

# ANNUAL REPORT 2022-2023

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TO JOIN THE JOURNEY OF THOSE FACING LIFE-THREATENING ILLNESS OR  
LOSS; MEETING NEEDS, REDUCING FEARS, AND OFFERING COMFORT

*Neighbors helping each other finish life's journey*



# Spring Appeal

Increased awareness equals meaningful growth, yet challenges lie ahead for HPCK



**HPCK Staff,** Kate Paulson and Sarah Davidson

While there is still a chill in the air and summer feels out of grasp, spring is here and the ever-increasing daylight makes it much easier to embrace the cyclical nature of life in Alaska.

We see this circle of life every day at Hospice and Palliative Care of Kodiak. It's painful and astonishingly beautiful at the same time; to see children care for their parents in the same gentle way they were once cared for as babies.

Everyday this is why our volunteers answer the call; why staff eagerly show up to the office. To help ease the way during these sacred human moments. Thank you for being here with us, reading this.

I wanted to talk a moment to share the meaningful work we did in 2022

and where we are headed. 2022 was a record year for us. We on-boarded 13 new volunteers at a most needed time, client numbers rose in the fall, and we created a robust bereavement program which saw an amazing response. Because of our new programming we were awarded Service Organization of the year by the Kodiak Chamber of Commerce.

We continue our mission driven work in 2023; Our hospice, palliative care, and bereavement programs continue on strong. We have noticed a large demand to better support those in our community with dementia, making that a focal point for 2023. We also have goals to grow and promote our Advance Care Planning services.

Did you know that you can make an appointment with HPCK to quickly and thoroughly complete your Advance Healthcare Directives? We even fax them to your Primary Care Provider and Medical Records. HPCK gives you all the tools you need as you begin to think about Advance Planning.

### **Donors Sustain our Free Services and Programs:**

Our partnerships with Providence Alaska Foundation and KANA allowed us to continue our vital work in 2022. We are thankful for community members Terrie and Craig Johnson who became Mainstay Donors in 2022. We truly cannot do what we do without our community of donors; however, we know there are challenges as we look to the future. Funding that we have relied on for over a decade is decreasing. This is especially challenging because of

how rapidly we are growing. 2022 saw record number of referrals, and we served clients in nearly every age-bracket. As we become better woven into the community, we will need more funding to support our increasing client needs.

Please consider a donation to HPCK this spring. You will be honored at our charity gala in October, and your name published on our website and newsletters. I encourage you to explore our annual report and take a peek at our website to learn more. The work we do is moving, vital, life-affirming, hopeful, tearful, genuine. As the only hospice agency on-island, I take our work to heart; no one should have to die or grieve alone on Kodiak Island.

Thank you for your belief in our work and mission. Please know a gift of any size is appreciated and will be used to further our mission in the community. If you are already a current donor, my sincerity can't be expressed enough. Thank you for making our home a better place to live.

*Kate Paulson*

– Kate Helligso Paulson  
Executive Director, HPCK



If you are a current donor, **THANK YOU**

A full list of donors can be found on our website

**DONATE TODAY: HPCK.ORG**



# 2022: A Look at the Numbers

Below is a breakdown of care that our volunteers provided in 2022 | We are grateful!



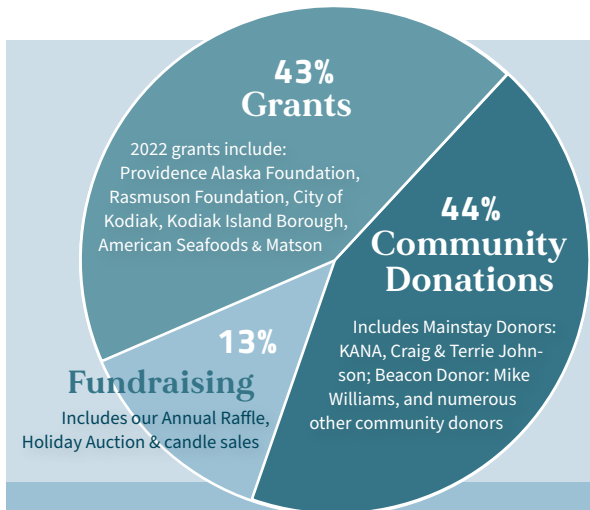
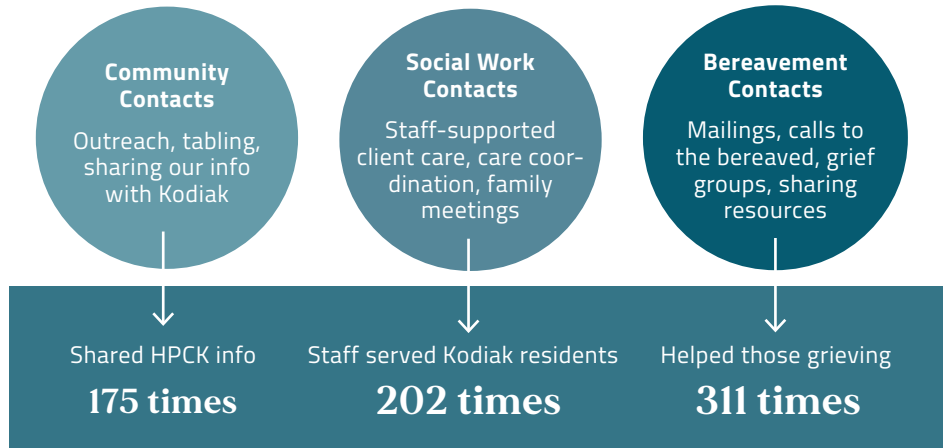
## More than just hospice

We meet needs beyond end-of-life care. See what staff has been up to in 2022!

### Other HPCK Programs

**Trainings, Classes and Initiatives**

- Advanced Care Planning — 14 people
- Annual Volunteer Training — 18 people
- End-of-life Navigator Training — 11 people
- Fall Grief Group — 9 people
- Yoga for Grieving Bodies — 8 people
- Remembrance Art Workshop — 8 people
- Navigating the Holidays — 30 people



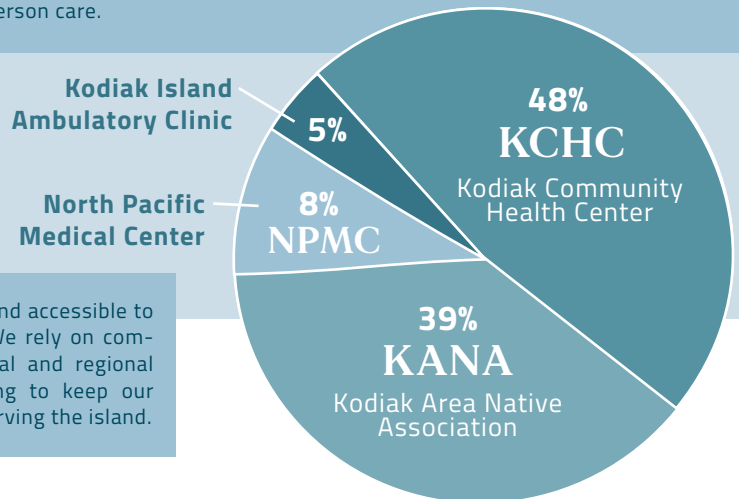
## Our Funding

How we sustained operations in 2022

Our services are free and accessible to all Kodiak residents. We rely on community donations, local and regional grants, and fundraising to keep our nonprofit running & serving the island.

## Our Partners

Working alongside Primary Care Providers and PKIMC Palliative Care allows us to offer exceptional whole-person care. Here are the clinics we worked with in 2022



# Be Grateful for Every Day

My journey with Hospice & Palliative Care of Kodiak | By Peggy Demmert



In June of 2015, Meghan Trainer released a new song with John Legend entitled, “Like I’m Going to Lose You”. It quickly became a favorite of mine. I’d turn it up and sing along anytime I heard it. My husband did not share my love of the song. He couldn’t understand how singing about loving someone “like I’m gonna lose you, ‘cause we’ll never know when, when we’ll run out of time”, was a song I could enjoy. I reminded him we were entering our sixties, we didn’t know when life might change dramatically. Life was good right now but life could change quickly. We began saying, “We’re only one medical diagnosis away from major life changes”, to remind ourselves to be grateful for every day and every thing we enjoyed.

Then, in September of 2021, we received a medical diagnosis that did change our lives. My husband, Ted, was diagnosed with metastatic prostate cancer, with three - six months to live. Everything in our lives changed. Now we were reeling with this devastating news as we began trips to Anchorage for doctors, making changes around our home to accommodate walkers and wheelchairs, learning how to handle medicines and trying to do all the end-of-life paperwork we were going to get around to someday. We were fortunate to have the support of family, friends, employers, and medical providers through KANA and Alaska Native Medical Center. Early on, our KANA doctor asked if we wanted to connect with Hospice Palliative Care of Kodiak. Our heads were spinning and we didn’t really understand how they could help, so we said no. We were busy enough trying to sort through all these changes, we didn’t need strangers

showing up. Our learning curve was huge as we navigated through all the ups and downs of living with a terminal diagnosis. We were asked several more times if we wanted to meet with Hospice Palliative Care of Kodiak (HPCK) and each time we felt too overwhelmed to deal with one more thing.

Several months passed by, and in early March, it was getting harder and harder to safely care for Ted at home. He had known from the time of his diagnosis that he wanted to die at home. Neither of us understood at that time what all that would entail. Terra Cupp had been supporting us with medical equipment and advice that helped him remain at home. It was time for her to come into our home to help physically care for him. We were so thankful for Terra and Mary to help us support his desire to stay at home.

Once again, we were asked if we would like HPCK to connect with us. Again, we were overwhelmed but this time we said okay. Bringing in Kate and Deb from HPCK, along with Terra and Mary, was the best thing we could have done. Now I could focus on my time with Ted while they took care of his physical health. Deb connected with Ted and our family as she explained things to us and offered so much support. We hadn’t done this before. We were doing our best but it was a lot easier with them by our sides. Ted was able to leave this life as he desired: a quiet, calm and loving atmosphere surrounded by loved ones. We are so grateful for the support that allowed this to happen.

The support from HPCK didn’t end with Ted’s death. We have felt the continued support through phone calls, visits and bereavement activities. I’ve participated in a Grief Recovery class and Grief Yoga. In addition to the content of these activities, it was a great way to meet other

people and make new friends. Now I have a wonderful support system full of people I know I can reach out to when I need them. It helps to be able to support them too. I want to support others in grief and the work of HPCK, so I now volunteer. Looking back, I realize how much support HPCK could have provided us. The emotional support would have been so appreciated had we just understood what hospice care can do.

They could have helped us understand the end-of-life paperwork we needed to do. Like us, many people have never experienced a loved one’s end-of-life in your home. Hospice Palliative Care Kodiak has the experience and they can help others navigate this scary and difficult time. Even though we didn’t connect with them as soon as we could have, I am so thankful for their continued support and resources as I adapt to my life’s changes.



“Ted was able to leave this life as he desired: a quiet, calm and loving atmosphere surrounded by loved ones. We are so grateful for the support that allowed this to happen.”

Photos: Peggy & Ted; Peggy volunteering with HPCK to deliver holiday packages Dec 2022



## How we serve

### Changing Tides Program

HPCK is there to support community members through the mental, physical, and emotional changes that may accompany life-limiting illness. Regardless of where people are at in their diagnosis, or what curative treatments they are seeking, we strive to improve quality of life.

### End-of-Life Navigation

As the final stages of life approach, HPCK helps families and caregivers navigate this challenging end-of-life period. Our highly trained volunteers provide guidance, education, and a caring presence in the final days and hours of a person's life.

### Bereavement Services

HPCK staff & volunteers support community members through their bereavement journeys. Grief groups & wellness classes are offered throughout the year. One-on-one support, care boxes, lending library books and mailings are other ways we help.

### Advance Planning

HPCK helps guide community members through the Advance Care Planning process ensuring families are prepared no matter where they are at in their journey.

## Our Team

*Learn more about volunteering at [hpck.org](http://hpck.org)*

DIRECT CARE VOLUNTEERS	INDIRECT CARE VOLUNTEERS	BOARD OF DIRECTORS
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*Neighbors helping Neighbors on Kodiak Island*

## Hospice & Palliative Care of Kodiak

P.O. Box 8682  
Kodiak, AK 99615

907.512.0600 (office)  
907.512.0608 (fax)

## CONNECT WITH US!

Find us on Facebook

SCAN THE QR CODE WITH YOUR PHONE CAMERA



Subscribe to the HPCK Newsletter!

EMAIL [KATE@HPCK.ORG](mailto:kate@hpck.org)

## Why we matter

**OUR SERVICES ARE 100% FREE**

**We help all Kodiak citizens; there is no barrier to our services**

*We are unlike medical hospices. There are no time constraints and we do not bill insurance.*

**We strive to ensure every resident** regardless of disease progression, family support, or income has choices and dignity during their final chapters.

*"During our time of bringing my sister home and loving her until she left us, our volunteer was a support and ultimately a friend. I cannot begin to imagine traveling this path without her expert guidance."*

- HPCK CLIENT FAMILY MEMBER

*Donate today!*

# Our Supporters 2022

Mainstay Donors are those that commit to being sustainable financial partners with HPCK by donating at least \$10,000 in a given year.  
Beacon Donors: \$5,000-\$9,999 | Pillar Donors: \$1,500 - \$4,999 | Society of a Thousand Donors \$1,000-\$1,499 | Friends of Hospice: \$1-\$999

Donor, Grantors, and Gifts in Memoriam are honored at our annual charity gala, website, and newsletter • [www.hpck.org](http://www.hpck.org)

## 2022 Mainstay Donors

- Kodiak Area Native Association
- Craig & Terrie Johnson

## 2022 Beacon Donors

\$5,000-\$9,999

- Mike Williams

## 2022 Pillar Donors

\$1,500-\$4,999

- David A. Abercrombie - In Memory of Chris Myrick
- CHARR - The Alaska Cabaret, Hotel, Restaurant and Retailers Association
- Mel LeVan - In Memory of Alice LeVan
- Vern & Debra Hall, Futura Fisheries

## 2022 Society of a Thousand Donors \$1,000-\$1,499

- Skip Bolton & Veronica Costa-Bolton
- Arthur & Nancy Bors - In Memory of Chris Myrick
- Pat Branson & Gordon Gould
- Scott & Nicole Carver
- Sam & Julie Chelmo
- Eric Engvall & Deb Houlden-Engvall
- Linda Freed & Alan Schmitt
- Jim & Jenny Graham
- Kent & Colleen Helligso
- Zoya Herrnsteen & Doug Dorner
- Karl & Teresa Hertz
- Jim & Edwina Horn
- Meghan Kelly & Robert Baer
- Nancy Kemp
- Rick & Aimee Kniazowski
- Kelly Young
- Tim & Mary Jane Longrich
- Ashley & Curtis Mortenson
- Carroll 'Mort' & Sonja Mortenson
- Sam & Doreece Mutch - Harborside/Fly By, Inc

- Kathy & Ted Nussbaum
- Steve & Shelley Paulson
- Elise Pletnikoff & Mark Stichert
- Sally Skimin
- Pat & Nick Szabo
- Stephen Wallace
- Jocene Warnecke
- Dr. Mark Withrow & Dr. Carol Juergens
- Melissa Witteveen & Tyler Kornelis
- Dr. Alan Wolf & Rose Wolf

## 2022 Grantors

- Providence Alaska Foundation
- Rasmuson Foundation
- Alaska Community Foundation
- Kodiak Island Borough
- City of Kodiak
- Matson Foundation
- Alaska Airlines
- American Seafoods Company and the Western Alaska Community Grants Board
- Alaska USA Federal Credit Union

## 2022 Friends of Hospice

\$500-\$1,000

- Ardinger Family - In Loving Memory of Hazel Ardinger
- Dan & Randy Busch
- Kim & Marilyn Davidson
- Jack & Marylynn McFarland
- Karen Yashin & David Heuman
- Peter Thompson

## 2022 Friends of Hospice

\$250-\$499

- Wallace & Beth Fields
- Larry & Virginia LeDoux
- Cecil Ranney & Judy Philips
- John & Jane Sedor - In Memory of John Witteveen

## 2022 Friends of Hospice

\$0-\$249

- Ron & Judy Acarregui
- RaeJean Blaschka - In Memory of Margaret Hall
- Gilbert & Janet Bane
- Dan & Randy Busch - In Memory of John Witteveen
- Brianna Cooper - In Memory of Isadora Lynn
- Bryan & Katrina Ferris
- Donald & Ilva Fox
- Margaret Klemzak
- Marilyn Kreta - In Memory of Hazel Ardinger
- Mike & Geri Lindquist
- Val Miller
- Jeanne Pontti
- Katherine Rostad - In Memory of Sandra Nedrow
- Susan & Jorg Schmeisser
- Joe & Jenny Stevens
- Rita & Gary Stevens
- Michelle Weekly - In Memory of Fisher Roe & Jay Lindsey
- Tina Witteveen - In Memory of John Witteveen
- Dennis & Jocelyn Zwiefelhofer

## 2022 Pick.Click.Give

- Anonymous x13
- Audrey Bennett
- Travis Cooper
- Walter Davis
- Mike Fitzgerald
- Kelly Fitzgerald-Bennett
- Diana Fogler
- Gordon Gould
- Jennifer Graham
- Melayna Halvorsen
- James Hayden
- Steven Honnold
- Katherine Irons
- Kristen Kangas
- George Kirk
- Corinne Kubena
- Linda Lance
- Thomas Lance
- Alan Large
- Elaine Loomis Olsen
- Valorie Miller
- Michael Milligan
- Katherine Oliver
- Sumie Ono
- Richard Ross
- Margaret Schmitt
- Lloyd Shanley
- Therese Shanley
- Ralph Sirofchuck
- Kristina Van Hoogmoed
- Francis Wegman-Lawless
- Elana White

*Neighbors helping each other finish life's journey with dignity & compassion*



KODIAK AREA NATIVE ASSOCIATION