

2022-23 ANNUAL REPORT

Growing a Community of Compassion



CELEBRATING 35 YEARS
1987-2022



OUR VISION

Is to provide compassionate end-of-life and grief support to all, regardless of circumstances or choices.

Our mission is to enhance the quality of life for people facing advancing illness, death and grief, and those who love them, through skilled and compassionate support, education, and advocacy.



IT TAKES A COMMUNITY

By Denis Fafard, long time volunteer and past president of Coast Hospice. Read the full story on our website.

From the very beginning hospice has been about people: someone is dying and those who love them support them the best they can. While this can be deeply rewarding, it is exhausting, and sometimes overwhelming and often isolating.

In 1987, a group of palliative care nurses and volunteers recognized an unmet need and decided they would offer support by going out into the community and asking a simple question: *How can we help?*

With the leadership of individuals like Rosemary Hoare, Peggy Cotgrove, and Heather Blackwood, trained volunteers went to the hospital, long term care facilities and homes up and down the Coast in all kinds of weather and at all times of the day and night to offer compassionate presence to those facing death and grief.

After the hospital palliative care bed closed in 1998 there was a move to create a dedicated place to provide the special support and care people need to fully live their final days. Three years later, Coast Hospice and Vancouver Coastal Health established the first dedicated hospice beds in the Gibsons Garden Inn beside the curling rink. And in 2005, two hospice suites were set up and a family room opened in Shorncliffe in Sechelt.

HOSPICE TRANSCENDS PLACE

35 years after our beginning, Coast Hospice focus remains on people. As we respond to the growth and change in our community, we continue to train and support dedicated and skilled volunteers, improve our facilities, and create programs designed to meet the increasingly complex needs of our friends and neighbours.

To do this we continue to build on our partnership with Vancouver Coastal Health and nurture established strong relationships with community groups and agencies who are also instrumental to the continuum of care on the Coast. Most importantly, and critical to our ability to be there when we are needed, we have the solid financial support of our amazingly generous community.

Together, after 35 years, we continue to offer the exceptional care and support that contribute to making the Sunshine Coast a compassionate place to call home - and this takes a community.



Founders of Coast Hospice: Rosemary Hoare, Peggy Cotgrove, and Heather Blackwood, from the scrapbook of memories compiled by Peggy. The scrapbook can be viewed at Hospice House.

MESSAGE FROM ELLEN

There hasn't been a day when I have walked into our beautiful Hospice House in Davis Bay and not felt a deep sense of joy at being surrounded by volunteers and staff, providing support to people facing end of life and their loved ones, or those grieving loss, in such a warm and nurturing environment.

I wasn't fortunate enough to know our founders 35 years ago, but I know their spirit lives on in the dedicated work our volunteers and staff do every day to create the compassionate space everyone in our community deserves, as life ebbs and flows.

Thank you for the generous support of so many people in our community. Through your time, your money and your messages of support, Hospice is able not just to continue our work, but to grow as the needs around us expand. Special thanks to my colleagues on the Board of Directors for their work to ensure that Hospice has sound fiduciary and governance practices. Their donation of time is also important to special fundraising and education projects that just wouldn't happen without them!

Finally, *?ul nu msh chxw* for the learning and sharing we were so fortunate to experience with members of the shíshálh Nation and the Syiyaya Reconciliation Movement in 2022. I look forward to continued opportunities for learning and partnership in the future.

MESSAGE FROM TESS

While I and the other members of our staff team are all relatively new to the Society, Coast Hospice has been offering critical services to residents for over three decades. In the last few years, the scope of these services has grown and evolved to meet emerging needs. As we become more successful in communicating the support that Hospice can offer - from one-to-one companionship through a palliative diagnosis or grief and innovative new group programs, to respite for caregivers and access to professional counselling for those who have economic barriers - more community members are reaching out to us.

From the beginning, Hospice has been about meeting people where they are, both emotionally and geographically, and in the past year we have realized that this has never been more important. We are increasingly aware of those who may not have been able to access our support, whether through barriers of stigma and shame, poverty or isolation. And in the absence of other services, the outreach of our staff and volunteers is an ever more vital component of the continuum of care on the Coast. We are becoming more intentional about learning what support is most urgently required, and the importance of partnering with other individuals and organizations to offer this support, when and where it is most needed.

I am so proud to be a part of this organization; to celebrate its rich history in this community, and, with the dedication of our team of passionate volunteers and staff, to ensure the delivery of critical services that help to change the shape of grief and illness for so many of our neighbours.



Ellen Adelberg, President (left)
Tess Huntly, Executive Director

We are grateful to Kathy Copeman-Stewart, Shared Care Palliative Working Group, for inviting Coast Hospice to meet with André Picard, award-winning Canadian journalist and author of "Neglected No More: The Urgent Need to Improve the Lives of Canada's Elders in the Wake of a Pandemic." Ellen Adelberg (left in photo) with André Picard and Tess Huntly.

André says, "Hospice facilities are not happy by nature, but they can still host moments of joy where people can die with dignity and feel like they have some control over how their final moments happen. The best facilities are where the community and volunteers are involved in supporting hospice care and providing this option locally."



▼ **HOSPICE**
THE REPORTER

Helping the community

Monday, November 9, 1998

Rosemary Hoare received an honorary certificate of recognition from the province, but it's what hospice volunteers on the Coast say and do that really matters for her.

LASTING INSPIRATION FROM ROSEMARY CONTINUES TO GUIDE OUR WORK

Rosemary ("Roey") Hoare was a founding member of Coast Hospice in 1987, along with Heather Blackwood and other volunteers.

Rosemary was instrumental in establishing and growing the organization's volunteer program. She was nominated for a BC Senior Award in 1998, as one of 10 outstanding citizens. She received an honorary certificate for her generous and remarkable contribution to the Sunshine Coast community. In 2011, Rosemary also received the BC Cancer Agency's Community Care Award.

About receiving recognition, Rosemary is reported to have said "The only thing that makes me happy about it is that it's about hospice. I'm singled out because I've been there the longest, but all the volunteers are incredible."

In 2011, Rosemary was key to establishing Kirkland Centre ("Hospice House") in Davis Bay as the base of our operations. (Coast Reporter, Feb. 2011)

When Hospice House opened, Rosemary made a generous donation to cover the cost of renting the space. That financial support covered the lease for our administration and program facility until March 2023. We are grateful to Rosemary for finding a "home" for Coast Hospice, and for her foresight.

Rosemary was a remarkable community-minded person who was deeply dedicated to contributing to life on the Sunshine Coast in a meaningful and lasting way. We honour her memory with the Roey Award presented each year to a volunteer who demonstrates compassion, steadfast leadership, service and grace. All attributes that Rosemary embodied.

CELEBRATING 35 YEARS OF LIFE-CHANGING WORK BY COMMUNITY VOLUNTEERS (1987-2022)

By Rik Jespersen. Read the full story on our website.



In photo, John M. McDougall-Goulet and Christina Bergin, both volunteer Board Directors, strike a pose after hosting the yoga warm up for the Hike for Hospice 2022 walk between Mission Point Park and Davis Bay Pier.

It was 1987, as retired nurse Heather Blackwood recalls, and Sybil, whose surname is now lost in time, had recently had to sit by at the hospital in Sechelt and watch her husband die in great pain. “She told us that the hospital care for her husband was unacceptable,” says Heather. “She presented us with a challenge: We needed to deal better with the pain of the dying.”

In the 35 years since Sybil’s plea was heard, hundreds of volunteers have been the heart of Sunshine Coast Hospice, and its virtual arms and legs. Today, Hospice has more than 65 engaged volunteers who receive 35 hours of training and on-going support and skills development. Hospice could accomplish little without them.

“I think that for people who come into this work, it’s more of a calling than just a volunteer opportunity,” says Doreen George, who has been Hospice’s volunteer coordinator since 2020.

“For many years, the focus for volunteers was on the dying process and supporting the person and the family at end-of-life,” says Doreen. “Now, grief support is a far bigger part of what we do at Hospice. A palliative person is with us until they die. For a person in grief, it’s a much longer process.”

Doreen shares that Hospice now offers more programs and links to resources than ever, with “many more opportunities for clients, which also means many more opportunities for volunteers.”

INTRODUCING THE VOLUNTEERS OF 2022



Group photo of the Sunshine Coast Hospice trained volunteers added to our network in 2022.

We serve our community through the training and support of our committed volunteers who accompany individuals through illness or grief regardless of their circumstances and their choices, with compassion, respect and an open heart.

Interested in volunteering for Hospice? Visit our website.

BOARD OF DIRECTORS 2022-2023

We are grateful for the hard work of our volunteer directors:

Ellen Adelberg, President
Paul Mears, Vice-President
Denis Fafard, Past President
Douglas Baker

David George, Treasurer
Donna Shugar, Secretary
Tara Franken
David Whyte

Dr. Rainer Borkenhagen
John M. McDougall-Goulet
Dr. Carmen Goojha
Christina Bergin
Jackie Scott

A YEAR OF COMMUNITY IMPACTS

During our 2022-2023 fiscal year, our programs and services have benefitted more than 4,080 members of our community, compared to 2,800 in the previous year. Our programs and services respond to the needs of people of the Sunshine Coast.

The hospice residential suites, located at Shorncliffe in Sechelt, hosted 22 people, and the adjacent family room accommodated their families and caregivers so they could comfortably stay nearby.

Our programs and volunteers directly supported 1,176 clients, including 36 palliative clients.

We continue to see a growing demand for the support of different types of grief. Our response is filling a service gap on the Coast, and this community work directly contributes to the mental and emotional wellbeing of people who have experienced a traumatic loss. This growing area of programming is in addition to our continued support of people who are facing a life-limiting illness, those who are dying and caregivers.

TOGETHER THROUGH LOSS

This pilot initiative was offered in partnership with the Pregnancy & Infant Loss Support Centre (PILSC) and consisted of a monthly group hosted at Hospice House for parents who have experienced pregnancy or infant loss.

We are grateful to Zoe Stratis and Caitlin Beaupré, two trained Hospice volunteers for facilitating these important conversations. If you or someone you know is experiencing this unique type of grief and would like to inquire about the support available in our community, please contact us.



HEALING ARTS - A GUIDED EXPLORATION OF GRIEF

This series of workshops provides a supportive, creative way for people in bereavement to explore their experience of grief through various artistic media such as weaving, clay, paint and felting.

Participants are offered new ways to tell their story, express emotions and feel connected and supported as they creatively honour their grief and their loved ones.



THE CIRCLE

This popular program supports residents on the Coast who are living with a life-limiting illness, and their caregivers. Each Tuesday and Thursday, participants engage in two hours of a scheduled activity and a nutritious, complimentary lunch and good conversation.

Activities range from art therapy with various media, gentle movement, and more. Activities are chosen in consultation with volunteers and participants, and are designed to support mental and emotional well-being through illness. The Circle promotes whole-person care.

In addition to at least one facilitator, two trained Coast Hospice volunteers support each session of The Circle. This ensures that everyone's special needs are addressed, and that all participants feel supported if their caregiver decides to take advantage of the program activity for respite or to run errands.

GRIEF WRITING & STORYTELLING

A small group of people experiencing grief participated in a pilot writing and storytelling workshop facilitated by David Roche. The sessions were hosted in partnership with the Gibsons & District Public Library, with funding from the Town of Gibsons. Participants found their own voice to write their stories. At a public, free event, participants shared their writing. This special event filled the public library with members of the community and was simultaneously accessible online.

My wish is for others to also benefit from the compassion and understanding offered by Hospice when we lose someone we love deeply.

*Joan Bech,
program participant*

COMMUNITY EVENTS THAT CONNECT US



Solace flags with messages written by attendees of the Winter Tea in early December, hanging in the forest next to Hospice House.



December 2022 Lights of Life - We are grateful to local artists Carol and Kim LaFave for helping showcase the beautiful items made by participants of Healing Arts for our annual Lights of Life community presence. In the photo above, Kim puts on the final touches to the exhibit.



May 2022 Hike for Hospice - Our signature fundraising campaign wrapped up with our annual celebration made possible with the help of many volunteers. Thanks to community donors, fundraising teams and sponsors, we exceeded our goal and raised **\$106,000** in support of our programs



BEING THERE FOR GRIEVING CHILDREN

On March 31, we hosted a special community event to help broaden our understanding of the grieving process for children, youth and families, and deepen our knowledge of effective ways to support them. We are grateful to the keynote speaker, Dr Heather Mohan, a grief counsellor and expressive art therapist, and the three panelists who shared their experiences: Kelly Backs, Bradley Thomas, and Kaliyana Denham-Rohlicek.

Kaliyana Denham-Rohlicek (pictured on the right with her late stepfather), reflects on her experience as a panelist:

"... After two and a half years of living with grief and with the experience of watching my stepfather live and then die from ALS, I had been open to finding a way to share my story and just to be able to have an exchange with others who knew and understood my feelings. When the event day arrived, I could feel my nerves rising. I hadn't thought that speaking in this setting would be difficult. I was wrong. It was challenging to find the words I felt best described my experience ... especially in front of an audience. But, once I was done, I felt so comforted by the people who came up to me and thanked me for sharing my story....."

Thank you to everyone who attended, and to the volunteers who made this happen: Coast Hospice Education and Outreach Committee (Donna Shugar, Corinne Thorsell, Marlena Blavin, Dorothy Shaw), Peter Lietz, Betty Bronson, Jan Pinkerton, Diane Head, Dale Sankey, and Patsy Green.



GREEN SLEEVE PROGRAM CONTINUES TO GROW

Over the past year, we distributed more than 1,020 advance care planning (ACP) resource kits through clinics and workshops, such as the one in the photo on the left, hosted by the Gibsons & District Public Library.

The "Green Sleeve" kit is a place to store medical information and advance care planning documents in case of a medical emergency or a decline in one's health.

We have trained volunteers who can guide residents through the information. Green Sleeve kits are free and they can be picked up at Hospice House, or at a workshop.

2022-2023 VOLUNTEER AWARDS

During our 2022-2023 fiscal year, volunteers involved with Hospice donated **5,072 hours** towards the delivery of hospice community programs and services including one-on-one support, participate in meetings on governance, outreach activities and events, and also help out with administrative and groundskeeping projects at Hospice House.



Patsy receives award from Doreen George.

THE GRACE AWARD was presented to Patsy Green who has volunteered with Hospice for over two years. She has been a companion to both palliative and grieving clients.

Patsy has sat vigil, taken the Grief Group training and facilitated grief groups. She is a key volunteer in The Circle palliative day program.



Susan (left) and Kerith (right) accept award from Jackie Scott.

THE HEART OF HOSPICE AWARD was presented posthumously to Sarah Doherty, and accepted by her husband Kerith and her sister Susan.

Sarah completed the Volunteer Orientation four years ago. She used this training in her life, supporting two very close friends through their end-of-life journey. Her career as a pediatric occupational therapist and also her work developing Sidesticks, impacted the lives of so many.

Sarah, you will always be in our hearts.



Jackie accepts award from Tess Huntly.

Jackie Scott is a passionate volunteer who has contributed tremendously in many aspects of Hospice work, and she received **THE ROEY AWARD**.

Jackie led the work to establish our Green Sleeve program and she continues to lead this initiative. She is one of our most compassionate and understanding volunteers with those who are approaching end of life, and their families.

Jackie also continues to support the development of the Coast Hospice information systems.

HOSPICE PARTNERSHIPS



From left to right: Jackie Scott, Dr. Annette McCall, Dr. Carmen Goojha, Katie Clogg, Tess Huntly, Petrina Wing and Shari Myhill-Jones. We are grateful for the opportunity to collaborate with these community-minded professionals and proud of the final report "Palliative End of Life Care on the Sunshine Coast" published in 2022, and funded by Coast Hospice Society and Sunshine Coast Division of Family Practice, Shared Care. The study documents palliative health care requirements in the community, now and into the future.

By 2035, seniors are expected to make up almost 38% of the Sunshine Coast population. That is 5% more than today, and much higher than the projected less than 25% for BC.

Key finding of the "Palliative End of Life Care on the Sunshine Coast", report, 2022. (Get the report on our website.)

We are active members of the Seniors Planning Table Steering Committee and collaborate with many service organizations, including: Sunshine Coast Resource Centre, BC Emergency Health Services, shíshálh Nation, Sunshine Coast Community Services, and Sunshine Coast Mental Health and Addiction Services. These important collaborations contribute to the livability of the Coast by providing residents with support where they live. Additionally, we receive many referrals from our partners as our organization continues to respond to the emerging needs in our community.

Coast Hospice has become an invaluable partner for our counselling services at Sunshine Coast Mental Health & Substance Use Services (SCMHSU). We see first-hand the significant increase in volume and complexity of our community's needs in mental health and emotional wellbeing.

Although our services support a broad population, we do not have the capacity to provide services for individuals experiencing complicated bereavement or other expressions of grief. For the last several years, our services have depended on Coast Hospice filling that gap in our community.

Jared Hurdman, Team Lead, Sunshine Coast Mental Health & Substance Use Services

FINANCIAL PICTURE

David George, Treasurer

Our ability to train volunteers and deliver services and programs that meet our growing community's needs, relies heavily on the generosity of donors and grants.

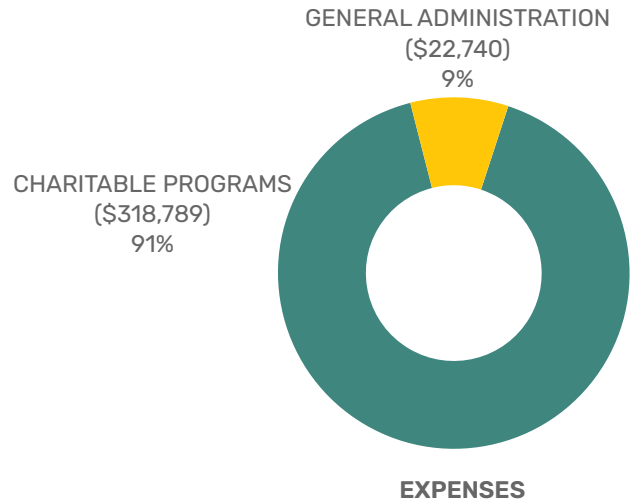
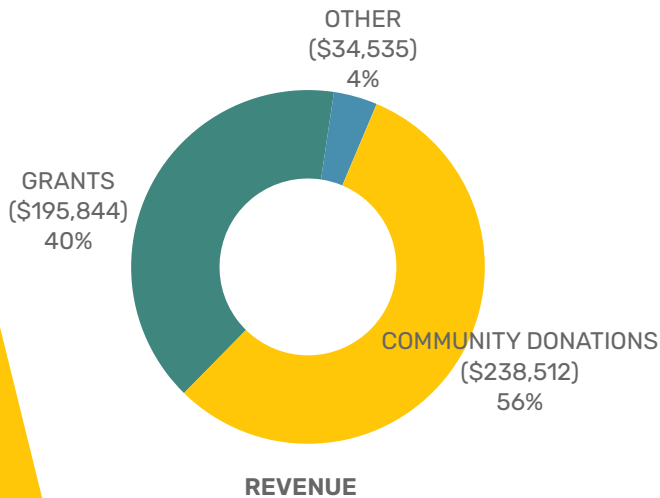
We completed our fiscal year with revenues of \$468,891 and actual expenses of \$341,529.

It is encouraging to see the increased support we are receiving through community donations. This revenue is critical to our being able to scale up our program and service delivery in response to growing community needs. Notably, we saw increases in community donations and legacy gifts of \$45,000 plus \$15,000 for Hike for Hospice. These unexpected generous donations contributed to our ability to set aside \$100,000 as added capacity for the future

development of a dedicated residential Hospice to serve the Coast.

The investment of time by our trained volunteers is a reliable indicator of the increased needs for our programs and services. The overall amount of donated hours has increased by approximately 10% over the past year, with direct client support hours doubling in the same period. The total estimated value of the time donated by volunteers in 2022-2023 is \$101,436.

Our budget for this coming year anticipates operational revenues of \$416,560 and operational expenses of \$416,425. We are grateful for the continued support from donors, grantors, sponsors, and those who include us in their legacy.



Our detailed financial statements are available on our website.

In its 2022 budget process, the Town of Gibsons Council committed to ongoing annual funding for Hospice in the amount of \$1 per resident (\$4,758 in 2022-2023). This represents about 1% of our annual budget, and it is the only sustained funding of our operations from any level of government. We are grateful to the Town for this recognition of Hospice's place in the continuum of care on the Coast.

WE ARE GRATEFUL FOR THE GRANTS FROM OUR FUNDERS



WAYS TO SUPPORT OUR COMMUNITY WORK

More than half of our funding comes from Sunshine Coast donors and sponsors, with the majority being in the form of one-time donations and sponsorship during our fundraising campaigns. Below are additional ways you can support our community work.

IGA CARD

Get a shopping card from us for free. Load it. Use it to pay when you shop at IGA and we will receive 4% of your bill at no extra cost to you. Reload, reuse, and show your support of our work each time you use it to pay. A pre-loaded card also makes a great gift!

MONTHLY DONATIONS

A monthly donation is easy and quick to set up, and it can be cancelled at any time. This regular gift is a convenient way to show your support of our ongoing work. A charitable tax receipt will be prepared early in the year with all your donations in one document.

LEGACY GIFT

Gift planning is a wonderful way to make a lasting legacy, today and after death. We will be happy to speak with you or your financial advisor to explore your philanthropic dreams for Coast Hospice and how your gift could transform end-of-life and grief care and help hundreds of families on the Sunshine Coast. A legacy gift could include a charitable bequest through your will, a gift of publicly-traded securities, or an endowment.

For details and more ideas about how you can lend your support, contact us or visit the "Donate" page on our website. (www.coasthospice.com)

Thank you Glenda Mitchell and Don Basham



Toward the end of her life, Glenda and her husband Don Basham became more aware of the importance of hospice care. They were frustrated with realizing there are only two hospice beds for the lower part of the Sunshine Coast, and both with a long waitlist. "Glenda was devastated to learn that she may have to spend the last days of her life at a hospice in the Lower Mainland, far from the comfort of her home and isolated from family and friends," Don said.

To honour Glenda and support the work of Coast Hospice, Don established the *Glenda Mitchell Memorial Endowment* with the Sunshine Coast Community Foundation. Each year, Coast Hospice receives a gift from the earnings on this endowment to provide compassionate and respectful end-of-life and grief support for all residents of the Sunshine Coast.



THANK YOU

We are grateful for the tremendous community response and participation during Hike for Hospice.

HIKE FOR HOSPICE 2022 TEAMS

Sunshine Coast BMO Runners

Halfmoon Bay Hikers for Hospice 2022

Randy's Paddle 4 Hospice

Yogis for Hospice

Team Duh-g

Builders for Hospice

RCMSAR 14 Rescuers for Hospice

Late to the Party!

The Rusty Cranks

Go Volunteers Go

Gambierites for Hospice

Sunshine Coast Search and Rescue

Sunshine Coast Realtors for Hospice

Lippy's Hikers

Nurses for Hospice

The Queens of Coverage

Team Aloha

LD Gibsons Blue Crew

The Slow Starters

HIKE FOR HOSPICE 2022 SPONSORS

PRESENTING FOR THE COMMUNITY CELEBRATION: Sunshine Coast Credit Union

GOLD: Canadian Tire | Gina Stockwell Realtor | Clayton's Heritage Market | Custom Flooring Gibsons Building Supplies Ltd | Home Healthcare Network | HWH Contracting | James & McIntyre CPA's | Jenkins Construction | JPD Home Improvements | NAMMEX Rental Equipment | Rotary Club of Gibsons | Sechelt Pharmacy | Shoreline Home Automation & Security | Solutions Based Contracting (Darren Kopec) | Stacey Buchhorn Real Estate | Stevenson Construction | Brynelsen O'Reilly Group | Thomas Heating and Electric

MEDIA: Coast Reporter

SILVER: StraitCoffee | Brenda Sopol Real Estate | Co-operators Financial Investment Services | Coast Ability | Coastwide Spray Foam | RBC Dominion Securities (Peter and Katarina Kalita) | Dr Evangelo Papoutsis Gibsons Dental Centre | Flemming & Sombrowski Law | Giampa Homes Ltd. | The Gumboot | Howe Sound Pulp & Paper | IGA Gibsons | Len Wrays Moving & Storage Paul's Paintin' Place | Sunshine Coast GM / Oceanview Automotive Ltd | Sunshine Coast Nursery | Midcoast Dental Dr Frank Berger | Sunshine Coast RBC | James Law Sound | Sechelt Insurance Agency

BRONZE: Howe Sound Pharmacy | Coast Builders RONA | Drs Phillip Kraukamp Inc and Brian Nelson Inc | Franken Builders LTD Holywell Properties | Klaus Fuerniss Enterprises Inc (Tim Hortons) | Medicine Shoppe | Ross Concrete Services | Dr Lorne Berman, Sechelt Dental Centre | Strait Land Surveying

Sign up for Coast Hospice updates

Subscribe to our newsletter or follow us on social media to stay in the know about current and new services and programs available to you and the people you love.

We are here for you.

SUNSHINE COAST HOSPICE SOCIETY

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Sechelt, BC, V7Z 0E7

coasthospice.com | 607-740-0475

info@coasthospice.com



Scan the QR code above for a link to our calendar of events.