

# We Are Hospice!



Hospice Society  
OF CAMROSE AND DISTRICT

2018-2019 Annual Report



## Our Vision

Compassionate Community

## Our Mission

To enable our community to support those facing advancing illness, death and bereavement through education that builds capacity for compassionate, holistic care. To provide programs and services that help people experience dignity through end of life journeys.

## Our Values

Comfort  
Dignity  
Companionship  
Hospitality  
Refuge  
Restoration  
Compassion  
Nurture  
Support  
Integrity  
Commitment



**This Is Hospice**

## A Message from Our Board President

As the board of the HSCD reflects on our achievements this past year, we come to the conclusion that we have created a hospice movement in Camrose that we are very proud of. The words “hospice care” mean a special kind of care that focuses on the quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness.

**Hospice** care provides compassionate care for people in the last phases of an incurable disease and supports family and friends in their grief. Hospice care provides support in an individuals’ home, in the hospital or long-term care facility. The board of the HSCD is proud to say we are meeting that description of hospice care each and every day. We meet that goal when we offer volunteer supports to people and their families. We meet that goal when we support their grief needs by offering our lending library resources, by attending our Grief Walk, our Daytime Support groups, our Men’s Cooking Classes and our Children’s Support groups. We meet our goal when we support grieving individuals one-on-one.

Our staff and volunteers are providing hospice care by caring and listening with compassion and empathy. Through our education sessions and programming we are developing a “Compassionate Community.” We are full of gratitude for the financial support we receive from our communities which enables us to continue to meet the needs in the community.

### We Are Hospice!!

Respectfully submitted,  
Pam Cumber President of the HSCD

## 2018-2019 Board of Directors

### Executive:

Pamela Cumber - President, Janelle Wallace - Vice-president  
Bryan Lynka - Treasurer, Treva Olson - Secretary

### Directors:

Susanne Nickel, Selina Read, Kevin Sharp, Tim Vant  
Past President: Stacey Strilchuck (2015-2018)



### 2018-2019 Program Year

**175** people accessed chronic illness and palliative supports, not including dozens of visits supporting residents of Bethany and Saint Mary’s Hospital.

**224** one-on-one grief consultations

**500** people at presentations

**91** = number of times children or youth have accessed grief supports

**14** = griever with volunteer companions



## Care by the Numbers - 2018



Hospice programs were accessed 2600 times by more than 1400 individuals



935 individuals attended educational programs



Grief supports were utilized 893 times



10 programs connected volunteers with individuals and families in need



100+ individuals received palliative/end-of-life care





## Meet Carol Breitkreutz & Her Mom & Dad

I am grateful for this opportunity to more publicly express my appreciation for the important work of the Hospice Society of Camrose and District. I had firsthand experience with the impact of this important service through my experiences in providing palliative care to my father in 2017 and then my mother in 2018.

My father, Richard Yamabe, was a resident of the dementia-care unit at Seasons Retirement Community in Camrose. My mother, Marianna Yamabe, also lived in that residence, but in Designated Supportive Living. When they each respectively began their end-of-life journeys, our family was so grateful to be surrounded by the compassionate and expert care of Dr. Val Smith, the nursing team and health care aides and staff at Seasons and Alberta Health Services, as well as the support of the volunteers of Camrose Hospice. All of these individuals worked together to provide both of our parents with the best possible experience of comfort and dignity at the end of their life journeys as well as provided loving care for us as a family.

I am so grateful that Joy gently checked in with us to offer support from Camrose Hospice. Personally, I was experiencing an emotional roller coaster over those two years as my parent's health conditions fluctuated. It was reassuring to know that there were those around me, like Joy, Bill and Penny from the Hospice Society, who understood the grieving process and who could provide me with the emotional counsel that I needed, as well as be physically present with my parents when I couldn't be there.

The community is so fortunate to have Camrose Hospice with such dedicated, caring and knowledgeable volunteers and coordinators. I can truly say these people, this organization, changed my life.

*Carol Yamabe Breitkreutz*



Volunteer Penny ➤



# Your Story and Ours: Growing Roots Together



The Hospice Society of Camrose and District began as a dream shared by two friends, Beverly Drever and Treva Olson. For Treva, working in hospice care has been a long-held desire; for Beverly it was the loss of her father that initiated her keen interest. With encouragement in 2010 from a nurse who spoke about the many needs in the Camrose area, the dream soon became a whole-hearted journey.

Community support for hospice care was swift and strong; in 2011 a Hospice Society was formed. Charitable status soon followed, and plans were developed for a volunteer program that began in the Fall of 2012.

Eight years later, *your* partnership fuels the Hospice Society of Camrose & District in its work providing support to those with a life-limiting illness, support for their families, and for those who grieve a loss. From compassionate bedside care to grief support, our donors, staff, and trained volunteers endeavor to enhance quality of life. We *are* hospice!

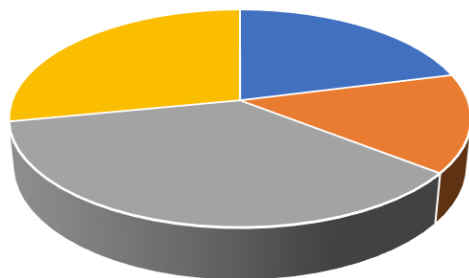


# Our Community Supporters

## Grants

Federal, provincial, municipal, and corporate grants make up 23% of our annual funding.

## Funding Sources



## Individual Donors

Hundreds of individuals and families contribute to the operations of Hospice. More than 32% of our 2018 budget was funded by private donations.

## Fundraising Events













Two fundraisers were held in 2019 and additional events are planned for 2020. Events contribute 34% of our annual funding.

## Organizations

Contributions from our corporate and community partners make up 8% of our annual funding.

Our operational income is rounded off by interest on investments which contributes 3% to annual funding.

## Thank You to Our Corporate and Community Partners for their Generous Support and Collaboration:

 Alberta Health Services	 Camrose Police Association
 Battle River Community Foundation	 Camrose & Wetaskiwin Primary Care Networks
 Battle River Rock and Gravel	 Covenant Health
 Battle River School Division	 Safeway Sobeys
 Camrose Open Door Association	 Vision Credit Union
 Camrose Primary Care Network	 Wetaskiwin Regional Public

The Hospice Society of Camrose and District is a registered not-for-profit charity under the Alberta Society's Act, in accordance with the Canada Revenue Agency. Business Number: 839859709RR0001

# Celebrating Hospice Programs

**Palliative/End-of-life Care** (Contact the Volunteer Coordinator at 587.322.9269 for more info) Trained volunteers are matched with individuals with a diagnosis of a life-limiting illness. Care Volunteers may help with daily tasks, listen to life stories, or simply sit in quiet companionship.

**Nav-CARE** (Contact the Volunteer Coordinator at 587.322.9269 for more info) Nav-CARE stands for "Navigating, Connecting, Accessing, Resourcing, and Engaging" Navigation services provide support, education and connection to resources in the community to help individuals improve their quality of life and remain in their communities.

**Grief-Support Walking Group** (Contact the Program Coordinator at 780.608.0636 for more info) This drop-in group meets year-round, 52 weeks, on Wednesday mornings at 9:30 am. Spring, summer, and fall at the Hospice office for a leisurely walk around Mirror Lake, followed by coffee and conversation (*coffee compliments of the Camrose Primary Care Network*). Winter walking at the Camrose Recreation Center indoor walking track.

**One-on-One Grief Support** (Contact the Program Coordinator at 780.608.0636 for more info) Book time with Grief & Bereavement Coordinator for conversation about your grief journey. Phone 780-608-0636.

**Grief-Companionship Program** (Contact the Program Coordinator at 780.608.0636 for more info) Grief companions are volunteers offering one-on-one grief support. Based on Dr. Alan Wolfelt's model of companionship the bereaved, companions are a compassionate, listening presence when you need a safe place to tell stories and shed tears.

**Men's Cooking Circle** (Contact the Program Coordinator at 780.608.0636 for more info) Men's Cooking Circle is an opportunity to learn basic cooking skills, meet other men, cook and eat together, and to engage in conversation with men who are experiencing grief. This is a partnership program with Hospice, Alberta Health Services, the Open Door, and community facilitators. The program runs one evening per week for seven weeks, and includes a grocery store tour, nutritional information, cooking instruction, dining on the meals we prepare, and rich conversation on all things grief and mourning for men.

**Death Café** (Contact the Volunteer Coordinator at 587.322.9269 for more info) Join the conversation at this drop-in, no-fee gathering where all things death and dying are open for discussion. All Death Cafés occur on the lower level of the Camrose Public Library. Please note, this is not a grief therapy or support group; it is a conversation forum.

**Hospice Presentations** (Contact the Program Coordinator at 780.608.0636 for more info) Book a staff member or volunteer to bring a hospice presentation to your organization. Ranging in length from 15-90 minutes, themes include: ■ History and Work of Hospice ■ Sorrow & the Journey of Navigating Personal & Professional Grief ■ Palliative Care – What is it and Who is it For? Call the office to book a speaker

# Additional Hospice Programs

**Caregiver Support Group – U.S.** (Contact the volunteer facilitator, Joan at 780.672.9579 for more info) *U.S. - Understanding Support* is a gathering of support for those in caregiver roles. Meeting twice monthly, this group provides debriefing, resources, and connections for personal caregivers. *U.S.* will create space for the sharing of *your* unique story, exploring issues that may be a cause of caregiver fatigue, and offering suggestions for coping with day-to-day caregiving challenges that you may encounter in caring for a loved-one. Meets the 1st and 3rd Tuesday of each month, 1:30-3:30pm at the Hospice office at Mirror Lake Centre.

**Daytime Grief Support Group** (Contact the Program Coordinator at 780.608.0636 for more info) This support group is for adults who have experienced a loss. Interested participants will be contacted by a facilitator who will discuss the program content, answer your questions and discuss readiness for group grief work. Group work includes discussion and activities, facilitator presentations, videos, writing exercises, journaling, and knowledge sharing. Call for information on upcoming groups.

**Suicide Grief Support Group** (Contact the Program Coordinator at 780.608.0636 for more info) This intake-based group is for anyone, 18 years and older, who has been affected by suicide. The group is co-facilitated by CMHA Jenn Pilot and HSCD Bill Harder. Call for information on upcoming groups. Call for upcoming groups.

**Threshold Singers** (Contact the volunteer facilitators, Ron and Leah at 780.885.9947 more info) The Threshold singers of Camrose honour the ancient tradition of singing at the bedside for those in transition & on the threshold of life.. Our goal is to bring ease and comfort to those at the thresholds of living and dying. A calm and focused presence at the bedside, with gentle voices, simple songs, and sincere kindness, can be soothing and reassuring to clients, family, and caregivers alike. We practice twice a month, 1st and 3rd Wednesday evenings from 6-8pm in a private home in Camrose.

**Bereavement & Grief Workshops** (Contact the Program Coordinator at 780.608.0636 for more info) *You Are Not Alone*. This free workshop is for people who are coping with grief and loss, as well as for support people (i.e. friends, co-workers, family, and/or healthcare providers). Topics covered include: How to be a companion/grief helper to someone who has experienced a loss, types of loss, importance of integrating loss into our own lives first, unique grief journeys, complicated grief, accessing appropriate community resources.

# Signature Events



## Fashions for Funds

HSCD proudly invites you to enjoy an evening of fashions and fun with our "Fashions for Funds" show. We will be highlighting spring and summer fashions from local clothiers. Includes food, silent auction, 50/50 draw, and door prizes.



## Hike for Hospice

The first Sunday in May is National Hike for Hospice and the kickoff to National Palliative Care Week. Join us to raise funds and awareness of end-of-life and grief care in Camrose and District.



## Volunteer Training

Hospice volunteers are known for their compassion, integrity, and skilled care. To maintain high quality in our volunteer program, attention to intake, training, and support are key. Training includes weekend intensives, online courses, and evening sessions throughout the year.



## Bi-Annual Symposium

The purpose of the Hospice Symposium is to provide learning opportunities for the public and for professional caregivers in the fields of palliative/end-of-life care, grief and bereavement, and caregiver wellness.



## Lights to Remember

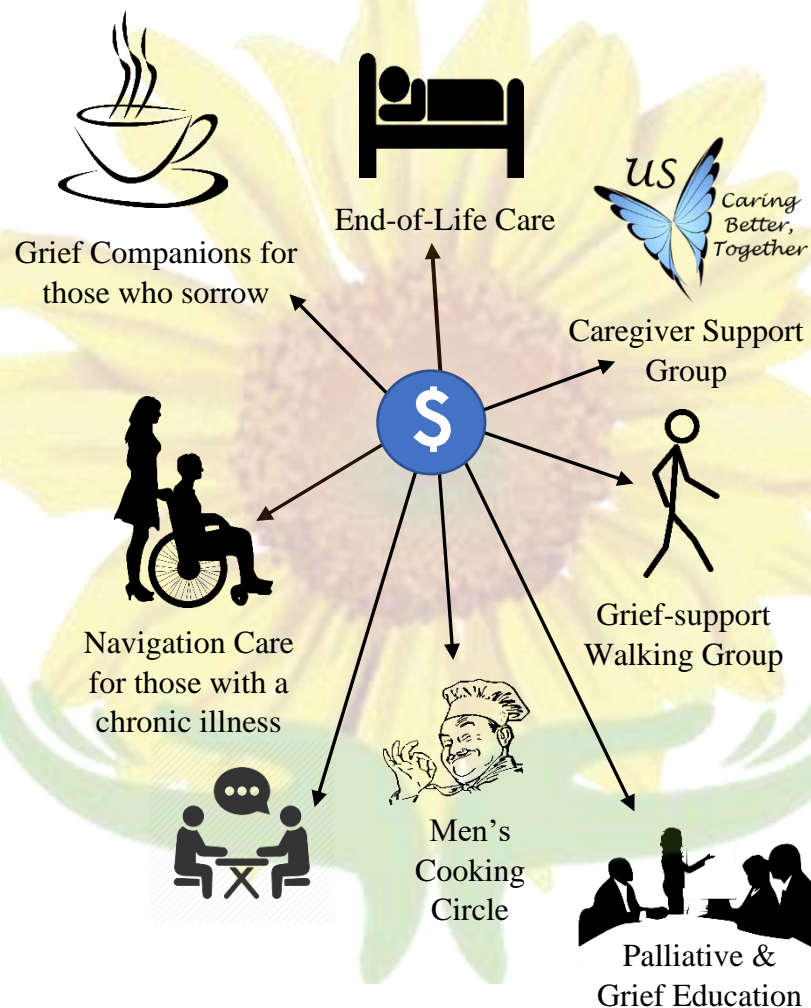
In remembrance of someone who has died, this ceremony takes place at the Hospice offices in Camrose. Each December we come together for an evening of caroling, readings, and a candle lighting ceremony, all gathered around a lovely lit-up spruce tree.



# Being Hospice Together

What Do *Your* Donor Dollars Do?

Donations to Hospice keep our volunteers trained and connected to those in our community who need support.





## Hospice Society of Camrose and District Financial Statements

For the year ended December 31, 2018

### Auditors' Statement:

We, the undersigned, have examined the source documents, ledgers and records of account for the fiscal period ended December 31, 2018.

  
Harry Gaede  
  
Lawrence Rathnavalu

### ASSET

#### Current Assets

Credit Union equity	746.21	
Chequing Bank Account	89,834.63	
Investment - GIC	102,980.85	
Casino Bank Account	<u>1,063.57</u>	
Total Cash		<u>194,625.26</u>
<b>Total Current Assets</b>		<u><b>194,625.26</b></u>

#### Capital Assets

Computer Equipment	657.18	
Computer equipment	<u>631.25</u>	
Net - Computer equipment		1,288.43
Equipment and Furnishings		<u>1,300.00</u>
<b>Total Capital Assets</b>		<u><b>2,588.43</b></u>

### TOTAL ASSET

**197,213.69**

### LIABILITY

#### Current Liabilities

Accounts Payable	<u>12,098.01</u>
<b>Total Current Liabilities</b>	<u><b>12,098.01</b></u>

### TOTAL LIABILITY

**12,098.01**

### EQUITY

#### Net Assets

Net Assets - prior year	221,945.10	
Current year surplus	<u>-36,829.42</u>	
<b>Total Net Assets</b>		<u><b>185,115.68</b></u>
<b>TOTAL EQUITY</b>		<u><b>185,115.68</b></u>
<b>LIABILITIES AND EQUITY</b>		<u><b>197,213.69</b></u>

## Revenue

### Donations

Individual donations - receipted	13,681.05	
Individual - non-receipted	3,615.00	
Individual memorial – receipted	<u>6,315.00</u>	
Total individual donations		23,611.05
Corporate Donations	<u>1,225.50</u>	
Total Corporate Donations		1,225.50
Service Club Donations	7,675.00	
Service Club - Memorials	<u>20.00</u>	
Total Service Club Donations		7,695.00
Other donations	<u>4,951.56</u>	
<b>Total Donations</b>		<u>37,483.11</u>

### Other revenues

Other Grants	22,100.00	
Government Grants	3,000.00	
Interest Income	<u>3,361.32</u>	
<b>Total other revenues</b>		<u>28,461.32</u>

### Fund raising revenue

Grief Basket Sales	100.00	
Hike for Hospice - Donations	5,034.00	
Critters Hockey Fundraiser	7,845.50	
Fashion Show Fundraiser - Tickets	18,283.35	
Conference and Symposium Fees	<u>5,040.00</u>	
<b>Total Fundraising Revenue</b>		<u>36,302.85</u>

### Program revenues

Volunteer training registrations	280.00	
Men's Cooking Circle Registrations	30.00	
Men's Cooking Class - Other Revenue	100.00	
<b>Total Program revenues</b>		410.00

### Land & Building Fund Revenues

Land & Building – Donations	<u>7,000.00</u>	
<b>Total Land &amp; Building Fund Revenues</b>		<u>7,000.00</u>

**TOTAL REVENUE** 109,657.28

## Expense

### Communications Expenses

Advertising & Promotions	<u>10,439.71</u>	
<b>Total Communications Expenses</b>		<u>10,439.71</u>

### Fund Raising Costs

Fundraising supplies - other events	2,779.14	
General Fundraising Expenses	642.04	
Prize Expense	1,228.50	
Fundraising expenses - event costs	<u>3,911.05</u>	
<b>Total Fundraising Costs</b>		<u>8,560.73</u>

## Expense Continued

### Education Expenses

Honoraria paid	7,363.63	
Library resources	<u>751.83</u>	
<b>Total Education Expenses</b>		<u>8,115.46</u>

### Payroll Expenses

Program Coordinator	72,274.13	
Volunteer Coordinator contract	<u>24,018.62</u>	
<b>Total Payroll Expense</b>		<u>96,292.75</u>

### Program expenses

Grief & Bereavement Expenses	798.50	
Emergency Funding/Patient Care	1,238.64	
Symposium costs	7,501.08	
Roadshow expenses	2,336.44	
Volunteer appreciation	562.33	
N-Care Coordinator	931.25	
Men's Cooking Class Supplies	<u>118.01</u>	
<b>Total Program Expenses</b>		<u>13,486.25</u>

### Administrative Expenses

Insurance	2,131.00	
Business Fees & Licenses	1.50	
Courier & Postage	38.00	
Office Supplies	1,966.77	
Gift Basket Supplies	373.68	
Miscellaneous Expenses	459.79	
Rent	2,628.18	
Repair & Maintenance	25.00	
Telephone & Utilities	1,118.55	
Meals & Entertainment	<u>733.29</u>	
<b>Total Administrative Expenses</b>		<u>9,475.76</u>

### Bank and other charges

Bank Charges	9.48	
Interest & Bank Charges	<u>106.56</u>	
<b>Total Bank and other charges</b>		<u>116.04</u>

**TOTAL EXPENSE** 146,486.70

**NET INCOME** -36,829.42



# Meet Hospice Volunteers

## Leslie and Butch Koehli



Leslie has had a long interest in palliative/end-of-life care. Her openness to dying and death goes back to some losses as a young adult, her work as a nurse and eventually, pastoral care training when she took her RN refresher in 1994. She worked for many years in long-term care, growing her skill in being with those who neared the end of life. Since then, she has given her time to support families and individuals by being at the bedside of those completing their life journey. Her passion finds expression as she interacts with

families sitting vigil with an actively dying loved-one. Says Leslie, "I just want to support them, to be with them."



On Leslie's suggestion Butch also took Hospice volunteer training. As a younger man he spent time with people much older than himself. In so doing he developed a warmth and openness to the stories of elders. For Butch, making a connection and relating through stories is rewarding. As well, he experiences sitting beside with those who near death to be very gratifying. He considers this to be one of his gifts. His firm voice and compassion are well received.

Both Leslie and Butch have had the privilege of being with someone at the moment of their last breath. They consider this to be a sacred privilege. Butch states, "It's important to be there, to support the families, and if they have questions, you have the experience to provide some answers." Sometimes the men Butch visits are astounded that he would come to see them. The simple act of spending time with someone, listening to them, sharing with them – this can be huge for a lonely person.

In addition to bedside care, Leslie enjoys participating in serving the tea cart at Saint Mary's Hospital. She says it gives her an opportunity to go into rooms to speak with people, to introduce them to hospice, and to share knowledge. Mentoring people in understanding that death is a part of life is key for her.

This only scratches the surface of the ways Leslie and Butch share their soul gifts with the community. Hospice is grateful for the Koehlis – for their kindness, generosity of time and talents, and for their great big hearts.



## Hospice Volunteers at the Threshold of Life and Death

Hospice Volunteers are often asked "why?" Why have you chosen to work with people who are dying? This was a question posed to Mother Teresa, who worked with the dying in India. Our volunteers' response is similar: "because we really care about the dying and believe no one should die alone."

Each of our volunteers carries this compassion and love in their hearts. They radiate all that is good about being human, each of them filled with such a loving spirit. Their compassion, accompanied by their years of lived wisdom, brings such a gift to all whom they encounter. They go out of *their* comfort zone to bring comfort to others, knowing how to patiently wait as someone struggles to tell them how they feel. A volunteer's sensitivity to a dying person and their families, as they listen to their stories, over and over again, shows how deeply they care.



Volunteers provide emotional support by their gentle listening and understanding. They are comfortable to sit silently by the bedside while the families take a coffee break, have a nap, go grocery shopping, go to work, or do whatever the family needs. Although volunteers can't provide physical care, they can read, listen, massage hands and feet, make memory books and photo albums, and provide helpful information related to death, dying and bereavement. Always, the family and dying person determine what it is they want, and we try to meet their needs. When we are no longer needed, we quietly exit, grateful for the opportunity to have been of service.

Joy LeBlanc, HSCD  
Volunteer Coordinator





# Keep in Touch!

**[www.camrosehospice.org](http://www.camrosehospice.org)**

Program Coordinator

780.608.0636

[program@camrosehospice.com](mailto:program@camrosehospice.com)

Volunteer Coordinator

587.322.9269

[volunteer@camrosehospice.com](mailto:volunteer@camrosehospice.com)



@camrosehospice



Camrosehospice

Visit us at Camrose Mirror Lake Centre:

5415-49 Ave

Lower Level, South Side



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OF CAMROSE AND DISTRICT

