

transitions

THE NEWSLETTER OF VICTORIA  HOSPICE

WINTER 2020

Celebrating 40 Years of Victoria Hospice



When Victoria Hospice was established in 1980, the emotional needs of end-of-life patients were rarely addressed. Care tended to be discussed only in clinical terms.



"I knew there was an urgent need to address end-of life care for patients and their families," says nurse Pat Carfra, founder of a grassroots movement that led to the development of Victoria Hospice. "People were dying badly," she says.

Carfra still remembers her time as a student nurse. Patients would reach out to her with fear in their eyes about what was going to happen to them during their last days. "They wanted comfort from me which I couldn't give." When she thinks about this today, it makes her cringe.

Upon reading the seminal book by Dr. Elisabeth Kübler-Ross, *On Death and Dying*, Carfra realized there was a better way to approach providing end-of-life care.

Together with colleagues including Dr. Peter Coy, Director of the Victoria Cancer Clinic and Margaret Farley, a social worker in his clinic, she sowed the seeds of Victoria Hospice.

"I look at what it is now and I am so proud to have been part of its beginnings," says Carfra. "Hospice has provided a whole new approach to death and dying with dignity."

This year, Victoria Hospice celebrates 40 years of excellence in hospice palliative care. From humble beginnings, we have grown significantly—we invite you to turn the page to see our timeline featuring just a few highlights and milestones in our history.



Recognize someone in these photos? Do you have a story to tell about Victoria Hospice's early days? We'd love to hear from you! Email us at stories@victoriahospice.org

THIS YEAR, Victoria Hospice celebrates an incredible milestone—40 years of care, compassion, and excellence.

Throughout 2020, we will reflect on our beginnings as a volunteer-driven, grassroots movement. We were pioneers at providing palliative and end-of-life care at a time when it was not yet embraced.

Today, thanks to advocacy efforts from patients and their families, healthcare professionals, hospice societies, volunteers, and community champions like you, this shift is taking root.

Over the decades, our interdisciplinary team of volunteers and staff have earned a solid reputation for improving quality of life for patients and families when time is most precious.

Looking ahead, I have confidence in Victoria Hospice's ability to ensure best in class care for even more patients and families in our community. My optimism is thanks in large part to you!

You are part of an incredibly generous group — roughly 7,000 people each year—who give their own money to ensure that this organization can provide the care, compassion and empathy that should be available to everyone at the end of their life.

Because of you, Victoria Hospice is in a strong financial position to meet the challenges ahead. We can be nimble, innovative, and develop new programs to meet the growing needs of our community. Victoria Hospice can continue to put the needs of patients and families at the centre of all that we do.

Thank you for all that you make possible!

Sincerely,



Kevin Harter, CEO
Victoria Hospice

PS If you have a personal story about your connection to Victoria Hospice, I invite you to share your story on our 40th Anniversary webpage: victoriahospice.org/40yearsofcare/



Milestones



1980

The Victoria Association of the Dying (VACD) develops a new model of care for the dying with a volunteer-driven pilot project running from 1978 to 1980. After evaluating the success of the pilot project, BC's Ministry of Health designates **Hospice Victoria** as an ongoing essential part of the health care system.

1980s

1983

VACD amalgamates with Hospice Victoria to form the **Victoria Hospice Society (VHS)**.



1985

Fran Cornish begins volunteering at VHS. She remains a steadfast supporter to this day—talk about commitment!



1989

With funding from the Victoria Health Project, the **Victoria Hospice Palliative Response Team (PRT)** is established. The PRT offers emergency short-term crisis consultation and treatment for problems that would otherwise require hospital admission. Victoria Hospice also expands its working relationships with Home Care Nursing, creating an integrated continuum of hospice palliative care from home to hospital.



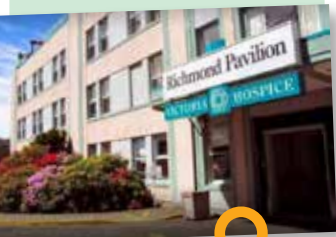
ones Through the Years



**VICTORIA
HOSPICE**

1996

The third and fourth floors of the **Richmond Pavilion** at Royal Jubilee Hospital are developed to accommodate a 17-bed hospice palliative care facility.



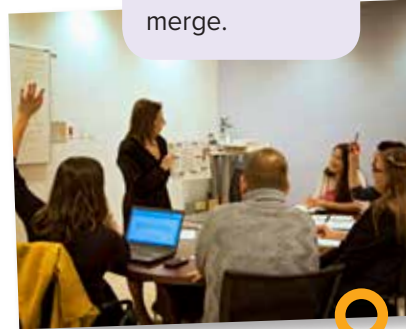
2002

Our volunteers and staff, and community members participate in **Walk for Awareness**, paving the way for our annual **Hike for Hospice** event, which officially begins in 2012. Dozens of cities across Canada now host **Hikes for Hospices** each May to raise critical funds and awareness for hospice palliative care.



2014

The **Education** and **Research** Departments merge.



2019

Victoria Hospice Community Support Centre (CSC)

opens on Chatterton Way. It is the new home of Bereavement Services and will also house community education and volunteer-led patient navigation programs.



1990s

2000s

2010s

1997

Victoria Hospice establishes the **Victoria Hospice and Palliative Care Foundation** to assume a primary fundraising role, and to provide investment, financial management and stewardship of funds raised for Victoria Hospice operations.

1999

The **Victoria Hospice Learning Centre for Palliative Care** is established.



1997

The **Rooftop Garden** at Victoria Hospice is established. It has become an oasis for patients, their families and friends. Inside the door that leads to the Garden is a Journal in which visitors record their thoughts, feelings, and experience of their visit. *"The garden is vibrant yet gentle – like the rest of the Hospice. Thank you so much for caring so beautifully."*

(Photo by volunteer photographer Lorna Shaw)

2006

The **Research Office** is created to better understand current clinical care and to seek ways to increase the quality of care for all.

2016

In this year, a mere six weeks apart, Victoria Hospice receives two of the largest legacy gifts in its history. Two outstanding individuals gave legacy gifts totalling more than \$3.8 million!
◀ **Lloyd A. Barrett** left a legacy of \$2.4 million, to expand access to high-quality palliative care. He died in 2014 at the age of 91.



Judy Kedwell ▶ left a legacy of \$1.4 million to provide more accessible pain and symptom management for patients. She died in 2015 at the age of 70.



Looking to the Future

Last year, we made a commitment to grow our circle of care in our 5-year Strategic Framework. The plan is ambitious, but thanks to considerable investments from generous community donors like you, we have already made progress.

2019

- ▶ In 2019, we opened two ambulatory palliative care clinics—in the WestShore and at the Royal Jubilee Hospital—in partnership with Island Health to support patients living with life-limiting illness.
- ▶ In October, we opened the doors to our new Community Support Centre, the largest expansion of services in 30 years. The Centre has helped us expand our bereavement services and support programs.
- ▶ In December, we gathered on our Rooftop Garden with Adrian Dix, BC's Minister of Health, and our Island Health partners to make a joint announcement about expanding palliative and end-of-life care in our community.

2020

- ▶ In the spring of 2020, our Victoria Hospice Unit will become a dedicated 18-bed single-focus hospice unit for patients and their families.
 - ▶ Island Health will also open a 16-bed Palliative and Supportive Care Unit at the Royal Jubilee Hospital.
- Now, more people in Greater Victoria will benefit from palliative and end-of-life care with more community hospice beds and acute palliative care beds.



We thank the Ministry and Island Health for their commitment to expanding hospice and palliative care.

Most importantly, we thank you. Your support inspires and motivates us to continue expanding our care to meet the growing needs of our community.

To read or download a copy of the Victoria Hospice Strategic Plan, visit victoriahospice.org/strategicplan



Your Donation Makes a Difference

YES! I would like to provide care to patients and families in need.

Donation preference: ☐ One-time ☐ Monthly / My donation: ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1000 ☐ Other

Name

Address

City/Province

Postal Code

Phone

Email

Credit card type: ☐ VISA ☐ MasterCard ☐ AmEx

Card #

Expiry date: ____ / ____

My donation is in memory of

Please send an acknowledgement letter to

Name

Address

City/Province

Postal Code

☐ I would like to receive Victoria Hospice e-newsletters.

☐ I wish to remain anonymous.

☐ I have included Victoria Hospice in my Will.

☐ I am interested in finding out more about including Victoria Hospice in my Will.

Welcome Lucy Hough!

New Director of Fund Development and Communications



Lucy is thrilled to join the team at Victoria Hospice as **Director of Fund Development and Communications**.

A professionally accredited fundraiser

(CFRE) with two decades helping non-profit community organizations advance their mission to make the world a better place, Lucy is deeply inspired by the vision of VHS and values its programs and accessibility to serve the community.

“Practically everyone I talk to about Victoria Hospice has been touched by our services and shared a personal story with me about how incredibly grateful they and their family were in their time of need,” Lucy told us. “What a deep and meaningful honour it is for me to join this team.”

Lucy would love to talk to our supporters and get to know you. She can be contacted at (250) 519-1749, or email her at lucy.hough@victoriahospice.org

Is My Grief Normal?

Living with Grief: adjusting to life after loss

When you lose someone important to you, it can be disorienting. Grief can take on many forms, but for many, the question that arises is “is my grief normal?”

Thanks to your support, we are excited to launch a new workshop called “**Living with Grief: Adjusting to life after loss**” at the Victoria Hospice Community Support Centre. This workshop will provide advice and tools for those who have recently lost someone important to them.

The workshop—developed by Victoria Hospice grief counsellors—will cover topics such as the difference between grief and mourning, the many ways grief can impact our lives, and identifying ways to support healthy adjustment to loss.

There are three opportunities for the public to attend these workshops:

- Thursday February 27 from 6:00 pm to 8:00 pm
- Thursday April 23 from 6:00 pm to 8:00 pm
- Thursday June 25 from 6:00 pm to 8:00 pm

Location: Victoria Hospice Community Support Centre
102-4450 Chatterton Way

This past October we opened our Community Support Centre, and without your support, we would not be able to offer workshops and programs like this. Thank you for your continued commitment to Victoria Hospice, helping bring comfort to patients and families in a time of need.

For more information, or to register for a workshop, please visit:
victoriahospice.org/how-we-can-help/bereavement-services/



9th Annual Hike for Hospice

Gather your family and friends and join us for the 9th Annual Hike for Hospice to help support end-of-life care in your community. Enjoy a morning coffee, snacks and entertainment before setting off on a scenic 3.5km walk around James Bay. Walk in honour of a loved one or stop by the memory tree at this meaningful family-friendly event. Everyone is welcome including your four-legged friends!

- ♦ Sunday, May 3, 2020
- ♦ Fisherman's Wharf Park
- ♦ Entertainment starts at 9:00 am
- ♦ Walk begins at 10:00 am
- ♦ Registration now open at victoriahospice.org/event/hike-for-hospice-2020/



“In April 2017, our son and brother Jonathan passed away at Victoria Hospice, after a few days of top-notch care for him and excellent support for everyone who came to visit. Victoria Hospice was exactly what we needed, so we have committed to giving back through Hike for Hospice so they can continue to support other patients and families who need them.”

The Cameron Clan

Compassionate care at Victoria Hospice is made possible through the generosity of our community. The individuals listed below have been remembered by friends and loved ones with gifts to Victoria Hospice, In Memory and In Honour. These meaningful gifts honour precious lives and help to enhance quality of life for other patients and families in need. Gifts made In Memory or In Honour between August 1 and December 31, 2019:

IN MEMORY Mona Abram · Renee Abrioux · Gisela E. Adrian · Desmond J. Ahearne · Daniel R. Alexander · Eileen Alexander · Trevor Alexander · Heidi Allan · Dorothy Allan · Blanche Anderson · Muriel Andrews · Peter F. Armstrong · David Armstrong · Shelley Armstrong · Valerie Arnsdorf · Elizabeth Astbury · Warren B. Atkins · Tamara M. Atkinson · Renee Attwood · Laurie Auger · Audrey Bagley · Tom Bailey · Eve Baker · Duanne Baker · Debra Baker · Jeannette Ballard · Pamela Barry · Dave Beaulieu · David Beiersdorfer · Pat Bell · Bonnie Bell · Murray Benstead · Dylan Berg · Guy Bicknell · Nancy Bingham · Lucille R. Bishop · Milka Bistic · Kathryn Blaikie · Robert Blaikie · Joan Blummenschein · Mary Blyth · Jorg Boehm · Jeffrey Boettger · Carol Bond · David Bone · Margaret Bootland · Alfred Borgerson · Larry Borgerson · S. Bou · Marie Boudreau · Bella Bourakovskaia · Walter Brain · Hap Bramley · Henry Brereton · Reg Britton · Esther Britton · Robert Brodie · Hazel Brooks · Russell E. Brown · Kathleen Brown · James Bryan · Arthur R. Bryant · Bob Buckingham · Damaris Burchett · Danny Burns · Larry Cade · Andrew Calder · Sharlane Callow · Margaret E. Campbell · Meta Campbell · Pauline Campbell · Ian Campbell · Gordon Campbell · Michael Campbell-Moore · Joseph Carlson · Robert Carphin · Gerald Carr · Donnie Caverhill · Donald Cawley · Ann Chaland · Robert Chaland · Elizabeth A. Chambers · Betty Chan · Hugh Church · Edith Churchill · Donald L. Clancy · Norman Clarke · Winn Clarke · Patricia Claxton · James Cline · David R. Coell · Milo Coldren · Robert Cole · Catherine M. Colebrook · Keri L. Coles · Ken Coles · James Colgan · Gwen Comrie · Meryl Connor · Bruce Corbett · Allann Corby · Gerri Cosgrove · Janet S. Cosman · Marie Cote · Ray Cote · Henri Cote · Robert Cote · Orr Coulter · Robert Coutts · Shirley L. Craig · Carol Cranton · Sheena Creamer · Jenny Crone · Eleanor Crosby · Robert Culm · Terrance Cushing · F. M. Damant · Barry Daniel · Julia Darley Laver · Janet Davies · Rowland Davies · Terry Davis · Janet Davis · Marinus W. de Vos · Don Dee · Ruth Dempsey · Victor Denning · Marinus W. Devos · Sirinder Dhillon Singh · Stuart C. Dixon · Dorothy H. Doheny · Cecil Donovan · William Douglas · Donna M. Duff · Eleanor Duff · Richard H. Duke · Florence Dumont · Stewart W. A. Duncan · Madeleine Duncan · Gerald R. Dunn · Lorne Eckstein · Mary Jane Edmonstone · Lindsay Edwards · Malcolm S. Eichel · Eva Eliska · Marjorie Elphick · Ron Ens · Lara Erickson · Raegen Exner · Marvin Fallis · John C. Fawcett · Guy Fenn · Paola Filippin · Jim Fiss · Eddie Flack · Margaret A. Fleming · Joyce Foss · Alfred Foxgord ·

Georgia Foxgord · Kevin Franklin · Carolina Frechette · Ronald J. Friesen · Blair Friesen · Marlane G. Fuller · Donald Gajda · Ronald G. Garrett · Robert M. Gartshore · Sheila Gaunt · Erich Gerds · Horace Gerrard · Brian Gibbons · Karen L. Gilbert · Barbara Gilbody · Grace M. Gilmore-Cutler · Steven C. Glover · Florence Godkin · Joyce Goodridge · Shirley Goodwin · James C. Gordon · Jean Gordon · Marianne Gough · Valerie Graham · Ed Graham · Len Graves · Jim Gray · Marguerite Green · M. Gropp · Jean Gubby · Lloyd Gudewill · Hazel Gudewill · Robert Guskey · Randy Gynn · Katrina M. Hall · Margaret Hallam · Susan J. Hall-Patch · Bruce Ham · Arnold Hamerling · John Hanrahan · Mary Jane Hardie · David Harper · Erna Harris · Enid Harrop · Robert Harvey · Anita Harwood · Bunny Hawkes · Ernie Hawkins · Lawrence J. Hesketh · Violet Hewins · Janet Heyn · Patrick Hirst · Jane Ho · Wayne Hodgson · James Hoepfner · Adina Hoffman · Vernon Holland · Sylvia Holm · Harold Holroyd · John Holtum · Gwendolen Hopkins · Fran Horne · Josephine Horniak · Michael Hourigan · Richard Howard · Connie Hoyte · Alfred Huculak · Nancy Hudak · Raymond Hughes · Roy Hughes · Lesley Hulme · Nigel B. Hunter · Albert Hunter · Flora H. Hurdle · Yvonne Hutcherson · Charlotte Hynes · William Ingram · Margaret Ippen · Randy Irwin · Glickeria S. Iwanuck · Kerry Jack · Kathleen M. Jack · Carol E. Jackson · Marg James · Raymond Jenks · Marguerite L. Jickling · Douglas Johnson · Leonard Kelly · Madeline Kendall · Barbara Kennedy · Keely Kennedy-Todd · Gurmeet Khatkar · Reg King · Lisa Kinman · Agnes Kirzinger · George Klein · Gary Knight · Jean E. Ködar · John Krasnicki · Ryan C. Krisher · Byron Kujaca · Ruth Laing · Kerrie Lalonde · James Lamb · Richard Lamb · Middleton Lambert · A. Leslie Langdale · Kenneth C. Lawrence · Harrison Layton · James Lea · Dolores Leavitt · Sharon Leibel · Jack Leighton · Arno Lenzen · Rose Lessard · Bill Lester · Pauline Levesque · Gareth Lewis · Violet G. Logan · Ruth Lohr · Mary Lucas · Alan B. Macfarlane · Mike Macfarlane · Doris MacKenzie · Ruth Mackie · Judy MacIachlan · Evan MacRae · Alister MacRae · Soledad Magnaye · Edward Mah · John Main · Geraldine M. Mainguy · David Makinson · Robert Marks · Pieter Marsman · Margaret Martay · Peter Martin · Barbara J. Marykuca · Janet Mau · Shirley Mawdsley · James Maxwell · George G. McAuley · David McBlain · James McBride · John F. McColl · Noreen McCooey · Dawson G. McCormack · Ivy McCreadie · Ray McDermott · John McDicken · Barbara Joan McDonald · Mark McGee · Susan McGowan · Helen

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Would you like to share your Hospice story? We would love to hear from you.

Contact Misha Handman,
Annual Giving Officer
at 250-519-1744 or
Misha.Handman@VIHA.ca

Thank you.

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