



Nova Scotia Hospice Palliative Care ASSOCIATION

**ANNUAL REPORT
FOR 2021-2022**



A HEARTFELT THANK YOU

2021 was another challenging year as we continued to deal with unprecedented pressures. This year, fundraising efforts continued to be all but abandoned, affecting our in-person Annual Conference, workshops and other programs. The result is a financial shortfall. However, 2021 can be seen as a very successful year in so many other ways.

Our partnership with community newspapers and other media stakeholders created amazing awareness for our organization, for who we are and what we do. We thank the many people involved who have given us the opportunity to share our message - The Retired Teacher, Parkview News, Outpost Media, CTV Morning Live to name a few.

The NS Advance Care Planning Council is delighted with the success of its program delivery. Our volunteers continued their work across Nova Scotia while we grew our volunteer base and increased the number of presentations to even wider and diverse audiences.

To the Association of Nova Scotia Africans, the Union of Nova Scotia Mi'kmaq, the Department of Health and Wellness Special Projects, the New Horizons Program for Seniors and the Age Friendly Communities Program, thank you for assisting us in introducing strategic and innovative projects.

Finally, thank you to the NS Health Authority for inviting us to work with clinicians and community leaders in developing an Integrative Palliative Care Strategy. It is impactful to hear firsthand the newest research, the concerns and the practices of our healthcare staff. We are indeed fortunate to witness such dedication.

An exciting new year is being planned. We look forward to developing new programming in grief and bereavement, the expansion of existing programs and adding webinar sessions to name a few. In the meantime, keep in touch and visit our website www.nshpca.ca for more information.

ANN COSGROVE
President

COLLEEN CASH
Executive Director

MISSION

To achieve comfort and peace for persons living and dying with a life-threatening illness throughout Nova Scotia. The Association exists to promote the philosophy and principles of palliative care through networking, public and professional education, advocacy and research.



PROGRAMS

Keeping the mission always top of mind. Here are some **program highlights** from 2021-2022.

Planning is an integral part of our life. We plan for family visits, our finances, holidays and where we might live as we age. But, how many of us really plan for our health as we advance in years?

Advance Care Planning (ACP) is a relatively new concept to many, and one that is so important for your comfort and helping family with decision making. The **ACP program** encourages individuals to make plans for their future health and personal care. Currently, the program is delivered across the province in each of the health zones. This year, our volunteers received more requests to deliver ACP activities to several new communities.

Continuing Education is an important part of NSPHCA's work. Opportunities are provided to members and supporters to participate in webinars. In June 2022, we hosted David Maginley, Spiritual Advisor to the QEII Health Science Centre and author of *Surviving Cancer and Your Spiritual Journey*. We are pleased to recognize David as a member of the Gillian McMichael Lectureship Series. Also in June, we host Roy Ellis, grief expert and author, for a two-part series. This series is supported by the Government of Canada's New Horizon's for Seniors Program.

5 Steps of Advance Care Planning
Who would speak for you if you couldn't speak for yourself?
Advance Care Planning is a process of reflection and communication.

- 1. THINK** about what is most important to you – your values, wishes and beliefs.
- 2. LEARN** about your overall health. This may include current conditions you want to better understand.
- 3. DECIDE** on your Substitute Decision Maker(s), one or more people who are willing and able to speak for you if you cannot speak for yourself.
- 4. TALK** about your values, beliefs and wishes with your Substitute Decision Maker(s), family, friends and health care providers.
- 5. RECORD** your values, wishes and beliefs in your Advance Care Planning Guide, in a letter, poem, video or audio recording.

Advance care planning – it's how we care for each other.
Learn more: www.advancecareplanning.ca

Production of this poster has been made possible through a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



R. Ellis

D. Maginley

PROGRAMS

CONTINUED

Partnering with Hospice Societies across Nova Scotia is an important part of our work. Through partnerships, we share information, resources, best practices and so much more. There are fifteen individual hospice palliative care societies covering much of the geographic area of the province

The relationship between the individual societies and the NSHPCA is a symbiotic relationship. These individual societies work at the grassroots level supporting and educating communities about hospice palliative care. The NSHPCA's programs are carried out by volunteers at the local community level, such as the delivery of the Advance Care Planning program.

On the provincial level, the NSHPCA undertakes provincial and national advocacy, which supports grassroots work. We also organize an annual conference and create opportunities for learning and sharing.

A special thank you to Shelley Mann, Chair of NSHPCA's Hospice Advisory Council and a member of the NSHPCA Board of Directors.



CONVERSATION LEADERS

The ACP Council is a committee of Volunteer Team Co-ordinators working in health areas across Nova Scotia. Reporting to the NSHPCA Board of Directors, Members of the Council are responsible for all aspects of the program, recruiting, training and implementation in their respective zone.

The ACP Council Chair - Ann Cosgrove, President of NSHPCA
Co-Chair - Alyson Hillier, President Retired Teachers Organization

Volunteer Team Coordinators

Margie McNeil (Eastern area - The Sydney's)
Margaret Ellen Disney (Northern area - New Glasgow)
Dale Sanford (Western area - Valley Regional Hospice)
Karen Gregor (Western area - Digby)
Shelley Mann (Western area - South Shore Hospice)
Laura Hicks, (Northern area - Cumberland Hospice and Palliative Care Society)

Bonnie Mahoney (Western area - Shelburne)
Joan Tufts (Acadian Peninsula)
Pierre Roisé (Reseau Sante)
Bev Madill (Union of NS Mi'kmaq)
Melinda Daye (Central area - African Communities)
Colleen Cash - NSHPCA Executive Director (Advisor)

HIGHLIGHTS OF 2021-22



ACP Activities

After many stops and starts due to the pandemic restrictions, we finally hosted several in-person and web-based ACP events including:

- Workshops - Halifax, Bridgewater, Yarmouth, Pictou, Annapolis Valley
- Lunch & Learn- Barrington
- Town Hall - to be hosted by the Health Association of African Canadians in the near future
- Webinar - NS/Manitoba Elders (ACP First Nations)
- Grief & Bereavement Day - Acadian Peninsula, Ministry of Care and Companionship
- ACP Training - hospitals, universities, colleges i.e. Cape Breton Regional Hospital, CBU, NS Community College, Success College

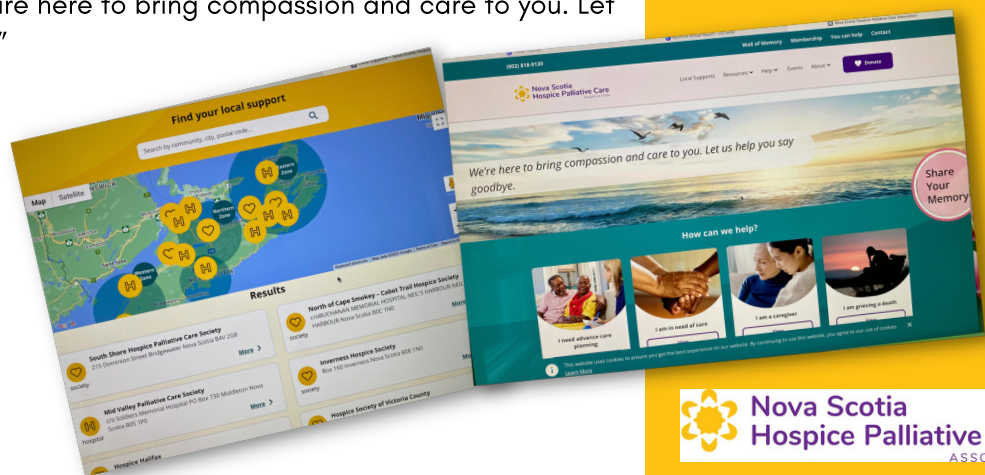
Special thanks to Steve Murphy, Former CTV Anchor, and Outpost East, for developing a PSA on the importance of ACP. Distributed across the province, the PSA will continue to be a vital part of our communications. We are most grateful for his support.



New NSHPCA website

In September 2021, we launched a new website. Now mobile-friendly, and easily navigable with an optimized search engine, the new site is available to help Nova Scotians find answers and resources regarding hospice palliative care. We sincerely hope Nova Scotians will find what they need, whether seeking assistance or help after suffering a loss.

As our tagline says, "We are here to bring compassion and care to you. Let us help you say goodbye."



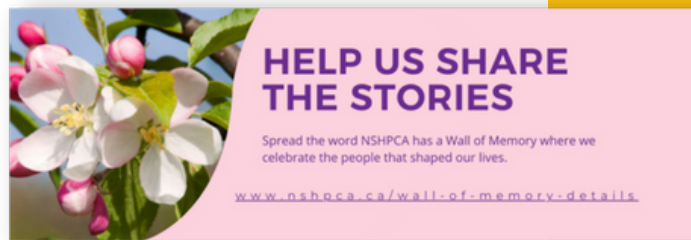
HIGHLIGHTS

CONTINUED

Virtual Wall of Memory: Storytelling helps heal the heart

Storytelling is one of the best ways to navigate the journey of grief, according to therapists, psychologists and many others. The Wall of Memory was created as a tool to help people cope with grief and a place where the memories of all Nova Scotians can be shared and celebrated.

With each post or donation, the funding directly supports the NSHPCA's programs as we work to help people during one of their most vulnerable moments. For more information, please visit <https://nshpca.ca/wall-of-memory/>



Weary Heart Cafe

On February 8, almost 100 participants from across the province joined us as we hosted the "Virtual Weary Heart Café". With quiet music, candles, coffee in hand, the NSHPCA created a program where participants shared the emotional challenges so many of us were feeling due to the pandemic.

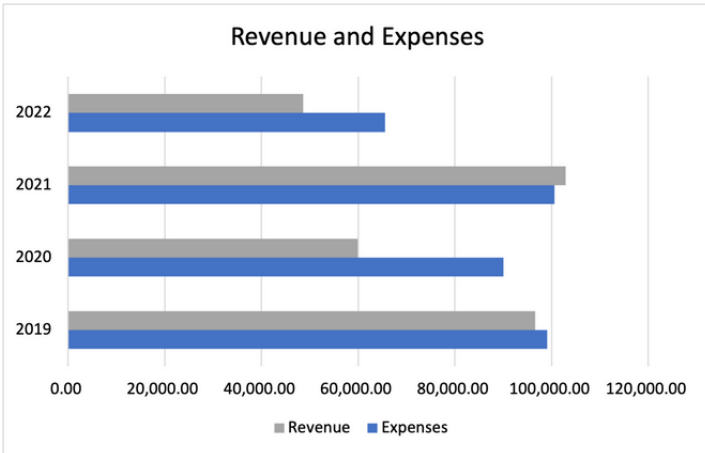
Moderated by Serena Lewis, a grief consultant, she guided the conversation as we shared, laughed and cried.

NSHPCA received many comments of appreciation and praise which illustrated the need for connection, comfort and to know we are not alone. It was heartwarming to know we made a difference.

Stay tuned for more similar sessions in the coming year.

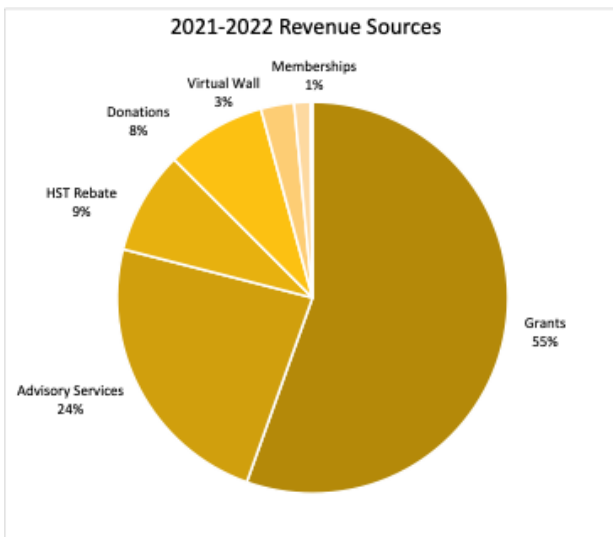


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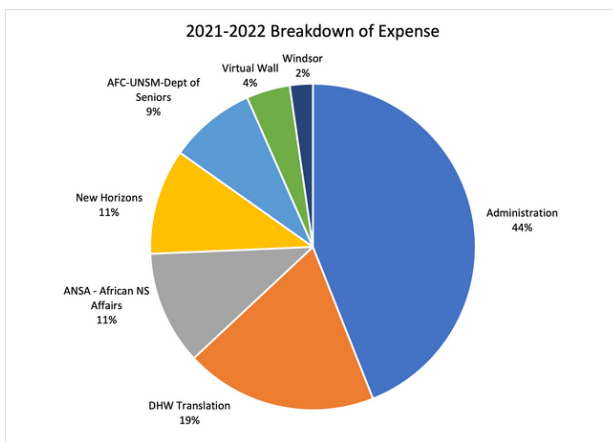


A comparative review of revenue and expenses over the past four years is indicative of the financial “roller coaster” of a society dependent upon fund development through grants and fundraising events and affected by outside sources such as COVID, sponsorships and reduced donations.

NSHPCA is making every effort to develop sustainable revenue that will allow the organization to reach its full potential.



For the 2021-2022 fiscal year, NSHPCA significantly relied on public and private grants. Membership revenue was down slightly from previous years. Donations were consistent compared to previous years.



The initiation of new or completion of programs accounts for 56% of expenses. Operational costs include salary and benefits rounding out the balance.

NSHPCA BOARD OF DIRECTORS

Ann V. Cosgrove, MA, President
Educator, Community Advocate
Non Profit Specialist
Halifax, NS

Stacey Harrison, Vice President
Executive Director
Colchester East Hospice Society
Truro, NS

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Risk Advisor, Deloitte Atlantic
Halifax, NS

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Cancer Care Program
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Minister of Finance, Chair of Treasury Board
Halifax, NS

Janet Carver RN, Vice President
Manager, Cancer & Palliative Care Service
Central Zone, NSHA
Bridgewater NS

Melinda Daye
Educator, Community Advocate
Halifax, NS
Representing African NS Communities

Colleen Cash, BBA, MHSA
NSHPCA Executive Director, National Institute
Hospice/Palliative Care (Faculty) Long Term Care
Advisory, National Consultant on Community based ACP

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Communications Advisor
Halifax, NS

Dr. Alana Cormier, MD
Family Physician
Twin Oaks Hospital
Middle Musquodoboit, NS

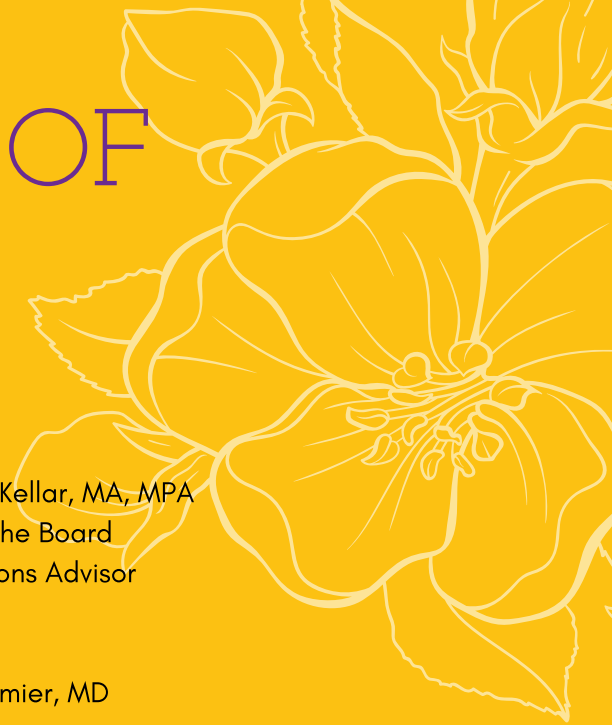
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Union of Nova Scotia Mi'kmaq
Aboriginal Continuing Care Policy Forum
NS Tripartite Forum Health Committee
Whycogomagh, NS

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South Shore Hospice Society
Chair, NSHPCA Hospice Advisory Council
Bridgewater, NS

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Former NS Addictions Services Counselor
Representing Acadian & Francophone
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Truro, NS

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Palliative Care Nurse Educator Eastern Zone
NS Health Authority



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