

HIKE



OR WHATEVER YOU LIKE **FOR HOSPICE 2024**



SUNSHINE COAST
HOSPICE

Ride, swim, roll, knit or hike... Whatever you like!

"Hike for Hospice" is an opportunity to show your support for the community work of Coast Hospice and its volunteers. This is the main annual fundraiser for resources we need to continue delivering life-changing programs and essential services to Coast residents for the coming year.

**More than 60% of our annual revenue depends on
the generosity of our community.**

**Be a Captain of your own
ship-fundraising team.
It's free, easy and fun!**

**Here's how to get your
team set up:**

1. Follow QR code below or follow the link on coasthospice.com
2. Create your Team (or join one)
3. Complete the free registration
4. Decide on a name for your Team and a name for your personal page (we recommend using your name)
5. Set your fundraising target
6. Share the page and invite friends to join your team and donate to your fundraiser

Questions?

Contact Nancy at 604-740-0475 x2 or nancy.grenier@coasthospice.com

The funds needed to train our volunteers and offer our community programs and services come from people like you, various grants and foundations, and about 1% from government.

This year's Hike for Hospice community fundraising goal is \$85,000.

Does my team have to hike?

You can do whatever you like! You can choose a group activity that gets you out with your team to enjoy the Sunshine Coast.

How do I raise funds?

Between now and May 26, tell your friends and family about your team, your cause (you can dedicate your fundraising to someone) and ask them to donate through the website or directly to Coast Hospice. By registering your team with us, everything will be tracked for you and donors will automatically receive a charitable donation receipt.

What happens on May 26?

Everyone is welcome to the celebration at Mission Point Park in Davis Bay. Wear your team colours and enjoy live music, baked goods, and the traditional "mini walk" along the water front. Details on our website: coasthospice.com



4602 Simpkins Road (PO Box 902), Sechelt, BC, V7Z 0E7

Your participation directly benefits our community. Our programs and services are free of charge, and accessible to all Coast residents who need our support.



The Sunshine Coast Hospice Society is the only charitable organization on the Sunshine Coast delivering services to people facing the end of life, and to their loved ones, both during an illness and during bereavement.

The community work of Hospice is done primarily through the support of trained volunteers and a small team of professional staff. These services are provided at no cost to clients, and are offered in a number of ways:

- We partner with Vancouver Coastal Health to provide dedicated hospice support at Silverstone Care Centre in Sechelt.
- Every year, we grow our network of 65+ trained volunteers who offer compassionate support to all members of our community so that no one has to face death and dying alone. Volunteers receive 35+ hours of training and orientation, regular skills building and learning opportunities, and year-round support from Coast Hospice.
- We provide companionship and respite support for those who are dying and their families wherever they need us, whether it is in hospice, in a long-term care facility, in the hospital or in their own home. Our volunteers listen actively and compassionately, without judgment, to support people in difficult times.
- We offer vigils, and day and night companionship as a person nears the last few days of life.
- We offer programs and services at Hospice House in Davis Bay, including The Circle Wellness Day Program for people living with life-limiting illness and their caregivers. This program provides a place to gather together with others who may share similar experiences, focusing on enhancing well being and developing community and connection. It also offers the caregivers of participants the opportunity for a few hours of much-needed respite twice a week.
- There is grief support for those dealing with the loss of a loved one, or who are caring for someone with a life-limiting illness. This is done through one-on-one companionship, workshops (i.e., Healing Arts: a Guided Exploration of Grief, Forever Lullabies), walking groups and peer groups.
- We host public outreach programs such as workshops and events, including information on Advance Care Planning ("Green Sleeve") and community dialogues featuring special guests and screening events for our video-series "Living with Dying".

Ways to make a donation for H4H2024:

- Go to www.coasthospice.com or use the QR code below
- Drop off/mail a cheque to Coast Hospice at the address below
- Contact Nancy at 604-740-0475 x2 or nancy.grenier@coasthospice.com



New offerings are introduced as we respond to the needs of our community. Please visit our website to read about new initiatives: coasthospice.com

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