



Nova Scotia Hospice Palliative Care ASSOCIATION

**ANNUAL REPORT
2022-2023**





WEATHERING THE STORM

During the past few years, non-profit organizations, whether local, national or global, have undergone many changes as they struggled to stay alive during COVID. Fiscal challenges have forced several long-standing organizations to close or to re-awaken creativity in others.

For NSHPCA, the pandemic meant reducing operating costs (which in 2021 were at 13% of expenditures) and calling upon our determination to stay alive. Our sources of revenue and our ability to serve the community were sadly reduced.

It also meant the loss of our one staff person and the Board of Directors stepping into the role of “doing” instead of bringing oversight to the position.

I state with certainty that NSHPCA would not be here today if not for the Board’s generosity of time and talent. Each brought their professional skills to the table and led project after project. Those efforts included conceptualizing and developing our website, nshpca.ca, now recognized as one the best! Our Virtual Wall of Memory is another example. Not only is it a vehicle to enable healing through sharing stories, but it has also become our first sustainable revenue stream. From responding to medical inquiries around hospice/palliative care to communicating our message through social media, print, and design, we owe each Board Member a debt of gratitude for their leadership, time and effort.

And, let us not forget the many volunteers from across Nova Scotia who presented ACP workshops and organized events to support the vulnerable while pursuing the goals of NSHPCA.

We managed to weather the storm! And for that, we are most grateful to our Board, volunteers, and donors.

During the coming days and months, may you take time to reconnect in person and take advantage of networking, learning, relaxing and appreciating one another.

Warm regards,

ANN COSGROVE

President



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.



HIGHLIGHTS OF 2022-2023

- Adopting a strategic development process that would allow the NSHPCA to become a leading non-profit organization in the province. This was achieved by recognizing the current status; knowing who we want to serve; how we want to serve; who to include in the development; and how to allocate existing and future resources.
- Ensuring the Board of Directors, comprised of healthcare professionals and the community representing each health zone in the province, continued to advance the subject of hospice and palliative care.
- Collaborating with the ACP Advisory Council, a diverse group of volunteers who brings all corners of the province together, including Hospice Societies and community partners such as the NS Retired Teachers Organization (RTO), so our message reflects the cultural and linguistic diversity of our province.
- Becoming a member of the NS Health Palliative Care Network.
- Developing a NS Community Grief Strategy Model in partnership with NS Health.



HIGHLIGHTS

Virtual Wall of Memory: Storytelling and the journey of grief

According to therapists, psychologists and many others, storytelling is one of the best ways to navigate the grief journey. The Wall of Memory was launched in 2021 to help people cope with grief. It is a unique place where the memories of all Nova Scotians can be shared and celebrated for years to come.

This year, more stories were shared. And, with each post, a donation directly supports the NSHPCA's work to help people during difficult times. Visit nshpca.ca/wall-of-memory/ to read the stories and to .

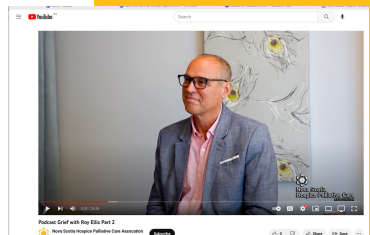


Sharing a message through podcasts

This year, NSHPCA created a three-part podcast series with Roy Ellis, a grief specialist, author and educator.

Discussing topics such as seniors and grief and the difference between grief and depression, the podcasts have proven to be a wonderful way to share his message with a wide audience. Accessed through our website, visitors can listen to the conversation in the quiet of their homes or on a walk giving listeners the time to absorb the conversation and learn the lessons.

Visit nshpca.ca to access the podcasts, and feel free to share the link with others.



ACP COUNCIL

Composed of leading community volunteers from across the province, the ACP Council is critical in spreading the NSHPCA message about the importance of advance care planning. Their success is a direct result of:

- Partnering with other volunteers and community organizations such as Hospice Societies and RTO branches in each health zone.
- Regularly gathering as a Council to learn from each other how best to serve.
- Being trained by the NSHPCA, then recruiting and training volunteers in their communities (train the trainer model).
- Identifying and initiating changes quickly to meet the local population's needs.
- Working at the grassroots level to organize events such as expos, grief day recognitions, lunch & learns or enhancing student education by working with local colleges.
- Ensuring resources are culturally and linguistically sensitive and available to meet the diverse needs in Nova Scotia.



ACP Council Members

Co Chairs, Ann Cosgrove,
Allison Hillier, President RTO

Derek Cameron, Richmond
County

Melinda Daye, Halifax

Margaret Ellen Disney, New
Glasgow

Karen Gregor, Deerfield

Laura Hicks, Amherst

Beverley Madill, Eskasoni

Bonnie Mahaney, Shelburne

Shelley Mann, NSHPCA Board
Member, Liverpool

Margie MacNeil, Sydney

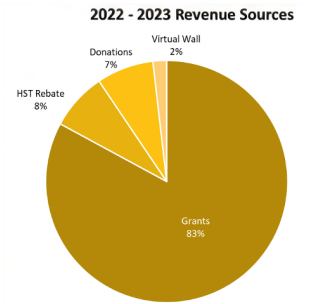
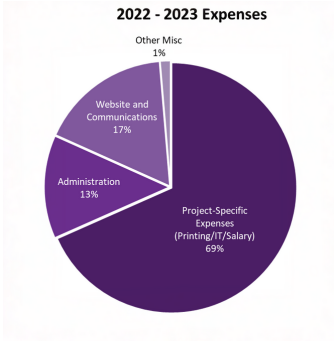
Catherine McKellar, NSHPCA
Board Member &
Communications Advisor

Pierre Roisé, Réseau Santé

Dale Sanford, Wolfville

Joan Tufts, Saulnierville

FINANCIALS

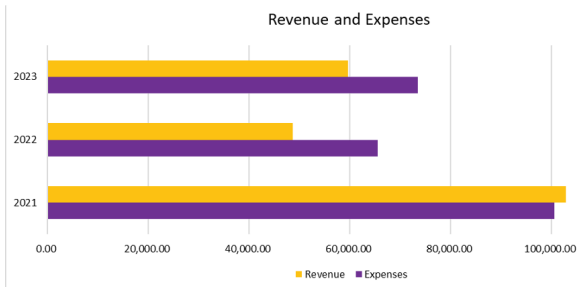


Our financial position for 2022-2023 has improved since fiscal-year ended March 31, 2022. The Board found savings in salaries by transitioning to a 100% volunteer organization. Project-related revenues previously allocated for salaries were re-allocated to general revenues while volunteers completed project objectives. The general revenue balances were then used for organizational maintenance.

The graphics on this page present the sources of revenue/expenditures and the trend of revenue versus expenses for the past few years. A comparative review of revenue and expenses over the past three years reflects a society's financial "roller coaster." We depend on funding through grants and fundraising events, but it has been challenging with COVID, not to mention the effects of economic uncertainty reducing sponsorships and donations.

As of March 31, 2023, the bank balance is \$56,000, with approximately \$25,000 in restricted funds for the purpose of executing podcasts and webinars that will be added to websites.

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



GOING FORWARD

NSHPCA, in conjunction with its partners, is ready to continue enhancing and initiating preventative measures that influence a wide range of health, functioning, and quality-of-life outcomes and risks.

As a provincial organization, we continue demonstrating the proper attitude, connections and willingness to build those partnerships that will make a difference in the community.

We will continue visiting the health zones and bring together community partners. During these visits, we often confirm the desire to collaborate and identify commonalities and unique challenges.

NSHPCA will focus on a number of these challenges within the coming months. We have the capability to grow our resources so we can help more Nova Scotians.

There is much work to be done, and we will make a difference together!



NSHPCA BOARD OF DIRECTORS 2022

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

Nick Chamberlain, CPA, CIA
Chair of Finance
Risk Advisor, Deloitte Atlantic
Halifax, NS

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

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

Catherine McKellar, MA, MPA
Secretary to the Board
Communications Advisor
Halifax, NS

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

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

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

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

Laurie Mortimer, RN, BScN, CHPCN(c)
Palliative Care Nurse Educator Eastern Zone
NS Health Authority

Barbara Stewart, RN
Palliative Care Consultant
Central Zone, NS Health Authority
Truro, NS

Joan Tufts
Former NS Addictions Services Counselor
Representing Acadian & Francophone
Meteghan, NS

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



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