



SUNSHINE COAST  
**HOSPICE**

## **2021/22 ANNUAL REPORT**

*Growing a Community of Compassion*



**Coast Hospice is grateful for the privilege of offering programs and services to residents of the Sunshine Coast, from Port Mellon to Egmont, in the beautiful ancestral home and unceded territory of the shíshálh and Skwxwú7mesh Nations.**

This annual report marks a time of continued growth of Hospice, as we emerged from the tremendous challenges of the first stages of COVID-19, and cautiously re-opened our doors to meet and work with people one-on-one, in groups and in public spaces.

I want to offer my heartfelt thanks to so many people who make Hospice the amazing centre that it is for all who seek assistance during the late stages of life or in bereavement. Our staff, under the leadership of new Executive Director Tess Huntly, are a small but mighty force of good! My fellow board members have all contributed generous amounts of their time to our shared work of governance, fundraising and advocacy. And our many other dedicated volunteers continue to be, quite simply, extraordinary.

Following a hiatus during the pandemic, in the past year we have resumed discussions with Vancouver Coastal Health and other potential community partners about a permanent home for Hospice. Our goal continues to be to address the unmet local needs for residential and respite care during life-limiting illnesses. We look forward to announcing more about this project in the year to come. In the meantime, awareness of Hospice and our role in the community is growing through increased media stories, fundraising initiatives and innovative projects such as the new “Living With Dying” video series that launched this spring.

Thank you to all in our community who generously contribute to the irreplaceable work of Hospice. Your support is the only reason we are able to continue.

**Since 1987, the Sunshine Coast Hospice caring community has supported people facing life-limiting illness, people in grief, and those who love them, to live lives that are full and meaningful.**

It has been a privilege and a pleasure to serve as the Executive Director of Sunshine Coast Hospice for the past year. And what a year it has been!

Despite COVID-19 restrictions, Coast Hospice never stopped providing the vital support that our community has depended on for the past 35 years. We modified some services with virtual options, and we also acknowledged the importance of being face-to-face with people in deep grief or at the end of life, albeit with interventions to safeguard the health and wellbeing of our clients and our volunteers.

We expanded our services with a new palliative wellness program, offering facilitated activities like art, music, storytelling and meditation, for people with a palliative diagnosis and their caregivers. Gardening and walking bereavement groups complement the more structured groups. And this past year saw the realization of a Hospice vision for a series of videos designed to support those facing life-limiting illness and their caring circle.

We have continued to strengthen our relationship with the shíshálh Nation through dialogue about hospice and palliative services. This included collaboration on the Green Sleeve advance care planning initiative and the video series, and knowledge sharing opportunities like the Kairos Blanket Exercise and in-services for our volunteers and staff.

Volunteers remain the beating heart of Hospice, as they have always been. We benefit from the strategic guidance of a dedicated and hardworking board of directors. I continue to be inspired by the steadfast commitment of all of our exceptional volunteers, and by the shared vision that drives them to dedicate countless hours of their time towards making this community a more compassionate place to live fully, to die with dignity and tender care, and to grieve more gently.



Ellen Alderberg, President



Tess Huntly, Executive Director

# FINANCIALS

This past year was successful on a number of fronts, particularly in our increased ability to provide new and greater support to Coast residents. We received strong interest in our volunteer training and opportunities, laid the foundations for new partnerships and collaborations and, through generous community donations and grant funding, we increased our revenue by more than 47% over our last fiscal year.

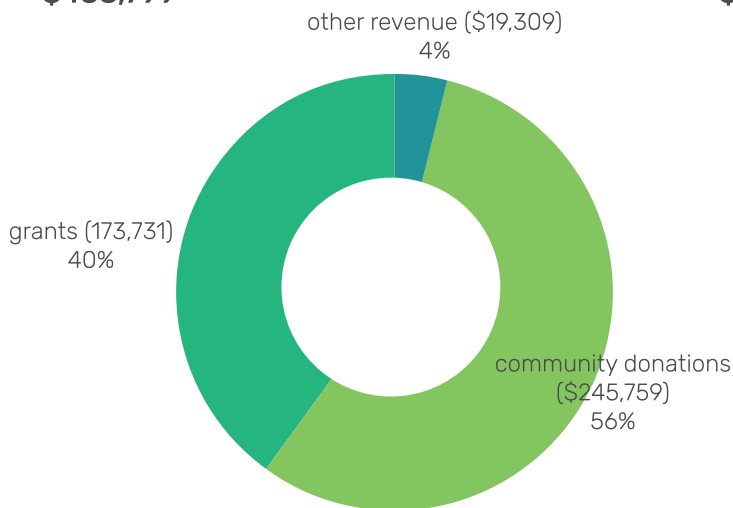
Our administration costs remained below 10% while we increased our spending in charitable programs and services by 50% over 2020-2021. This represents an additional \$171,000 investment in trying to meet the new, changing and growing needs of our community through our hospice care facilities, and the workshops, events, programs and services offered at Hospice House (in Davis Bay) and in locations between Egmont and Port Mellon.

The 2021-2022 closing surplus of \$42,663 will be used to partially fund operations for the coming year.

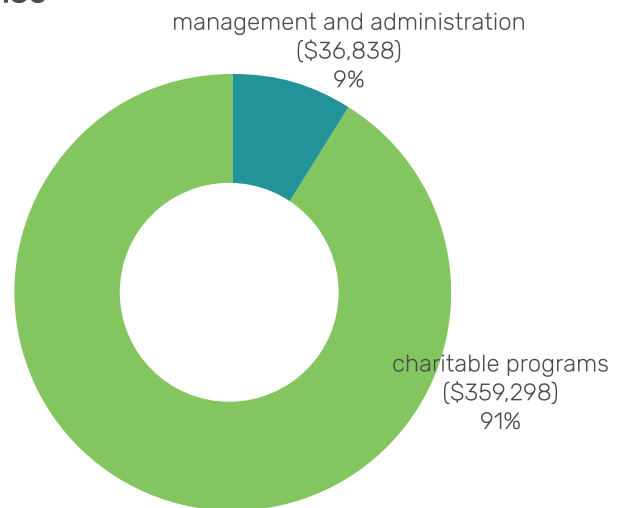
Thank you to our community of generous donors, grantors and event sponsors for their trust in our careful management of funds for hospice care, services and programs. We also cherish the important contributions of our volunteers without whom we could not deploy the assistance needed by residents who request our help.

More support means we can do more for our growing community. If you want to help, contact us about how your gift can make a difference. Charitable donations to Hospice are eligible for a tax receipt. Please consider monthly giving and planned giving as a way to help us create a sustainable funding base. Thank you!

## revenue \$438,799



## expenses \$396,136



Our financial statements and donor recognition are available on our website.

## Welcome 2022-2023 Board of Directors

Ellen Adelberg, President  
Douglas Baker  
Christina Bergin  
Dr. Rainer Borkenhagen

Denis Fafard  
Tara Franken  
David George

Dr. Carmen Goojha  
John McDougall-Goulet  
Paul Mears, Vice-President

Jackie Scott  
Donna Shugar  
David Whyte

Thank you to our retiring Director Rami Khatib for his service to Coast Hospice in 2021-2022





In 1987 (35 years ago!), the first-ever Hospice volunteer training was held. This compassionate group included Hospice co-founder and generous donor Rosemary ("Roey") Hoare. In this June 2010 photo, Rosemary's contributions are celebrated with Jean Rice (left), and Mary Macdonald (right). In addition to her many years as an active volunteer, Rosemary (centre) made a legacy donation that ensured Hospice would be able to afford program and office space in our Davis Bay location—a gift that has assisted with our rental expenses up until this past summer. Her vision and dedication to our community endures and continues to inspire the work of Hospice staff and volunteers.

## GROWING A COMMUNITY OF COMPASSION

Through the work of our uniquely trained volunteers, the vision of Coast Hospice comes to life. These individuals provide compassionate care for Coast residents as the heart of our programs and services. You will find our volunteers:

- Providing one-on-one support to residents in their homes, at community residential facilities and at Hospice House, and companionship for community outings. Volunteers work with residents who have just received a diagnosis of a life-limiting illness, those who are at the end of their life, and those who are grieving.
- Promoting and supporting learning about advance care planning at public workshops.
- Bringing compassion and support to a vigil, wherever and whenever required.
- At the service of people accessing the Hospice suites or the family room at Shorncliffe Intermediate Care Facility.
- Hosting residents with life-limiting illness and their caregiver during programs and activities offered at Hospice House—these sessions provide important opportunities for connections to resources and healthcare professionals in our community who can help clients.
- Connecting with the community at public events, and engaging in conversation about why they feel passionate about Hospice.
- Participating in on-going skills development and learning.

**60+**  
trained volunteers  
deliver compassion  
to our community

### VOLUNTEER AWARDS



THE ROEY AWARD 2022 is presented to Paul Mears for his compassionate presence, steadfast leadership, service and grace. Paul led a renovation at Hospice House and he was also the chair of this year's Hike for Hospice, our main community fundraising campaign.



Jim Brown receives THE GRACE AWARD 2022 for his grounded intention, engaged service, kindness and connection. Jim is a long-time one-on-one companion and volunteer for key annual community events including Lights of Life and Lighting of the Memories.



THE HEART OF HOSPICE AWARD 2022 is presented to Marlena Blavin in recognition for her exemplary dedication, philanthropic spirit and compassionate care. Marlena is a dedicated vigil provider, supporter and facilitator for Hospice. She was also one of the three producers of the film "Living With Dying".



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*After retirement I realized that I really missed working with people and I heard that Hospice was an amazing organization. The volunteer orientation was excellent and very thorough. The atmosphere at Hospice house is like being in your home, it is welcoming, positive and a lot of fun. I have met amazing people and have heard some of their stories. That is what I love the most.*

*- Mary Bragg,  
Coast Hospice Volunteer*

**1,191  
volunteer hours  
of direct services**

including one-on-one companionship and support, vigils, home visits and assistance with Green Sleeve packages, workshops and community information events.

**3,214  
volunteer hours  
of indirect services**

including support with training, board work, special events, fundraising campaigns and operations at Hospice House.

Each year, we expand our network of compassion with new volunteers passionate about making a meaningful contribution to our community. We take great care to interview, train and support our volunteers so they feel prepared to help with our delivery of programs and services, and to be present with clients.

Our volunteers participate in a 30+ hour orientation and training program. We continue to support them with regular updates and learning opportunities to help grow their knowledge and skills.

Prospective volunteers are invited to apply year-round and training begins in the spring. Visit our website for details.



### What is a "Green Sleeve"?

The Coast Hospice Green Sleeve package is a practical guide to creating an advance care plan (ACP). The Green Sleeve keeps your important documentation in one place and ready for first responders, medical professionals and your loved ones to use in case you cannot speak for yourself.

In the photo, volunteers Jackie Scott (left), Diane Head (centre) and Dorothy Shaw (right) assemble new Green Sleeve packages to be distributed in the community. Jackie, who is also a member of our Board, donates her time as coordinator of this innovative program.



**176 physicians**  
reached through 13 information sessions hosted by a Coast palliative family physician and Hospice director for nurses, social workers and other professionals so they can talk about Green Sleeve with their patients.

**15 community workshops with 128 residents and 7 volunteers**  
...these public learning events are free, and they provide great opportunities for open and practical dialogue about ACP.

**850+ residents have a completed Green Sleeve package**  
...our goal is 10,000 packages completed and registered.

### New Green Sleeve initiative quickly builds momentum

In the summer of 2021, we teamed up with shísháhlh Nation Home Care, Sunshine Coast Division of Family Practice, and BC Emergency Health Services to develop Green Sleeve for the Coast.

The initiative launched in the Fall with well-attended community learning events, trained volunteer support, and a live-streamed MedTalks session hosted by the Sechelt Hospital Foundation.

It is never too early to prepare your Green Sleeve, and the information you provide is confidential and it can be changed at any time.

Find out more about ACP and how to get your free Green Sleeve package at [coasthospice.com/acp](http://coasthospice.com/acp).

### 13 clients and 25+ family members

used hospice amenities. The two guest hospice suites and family room at Shorncliffe Intermediate Care Facility hosted 13 clients and more than 25 family members and caregivers. These amenities are visited regularly by our team and volunteers to ensure the comfort, companionship and support of occupants.

### 276 participants hosted at Hospice House

The programs and services we offer at Hospice House in Davis Bay assisted 276 clients, family members and caregivers in bereavement and palliative care.



Our annual end-of-year "Lights of Life" reached 1,900 people by mail and facilitated 315 conversations with residents during community events in Sechelt, Madeira Park and Gibsons. Although it was a blustery day, about 40 people attended the follow up "Lighting of the Memories" memorial in January 2022 at the water's edge in Davis Bay.



“  
*My time with the art therapy class was wonderful! It was a new experience to work with paints and colours of different sorts. I've never attempted this before, it never appealed to me. But this class did appeal to me and I would highly recommend it to others who are travelling this bumpy road that grief has brought our way. The art aspect, but also the classmates you meet who share this journey are so valuable.*

- Joan Bech, 2022



## The Circle pilot is a success

In Fall 2021, Coast Hospice launched "The Circle", a pilot wellness day program for people facing a life-limiting illness and their caregivers.

The Circle provides participants a few hours each week with activities, educational workshops and time for conversation over refreshments and a light lunch. This is also an opportunity for caregivers to get some respite, if they wish. The Circle is funded by the Government of Canada and the Sunshine Coast Foundation.

*"When Wayne and I participate in an activity during The Circle wellness program, we forget how hard life can be for us at times. In that moment, we are happy together and we do not think about the difficulties waiting for us outside of this space. We feel supported and happy at Hospice House."*

- Diana and Wayne Whyte



*"Hospice has made my journey with grief feel softer, and much less alone. From that cold November day when I finally did ask for help, I continue to receive support, knowing Hospice is designed for the long haul; there is no time limit on grief. My gratitude towards Hospice is ongoing."*

- Bobbie, a client who shared her story in our 2021 Lights of Life campaign

**"Our time at Hospice House is good for the soul."**

**Diana Whyte**

## The changing face of grief on the Coast

Hospice is bridging a growing gap in the services for individuals facing complicated grief from traumatic events, whose needs for emotional well-being are not addressed by local resources.

Through community donations and a grant from the District of Sechelt, we subsidized more than 100 clinical counselling one-on-one sessions for clients experiencing complicated grief, many of whom were then able to participate in and benefit from the healing and connections facilitated in our non-clinical group sessions.





The Kate Webb Library at Hospice House has been lovingly and expertly organized by Dorothy Shaw, one of our volunteers.

The collection of 250+ titles is a valuable community resource for anyone interested in learning about bereavement, grief, death and dying, pregnancy loss, and self care during difficult times.

To borrow or donate gently-used books to the library, please contact our office.

*Thank you, Dorothy!*



### Did you notice something different?

Through a grant from the Ananda Fund we were able to refresh our Coast Hospice branding elements and also redesign and update our website. We hope you love our new logo as much as we do, and we look forward to your feedback on the website.



Canada Summer student Henry Telfer brought his expertise in video production and communications to the production of short clips that introduce our Green Sleeve initiative. These were an important resource at a time when we couldn't convene for face-to-face educational events and engage in-person with residents.

*Thank you, Henry!*



We are grateful to an anonymous donor who commissioned local artist Rob Studer to create a feature for our Memory Garden. Until the garden is ready, the sculpture can be enjoyed—especially on a rainy day!—in the green space at the front of Hospice House. In the photo, Hospice staff visit the artist in his Roberts Creek studio. From left to right: Tess Huntly, Rob Studer and Patti Smyth.





## Living With Dying: A Compassionate Conversation Series

by Donna Shugar, Chair of the Education & Outreach Committee

How do you connect with people dealing with a life-limiting illness or supporting a loved one facing the end of life during a global pandemic when in person contact becomes impossible? Thanks to the creative imagination of Katie Clogg and the determination and energy of Hospice Society's Education & Outreach Committee members Marlena Blavin, Corinne Thorsell and Donna Shugar, the idea was hatched to create a series of videos to support people trying to navigate this most challenging time in the form of a documentary series featuring stories that help people know that they are not alone on this difficult path.

After consulting with community health care professionals and residents who had experienced their own health care crisis, they approached patients, caregivers, and professionals from diverse backgrounds and perspectives who bravely agreed to share their very intimate and personal stories on film.

The brilliant Gibsons filmmaking team of Velcrow Ripper and Nova Ami of Transparent Media were the interviewers, the cinematographers, editors and sound engineers. The funding was provided through a grant from the Ananda Fund.

"Living With Dying" is a 6-part series that takes us into the world of facing a life-limiting illness as a patient and as a caregiver. It is intimate, warm and tender. It is exquisitely shot featuring the beauty of the Sunshine Coast forests and ocean where many people find solace and peace. There are tears and there is humour. There is wisdom and there is great honesty.

The ancient wisdom of Indigenous teachings is woven throughout the film thanks to the generous participation of shísháhlh Elder, Monata Bev Dixon.

We are grateful to everyone involved in this project, particularly the individuals who courageously and generously invite the viewers into their lives during very difficult and profound moments. Follow the link on our website and join the conversation about Living With Dying.

*"Thoughtful, emotional, truthful.... simply beautiful. As a young girl death terrified me and this film put my heart at ease and showed not only the bravery but the beauty in the inevitable and the love that carries us beyond and the importance of being a part of life and death and the dignity we all deserve. Thank you, the film needs to be shared around the world."*

*"Living With Dying isn't about knowledge, training, medical care, following particular religious practices. It's about deep connection with life itself, allowing life to take care of us and allowing life to take care of others. Velcrow and Nova's cinematography and editing connect the viewer with this way of being and communicate the intimacy and love that underlies all the relationships, the dying person with themselves, with caregivers, health professionals, with community and our relation with nature."*

Visit our website for a link to the documentary available on our YouTube channel.



Photo credit: Coast Life Magazine



## "Coasters" creatively support Hospice

We are deeply grateful to community members who organize fundraising events that support our community work.

In July 2021, Denis Fafard and Evelyn Schimmel welcomed community members to take a stroll through their spectacular private garden by donation in support of the Sunshine Coast Hospice Society.

This event contributed to the success of the annual Hike for Hospice campaign which raises critical funds for our community programs and services offered free of charge to residents.

Also in July 2021, the new Sunshine Coast Chapter of the "Harley Owners Group" hosted its first "HOGs for Hospice" Poker Run with stops between Gibsons and Egmont.

Thanks to everyone who attends and helps spread the word about these fun events!

If you would like to organize a fundraising event for Coast Hospice, please contact us.

*Thank You*

## From a seed of compassion, we continue to grow

Thirty-five years ago, the volunteer work of a handful of residents planted a seed of compassion in the heart of our community. This legacy continues to inspire residents to become Hospice volunteers, and infuses the work of our small staff team. What a gift.

Coast Hospice deepens its roots with each innovative program and responsive service that meets current and emerging needs of our changing population. Through these, and our already long-established offerings, we work to ensure that people do not have to die or face serious illness alone, and those living with grief can find healing and caring support.

As a small organization with a large network of talented volunteers, Hospice remains nimble in its response to opportunities and challenges. During COVID-19, we sustained our support of the community through the delivery of adapted programs and services. We also formed new and lasting collaborations that will help increase the reach of our impact while complementing the work of others who share our values in cherishing the Coast as a special place to call home.

This work matters as we prepare for the future and what it holds for vulnerable seniors who want to live out their lives on the Coast. We have honed and shared our vision for an adequately-scaled facility for hospice and palliative care, which will also be home to the broad range of programs and services we offer, and we are engaging with all levels of government to reach this goal.

The recent study “Palliative and End-of-Life Care on the Sunshine Coast: A Scan of Current and Future Needs” (available on our website) reports that by 2035, seniors are expected to make up almost 38% of the Coast population—5% more than today—compared to almost 25% projected for BC. Coast Hospice is already experiencing a sharp increase in local demand for more hospice and palliative care.

Compared to the use of an acute care hospital bed, a hospice bed saves our healthcare system more than \$600 per day.\* These savings do not take into account the immeasurable contribution of hospice and palliative care to the quality of life of people facing life-limiting illness and those who love them, and the intrinsic fostering of a compassionate community through volunteer training and engagement.

Our fundraising efforts continue so we can train and support our ever-expanding network of volunteers to deliver essential and broad-reaching programs and services, meaningful community engagement and learning events. Your support is critical to our ability to do this work and keep strengthening this community of compassion.

*Thank you for helping us grow to meet your needs.*

\*BC Hospice & Palliative Care Association, 2022



## We are grateful to our community donors and funders

We are able to provide our advance care plans, volunteer training and support programs free of charge to Sunshine Coast residents because of the generous donations of residents. These generous individuals are acknowledged on our website. Their donations help us secure additional funds through grants we receive from organizations that share our vision of a compassionate community:



## Thank you Hike for Hospice 2021 Sponsors

We are grateful to our generous community supporters, many who return year after year to make this fundraiser a success. Thank you.

PLATINUM: Gina Stockwell Personal Real Estate Corporation

GOLD: Claytons Heritage Market | Sechelt Pharmacy | RentalEquip | Skylux Homes | Home Healthcare Network  
PDM Construction | HWH Contracting | Custom Flooring Centres | Brynelsen O'Reilly Sunshine Coast  
Solution Based Contracting | JDP Home Improvements

MEDIA: Coast Reporter

SILVER: Advantage Dental | B&K Garden & Landscape Supply | Canadian Tire  
Coastwide Spray Foam | Crystal Creek Contracting | Dr. Frank Berger, MidCoast  
Dental Clinic Dr. Lorne Berman Sechelt Dental Centre | Giampa Homes Ltd.  
Gibsons Building Supplies | Howe Sound Pulp & Paper Ltd. | James & McIntyre  
CPA | Matthew Kliewer Painting | Paul's Paintin' Place | Peter Kalita, RBC Dominion  
Securities Royal Bank Sunshine Coast | Stacey Buchhorn Real Estate | Strait  
Coffee Sunshine Coast GM | Sunshine Coast Nursery | Strait Land Surveying  
The Co-operators Sunshine Coast Insurance Services Inc. | Tim Howard Law

BRONZE: Brenda Soper RE/MAX Oceanview Realty | RONA Coast Builders  
Cowrie Street Dental | Dr. Evangelos Papoutsis, Gibsons Dental Centre  
Holywell Properties | Ross Concrete Ltd. | Shoreline Homes  
Sunco Building Supplies | The Gumboot Café | The Gumboot Restaurant

### 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 (at Hospice House)

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