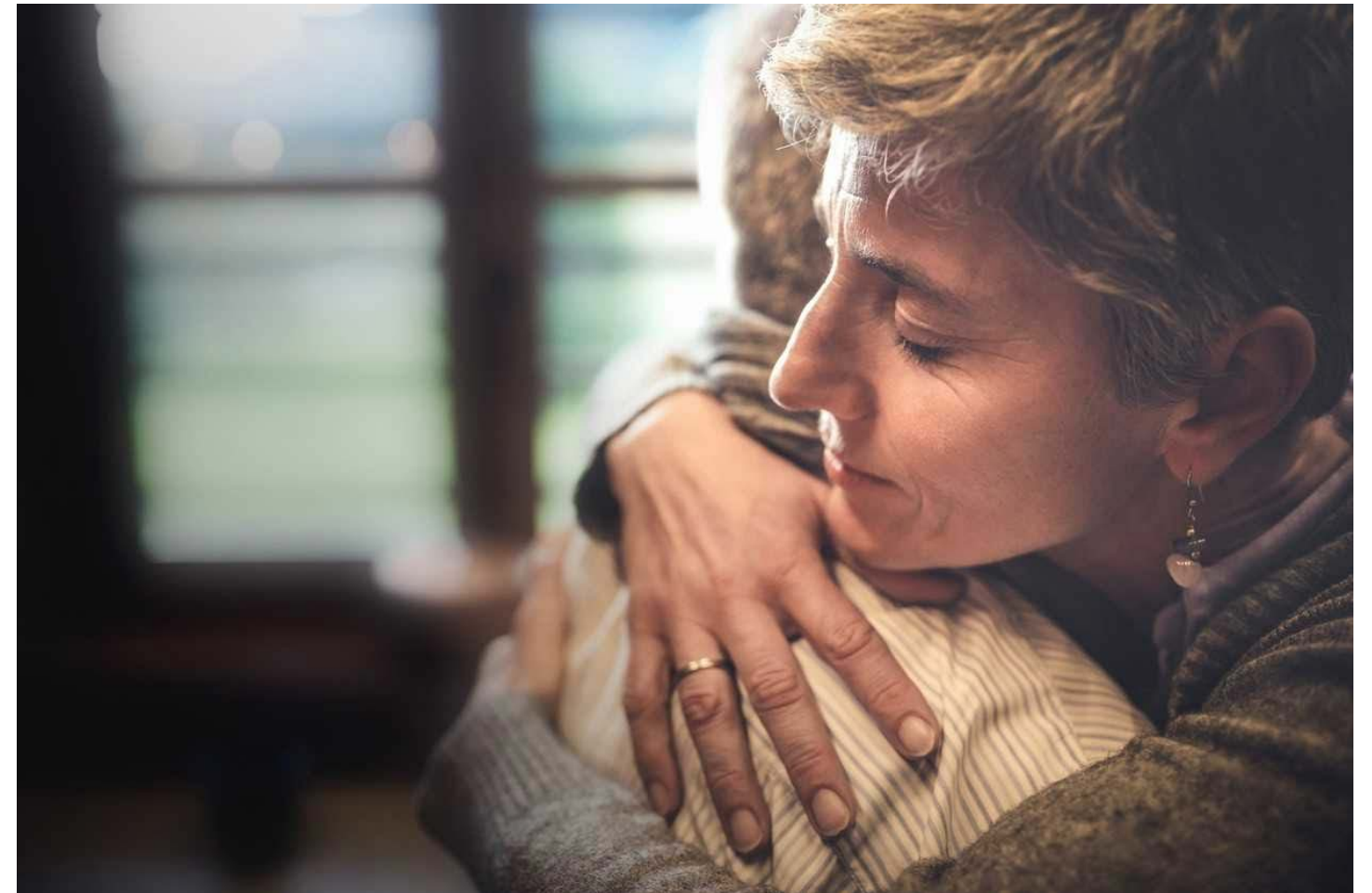


A New Home For Hospice!



Ocean Front Village
Opening Summer 2021



Deepest Appreciation for On-going Support



2018-2019

Annual Report To The Community

36 Years of Caring



The Comox Valley Hospice Society became a registered not for profit organization in 1983. Formed by a group of dedicated community volunteers the Society now serves hundreds of people each year in the greater Comox Valley with a small staff and dozens of volunteers. The Comox Valley Hospice Society has been recognized locally, provincially and nationally for program innovation.

At Hospice we believe that living with an illness, dying, caregiving and grieving are normal parts of life.

Our hope is that those who are living with a life threatening illness or dying in our community will experience dignity and peace; their caregivers will receive the help they need; and they and their families and friends, will be supported in their grief.

We remain committed to supporting each person in the care that matters most to them. To us hospice is a philosophy of care that takes place in people's homes, in care facilities, in the community hospice and in hospital.

The Comox Valley Hospice Society provides education, care and support when you are healthy, when your care needs change and when a death occurs.

2018- 2019 Care At A Glance

- CVHS provided direct care and support to 1,068 program clients
- CVHS volunteers donated 19,647 hours.
- CVHS volunteer hours translate in to a donation of \$392,940.
- In 13 years, CVHS volunteers have contributed \$4,618,165 to support compassionate end-of-life care in our community.

How You Can Help

Our ability to care for and support people in our community is dependent on the contributions of our well-trained volunteers. Each volunteer brings their unique life experiences to caring for others. CVHS volunteers work directly with clients, assist in the office, maintain gardens or help with fundraising and events.



Donate
Honour A Loved One Give Monthly
Leave A Legacy
Honour An Occasion
Life Insurance
Make Us Your Charity of Choice



Our 2018-2019 Board of Directors:

Paula Horky - President
Sasha Nowicki - Vice President
Samuel Ennis - Secretary
Carol Baert - Treasurer
Brendan Abreu - Director
Jill Ambler - Director
Jenn Beks - Director
Joan Collinge - Director
Dianne Lineker - Director
Aaron Macluskie - Director
Daryl Robbins - 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
Monique Thompson - Office Manager

For more information contact:

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 Courtenay BC, V9N 2K9
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 Website: www.comoxhospice.com

Comox Valley Hospice Society is dependent on the spirit of compassion and generosity in our community. There are many ways you can help.

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

Samuel Ennis (l) and Paula Horky (r) present the 2018 Ultimate fifty/50 winner, James Maxwell of Comox, with a cheque for \$25,000. Also pictured are his wife Rosa, Charlie and Sammy.



2018 Cycle of Life Tour participants raised \$9,800 for CVHS
Pictured: Dave Ward (Zoomers) and Ellissa Prendergast, Liz Gilbank, Kelsey Staples, Leah Hull, Yana Suna, Casey Schoenfelder, Jamie Reid and Tyler Bellows (Soul Cyclers)

Thank you to the individuals, businesses and organizations for supporting CVHS.

Approximately 70% of the Comox Valley Hospice Society's funding comes from generous donors.

President's Message

Over the past year, the Comox Valley Hospice Society (CVHS) remains committed to our mission of offering the care that matters most to people who are living with dying, caregiving and grieving. CVHS continues to collaborate with our partners supporting care based on best practices.

Our community continues to grow and change as each year passes. With a population projected to increase over 10% by 2028, it is important to note that the 75+ population will grow over 50% during this period. While hospice serves people of all ages, we know needs increase exponentially as people age.

With the selection in January, 2019 of Golden Life Management, a family owned company from Cranbrook, BC, as the successful proponent for 120 new long term care suites as well as a new home for community hospice, CVHS board and staff are excitedly engaged in plans to open Ocean Front Village in summer 2021!

Recognizing increased needs for expanded care and complex system navigation supports for people living with serious illnesses and caregivers to help them remain at home, CVHS was honoured to be selected as a UBC-Okanagan research site for the Nav-CARE Project in addition to launching Caring Connections – a collaboration with Victoria Hospice/Cowichan Valley Hospice and aligning with Island Health programs.

We remain thankful to dozens of amazing volunteers including a committed board of directors and a small staff – all of whom embody a love for what they do to make the Comox Valley a great place to live and a good place to die. And, a huge thank you to the individuals, businesses and service clubs whose generosity funds over 70% of CVHS' operating expenses annually. Creating a compassionate and caring community would be impossible without your on-going support!

With gratitude,

Paula Horky
President & Chair



"It takes each of us to make a difference for all of us"

-Jackie Mutcherson

Goals and Values

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.

Person Focused Care and Service—the person is the centre of all activities and is entitled to individualized, compassionate quality care and support.

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 offer the highest quality of care to the people we serve.

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.



What we do

Hospice is a philosophy of care—not a place—where a dedicated team strives to make every moment matter for people at home, in care facilities, in the community hospice and in the Comox Valley Hospital. Physicians and other care professionals offer the medical care of the person dying while Hospice Society counsellors and well-trained volunteers work as integral members of the care team providing the emotional, spiritual and practical care and support to the person, their caregivers and their loved ones who are grieving.

Advance Care Planning

Advance care planning is a process of reflection and communication that can take place across your lifespan. It is a time to reflect on your beliefs and wishes. We support this process through a variety of initiatives to make it as easy as possible. FMI www.AdvanceCarePlanningCV.ca

Individual & Family Counselling

Counselling services are offered for people of all ages who have been recently diagnosed with serious illnesses and their family, friends and caregivers. Sessions are offered on a one-to-one basis and with families and small groups as appropriate.

Community Hospice

Our community hospice offers personalized care in a home like setting for people whose care needs may no longer be met at home or for those preferring a homelike and supported setting.

Self-Care Clinic

Trained Reiki and Healing Touch Network Practitioners provide a safe and peaceful place for people who are dying, caregiving or grieving to be cared for and nurtured. Services are provided free of charge but donations are always welcome.

Caregiver Support & Navigation

With a single point of access, specially trained Caring Connections volunteers provide caregivers with education, community linkages and supports necessary to care for their loved one at home. Intended as a complement to clinical care, volunteers assist caregivers in finding solutions for the day to day challenges that may not be directly health related – finding the shoes that fit, neighbours who will provide help with groceries or resources for Advance Care Planning to mention only a few.

"Volunteering is at the very core of being human. No one has ever made it through life without someone else's help."
—Heather French Henry