



OUR STORY

Annual Report 2022



These past two years have reminded us of the importance of community and the services that truly matter. Over this past year, through a generous gift from the Klara and Oskar Bookbinder Estate, we have been able to deliver more services to the communities of Wellington County which allow people in rural communities to access service closer to home and can reduce the barriers that travel, and an unfamiliar community can create.

Thanks to the generous guests at this year's Handbags for Hospice, we have also been able to expand the offerings of the Music Therapy Program, both in the residence and for those in the County.

Hospice Wellington is also a player to support the broader community, as a member of the Guelph Wellington Ontario Health Team (OHT). This body is charged with making recommendations for health spending in our region. Our OHT has been chosen as one of seven to proceed to the next stage of planning for the Home Care Modernization Leading Project program, which will certainly include plans for a palliative care strategy for Guelph Wellington.

The next big step for Hospice Wellington will be a new Strategic Plan. The exercise by our Board will chart the course for our next three years and how we continue to grow the ability to serve you, your family and your neighbours.

When the community is ready for us, we are ready to serve.

Pat Stuart

Pat Stuart
Executive Director

BOARD OF DIRECTORS

- David Rich, Director, and Chair
- Greg Sayer, Director and Vice-Chair
- Joan Eaglesham, Director, and Secretary
- Monique Porlier, Director, and Treasurer
- Isobel Boyle, Director and Chair, Quality Committee
- Rebecca Roy, Director at Large, Executive
- Sarah Bulloch, Director
- Gayleen Gray, Director
- Denyse Guy, Director and Chair, Governance Committee
- Peter Hohenadel, Director
- Jane McKinnon-Wilson, Director
- Patricia Rivett, Director, Chair Nominating
- Rebecca Stuart, Director

2021-2022 FINANCIAL INFORMATION

Government	\$1,725,160	Events etc.	\$225,821
Covid 19 Assistance	\$208,732	Tree of Remembrance	\$45,279
Memorials & General Donations	\$638,165	Handbags for Hospice	\$112,946
Grants	\$125,712	Hike for Hospice	\$74,352
Interest Revenue	\$75,050	Third Party Events	\$59,349
Designated Donations	\$73,482		
Futures Campaign	\$114,630		

NOT JUST NUMBERS

Although Statistics allow us to track how many people we have served and cared for the people we compassionately support will never be just numbers to us.

246 Residence CLIENTS
695 Community CLIENTS

VOLUNTEERS AWARDS

**The Walter & Hanna Boos
Volunteer Recognition Award
2021-2022
Edris Phillip**



**June Callwood Circle of
Outstanding Volunteers Award
2021
Kerry Daly**



MUSIC THERAPY PROGRAM- WHERE WE ARE NOW

We began our Music Therapy Program in January 2021 at one day per week. Through a combination of grant initiatives and successful events such as Handbags for Hospice (Music Therapy program being the "Fund-a-Need" in 2022), the program was expanded to a 4-day/week position, for the next year. This allows for the deepened support of residential clients, in addition to the expansion of music therapy support into the community and rural programs offered by Hospice Wellington. Music therapy is now being offered within the community through the Bereavement Program (group and individual), Palliative Day Away program, Caregiver Support group, Volunteer Continuing Education, Nursing Week, and other staff supports, Residential Door Ceremonies and other hospice rituals, Fundraising Events, and rural support group initiatives in Elora, Rockwood and beyond. The opportunity to utilize the community strengthening attributes of music to enhance and serve the loving hospice ethos, which has been and continues to be fostered by strong, visionary leadership. It is hoped that the music therapy program may be supportive to the Hospice Wellington community for years to come.

Music Therapy integrates a combination of live music along with sensitive verbal interventions to best support residents and their families during this vulnerable time. Music therapy at end-of-life requires a sensitive awareness of a resident's physical and emotional status, which can fluctuate significantly.

"In my years of work with thousands of individuals living with cancer, and with those at end-of-life in palliative and hospice care, I have found a predominant point of connection to be the song - specifically, the songs of one's life. We each have a "song print," just as we each have a unique fingerprint - it is our uniquely identifying combination of songs that have formed us and that have accompanied us on our individual journeys. As a music therapist, my role is to come alongside people (and their loved ones) as they look within their own musical landscape, find the songs that have made them who they are and perhaps why - and to reflect on the accompanying stories and memories that emerge with those songs." - Catherine Manning, Art Therapist, Hospice Wellington.

Music therapy seeks to address a range of needs, including relaxation, creative self-expression, reminiscence and life review, symptom support, legacy work, and sensitive emotional support of the broader family system. Music brings with it an instinctive ease, familiarity, and myriad points of connection - thereby nourishing a sense of safety and a deepened sense of community.



A family member has recently shared the following, about their music therapy experience at Hospice:

"The power of music therapy is invaluable. It provided my mother and our family comfort in a time when we needed it most, created lasting memories that my mother took with her and that continues to live on within us, and bonded us all in the most incredible ways. It was and continues to be our light on our darkest days. My mother called Catherine her 'angel,' and we are forever grateful to have received her gift of music therapy, frequently described within our family as a 'big hug.' This is an experience we will always remember and continue to treasure when we think of my mother and her time at Hospice."

Planting Roots In Our Rural Community

Oskar and Klara Bookbinder's Estate gifted money to fund this 3-year project to offer support and services to Guelph/Eramosa and Wellington County. The objective was to build and sustain support and services that will continue to grow and develop in the rural areas well past the 3 years.

In the year since we started as the Advocate Resource Counsellor position, we have been able to create many partnerships with other organizations, Family Health Teams and many different groups of people that are helping to promote Hospice Wellington in the rural communities. We are building this network of people and support and word is spreading fast that we are not just about our 10 bed Residence facility.

Our goal is to get some of our regular supports and services and create unique and different ones in rural areas that there is a need for. We have been providing workshops, some lunch and learn sessions and are going to start a Caregiver drop-in Group in Erin this fall. Another exciting support we are able to offer now in rural is our Music Therapist Catherine Manning. She will be available on a limited basis for some 1:1 support in home and will be offering a 4-part series workshop in the fall in Elora.

One of the really exciting things we have put together is our new "Guide for End-of-Life Planning and support" booklet. We have already given out over 1500 copies in Wellington County, and we have two thousand more as people are still asking for these booklets. Workshops on how to navigate through these guides have taken place and one of the community members commented:

"This is really good information. A lot of people have no idea where to start with their planning and this will be so helpful."

