



# COMMUNITY REPORT 2019

April 1, 2019 to March 31, 2020



FOOTHILLS COUNTRY  
HOSPICE SOCIETY

A COMPASSIONATE END-OF-LIFE JOURNEY

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# MESSAGE FROM THE EXECUTIVE DIRECTOR



Foothills Country Hospice opened its doors in January 2008 and have since provided expert care and bereavement support to more than 1100 residents and their loved ones. The exemplary reputation of our Hospice is a testament to our incredible team of staff and volunteers whom I would like to personally thank for their dedication, compassion and service.

We are always immensely grateful for our wonderful community support, and 2019 was another stellar year for fundraising. Our annual Hike for Hospice held in May raised \$57,000. Despite the snowy conditions, more than 400 supporters took part in the hike with their family and friends. In August, our 2<sup>nd</sup> annual Rally 4 Hospice was held, followed by our evening Gala at Spruce

Meadows. Both the rally and gala were a tremendous success, raising more than \$204,000 (net of expenses). We also benefited from several third-party fundraisers and give our heartfelt thanks to the many businesses and individuals who chose to raise funds on our behalf.

*I would like to extend a very special thank you to Okotoks Sobeys and the Gilbert Family for continuing to donate food for our residents. They have graciously been doing so since we opened our doors 12 years ago and we are forever grateful.*

For those who have followed the hospice over the past several years, you know that our Board of Directors has wrestled with nation-wide changes surrounding Medical Assistance in Dying (MAiD). The Board first started to consider MAiD in 2016 and voted in 2017 that the Hospice would not be a provisioning site. As things progressed both nationally and locally, the Board revisited their decision in 2018 and after a year of research and extensive consultation with stakeholders and community members, voted in May 2019 for the Hospice to become a provisioning site.

Recognizing that the implementation of this policy change would have many challenges and would stretch our staff and volunteers at the Hospice, a moratorium on the provisioning of MAiD at the Hospice was put in place until the first quarter of 2020. This allowed all involved the necessary time to ensure the policies and procedures were in place to fine tune the delicate balance of individual rights of residents with those of the employees and volunteers. In early 2020 the Hospice accommodated our first on site provisioning of MAiD.

*Between April 1, 2019 and March 31, 2020*

There have long been whispers of the Hospice expanding services to additional beds, community outreach, or both. These whispers found a voice in September 2019 when the board recognized the necessity of revisiting the expansion discussion to assess the needs of palliative residents particularly in the Foothills and to embrace our desire to be a leader in innovation for rural hospices. Our board formed an Expansion Committee in September 2019 and hired an Expansion Director shortly after to spearhead our expansion efforts. Stay tuned for much more on this topic in the near future as there are many exciting happenings on this front.

As we put another year in the books, we can be proud of the work we have done. In 12 short years, we have become what we believe to be the gold standard of Hospice care. As we move forward to expand our reach and offer compassionate end-of-life care to those in the Foothills, we have much to be excited about. Foothills Country Hospice is and will remain a crown jewel of rural hospice care and a point of well-deserved pride for those who have made it what it is today.

On behalf of myself, our Board of Directors, and all our wonderful staff and volunteers, I would like to thank you for supporting our vision and the work we do at Foothills Country Hospice. We are most grateful to each and every one our supporters.

In gratitude,



**Dawn Elliott**  
**Executive Director**

# OUR PURPOSE

## Mission

Foothills Country Hospice Society (FCHS) offers a serene, country setting where residents and their loved ones receive exemplary end-of-life and bereavement care.

## Vision

FCHS embraces innovation and delivers specialized, holistic, compassionate end-of-life care in a sustainable and positive environment.

## Values



# OUR IMPACT

## The Hospice Difference

*"Unlike the sobering atmosphere of a hospital, Foothills Country Hospice emanates sweet solitude and soulful comfort, welcoming terminally ill residents 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

Since opening our doors in January 2008, Foothills Country Hospice has cared for 1113 residents and their loved ones.

## Comforts of Home

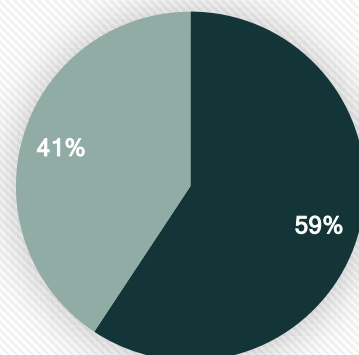
Foothills Country Hospice is located 1.5 km north of Okotoks on an eight-acre parcel of land, neighbouring golden wheat fields & nestled among forested landscapes with mountain views.

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 as residents prepare for the final phase of their life's journey.

*"The care and compassion we received when my mother was there last September until the day she passed was exceptional. I am so grateful for all of the staff, nurses, volunteers & doctors during the most difficult time of my life. I will never forget you and can't express how truly remarkable you all were."*

- Facebook Review, Oct 2019

## RESIDENT DEMOGRAPHICS



■ Calgary ■ Foothills & Other Rural Communities



93

Residents were provided with expert, around end-of-life care.



25

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

did you know? \$0

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

*Between April 1, 2019 and March 31, 2020*

# OUR PROGRAMS

“TO BE SUPPORTED THE WAY WE WERE IN OUR TOUGHEST TIMES, IT WAS MORE THAN ANY OF US COULD OF HOPED.”

Family Member, 2019



**120**

Loved ones participated in our monthly Grief Connections support group

## GRIEF CONNECTIONS

Foothills Country Hospice offers a monthly drop-in group for loved ones of residents who have died at our Hospice. It is a gentle place for non-judgmental peer support & connecting with others on similar journeys.

## COMPASSIONATE CONVERSATIONS

Specialty trained volunteers call bereaved families once per month (or more frequently if requested) to offer a compassionate ear. If issues arise that are more in-depth, volunteers can engage our social work or spiritual care supports.



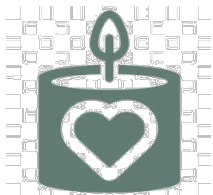
**116**

Loved ones participated in our Compassionate Conversations Program



**336**

Phone calls were made by Hospice volunteers to program participants



**75**

Loved ones gathered together for our twice yearly In Memoriam Tea

## In Memoriam Service & Tea

Families of loved ones are invited back to Foothills Country Hospice twice-yearly for this time of reflection and remembrance to honour those who have died at our Hospice.

# OUR SERVICES

*AROUND THE CLOCK END-OF-LIFE CARE*

## CLINICAL CARE

Foothills Country Hospice offers 24 HR nursing care consisting of Registered Nurses (RN), Licensed Practical Nurses (LPN) and Health Care Aides (HCA). There is an RN on duty 24/7. The Medical Director and attending physicians are responsible for residents' medical care and there is a Palliative Care Specialist available on call 24/7. Our Palliative Care Specialist, attending physicians and interdisciplinary teams meet weekly to discuss resident care plans.

*OFFERING SPIRITUAL DISCUSSION & CONSULTATION*

## SPIRITUAL CARE

The Spiritual Care Director is part of our health care team and is available for spiritual discussion and consultation, or simply a supportive visit. The Spiritual Care Director can also liaise with the resident's faith community or make arrangements with local clergy and pastoral care. We also offer a Wednesday afternoon Interdenominational Spiritual Service for guests.

*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. At Foothills Country Hospice, we offer a monthly drop-in grief support group for families grieving loved ones. Specialty trained volunteers will also call bereaved families on a regular basis to offer a compassionate ear.

*OFFERING SUPPORT TO RESIDENTS & LOVED ONES*

## SOCIAL WORK

As part of our health care team, our Social Worker is available to provide support to residents and their loved ones. The Social Worker will meet with residents to learn about their life/family history; listen to their expressed needs and help their families determine what is most important; and offer resource information on financial concerns, legal issues, end-of-life planning and family concerns.

*WEEKLY VISITS FROM OUR FOUR-LEGGED FRIENDS*

## PET THERAPY

Our four-legged volunteers visit weekly, bringing warmth and comfort to residents and their families. With gentle dispositions, our pets will often seek out those who are upset, snuggling with them when possible and offering companionship to loved ones. These visits reduce stress and anxiety and bring smiles to residents' faces. Petting an animal provides comfort and encourages residents to reconnect with memories of a beloved pet.

*Between April 1, 2019 and March 31, 2020*



# OUR VOLUNTEERS

## Volunteers Are at the of What We Do.

They are a group of multi-talented, compassionate, and caring people - their commitment unwavering. Many have been with us since the Hospice first opened its doors in 2008. Our volunteers help us by:

- Providing resident & family care
- Offering bereavement support to loved ones
- Assisting with fundraising efforts & involvement on special event committees
- Helping with administration & reception
- Working alongside kitchen staff to prepare meals & treats for residents & families
- Maintaining our beautiful gardens
- Serving on our Board of Directors & various committees



**99**

Volunteers donated their time & talents to Foothills Country Hospice



**10,174**

Hours of Service



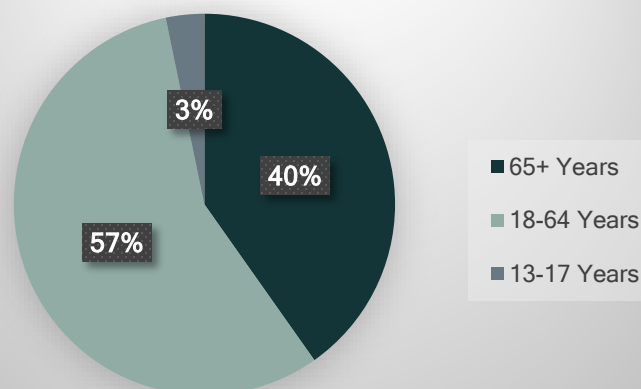
**233**

Hours of specialized palliative care and bereavement training

*"I could not imagine my time at the hospice without the volunteers - they were my angels who held me up."*

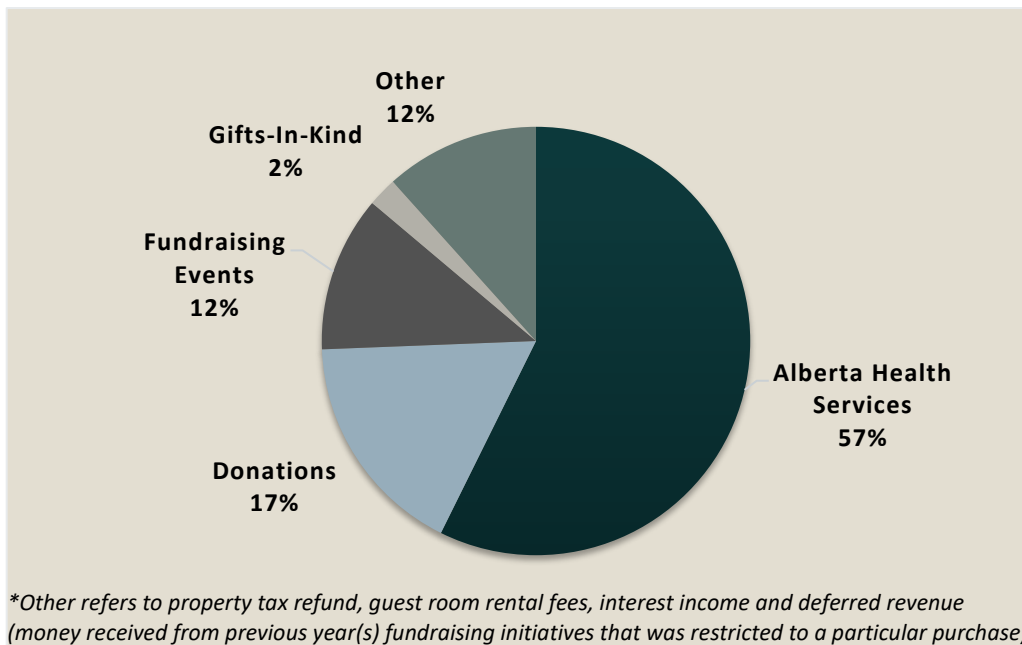
- Family Member

## Volunteer Age Range



# OUR FINANCES

## Where Does Our Money Come From?

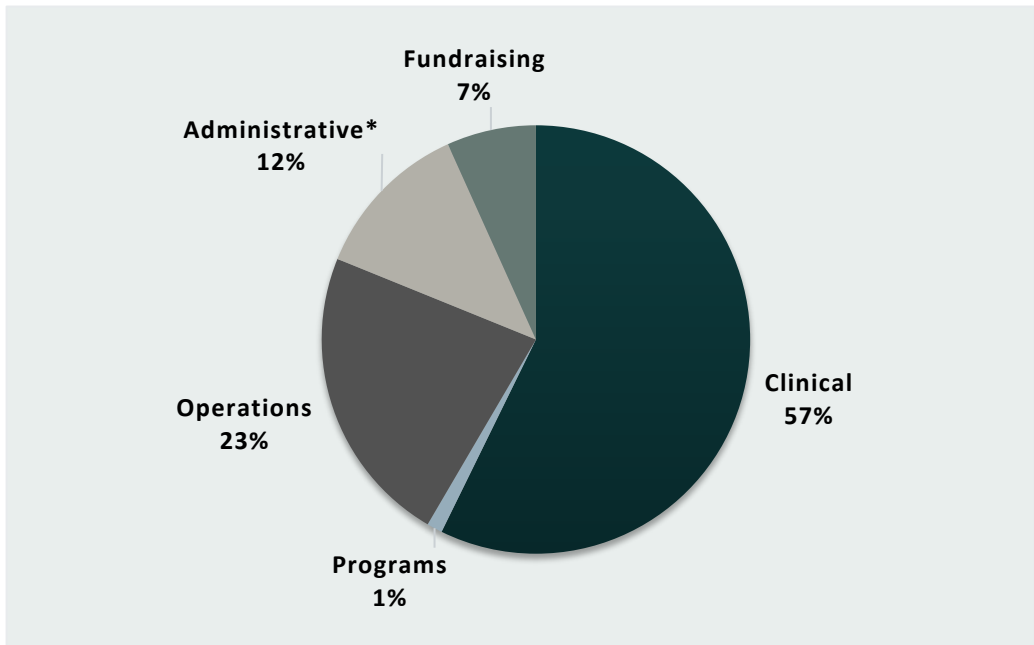


It costs  
**\$1,035**  
per  
resident  
per day

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

## Where Does Your Money Go?

AHS contributes 57% and we are challenged with fundraising the remaining **\$1.3M shortfall**



*\*Includes Sr. Business Manager salary, Executive salaries, HR salary, Professional fees and Accreditation fees.*

# OUR WAYS TO GIVE



## Make a Financial Donation

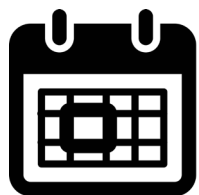
Help ensure terminally ill adults (and their loved ones) have access to and receive the end-of-life care they wish for. Your donation will help fund our palliative programs and support services for residents and their families.



## Become a Hospice Hero

Join our monthly giving program, Hospice Heroes. Your monthly gift will help fund our palliative programs and support services - where attention is paid to physical needs, expert pain and symptom management, emotional and spiritual support and bereavement care. 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
- FREE Hike for Hospice registration



## 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 residents and their loved ones.



## Donate From Our Wish List

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

# 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, 2019 to March 31, 2020). 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.

## Third Party Events

The following list of events represents individuals, families, companies & community organizations who support Foothills Country Hospice by independently organizing an event and donating the proceeds of their fundraising:

*Art for Charity by Scott Jackson*

*Christmas at the Hive*

*Corinthian #22 Masonic Lodge Raffle*

*Dawg's Jell-O Fundraiser*

*Foothills Ladies Compassion Cup*

*Ginger Laurier Fashion Show*

*Halloween for Hospice*

*Hounds for Hospice*

*No Frills, Okotoks*

*Okotoks Collector Car Auction*

*Senior Oilmen's Putting Contest*

*The Stash Show N Shine*

*Tourmaline Drilling Masters Golf Tournament*

## 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

## \$25,000 to \$49,999

Bar None Ranches Memorial  
Foundation

## \$10,000 to \$24,999

Beverly Marie Palko Alter Ego Trust

Carthy Foundation

Corinthian #22 Masonic Lodge

Endersby, Susan

Foothills County, FCSS

Gardner, Mike

Okotoks Ford Lincoln

Quinn, Beejay & Kelly

Sobeys Okotoks

## \$5,000 to \$9,999

Altamirano, Gil & Janine

Bishop, Hope

Bissett, Leslie E.

Brant Lake Wagyu

Brasso, Donna & Einar

Castiglione, Norm

Century 21 Foothills Real Estate

Colter Energy LP

Currie, Laurie and Ian

Foothills Ladies Compassion Cup

Fraser Family Foundation

Hill, Jeff & Astrid

Huff, George

Kinsmen Club of Okotoks

Ladies Auxiliary Fraternal Order of  
Eagles

Mawer Investments

McFarlane Agencies

McGill, Margaret

McLean, Todd

Midwest Sports

Okotoks Collector Car Auction

Nagai, Pamela & Eugene

Nolin, Jerry

Owens, Robin

Pashak, Kevin

Plume, Areta †

RBC Foundation

Reidlinger, Kelly & Todd

Reynolds, Rob

Riversedge Racing Stables

The STASH Luxury Garages

Warner Business Park

Wunderlich, Joyce

## \$1,000 to \$4,999

Adam, Ron

Annapolis Capital Limited

Anonymous

Argue, Brian

Associated Canadian Travelers

ATCO EPIC

Ball, David & Jody

Banks, Jason

Barnes, Rick

Barron, Dorene & Dwight

Bartnik, Sean

Base Contractors Inc.

Bennett, Eric

Blackstone Drilling Fluids Limited

Blasetti, Linda

Blaskin, Nancy

Blondheim-Whetstone, Marg

Bow Mark Paving

Bradley, Clay

Breslawski, Lenore

Brown, Bernie

Calgary Chinook Rotary Club

Cameron, Brian

Cargill Meats Ltd.

Cenovus Energy Inc.

Certarus

Cherrington, Sabrina

Chinook Honey Company

Cox, Marg

Crofts, Michael

Curzon, Eleanor

Desrochers, Denis & Marlene

Doetzel, Laurel

Dynamic Funds

Edels, Davis

Eecol Electrical Corporation

Effect Therapy Ltd

Estate Of Edna Sugden

*Between April 1, 2019 and March 31, 2020*

**\$1,000 to \$4,999 (cont'd)**

Feddema, Bruce  
 Feedlot Health Management Services Ltd.  
 Fick, Dusty  
 Fiorini, Stephen  
 Flemmer, Ryck  
 Foley, Judy  
 Fream, Greta  
 Fream, Pat  
 Frederick, Paul & Linda  
 Fredericks, Charlotte & Tom  
 Germaniuk, Jeff  
 Gilbert, Rae & Don  
 Gilmore, Wendy  
 Goettler, Barb  
 Goulet, Doreen & Derrill  
 Gray, Larry  
 Green, Gerald  
 Hagerty Insurance  
 Hallmark Does Hair  
 Hansen, Jim  
 Harris, Terri & Keith  
 Hartle, Debi & Doug  
 Hepfner, Morley  
 High River Rentals Inc.  
 Infinite Chartered Accountants  
 Jackson, Iris M.  
 James C Lozinsky Law Office  
 Kirkpatrick, Garry  
 Kissick, Rob & Suzi  
 Kitella, Bob  
 Lacey, Dr. John  
 Langford, Jeff  
 Leckie, Penny  
 Loblaws Inc  
 Longson, Donna & Douglas  
 Lowe Ranches Inc.  
 MacDonald, Bev & Dan  
 Mansfield, Elaine & Tom  
 Marsh, Sandy & Ken  
 Mazar, Fred A.  
 Mcdonald, Prue  
 McInnis & Holloway Funeral Homes  
 McKelvey, Margaret  
 McNally, Linda  
 MEG Energy  
 Tracy Middleton  
 Miller, Barbara  
 Mokala Cosmetics  
 My Family Dental

Nelson, Jean  
 Neumann Gallery & Studio  
 Okotoks Rotary Club  
 Pacesetter Directional Drilling Ltd  
 Patel, Mitesh (RBC Dominion Securities)  
 Perkin, Matt  
 Petronas Energy Canada  
 Quigley Electric  
 Quigley, Jean  
 Rainbow Country Dancers  
 Williams, Paul  
 Reitenbach, Richard  
 Rogers, Heather & Floyd  
 Rosell, Dean  
 Rotary Club Of Calgary Sarcee  
 Rowland, Brian  
 Schamp, Kim  
 Scott Daniel Seaman Memorial Fund  
 Seidlitz, Greg  
 Seney, Ray  
 Shields, Jesse  
 Shutiak, Janalee & Peter  
 Shutiak, Teresa  
 Sim, John  
 Sinclair, A. Duncan  
 Smith, Don  
 St. Aidans Church  
 Stadnick, Leslie & Larry  
 Stoever, Carla  
 Stonehocker, Ellis  
 Studio Me  
 Suitor, Jodie  
 Suitor-Fox, Cheryl  
 Sutherland, Dina & Mark  
 Tannas, Douglas  
 TC Energy  
 Telus Community Connections  
 The George Traditional House  
 The Tuscan Benevolent Society  
 Town of Turner Valley, FCSS  
 Townsend, Judy  
 Van Buren, Chantel & Marc  
 Vargo, Rhonda  
 Vargo, Robert J  
 Village Lane Dental Centre  
 Wedderburn, Angie  
 Whetstone, Brian  
 Wood, Rory  
 Zaheer, Ali  
 Zander Investments Ltd.

**\$500-\$999**

Abdool, Felisha & Mohamed  
 Ahlstrom, Olga  
 Alberta Laser Rehabilitation Centre  
 Alpine Drywall (Calgary) Ltd  
 Andrews, April & Mike  
 Anonymous  
 Atco Gas  
 Beck, Reg & Karen  
 Berg, Anna  
 Blackie Lions Club  
 Bond, Stacey  
 Brazeau, Vanessa  
 Brecht, Lydia  
 Buchanan, Heather  
 Bulls-Eye Custom Artistry  
 Canadian Pacific  
 Caspar, Marguerite  
 Cherneski, Kaye  
 CIR Realty, Okotoks  
 Clark, Judy  
 Clarke, Barry  
 Clean Harbors Canada Inc.  
 Compass Directional Services Ltd.  
 Corbett, Herb  
 DC Drilling Inc  
 Dillon, Lisa  
 Dowding, Jillian  
 Evans, Eric R.  
 Fern Leaf Rebekah Lodge No. 36  
 Flemming, Dale & Michelle  
 Global Energy Services  
 Gordey, Gregory  
 Heschl, Alfred (Al)  
 House, Eleanor  
 Jamieson, Keith  
 Jones, Garnet  
 Jonker, Harry & Anne  
 Kathryn Carter  
 Kooistra, Ray & Joyce  
 Land, John  
 Lievaart, Paul & Beth  
 Lloyd, Lori  
 MacDonald, Allan  
 Macenko-Merkley, Sandra  
 Marshall, Donald  
 Martin, Mary-Ann  
 Michalsky, Fayra  
 Moore, Sylvia  
 Morrow, Sandra & Glen  
 Mossleigh Gun Club

**\$500-\$999 (cont'd)**

Newman, Peggy  
Nutrien  
Oxygen Properties Inc.  
Pelletier, Heather  
Popkey, Joan  
Powell, Dr. Greg  
Prodahl, Douglas  
Proulx, Judy  
Red Dot Services  
Riches, Joan  
Roller-Stell, Kathie & William Stell  
Sears, Cathy  
SECURE Energy Services  
Shutiak, David  
Stampede Road Race Society  
Sweet, Garry  
Szczerki, Michael  
Taylor, Teresa  
Trican Well Service  
Veale, Mary & David  
We Wash Windows  
Westrow Food Group  
Wiebe, Garry  
Woodlock, Fred  
Wrangler Rentals  
Yeomans, Mark  
Young, Dohnavur †

# 2019-2020 BOARD OF DIRECTORS

**Allison Bichel, Director**  
Senior Provincial Director,  
Alberta Health Services

**Bob Buchanan, Director**  
Retired Financial Services  
Executive

**David deMedeiros, Secretary**  
Human Resource Specialist,  
Enbridge

**Tiffany Gordon, Director**  
Director of Club House Operations,  
Carmoney Golf Club

**Todd McLean, Director**  
President of McLean  
Management Advisory

**Linda McNally, Director**  
Community Leader  
Extraordinaire

**Karen Nielsen, Director**  
Chief Development Officer,  
Seven Generations Energy

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

**Adam Stepa, Treasurer**  
Partner, Infinite Chartered  
Accountants

**Jodie Suitor, Vice-Chair**  
Change Management  
Practitioner

**David West, Chair**  
Barrister & Solicitor,  
West-Legal

## Proudly Associated With



## CONTACT US

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403.995.4673  
info@countryhospice.org  
countryhospice.org

## FIND US ON



*Between April 1, 2019 and March 31, 2020*