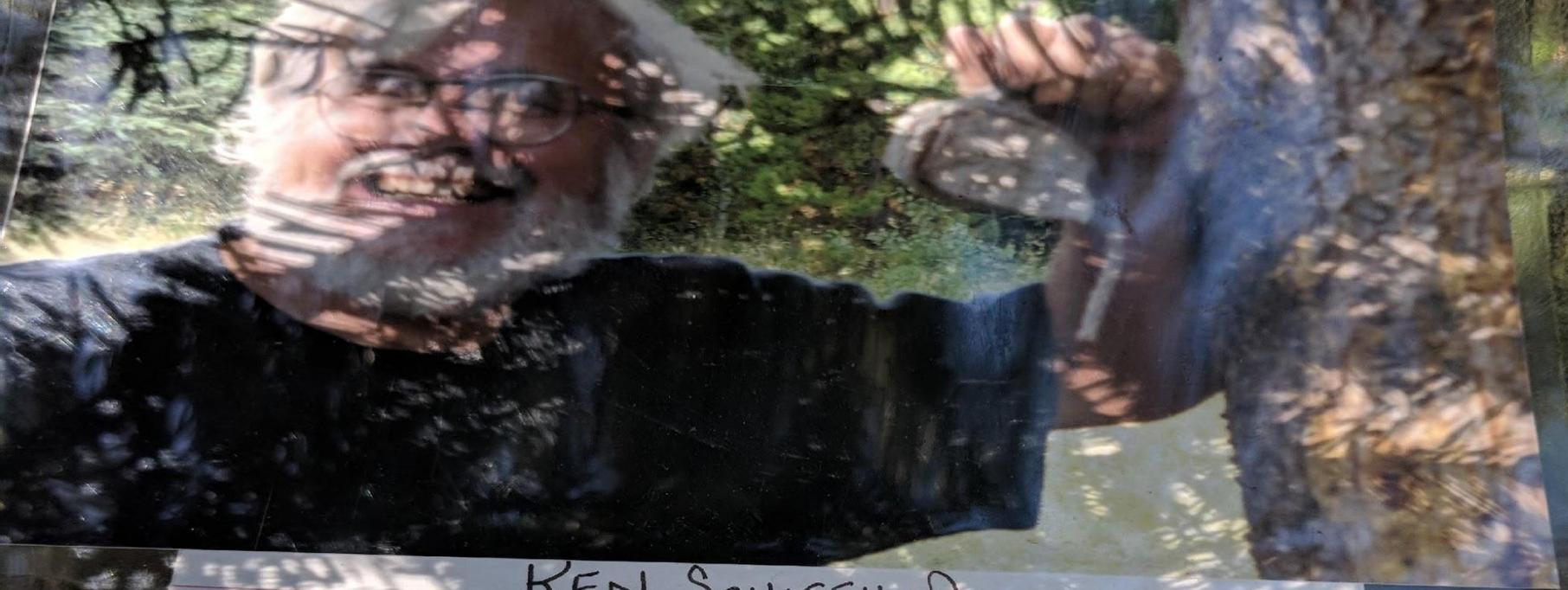


NATURE TEACHES
US TO GRIEVE

<https://www.horatiogarden.org.uk/gallery/>



In memoriam



KEN SCHIFFNER

FEB 27, 1948 TO FEB 10, 2018

MY BELOVED TWIN BROTHER, KEN, FELL
HERE AND DIED ON A VERY COLD -21°C
AND HEAVY SNOW DAY SATURDAY
EARLY MORNING WHILE JOGGING IN THE
WEATHER HE LOVED. HE JOGGED HERE
EVERY SECOND DAY FOR SEVERAL YEARS



Brandon Craig @the_neuro_nerd · 21h

Thank you, @doniveson, for donating a bench in my late father's name. Thanks for making this Father's Day a little bit easier for my family. 🧡

He truly was a kind and humble man. He loved this park and would often walk here to stay active during his chemotherapy treatments. 💙





Keep
Going

A photograph of four people standing outdoors in a wooded area. They are wearing jackets and hats, suggesting a cool environment. The person on the far left is wearing a blue jacket and a blue cap. The person in the center is wearing a dark jacket and a dark beanie. The person on the far right is wearing a teal jacket. They are all smiling and looking towards the camera. The background consists of trees and a path.

RESEARCH/PROGRAMS:
"GOOD GRIEF WALKS"

Friends of Fish Creek



Provincial Park Society



BENEFITS

“Making connections and realizing we are not alone in our pain”

“Disconnecting with the pain and enjoying the moment”

And...

RESEARCH:
PARKS ACCESS & PALLIATIVE CARE
"PEACE IN THE PARKS"



“NED’S GREAT ESCAPE”



CECILE BUHL
ONE-KILOMETRE
EXPERIENCE





COMPASSIONATE COMMUNITIES
COLLECTIVE ACTION

- Vision
- Mindset
- Co-design
- Integration
- Shared products
- Communication/listening
- Relationships



*"Grief is simply love in its most wild and painful form.
It is a natural and sane response to loss."*

- Megan Devine

Conversation & Questions

Sonya Jakubec: sjakubec@mtroyal.ca
Jennell Rempel: Jennell.Rempel@gov.ab.ca

RESOURCES & REFERENCES

Devine, M. (2017). It's okay that you're not okay: Meeting grief and loss in a culture that doesn't understand. Boulder, CO: Sounds True.

Jakubec, S.L., Carruthers Den Hoed, D., Ray, H., Krishnamurthy, A. (2020). Grieving Nature – Grieving in Nature: The place of parks and natural places in palliative and grief care. In Quilley, S., Zywert, K. (Eds). *Health in the Anthropocene: Living well on a finite planet*. Toronto: University of Toronto Press. Retrieved from <https://utorontopress.com/ca/health-in-the-anthropocene-2>

Jakubec, S.L., Carruthers Den Hoed, D., Ray, H., Krishnamurthy, A. (2016). Mental Well-being and Quality of Life Benefits of Inclusion in Nature for Adults with Disabilities and Their Caregivers. *Landscape Research*, 41(6), 616-627. DOI: 10.1080/01426397.2016.1197190

Jakubec, S.L., Carruthers Den Hoed, D., Ray, H., Krishnamurthy, A. (2014). Inclusion in Nature Activities for Adults with Disabilities and Their Caregivers: A mixed methods study. *ATRAbute Journal of the Alberta Therapeutic Recreation Association*, 1(2): 8-11.

Jakubec, S.L., Carruthers Den Hoed, D., Ray, H. (2014). 'I Can Reinvent Myself Out Here': Experiences of Nature Inclusion and Mental Well-Being, in B.M. Altman, Barnartt, S.N. (ed). *Research in Social Science and Disability (Environmental Contexts and Disability, Volume 8)*. Emerald Group Publishing Limited, pp.213 – 229. DOI [10.1108/S1479-354720140000008012](https://doi.org/10.1108/S1479-354720140000008012)

Alberta Parks, Inclusion Plan:

<https://albertaparks.ca/albertaparksca/visit-our-parks/inclusion-accessibility/>

Peace in the Parks (short documentary):

<https://youtu.be/dkLSrzhwNzk>

Good Grief (CTV feature report):

<https://calgary.ctvnews.ca/guided-walks-help-grieving-families-cope-with-loss-1.3468967>

Horatio's Garden (UK): <https://www.horatiogarden.org.uk/gallery/>

Stay connected

Webinar recording on YouTube: <https://bit.ly/2wISnOh>

Slide deck on Figshare: <https://figshare.com/authors/SHIFT/8502495>

Join our Slack Community: <https://bit.ly/2PJGYOZ>



Next Webinar:



COVID, Stress and Nature: Managing Clinician
Burnout During the Pandemic

Michael Tutty, PhD, MHA

*Group Vice President of Professional Satisfaction and Practice
Sustainability*

American Medical Association

Tuesday, April 21, 10 AM MT

SHIFT announcements

- The Emerging Leaders Program is accepting applications. The deadline is May 24th at 11:59 PM PT. Contact: drmorgan@shiftjh.org
- Send us nominations for the SHIFT Awards. Self nominations are welcome. Nominations close May 19th at 11:59 PM PT. Contact: arian@shiftjh.org

Contact Christian Beckwith at cb@shiftjh.org

www.shiftjh.org/the-health-nature-webinar-series

