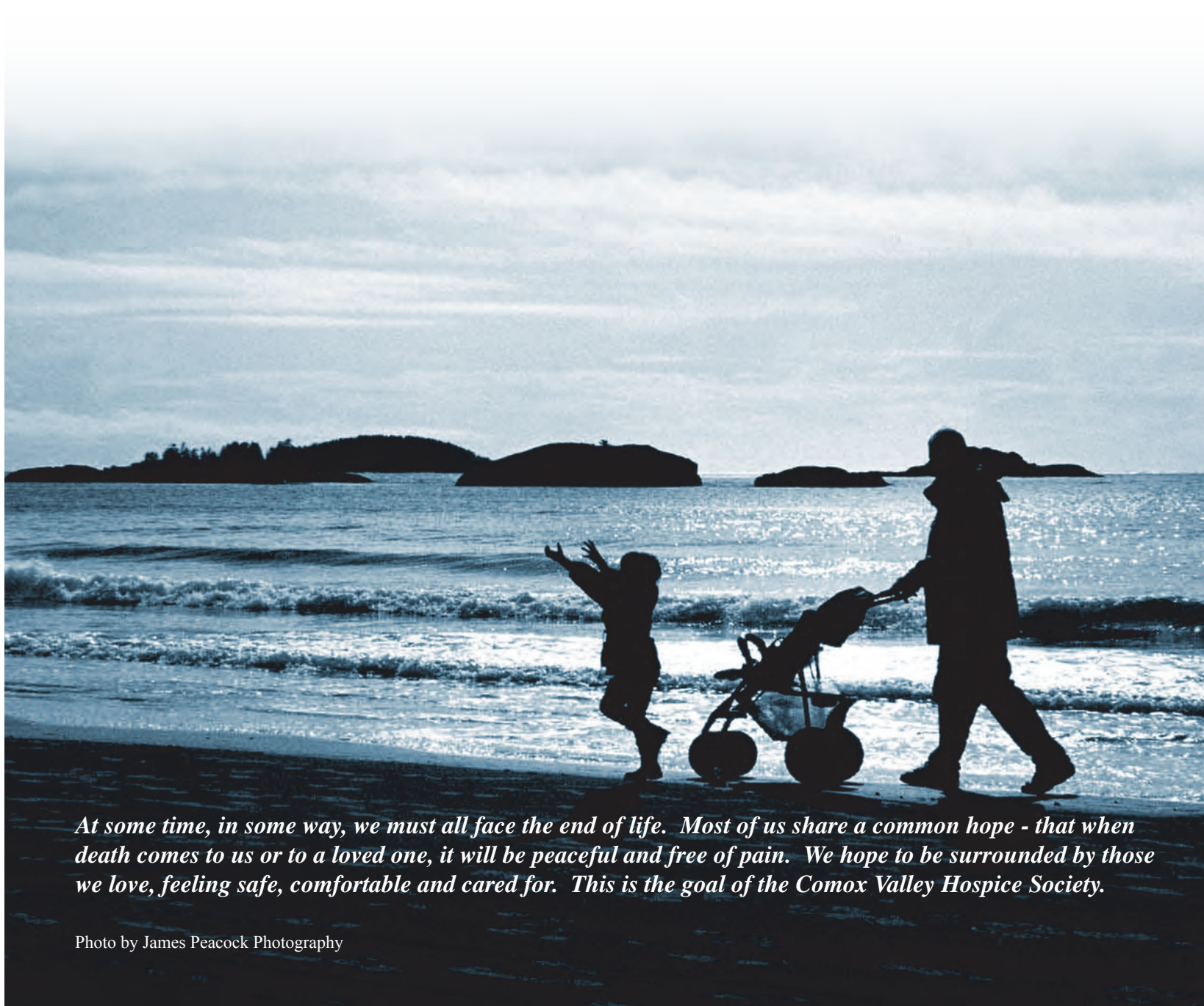


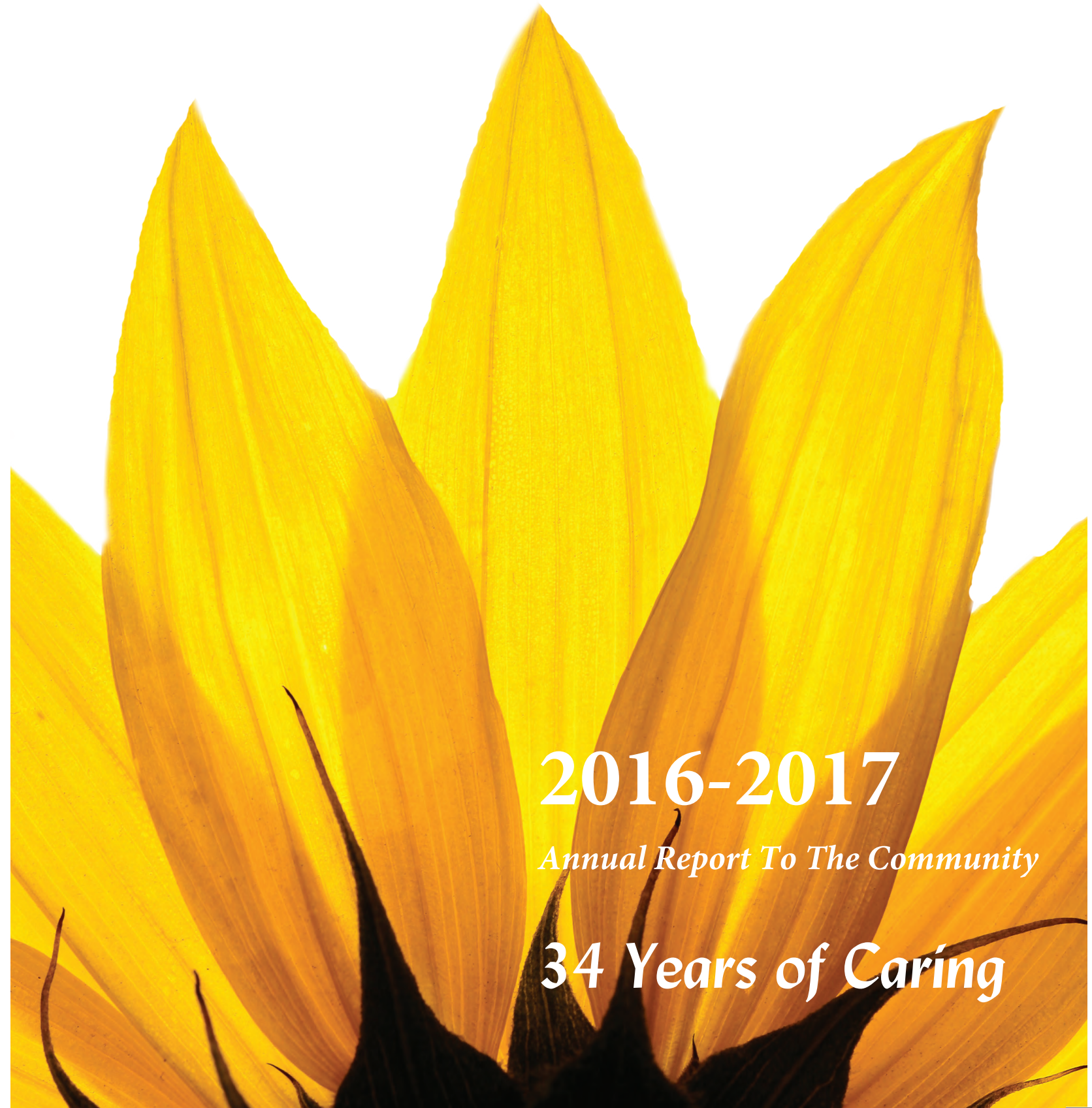


CVHS acknowledges the financial assistance of the Province of British Columbia Community Gaming Grant



*At some time, in some way, we must all face the end of life. Most of us share a common hope - that when death comes to us or to a loved one, it will be peaceful and free of pain. We hope to be surrounded by those we love, feeling safe, comfortable and cared for. This is the goal of the Comox Valley Hospice Society.*

Photo by James Peacock Photography



2016-2017

*Annual Report To The Community*

34 Years of Caring



# Comox Valley Hospice Society

## 2016 - 2017 Care At A Glance

- CVHS offered care, support and education directly to 1,198 people.
- CVHS volunteers donated 23,403 hours.
- CVHS volunteer hours translate in to a donation of \$468,060.
- In 10 years, CVHS volunteers have contributed \$3,795,469 to support compassionate end-of-life care in our community.



CVHS' Denny Beeman accepts a cheque from ??? of Soroptimist Courtenay

Chances Casino, Courtenay Manager Kent Hockley presents a cheque to Monique Thompson (CVHS)

*"Our work is made possible by the tireless efforts of dedicated volunteers and by the generosity of our loyal donors, both of whom are the lifeblood of the Comox Valley Hospice Society."*



The ladies at Huckleberry Fabrics donate a quilt for patients at Hospice at The Views



Brendan Abreau - CVHS Director; Jay Clarke - TELUS Field Support Manager; Paula Horky - CVHS Director and Cam Moyls - TELUS Employee.

### Our 2016-2017 Board

#### of Directors:

- Lynn Brandon** - President
- Tracey McGinnis** - Secretary/Treasurer
- Audrey Craig** - Past President
- Brendan Abreu** - Director
- Jill Ambler** - Director
- Paula Horky** - Director
- Deb Nolan** - Director
- Sasha Nowicki** - Director
- Debi Sargent** - Director

#### Our Staff:

- Terri Odeneal** - Executive Director
- Christy Linder** - Program Coordinator
- Ruth Barry** - Palliative Coordinator and Counsellor
- Brenda Stanton** - Bereavement Coordinator and Counsellor
- Nicole Burgess** - Music Therapist
- Sharon Bearpark** - Special Projects
- Monique Thompson** - Office Manager
- Danielle Hitchcock** - Program Assistant
- Lynn Edy** - Program Assisatnt

#### For more information contact:

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 Fax: (250) 339 5063  
 Email: [admin@comoxhospice.com](mailto:admin@comoxhospice.com)  
 Website: [www.comoxhospice.com](http://www.comoxhospice.com)

*“Our community is lucky to have such a wonderful program like Comox Valley Hospice right here.”*

*“Thank you so much for the grace, dignity, serenity and support you provide.”*



Eastern Star

Steve Cassie presents a cheque to Paula Horky - CVHS Director and Audrey Craid - CVHS Past President from the Smile Cookie campaign



Brendan Abreau - CVHS receives a donation from Comox Legion

Denny Beeman (L) and Graeme Sargent (R) accept a donation from the Comox Valley Monarch Lions Club



## President's Message



This past year saw an exciting accomplishment of a long-standing dream come to fruition in July, 2015 with the opening of Hospice at The Views in collaboration with our partners—St. Joseph's General Hospital & Foundation, Island Health and the Ministry of Health. And, we know this was made possible only because of the steadfast determination of the people in this community—service clubs, individuals and businesses who so generously supported this endeavour.

In looking back, we are reminded by the words of John F. Kennedy—“Every achievement starts with the decision to try.” We are also aware that to truly be called an achievement, it must simultaneously enhance the lives of people other than those who have done the achieving. Almost every day, we hear heartwarming stories from people—young and old, from all walks of life—about how hospice care has made such a difference in the living and dying of so many people.

In looking forward, the next five years is expected to be a period of evolution for hospice palliative care which provides the Comox Valley Hospice Society with a timely opportunity to revisit and strengthen the foundations upon which we have built our successes to date. It is a chance for us to reinforce our commitment to people who are living with dying, grieving and caregiving. Capitalizing on our strengths and uniqueness, the Comox Valley Hospice Society will strive to enhance our performance, explore new ways to meet emerging needs and participate with others in creating a compassionate community of caring.

In preparing for this, the Board of Directors has been actively engaged in a strategic planning process. We know that we must continue to rely on people and organizations in our community—be they care partners, donors, volunteers and, most importantly, clients, patients and their loved ones—to succeed.

As always, we welcome your feedback. And, on behalf of the Comox Valley Hospice Society team, we thank each of you for enabling us to offer care which embodies a hospice philosophy, education on the importance of advance care planning and advocacy for end-of-life for care people in our community.

**Lynn Brandon**  
**President & Chair**  
**Comox Valley Hospice Society**

*“Coming together is a beginning, keeping together is progress, working together is success.”*

Henry Ford

## Our Mission

*Comox Valley Hospice Society is a non-profit society dedicated to the promotion of a coordinated interdisciplinary program of hospice palliative care in the Comox Valley. Our mandate is to provide compassionate care and support to individuals in the last stages of living and to their families and the bereaved.*

### **Our Goals:**

Goals of the Comox Valley Hospice Society are:

- To ensure that the people with life-limiting illness have equitable access to quality end-of-life care in our community.
- To provide support to family members and caregivers as they care for their loved ones and come to terms with their impending loss.
- To assist the bereaved as they strive to go on living.
- To educate and inspire Comox Valley residents to fully appreciate those individuals and families who are experiencing end-of-life transitions.
- To educate Comox Valley residents of all ages about the importance of advance care planning.

### **Our Values:**

Values provide a touchstone for grounding us in the many major or minor situations that we face in life. Our values can help us respond in consistent, effective and meaningful ways.

At CVHS, we believe that each of us has the right to die pain-free and with dignity, and that our loved ones and caregivers will receive the necessary support to allow us to do so. This spirit governs relationships among clients, families, staff, volunteers and those we serve in our community.

Client Focused Care and Service—the client is the centre of all activities and is entitled to individualized, compassionate quality care and service.

Personal Autonomy and Choice—we believe that individuals retain their rights to personal autonomy and choice, informed consent and established standards of care. It is understood that personal autonomy includes respect for the rights and safety of others.

Excellence and Innovation in Care and Service—we strive for excellence in care and innovation in programming.

Collaboration and Team Work—we believe that through collaborative interdisciplinary team process we continue to achieve the highest quality of care in all activities.

Trust, Honesty and Integrity—we believe that these are the values that guide our interactions with our clients, families, employees and volunteers.

Responsible Resource Management—we believe that effective and efficient use of available resources ensures that the Society's tradition of providing excellence in care will be sustained from the present into the future.



## Programs and Services

*Today, hospice palliative care recognizes the need to provide information and support early ~ at the very difficult time when a diagnosis of a life-limiting illness is given. Patients and families are often overwhelmed with the complexity of managing a serious illness, understanding the health care system and knowing how to access appropriate services at the appropriate time. The Comox Valley Hospice Society provides the following services.*

### **Palliative Care**

Hospice counsellors work alongside medical and nursing staff, offering emotional and spiritual support to people who are dying and their families and loved ones at home, in care facilities, in hospital and in Hospice at The Views. This compassionate companionship is based on each person's individual values and beliefs and is complemented by well-trained hospice volunteers.

### **Grief and Bereavement**

Hospice counsellors offer individual and group counselling support free of charge to assist people in moving from pain to healing upon the diagnosis of a life-limiting illness or the loss of a loved one. When requested, CVHS also offers support to other organizations who often encounter the first signs of grief such as schools and churches. Well-trained hospice volunteers complement this care.

### **Settling Program**

The Settling Program offers Music Therapy and Healing Touch with the purpose of calming and settling patients while aiding in the transition from evening to nights where people are often restless. These hours are often the most difficult as both patients and families are fatigued, fears and anxieties are often heightened and feelings of loneliness increase. This often results in increased pain, agitation and poor sleep. This program has been extremely successful in assisting palliative patients and their families and caregivers during these very tender times.

### **Caregiver Support**

In partnership with the Healing Touch Network, hospice staff and volunteers offer an on-going Self Care Clinic. This free service is offered in a relaxing, safe environment where participants receive 'hands on' treatments such as Reiki and Healing Touch. The goal is to support caregivers in a compassionate place that can provide an emotional and spiritual retreat.

### **Hospital Bed Delivery**

Well-trained hospice volunteers deliver (free of charge) loaned electric hospital beds and pressure relief mattresses offering comfort and safety to people who choose to be cared for at home.

### **Lending Library**

The Comox Valley Hospice Society has a comprehensive selection of books, audio and video tapes/CD's/DVD's for lending to the public. Excellent books and videos are often of great assistance to professionals, individuals or groups desiring more information.

### **Community Education and Advanced Care Planning**

While dying is not the easiest subject to talk about there's 100% chance it's going to happen to each of us. CVHS offers community education and workshops to assist people in ensuring their voice will be heard and their loved ones will be confident to speak on their behalf if they are ever unable to speak for themselves about their desires for medical care.

*"It is such a comfort to know that in this sad time that our father's last days on earth were spent surrounded by such loving people."*