

# Greetings from the Valley Hospice Foundation!

ValleyHospice.ca



SUMMER 2026

## MESSAGE FROM THE CHAIR

As the small bits and pieces of material collect in the skies to form massive bodies such as planets and stars that create wonder and awe, this past winter and spring seem to be gathering the elements of an increasingly focused and capable community in the palliative care and Hospice area. While the challenges of resources and accessibility remain in play for the province, the Valley Hospice and our Annapolis Valley Community Palliative Care Team remain beacons of what is possible. The opportunity to participate as a volunteer is now greater than ever.

As other organizations in the sector mature and bring new leadership, the growth in interest and focus is evident. Quality conferencing and other knowledge exchange is happening. Your Foundation is participating in these learning events and sponsoring care providers. In other instance we are working with our partners to ensure that current and relevant materials are available for new practitioners.

Our care providers tell us of the positive impacts that our small grants programs are having in supporting our loved ones in palliative care. Grief support remains a key focus as we work with various partners to create new programs and literature.

We are anticipating more new programs in the next year as our Strategic Plan crystalizes under the ongoing review and the Programs Committee stands up fully to the challenges that will pose.

The generosity of our donors and volunteers continue to permit us to provide this support.

For those who may not have been aware, we bid farewell and good luck to our long-standing office coordinator, Dale Sanford, as she retired from the Foundation at the end of January. Dale has been involved with the hospice from the development of the vision to the capital campaign, through the ground-breaking and construction, and celebrating the fifth year of the hospice being open. Her time with the Foundation has been a labour of love, being able to see it from start to construction completion. With big shoes to fill, we welcomed our new team, who are continuing to learn about the organization, and the hospice/palliative care community. Dawna MacIvor is the executive director. She joined the Foundation almost a year ago and brings experience in fund development and communications. Kiki Cliff arrived in the fall to fill the office coordinator role. She brings over 20 years of experience in the field of administration and bookkeeping, including fundraising and event organizing.

I hope that many of you will be inspired to join us on the Foundation or at our events to bring your special contribution to our friends and families in palliative and Hospice Care.

- Gerry Morey, Chair

Please join us for the

# 2026 Annual General Meeting

of the Valley Hospice  
Foundation

TUESDAY,  
**JUNE 23, 2026**  
7:00 pm

**Kingston Lions Club**

1482 Veterans Ln, Kingston, NS

**Members of the public are  
welcome**

## BIG NEWS!

**The Grief Library now has a toll-free number!**  
You can now reach Terri and the Grief Library at  
**1-844-715-2194**

For more information, please e-mail [info@valleyhospice.ca](mailto:info@valleyhospice.ca) or call 902-679-3471

# HIKE FOR HOSPICE 2026

It took more than a day of high winds and heavy rain to keep people from participating in the 14th annual Hike for Valley Hospice and Palliative Care!

On Sunday, May 3rd, **over 225 hikers (and five dogs)** gathered at a new location, the Coldbrook and District Lions Club, to honour loved ones, recognize caregivers, and support compassionate hospice and palliative care throughout the Annapolis Valley. The Lions Club was filled with smiling faces, lots of rain coats, and even teams sporting custom t-shirts in memory of loved ones.

There were many highlights to the afternoon: the 30 volunteers who supported the activities; community partners like the Rotary Club of Kentville (who made some great hot dogs with fried onions!); Valley Credit Union and Family 1st Medical connecting with participants; current and past Valley Hospice Foundation board members; the number of photo booth photos happening; the creative team t-shirts that have started to be worn; the wonderful songs performed by Alora Ells and Lily Gunn; and seeing the smiling faces on participants' faces as they returned to the Lions Club after finishing their hike. Everyone was so pleased with how the event went!



Image courtesy of Umano Medical Inc.

The goal for this year's Hike for Hospice was to **purchase two cuddle beds for Valley Hospice**. A cuddle bed is designed for palliative care and is certified for use by two people, helping make it possible for a loved one to lie safely beside a patient and offering closeness, comfort, and connection when time is precious. These were identified by the Hospice staff as an important element of patient care.

We are pleased to say **we raised almost \$60,000** and were successful in raising enough to purchase the cuddle beds for Valley Hospice!

Thank you to all who participated in the Hike for Hospice this year, to those who supported the hikers, to the volunteers who braved the weather, and the community who supports the work the Valley Hospice Foundation does! We look forward to seeing you on **Sunday, May 1, 2027!**



## TEAM SPOTLIGHT:

**Radiology Team from Valley Regional Hospital**

The Radiology Team consisted of 14 participants, from nursing, MRT and physicians. When they were asked why the team participated this year, Alicia Haggerty, RN and Team Captain explained why this was important to them.

"We're just part of the process from either their diagnosis, helping them get a diagnosis to the treatment therapies until they end up in hospice or another pathway but we do see we come in contact with them at some point in time during their journey," said Haggerty. "It's a vulnerable time for them, so they do open up a lot to us during that time."

"Everybody has a connection in some way, and if you don't, you will."  
- Carly McKinnon, MRT



## SPONSORS

**Presenting sponsor:**  
Valley Credit Union

**Major/Hero Sponsor:**  
Family 1st Medical

**Media Sponsor:**  
Rewind 89.3

**In-Kind Sponsors:**  
Atlantic Superstore  
Deep Roots Music Cooperative  
Hennigar's Farm Market  
Lisa's Independent Grocer  
Noggins Corner Farm Market  
Stokes Seeds  
Sobey's  
We're Outside Outdoor Outfitters

**Community Partners:**  
Kentville Rotary Club  
Coldbrook & District Lions Club  
Kings District East Detachment RCMP  
St John Ambulance - first aid







## TEAM SPOTLIGHT: Team Uncle Ray

Almost 30 friends and family (and three dogs) participated in the Hike for Hospice in memory of Raymond McDermid, who passed away at Valley Hospice in October 2025.

"All the nurses, Sarah, the team there is phenomenal. I couldn't say enough about them," said Ray's wife Rachel Clark McDermid. "I know Monica feels the same way, and we felt welcome and made to feel part of the family."

"We hadn't thought we were going to end up in that situation. It was kind of a last-minute thing, and just worked out so beautifully, and so it made such a deep impression on us," said Monica Macdonald, Ray's sister. "That made us want to be there in his honor at the walk."

## THE GRIEF LIBRARY HITS THE ROAD!

*Rest assured; this is not a Beat Generation version of On the Road by Jack Kerouac!*

Our librarian, Terri, provides in-person support at the Grief Library in Coldbrook. She also takes the Grief Library out into the community to help spread the word about this helpful resource being available to Nova Scotia residents. Packing up a small portion of the library's collection, Terri brings displays to conferences, death cafés, and other special community events (such as our very own hike).

Recent presentations & displays Terri has attended include:

- RTO (Retired Teachers' Organization) Western Region Wellness Day
- Hike for Hospice & Palliative Care
- NSHPCA Provincial Conference
- Kings Seniors' Safety/Alzheimer Society Seniors Expo
- Friends of the Annapolis Royal Library

The books always speak for themselves and spark heartfelt – and sometimes difficult – conversations. Not only that, the books can be borrowed on the spot for return later, with postage covered by the Valley Hospice Foundation.

If you have interest in a Grief Library display or presentation for your community event, please contact Terri at The Grief Library: <https://grieflibrary.valleyhospice.ca>.



***These outreach efforts are made possible by our generous donors – and we thank you!***

## Yes, I wish to support the Valley Hospice and Palliative Care in the Annapolis Valley!

I would like to make a one time gift of:

☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ Other: \$ \_\_\_\_\_

☐ I wish to make my gift monthly (please see reverse of this form)

☐ Cheque is enclose payable to: Valley Hospice Foundation

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

METHOD OF PAYMENT:

☐  ☐ 

Card # \_\_\_\_\_

EXP \_\_\_\_\_

CSV \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Signature \_\_\_\_\_

☐ I would like my gift to remain anonymous

Charitable registration number: 894902923RR0001

*Thank you!*

# JOIN THE VALLEY HOSPICE FOUNDATION TEAM!

Are you someone who cares deeply about supporting others during life's most meaningful moments? Do you want to help ensure that people in our community experience compassionate care at the end of life, and that families feel supported every step of the way?

**If this resonates with you, we'd love to connect.**

The Valley Hospice Foundation is powered by a dedicated group of volunteers who are passionate about making a difference. We're always looking to welcome new people into the fold. Whether you have a few hours each month or are looking for a more involved role, there are meaningful ways to contribute.

Right now, we're especially interested in connecting with individuals who have experience or interest in fund development, finance, program development, communications, or legal affairs. You might consider joining our Board or serving on one of our working committees where ideas turn into action.

Our Board meets monthly, and our committees (which include both Board members and community volunteers) meet regularly as well. Many people choose to get involved at the committee level to contribute without taking on the full responsibilities of Board membership.

End-of-life care touches all of us, in one way or another. By getting involved, you can help shape a community that supports people with compassion, dignity, and care through life, loss, and grief.

If you're curious and would like to learn more, we'd love to hear from you.

**info@valleyhospice.ca**

**902-679-3471**



## CIRCLE OF CARE – MONTHLY GIVING

I would like to join the Circle of Care by making a monthly gift of:

☐ \$100/month   ☐ \$50/month   ☐ \$25/month   ☐ \$15/month   ☐ other \$ \_\_\_\_\_ /month

☐ I authorize the Valley Hospice to debit the amount indicated from my bank account each month.  
I have enclosed a cheque marked VOID for bank coding.

☐ I authorize my monthly gift with my credit card. Please see information on the reversed side of this form.

Signature: \_\_\_\_\_

You may change or cancel your monthly gift at any time by calling **902-679-3471** or emailing **info@valleyhospice.ca**.  
Valley Hospice Foundation, **23 Earnscliffe Avenue, Wolfville, NS B4P 1X4**

