



FOOTHILLS COUNTRY  
HOSPICE SOCIETY

*Gentle Compassion & Expert Care*

2022-2023

# Community Report

[countryhospice.org](http://countryhospice.org)



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# Message to Supporters



Foothills Country Hospice has a gift to offer the community.

My hunch is that much of the vitriol, anger, and division we see around us can be attributed to untended grief, and the hospice movement is uniquely positioned to meet this moment by offering support, tools, and compassion to a world in grief. To that end, 2022 saw the start of an expansion journey that will see us broaden our programs and services through outreach into the community. We get to take the hospice beyond these walls through new programs like Nav-Care, a non-medical, resource navigation and volunteer companioning program that supports adults who have a palliative diagnosis.

Expansion plans also include a new endowment fund to support operations into the next decade and an eight-bed wing that will increase our physical capacity to serve people within the walls of the hospice. With construction on

the new wing slated to start this summer, we'll be launching a \$15M capital campaign in the coming weeks.

**But physical expansion is much more than just a construction project. It's a labour of love firmly rooted in the vision of the hospice's founders.**

Ask people who know us what Foothills Country Hospice is like, and you'll undoubtedly hear how sacred and special a place it is, how eminently compassionate, and how generous the care.

This is the heart of hospice.

So, as we expand our physical and programmatic reach, we do so with a commitment to retaining the essence of what hospice is about. When we build—every nail, every sheet of plywood, and each load of concrete—we do so on the shoulders of those who first put shovels in the ground in 2007, those whose vision helps steer our planning today.

What a privilege it is to join the team at Foothills Country Hospice. Before I arrived, I'd only heard how special a place it was.

Now I know it firsthand.

In my short time here, I've seen countless examples of compassion in action, grace under pressure, and humble care in support of our residents and their families. FCHS owes a huge debt of gratitude to two outstanding leaders. Dawn Elliott, my predecessor, steered FCHS through more than a decade of challenge and growth. Dawn's leadership positioned us to embark on this new chapter. I wish her every happiness in retirement. Karen Tiedje served as FCHS's interim Executive Director following Dawn's retirement, and before I began. Karen led the team with humility, tenacity, and a heart the size of the hospice. We would not be where we are today were it not for the exceptional leadership of both Dawn and Karen. Thank you so very much. To the staff team, our amazing volunteers, and generous supporters, I thank you for the warm welcome and for being the heart of hospice.

Shaun Dyer,  
Executive Director



# 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



## 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-centered 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.

## The Hospice Difference

*Hospice helps to create space for people to live well right to the end of life. At FCHS, we do this by providing compassionate care that includes pain management, comfortable surroundings, nutritious food, and the freedom for loved ones to come and go 24/7 to be with their person right to the end.*



**1,419**

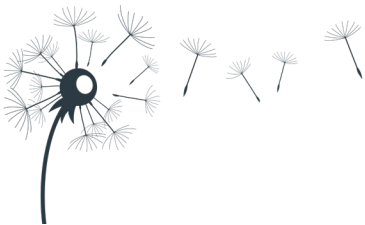
Residents and their loved ones have received care and bereavement support since January 2008.

“

*Foothills Country Hospice is a place where magical moments happen. It is for living life to the fullest.*

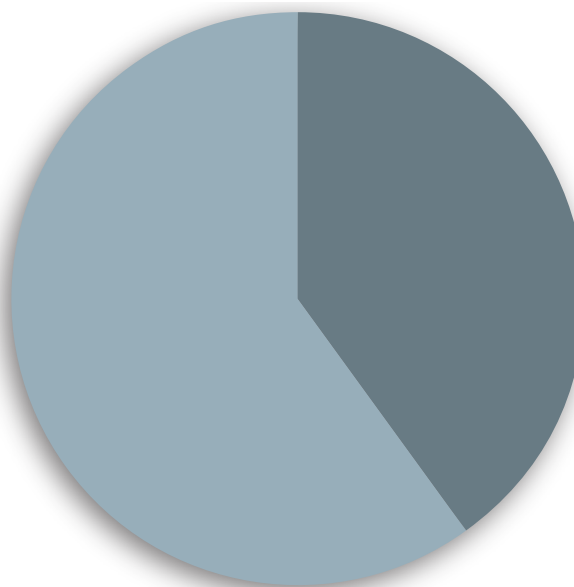
*- Elaine, wife of a FCHS resident*

”



**16**

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



FCHS ADMISSIONS

INPATIENT

COMMUNITY



**101**

Residents were provided with gentle compassion and expert care.

## Did You Know?

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



# 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 to find meaning and move through their grief journey to begin the healing process.*



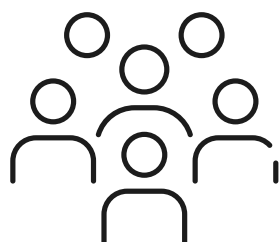
**26**

Individuals received grief counselling, free of charge.



**37**

People joined our grief support groups.



**151**

Bereaved individuals participated in our Compassionate Conversations program.

## Grief Counselling

Individual counselling is available to anyone in our community who has experienced a loss and who may benefit from more personalized support. We offer up to three 1:1 sessions with a social worker where participants will learn useful coping strategies while being supported in their grief experience.

## Grief Groups

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

Trained bereavement volunteers will arrange for 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 support, volunteers will engage our social work team and additional grief support resources will be recommended.





## Expressive Arts

Our expressive arts therapy program provides opportunities for those experiencing grief to socialize, connect, and share with others. Expressive arts includes a variety of therapeutic and creative events and workshops aimed at helping people process and work through their grief in a supportive environment.



**17**

People joined our Expressive Arts therapy programming.



**105**

Bereavement Boxes were provided to grieving individuals.

## Bereavement Boxes

Bereavement boxes support individuals following the loss of a loved one by providing grief resources and coping strategies. It can be a tangible way for someone to have access to resources that they can use in their own time.

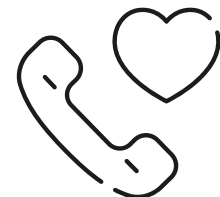
“

*Family Support is exceptional.*

*Patience, kindness, and compassion lives here.*

*– Resident Family, March 2023*

”



**706**

Compassionate phone conversations took place throughout the year.



# Our Services



*AROUND THE CLOCK END-OF-LIFE CARE*

## Patient Care

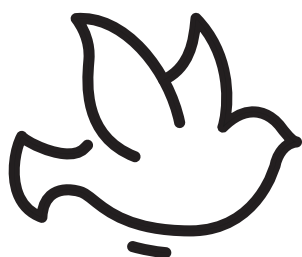
Our professionally trained staff & volunteers provide around-the-clock end-of-life care, specializing in expert pain & symptom management, emotional & spiritual well-being and bereavement support. The focus of our care is on quality of life and we welcome patient and family input into all aspects of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



*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.



*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.

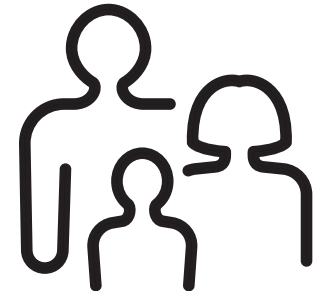




ADVOCATING FOR PATIENT & FAMILY WELL-BEING

## Family Support

As an integral part of our healthcare team, our Social Workers meet with patients and their families to learn more about them, listen to their expressed needs, and offer emotional support. If required, social workers can also assist with providing resources and information for financial concerns, legal issues, and end-of-life planning.



WE ALL GRIEVE DIFFERENTLY

## Grief Support

Everyone's circumstances are different, and each person grieves differently. With our newly expanded grief support program, we offer five types of bereavement programming to suit the differing needs of our clients. All our grief programs are open to anyone in the Foothills community who have experienced the loss of a loved one.



BRINGING HOSPICE CARE TO THE COMMUNITY

## Community Support

Through the introduction of Nav-CARE and No One Dies Alone (NODA), we can provide support to Foothills community members living with a palliative diagnosis who may benefit from volunteer companionship.



# Our Volunteers

*Volunteers are at the heart of everything we do both here at Foothills Country Hospice and out in the Foothills community.*

8,389

Hours of  
volunteer  
service



99

Volunteers  
donated their  
time & talents



193.5

Hours of  
specialized  
training



Volunteers are an integral part of  
our multidisciplinary team.



Plenty of meaningful opportunities  
to volunteer their time & talents.



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

## 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 & committees

## Palliative Volunteers

Connecting with our programs means connecting with a supportive team. Foothills Country Hospice has a large pool of palliative and bereavement support volunteers who have taken an additional 30+ hours of specialty training to better serve the hospice and the community with all palliative, end-of-life, and bereavement needs. These volunteers can offer both support and guidance to help maximize quality of life.



“

*I am very proud to be able to volunteer here and thankful there is a place like this available to families.*

*- Foothills Country Hospice volunteer, 2022*

”





# 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.*

## Did You Know?

It costs

**\$1,035**

per patient  
per day

... which is  
equivalent to  
just over

**\$3M**

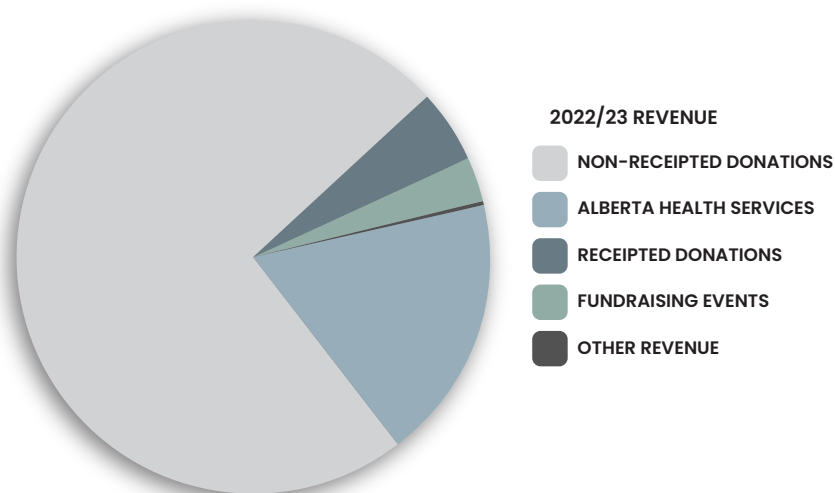
annually

AHS  
contributes  
57 per cent to  
operational  
costs and we are  
challenged with  
fundraising the  
remaining

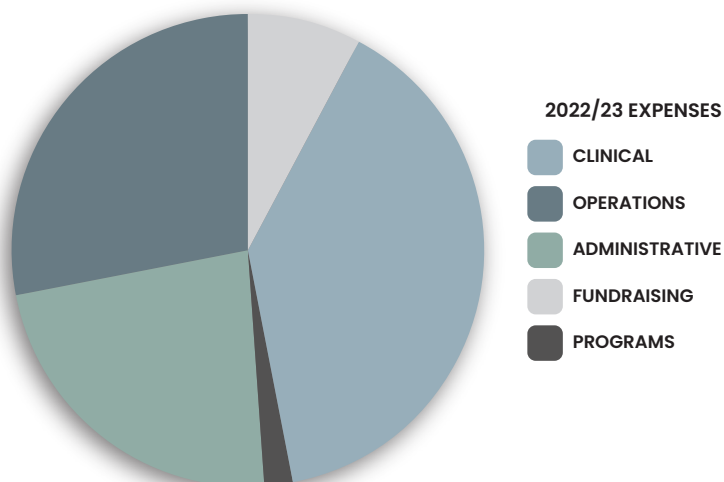
**\$1.4M**

Shortfall

## Where Does Our Money Come From?



## Where Does your Money Go?





# Ways to Give

*Would you like to ensure terminally ill adults and their loved ones receive the end-of-life care they wish for? Here's how you can help:*

## 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 residents, families, and community members.

## Become a Hospice Hero

Make a monthly impact and join our Hospice Heroes Monthly Giving Program. Here's how your monthly donation could help:

- \$25/month = A full day of home-cooked meals and snacks for one patient
- \$60/month = Weekly patient linens
- \$80/month = One grief counselling session
- \$120/month = Daily medical supplies

As a Hospice Hero, you will receive:

- A consolidated annual tax receipt in January of the following year
- Information about our annual Events and Fundraisers
- Recognition in our Community Report

## Host a Third Party Fundraising Event

Golf tournaments, BBQs, and concerts are just a few examples of creative ways you can 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.

## Sponsorship

We host large-scale fundraising events every year. Each event requires the support of generous sponsors from our community to help fund our expert palliative care and bereavement support. Sponsors receive promotional and advertising recognition in exchange for cash and/or gifts-in-kind to support the Hospice. If you are interested in learning more about our current sponsorship opportunities or have any questions, please contact [ralford@countryhospice.org](mailto:ralford@countryhospice.org)

## Save The Date

2023

**Oct. 28**

Gratitude and  
Giving Gala

A Mystical  
Masquerade

2024

**May 5**

Hike for Hospice

We raised over  
\$50,000 in 2023



# Supporters

*We wish to express our heartfelt THANKS to the following individuals and organizations who have made gifts to our hospice this fiscal year (April 1, 2022 to March 31, 2023). 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 FCHS by independently organizing a fundraiser & donating the proceeds of their efforts:*

Annual Hospice Spin Charity Ride – Kathleen Smiley

Blackie Lions Club

Chinook Honey Company Ltd.

COBS Bread Okotoks – Doughnation Day

Fisher Crescent Retail

Kinsmen Club of Okotoks – Projects Acct

Okotoks Dawgs Baseball Club

Western Wheel Cares Charity Fund

Accountants

Integrity Group of Companies

Jack Endersby Farm Ltd.

Lennirose Holdings Ltd.

Lynnwood Ranch

My Family Dental

Okotoks Ford Lincoln

Patel Private Wealth Management – RBC Dominion Securities

Quigley Electric Ltd.

Snodgrass Funeral Home (High River)

The Macenko Merkley Group – Scotia Wealth Management

Town of High River



*FCHS Executive Director, Shaun Dyer was presented with a cheque by Cherie Andrews on behalf of the Chinook Honey Company for \$6,630 on January 5, 2023.*

## Gala Sponsors

Ardiel Agencies (1978) Inc.

Bev & Blair Gordon – Century 21 Foothills Real Estate

Cindy Kruschel

Edge Wireline Inc.

High Country Chevrolet Buick GMC Ltd.

Infinite Chartered Professional

## Hike for Hospice Sponsors

Bev & Blair Gordon – Century 21 Foothills Real Estate

COBS Bread



*The Okotoks Centennial Centre was packed for the Foothills Country Hospice Society's 2022 Gratitude and Giving Gala.*

D'Arcy Ranch Golf Club  
Expressions  
Jack Endersby Farm Ltd.  
McDonalds  
Rotary Club of Calgary  
Sarcee  
Sobeys Okotoks

## 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.*

A. Leduc Developments Ltd.  
Ana-Maria Oelschig  
Angie Argue  
Anne & Rob Powell

Anthony Dicks  
Associated Canadian Travelers - Calgary Club  
Baldomero Tabigne  
Barbara Gordon  
Barbara Miller  
Bernadette Osiowy Professional Corporation  
Bevan Hoynick  
Bill Martindale  
Blackie History Book Committee  
Bob Thompson  
Bonnie Chant-Kinsman  
Bow River Business Services Ltd  
Brenda & Gordon Cherry

Brenda Walsh  
Brett Gates  
Brian & Audrey Rowland  
Brian Geddes  
Buckin A Inc.  
Carla Kratchmer, Kendra Wegener, & Leslie Wutzke (on behalf of the Estate of Winnifred Greer)

Carrie Styczen  
Catherine Neily  
Charlotte Fredericks  
Cheryl & David Griep  
Cheryl Chappell  
Colter Energy  
Cub Wright  
Daisy Schaab  
Dale & Cheryl Case  
Dan Leiding - T&T Disposal Services  
David & JoAnn Gilbert  
David & Leslie Bissett Fund at Calgary Foundation  
Dawne Hoynick  
Dayna Klippenstein  
Debbie & Brad Fraser  
Dixie & H. Anthony Webb  
Don Johnston



Don Marshall

Don Williams

Donna Cameron

Doreen & Derrill Goulet

Doug Longson

Dr. John Lacey

Eagle Engineering Co

Elaine Mansfield

Elizabeth & Ricardo  
Giammarino

Eric & Signe Tudor

Eric Paquette

Estate of John Woods

Evan J. Strong Funeral  
Services

Fraser Family Foundation  
(Kelly & Gail Fraser)

Garage Living

Garry & Bonnie Wiebe

Gary Skogberg

George Huff

Glen & Heidi – Panych GAP  
Environmental Inc.

Good Time Party Rentals

Gord & Tannis Dunham

Government of Alberta

Greg & Linda Powell

Gretchen Van Riesen

Honoring Janet Wilson  
(Ewout and Lynn Heersink  
Family Foundation)

Jack & Wendy Williams

Jack McEwen

Jane Gallacher

Jane Reed

Jane Welsh

Janet Gardner

Jeff Barr

Jennifer Zilm

Jillian Dowding

Jim & Prue McDonald

Joanne Birbeck

Joanne Cunningham

Julie Boake – Awedity  
Creative Inc.

Julie Drew

K.C. Landscaping &  
Maintenance Ltd.

Kathy Wedderburn

Katie & Greg Fisher

Kaye James

Kelly Quinn

Kevin Pashak

Kim Hessel

Lana MacNeill

Larry & Leslie Stadnick

Larry Gray

Laurel Doetzel

Laurie & Ian Currie

Linda Blasetti

Linda Wilson

## **Our Wonderful Hospice Needs a Hand**

**To raise some funds, as soon as we can.**

**At 81 years, I am here to walk,**

**So please come on over and let's have a talk.**

**I've been there to visit a time or two**

**The staff are great and the view is too!**

**What better place "to rest in peace"**

**Before we leave when trials cease.**

**~ MARGARET A. THIESSEN ~**



Lisa Gates

Lois Rosso

Louis & Charlene Nagy-  
Gyorgy

Marc & Crystal Kelly

Marg Cox – Cox Family  
Foundation

Marilyn Gray

Matt Geddes

Matthew Perkin

Matthew Vyse

McFarlane Agencies

McGill Brown Family  
Foundation

McInnis & Holloway Funeral  
Homes

Michael Lippert

Michael Peters

Nicola Smed

Norm & Margi Castiglione

Oliver Hallmark

Onyx Denture Clinic

Patricia Woods

Paul & Shelley Herr

Paul Kroon

Peak Pipeline Rentals

Peggy LeBoutillier

Pegi McGill



*Thank you to Nancy and Linda representing the Okotoks Branch 291 of the Royal Canadian Legion for presenting FCHS with a generous donation February 1, 2023.*

Peters Family Foundation

Phyllis Pope

Ray Seney

Raza & Kerrie Zaheer

Richard & Leanne Sigurdson

Ron & Lynn Adam

Ross Deglow

Rotary Club of Okotoks

Sandra Macenko Merkley

Scott Daniel Seaman

Memorial Fund at Calgary  
Foundation

Scott Forrest

Scott Myer

Sean Foley

Sheila Heath

Sheldon Crowdis

Sherry Chant

Shirley Goerlitz

Snodgrass Funeral Home  
(High River)



thank you

Foothills Country Hospice Society was one of the recipients of the 2022 Western Wheel Cares campaign.

Sobeys Okotoks

Steve Mann

Stuart Mark

Susan Endersby – Jack  
Endersby Farm Ltd.

Susann Lagore

Sylvia Moore

Tammy Pelletier

Ted & Lynda Shacklady

TELUS Communications Inc

Terry Allwarden – Remax First

Terry Tobin

Tess Shutiak

The Robert E. Spinney Fund

The Sheila Spinney Gift Fund  
& Family

The Taylor Family Foundation

Tim Ranson

Todd & Kelly Reidlinger

Tracey Greenshields

Tracy Middleton

Valerie McIvor

Vicky Resta

Victoria Edge

Vitreo Group Inc.

Wade Peterson

Wendy Wildeman

## Capital Campaign

*This list recognizes the generosity of individuals, foundations, corporations & community groups who have made a contribution to the Compassion in Action Capital Campaign:*

Cub Wright

Dree Thomson

Fred Woodlock

Linda Chynoweth

Rance & Marilyn Fisher  
Family Charitable  
Foundation

Shaun Dyer

*\*Please note that during the 2022-23 fiscal year we made a transition to a new donor management system. We are grateful for all donations to the Foothills Country Hospice, and should your name not be reflected in this report, we would like the opportunity to make the correction. Please reach out to Jeremy Broadfield at [jbroadfield@countryhospice.org](mailto:jbroadfield@countryhospice.org) or (403) 995-4673 Ext. 214 so we may add your name to our donor list.*



# Board of Directors

## 2022-2023 FCHS Board of Directors

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

Matthew Vyse, Acting Vice-  
Chair & Secretary  
Retired, Physiotherapist,  
Former Owner Panther  
Sports Medicine

Brad Smith, Treasurer  
President, Jadler Industries

David deMedeiros,  
Nominating Chair  
Human Resource Specialist,  
Enbridge

Dr. Mary Dougherty, Director  
Semi-Retired, Private  
Practice, Registered Clinical  
Psychologist

Sean Foley, Director  
Senior Manager, RSM  
Canada

Dorothy Martin, Director  
Area Manager, AHS Home  
Care Program

Kimberley McNabb, Director  
Human Resources Generalist

Catherine Neily, Director  
Senior Principal, Cloud and  
Technology Enablement  
Leader

Sjoert Zuidhof, Director  
Operations Director,  
DairyCrop

*All of us here at Foothills Country Hospice truly appreciate your support. We believe in providing the utmost care and compassion for those we serve. Together, we are making a difference in hospice palliative care in the Foothills.*

*To learn more about supporting the Hospice, please visit:  
[www.countryhospice.org/support-us](http://www.countryhospice.org/support-us)*

Proudly Associated With



**Alberta Health  
Services**



**Canadian Hospice Palliative Care Association**  
Association canadienne de soins palliatifs



**ACCREDITATION  
CANADA**



Foothills Country Hospice Society (FCHS) is a leading provider of compassionate end-of-life care and bereavement support services. Located just north of Okotoks, Alta., surrounded by forested landscapes, sweeping fields, and scenic mountain views, FCHS serves the Foothills and Calgary communities, providing residents and their loved ones with respectful, compassionate, quality care, including palliative expertise, end-of-life navigation, bereavement, and community supports. FCHS offers a unique eight-bed residential hospice experience which includes home-cooked meals and individualized private rooms furnished to create a touch of home and sense of self for residents.



**FOOTHILLS COUNTRY  
HOSPICE SOCIETY**

*Gentle Compassion & Expert Care*

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

**Phone: (403) 995-4673**

**Email: [info@countryhospice.org](mailto:info@countryhospice.org)**

**Web: [countryhospice.org](http://countryhospice.org)**

