



**Nova Scotia  
Hospice Palliative Care**  
ASSOCIATION

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**ANNUAL REPORT  
2023-2024**



# FROM THE PRESIDENT

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Since its inception, in 1995, NSHPCA has always found the means of making an impact on the lives of Nova Scotians. From clinicians gathering to learn more about the delivery of palliative care across the province, to providing insight to a peaceful end of life, this past year has been no exception as we collaborate with NS Health and the Office of Addictions and Mental Health to facilitate the implementation of the NS Community Grief and Emotional Wellness Model. Year 1 will support Cumberland, Colchester and East Hants, expansion will take place across the province in Year Two.



Deep gratitude goes to the Board of Directors for their dedication in providing the necessary oversight. More often than not, juggling family responsibilities, the regular working day with meetings too numerous to count, allowed NSHPCA to collaborate and partner on grief services within the province. Their dedicated hours have been many. Their days filled to capacity and to say “THANK YOU” is simply insufficient.

To other supporters who attend our events, purchase memberships, who post on the Wall of Memory, our generous donors of the past year - Saint Martha’s Regional Hospital Foundation, Petro-Canada Caregivers, the Department of Seniors, OMHA and to the many volunteers who deliver the Advance Care Planning Program, and to all others who continuously support us, we say “THANK YOU”.

Together we are making a difference!

Warm Regards,

A handwritten signature in black ink that reads "Ann".

Ann Cosgrove  
President



# 2023-2024 HIGHLIGHTS

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In partnership with Saint Martha's Regional Hospital Palliative Care Services Team, our Annual Conference was held at the Keating Centre, St. FX University, Antigonish, May 11-12, 2023.

**Navigating Hope Through Uncertain Times** led us through two days of thought-provoking discussion, networking and comradery. Sponsorship from the Gillian MacMichael Endowment Fund brought us Keynote Speaker Dr. Chris MacKinnon, McGill University, followed by Dr. Jim Mulcahy, (honoris causa) from Antigonish who left his audience, "touched" by his compassionate message and a lump in their throat.

The importance of awareness and research was underlined by speakers - Dr. David Henderson, Shannon Ryan-Carson, Dr. Laurie Mallory and Dr. Nabha Shetty, Serena Lewis, Dr. Mary Ellen MacDonald and Bisi Akintola from a clinical to program perspective.

Much was learned from our first multicultural panel discussion on death and dying, moderated by Rev. David Maginley retired Spiritual Director, QEII, panelists Dr. David Deane, Dr. Barbara Hamilton-Hinch, Sheikh Abdallah Yoursri, and Michelle Lebrun.



# 2023-2024 HIGHLIGHTS

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We were delighted to introduce Hilary Scott to our audiences through a **four-part monthly conversation**. Speaking to our ACP volunteers, the sessions were open to all who registered.

Hilary is an Advanced Grief Recovery Specialist who offers a practical guide to Understanding Grief, The Basics of Grief and Loss , Supporting Others- The Language of Loss Part A and B and Supporting Ourselves-With Compassion and Understanding.



Congratulations once again to Shelley Mann, Recipient of the **2023 Volunteer Award**. Shelley is a Board Member, Representative of NS Hospices, and Representative from South Shore Palliative and Hospice Association.

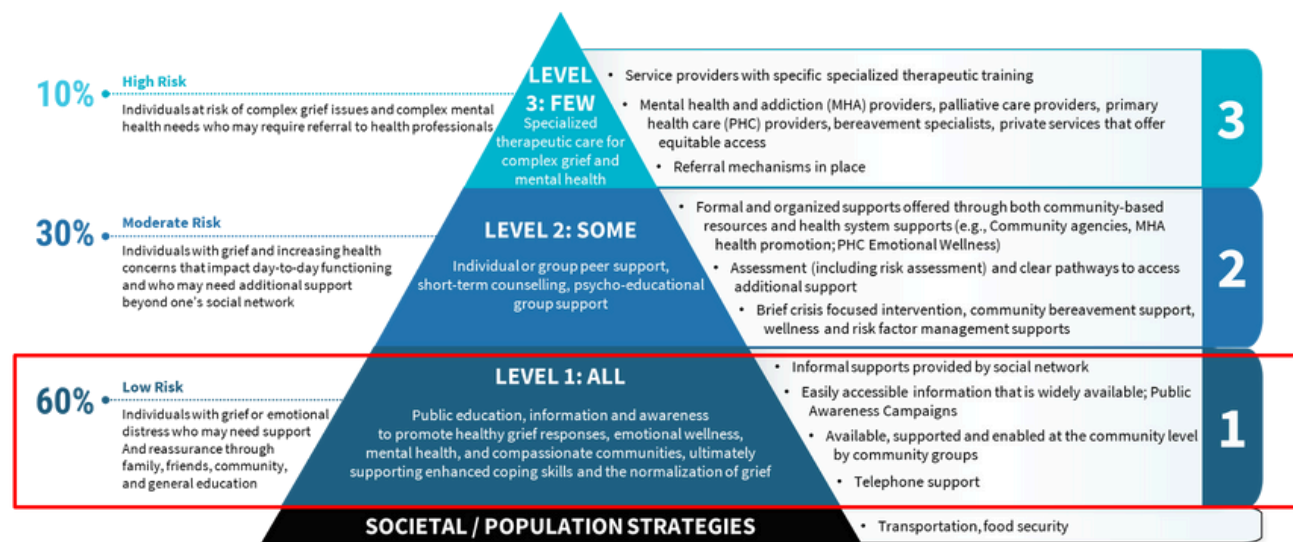
Shelley has provided exemplary service to her community and to our organization. Pictured is Shelley receiving the Award from Janet Carver, Western Zone Manager for Cancer and Palliative Care Services and a valued Member of the Board of Directors.



# GRIEF, BEREAVEMENT AND WELLNESS PROJECT

On January 03, 2024, NSHPCA signed a two year agreement with the Province of Nova Scotia to assist in the implementation and delivery of community services in Grief, Bereavement and Wellness in the Northern Zone Year 1 and province-wide in Year 2.

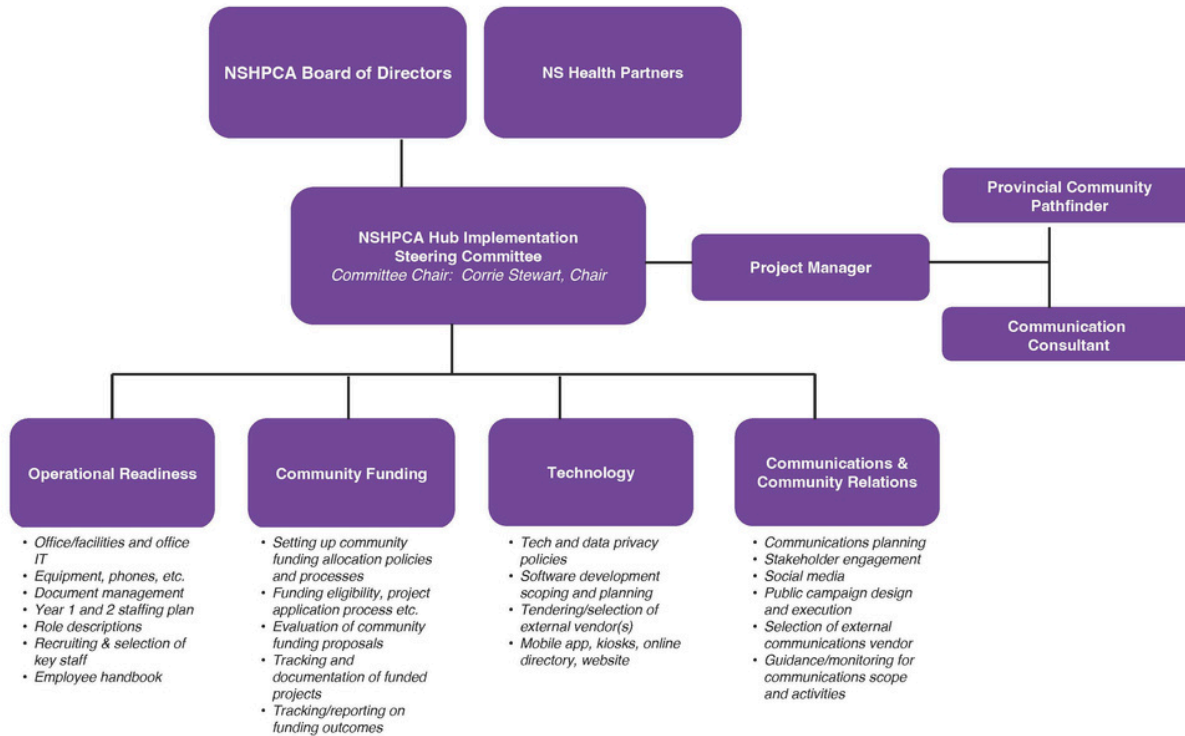
## GUIDING CONCEPTUAL MODEL: COMMUNITY GRIEF AND EMOTIONAL WELLNESS



Reference: Irish Hospice Foundation. (2020) Adult Bereavement Care Pyramid: A National Framework

# TRANSLATING THE GUIDING MODEL TO COMMUNITY

## BOARD OVERSIGHT FOR THE PROJECT



## MEET THE STAFF



Our new Executive Director, Tim Guest who comes to us as CEO, Canadian Nurses Association.



Beth Lynch, Project Manager/Director, former Program Manager, March of Dimes, Canada



Kristian Suen, PhD, Community Pathfinder who hails from University Birmingham, England.

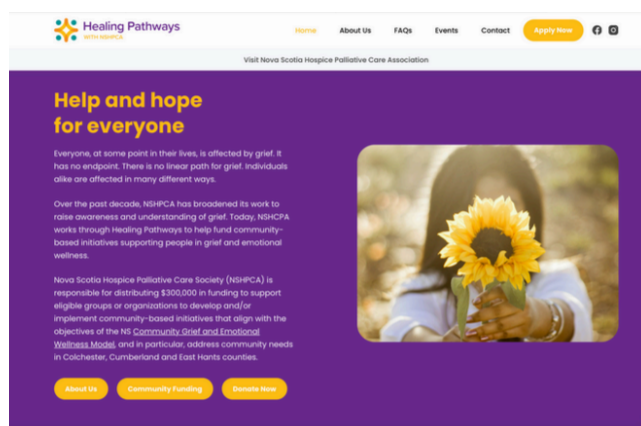
# HEALING PATHWAYS - COMMUNITY FUNDING ROUND 1

The Nova Scotia Hospice Palliative Care Society (“NSHPCA”) is responsible for distributing funding to support eligible groups or organizations to develop and/or implement **community-based initiatives** that align with the objectives of the *NS Community Grief Response Strategy*. Round 1 funding has been distributed to non-profit organizations in the Northern Zone whereas Round 2 will focus primarily province wide.

The purpose of the funding is to provide direct financial support to the communities impacted by the April 2020 Mass Casualty Event in alignment with the objectives of the Public Health Agency of Canada’s funding of the Response to Mass Casualty Commission Report Recommendations.

To enable and encourage the development of community-level initiatives, which will provide necessary services and in the areas of grief, loss, bereavement and emotional well-being; and to support the availability of effective and long-lasting resources and strategies in communities that will enable broad public access to such services and supports.

NSHPCA is proud to have supported Community Funding Round I in the Counties of Colchester, East Hants and Cumberland.



# KEEPING TO OUR MISSION



Although NSHPCA has been deeply involved in the delivery of the program, our work within the community continues. **ACP** Planning workshops are offered by our volunteers and Hospice Societies throughout the province. We are most grateful for their time and service in providing such valuable health education in so many communities.

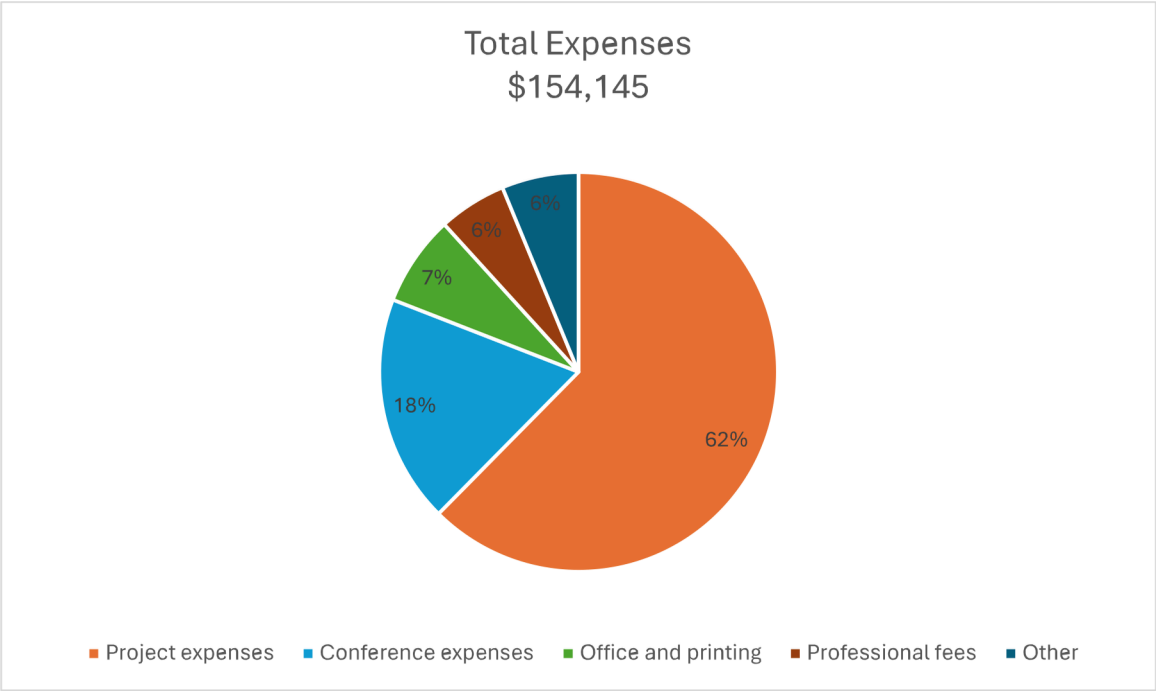
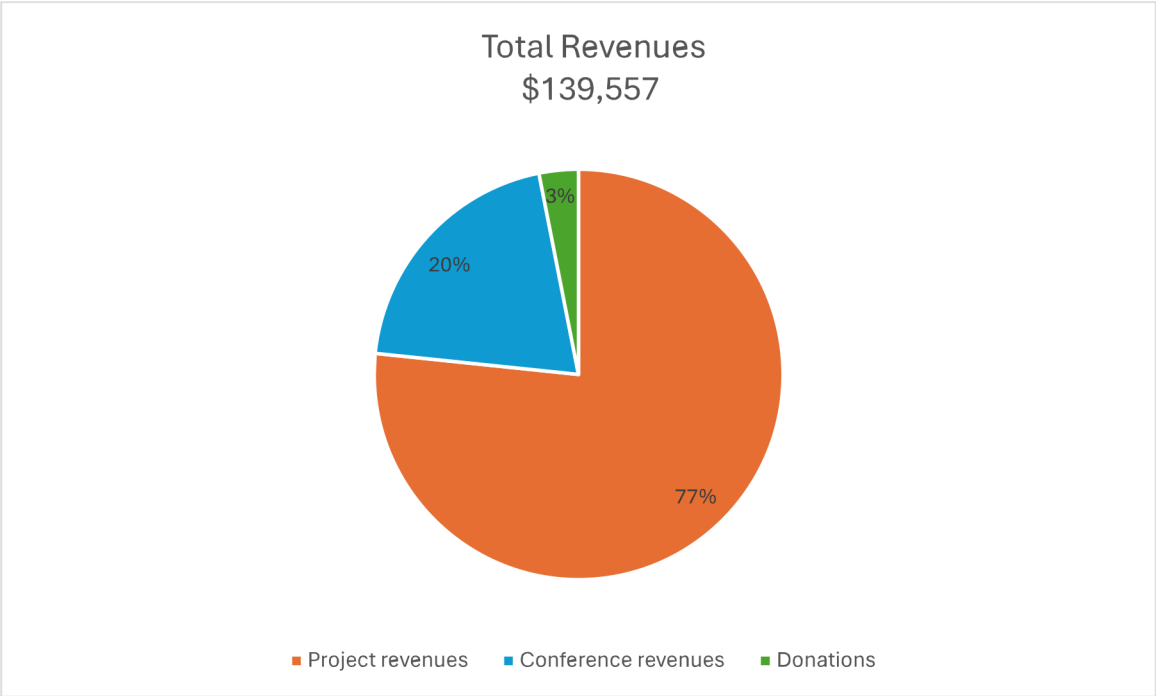
Our **Wall of Memory** is gaining increased momentum as the costs of publishing memorials and sharing stories in the media continue to rise. If you are unfamiliar with our dedicated space where shared stories can be celebrated and obituaries easily made available online, we invite you to visit <https://nshpca.ca/wall-of-memory>.



Our **Annual Conference** will take place May 20, 2025 in Halifax. Please hold the date. More information will be coming to you early in the new year.



# FINANCIALS AT A GLANCE



Please download Financial Audit Statements 2023-2024 from [nshpca.ca](http://nshpca.ca)

# NSHPCA BOARD OF DIRECTORS

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

**Corrie Stewart**, Chair Steering Committee  
Executive Director, Hospice Cape Breton  
Cape Breton, NS

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Risk Advisor, Deloitte Atlantic  
Halifax, NS

**Marianne Arab**, MSW/RSW Past Pres.  
Manager, Psychosocial Oncology/Palliative  
Cancer Care Program  
Halifax, NS

**Hon Diana Whalen**, MBA, CPA  
Former Deputy Premier, Minister of Justice,  
Minister of Finance, Chair of Treasury  
Board  
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**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 Community

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

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

**Shelley Mann**  
South Shore Hospice Society  
Chair, NSHPCA Hospice Advisory Council  
Bridgewater, NS

**Hubert d'Entremont**  
Community Advocate  
Saulnierville, NS  
Representing Acadian Community

**Margaret Ellen Disney**  
Past Chair, Pictou County Palliative Care Society  
Antigonish, NS

**Rev. Sarah Scott**  
Valley Hospice Foundation  
Wolfville, NS

**Taylor Kerr**, BN, MN, CHPCN  
Clinical Nurse Educator Palliative Care  
Western Zone, Nova Scotia Health  
Yarmouth, NS

**Susan Short**  
Cumberland County Hospice Association  
Amherst, NS

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