



PILGRIMS HOSPICE

A Place Full of Life...

Annual Report
2015

COMPASSION FOR THE JOURNEY. SUPPORT FOR FAMILIES.

A Place Full of Life

Hospice provides shared memories and stories; contemplation; peace; care and compassion.

The most common sound at Pilgrims Hospice is laughter.



Pui with harpist Terry McDade, Giving Tuesday, 2015

Mission

Pilgrims Hospice Society (PHS), provides supportive and compassionate family centred care to enhance the quality and dignity of life for those diagnosed with a progressive, life-threatening illness, as well as solace to those who are bereaved.



“Do not misunderstand. Pilgrims Hospice isn’t about dying, it’s about living – helping our clients live each remaining day with compassion, joy and laughter...Focusing daily on living with dignity and love.”

- Miss Sarah Chan, April 2015



“**Hospice is about Life...** having the chance to live each day to its fullest, surrounded by a caring, compassionate community.”

- Deb Birkett, PHS Executive Director

DAY PROGRAM

20 clients and families served in 2015

830 total visits

15 volunteers in the Day Program

1871 volunteer hours

A Place of Connection

Albert came to the *Adult Respite Day Program* with a need to connect with others. His Myotonic Dystrophy made it hard for him to get around with a walker, and in his mid-forties, Albert was spending most of his time at home.

As Albert's illness progressed, his mother, Alice, became increasingly physically and emotionally exhausted as his sole caregiver.

When Albert joined the *Day Program* over two years ago, it gave Alice a chance to receive much-needed respite care, allowing her to catch up on other important things or to simply rest.

For Albert, the Day Program became his family. It gave his bright mind, wisdom, and wonderful sense of humour a place to shine – and he was quickly known as the *Day Program* trivia champion.

It was a place where not only his physical needs were met, but also his mental and spiritual needs, giving Albert the holistic care he required to the very end of life.



Albert sits next to Laurie, as she receives a hand massage from LPN Sheila.

Alice told us how much Albert loved the Day Program and the other people there: "It was his reason to get out of bed in the morning."

COMPASSIONATE
COMPANIONS

17 volunteers provided
companioning for 12 clients

630 volunteers hours
of client care

A Place of Safety

Tommy was an extremely shy 5 year old boy. When he came to our *Expressive Arts for Grieving Children, Teens and Families*, he immediately curled up into a ball on the floor, hands covering his head and feet tucked under his body. He looked like a turtle, protected by his shell.

During our introductions, when it came to Tommy's turn, he was silent.

Gently, the facilitator sitting closest to him, Sue, asked if he felt like a turtle today, all cozy and safe inside his shell. This got a response as his head suddenly moved and shook "yes".

Now we had communication! She asked if she could introduce his name. He shook his head: "Yes". Then his age, and the name of the person who had died (who was his dad).

Tommy participated in the arts with lots of energy but no smiles or communication, just the occasional nod of his head.

For eight weeks, he arrived with his mom, headed to our classroom and curled up into his shell. *We all gave him space, even the other kids, who never questioned his unique style of participating.*

On the final night, when Sue asked if she could be his voice one more time, he suddenly sat up, said his name out loud, gave his age, introduced his dad, and answered the weekly question. *Then he beamed and smiled at each child as he looked around the circle.*

He chattered throughout the art project, relaying answers to questions, sharing the things he had listened to over the last 8 weeks and commenting on everyone's stories.



He thanked us for not making fun of him, for letting him be safe in his "turtle shell" and for telling him all about their losses too.

A Place of Hope



Rising Hope

Greg Yanda brought his daughter Emily, who was 9 years old at the time, to attend the *Expressive Arts for Grieving Children, Teens and Families*, when his wife Sheila, after a long battle with severe depression, took her life.

The positive experiences Greg and Emily had at Pilgrims helped shape how they dealt with their tragedy. Through the art and music therapy program, Emily was given tools to express her grief and Greg was able to connect with many adults who were dealing with the loss of a loved one. All these were major steps to recovering and beginning to thrive once again in their lives.

Greg had not painted since losing his wife but recently decided to begin again. *'Rising Hope'* signifies another part of his healing.

“Cheryl Salter-Roberts specifically counselled me on how to begin to live again and gave my Emily, such a young girl at the time, the opportunity to understand what may have been unfathomable to her then. Cheryl is a very special person to me because of that.

Through her, I also got to meet so many of the people who have made Pilgrims Hospice *a viable and valuable service within the community*: Marion Boyd, Deb Birkett, Gloria Bauer, Jill Sarluis, the Board of Directors, the Hospice staff. All people that do these things for no real recognition but because they love helping people.

Because of them, I am here enjoying life again with a wonderful daughter, thoughts of love rekindled in my heart, and simply carrying on.”

- Gregory M. Yanda, Christmas 2015



A Place to Share

"Thank you for leading the *Adult Bereavement Support Group* and providing a safe space to help us face and work through our losses/traumas. The work you do is very important and I am very grateful to you.

I just wanted to tell you that not only do I receive help and support but I am able to give that to others as well.

Nobody should have to walk alone in this pain.

(I lost my dearest friend/ brother, Mark James Hostin, in October 2015.)"

Sincerely, Jane

Even though my grief is my own...



In 2015, we received increasing referrals for Grief & Bereavement counselling. **Our philosophy is to never turn anyone away who can't afford our services.**

For those grieving the loss of a loved one, financial difficulties can be an added burden.

83 hours of grief counselling were donated to our Gift of Hope campaign.

195 adult bereavement counselling sessions

46 individuals served

2 community presentations: for the Cross Cancer Institute & Royal Alexander Hospital

6 drop-in support groups
1 high school grief group

A Place of Community

Anna Muze, owner of Il Forno Ristorante, raised \$17,700 at Hearts for Hospice.

Len Rhodes, Edmonton Eskimos President & CEO, pledged \$100 for every point scored during the Eks-Saskatchewan Roughriders game in June. The 31-24 win raised \$3,100 for Pilgrims Hospice.

Home Depot Distribution Centre donated a brand new lawnmower & Christmas lights.

Grant Fedoruk, Leading Edge Physio, gave \$10 for every point scored by the Edmonton Eks throughout the season. Points for Hospice raised \$4,660.



"I always like to point out how much people know to give to things like cancer research, cancer treatment and

so forth. But, you know, that is for treating, researching and curing these kind of diseases. But just as important as that is what we do for the people who are losing their battles with these diseases, and **I think it truly is a reflection of society, of how we look after the terminally ill.**"

- Grant Fedoruk, Points for Hospice interview on 630 CHED.



35 volunteers from The Canadian Home Builders' Association - Edmonton Region (CHBA-ER) completely transformed the main level of our building, creating a bright new atmosphere and contributing to the comfort and safety of our clients.

As well as helping raise awareness for Pilgrims Hospice, CHBA-ER members raised \$900 in cash donations, and thousands of dollars in donations of time and materials.

Pilgrims Hospice relies on the skills, time and generosity of all our Volunteers and Community Supporters. You truly are the **"Hands and Hearts of Hospice"**.

Audited Financial Statement

Statement of Financial Position - December 31, 2015

	2015	2014
ASSETS		
CURRENT		
Cash	\$396,364	\$255,138
Accounts receivable	10,971	12,492
Prepaid expenses	1,753	2,572
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	409,088	270,202
PROPERTY AND EQUIPMENT	289,361	315,414
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	\$698,449	\$585,616
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	27,783	29,337
Deferred contributions	97,231	84,093
Callable debt obligation	89,999	99,999
Current portion of obligation under capital lease	2,297	2,079
	-----	-----
	217,310	215,508
OBLIGATION UNDER CAPITAL LEASE	2,538	4,835
DEFERRED CONTRIBUTIONS RELATED TO PROPERTY AND EQUIPMENT	94,520	115,280
	314,368	335,623
NET ASSETS		
Invested in property and equipment	190,006	159,405
Unrestricted	194,075	90,588
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	384,081	249,993
	\$698,449	\$585,616

Audited Financial Statement

Statement of Operation - Year Ended December 31, 2015

	2015	2014
REVENUE		
Donations	\$313,368	\$261,991
Special Events	298,162	402,507
Alberta Health Services	101,893	101,399
Fee for service and rental	26,721	27,038
Amortization of deferred contributions related to property & equipment	20,760	20,621
Government grants	17,000	-
Casino	13,827	15,411
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	\$791,731	\$828,967
EXPENSES		
Salaries and related benefits	440,429	471,370
Special events	93,116	123,772
Amortization	26,052	24,731
Office and miscellaneous	24,288	16,930
Repairs and maintenance	15,266	10,313
Utilities	9,971	10,821
Advertising and promotion	9,622	13,374
Program costs	8,159	7,211
Interest and bank charges	7,528	9,401
Insurance and licenses	7,384	6,427
Professional fees	6,150	7,785
Interest on callable debt	3,622	4,217
Telephone	3,476	3,437
Consulting fees	1,030	-
Bad debts	929	1,205
Interest on obligation under capital lease	621	1,017
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	657,643	712,011
REVENUE OVER EXPENSES	\$134,088	\$116,956

NOTE: Our auditors are Peterson Walker LLP, and a copy of our complete Audited Financial Statements are available on request.

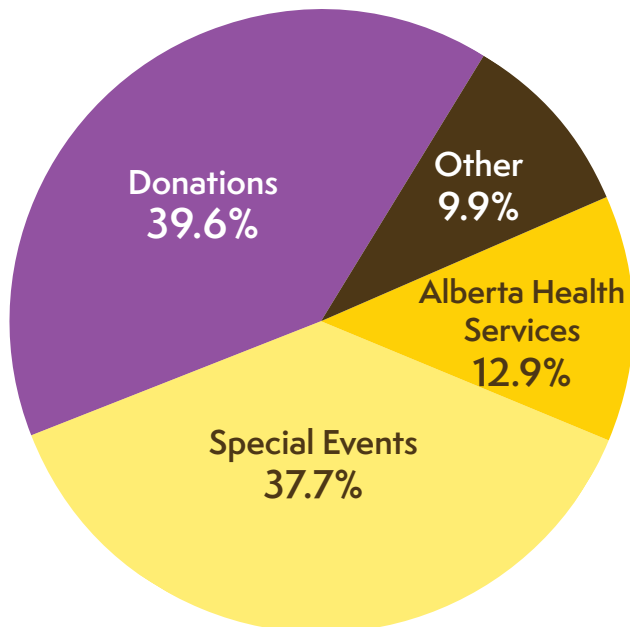
Funding



In 2015 we received funding from:

- Alberta Health Services
- Benevity Community Impact Fund
- Canadian Cancer Society
- CIBC Children's Foundation
- Edmonton Black Gold BMW Assoc.
- Edmonton Community Foundation
- Kin Club of Fort Saskatchewan
- Order of the Eastern Star
- Realtors' Community Foundation
- Royal Alexander Hospital Medical Staff Society
- Rebekah Assembly of Alberta
- Summit Foundation
- United Way – individual donations

Revenue



Hike for Hospice 2015

Your generous support makes our work in the community possible – **thank you!**

Message from the Executive Director

Dear Friends of Hospice, your ongoing generous support has made a difference in the lives of those who are ill, their caregivers, and those left behind in grief.

We continue to support our clients and families with quality and compassionate programs and services. Working in partnership with Saint Elizabeth Home Care, we are ready to launch a **Therapeutic Bathing** component to the **Compassionate Companions** program in January 2016. This is an additional service to those provided by Alberta Health Services, offering therapeutic bath care for our clients who are no longer able care for themselves.

Your generous donations provided **83 Hours of Adult Grief Counselling** to those who otherwise could not afford the support.

We also were blessed with main floor and outdoor **RENOVATIONS** donated by 30+ amazing Volunteers from the *Canadian Home Builders' Association!* We can't thank you enough for giving us a facelift and ensuring the safety of our clients.

As we move forward, we hope Pilgrims Hospice Society will continue to be your *Charity of Choice* and that you will be advocates for Hospice Care in Edmonton.

We are very proud of, and grateful to, our staff, volunteers, special event committees and our Board of Directors, who all give tirelessly to our Organization.

- Deb Birkett

Board of Directors and Staff

BOARD OF DIRECTORS

Alexis Harke – Chair
Nick Trovato – Vice Chair
Richard Wong – Past Chair
Marion Boyd – Secretary
Garnet Clark – Treasurer
Heather Shaw – Recording Secretary

MEMBERS

Dr. Doug Armstrong
Peter Carter
Graham Dobson
Father Mike McCaffery
Bill Donahue
Elexis Schloss
Rev. Geoffrey Wilfong-Pritchard
Greta Sieben
Honorary Member Dr. Helen Hays

PILGRIMS HOSPICE STAFF

Debra Birkett
Executive Director

Cheryl Salter-Roberts
Manager, BriarPatch Centre for Grieving Families

Bonnie Ross
Manager of Adult Respite Programs

Sheana Mahlitz
LPN, Adult Respite Day Program

Kerri Washington
Day Program Assistant

Selena Backman
Adult Bereavement Counsellor/Spiritual Care

Debby Harink
Manager, Volunteer Services

Sean Youn
Accounting /Administration

Liz Bartlick
Coordinator Fund Development & Communications

Terry McNeil
Cook



“ For what is needed at the end of life,
is not so much to add days to life,
but to add life to the remaining days.”

-Anon
