HIGH PEAKS HOSPICE

ANNUAL REPORT FOR 2021

OUR
YEAR IN
REVIEW



DIRECTOR'S STATEMENT



2021 was a unique year, not only for High Peaks Hospice but for each of us personally. In these ever-changing times, one thing has remained consistent, High Peaks Hospice continues to set new standards in hospice care. We continue to focus on educating our communities and minimizing the stigma of hospice services. Our goal is to have patients on our services sooner, allowing them to benefit from all of the great resources and support that hospice has to offer.

As an organization, we continue to expand and evolve in a time of high demand. We have seen growth with the introduction of new positions within our organization and modifications to old ways of working. Onboarding more weekend and day nurses to assist with our ever-growing caseload has become our normal. In this past year, we set an agency record for the number of patients served by High Peaks Hospice in one year. Through teamwork, we continue to grow our census each year and we continue to meet the needs of our patients and families.

I continue to be amazed by our staff and volunteers at High Peaks Hospice. Everyone works as a team to put our patients and families first. We continue to better our communities through our services, education, and support. I look forward to seeing what the future holds for our organization.

NICHOLAS GEORGE

Executive Director

Michola George

Mission Statement

dignity, comfort peace

High Peaks Hospice provides end-of life care that listens with respect, cares with compassion, supports with choice, and comforts with understanding - wherever you call home.

2021 Service Statistics

Total Patients Served:

648

Total Patient Care Days:

27,581 days

Average Length of Stay:

47 days

Average Daily Census:

76

Our service area includes the following counties:

- Essex
- Franklin
- Warren
- Hamilton
- Washington
- St. Lawrence



Admitting Diagnosis Other 14% Respiratory System 10% Nervous System 17% Cancer 41%

Circulatory System

18%



This wonderful group is the bridge that connects families with our services and changes lives, allowing us to support each family's loved one on life's most important journey.

In the News



High Peaks Hospice was fortunate to be featured on News Channel 13!

Our Glens Falls Office was host to News Channel 13's Mark Mulholland. He spoke with our CEO, Nick George, one of our RNs, and a lovely family who all shared their views and experiences.

Mark shared with viewers how hospice caregivers say it's never too early to discuss end of life care.

It was a great way to recognize National Hospice and Palliative Care month.

High Peaks Hospice was Featured in the Post Star Giving Back Special Section

Each year around the holidays, the Post Star highlights non-profits in our area in a piece called Giving Back. High Peaks Hospice was featured in 2021 in print and on their website, which included a promotional video.

Please visit the Post Star website under the Giving Back section to view our article and video.



Volunteer Update

In the wake of COVID-19, our hospice volunteers continued to support the mission and vision of High Peaks Hospice through a variety of roles including patient visits, bereavement support and office administration.







RECOGNIZED

JOHN GIBB AS OUR 2021 SOUTHERN VOLUNTEER OF THE YEAR AND

JENIFER DEMING

AS OUR 2021 NORTHERN VOLUNTEER OF THE YEAR



Thank





Hospice Experiences

Read some of the experiences shared by hospice care recipients, families and staff.

Do not wait too long for hospice

"Hospice was a godsend for our family, particularly for Mom and me. I cannot thank them enough — all the nurses, the social worker, the chaplain, the volunteers, the people who answered the phone — all of them! My only regret is that we did not contact High Peaks Hospice sooner. I wished we had. I will not make that mistake again."

Follow the link below to continue reading this article by Susan Steen of Saranac Lake published in the ADK Daily Enterprise June 19, 2021.



https://www.adirondackdaily enterprise.com/opinion/guest -commentary/2021/06/do-notwait-too-long-for-hospice/





What led you to hospice and why do you stay?

"My mother served as a hospice physician since I was in 5th grade and says that hospice is the one time we get medicine right: a team of caring professionals who actually communicate with each other, meeting you wherever you are, honoring your choices, celebrating you as a human, and seeing health as wider than just the physical. It's a pity that we wait until the twilight of life for this care.

Serving as a social worker was the perfect blend of who I am and what I can bring to the table.

Though our work can be emotionally trying, it fills me up more than I can explain. I have the privilege of meeting incredible people and helping them along their path, however they want it to look."

Emma Horvath, LCSW, High Peaks Hospice Circle of Care Supervisor



Share your experience with us and others on social media:

www.facebook.com/HighPeaksHospice www.twitter.com/HPHPC www.instagram.com/highpeakshospice

2021 Events

We had many wonderful events throughout the year to benefit High Peaks Hospice which helped us fund our services provided to the community



The LaQuay Family hosted the 8th Annual Gary LaQuay Fishing Challenege! They had a fantastic turnout from the Tupper Lake Community and raised \$2,185 for High Peaks Hospice.







Essex Eommunicy Ehurch

Members of the Essex Community Church operated a Hot Dog stand at the annual Essex Day! They raised \$1148 for High Peaks Hospice!









High Peaks Hospice presented Certificates of Appreciation to the Knights of Columbus Council #384 and Napoleon Marcotte for Hosting their Annual Turkey Dinner and raising \$1,000 for High Peaks Hospice!





Our 1st Annual High Peak Hospice Virtual Walk for Hospice took place April 1 - May 15th 2021. With 12 teams, 67 participants and 189 supporters, we raised over \$13,000 to support our programs and the families we serve.



Thank you to Brian Trzaskos, Race Organizer & Owner of NEW Health, for facilitating the 2021 annual 6.5K Firecracker Run in Essex, NY that raised over \$700 for our Children's Grief and Loss Support Group.











Community Bereavement Support

The High Peaks Hospice bereavement program continues to offer free grief and loss support to anyone living in the communities we serve who needs it, reguardless if hospice was utilized.



In addition to our grief support sessions, peer to peer online and in-person support groups, lending library, newsletter and resources, High Peaks Hospice hosted the following gatherings throughout 2021:





Luminary Remembrance Gathering

Port Henry - April 30, 2021 Lake Placid - May 15, 2021







Keene Valley - November 13, 2021 Queensbury - November 19, 2021







Children's Grief & Loss Support

FREE TO CHILDREN AGE 6-12

A unique opportunity sponsored by High Peaks Hospice to address the needs of children as they cope with the challenges of grief and loss due to death, divorce, deployment & incarceration.

WHAT TO EXPECT

Rainbows' curriculum will help your child develop problem-solving and anger management skills to help alleviate depression and anxiety. Rainbows gives children a safe environment to speak about their feelings, express their grief, and find comfort from shared experiences among their peers.



A special **THANK YOU** to Stewarts, our donors, and the Firecracker Run organizers and participants for supporting our Rainbows for all Children program.

Thanks to your generosity, we can offer our grief program at no cost to anyone in the community who needs it!

Have you ever wanted to help High Peaks Hospice patients and families directly, but weren't sure how?

You can directly help patients and families by securing much needed items that will be delivered to High Peaks Hospice when you complete a purchase!





Go to **smile.amazon.com/charitylists** and search High Peaks Hospice. Once there, you'll be able to view and purchase items on our Charity List page.



Some <u>high-demand</u> items include:

*Disposable bed pads

*Mouth Swabs

*****Foam Dressings

*****Wipes

*Manuka Honey Ointment

In addition, did you know you can support High Peaks Hospice every time you shop on Amazon?



Simply start your shopping at **smile.amazon.com/ch/14-1712904** to confirm "High Peaks Hospice and Palliative Care Inc" as your charity of choice. AmazonSmile will donate a portion of your eligible purchase price to our organization. We can always use your support!

2021 FINANCIAL OVERVIEW

Operating Revenue: \$4,629,353

Non-Operating Revenue

Donations & Bequests \$223,109

Special Projects & Events \$101,855

Grants \$219,277

Rental & Investment Income \$48,358

Net Assets Released from Restriction \$533,727

Total Non-Operating Revenue: \$1,126,326

Total Revenue: \$5,755,679

Expenses

Salaries & Benefits **\$3,084,877**Patient Related Expenses **\$767,050**Administrative & Facility Expenses **\$761,596**

Total Expenses: \$4,613,523

Net Income: \$1,142,156

Board of Directors

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2021 Donor List

\$25,000+

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2021 Donor List (Cont'd)

\$250 - \$999

Adirondack Foundation - Catherine and Wayne Johnston Fund Adirondack Foundation - Paine Family Fund Adirondack Foundation - Peter and Heidi Roland Family Fund Adirondack Foundation - Philip and Sarah Bogdanovitch Family Adirondack Foundation - The Cairn Fund Adirondack Foundation -The Rocky Bog Fund Allen Household **Anonymous** Arrow Financial Corporation Ascent Wellness PT LMT PLLC Auer Household Bailey Household Baltzly Household Beguin Household Beletti Household Bissell Household Boardman Household Bogle Household **Boquet Foundation** Brooks Household **Butters Household** Carson Household Chambers Household Church of St. Luke Clark Household Cook Household Cummins Household Dake Household Del Signore Household Deming Household Duffy's on Lake George, Inc. Elizabethtown-Westport Garden Club Essex Community Church Facklam Household Fariss Household Finch Paper, LLC

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Miles Household

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2021 Donor List (Cont'd)

\$250 - \$999 (continued)

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"Little by little, a little becomes a lot" - Tanzanian Proverb



A BIG thank you to all of our donors! There are too many donations under \$250 to list but we appreciate each and every contribution we receive.

To learn more ways you can help support our organization, visit the **Support Us** page on our website. To make a secure donation online, please visit highpeakshospice.org/donate

dignity, comfort peace at the end of life