



FOOTHILLS COUNTRY HOSPICE



Gentle Compassion & Expert Care

2020-21 COMMUNITY REPORT

countryhospice.org

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MESSAGE TO SUPPORTERS



I would typically highlight the many successes and challenges of the past year in my report to you, however this year I'm choosing to recognize and applaud our entire hospice team for their valour in the face of a global pandemic.

As we entered 2020, little did we know we would be faced with immeasurable changes to how we would provide care, comfort, and support to our patients, families, and each other. Hugs to comfort, shaking of hands, and all physical touching quickly became a thing of the past with the onset of COVID-19. This pandemic greatly altered our way of providing care and put a tremendous strain on our entire hospice team of staff, Doctors, and volunteers.

We now had a new normal. As our volunteers (75+) were restricted from entering our hospice we adjusted our sails, put on many different hats, and did our absolute best to care for and console patients, families, and each other. I cannot emphasize enough how incredibly proud I am of our extraordinary team. Their commitment, dedication, and support of each other was and still is second to none.

We also realize many of you have struggled greatly during this global pandemic, and we are most grateful to those who have managed to continue supporting our Hospice – whether by volunteering your time, offering words of encouragement or monetary support. Your generosity and kind spirit is what keeps our doors open, and I thank you from the bottom of my heart.

Dawn Elliott,
Executive Director

A handwritten signature in blue ink that reads "Dawn".

“ They treat every patient and family that enters their facility as their own family. They walked with my mother on her final journey and sat with my father during his darkest days. I can assure you my mother went in peace solely from the level of care and compassion she received.”

-Derek Smith

OUR PURPOSE

Mission

Embracing quality in living, compassion in death, and support in bereavement to the Foothills community

Vision

Reaching beyond our hospice walls to help one another through the end of life's journey.

Values





There is no one size fits all solution when it comes to grief. Everyone's circumstances are different and each person grieves differently.

Goals

- 1. Foothills Country Hospice Society will achieve long-term financial sustainability.*
- 2. Foothills Country Hospice Society is committed to excellence in safe, quality, family-centred care.*
- 3. Foothills Country Hospice Society will continue to embrace a culture that reflects our values.*
- 4. Foothills Country Hospice Society will broaden our reach to encompass compassionate community programming in the Foothills region.*

OUR IMPACT

The Hospice Difference

“Unlike the sobering atmosphere of a hospital, Foothills Country Hospice emanates sweet solitude and soulful comfort, welcoming terminally ill patients and their families into the warm embrace of hospice care. It is a merciful stopover on the homestretch of life.”

-Pat Fream, Journalist - Routes Magazine



114

Patients were provided with gentle compassion & expert care

DID YOU KNOW?

There is **NO COST** to patients for their stay or meals.

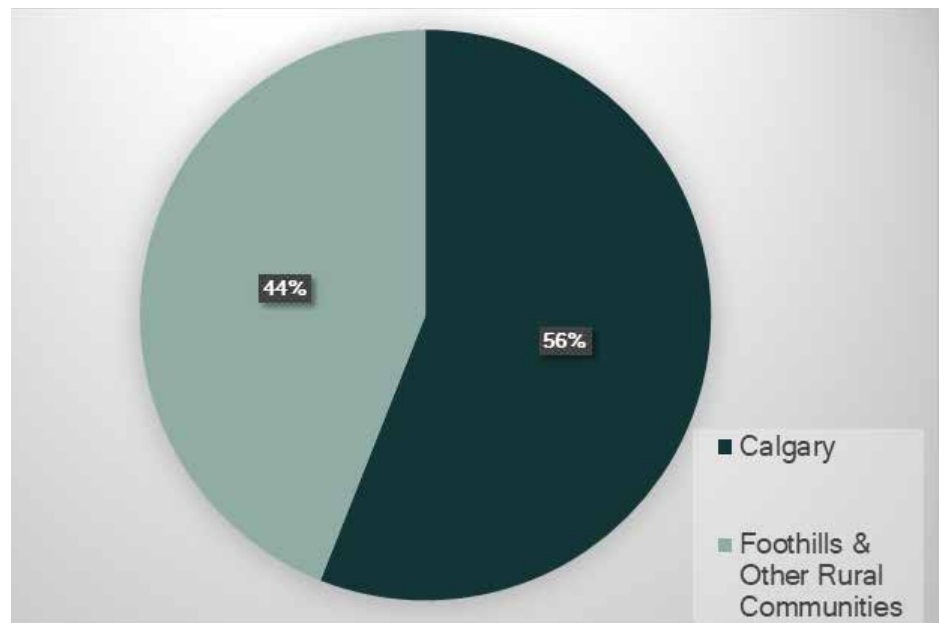


24

Days was the average length of stay at our rural hospice home

Since opening our doors in January 2008, we have cared for **1,227** patients and provided bereavement support to their loved ones

Resident Demographics



Comforts of Home

Foothills Country Hospice is located 1.5 km north of Okotoks on an 8-acre parcel of land, neighbouring golden wheat fields and nestled among forested landscapes with mountain views.

Our eight bed, 13,500 sq. ft. rural hospice home is designed to care for terminally ill adults and their loved ones in their final days or months of life. Attention is paid to physical needs, expert pain and symptom management, emotional and spiritual well-being and bereavement care.

OUR PROGRAMS

There is no one size fits all solution when it comes to grief. We want to help those who have experienced a loss find meaning and move through the stages of grief to begin the healing process.



Grief Counselling

Both individual and group counseling is offered to anyone in the communities we serve who has experienced the loss of a loved one.

Sessions focus on helping people work through their sadness, dealing with lingering guilt, and learning the coping mechanisms that can help them move forward with their lives.

Grief Connections

Now offered both in-person and virtually, our monthly grief group is open to anyone who has experienced the loss of a loved one.

Participants can expect a monthly topic for discussion and a safe space for connection, sharing your loved one's story and building peer relationships.

Compassionate Conversations

Specialty trained bereavement volunteers will schedule regular calls with grieving family members to offer a supportive, compassionate ear as their grief journey unfolds.

If issues arise that are more in-depth or require further supports, volunteers will engage our social worker and additional grief resources will be made available.



8

Individuals received grief counselling, free of charge.



19

People joined our Grief Connections support group



176

Bereaved individuals participated in Compassionate Conversations



536

Bereavement phone calls were made by Hospice volunteers to program participants

Note: Due to staff vacancies and COVID restrictions, in person programming didn't resume until November 2020.

OUR SERVICES



AROUND THE CLOCK END-OF-LIFE CARE

PATIENT CARE

Our professionally trained staff & volunteers provide around-the-clock end of life care, specializing in expert pain & symptom management, emotional & spiritual well-being and bereavement support. The focus of our care is on quality of life and we welcome patient and family input into all aspects of our service delivery.



ADVOCATING FOR PATIENT & FAMILY WELL-BEING

FAMILY SUPPORT

An integral part of our health care team, our Social Worker meets with patients to learn about their family history; listen to their expressed needs; help families determine what is most important; and offer resource information on financial concerns, legal issues, and end-of-life planning.



WE ALL GRIEVE DIFFERENTLY

GRIEF SUPPORT

There is no one size fits all solution when it comes to grief. Everyone's circumstances are different and each person grieves differently. We offer three types of bereavement programming to suite the differing needs of our clients. All grief programs are open to anyone in the communities we serve who has experienced a loss.

OUR SERVICES

OFFERING SPIRITUAL DISCUSSIONS & CONSULTATIONS

SPIRITUAL CARE

Spiritual support is part of our holistic approach to end-of-life care. We are happy to arrange spiritual discussion & consultation, or simply a supportive visit with spiritual care providers in our community. Upon request, we will also liaise with the resident's faith community or make arrangements with local clergy and pastoral care.



WEEKLY VISITS FROM OUR FOUR-LEGGED FRIENDS

PET THERAPY

Our pets visit weekly, bringing warmth and comfort to patients and their families. With gentle dispositions, our pets will often seek out those who are upset, snuggling with them when possible and offering companionship. These visits reduce stress and anxiety, provide comfort and bring smiles to everyone's face.



.....
“Wonderfully kind and AMAZING people. Thank you for the bereavement calls after dad passed. He (and us) couldn't have been in better hands. Your support was and will always be greatly appreciated.”

-Meg Johnstone, Facebook Review

.....

OUR VOLUNTEERS

Volunteers Are At The  Of Everything We Do!

4,164

Hours of
volunteer
service



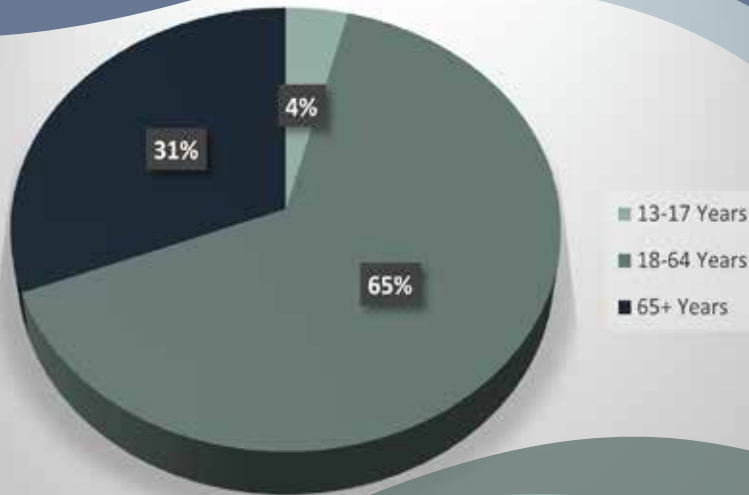
58

Volunteers
donated their
time & talents



69

Hours of
specialized
training



How They Support Us

- Work closely with our clinical team to provide patient care & comfort
- Offer bereavement support to grieving families
- Work alongside kitchen staff to assist with meal preparation
- Perform administration & reception duties
- Help to maintain our facility & gardens
- Assist with fundraising efforts & special events
- Create memoriam scrapbooks & sympathy cards
- Serve on our Board of Directors and committees

“I could not imagine my time at Foothills Country Hospice without the VOLUNTEERS – they were angels who held me up.”



Volunteers are an integral part of our multidisciplinary team.



Plenty of meaningful opportunities to volunteer their time and talents.



Ratio of volunteers to Foothills Country Hospice staff is 2:1.



VOLUNTEER TESTIMONIAL

“Every day that I leave from my volunteer duties at Foothills Country Hospice, I am, and will always be, eternally thankful for a reason for being! I live for the time I get to come to Hospice and offer what I have left of my life to this truly amazing organization. It is there that I see that there still exists wonderful people that care for the whole person – even us volunteers! I feel a true sense of belonging that I haven’t felt in a very, very long time.”

- Lynn (65+), Assists with Reception & Kitchen Duties



DID YOU KNOW?

It costs
\$1,035
per patient
per day

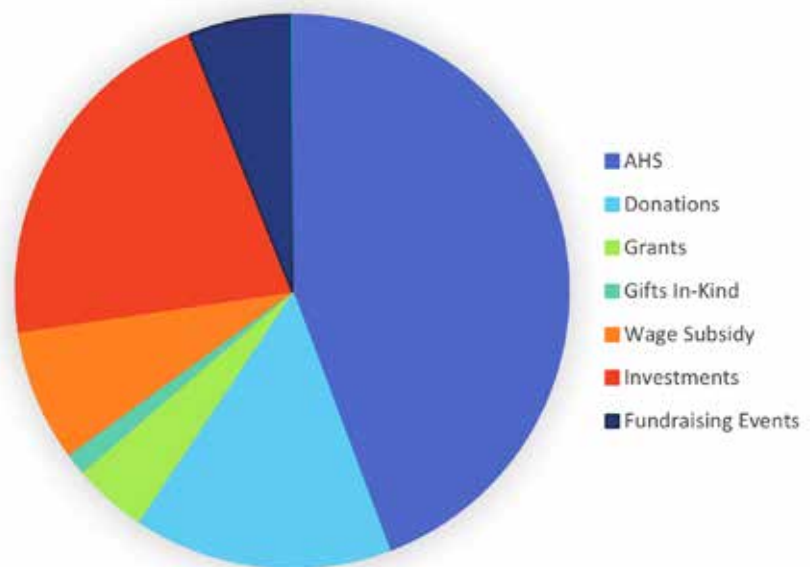
... which is
equivalent
to just over
\$3M
annually

AHS contributes
54% and we
are challenged
with fundraising
the remaining
\$1.4M
shortfall

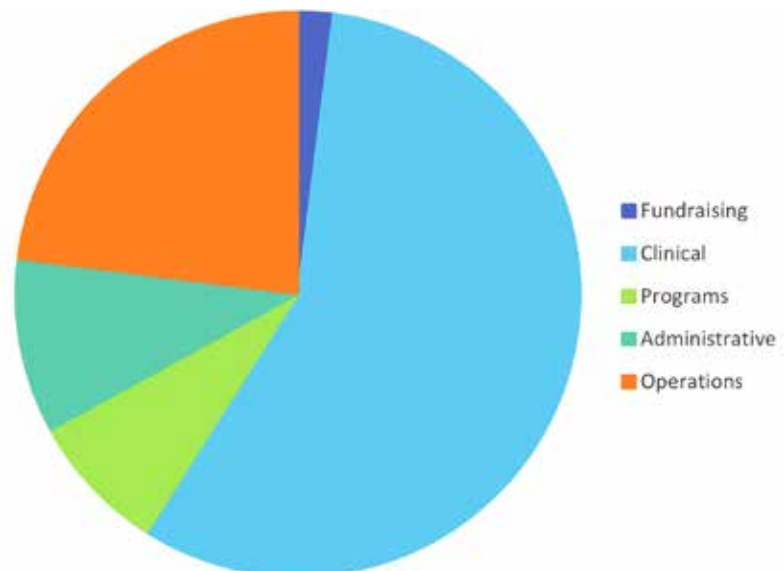
OUR FINANCES

Foothills Country Hospice Society is a not-for-profit organization incorporated under the Societies Act of Alberta on April 22, 2002 and is a registered charity under the Income Tax Act. The continued operations of Foothills Country Hospice is contingent on the on-going financial support of Alberta Health Services, fundraising activities and private donors.

Where Does Our Money Come From?



Where Does Your Money Go?



OUR WAYS TO GIVE

Make A Financial Donation

Help ensure terminally ill adults and their loved ones have access to quality end-of-life and bereavement care - when they need it most. Your donation will help fund our palliative services and bereavement programs for patients, families and community members.

Become A Hospice Hero

Make a monthly impact and join our Hospice Heroes Monthly Giving Program

- \$25/month provides a full day of home cooked meals and snacks for one patient
- \$60/month supports the purchase of weekly patient linens
- \$80/month provides a counseling session to a grieving person or family
- \$120/month supports the purchase of daily medical supplies required at Foothills Country Hospice.

As a Hospice Hero, you will receive:

- Exclusive updates about the impact of your gift
- A consolidated annual tax receipt in January
- Invitations to all annual Foothills Country Hospice events
- Recognition on future donor wall and in our Community Report

Host A Fundraising Event

From concerts to art shows, BBQs to fashion shows, people like you have found creative ways to support end-of-life care in the Foothills. By hosting an event in support of Foothills Country Hospice, you would join our community partners who believe in providing expert compassionate care to terminally-ill adults and their loved ones.

Donate Form Our Wish List

There are a few special items that we would love to have to better assist with providing expert palliative care and bereavement support. If you wish to donate funds towards a specific item, visit our Wish List online at countryhospice.org/wish-list

Save The Date!

2022

MAY 8

Hike For Hospice

Last year we raised \$66,000! Who are you hiking for?

2022

AUG

Rally 4 Hospice

Rev up your engines for our biggest fundraiser of the year! Date TBD

2022

NOV 29

Giving Tuesday

Join the national movement dedicated to giving back.

OUR SUPPORTERS

We wish to express our heartfelt **THANKS** to the following people and organizations who have made gifts to our hospice this fiscal year (April 1, 2020 to March 31, 2021). We are most grateful to all our donors and community partners who share in our vision to provide compassionate end-of-life and bereavement care in the Foothills.

3rd Party Fundraisers

The following list represents individuals, families, companies & community organizations who support Foothills Country Hospice by independently organizing a fundraiser and donating the proceeds of their efforts:

abstrAKT Barre Studio Fundraiser
Art for Charity by Scott Jackson
Bottle Drive by Kinley Thorn
Chinook Honey Company Raffle
Grad 2020 Vehicle Decals by Koreen Macleod
High River Toyota New Vehicle Campaign
Silent Auction by Katherine Leicht
Western Wheel Cares
Yoga For A Cause by Tanya Stembridge

Annual Donors

This list recognizes the generosity of individuals, foundations, corporations & community groups who have made a contribution of \$500 or more, including gifts-in-kind:

Undisclosed Donations

Warnick, Ken & Jane

\$50,000 to \$99,999

David & Leslie Bissett Fund,
Calgary Foundation

\$25,00 to \$49,999

Bar None Ranches Memorial Foundation
Jack Endersby Farms Ltd.
Jodie Sutor Consulting
Harold and Betty Allsopp Fund At Calgary Foundation
Spence, Dorothy & Chris
Town of Okotoks, FCSS

\$10,00 to \$24,999

Castiglione Family Foundation
Diana and Francois Poirier Foundation
Foothills County, FCSS
Friesen, Bob & Bev
Gardner, Mike
Hamilton, Bryan
Okotoks Ford Lincoln
Order of Saint Lazarus (Calgary Commandery)
Quinn, Beejay & Kelly
Senior, Maureen
Sobeys Okotoks
Southern, Margaret
The ScotiaMcleod Charitable Foundation

\$5,000 to \$9,999

Archibald, Sue
Bill Smith Marketing Ltd.
Bissett, Leslie E.

Currie, Laurie & Ian
Curzon, Eleanor
Davis, Anthony
Fraser Family Foundation
Harvey, Katie
High River Toyota
Huff, George
Infinite Chartered Accountants
Marchand, Tony
Mawer Investments
McFarlane Agencies (1976) Ltd.
Midwest Sports Ltd.
Moore, Sylvia
Morberg, Tony
Nerland, Carol & Nairn
Povhe, Ed
Stadnick, Larry & Leslie
The Calgary Foundation
Webber, Warren
Wunderlich, Joyce

\$1,000 to \$4,999

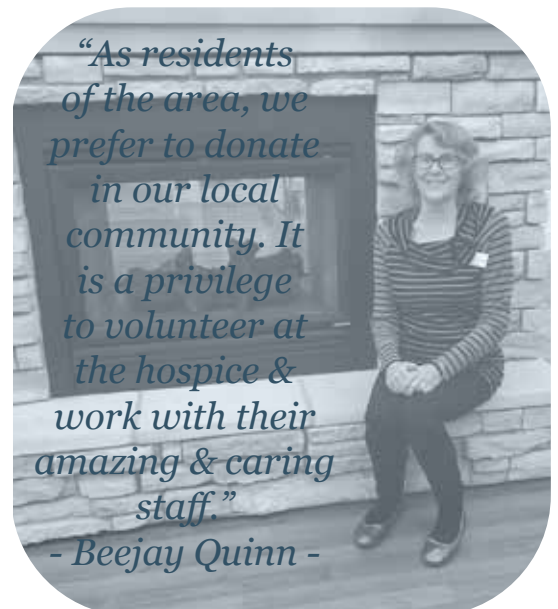
1st Canadian Medical Supply and Equipment
Alpine Drywall (Calgary) Ltd.
Annapolis Capital Limited
Anonymous
Associated Canadian Travellers - Calgary Club
ATCO EPIC
Ball, David & Jody
Banks, Jason
Barnes, Rick
Baxter, Milt
Belland, Liane
Berry, Margo & Brian
Bob Wallace Demolition & Excavation
Bordt Stone & Tile Ltd.

\$1,000 to \$4,999 Cont'd

Bow Mark Paving
Brant Lake Wagyu
Brasso, Einar & Donna
Campbell, Mark W. & Louise
CanadaHelps
Canyon Plumbing & Heating Ltd
Cargill Meats Ltd.
Carnmoney Golf Club
Carpenter, Marilyn & Ted
Castiglione, Margie & Norm
Cenovus Employee Foundation
Cobs Breads Centennial Village & Shawnessy
Chunta, Craig
DEKORA Staging Inc.
Desrochers, Denis & Marlene
Doetzel, Laurel
Driedger, Harvey
Dykstra, Adrian & Judy
Effect Therapy Ltd
Feedlot Health Management Services Ltd.
Francis, Don
Fraser, Ashley
Frederick, Paul & Linda
Gibson, Tannis Michele
Google
Gordon, Blair & Bev
Gordon, Tiffany
Gould, Eric & Gail
Goulet, Doreen & Derrill
Gray, Larry
Green, Gerald
Hawkins, Stephen
Heath, Sheila
Heschl, Alfred (Al)
Hill, Laird & Lisa
James C. Lozinsky Prof. Corp.
James, Brett
Johnson, Tracy
Johnston, Don J.
Jones, Jill & Garnet
Jones, Richard †
Lacey, John
Lamb, Julie

Langen, Henry
Langford, Jeff
Le Boutillier, Peggy
Lever, Nives
Lift King
Longson, Donna & Douglas
Lunder, James
Macenko Merkle, Sandra
MacLeod, Koreen
Make IT Inc.
Mansfield, Tom & Elaine
McDonald, Jim & Prue
McGill, Margaret
McIntyre, Pam
McKelvey, Margaret
McLean, Todd
McNally, Linda
Mendiuk, Brian
Miller, Barbara
Mills, Heather & Trevor
Mobile Solutions Of Calgary Inc.
Morasch, Loyde
Mowat, Theresa
Nagai, Eugene & Pamela
No Frills, Okotoks
P. Leckie Professional Corporation
Parker, Winston †
Partaker, Randy
Patel, Mitesh
Paypal Giving Fund Canada
Perkin, Matt
Peters, Michael
Phillips, Barry
Porsche Centre Calgary
Pribyl, Anna
Qualico
Rabie, Christo
Rainbow Country Dancers
Reitenbach, Richard
Robinson, Michael P. & Ivy
Rogers, Floyd & Heather
Rosie Joan Jewelry
Rourke, Rose
Savartka, Donna
Schamp, Kim

Seney, Ray
Sheep River Health Trust
Shutiak, Teresa
Sim, John
Smith, Kenneth (Ken)
Shroud, Brian
Stroud, Shirley
Sutor, Jodie
Town of Black Diamond, FCSS
The STASH - Luxury Garages
Thompson, Robert & Sherry
Town of Black Diamond, FCSS
Town of Turner Valley, FCSS
Triton Cleaning Products
Turner, Dale
Van Buren, Marc & Chantel
Van Esch, Marjan
Village Brewery
Ward, John
Welsh, Jane
Westersund, Paul & Diana
Wiebe, Wallace C.
Wiersma, Jim
Wood, Rory
Zacharias, John & Lenore
Zaheer, Raza & Kerrie



\$500 to \$999

Adam, Ron & Lynn
Anderson, Dave
Azuridge Estate Hotel
Bachand, Sandra & Claude
Bartnik, Sean
Blackfoot Metals Ltd.
Blasetti, Linda
Boake, Julie
Brecht, Lydia
Bryant, Debbie
Canadian Pacific
Carruthers, Jean
Cathro, Lorraine & Doug
Cherneski, Kaye
Chinook Honey Company Ltd.
Christ The Redeemer Catholic
Schools
Clifford, Steve & Tina
Close, Carol
Coli, Gordon
Coonfer, Douglas
Davis, Lane
Deglow, Ross
Dicks, Anthony
Dowding, Jillian
Enbridge Inc.
Engen, Aaron & Lorena
Fredericks, Tom & Charlotte
Friesen, Bob & Bev
Froc, Jay & Diana
Gilbert, Don & Rae
Gray, Marilyn S.
Gregor, Dale & Lynette
Griep, David
Guild, Carol
Gutek, Thomas & Gladys
Hepfner, Morley
Holland, Robert & Connie
Homeworks Custom Interiors Inc.
Ingraham, Rosemary

Jackson, Connie
James, Kaye
Jensen, Shawn & Tanya
Jones, Garnet
Jonker, Harry & Anne
Kearns, Jim
Kemp, Valerie R. (Val)
Krushelniski, Andrew
Kyfiuk, Jim
Leavitt, Marci & Mitch
Leicht, Katherine (Katie)
Ley, Janet
Lievaart, Paul & Beth
Lipkan, Cheryl & Ivan
Litchfield, Nathan
Lloyd, Lori
Loblaws Inc
Loeffelholz Tractor Parts Ltd
Lyle Reeves Funerals Inc.
Mark, Stuart
Mansfield, Tom & Elaine
McArthur, Sean & Jaquie
McClinton, Robert & Susan
McKay, Robbie & Gerri
Miller, Stacey
Morrow, Glen & Sandra
Myers, Brian R.
Nelson, Colleen
OK Tire & Auto Service
Palardy, Kevin
Palardy, Rick
Peckham, Winnifred
Piercy, Marie
Plains Midstream Canada
Pollard, Terry
Powell, (Dwight) Greg
Premium Artificial Lift
Systems Ltd.
Quality Tube Supply Ltd.
Raniga, Neel
Reichert, Henry
Reiss, Frances
Rooke, Thomas
Rose, Tim
Ross, Don
Salmon-Cherry, Brenda

Saxinger, Jeff
Schulz, Vince
Shaw, Wes
Sicotte, Brad
Siyaya Ltd
Smed, Nicola (Nicki)
Solle Interiors
Sprung Instant Structures Ltd.
St. Aidans Church
Suncor Energy Inc.
Sweet, Garry
Tannas, Douglas
The Cedar Shop
Thompson, Julie
Tiedje, Mike & Karen
Todd, Laura
Tyler, Terrence
Veale, David & Mary
Ward, Brian
We Wash Windows
Webb, Dixie & H. Anthony
Wedderburn, Kathy
Wiebe, Garry
Willumsen, (Tatiana A.) Tania
Wilson, Linda
Woodcox, Amanda
Woodlock, Fred



*“Supporting the
community we live
in is very important.*

*Foothills Country
Hospice offers loved
ones exceptional
care. What is
unexpected is the
beautiful setting,
depth of knowledge
& cheerful,
compassionate staff
& volunteers.”*

*- Sandra
Macenko Merkley -*

OUR BOARD OF DIRECTORS

Allison Bichel, Director
Senior Provincial Director,
Alberta Health Services

Linda McNally, Director
Community Leader
Extraordinaire

Nicki Smed, Director
Entrepreneur

Bob Buchanan, Director
Retired Financial Services
Executive

Dr. Greg Powell, Director
Professor Emeritus, Family &
Emergency Medicine, University
of Calgary; Founder & Director
Emeritus, STARS

Kerri Sprung-Avery, Director
Designer, KSA Designs

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Enbridge

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Seven Generations Energy

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Partner, Infinite Chartered
Accountants

Tiffany Gordon, Director
Director of Club House Operations,
Carnmoney Golf Club

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Barrister & Solicitor,
West-Legal

PROUDLY ASSOCIATED WITH



**ACCREDITATION
CANADA**

FIND US ON



*Box 274, 322001 32nd St E
Okotoks AB T1S 1A5*

PHONE: (403) 995-4673

*eMail: info@countryhospice.org
Web: countryhospice.org*



**FOOTHILLS COUNTRY
HOSPICE SOCIETY**

Gentle Compassion & Expert Care