

COWICHAN HOSPICE HOUSE WELCOMES *Four Generations of Caring*



A Mother's Journey Through Traumatic Loss

Grief doesn't follow a timeline, and a loss never truly goes away. Cowichan Valley resident Joyce W. has known this deeply since the death of her two-year-old son Christopher.

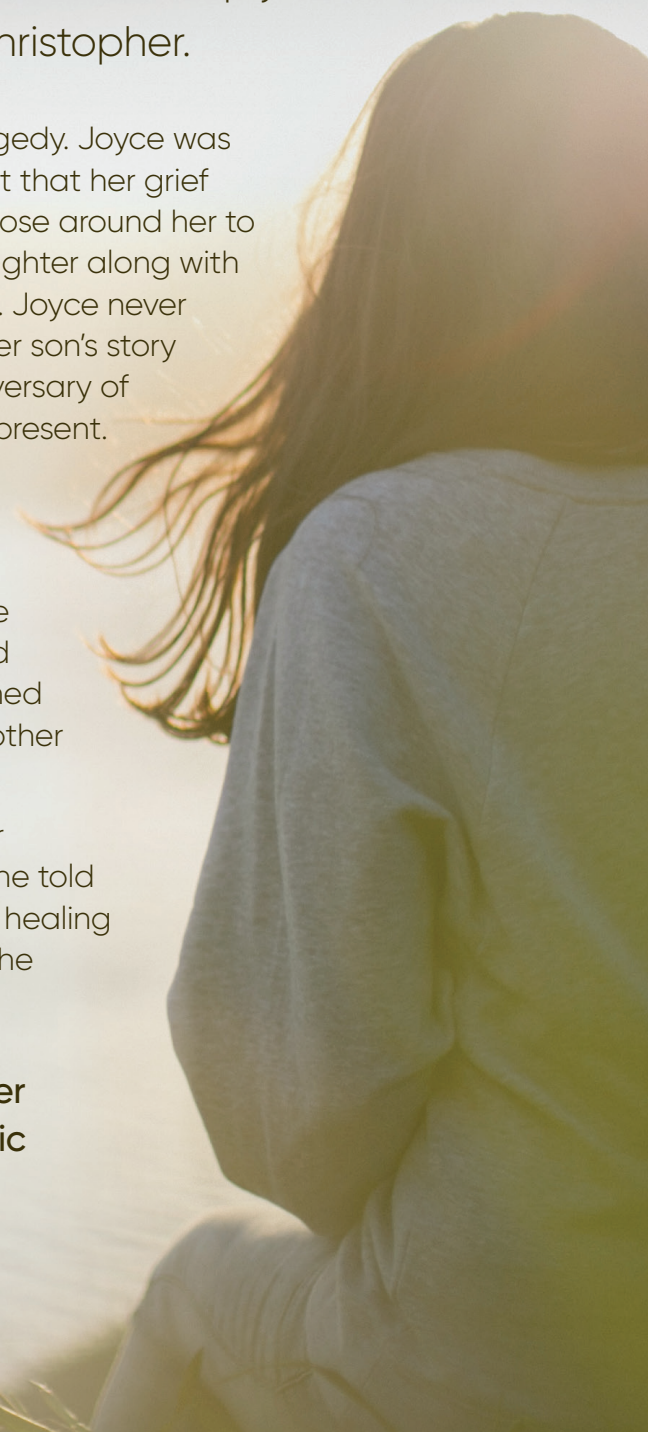
40 years ago, Christopher's life was taken in a horrific tragedy. Joyce was referred to a psychiatrist after her son's death, but she felt that her grief and trauma were not fully understood. Encouraged by those around her to carry on, she eventually went on to marry, raising her daughter along with her husband's children. They have been married 38 years. Joyce never spoke of her loss to anyone but her husband—she kept her son's story inside—doing her best to suppress the pain of each anniversary of his death and every holiday she celebrated without him present.

As she approached the 40th anniversary of Christopher's death—during the difficult isolation of the pandemic—another of her children, who struggles with mental illness, came close to dying due to toxic drugs. Overcome by the fear of nearly losing another child, Joyce sought help and was referred to Cowichan Hospice where, in time, she joined a Traumatic Loss group. There, for the first time, she met other parents who had also lost a child in a traumatic event.

Being a part of this group made a positive impact on her wellness at this difficult time. When the group was over, she told her hospice coordinator, "I didn't think I could do this (the healing she experienced). If it hadn't been for you and Dee and the others in the group, I don't think I could have done it."

Your support makes it possible for Joyce and other grieving parents to receive compassionate, holistic support after the traumatic death of a child.

Thank you.



Your Generosity Made a Difference in Our Community

In 2021, **806** people in the Cowichan Region were served by one or more Cowichan Hospice programs:

- 287** Support for those who are grieving
- 248** Support for people living with serious illness
- 240** Support for family members
- 31** Information and referral
- 94** Patients at Cowichan Hospice House (plus their loved ones)

Tenderness and Talent in Cowichan Hospice House

Ayesha Hudema is an integral part of the compassionate team at Cowichan Hospice House. In her housekeeping role, Ayesha spends time in each person's room doing daily cleaning tasks and she has a knack for learning, in those quiet moments, what is important to them. She has wonderful artistic talent and started the practice of painting small stones to reflect the loves and interests of each patient. These stones are placed in a bed of white sand when a patient

dies, and a candle is lit in that person's honour. In time, the stones are placed within the garden or taken home to be cherished by loved ones.

Ayesha will be moving to the mainland at the end of July.

Her spirit and talent will be greatly missed by all at Hospice House.



Where Your Support is Helping

- Chemainus • **79**
- Cobble Hill • **96**
- Cowichan Bay • **16**
- Cowichan Station • **1**
- Crofton • **17**
- Duncan • **344**
- Honeymoon Bay • **3**
- Ladysmith • **101**
- Lake Cowichan • **45**
- Malahat • **1**
- Mesachie Lake • **4**
- Mill Bay • **44**
- Shawnigan Lake • **27**
- Thetis Island • **1**
- Westholme • **1**
- Youbou • **4**
- Out of Area • **22**



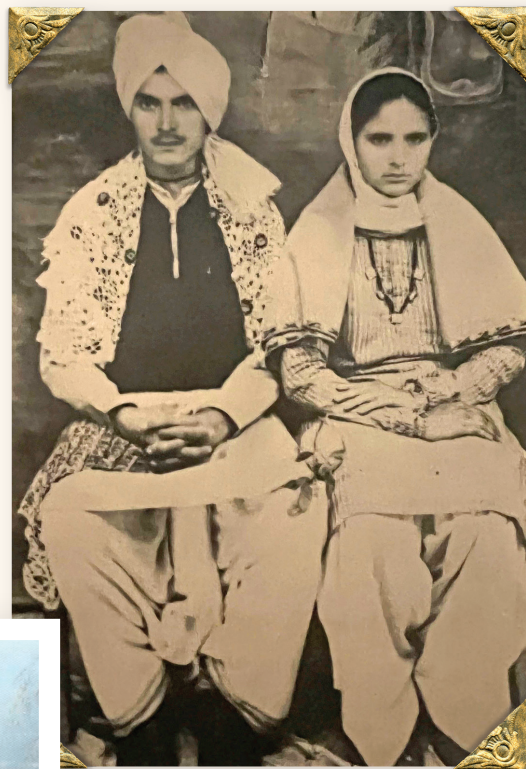
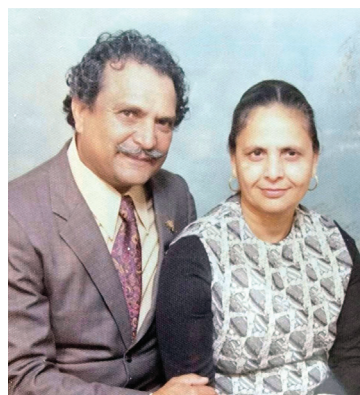
LOVE, *Trust* TRADITION

at Cowichan Hospice House

When Awtar Dale, known as “Papa Ji” to his grandchildren, became ill, his family naturally supported him at home.

“Home care was a way we could show respect for everything my grandfather had done for us,” says grandson Kam. “He had given his time and energy and resources freely to us growing up, and I always felt this sort of obligation that, as he grew old, I would care for him in our own home. I didn’t want my grandfather to feel in any way that I was letting him down.”

When Awtar’s health began deteriorating, the family knew that a change was needed. “We no longer had the resources and equipment that Papa Ji required at home to ensure he continued to receive the best care possible during the difficult days that lay ahead,” says granddaughter Rupy.



Awtar and Nasib on their wedding day and (left) later in their life together

A Leap of Faith

With the advice of his family doctor and the full love and support of his family, Awtar entered Cowichan Hospice

House on July 15 2021.

“The most difficult decision we had to make as a family was to move Papa Ji away from his loving and caring home,” Rupy says. “This was a decision that the whole family, including Papa Ji, had to agree upon. We had many questions and reservations: How can we send Papa Ji—the one who has always been there for us, the patriarch, the pillar, the rock of our lives—away from the home he built with his own two hands? Will they provide Papa Ji with the same level of care and love that was provided at home?”



Awtar and Nasib with daughter Darshan

Family portrait of four generations



They took incredible care of my grandfather. It kept us emotionally stable knowing that we weren't letting him down.

"We were reluctant," Kam adds. "We had to take that leap of faith."

Comfort and Care

Despite the family's hesitations, they

were pleased to find Hospice House a comforting environment where Awtar got the care that they wanted for him.

"Even though my grandfather wasn't technically home, the environment there felt very much like home," Kam recalls. He especially thanks two nurses, Heather and Catherine, along with the rest of the staff and volunteers. "They took incredible care of my grandfather. It kept us emotionally stable knowing that we weren't letting him down and we had the best support structure in place, given his condition."

The family would often find Awtar smiling and happy when they visited. "Cowichan Hospice House provided Papa Ji a home away from home and the level of care and love that we wanted for him and that he deserved during his last days," Rupy says.

The Dhanoa family was able to celebrate Awtar's 95th birthday at Hospice House on November 2nd, which also marked the one-year anniversary of the opening of Hospice House.

Son-in-law Harb says the staff helped them understand what to expect as Awtar grew more ill.

Rupy describes Awtar as exuding peace and calm on the night he died. "Papa Ji passed

with the dignity and respect that he deserved, surrounding by his loved ones," she says. "We could not have asked for anything more."

A Family Legacy

In the weeks following Awtar's passing, the Dhanoa family looked back on his life with love and gratitude as they celebrated his legacy. "Papa Ji taught us the meaning of family when we were young and we will be sure to pass it on to the generations to come," Rupy adds.

In addition to the love found in their own family, the Dhanoas knew that Cowichan Hospice was there for them. This support let them focus on the positive instead of the negative, Rupy says, "I believe that, not only through the support of the family, but also with the support of Cowichan Hospice, the grieving process was easier."

After Awtar's death, both children and grandchildren made generous gifts to Cowichan Hospice House in his memory.

Volunteer Training in 2021

Over seven weeks in May and June, Cowichan Hospice core Deep Listening training was offered and a group of wonderful new volunteers joined the Hospice family!

Welcome to Brid Shine, Edie Brown, Jennifer Wright, Jim Lavers, Joy Bondy (returning volunteer), Leah Soer, Trish Stirling (returning volunteer) and Sanja Duggan.

Each new volunteer was paired with an experienced volunteer mentor, offering an additional layer of support and experience to tap into.

Later in the year, a two-day Deep Listening refresher course was attended by 12 volunteers. Facilitated by Heather Ferris, the course was an opportunity for experienced volunteers to connect and refresh around the companioning model of client support.

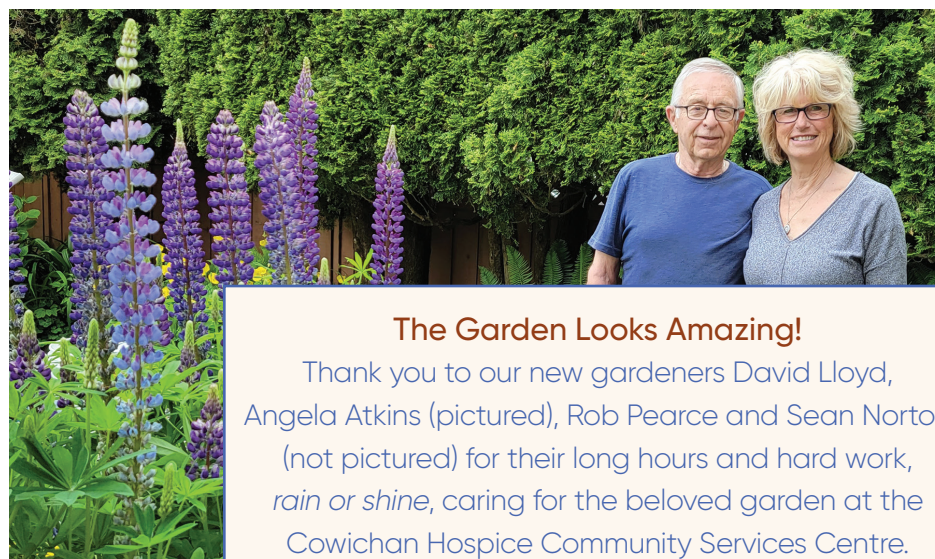
Two Volunteer Support sessions were held each month in 2021. In these sessions, volunteers learn from and support each other.

Maintaining Quality of Care as the Nature of Gatherings Changes

With deep appreciation, we thank the Hospice Volunteers who, even in the midst of the pandemic, provided emotional support in clients' homes, at the Community Services Centre on Gibbins Road and at Cowichan Hospice House, which opened in November 2020.

Volunteers adapted to changing public health guidelines by providing comfort and connection by phone, video or meetings in the hospice garden when indoor meetings weren't permissible.

Thanks to the support and building skills of Hylton McAlister, we have one more outdoor space available: a rain-proof, heated gazebo – a private 'room' that can be utilized year-round by clients and volunteers.



The Garden Looks Amazing!

Thank you to our new gardeners David Lloyd, Angela Atkins (pictured), Rob Pearce and Sean Norton (not pictured) for their long hours and hard work, *rain or shine*, caring for the beloved garden at the Cowichan Hospice Community Services Centre.

Tears are Welcome Here

By Marg Tames, Cowichan Hospice Volunteer

The room was quiet and the lighting soft as Ryan and I sat facing each other. In its immensity, his grief hung between us suspended in the air like a dark cloud. It was our first meeting but I knew that Ryan recently lost his wife Serena. Although they were in their 50s, they had been married only a short time. She was the love of his life and he was unable to contemplate a future without her. He had been having suicidal thoughts.

Quietly I said, "Would you like to tell me about Serena, Ryan?" and the flood-gates opened. She brought happiness into his life, he said, at a time when happiness was in short supply. Serena was his soul mate and they were meant to be together. But the future they planned together would now never be. It just wasn't fair. The memories of her short illness and of losing Serena were overwhelming and he could not imagine a life without her. Ryan started to cry and I moved a tissue box closer, assuring him, "Tears are welcome here."

At our second meeting we looked at photos of happier times with Ryan smiling through his tears. But then the realization she was gone surfaced again, and the light in him moved back to shadow. The roller coaster that is grief continued as we met in coming months, and Ryan talked and cried. He seemed to re-live every facet of their life together, the joy of finding love, the fun times, the struggle through Serena's illness, and the crushing pain of her eventual death. Often, as he described his feelings, he would pause and say, "Is this normal?" I would assure him it was.

As months went by Ryan expressed his gratitude for Hospice and for me. He still felt the need to talk about Serena but did not want to burden his family, and his friends thought he should just move on. But he wasn't ready to move on, so he was grateful for this special place where he knew he would be supported and heard.

When I began to see progress in Ryan's grief journey, I told him. He seemed to feel encouraged by this and confided he was starting to find enjoyment again, taking pleasure in being with people he cared for. He had also returned to hiking on the local trails which brought him peace. Ryan was thinking about the future too, about returning to the work he loved. He could even see himself meeting someone for companionship. She would never replace Serena of course, but it would be nice to have someone to spend time with.

"After all, I have a lot of life left to live," he said.

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But he wasn't ready
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Marg's Volunteer Story

I trained as a Hospice volunteer seven years ago and it has been a privilege to belong to such an amazing organization. On a constant basis I see the value and the impact of the work we do and I am grateful to be part of it. We make a difference in people's lives, often simply by being present for them in ways that others cannot or will not. One of our palliative clients said it well when reflecting on her journey with Hospice.

"The thing about Hospice," she said, "is when you find out you are dying most people walk away from you, but the people of Hospice walk towards you."

Rest in peace sweet B.

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visit cowichanhospice.org or call 250-701-4242.

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We have done our best to include everyone who made a contribution of \$200 or more between January 1 and December 31, 2021. We apologize in advance for any errors or omissions.

A Legacy of Love in Cowichan



Glenn Spicer and his wife
Diane Doucet

Glenn Spicer, a talented local sculptor and stained-glass artist, had lived with cancer for 24 years. As his health declined, Glenn had one last project he was determined to create: a series of three stained-glass windows inspired by the natural beauty of the Cowichan region.

These windows, Glenn's "Stained Glass Trilogy," were commissioned for the Sacred Space in Cowichan Hospice House and, as it turned out, Glenn himself would be cared for at the house during its first year of operation.

Glenn's wife Diane says, "We often said how lucky we were, but we knew that his time was coming to an end very soon. What Glenn really, really wanted was to finish those windows. It was ... his legacy. He put his whole heart and soul into them. He wanted them to reflect nature because he loved nature and he wanted people to go in that sacred space and connect with nature when they couldn't go out in the forest."

Glenn had completed two of the stained glass

windows and was well under way with the third before he became too ill to complete it. It was then that he was welcomed

to Cowichan Hospice House to be cared for in his final days.

For Diane, Cowichan Hospice House was "like an island of sanity," both for the care Glenn received and for the support she received as

*That cuddle bed,
what a gift
that was!
Forty years with
that man ...
so to be able to
do that was the
most beautiful
thing.*



Glenn's legacy complete, in the morning light of the
Sacred Space in Cowichan Hospice House



Glenn at work on the first panel

Hospice House

a caregiver. "When we first entered it **was an enormous, enormous relief**. I felt that I was in a place that I could recharge myself to be a help for Glenn. You don't feel like you're in an institution. You feel like you are in a sacred place ... to share that final journey with the one you love."

She especially appreciated being able to snuggle up with Glenn as he got sicker. "That cuddle bed, what a gift that was! Since Glenn had the hospital bed in April, I had not laid down with him. Forty years with that man ... so to be able to do that was the most beautiful thing."

When Glenn died, the windows were almost finished—all but the soldering and installation—and he had passed that final work on to others. Glenn's legacy, his beautiful tryptic of stained glass, is now complete, creating a sanctuary of colour, light and nature within the Sacred Space in Hospice House.

Thank you Glenn.

Thank YOU for providing support to both Glenn and Diane, and to all in Cowichan who need your support through their most difficult times.



Nicky Lehwald and Donna Dougherty soldering



Installation, with extreme care!

Cowichan Hospice House Volunteers

Thank you to all who have volunteered at Hospice House since its opening in 2020.

These volunteers helped to create and strengthen our Hospice heart-centered presence. Each volunteered at least four hours a week, ensuring someone from Hospice is present at least eight hours a day, seven days a week to support the patients and their families, and the nursing staff.

Edie Brown	Heather Robb
Cheryl Cameron	Mary Kae Smith
Daniel Collins	Kirk Smith
Cora Dash	Trish Stirling
Beryl Mallinson	Marg Tames
Anne Matheson	Marja Tencate
Lorraine McWilliam	Dedie Tyson
Joan Milne	Kathryn Walter
Lorna Pierce	Sandie Young



Thank You, Volunteers

for Your Long and Dedicated Service to Our Cowichan Community:

5 Years:

Susan Cottell • Deborah Marc • Sandra Stevenson
Nancy Walker • Sandie Young

10 Years:



Andrew Fox

Following completion of volunteer training, Andrew was quickly pulled into the planning and development of Hospice House.

We were so happy to have him bring his institutional construction management expertise to the project. A lovely man, he showed his little-bit-tough seasoned construction boss side when we needed to review construction approaches and costing. Andrew has also taken care of us at the community office, doing all kinds of repairs large and small.



Lynda Gregg

For ten years, Lynda has brought her gentle spirit and skilled Therapeutic Touch skills, providing comfort and care to grief and palliative clients through the Hospice Wellness Room.



Cheryl Cameron

Cheryl has served on and scheduled the Hospital Visiting Team, provided one-to-one client support, and been part of the Hospice House Volunteer Team. Her heart, commitment and dedication to Hospice make a difference in the lives of many who seek support through Hospice.



15 Years:

Jamie Goodman

Joining the Board of Directors in 2009, Jamie served first as Treasurer and then, from 2017 to 2022, as President of the Board during a period of growth and change, including through the campaign to build Cowichan Hospice House and its opening. His calm and solid leadership was just what we needed to take us through these challenging and exciting times.

Jamie has always committed to do the best by staff, leading a board who ensured that Cowichan Hospice continues to be a great place to work and to volunteer, as well as a place to receive wonderful support.

I'm grateful to meet
and work with a team of
skilled, compassionate
and dedicated Hospice
staff who continually
inspire me.

-Marg Budd,
Hospice Volunteer

Advance Care Planning Workshops

There was a great deal of interest in our free virtual ACP workshop, newly developed in 2021.

In October and November, 24 community members joined in a two-part ACP workshop via Zoom. With information and support provided by our volunteer facilitators, participants made plans for their future health care and end-of-life wishes.

Watch your inbox for information about ACP workshops coming this fall.

So much more than just an excellent bookkeeper...

Stalwart Office Coordinator Nigel was kept busy keeping the parking lot clear over the winter, but this morning, our brilliant Bookkeeper Sanja beat him to it, with a smile, showing off her diverse skills!



**You have
given me hope,
confidence and
courage.
Thank you so
much.**

-Cowichan Hospice Client

Clients have
taught me about
myself, about being
present, about death,
fear, laughter, trust
and, mostly,
about dignity.

-Heather Robb,
Hospice Volunteer

Keeping Hospice Care in Motion



Part of a virtual Cycle of Life Tour for Vancouver Island Hospices in 2021, Mary Hof, Doyle Childs, Danna Lyngaard and David Pope pedalled hard on a very

hot day! In virtual rides in 2020 & 2021 the Cowichan Life Cyclers raised over \$37,500.

Dear Friends,

Thank you for stepping up to meet the challenges of people facing serious illness and loss at this difficult time.

2021 was a full-on pandemic year. Many dying people and their loved ones experienced separation and isolation over the past two and a half years. Grieving without the comfort of connection is much more difficult too. Thanks to you, staff and volunteers found innovative ways to remove barriers for people who most needed hospice support, connecting over the phone, by Zoom and in the beautiful gardens at the Gibbins Road Community Services Centre. We reactivated the walking group and reached out by text to clients who could not afford data for their phones.

We were honoured to be invited to support a healing circle with the Kwunut'sustal Counselling program at Cowichan Tribes as community members found their long-standing grief reignited over the deaths, disappearances and experiences of children in residential schools.

2021 was also the first full year that Cowichan Hospice House was open and you will find some wonderful stories of people's experiences in this report. Shelley Kuecks, Program Coordinator at Hospice House, has worked hard to help foster a caring team culture. As part of the care team, Hospice House volunteers were able to support people's choices and priorities to help them live well to the end of life. Volunteer care ranged from reiki treatments and custom breakfasts, to holding space for deep and important conversations.

Thank you for ensuring that Cowichan Hospice care is available when people need it most.



Christa Fox, President



Gretchen Hartley, Executive Director



As I look at retiring from my work with Cowichan Hospice this fall, I am filled with gratitude for the opportunities that I have had to work with the wonderful people of hospice.

It has been such a privilege to be a part of this caring community. I will remain a passionate supporter of the work that you do together.

I look forward to seeing you at a gathering in the fall (COVID-willing) when you can meet the new Executive Director.



Our Vision

Compassionate person-centered care through the journey to end-of-life and the bereavement that follows.

Our Values

Compassion • Respect • Integrity
Collaboration • Honouring Life
Equity • Accountability



Cowichan Hospice is honoured to provide care in the unceded traditional and ancestral territories of the Quw'utsun, Stz'uminus, Halalt, Lyackson, Penelukut, Ts'uubaa-asatx, Ditidaht and Malahat people.

2021 FINANCIALS

Balance Sheet

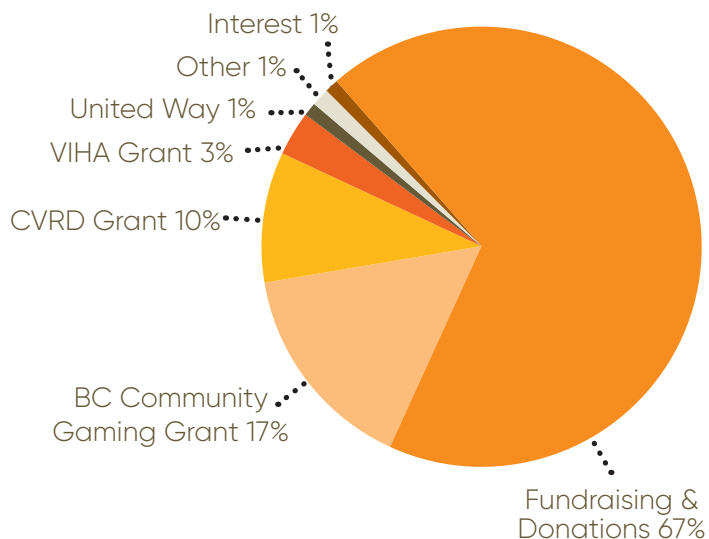
	Operating Fund 2021	Capital Fund 2021	Hospice House Fund 2021	Total 2021	Total 2020
Current Assets	\$ 792,344	\$ 267,093	\$ 1,858,305	\$ 2,917,742	\$ 3,628,297
Current Liabilities	\$ 188,812		\$ 1,858,305	\$ 2,047,117	\$ 2,968,880
Net Assets	\$ 603,532	\$ 267,093	\$ 0	\$ 870,625	\$ 659,417
Liabilities & Net Assets	\$ 792,344	\$ 267,093	\$ 1,858,305	\$ 2,917,742	\$ 3,628,297

Income Statement

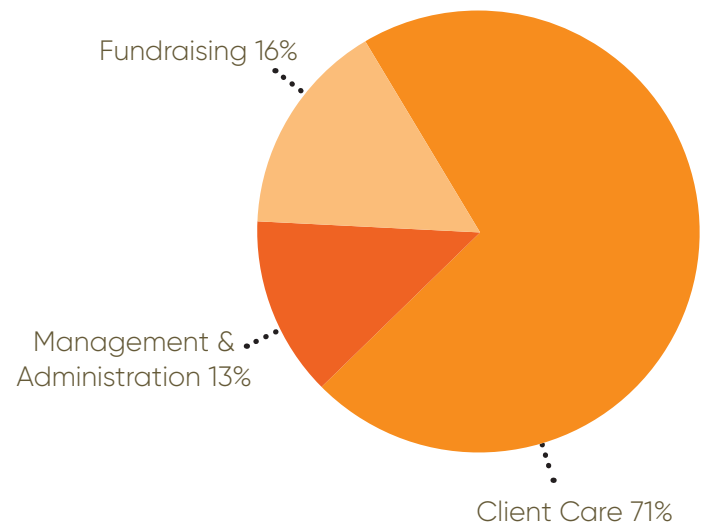
Revenues	\$ 649,577		\$ 382,945	\$ 1,032,522	\$ 4,042,072
Expenses	\$ 470,093	\$ 11,733	\$ 339,488	\$ 821,314	\$ 3,842,978
Excess Revenue Over Expenses	\$ 179,484	\$ -11,733	\$ 43,457	\$ 211,208	\$ 199,094

Volunteers contributed \$112,600 of value in 2021 when calculated at \$20 an hour.

OPERATING REVENUE



OPERATING EXPENSES





COWICHAN HOSPICE
COMMUNITY SERVICES

3122 Gibbins Road
Duncan BC V9L 1G2
250-701-4242 | 1-888-701-4242

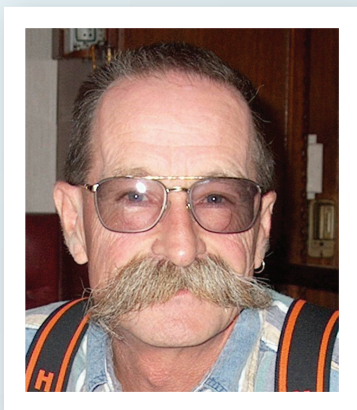
cowichanhospice.org
frontdesk@cowichanhospice.org

Cowichan Valley Hospice Society
Charity BN/Registration number:
11887 8388 RR0001

Open your
Heart
to Hospice.



Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island



A Taste for Adventure and for Generosity

In April of 2021, Larry Hurdle invited Gretchen Hartley to talk about his plans to give back by making a gift in his will.

Sitting on his bed, Larry smiled in welcome, bright blue eyes twinkling.

When I commented on the Harley Davidson on his T-shirt, he told me that until recently he'd owned four of the bikes. He'd always had a taste for adventure, once skipping out of high school with four friends to charter a plane to Long Beach, a spot he loves to this day. In addition to Harleys, Larry drove many classic cars and he shared a photo of a prized 1966 Pontiac Grand Prix Parisienne.

Larry also collected and filled his home with art. Born and raised in Victoria, he graduated from Victoria High School with a specialty in fine arts. When his first career as a heavy equipment operator ended with an injury, Larry retrained and became a driver instructor for large trucks.

After a nine-year journey with cancer, Larry was exhausted and ready to die when he arrived at Cowichan Hospice House.

However, once he'd experienced the care, he said, "I wanted to stick around a bit longer to enjoy and finish my time peacefully."

Larry really enjoyed Therapeutic Touch treatments from volunteer Sandie. He was nervous to start, but didn't even know when she left the room because he had fallen into a peaceful sleep. He also said how much he enjoyed the window display with bunnies and Easter baskets that the nurses created for him. "Even though I am 70 years old, it made me happy!"

Larry died May 7, 2021, leaving a gift in his will so that others who follow him will receive the kind of care that he appreciated at Cowichan Hospice House.

