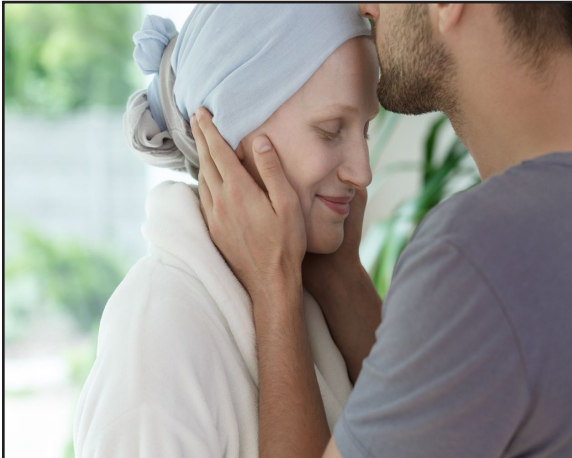


2018 Annual Report



Hospice Matters.
The end-of-life
deserves as much
beauty, care, and
respect as the
beginning.



Our Mission

Airdrie & District Hospice Society enhances community capacity by promoting physical, emotional and spiritual well-being.

Our Vision

“No One Dies Alone”



Our Core Values

We value and embrace Compassion, Dignity and Empathy, living life to the fullest and transition until the end of life.

Our Mandate

Providing comprehensive and compassionate end of life care of the highest quality.

- Encompasses our Society as a “HUB” for Palliative end of life care in Airdrie & Area
- A central location for patient and family care
- A central information service
- A referral and educational center
- Integration of care across care settings including hospice, hospital, home care and long term care.



Message from the Board President

Airdrie & District Hospice Society (ADHS) is an essential part of Airdrie and Area in supporting those going through end of life. It was established as a response to end of life care in our community. As Airdrie grows so does the need to have the supports we are providing the community.

The board addressed some of the issues we faced with volunteer management with the hiring of a Coordinator last September. We have been working with Alberta Health Services (AHS) and a collaborative rural hospice hub comprised of rural hospices facing many of the same issues as Airdrie and area.



On June 15th, 2018 we met in Airdrie as a collective for an envisioning day. We looked at developmental work together, not as individual societies with AHS. The hub, navigator model, mobile response and hospice is what we can expect working with AHS. What we all saw of ourselves is that we are part of a collective that can, among us, find sustainable and practical solutions as equal partners.

We heard how those with a life limiting illness still felt and wanted to be part of their community. We continue to work as a collective and hope to expand our support as a collective in 2019. The board continues to work on different areas through our Strategic Plan that we revisited and updated in the Fall of 2018.

Outreach programs were expanded to include a much needed grief support group and we are currently looking at other areas we can support families in the Airdrie and surrounding area.

On behalf of the Board of Directors, we want to thank you for your continued assistance in establishing End of Life Care in Airdrie and Area.

Sincerely,

Lise Blanchette

Board President

Helen & David's Story

Helen is 45 years old and a caregiver for her husband David. They have lived in Irricana for the past 20 years. David has a terminal illness and wants to die at home. Irricana is his home, not Calgary. Helen often feels isolated in her journey with David, and says she is stressed. She has difficulties concentrating and is mentally and physically fatigued. As David's illness progresses, the truth is David could no longer stay in his home because of the care that was required. Helen's only option is to have David transported from their community to hospital where they will wait for a Hospice bed to open up. This is a reluctant choice for them.

David wants to stay close to his family and his wife but he now finds himself in Calgary. Helen is faced with the long drive of 1 hour or more each way to see her husband.

Each day; Every day.

One day, David dies when Helen is driving to see him in hospital. He never did make it to Hospice. In a world of very unfortunate choices, David never got any of his.

As a community please hear our message: "**We** are not Calgary and **we** are under served". How could we have supported this family?

- Family physicians' being more knowledgeable in palliative management.
- More nursing support from the Home Care team.
- Appropriate and timely palliative care planning.

Outlying rural communities are now considered Calgary Zone but do not have the same resources available in their communities. Albertans like David should have the right to die in their place of choice with the exemplary support from knowledgeable physicians, nursing staff, volunteers and home care staff.

How could we have made the end of life better for David and Helen?

What we are working towards is clearly stated in our Mission: Enhance our community capacity to care for our family, friends, and neighbors who are dying. We want effective collaboration and partnerships with Government & Community.

We want to minimize the burden of those in palliative care.
Ask yourself are rural communities expected to settle for second best?

Grief Support Program

The grief support program provided to members of our community addresses several areas:

- The Grief Journey
- Cycles of Grief
- Different Grief styles
- Coping with our grief
- Self care, support networks and ways to nourish yourself
- Honoring our loved one(s) and keeping memories alive

It is a six-week session comprised of eight individuals and currently the sessions are held in a safe, friendly and confidential location at Luxstone Manor in Airdrie.

There is no cost for these sessions.

Coping With Grief During the Holidays

Thanksgiving, Christmas, Chanukah, New Years - these are the biggest and usually the most challenging of all holidays, but it's important to remember that there are other times throughout the year when we miss our loved one more than usual. Birthdays, anniversaries, Mothers and Father's Day, graduations etc., are all times when the loss of a loved one may be magnified.

This short seminar allows individuals the opportunity to be together with others who are also coping with loss. Discussion focuses on what you can expect to feel, both emotionally and physically. Individuals are also given tips on how to cope with grief during these times.

Remember, grief never ends but it changes. It is a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith, it's the price of love.

Airdrie & District *Hospice* Society

Grief Support Group

Grief, no matter where it comes from, can only be resolved by connecting to other people.
~ Thomas Horn

Thursday Evenings from 6:30 pm - 8:30 pm
at Luxstone Manor.

Sep. 20 & 27; Oct. 4, 11, 18 & 25

To register: Call 403-880-0424
Participants are expected to register for the full 6 weeks.

This 6-week support facilitated group is offered to adults over 18 who have faced the death of a loved one. It is part of the AHS Grief Support Program by Bob Glasgow.

Events

Hike for Hospice

The Hike for Hospice is put on annually during National Hospice Week in May.

Why Do We Hike?

- To raise much needed funds for Hospice Palliative Care in Airdrie & District and raise awareness of the challenges faced by hospice palliative care.
- Give Financial assistance through our Compassionate Care Fund
- Ensure more people receive the care they wish for and stay in their community longer with the funds we raise
- To remember your loved one



Tree of Hope

Each year in December the ADHS put on the Tree of Hope ceremony. This ceremony is open to everyone and has a strong focus on remembering those who have passed and those who are going through difficult times.

We start our ceremony off with some words from our Board president and then integrate some holiday songs, words of hope and non-denominational prayer. To wrap up our event we head outdoors to light up our Tree of Hope which remains lit for all of December.

Turnout has increased year over year and offers attendees to learn more about the services ADHS provides, plus offers a place for everyone to come together for a time of remembrance and support.



Caregiver Support

85% of the Palliative journey is at home and as a Society. We feel it is important to have support during this part of the journey with our “Bedside Respite Program”. Just as important is support for the principal caregivers.

We recognize that “care” is not always physical or medical and a large part of our presence addresses the complex psycho-social needs of the individual and family and friends.

It is our goal to support the caregivers during their journeys. 2019 will see more work in this area as we expand this program as part of our care model.



Compassionate Care Fund

For many families, costs at the end of life can be overwhelming. Our Compassionate Care (CC) fund is designed to assist individuals who are in a palliative situation and have exhausted all other means of financial support.

Who is Eligible?

Residents of Airdrie & Area are eligible if they have 1.) Exhausted all other means of financial support 2.) Been referred by a palliative social worker and 3.) Are at the end-stage of diagnosis which is expected to be the primary cause of death.

What Can One Receive Subsidy For?

As each individuals' needs are unique the ADHS reviews each case to see where subsidy can help the most. Some areas of assistance are: Non-emergent transportation to hospice, medical facility or home; equipment rental and installation costs; child care; accommodation; travel; oxygen related items; nebulizer machines, nutritional supplements; other expenses.

To learn more and see how you can receive or help with our CC fund, please visit our website www.AirdrieHospice.ca

Palliative Care

Definition of Palliative Care:

The World Health Organization definition of Palliative Care is an approach that aims to improve the quality of life of patients and their families facing the problems associated with life threatening illness.

This is achieved through the prevention and relief of suffering and other physical, psychological and spiritual problems.

Palliative Care:

- Provides relief from pain and other distressing symptoms
- Affirms life and regards dying as a normal process
- Intends neither to hasten nor postpone death
- Integrates the psychological and spiritual aspects of patient care
- Offers a support system to help patients live as actively as possible until death
- Offers a support system to help the family cope during the patients illness and in their own bereavement
- Uses a team approach to address the needs of patients and their families including bereavement counseling, if indicated
- Will enhance quality of life and may also positively influence the course of illness
- Is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy and includes those investigations needed to better understand and manage distressing clinical complications.



Other Partnerships & Supporters

It takes many hands to make light work and we strongly believe in partnering with other organizations to help one another out. We are very thankful for our partners and supporters:

Airdrie Business Club
 Airdrie Chamber of Commerce
 Airdrie & District Victims Assistance Society
 Airdrie Lions Club
 Airdrie Food Bank
 Integrated Palliative Care Program
 Alberta Hospice Palliative Care Association (AHPCA)
 Crossfield Chamber of Commerce
 Cummins School of Medicine
 Here's the Scoop
 AHS Homecare
 Luxstone Manor
 Meals on Wheels
 Rural Hospice Collective



Volunteers

Event Committee Volunteers

Our volunteers are so very important to us. During the year we have many events and having our volunteers available to help us out is what makes the difference.

Some of the activities our event volunteers help out with are being present at trade shows, handing out fliers to help promote events and being there to answer questions and direct individuals to where they can learn more about ADHS.

We are always looking for more event volunteers including committee members with event experience and organizational skills. Please visit our website or call our main line for more information.



Compassionate Care Volunteers

Our compassionate care volunteers have a passion for being with those who have a terminal illness and require companionship. Volunteers can expect to visit in-home or in-facility of the individual and offer a variety of services such as offering companionship, reading or hearing the requests of the individual to see if further services can be offered.

Our volunteers also offer a “Bedside Respite” for caregivers who most often have other tasks to attend to such as child care, grocery shopping and tending to other family needs.

All of our compassionate care volunteers have taken our two-day Compassionate Care Course following the AHS Compassionate Care program. All volunteers are screened with police checks. Please note we do not offer any medical care, this is done through AHS.



Future Plans

Airdrie & District Hospice Society envisions for 2019 that we will have a more solid working relationship with Alberta Health Services to support the Airdrie and District area community with a number of initiatives starting with more support with volunteers in collaboration with Alberta Health Services Home Care Program.

We are looking at a partnership with the Airdrie Food Bank for a “Cooking for One After a Loss” program. This program would assist individuals on how to shop for themselves as well as cook healthy meals for themselves. Especially helpful for those who were not the primary food preparers before as well as for those who now have to get used to cooking smaller portions.



- Caregiver and Grief Support Programs - supporting those who are caring for others and for those grieving. Both programs address self-care and coping skills to manage caring for others and grief
- We are planning a signature event “Hope Gala” in 2019 to increase awareness and increase our financial support to expand programs and grow our building fund
- Increase our Speaker’s Series with support from Alberta Health Services and professionals in the end of life care
- Work more closely with the congregations and spiritual care communities in Airdrie and area so they are aware of our programs and supports so they can be aware on how to make the connections
- We also plan to connect more with Health Care providers (Doctors) and the medical community. We wish to make connections and engage them in being an integrated part of end of life.

Thank You!

We would like to thank everyone for their continued support in helping us help those in need.

We have big plans for the future and we can not do it without you and your support.

Thank you to our Board Members in 2018: Agnes Kozak, Candace Harnack, Carrie Erickson, Daria Skibington-Roffel, Donna Aaskow, Doug Lynch, Kelly Hegg, Lenore Haylow, Lise Blanchette, Mary Pat Roche, Tamara Laschinsky



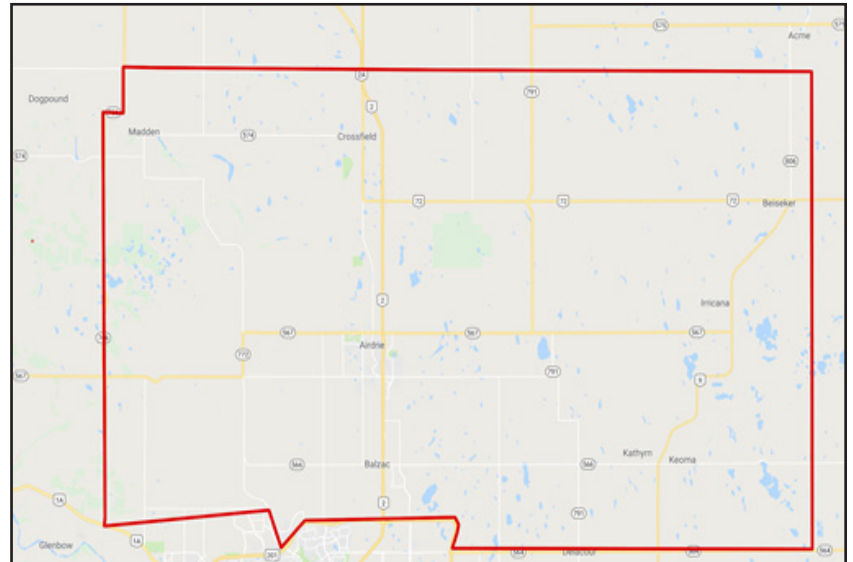
Where We Serve

We serve Airdrie and the surrounding area for a total estimated population of 86,802+ individuals.

Areas we service include but not limited to:

Airdrie, Balzac, Beiseker, Crossfield, Irricana, Kathryn, Keoma, Madden

To access our services and those available to you, simply contact us via telephone or email and we will begin the assessment process to ensure your needs are being met.



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