

DECEMBER 2023

# THE JOURNEY

Official Newsletter of Desert Valley Hospice Society



## DVHS - Annual General Meeting was held

At the Oliver Community Centre on October 17, 2023 At 4:00 PM. Linda Larson, President, chaired the AGM.

Reports were received from the DVHS Board and Staff. Casorso & Company were appointed as auditors.

An election of Directors was held and we welcome Darryl Seres and Colleen Anderson as Directors to the DVHS Board. They join the other current members being Linda Larson, President; Maureen (Mo) Doerr, Vice-President; Christina Tarasoff, Secretary; Kim Ljubic, Treasurer; Rita Crone, and Margaret Ingebrigtsen, Directors. DVHS recognized the resigning Board member Stephen Hershey from the Board. We also said goodbye to Leah Foreman who resigned from the Board in November. We thank them for their many hours of service.

Hospice Volunteer Recognition Award was presented to Liliana DeNarda



Meet the 2023-2024 DVHS Board: (left to right) Christina Terasoff; Secretary, Margaret Ingebrigtsen, Director; Linda Larson, President; Daryl Seres, Director; Mo Doerr, Vice-President  
Missing: Kim Ljubic, Treasurer, Rita Crone, Director and Colleen Anderson, Director

## HOSPICE VOLUNTEER TRAINING 2024

30 hours of training followed by a 6-hour practicum at South Okanagan General Hospital

Interested? Please call 250-495-1590 (Ext 103)

for information.

**New staff:** DVHS has undergone significant changes over the last year. This includes all new staff. Janette Van Vianen is the new Administrator; Kathy Hankinson is the new Programs and Volunteer Coordinator; and Jocelyn Merit is the Bookkeeper.

Since we have not had a newsletter for over a year, we would like to thank the following generous funding partners who without them we would not exist.

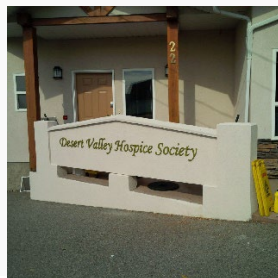
- BC Housing
- BC Gaming
- Community Foundation of the South Okanagan
- Community Services Recovery Fund
- United Way
- New Horizons
- Valley First Credit Union
- Osoyoos Credit Union
- Town of Osoyoos
- Interior Health
- Fest of Ale
- Osoyoos Home Building Centre
- HelpAge Canada
- Oliver Kiwanis Club

Without their support through grants and other funding, we would not be able to provide the services that we do for the communities of Oliver, Osoyoos, and Okanagan Falls.

Hike for Hospice returned in 2023. We were able to raise over \$7,000 for hospice programs. This is an annual event and it will be bigger and better in 2024 now that we are fully up and running.

2023 was a year of renewal. Staff worked hard to get the Society back up and running as it did prior to Covid and staffing shortages. Grant reporting is now up to date and available grant funding is being sourced out and applied for when applicable.

We were successful in receiving \$32,482 from the Community Services Recovery Fund and \$9,100 from the Housing Providers IT Grant. These allowed us to totally revamp our IT systems in the office providing new laptops and monitors, providing the new Sharepoint software, updating our domain from .org to .ca, and moving our website from desertvalleyhospice.org to dvhs.ca. This move saves the society over \$10,000 over the next 10 years.



Linda Larson, President accepts cheque for \$2,120 from Fest of Ale for our NavCare Program



Osoyoos Credit Union Community Giving Donation of \$3,000 in December 2023 will help with our volunteer training.



Oliver Ambassadors assisted with set up and clean up at the 2023 Hike for Hospice. Their participation was greatly appreciated.



Larry Larson of the Oliver Kiwanis Club presents DVHS Vice-President Mo Doerr, a cheque for \$1,000 at the 2023 Hike for Hospice. They also lent us their BBQ to cook hotdogs and Larry to do the cooking!

We also received funding from Fest of Ale in the amount of \$2,120. The Nav-Care Program which stands for: navigating, connecting, assessing, resourcing, engaging) is a compassionate community-based program that helps adults living with declining health issues, social isolation, mobility or disabilities by providing social, emotional and practical support. In particular the program helps people to navigate through various systems and resources related to their health and assists them with accessing these services.

Desert Valley Hospice Society is bringing back the Nav-Care program after a hiatus during covid. We service the areas of Oliver, Osoyoos, and Okanagan Falls. The funding we received from Fest of Ale will go toward printing and distributing our Community Resource Book which provides contact information for various health professionals and organizations. It will also help us to provide the training needed for our volunteers to be able to provide this service in the communities.

Desert Valley Hospice is implementing a new program to help those who are grieving step past their grief, even for a brief moment, and join a group of others in a similar situation in a social setting. This group gets together once a month to share stories, socialize, meet others and join in activities. These activities could include a theatre production, a musical event, a dinner, or physical activity, depending on the group's mobility.

The criteria for this program is that participants must be grieving the loss of a close loved one (spouse, child, parent) OR have a close loved one (spouse, child, parent) in Palliative Care. This is a program to help participants navigate their way back into the social aspects of life and help them to meet others - taking the first step out of the lonely grief process. This program is made possible by a \$10,000 grant received from HelpAge Canada as well as a grant from the Town of Osoyoos for the use of the Community Bus. We appreciate their financial support.

The Tuck In Program also made a return in 2023. This program involves a trained volunteer who attends at SOGH each Thursday afternoon and calls palliative patients to determine if they have everything they need for the weekend, include medications and support. The information is passed along to the Palliative Nurse who then follows up on any needs. We thank Interior Health for assisting us in bringing this program back and supporting our efforts.

Lois Brummet trained 10 volunteers in 2023. These wonderful people gave up 30 hours of their time to do training at the DVHS Supportive Care Centre and 6 hours training at the South Okanagan General Hospital Acute ward. They are now called upon to help at SOGH, sit vigil, help with respite, or any other need we are called upon for. We thank all our volunteers for giving of their time and Lois for her continued support and training. After this training volunteers also have training once per month which this year included a couple of special presentations by Jose Hernandez, which was well received.

Margaret Ingebrigtsen and Fiona Wood continue to facilitate the Grief Support Group when there are enough participants requesting this service. Liliana DeNarda continues to provide One on One Grief Support to individuals in person or on the phone if they request. These are vital services as grief is different for everyone and the support provided is invaluable.

## OUR GOALS AND VISION

*To provide social, emotional, and spiritual support for individuals and their loved ones as they face life limiting conditions and grief.*

*Working in partnership with community to support, promote and enhance the quality of life of individuals in our communities. We are committed to supporting excellence in the delivery of hospice palliative care and end-of-life services for residents of the communities of Oliver, Osoyoos, Okanagan Falls and areas.*

*The goal of care is the same regardless of setting; to ensure the best possible quality of life for dying people and their families.*

*Our policy on values includes: excellence and equity in standards of care; accountability to our membership and the community, inclusiveness of cultural diversities in our work; transparency and clarity in our communications; and privacy and confidentiality in our work. We exist to serve the public good and are obligated to display high levels of ethical behaviour, accountability, transparency, and legal compliance.*

We continue to provide guest rooms to families of palliative patients on a donation basis. This summer we also rented out a room to a student doctor from Vancouver. He was a wonderful tenant and we look forward to having the opportunity to provide housing to other health care students in 2024. We will always ensure there are available rooms for palliative families.

Our Supportive Care Centre is also used by Desert Sun Counselling for their TAPS program. The Centre comes alive on Monday and Tuesday mornings when the senior come to the centre for chair yoga, crafts, games and a hot