

# Annual Report 2022/23



**Embracing life's moments and providing care and support through the journey.**



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# About Us

We provide compassionate support and professional care to individuals and their families as they journey through the challenges of life-limiting illnesses and end-of-life transitions. Whether in a home or hospital setting, the experienced staff and trained volunteers of Beth Donovan Hospice give of themselves to ensure that the families receive the assistance, support and guidance they need.

## OUR MISSION

“Bringing hope and healing to the community through compassionate support and end of life care”

## OUR VISION

“Embracing Life”



# Meet the Team

## OUR STAFF

**Executive Director: Sue Walker**

**Manager of Clinical Services: Melissa Hill**

**Grief Counsellor: Megan Dillenbeck**

**Program Assistant / Volunteer Coordinator: Janet-Lee Ferris**

**Outreach Coordinator: Amy Tibben**

**Marketing Coordinator: Emily Angel**



## BOARD OF DIRECTORS 2022-2023

**Lynne Turnbull, Board Chair**

**Peggy Vandervoort, Past Chair**

**Rose-Lynne McDougall, Treasurer**

**Linda Carnegie, Board Member**

**Victor Desroches, Board Member**

**Rita Pettes, Board Member**

**Maureen Taylor-Greenly, Board Member**

# A Message from the Board



Greetings from the Board of Directors, June 2023

As summer settles in, we look forward to enjoying our outdoor spaces, watching the gardens grow, and spending time together. Reflection on the past year demonstrates how hard the staff and volunteers have worked to ensure our programs flourish and our community is well supported. From a very successful Rural Hospice Day, several local Death Cafes, and many outreach events into our communities, to our day-to-day operations, we couldn't do it without the dedication of staff and volunteers and the support of our wonderful community! Numerous fundraisers have ensured our free services continue to support our community and meaningful programs are delivered, including home visiting, Day Hospice, counselling services, caregiver support, equipment lending, and community connections. Looking ahead to what the next year brings, we continue to be creative in ways to best support those in need, to be a strong presence in our community, and to "bring hope and healing to the community through compassionate support and end of life care".

Lynne Turnbull, on behalf of the Beth Donovan Board of Directors

## Executive Director's Report

2022 was a year of transition. We slowly moved from lockdowns to no masks to eventually no more Covid testing! With the transitions came an amount of fear and hesitancy amongst staff, clients and volunteers as to what "normal" would look like again. Fast forward to the fall of 2022 and we were back in full swing with all clients returning in person for full days at Day Hospice and counselling and support groups returned to in person with virtual options. One valuable lesson that we learned from the pandemic was how much we all needed each other. The opportunity to come together in person to socialize or to meet to discuss new programming or to share struggles in person is so important. We have heard from other agencies of how many volunteers were lost due to Covid and at BDH we are proud to say we only lost 2 volunteers during the many months of struggles. The importance each and every volunteer has to the day to day operations is immeasurable! We could never accomplish what we do without each and every volunteer that we are so fortunate to work with. I personally would like to express my heartfelt thanks to all of the staff and volunteers for helping us get through the pandemic and for helping us to grow and remember how strong we are together.

Sue Walker, Executive Director

# A Year in Review

## HIGHLIGHTS AND ACCOMPLISHMENTS

### Day Hospice

- Welcomed the return of in-person Day Hospice.
- Launched "Day Hospice on the Road" to showcase this program and connect with other communities.
- Brought back Day Hospice outings. Clients enjoyed garden tours, picnics, and fishing trips to name a few.

### Clinical Assessments

- Moved back to in-person clinical assessments and home visits.
- The Hospice nurse returned to rounds at the Kemptville District Hospital after COVID restrictions relaxed. Attending rounds provides a direct connection with hospital programs, staff and referral sources.

### Caregiver Supports

- Caregiver support groups moved back to in-person formats and were supported by 2 trained volunteers. Self-meditation activities, therapeutic art, guided journaling and caregiver education sessions were added to further support our caregivers.
- Held our first caregiver retreat that offered yoga, massage, guided journaling and a tea lunch.

### Community Involvement

- Set up information booths at markets and fairs around the community to increase awareness of hospice care.
- Launched satellite office hours at North Grenville Public Library and Merrickville Library to increase visibility and access in our community.
- Hosted Guided Journaling session in-person and over zoom to engage the public, promote hospice as well as support clients and volunteers.

### Fundraising

- Returned to in-person fundraising events. Hike for Hospice drew in more corporate sponsors and raised over \$15,000 in funding for BDH.
- 30th Anniversary fundraising campaign "30 for 30" was launched and the goal of raising \$30,000 for BDH in its 30th year of serving the community was achieved through multiple initiatives including a social media/direct mail campaign, community event/workshop fundraisers and the Butterflies for Hospice, paper butterfly campaign.
- Selected as one of the charities for the 100 Women Who Care North Grenville. BDH was awarded the top donation, receiving over \$3000.

## Media

- Developed new promotional videos for BDH to post on the YouTube channel and the website. Topics included 30 Years of Service, Volunteering, Grief and Bereavement, and Client Experience.
- Published a quarterly newsletter that was distributed via email, the BDH website and was available in a printed format.
- Became a regular contributor on Your TV: FYI with Kathy Botham to showcase hospice events and programs.
- Published regular articles into the Merrickville Phoenix, NG Times and the Kemptville Advance

## Grief and Bereavement Programs

- Expanded the Support and Share Bereavement Groups to incorporate 2 different stages of loss: Recent Loss and Continued Grief.
- Increased Network of Support offerings to include one on one volunteer bereavement support, a walking group and therapeutic art workshop.
- Continued the development of the Labyrinth and Healing Garden.
- Hosted a Lights of Love Remembrance Gathering and 2 in-person Death Cafe events.
- Collaborated with Breyere on a Bereavement Support Research Project.
- Supported the distribution of Bradlee Zuruldo's poetry book as a fundraiser for BDH.

## Volunteers

- Held 2 Volunteer Appreciation events.
- Provided 2 in-person and 3 online training/educational opportunities.
- Facilitated 2 share and support gatherings for bereavement volunteers.
- Trained 7 new hospice volunteers who are now actively volunteering with us.
- Volunteers gave a total of 5718 hours to Beth Donovan Hospice.
- 44 - number of in-home visiting clients we have served

## Medical Equipment lending

- 529 pieces of medical equipment we lent out in the community.
- A medical committee was formed to help coordinate organizations that lend out medical equipment in the community. This group helps support medical equipment requests and ensures that usable medical equipment does not go to the landfill. This committee has also committed to redistributing soft supplies that can't be returned or re-used in Canada. By partnering with organizations that can ship overseas, this committee has helped fill two 40 ft sea containers of soft supplies that have gone to Africa and Haiti.



## JUNE CALLWOOD VOLUNTEER AWARD

**25** Years of Service:  
Pat McGahey



## CLINICAL ASSESSMENT

**10** Clinical assessments/  
re-assessments per month



## Bereavement Bags

**50** Bags Distributed



## INDIVIDUAL COUNSELLING

**250** Counselling Sessions  
40 individual clients served

## EQUIPMENT LENDING

**529** pieces of  
equipment lent out to  
the community



**Most In-Demand:**  
Commodes &  
4 wheel walkers



## HOME VISITING

**44** In-home  
visiting clients  
served

## TRANSPORTATION

**2134**  
number of km driven by our volunteer  
drivers

## VOLUNTEERS

**5718** volunteer hours donated  
by 58 volunteers



# The Year in Pictures



# Special Events 2022



## **Beth Donovan Hospice Welcomes BJ Miller**

Last October 2022 we had the great pleasure of hosting Dr. B.J. Miller as part of our first ever Rural Hospice Day. Dr. Miller was incredibly accommodating and even insisted on squeezing in a visit to our hospice to see how hospices operated in Canada. He mesmerized the audience with his living room type discussion on palliative care in 2022 and stayed to answer every single question that any audience member had even if it was a request for a photo with Dr. Miller. Dr. Miller had never been to Central Canada and in fact had only visited BC so he was very excited to see everything that he could in his short 48 hour visit and left many special memories for so many people that came to hear him speak and for whom he took the time to get to know.

BJ Miller is an American physician, author, and speaker. He is a practicing hospice and palliative medicine physician and is best known for his 2015 TED Talk, "What Really Matters at the End of Life" BJ has been on the teaching faculty at UCSF School of Medicine.

## **Rural Community Hospice Day**

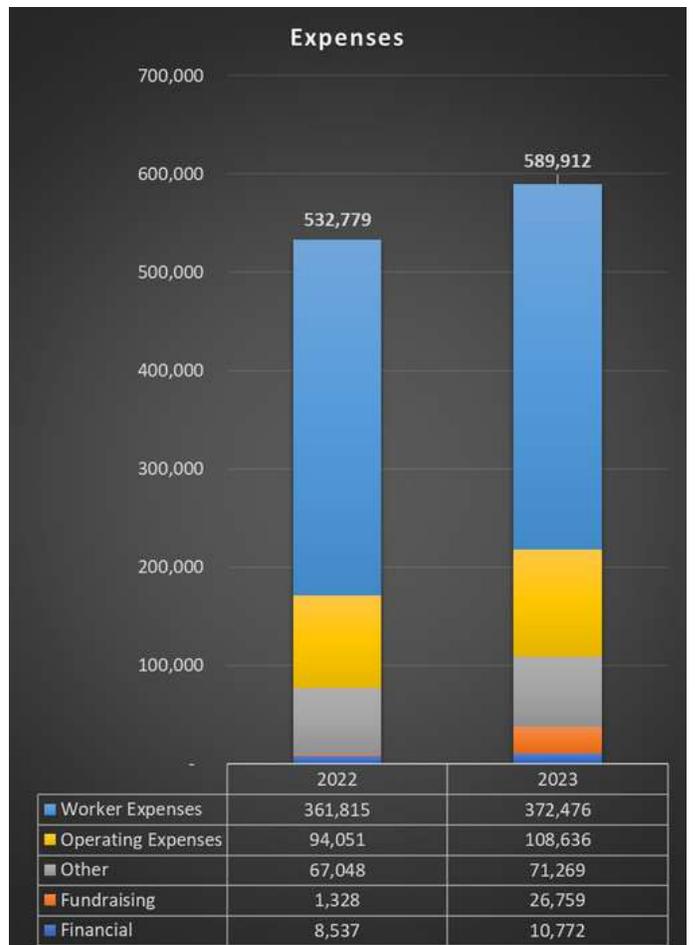
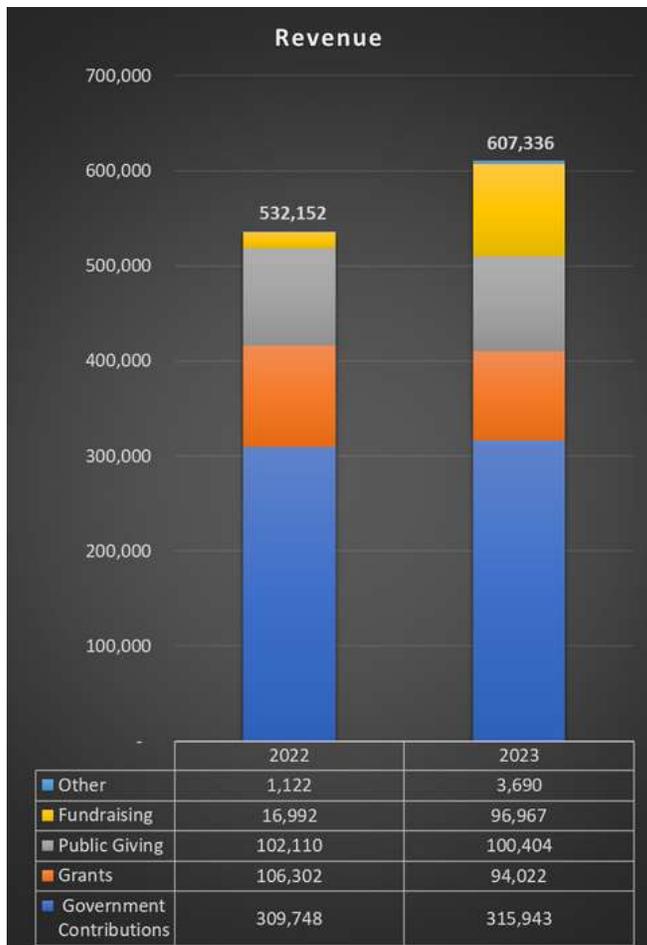
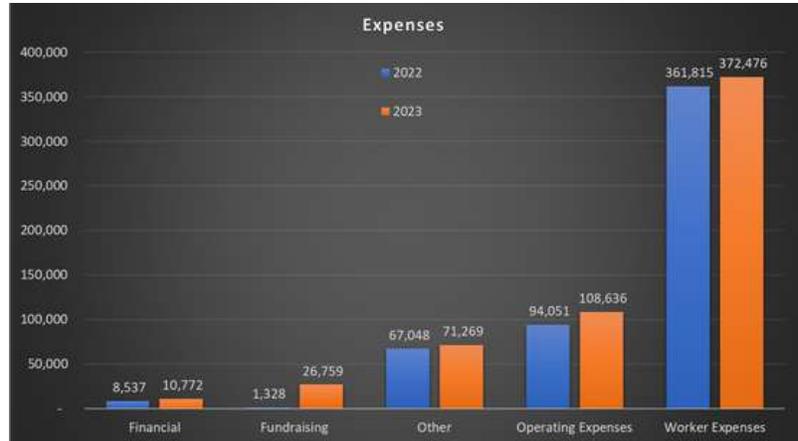
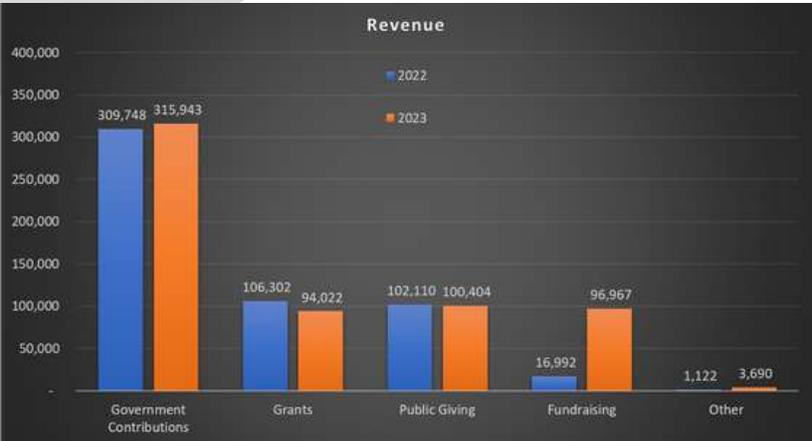
Beth Donovan Hospice hosted the first Rural Community Hospice Day on Friday, October 14, 2022. This day was developed to highlight the unique experience of Hospice Palliative Care in small communities.

We were excited to have David Kennedy, a trained trauma and grief counsellor with a long history in Hospice Palliative care as our keynote speaker. Through storytelling, David shared his rural community hospice experiences and spoke to the power of connection.

The theme Strengthening our Community Through Connection & Education was explored through the lens of:

- Improving Palliative Care in Your Community
- Showcasing Programs and Services
- Developing Engaged and Committed Volunteers
- Promoting Community Outreach

# Financials



# Funders



# Partners and Supporters

