Hospice Mississauga

Impact Report 2023-2024



It actually took a lot of courage to ask for support and I'll always be grateful for the intervention offered. The tenderness and caring approach of Hospice Mississauga volunteers went beyond what I could have hoped for. Supportive visits for mom and I as caregivers literally felt like a lifeline. My hope is that everyone receives the same gift at such an intense time of need. Once recovered from my own experience, I'm inspired to pay it forward in my own

community."

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Hospice Counselling

403 Clients Served

2051 Visits

Female clients

46%

Male clients

Bereavement & Spiritual Care

557 Clients Served

1357 Visits

25 groups

405 Attendance

229

1:1 Bereavement counselling clients

Health & Wellness

97 Groups

529 Attendance

Caregiver Support

1028 Visits with Caregivers of Hospice Clients

Our Impact. By the Numbers.

Average age of caregivers

Social Connections

22 Participants

41 Session

171 Visits

Help Us Understand Grief (HUUG)

337 referrals

1050 Visits

114 years old

The oldest client we served

175 clients over 100 years old since 2012

Helpline

212 Calls

Message from our Executive Director and Board Chair

This past year has been historic for Hospice Mississauga – formerly known as Heart House Hospice. We've made a lot of changes to help us better serve our clients, their families, our partners in health care, and our own staff. Demand for hospice and the services we offer is increasing. That's not only because we're all living longer, but also because more people are now aware of what hospice does and the benefits we offer to those with a life-limiting illness, their caregivers, and their loved ones.

With higher demand on the horizon, we needed to see if Hospice Mississauga was ready to meet the needs of our community. That's why last year, we did a "change readiness assessment" to take stock of our impact, needs, and priorities as an organization. After hearing valuable input from our team, volunteers, donors, partners, and the people we serve in the community, we decided to lay a new foundation that would get us ready to grow.

You have likely already noticed our new name and brand. But our mission hasn't changed – we are still Ontario's biggest community hospice and Centre of Excellence. Our new name and visuals reflect our work and will help us redefine our unwavering presence here in Mississauga, make us more sustainable in the long run, and get us ready to expand.

We chose a willow tree as our logo for its long history rooted in spirituality and many cultural traditions. The willow tree is flexible and adjusts alongside life, reminding us to let go and surrender to the process. Willow trees, like the people on their journey with us, can thrive under the most challenging circumstances.

We've also made a lot of changes behind the scenes. We implemented a new electronic client record with improved security to give us a clearer picture of who we serve and how we can serve them better. We gave new training to our staff to create safer spaces and better support for our clients, their families and caregivers. We updated our policies, modernized our operations, and refined our programs. Like we said – we've made a lot of changes. Those changes have laid a new foundation we can build on, and now, we're ready to grow.

In 2023, we launched the campaign to build a 12-bed Hospice Centre—the first Hospice Centre in Mississauga. While we work to raise the capital and break ground this fall, we'll be working to embrace innovation in our operations and expand our programs to support more clients, families, and caregivers.

In short... We're just getting started.

Despite all the changes we have made, we have stayed focused on our commitment to extraordinary care and compassion while enriching experiences for those in Mississauga with a life-limiting illness, their caregivers and families. That's what we've always done – we're the bridge between the uncertainty and discomfort that comes with a terminal diagnosis and the dignity and empowerment that's available through the expert care of our staff.

This report will give you a snapshot of who we are and the impact we've had in the last year. You'll read about our amazing volunteers, our generous donors, and what's next for us as we begin our capital campaign to build a new Hospice Centre.

When you're done reading, we think you'll agree that Hospice Mississauga has made significant changes – and that we're ready for the journey ahead.

Kitrina Fex, Executive Director

Judy Fountain, Board Chair

Hospice Mississauga Board members

Judy Fountain, Board Chair Retired Financial Executive
Sebastion Patrizio, Board Vice Chair Mortgage Broker and Chair, Committee of Adjustments for the City of Mississauga
Andreas Mourtos CFP, Board Treasurer Partner, Professionals, MNP
Doris DeAngelis, Board Secretary Account Executive at Manulife
Brad Butt, Director Ward 11, City of Mississauga Councillor
Dr. Asha Gupta, Director Palliative Care Physician, Mississauga Halton Health and Trillium Health Partners; Credit Valley Hospital
Michael Mazzolin CPA, CA, Director Manager, Investment Operations, Real Estate at CPP Investments
Ruben Goulart, Director Founding Partner, Goulart Workplace Lawyers
Sandro lannicca, Director Industrial and Organizational Psychologist and the Founder of SI Consulting
Sarath Pillai, Director Vice President, eHealth and Information Technology, Closing the Gap Health Care

Kasia Filaber, Director | Manager, Health Initiatives Manager, Health Initiatives; Access Alliance Multicultural Health and Community Services



Bereavement clients from the Bereavement Social Walking Group (rose toss ceremony) Section 01

Our Hospice

How do you want to die?

We're all going to die. But few people really want to talk about it. It's too scary. Too unknown. But what if we could change that? What if we could make death less intimidating?

Hospice Mississauga is a bridge between the uncertainty and discomfort that comes with a terminal diagnosis and the dignity and empowerment that's available through the expert care of its team.

If they have one, an image most people have of hospice is old people, cozy knit sweaters, and dusty wool blankets — that couldn't be further from the truth. The reality is that anyone at any age can die. Four-year-olds. Teenagers who won't make it to 16. Young mothers and fathers. And spouses who have been together so long they don't remember how to be apart. Each of us deserves to have as much life and agency as possible until the end.

And that's what Hospice Mississauga does.

Hospice Mississauga is a beautiful and empowering space for the families it serves. Choosing hospice is personal, and it means accepting that death is on the horizon while being in an environment that seeks to give as much life as possible before that inevitability. It is a gentle, compassionate vessel from which you can navigate the end of life — yours, or a loved one's — with all the support you need.

We offer more personalized care, for a third of the cost of a hospital stay. Hospice opens the channels of communication for families — they'll talk about the will, what they want for their final days, and how they would want to be remembered. Hospice keeps anxious grievers and the terminally ill out of the chaos of emergency departments. Hospice supports children in their grief at every age and stage so they can heal and integrate with their school communities confidently. Hospice can also help stave off addictions for the people left behind and address the more serious physiological effects of adult grief by supporting it early and often. Hospice is as much for the people who are dying as it is for the people who are living through the loss of a loved one.

Hospice is a hub of life and death, love and grief, fear and comfort. Hospice Mississauga has a role to play in making sure Mississaugans know that when they need it, this is where they can go to get the compassionate support they need to die well or grow and heal through loss.

Our Vision

To lead, provide, partner and inspire excellent hospice palliative care in our community

Our Mission

To provide compassion, support and advocacy that lessens the distress of serious illness and loss to individuals, families and the community

Our Values

Integrity — Caring — Honesty Responsibility — Mutual Respect — Accountability Sincerity — Compassion

Our Strategic Pillars

Facilitating the Dialogue

Promoting opportunities for discussion and public awareness about living well with illness, dying, death, grief and loss

Achieving Excellence

Continuing our journey as a Centre of Excellence in care through an ongoing commitment to quality improvement, evidence-based practice, and responsible resource utilization.

Embracing Growth

Adding and enhancing services and resources to support access in the community.

Developing a Compassionate Community

Supporting individuals, families, and the community through the phases of living and dying.

Investing in People & Partnerships

Fostering a culture that inspires volunteers and staff to be the best they can be and to partner with other system providers to ensure the best possible experience for persons served.

Hospice Counselling

Professional Hospice Counsellors provide emotional, psychosocial, and spiritual support. Our counsellors help families navigate complex emotions and offer guidance and tools for coping. We help the dying understand the physical and emotional changes that may occur as death approaches.

Spiritual Care

It involves addressing spiritual and existential questions. It begins with respect and understanding, recognizing that each culture has unique values and beliefs about life's purpose. This care includes exploring meaning, prayer, and rituals. We also provide guidance for funerals and celebrations of life.

Bereavement Support

We offer one-to-one counselling, support groups, a bereavement education series, and workshops. Our counsellors help individuals to process their emotions and feelings. We help them adjust to life without their loved ones and help them work through grief and connect with others who are also grieving.

Social Connections

On a weekly basis, those living with a life-limiting illness can gather, connect and socialize through our Social Connections program. We run activities, have conversations, and select entertainment for participants to create a sense of normalcy for them.

Health & Wellness

Through an interactive and integrative experience, clients and caregivers learn new selfcare wellness skills and tips. Complementary therapies promote a sense of peacefulness, comfort and relaxation. They include Gentle Aroma Touch; Reiki; and Therapeutic Touch. We offer workshops, guided meditation, restorative yoga, journaling, music therapy and art therapy. Although our programs are not curative in nature, they can be healing.

Help Us Understand Grief (HUUG)

Like adults, children and youth can experience intense grief. Our HUUG counsellors offer age-appropriate support. We help children find ways to communicate and support one another in their grief and to maintain connections with loved ones who have died. This year we renewed our formal partnership with Peel District School Board. We serve the Dufferin Peel Catholic School Board with death and dying education for information fairs and presentations when required.

24/7 Hospice Palliative Care Helpline

Our helpline provides support, guidance, information, and counselling services. Individuals, families, and health care providers can call the Helpline at any time. Helpline support is delivered by clinical Hospice staff and available 24/7. April 6, 2024

Dear Nicole,

Thank you and all of the wonderful staff who made Bill's year at your Hospice an event he didn't want to miss. He enjoyed the Reiki sessions both here and on-site, the new experiences which you introduced him to each Wednesday afternoon and the warmth of everyone's care and concern for his physical and mental health.

I was very surprised to learn through your last email that Bill had been your first client on the day you began to work at Heart House, as it was called then. I may be prejudiced after 54 years of marriage to him, but he was a good introduction to a very difficult job. I always thought Heart House was a wonderful name for a Hospice but I do understand the philosophy behind the renaming of it and also the very suitable image of the Willow tree as your new logo.

I grew up on a farm in what is now called Innisfil. We had a huge willow tree that grew along the brook and spread its tentacles far and wide. It offered graceful shade and inspiration as I grew up along with the tree. Even after leaving the farm, for a city education and life, I still admired every willow I came across during the past 60+ years.

Your community was the first time that we had cause to use the facilities of a Hospice and have nothing but praise for the broad spectrum of work which it entails. As Bill struggled more and more with his cancer, you reached out in many ways to offer him solace. Some of which he embraced and others he decided weren't for him at that moment. However, he respected all of your staff and the amazing services which were offered to him and the other clients whom he enjoyed meeting there on Wednesday afternoons.

I wish you all the best as you grow and move to a new site where you can offer even more services to the wider community. As soon as our finances are settled, I will offer a donation to your Hospice as often as I am able.

Rosemary Drinnan

Section 02

Our Volunteers



How Our Volunteers Help

Volunteers are the heart and soul of our hospice. Each of them brings compassion, dedication, and warmth to the people we serve.

In 2023, they provided thousands of hours of service, supporting clients in their homes, working on our palliative social program, and being part of our bereavement walking group. The selfless contributions of our volunteers provide valuable support to our clients, caregivers and families, all while creating a network of care that defines who we are.

We have an outstanding team of over 100 volunteers who are passionate about the work we do.

They play a vital role in creating a supportive and caring environment for individuals and their families facing the end of life. Volunteers offer in-home companionship, respite, and complementary therapy; and support for administrative tasks, fundraising, our palliative social program, and our bereavement walking group.

All volunteers complete a thorough screening and training process, including annual training refreshers and service reviews. They enable us to give a level of compassionate, comprehensive, and community-based service that would not be possible without their support. We are so fortunate to have these dedicated volunteers as part of our hospice team, and are incredibly grateful to them for all they do to support the work of Hospice Mississauga and the people we serve.

5,500+

hours of service



500 +

hours of support to our bereavement walking group

50 +

Wellness Days for clients



50 +

on-line Wellness presentations

Wellness Days

1,100 +

Volunteer Spotlight

Eleanor

Every volunteer and donor who supports us helps us make a greater impact, no matter how large their contribution. But some go above and beyond, with volunteers becoming fundraisers or donors offering to lend a helping hand.

Eleanor is one of those rare people who do both.

Eleanor is a retired palliative care nurse who has volunteered with Hospice Mississauga for 17 years and has given almost 900 service hours. She provides 1:1 support to our palliative clients, helps with our palliative social program, and supports our bereavement walking group.

Eleanor is also an effective fundraiser. Last year, she helped raise more than \$10,000 through her engagement with the Streetsville Lions Club and is a regular volunteer at our Bingo nights.

That's why we nominated Eleanor for Hospice and Palliative Care Ontario's (HPCO) June Callwood Award this year. The HPCO June Callwood Award aims to recognize and express gratitude to exceptional hospice volunteers who consistently embody a spirit of generosity, compassion, and dedication to excellence — qualities that Eleanor embodies every time she volunteers. We are so fortunate to have Eleanor as a valued member of our hospice team!



My family and I have been deeply touched by the care that was (is) offered by Hospice Mississauga. Our assigned volunteers *demonstrated genuine empathy and shared an expertise that made a profound impact*. We will remember them with fondness and gratitude for helping us through the life changing experience of losing a family member."

Finances, Fundraising, and Our Donors

We know that our services have enormous value not just to the people we serve, but to the entire healthcare system. Strong financial stewardship, the generosity of our donors and strong relationships with our funding partners empower us to provide those services – and that's how we'll meet the future needs of our community.

That's why in 2023, Hospice Mississauga worked hard to increase our income across the board – and we were hugely successful. From operating grants (up 30%) and donations (up 8%) to fundraising (up 51%) and investment income (up 39%), our financial success made it possible to invest in Hospice Mississauga to get us ready to grow. And that's not all-the Hospice's strong financial position allowed us to invest in the services that make a difference in our community and balance our books at the same time.

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	Operating Fund	Residental Fund	2023/2024 Total	2022/2023 Total
INCOME				
Grants	\$1,294,730	\$12,237	\$1,306,967	\$1,093,009
Donations	\$400,434	\$271,948	\$672,382	\$484,767
Fundraising	\$302,762	\$286,860	\$589,622	\$390,956
Interest and Investement income	\$72,421	\$177,756	\$250,177	\$179,689
Other Income	\$3,433	-	\$3,433	\$4,823
Total Income	\$2,073,780	\$748,801	\$2,822,581	\$2,153,244

	Operating Fund	Residental Fund	2023/2024 Total	2022/2023 Total
EXPENSE				
Administration	\$549,073	\$63,354	\$612,427	\$358,274
Amortization of capital assets	\$29,083	\$212	\$29,295	\$35,649
Fundraising	\$69,531	\$721	\$70,252	\$82,643
Program administration	\$121,171	\$6,043	\$127,214	\$88,021
Public relations	\$26,392	-	\$26,392	\$25,762
Salaries and employee benefits	\$1,568,695	\$323,216	\$1,891,911	\$1,786,002
Software and data services	\$18,782	\$84	\$18,865	\$18,558
Other programs	\$8,666	-	\$8,666	\$1,473
Total Expense	\$2,391,392	\$393,630	\$2,785,022	\$2,396,382
Net Income	(\$317,612)	\$355,171	\$37,599	(\$243,138)

The counsellor's kind and considerate support at our intake interview removed any concerns I had about 'right' timing. *Her professionalism put us at ease* and gave us the reassurance we needed during such a difficult and exhausting journey."

Event Highlights

From Bingo nights to golf tournaments to ongoing contributions from longstanding partners, our Hospice relies on our fundraising team's hard work and our donors' generosity to make a difference for as many people as possible. In this section, we highlight their impact this year.

Golf Fore Hospice

Our annual Golf Fore Hospice tournament raises hundreds of thousands of dollars for Hospice Mississauga every year-and this year was no exception.

Over 230 golfers united to support us last September, packing both courses at the Granite Ridge Golf Club. The day was packed with activities and tasting stations spaced throughout each course. Then, as dusk settled, NHL alumni Peter Mahovlich and Al lafate regaled the audience with tales of the "golden era of hockey."

The tournament raised over \$140,000 in support of our programs and services. Thank you to our golfers, sponsors, and volunteers for making this day a resounding success for us!





Healing Cycle 2024

Every year, Hospice Mississauga enters a team in The Healing Cycle challenge–an annual bike ride to raise money for palliative care. This year, our team had a significant increase in participation, with 27 riders and walkers. The team found a whole new gear this year in their fundraising efforts, more than doubling their \$15,000 fundraising goal and reaching an impressive total of \$30,031. Thank you to all the riders, walkers, and everyone who donated to this year's team. Your incredible support made sure our team could go the distance!

Donor Spotlight

John Brooks Company

JOHN BROOKS

With roots dating back to 1938, John Brooks Company has built a solid presence within its communities. Not only does the company prioritize its customers, but it also extends its support to local charities like Hospice Mississauga. Since 2012, John Brooks Company has demonstrated unwavering support for Hospice Mississauga, contributing \$180,000, organizing an employee 5K walk to benefit the hospice, and offering team members to assist in decorating the hospice's office during the holiday season.

This year, we continued those traditions together. Last June, the John Brooks Company team hit the pavement for a 5K walk with Hospice Mississauga to support hospice care with us. With unwavering enthusiasm, we joined forces and raised over \$3,400 in funds for our programs and services. Then, at the end of November, more John Brooks team members volunteered to help decorate our office for the holiday season.

Community champions such as John Brooks Company are rare, and we are truly grateful for their enduring commitment to compassionate hospice care and support for Hospice Mississauga.

Donor Recognition

Individuals

Alison Bonnyman Andrew Kozak Andrew Murphy Angus Warren Arun Kashyap Brenda Arnott-Wesson Brian Baker Charlene (Chuckie) Shevlen **Cheryl Thomas** Fred G. Sava Gord Franklin leva Risk **Jaswant Bains** Jean Bowman Jennifer Kazmaier Jennifer Muir Judy Fountain Laurie Pallett Lynda Cowan Marie Jose Overweel Mary Ellen Shaw Milan Patel Peter Evans Randy Strong Robert Dodaro **Ruth Dicerni** Sandro lannicca Stephanie Hart **Tony Martorino** Trudy and Dave Warner

Victor McCullough Estate of George Ingle Estate of Karen Marie Leopold **Businesses** Aligned Vision Group Applied Electronics Limited Avenia Construction Avison Young AVI-SPL Canada Ltd **B**&RElectric **Berkshire Axis Development Brixen Developments** Canadian Drapery Manufacturing Co. Ltd. Century Audio Visual Ltd. **City Park Homes** Credit Valley Diagnostic Centre Crestron Canada Daley, Byers. Barristers & Solicitors Data Visual Marketing **Di Blasio Corporation** Doracin Terra Strategies Ltd Dunpar Developments Inc. Edenshaw Developments Limited **Engineering Harmonics** Erin Mills Development Centre Exchange Building Group Fedar Investments Fieldgate Properties Global Unified Solution Services Inc. GoodFellas Oven Pizza

Goulart Workplace Lawyers John Brooks Company Limited Karl Fay Investments Ltd. Kingridge Development Corporation Ltd. Kramer AV Lakeview Community Partners Limited LG Electronics LIUNA LOCAL 183 Luca Pizza Inc. Mattamy Homes Melnik Mounts Melrose Paving Meridian Credit Union MNP Morguard Nick Durso One Diversified Audio-Visual Canada Inc. Orlando Corporation Palma Pasta Corp. Petro-Canada Lubricants Inc. Port Credit West Village Partners LP Region of Peel **Reid's Heritage Properties** Rob Christie Law Rowe Beef Co. Ltd. Sam McDadi Real Estate Inc. Scotiabank Solmar Development Corp. South Shore St. John's Dixie Cemetary & Crematorium Sure Green Landscaping & Snow Removal Inc.

Donor Recognition

3Dot Technologies Tre Amici Imports Turner & Townsend Westmount Guaranteed Services Inc.

Foundations

Caldarelli Family Chartiable Foundation DBDG Healing Cycle Foundation Ignat Kaneff Charitable Foundation Mabel & Gordon McMillen Foundation PayPal Giving Fund Canada Peel Paramedic Benevolent Fund WCPD Foundation William & Mary Singer Family Canadian Foundation

Services Clubs

Lions Club of Streetsville Rotary Club of Mississauga-Streetsville Royal Canadian Legion Branch # 139

Faith Groups

Knights of Columbus, Council 8668 Knights of Columbus, Council 12782

Campaign Contributions

Allan & Catherine Potechin Anita and Kevin Bovce Anynoumous Donor BMO **BMO** Nesbit Burns CISCO Credit Valley Golf & Country Club Ltd. Dale Papke Doug and Cathy Gardiner Dragan Djurickovic Ed and Nicole Formanek Fidelity Investments Canada **Grant Fleming** Jack Smith James Fujarczuk Kathleen Pryden Keith Powell & Cynthia Struthers Foundation Louise Mitchell Mark Southey Michael Fujarczuk Michele and Mark Hornick Charitable Foundation Patrick Carroll Patti Cochrane Pete Crouse Picton Mahoney Asset Management **RBC** Capital Markets

RBC Foundation
Richard Baillie
Richard Charlton
Shannex Inc.
Sora Group
Stephen & Kim Rockett
Suzanne Poole & George Barjak
The Przybylski Family
TimBirnie
Tony & Nancy Vettese
Kevin Brennan
Robert Hunter
Carol & Sandy Palleschi
Mark Begg
Phil Staite
James McGuigan
John McSorley
Robert Smith

Hospice Mississauga is grateful to all our generous donors. Regrettably, due to the volume, we cannot individually acknowledge the more than 150 donors who gave less than the \$1,000 threshold. However, we are deeply grateful for the generosity of all our donors, regardless of the contribution size. Section 04

What's Next for Us

We've worked hard to lay a new foundation upon which we can build to serve more people in our community. With our foundation in place, we're ready to grow over this next year — and the timing couldn't be better.

Mississauga faces a critical gap in end-of-life care. This is a problem we strive to help fix.

Time to Build



This year Hospice Mississauga launched a capital campaign to build the first Hospice Centre in the city.

Located at 2176 Speakman Drive within the Sheridan Park Corporate Centre, our future Hospice Centre will break ground for construction in the Fall of 2024. The new Hospice Centre will add a critical new dimension to our current end-of-life care services and will be able to provide appropriate care for Mississauga's culturally diverse community.

Our new Hospice Centre will include:

- 12 suites in a beautiful home-like setting
- Services to reduce caregiver's overwhelming responsibilities and enable more quality time together for clients and their families
- 24/7 staffing by nurses, physicians, and personal support workers
- More space for hospice programs, allowing us to add programs and make them accessible to more people

Building the Centre won't be easy though. We need to hit our fundraising goal of \$40 million to build the new Hospice Centre and cover its operating budget for the first few years.

\$400,000

Credit Valley Golf and Country Club Members Step Up

Our capital campaign is off to a great start. Last year, members of the Credit Valley Golf and Country Club (CVGCC) formed the Credit Valley Cares committee to coordinate their philanthropy.

They found that our Hospice Centre project was a perfect candidate for their support, and have already raised \$400,000 to support building it.

"I don't think the critical need for compassionate endof-life support and hospice care in Peel Region can be overemphasized," said Anita Boyce, a CV Cares volunteer. "For our members, hospice has meant being able to be a spouse again, not just a caregiver. When you have hospice and palliative support, you get to be by your loved one's side in the ways you both need most."

"We are so grateful for the commitment of our community through CVGCC and CV Cares," added Kitrina Fex, Executive Director of Hospice Mississauga. "Hospice is here for everyone experiencing terminal illness, grief, or who needs support in caregiving. We are very excited for the day we open our Hospice Centre doors to the people of Mississauga and the surrounding Peel region. We are honoured that families have opened their doors to us for nearly 40 years."

You Can Help

Despite the incredible generosity of CVGCC members and our other donors, we've still got a ways to go before we hit our \$40 million fundraising target.

But with your help, we can hit that target. Any donation will help us reach our goal-no matter how small. You can make a lump sum contribution or become a monthly donor. To explore how you or your organization can support our work to tackle the gap in end-of-life services, visit hospicemississauga.ca/donate.

Don't forget–charitable donations over \$200 in Ontario are eligible for a 40% tax credit!

There are other ways you can help, too.

You can keep up with our latest news by signing up for our newsletter–just scan the QR code below. You can help spread the word about the work we do by following us on social media and sharing our content with your network. And, of course, we always welcome more volunteers! Visit hospicemississauga.ca/volunteer to apply.

Donating, staying informed, raising awareness, and volunteering–however you decide to pitch in — will help us make an impact on the clients, caregivers, and families we serve.

Hospice is as much for people who are dying as it is for the people who are living through the loss of a loved one.

With your help, we can make sure Mississaugans know that when they need it, they can come to us and get the compassionate support they need to die well, or grow and heal through loss.



