



Years Serving the Community

40
 palliative
 manitoba

Annual Report
 2023-2024

ABOUT PALLIATIVE MANITOBA



Palliative Manitoba is a registered charity focused on easing the suffering of the dying and the bereaved.

Serving as a vital resource for individuals, families and caregivers, Palliative Manitoba provides programs, services, education, and information to lessen the inevitable stress during life's final journey. Palliative Manitoba partners with like-minded agencies and health care providers throughout the province and speaks on behalf of the palliative care community and its stakeholders.

Our programs and services are aimed at supporting individuals and their families in different ways; first as a resource when they are learning about palliative care, next as they move through their palliative journey to their loved one's death. Our support for adults and children continues through the grief process, during telephone conversations, support groups, grief seminars and via monthly bereavement messages.

While our main goal is to ease suffering and improve life until its end, Palliative Manitoba also aims to enhance the profile and understanding of palliative care in the province. We identify gaps in knowledge and services and set out to fill them.

MISSION

Palliative Manitoba eases the suffering of the dying, the bereaved and caregivers, through supportive services and education.

VALUES

Compassion:

We recognize each individual with empathy, focus and kindness.

Collaboration:

We work with individuals, families and other organizations to broaden and enhance the services we provide.

Integrity:

We act with authenticity, dependability and urgency in serving the needs of each individual.

VISION

People throughout Manitoba are connected with information and support when facing death or grief.

Nurturance:

We provide individualized care and support in an accepting, respectful and safe manner as allies and advocates.

Adaptive:

We strive to improve, learn and grow as individuals and an organization so that we can have meaningful impact on every life that we touch.

MESSAGE FROM THE PRESIDENT & EXECUTIVE DIRECTOR



CELEBRATING 40 YEARS OF COMPASSIONATE CARE

Dear Friends and Supporters,

As we commemorate our 40th anniversary, we reflect on four decades of unwavering commitment to supporting individuals and families facing the profound challenges of dying and grieving. Our journey has been one of compassion, resilience, and unwavering dedication to our mission.

A Year of Impact

This past year has been a testament to the strength and solidarity of our community. Through your generous support, we have been able to:

Provide Direct Support: We continued to offer high quality bereavement support, and volunteer visiting to hundreds of individuals. Ensuring that they received compassion and understanding when they were perhaps at their most vulnerable.

Investing in our Future: While celebrating the successes Palliative Manitoba has had over the years, we focused on raising funds for the Palliative Manitoba Endowment at The Winnipeg Foundation to become more self-sufficient. We set a goal to raise \$40,000 and with all the support we received, we surpassed our goal and raised \$75,000! From all of us at Palliative Manitoba, we thank you, our supporters for your generosity.

Innovate and Adapt: In response to the ongoing challenges posed by the global pandemic, we continued to offer virtual support services, and education, allowing us to continue providing crucial care and connection; and improving our ability to serve across Manitoba.

Stories of Hope: Every person we serve has a unique story, and it is their courage and resilience that inspire us daily. This year, we were privileged to witness countless moments of hope and healing. A.H. found solace in our telephone bereavement support sessions after the death of her mom. A.L. had volunteers be present with him in his final days. With no family or friends available, the volunteers ensured that A.L. did not die alone. Their journey, and many others like it, underscore the importance of our work and the impact of your support.

Looking Ahead: As we step into our 41st year, we are more committed than ever to our mission. Our goals for the upcoming year include:

Strengthening Our Community Partnerships: Collaborating with local organizations to broaden our reach and resources and strengthen our voice that palliative care is important.

Securing Our Future: Ensuring the sustainability of our services through strategic fundraising initiatives and the cultivation of new donor relationships.

Gratitude and Hope: We are deeply grateful to our dedicated staff, volunteers, donors, and community partners. Your unwavering support and belief in our mission have been the cornerstone of our success. Together, we have built a legacy of care and compassion that will continue to provide comfort and hope to individuals who are dying, and those who are grieving.



Thank you for standing with us. As we celebrate our Ruby Anniversary, we are filled with hope and determination to continue our journey of supporting those in their most vulnerable moments.

Respectfully submitted,

A handwritten signature in blue ink, appearing to read 'Brandon Powell'.

Brandon Powell
President, Board of Directors

A handwritten signature in blue ink, appearing to read 'Jennifer Gurke'.

Jennifer Gurke
Executive Director

BOARD OF DIRECTORS

Brandon Powell, President

Paul Carriere, Vice-President

Shawn Bjornsson, Past-President

Dayna Anderson, Secretary

Robyn Robertson, Treasurer

Adekunle Adewale, Director

Trish Clark, Director

Michael Kleiman, Director

Genevieve Thompson, Director

STAFF

Jennifer Gurke

Executive Director

Tiana Hay

Program Services Coordinator

Cindy Charette

Bereavement Volunteer Coordinator

Wayne Sandler

Community Outreach & Educational Coordinator

Lindsay Felstead

Development Coordinator

Michelle Towle

Administrative Assistant

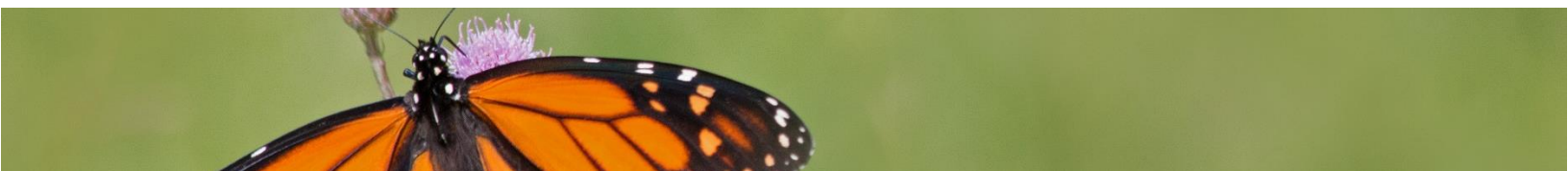
Elesio Lasuba

Finance Coordinator

Kathleen Williamson

End-of-Life Volunteer Coordinator

SUPPORTERS



MAJOR DONORS

THANK YOU to everyone who contributed to the promotion of compassionate care for all Manitobans touched by life-threatening conditions or bereavement by supporting Palliative Manitoba. The following support was received between April 1, 2023 – March 31, 2024. We greatly appreciate each gift and we have made every effort to ensure the accuracy of this listing.

Arbor Memorial
The Asper Foundation
Birchwood Funeral Chapel
Bituminex Paving Ltd.
Canadian Cancer Society
Canadian Virtual Hospice
Chapel Lawn Funeral Home & Cemetery
Charleswood United Church
Comforts of Home-Care
M. Day
Jack Driedger
Alan Dunnett
Fast Family Foundation Inc.
Friends Funeral Service
FWS Group of Companies
Charlene Gobert
Jennifer Gurke & Ed Barr
Beverley Hansell
Brenda & Kelly Hearson
Homecare Solutions for Everyone
Deborah Thorlakson
J R S Holdings Ltd.
Johnston Group
David King
The Kinsmen Club of Winnipeg

Daniel P. Levin & Lilian Bonin
Lombard North Group (1984) Ltd.
Kathleen MacIver
Barbara Main
Manitoba Association of Health Care Professionals
Manitoba Liquor & Lotteries
Patti Merrett
Les Missionnaires Oblates de Saint-Boniface
Motion
Order of St. Lazarus of Jerusalem
Kathy Osadczuk
Fredrick & Valerie Poulley
Payworks
Pat Peterson
Frank & Jeanne Plett
Brandon Powell
Maria Rabadi
Ron Paul Garden Centre
Dennis Schultz
Scotia McLeod Charitable Foundation
Carlson Teakle
The Alan & Doreen Thompson Charitable
Foundation Inc.
Bob Thompson

GRANTS

Manitoba Health, Seniors & Active Living

The Winnipeg Foundation

ANNUAL FUNDING

United Way of Winnipeg

Winnipeg Regional Health Authority

SUPPORT SERVICES



VOLUNTEER VISITING SERVICE

The Volunteer Visiting Service includes two programs – the End-of-Life Companion program, and the No One Dies Alone program.

End-of-Life Companion program provides companionship to individuals in Winnipeg with a life limiting illness who are on the WRHA Palliative Care program. Our volunteers provide much needed support for individuals and families. Volunteers can assist with outings and recreational activities and provide caregivers with short breaks. During the 2023-2024 year, we provided support to **16 clients** in the community, as well as numerous individuals in the palliative care units in Riverview Health Centre and St. Boniface General Hospital. When asked what she likes about her volunteer companion, one of our VVS clients talked about how she and her match get along well, and she really looks forward to their Fridays together; it lessens her loneliness. They do many things together including doing puzzles, watching movies, and going thrift shopping.

The No One Dies Alone (NODA) program provides a dignified death to individuals who have no family or close friends to sit with them at the end of life. We offer volunteer support so that there is someone present during end-of-life care when people are alone. We currently operate this program at Riverview Health Centre and Deer Lodge Centre. Our volunteers provided visits and vigils to **7 people** this past year.

So much positive to say! The volunteer allowed the patient to be able to get off the unit in the last weeks or months which made a difference in their mood. Talking about their life, playing games and knowing someone was there for comfort and feeling safe. The staff also felt the comfort of the NODA team members confident about the emotional comfort it brought to those who had no one near in their final weeks/days.

Connie Chanel – Resource Nurse, Riverview Health Centre

TELEPHONE BEREAVEMENT SUPPORT

The Telephone Bereavement Support program is a peer support program that matches trained volunteers to bereaved persons throughout Manitoba. This provides a safe and anonymous environment where clients can openly speak about their feelings. Support is provided for all types of loss including pet loss, anticipatory grief and losses due to suicide, homicide and overdoses. In 2023/24 we supported **76 clients**. Through generous volunteer involvement we were also able to offer an online grief support group and were able to support **13 clients**.

GRIEF SEMINARS

Monthly grief seminars hosted by Chapel Lawn Funeral Home, Cropo Funeral Chapel, Glen Eden Funeral Home, and the addition of Birchwood Funeral Chapel in 2023. We recruit experts in the field to speak on topics associated with grief. In the past year, we had 40 grief seminars with **687 participants**.

These seminars are gold. They also lead to the finding out of more helpful events. I wish every community hosted them.

Anonymous



KIDS & TEENS GRIEVE TOO

We continue to offer this service to youth and families who have suffered losses and want to engage in a support group designed specifically to meet their needs.

SENIORS GRIEVE TOO PILOT PROJECT

Palliative Manitoba, in collaboration with Pembina Active Living 55+ and The Waverley/Rosewood inaugurated a new grief support group in early 2024. The group was targeted specifically at older adults who've experienced a loss. We had **8 folks** who had all suffered recent losses and joined together to receive support, share with the group and connect as fellow grievers.

Going forward we will be running this group up to twice a year. We also plan to incorporate facilitator training into our Train the Facilitator Conference later in 2024.

I think this group was very helpful for all of us. I believe lots of us need help with coping and feelings of grief and working through issues. We all mend at different rates. I know lots of people who would benefit from this program.

D. Roberts

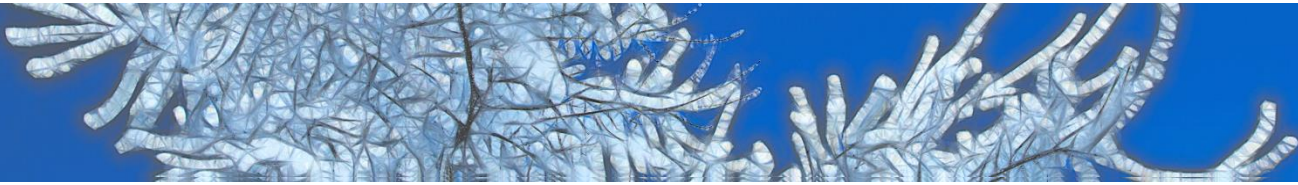
MEMORY TREE

The 2023's opening ceremony took place on November 23rd. We welcomed guest speaker David Zinger, a Palliative Manitoba Volunteer. We were pleased to have the Collège Jeanne-Sauvé Senior High School Choir back to share their gift of music.

This 2023 Memory Tree collected **1,504 cards** and **raised over \$13,200** in donations! Thank you to this year's logistics partner WERI (Winnipeg Environmental Remediations Incorporated); Desjardins Funeral Home for providing Memory Tree Cards. And sincere thanks to our annual host partner, St. Vital Centre.



EDUCATION



COMPASSIONATE CARE COURSE

GENERAL

We held the Compassionate Care Course virtually in fall 2023, and spring 2024, for the public. By holding it virtually, we were able to engage participants from across the province. We had **17 graduates** in Fall 2023, and **19 graduates** in Spring 2024. We also had 4 people go on to join the ranks of our wonderful Palliative Manitoba volunteers.

DIRECT SUPPORT WORKER TRAINING

2023 saw us offering the course to over **40 people** from a wide variety of agencies supporting folks with disabilities. We ran the course virtually and thus were able to reach more agencies from outside Winnipeg, encompassing lots of staff from all across southern Manitoba and the Interlake region.

This course has a direct impact on improving the lives of Manitobans living with an intellectual disability who are at end-of-life or living with a life limiting illness. Staff report to us that they feel more comfortable with end-of-life planning and discussion with their residents/clients, families and other systems. They also are better at communicating with the healthcare and palliative systems when supporting someone at end-of-life. The goal is always better care for the dying person and their circle of support.

HEALTH CARE AIDE TRAINING

Staffing and resource challenges leftover from the Covid pandemic led us to consolidate the course for HCA's. This was implemented to give the WRHA more flexibility in having staff available for training. We ran a concentrated 2-half day course which gained us a larger group of staff who could attend. **We went from 8 participants to 20.**

We are refining the course again for later in 2024, expanding the time and offering the same robust content as before. We are working to align the course with the new Canadian Competency Framework on Palliative Care.

LUNCH & LEARNS

In partnership with the WRHA Palliative Care Program, the Lunch and Learns were held at Thomson in the Park Funeral Home with participant interaction for Palliative Manitoba volunteers and the WRHA palliative care team. We had **17 participants** all together.

Learned a lot in this session, some I knew, a lot I did not. Very good.

Anonymous



CREATING GRIEF SUPPORT GROUPS TRAINING

We offered a one-time, day long training to a group of folks in the Lac Du Bonnet area early in 2024. The group was arranged and organized by Two Rivers Seniors Resource Council Inc, based in Pinawa. They brought together a group of dedicated volunteers who were looking to create and sustain community-based grief-support groups. We brought our knowledge and experience; they brought their enthusiasm and compassion. Together we talked about how they can create something for each community in the area and build up peer to peer grief supports.

COMPREHENSIVE TRAIN THE FACILITATOR GRIEF SUPPORT COURSE

In April of 2023 we held our first Train the Facilitator Course for Kids and Teens Grieve Too. The goal was to bring in professionals from outside Winnipeg and support their learning to provide intensive community-based grief supports for youth and families. We hosted **20 folks**, all from northern Manitoba, and many from indigenous communities, **for 5 days**. Afterwards we inaugurated our Community of Care network, which connects those who trained with us to each other to offer support, guidance and ongoing connection.

CONFERENCE

The 31st Annual Provincial Palliative Care Conference 'Palliative Care: It's Everybody's Business', was hosted in person on September 21-22, 2023. There were **250 participants** with **17 concurrent sessions** and **4 keynote speakers**. The 2023 keynotes included, Associate professor in the School of Social Work and the Director of the Centre for Education and Research on Aging and Health at Lakehead University, **Dr. Katherine Kortés-Miller**. A virtual presentation from **Dr. Amy Tan**, Clinical Associate Professor in the Division of Palliative Care and Dept of Family Practice at UBC's Faculty of Medicine. **Maxxine Rattner**, MSW, RSW, PhD is a hospice/palliative care clinician and educator. And **Bob Armstrong**, a novelist, playwright, speechwriter and freelance writer.

This was my second conference and I feel there was a wealth of information that I received from all the sessions. The basics of the conference "Palliative Care: It's Everybody's Business" helped me understand it takes an abundance of diverse help to make this journey a successful journey. Many thanks to all those who made this conference a huge success and I hope to see you next year. This was a difficult and a challenging subject, but it gave me so many ideas and information that I hope to use always. Thank you all!

Anonymous

PALLIATIVE CARE

IT'S EVERYBODY'S BUSINESS



FUNDRAISING EVENTS

HIKE FOR HOSPICE

Ran as a hybrid online/live event, the wrap-up event returned to Shaw Park, home of the **Winnipeg Goldeyes Baseball Club** on May 28, 2023. Our little group had beautiful weather in which to hike and raise awareness for universal access to quality palliative care. **20 hikers** joined us Sunday morning and we raised a whopping **\$24,500** with Barbara Main, once again, coming in as the top fundraiser.



POINSETTIAS FOR THE HOLIDAYS

The 2023 fundraiser sold and delivered **425 flowers**, **19 Grinch Trees** and **175** of the new **Amaryllis Bulbs** raising over **\$6,900** towards our free programs and services. This amazing partnership with **Ron Paul Garden Centre** is a favorite of their staff and our volunteers and brings our message to every corner of the city!



RON PAUL
GARDEN CENTRE
we've Got it all

40th ANNIVERSARY CAMPAIGN

2023 marked Palliative Manitoba's 40th anniversary supporting the dying and bereaved of Manitoba. To celebrate this milestone, we held some new events and launched a \$40,000 Endowment Match Campaign to help secure our future.

ENDOWMENT CAMPAIGN

With the generous support of **Johnston Group's** and **Payworks'** \$20,000 in matching money, Palliative Manitoba launched a **40 for 40 Match Campaign** with the intention of raising \$40,000 towards our endowment fund at The Winnipeg Foundation. With individual donations, a \$20,000 grant from the Province and an outstanding direct mail campaign, we almost **doubled our goal and raised over \$75,000** towards the future security of the organization!



LOVE TAKES FLIGHT



In June, we kicked off our year of celebration with our first annual Butterfly Release in support of the Endowment Fund. On Thursday, June 29, 2023 we released **30 Painted Ladies** in memory of deceased loved ones and **raised \$1,250** towards the endowment campaign.

RUBY ANNIVERSARY GALA

In October we celebrated 40 years of serving the community with a multicultural extravaganza at the Viscount Gort Hotel. Pairing Indigenous, Filipino and Ukrainian cuisine with local entertainers, we welcomed Hoop Dancer, **Brian Clyne**, Filipino dance group, **Magadaragat Philippines Inc.** and the **Druzhba Ukrainian Dance Ensemble** for a mini Folklorama! We also took the opportunity to honour two long time supporters of Palliative Manitoba with lifetime memberships. **Margaret Clarke**, the first executive direct and spearhead of many on our early successes and **Barbara Main**, long-time Hike for Hospice volunteer who has raised over \$100,000 in the last two decades.



FINANCIAL SUMMARY




MANITOBA HOSPICE FOUNDATION INC.
(Operating as Palliative Manitoba)
Statement of Financial Position
March 31, 2024

	2024	2023
ASSETS		
CURRENT		
Cash	\$ 75,592	\$ 84,279
Investments (Note 4)	136,745	179,443
Goods and services tax recoverable	344	459
Prepaid expenses	4,998	4,465
	<u>217,679</u>	<u>268,646</u>
CAPITAL ASSETS (Note 5)	10,337	21,933
	<u>\$ 228,016</u>	<u>\$ 290,579</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 13,667	\$ 12,211
Employee deductions payable	2,073	2,223
Deferred income	14,895	10,110
Canada Emergency Business Account loan (Note 6)	-	40,000
	<u>30,635</u>	<u>64,544</u>
NET ASSETS		
Unrestricted	42,129	85,085
Internally Restricted	155,252	140,950
	<u>197,381</u>	<u>226,035</u>
	<u>\$ 228,016</u>	<u>\$ 290,579</u>

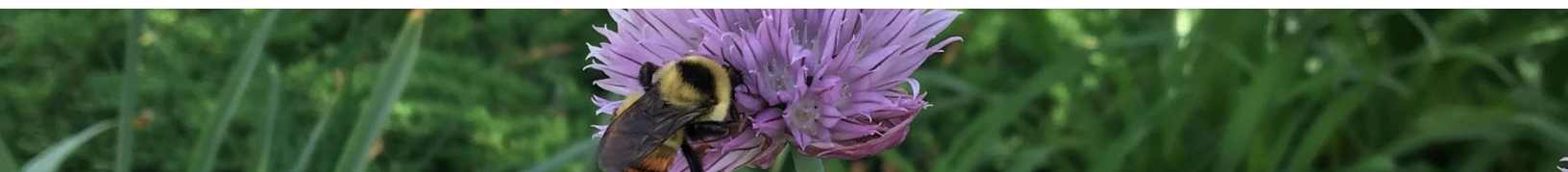
On behalf of the Board



Director



Director



MANITOBA HOSPICE FOUNDATION INC.
(Operating as Palliative Manitoba)
Statement of Revenues and Expenditures
Year Ended March 31, 2024

	2024	2023
REVENUE		
Grants (Note 8)	\$ 281,896	\$ 262,786
Provincial Conference (Schedule 1)	86,774	78,824
Donations	33,755	42,343
Education	45,531	5,700
Fundraising	54,340	54,085
Investment income	10,625	4,760
Membership	1,500	490
Partnership	1,525	200
Amortization of deferred contributions (Note 7)	-	6,425
	515,946	455,613
EXPENSES		
Advertising and promotion	4,381	7,894
Amortization	11,596	12,323
Equipment & furnishings	6,942	8,687
Fundraising	9,992	8,775
Insurance	7,419	5,182
Interest and bank charges	5,886	5,724
Meetings and seminars	1,262	356
Memberships, dues and subscriptions	907	865
Miscellaneous	-	1,077
Office	5,243	5,181
Professional development	8,031	7,381
Professional fees	4,000	4,012
Program	12,810	7,642
Provincial Conference (Schedule 1)	54,248	51,296
Rental	2,215	2,215
Salaries and wages	405,858	372,668
Telephone	3,156	2,932
Volunteer support costs	654	531
	544,600	504,741
DEFICIENCY OF REVENUE OVER EXPENSES	\$ (28,654)	\$ (49,128)

For the entire financial statement, please visit,
www.palliativemanitoba.ca/about-us/strategic-development.

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palliative
manitoba

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