

BEACON

2020-2021

REPORT TO THE COMMUNITY





LETTER FROM OUR CHAIR

Given all of the challenges inherent in trying to run a charitable operation in the midst of a pandemic, the South Shore Hospice Palliative Care Society had a remarkably successful year.

As I look back on 2020-2021, I see a year of finding new and innovative ways to reach our community. Our regular Board meetings continued via Zoom as we developed our strategic plan, built policies and made operational decisions.

As a new Society, we spent much time introducing ourselves to the community. Our Facebook page and website are busy and both are used as vehicles to share information on our mission. We continue to receive positive feedback about our quarterly e-newsletter.

Although our gala fundraiser, Laughter is the Best Medicine, was postponed not once, but twice, before being cancelled, we still found ways to grow support for the Society and use the generous donations that had been provided for the event. We held a successful Facebook auction for the gift certificates and donations that were time sensitive.

New this year, our Christmas Craft Fair showcasing the talents of crafters from Lunenburg and Queens counties was well received.

Community business partners continue to be a wonderful support to our work and though there are many who donated to our events and cause, I would like to recognize a few who have been steadfast in their support:

Wile's Lake Farm Market, sponsor of our Mums in Memory Campaign

Gow's Home Hardware, their cash donation, Christmas basket campaign, and donation of goods

Tim Horton's Bridgewater, they made us SMILE

UPS, graciously donated a variety of print and advertising materials

Caico Mae Clothiers, their donations from the sale of ornaments and masks

Spitfire Signs, providing our banners and signage

To all of our business supporters, a sincere thank you.



Your support has enabled us to offer a number of initiatives that provide support to our community. Our busiest is our Beacon of Hope Fund, which provides financial assistance to those who need support to remain in their homes for end of life. This support ranged from transportation assistance, nutritional supplements, ambulance bills, hospital bed rental, and most commonly, in-home oxygen.

Prior to COVID-19 shutdown, a number of Coffee Club gatherings were held in Bridgewater. The Coffee Club provided an opportunity for widows to gather once a week for conversation and support. Also, prior to COVID-19, educational sessions were held on topics such as Advanced Care Planning and Care for the Care Givers. Now that Covid restrictions have been lifted these sessions and more will be offered.

Securing an office space in the Gateway Plaza in Bridgewater afforded us a location to meet our community, share resources and congregate as Covid restrictions permit.

Our liaison with Nova Scotia Health continued, as we worked with health officials to share our mission and bring forth a plan to enhance palliative services on the South Shore. We continue to emphasize the very real palliative care needs in Lunenburg and Queens counties. This year provided proof that our efforts are making a difference, as a five-bed single patient palliative unit at Fishermen's Memorial Hospital are expected to open before the end of this calendar year.

We are sincerely grateful for our positive relationship with Nova Scotia Health, our local health leaders, and for the outstanding palliative care provided by the professional palliative care services in Lunenburg / Queens.

None of the good work that we have accomplished would have been possible without dedicated and committed Board members, our wonderful cadre of volunteers and the tremendous support from our donors and supporters. A very sincere and heartfelt thank you to all who have helped to move our mission forward.

Yours in palliative care,

Trudy Johnson
Chair | South Shore Hospice Palliative Care Society

"Should you shield the valleys from the
windstorms, you would never see the
beauty of their canyons."

Elizabeth Kubler-Ross

Cover photo: Ruth Anne Whicher (left), owner of Caico Mae, seen here with Alice Stevenson, has supported South Shore Hospice Palliative Care Society through the sale of Christmas ornaments and masks.

Above: Trudy Johnson, Chair of South Shore Hospice Palliative Care Society (left) with Amanda Fancy (right), Owner operator of Gow's Home Hardware



ABOUT US

The South Shore Hospice Palliative Care Society was formed in 2018, by a group of citizens with a vision for quality and compassionate end of life care for the residents of Lunenburg and Queens counties. Through the generosity of our donors and in partnership with the Nova Scotia Health Palliative Care team, we support and promote compassionate care for individuals and their loved ones who are living with a life-threatening illness.

Goals

Promote the enhancement of community and staff knowledge related to current palliative care practice and services.

Promote the expansion of existing palliative care services.

Support the individual needs of palliative care patients and their families.

Promote and support the establishment of a free-standing Hospice.

Promote and support the creation of designated acute palliative care beds in South Shore Regional, Fishermen's and Queens General Hospitals.

Vision

Compassionate end of life care in an environment of choice.

Mission

South Shore Hospice Palliative Care Society promotes compassionate, accessible end of life care through partnerships, education, advocacy, and the provision of resources.

Above: Board members Marlene Downe (left) and Anne Freeman (right), hang a painting donated by local artist Linda Roe on the wall of our new office.



STRATEGIC PLAN

Background

An idea, an expressed need, and an enthusiastic group of founders resulted in the formation of the South Shore Hospice Palliative Care Society. In just a few remarkable years, the Society has become a reality.

Participating in the establishment of any charitable society can be a complicated, challenging endeavour. Working as a Board, in the establishment of the South Shore Hospice Palliative Care Society, has been an exciting, thought provoking enjoyable task.

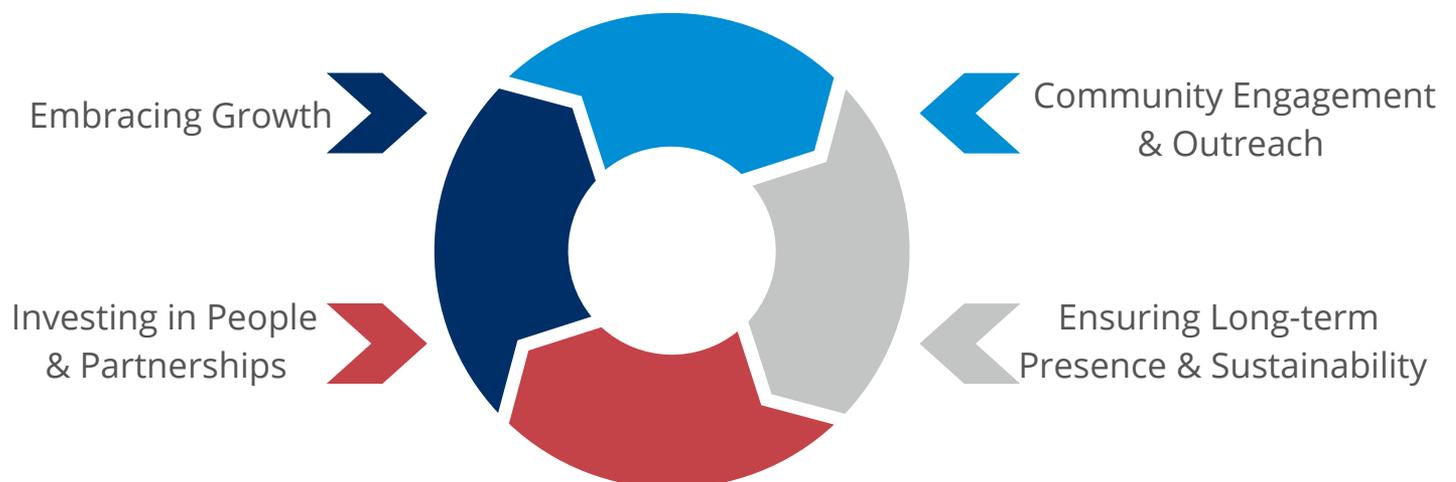
Our original focus was on start-up activities. Developing the Board and the foundation documents, mission, vision and processes that will serve as a strong base for moving forward, which we worked on in 2019 and 2020. Next was to develop a strategic plan that will guide us in moving forward. We began this work in 2021.

Process

No Board can make progress without setting strategic goals and plans. In early 2021, the Board met to develop a strategic plan that will transition us from the imagining and inspiring stage to setting the framework for an established charitable society. The Board was led through a series of brainstorming and discussions using the SOAR approach - Strengths, Opportunities, Aspirations and Results.

Outcome

The Board developed four strategic priorities or as we like to refer to them, our "Strategic Beacons". In 2021-2022 we set out our goals for each area and defined what success will look like. Stay tuned!



PROMOTING KNOWLEDGE



In keeping with our goal of education, particularly educating the community about palliative care and end-of-life, we held several sessions over the past year. We look forward to more in the coming year.

Advance Care Planning

In partnership with the Nova Scotia Hospice Palliative Care Association and the Retired Teachers Organization, we have trained a group of volunteers and offered sessions to guide people in Advance Care Planning - a process of reflection and communication, taking the time to think about your values, beliefs and wishes for care if you are unable to speak for yourself.

Caring for the Caregiver

Being a caregiver for a loved one can be a challenging, lonely, exhausting, yet rewarding experience. Often, the caregiver needs to be reminded of the importance of caring for themselves.

This past year we offered some education sessions for caregivers about how to better look after themselves.

Office Hours

Interest from the community in having a place where they could drop in and learn more about our work and find palliative care resources, led us to locate, renovate and open our storefront office in the Gateway Plaza. Volunteers are staffing the office four days per week. We are grateful for the increased exposure and engagement with the community that the space has allowed.

National Hospice Palliative Care Week

As part of National Hospice Palliative Care Week, the first week of May, our volunteers set up and hosted information kiosks in Caledonia and Liverpool, Queens county.

Reading & Resources

We provide updates of our work, available resources, book reviews and current events through our facebook posts, which have reached more than 17,000 people and through our website at www.southshorehospice.ca.

Above: Board member Judi Wambolt (left) and Nikki Canning (right) from Caledonia Pharma Choice, host an information and resource table.



PROMOTING EXPANSION OF PALLIATIVE CARE SERVICES

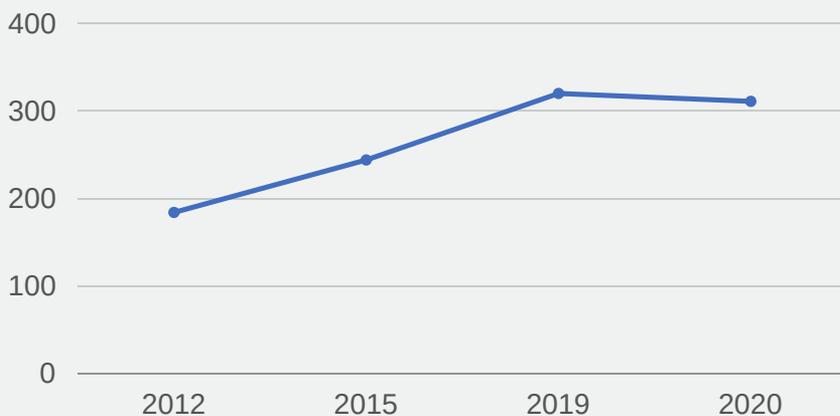
The Board of South Shore Hospice Palliative Care Society meets regularly with the Palliative Care Services team and senior leaders of Nova Scotia Health and Department of Health and Wellness to understand and promote services to meet the needs of individuals and families in Lunenburg and Queens counties who are living with life threatening and life limiting illness.

Over the past year a few families have also actively engaged in advocacy and media efforts to raise awareness and bring about action in maintaining and expanding palliative care services in our area - through letters to the editor, letters to local elected officials, social media and by partnering with us to share their stories.

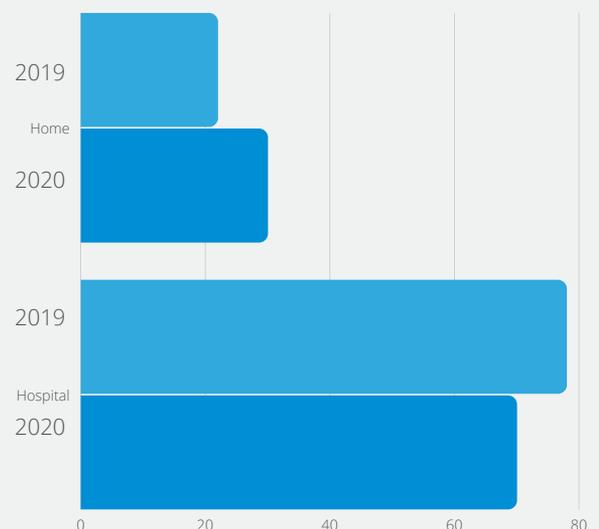
There was much community concern earlier this year with the retirement of Dr Gowan, our area's palliative care physician. After months of waiting, we are pleased to welcome Dr Caldeira, who has taken on the role on a part-time basis.

Our advocacy and programs will continue to promote the expansion of palliative care services in Lunenburg and Queens counties.

Referrals to Palliative Care Team



Where People Are Dying





SUPPORTING PATIENTS & FAMILIES

Beacon of Hope

Facing and navigating a life-limiting illness and palliative care can be enough of a challenge. Additional financial pressures for medical costs or equipment to maintain comfort and quality of life can cause unneeded stress.

New in 2020, our Beacon of Hope Fund improves quality of life for hospice palliative care patients and their families within the South Shore Palliative Care Service by providing temporary financial assistance. During the 2020-2021, we were able to provide assistance of up to \$1000 for 17 patients ages 12 to 86.

This needed support is funded by you, through donations to South Shore Hospice Palliative Care Society. For more details visit our website.

Coffee Club

Finding a safe place to share one's grief journey can be hard. In 2019-2020, we hosted Cooking for Care. With COVID-19 restrictions we were not able to continue with these. However, as restrictions eased during 2020-2021, we were able to offer a facilitated small group Coffee Club for widows. These informal gatherings gave comfort and companionship to those who attended.

The Solace Fund

Grief affects us all differently. Sometimes we need the help of professionals to guide us through. Over the past few years we have been hearing from you that assistance in accessing grief counselling is an area of need in our communities.

The Solace Fund was created in 2021, to provide support for grief counselling.



BEACON OF HOPE

"I have seen first hand the impact of the Beacon of Hope. Individuals have received funds for products and services that they would not have been able to access.

The requested items relieve financial stress and often enhance the individual's physical comfort and quality of life.

I would like to express gratitude for the South Shore Hospice Palliative Care Society's efforts to make this fund a reality. It has already impacted the lives of so many individuals and their families in Lunenburg and Queens counties."

Amy Fredericks, Social Worker
South Shore Palliative Care Services

COFFEE CLUB

"In April we were invited to join the Coffee Club on Tuesday mornings. This was no ordinary group getting together, but rather a group of ladies with one major thing in common. We were all grieving. For some the grief was fresh, while for others they were further along in the grieving process.

You would think that this would be a sad group, with lots of tears, but in reality it is quite different. Yes, there can be tears but laughter is very present, and no subject is off limits. Many new friendships have been made and for us, we have become walking buddies. We look forward to our Tuesday mornings."

Sue and Janeen
Coffee Club Participants

PROMOTING HOSPICE & PALLIATIVE CARE BEDS

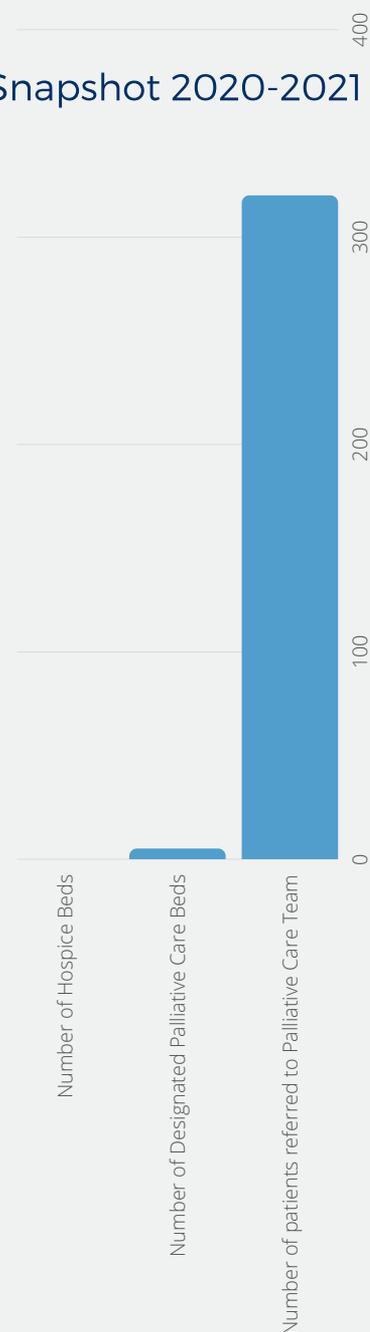
In 2021 the Department of Health and Wellness announced the creation of 5 palliative care beds in Fishermen's Memorial Hospital

The announcement of five single palliative care rooms at Fishermen's Memorial Hospital is welcome news! The rooms will open in Fall of 2021. We are happy to be partnering with our friends at Fishermen's Auxiliary and the Health Services Foundation to be sharing in the costs of renovating and refurbishing this much needed palliative space.

We will continue to advocate for palliative care and hospice on the South Shore.

Hospice and palliative care are moving forward in other parts of the province. We will continue to meet with Nova Scotia Health, the Department of Health and Wellness, political and community leaders to advance the expansion of hospice and palliative care in Lunenburg and Queens counties.

Snapshot 2020-2021



EVENTS & FUNDRAISING



FUNDRAISING, DONATIONS & VOLUNTEERS

Fundraising events held by the Society and community supporters have allowed us to offer our programs and set up our new office space in the Gateway Plaza, Bridgewater. The office has raised awareness of our society through its storefront exposure and offers people a location to find resources, make donations and meet our Board and volunteers.

Events this year have included:

- Facebook Auction
- Ornament & Mask sales - Caico-Mae
- Tim Hortons SMILE COOKIES -Bridgewater Tim Hortons
- Christmas Craft Market
- Gow's Home Hardware Giving Back
- Mums in Memory - Wiles Farm Market
- Rural Riches

Although COVID-19 has brought its share of challenges, we are grateful for the efforts of our dedicated volunteers and the support we receive from the community.

There is no way we could do all that we do and continue to grow without a dedicated team of volunteers at the Board level (10 Board members) and at the community level (over 50 volunteers).

Our fund administered by the Community Foundation of Nova Scotia (CFNS), received \$143,076 in donations. We were also able to deposit over \$23,000 into our operating account, including \$12,000 from our first Tim Hortons Smile Cookie campaign and just over \$9000 from other donations, fundraising and events .

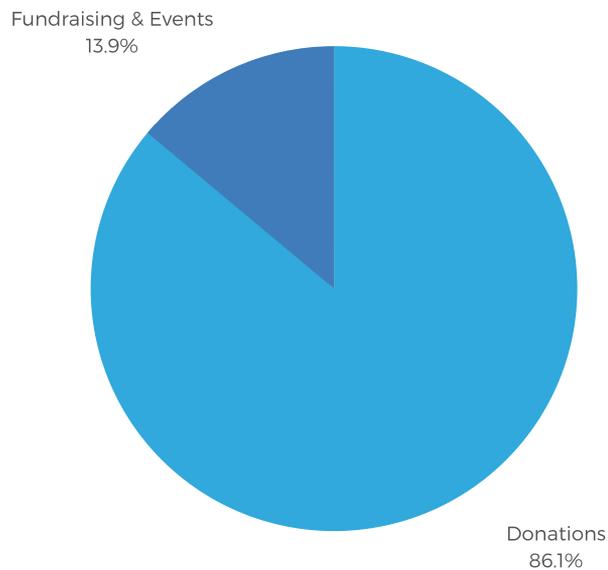
Above: Board member Anne Freeman (left) and volunteer Joanne Renaud (right) are among the volunteers ready to greet you at our new office space at Gateway Plaza in Bridgewater.

TOTAL RAISED \$168,082



FINANCIAL SUMMARY

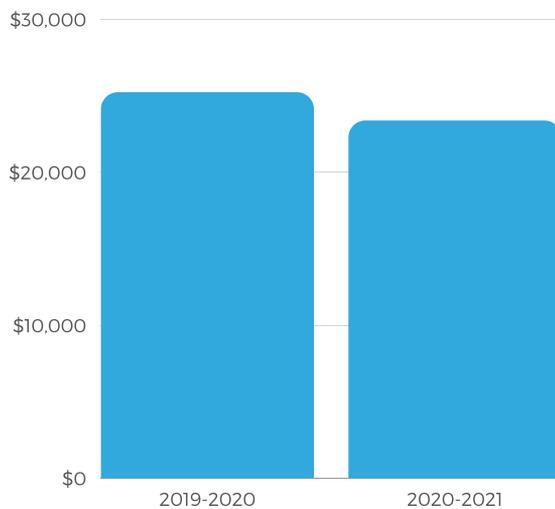
Revenue



The many COVID-19 related restrictions, required us to change our plans and experience reduced revenues. However, through careful monitoring and purposeful expenditures, we have had a positive year.

We are overwhelmed by the support we receive from the community, demonstrating the importance of increased awareness and access to quality end of life care in our communities. Thank you.

Fundraising & Events



Revenue

Donations Received	\$143,076
Donations not Received	\$1,650
Total Donations	\$144,726
Fundraising & Events	\$23,356
Total Income	\$168,082

Expenditures

Salaries and benefits	\$0
Insurance	\$1,034
Website & Computer Services	\$2,543
Office, Postage, Printing, Fees	\$3,233
Programs	
Beacon of Hope, Coffee Club, etc	\$3,900
Other	\$319
Transfer to CFNS	\$143,076
Total Expenditures	\$11,029

Surplus \$13,977

*Board approved financial statements available on request

OUR BOARD & COMMITTEES



Board Members

Trudy Johnson (Chair), Alice Leverman (Vice-Chair), James Snyder (Treasurer), Anne Freeman (Secretary), Marlene Wheatley-Downe, Liz Finney, Shelley Mann, Nancy Stabenow, Judi Wamboldt, Ruth Anne Zwicker

Education Committee

Shelley Mann (Chair), Susan Cochrane, Joanne Purchase Renaud, Hilary Scott, Tom Summers, Donna Wentzell

Finance Committee

James Snyder (Chair), Jamie Ernst, Cindy Pettipas

Development Committee

Marlene Wheatley-Downe (Chair), Dawn Curry, Helen Demeny, Kathy McNally, Catherine Norman Donovan, and Karen Wall

Governance Committee

Nancy Stabenow (Chair)

Communications Committee

Liz Finney (Chair), Dawn Curry, Lisa McCabe, Anne Walker

Volunteer Committee

Judi Wamboldt (Chair), Joanne Purchase Renaud, Ruth Anne Zwicker



South Shore Hospice Palliative Care Society

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