



cowichan
hospice

Annual Report
2017



OUR VISION

Compassionate, person-centered, end-of-life and bereavement care available to anyone, anywhere in the Cowichan region.



OUR MISSION

We are a dedicated, compassionate, client-centered team collaborating to offer accessible, high quality, end-of-life care that meets the physical, spiritual, emotional, and social needs of our clients in a respectful and caring environment



OUR VALUES

Compassion
Respect
Integrity
Collaboration
Honouring Life

A LETTER FROM OUR PRESIDENT AND EXECUTIVE DIRECTOR

What will my legacy be? It is a potent question.

Cowichan Hospice volunteer companions sometimes have a conversation with someone facing a serious illness who is wondering: Will I be missed? What kind of difference did I make? How will I be remembered? These conversations may be transformative or they may be humorous, but they are very important.

After 37 years and counting in our community, we can ask:

What is the legacy of Cowichan Hospice?

We know that there are many lasting examples:

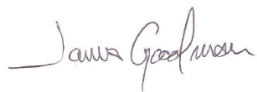
- An adult family who have grown closer through a well-supported end of life journey for their mother.
- A dying woman who finds healing and peace at the very end of life.
- A young girl supported by her father to grieve in her own ways.
- A widower after a marriage of 50 years who slowly finds a new life path.

These legacies of care are only possible as a result of partnerships between donors, volunteers, and staff and of course with those from our community who use Cowichan Hospice programs.

We are grateful to be able to share some of these stories with you.

In 2017 we also learned for certain that the Cowichan Hospice House will be a very tangible legacy for our community. Continuing collaboration with Island Health has resulted in a signed memorandum of agreement for a new hospice facility at Cairnsmore Place.

Design work started in early 2018. Thanks to early commitments from local government and community organizations there is anchor funding in place for the community fundraising that will follow. We have much to look forward to as together we build our legacy of caring. Thank you for your own gifts of caring!



James Goodman
President, Board
of Directors



Gretchen Hartley
Executive Director,
Cowichan Hospice

Thank you to 2017 Cowichan Hospice House supporters (over \$20,000):

- Purica Foundation \$130,000
- Chemainus Health Care Auxiliary \$100,000 (+\$200,000 pledged)
- Cowichan Lodge Auxiliary \$35,000
- Ladysmith Health Care Auxiliary \$20,000 (+\$125,000)
- 100 Women Who Care \$21,150



**cowichan
hospice house**
PROJECT

2017 SERVICE NUMBERS

In 2017, Cowichan Hospice saw **882 clients** in our grief and palliative care programs, including palliative patients and their families.

Our volunteers dedicated **10,851 hours** of time to providing excellent hospice care. Thank you to all of our dedicated and passionate volunteers!

Patricia Taylor's Legacy Gift

You may recall a story published in our 2016 newsletter, titled: *Pat's Story*. Written about former hospice client Patricia Taylor, *Pat's Story* spoke of a brave and frightened woman facing a diagnosis of terminal cancer. Despite being alone without family or friends nearby, Pat found comfort in the support she received from Cowichan Hospice (and the support of her cat, Max, too).

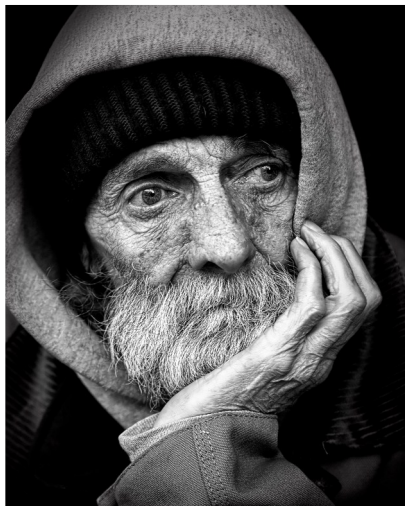


Shortly after the newsletter was published, Pat passed away. Months later we were honoured to learn that Pat had left a gift of \$34,500 in her will. This gift will have a direct impact on individuals and families in the Cowichan Valley who are struggling with serious illness and grief. **Thank you Pat!**

To find out how to leave a gift in your will, please visit cowichanhospice.org

HEALING AT THE END OF LIFE

Shelley Kuecks, Palliative Services Coordinator



I met Jack* after he had been referred by a physician in a walk-in clinic to the Palliative Pain & Symptom Management team. He was suffering from liver failure due to long term alcohol addiction and his symptoms had recently become worse.

Together we listened to Jack's story and explained what each member of the team might offer. Val, the palliative doctor talked with Jack about his pain and other symptoms, reviewing his history and coming up with a plan for medication. Deb, the palliative nursing coordinator, made sure that he was registered in the home care program so that he could stay in his place as long as possible. When Jack spoke of loneliness and isolation, I agreed to introduce him to a volunteer companion. Together we addressed Jack in all that he is – a multidimensional, complex, whole person. With this support and information in hand, Jack began to open up and said,

For many years, I've been used to being treated as an addict, not a person.

Jack pin-pointed exactly what whole-personal hospice palliative care aims to do—to care for the whole person, not just one aspect of them.

Jack agreed to try some energy work offered through Cowichan Hospice, although he admitted to being skeptical and a bit nervous.

It was difficult at first to relax, but after the session ended I realized that not only did I feel less anxious, but I had less pain.

He met a few times with a hospice volunteer and through their conversations he decided to reach out to his sister Anne* although he hadn't talked to her for many years. She agreed to travel to Duncan and they spent a week together connecting over shared memories, laughing and crying, and healing together. Jack died a few days after Anne's visit ended.

Later, Anne told us she thought the care that Jack received as he was dying helped bring out the person she remembered when he was young.

Thank you, Jack. For showing us what it means to live well at the end of life.

TOM'S STORY



This past year in our grief groups I have seen so many brave people make incredible strides. For Tom M., the path through his grief was long and arduous but he has walked it with courage and grace. Thank you Tom, for allowing us to share your story.

Lisa de Lusignan, Bereavement Services Coordinator

"When the group began I could barely speak, let alone utter her name. This went on for months. Our marriage had been long, our lives intertwined, and the hole it left in my life was too much for me

to handle. I was getting by day-by-day, but even cooking, eating, sleeping and waking were almost impossible tasks. My outlook resembled something like a tunnel into darkness.

Slowly, as the months passed, some light seeped in. I began to be able to speak her name in group, sometimes I could even honestly say that I saw a sliver of light. I progressed from finally feeling okay to eat alone, to planning a trip halfway across the world.

Now I'm on my third trip and I still miss my late wife deeply, but I have turned a corner in my grief and have opened up to new possibilities. Somewhere amidst the struggle I started to connect, to learn to treat myself with gentleness, focus on self-passions and find purpose. Hospice was an immense help and I'm not sure I would have coped without it. I am thankful for my time in Cowichan Hospice's grief group - it has given me confidence and resilience through the hardest time in my life."

- Tom M.

VOLUNTEERS

Cornelia Wicki, Volunteer Program Coordinator

2017 was a big year for Cowichan Hospice volunteers! We have refined some programs, added volunteers, and, as always, focused on the needs of, and best practices with, our clients.

We offered eight Advanced Training sessions in topics such as complicated grief and facilitating groups. Care Clinic continued to be offered twice a month with up to 4 practitioners and 16 clients per session. Our palliative volunteers provided more than 500 hours of service to palliative patients at the Cowichan District Hospital.



We conducted a survey in 2017, asking individuals to share about their experiences as hospice volunteers. The quotes to the right are some of what they shared:

"I feel valued and that I am making a meaningful impact on my community, one person at a time"



"The rewards are far greater than the time commitments."



"Volunteering for hospice has had a great impact on me. I live a richer and deeper life in a more compassionate way."

OUR DONORS

In 2017, Cowichan Hospice received over 780 donations from community members and local organizations. These donations make a direct impact on families in Cowichan experiencing advanced illness and loss. Individual donors who made donations of \$200 or more between January 2017 and December 2017 include:

\$100,000+

Helmut Eckhardt (Legacy Gift)

\$25,000-\$50,000

Patricia Taylor (Legacy Gift)
Yvonne Hayden

\$1,000-\$5,000

Heather Brennan
Christa Fox
Andrew Fox
Johanna & Jan Groot Wassink
Sheila Hilton Johnson &
James L. Johnson
Louise Neveu
Leora Nugent
Nels Olson
Denyse Watt

\$500-\$999

Kim Andersson
Robert Calnan
Louisa Dyck
Shirley Franklin
Gretchen Hartley
Marlene Hayes
Amy Holness
Terry & Renee June
Pete Klassen
Cindy Liboiron
Betty & Duncan Locke
Kirsty Maxwell
Sandy McPherson
Leighton Mellemstrand
Frank & Carol Minchin
Sharon & Michael Moss
Joanna Neilson
Doug Olson
Iris Pasareno

Elaine Paull
Robert Perkins
Kathleen Hepburn &
Ken Pettapiece
Patrick Priestner
Sherrin Shadforth
Kathy Skovgaard
Dorothy & Roy Sturgess
Claire & Eugene Wessan
Bernice Woollam

\$200-\$499

Susan Barr
Sandra Beggs
Judith Belton
Vivian Birchall
Patricia Boyne
Rena & Gerry Brohman
Ron Bronstein
Bev Campbell
Cameron Cascon
Eunice Catterall
Lois Cosh
Marianne Csepe
Ezio Cusi
Per & Joey Dahlstrom
Peter Dicken
Lorraine Dickie
Jochen & Diane Dous
Bill Dumont
Cindy DuTemple
Richard Ellis
Tim Elmes
Heather Ferris
Stewart Forrest
Maureen Gold
Thomas Gordan
Lynda & Ken Gregg
Andres Guadarrama

Lilja Hardy
Ryan & Holly Harris
Tom Humber
Ina Irwin
Dorothy Johnstone
Georgina Knight
E. Roy Laird
Charles Lazenby
Jean Marsh
Maxine Marshall
Margaret Martin
Talyn Martin
Don McClintock
Peggy McLellan
Eileen Meyer
Peter & Marilyn Milne
Ian Murray
Dale & Errol Owen
Rebecca Reynolds
Heather & Marty Rosen
Myrna Roy
Lara & Brad Sinclair
Lou Skiber
Evenlyn & Clint Stewart
Gail Stroud
Doug Tate
Greg Taylor
Marilyn Taylor
Francine Tournier
Marilyn & Tom Turner
Colleen Van Der Heide
Ursula & William Verstraete
Joan & David Wakelin
Malcom Walter
Helen Watler

**Open your heart to hospice.
Join us and make your gift today!
cowichanhospice.org**



2017 Online Donors

\$1,000-\$5,000

Beverley Angus
Dr. Liston
& Dr. Hamilton-Irving
Hylton McAlister
Richard Osler

\$500-\$999

James Black
Jo Bodard
Donalee Howlerda
Erdmann & Judith Knaack
Laura Patridge
Michelle Redfern
Maggie Watt
Carol & Carson Wiebe

\$200-\$499

Ilka Bene
Wendy Bowen
Greg Candy
Donald Cowan
Stephen Lewis
Ann MacKenzie
William McDonald
Don & Nancy Munro
Eric Pease
Sandra Schmidt
Carol Swann
Janet Turner
Maryhelen Vicars
Tania Walter Gardiner
Raymond Wheeler
Mike Williams

Thank you.

Your gifts make a direct impact on so many families in the Cowichan Valley. Because of your caring support, Cowichan Hospice is able to continue to provide grief and palliative support services, free of charge, to over 850 individuals every year. Thank you for making a difference in lives of local families.



2017 FINANCIALS

Operating Fund 2017	Capital 2017	Hospice House 2017	Total 2017	Total 2016
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Balance Sheet

Current Assets

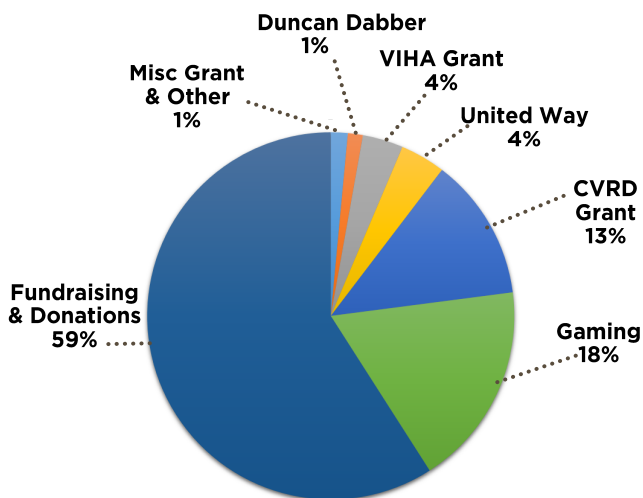
\$ 173,039	\$ 222,614	\$ 638,658	\$ 1,034,311	\$ 645,397
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Current Liabilities	\$ 18,874		\$ 638,658	\$ 657,532	\$ 360,255
Net Assets	\$ 154,165	\$ 222,614	\$ -	\$ 376,779	\$ 285,142
Liabilities & Net Assets	\$ 173,039	\$ 222,614	\$ 638,658	\$ 1,034,311	\$ 645,397

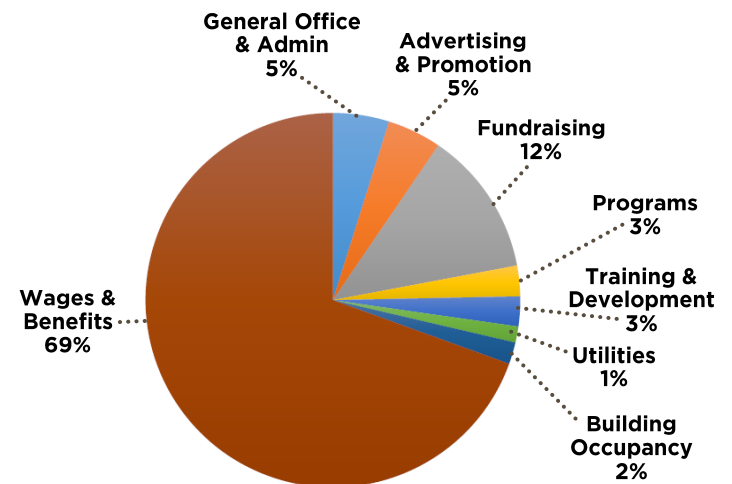
Income Statement

Revenues	\$ 477,142	\$ -	\$ 65,325	\$ 542,467	\$ 451,136
Expenses	\$ 380,015	\$ 5,485	\$ 65,325	\$ 450,825	\$ 414,226
Excess Revenue over Expenses	\$ 97,127	\$ (5,485)	\$ -	\$ 91,642	\$ 36,910

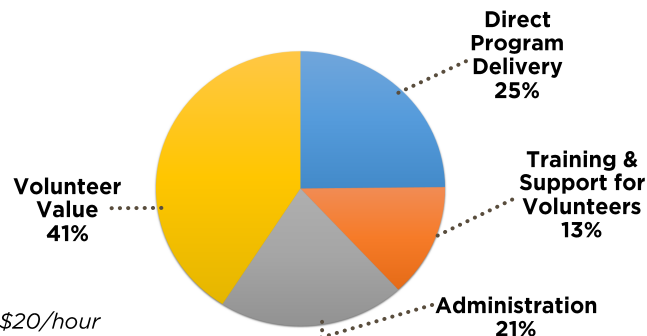
Revenues



Operating Expenses



Staff Wages & Value of Volunteer Contributions *



*At an equivalent of \$20/hour



cowichan
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Open your
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Hospice.

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Charitable Registration Number
11886 8388 RR0001