Exploring, learning, and serving together at the intersection of cultural transformation and end-of-life care

Enjoying a moment at a “Friends of Kalein” event
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*You are not alone. You have generations of ancestors at your back. You have the blessing of interdependence and community. You have the great trees of the forest as steadfast allies. You have the turning of the seasons and the renewal of life as your music. You have the vast sky of emptiness to hold all things graciously.*

Jack Kornfield

---

*Your soul knows the geography of your destiny. Your soul alone has the map of your future, therefore you can trust this indirect, oblique side of yourself. If you do, it will take you where you need to go, but more important it will teach you a kindness of rhythm in your journey.*

John O’Donohue

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*Prayer Flags in the cedar grove*
Our Name

“Kalein” (pron. Kay-lynn) is a Celtic word, which loosely translated, means “calling forth the beautiful.” Kalein offers an invitation to call forward all that is beautiful in ourselves and others.

Cultivating the Unknown – A message from the Board of Directors

In conversations about the Kalein Centre, it’s not uncommon to be asked, “What is it exactly that Kalein does?” The word “liminal” comes up a lot in these conversations – the concept of allowing ourselves to step away from the tried and true and move into a space of “not knowing” which is creatively open to all possibilities. What grows, forms, and develops in this space isn’t exclusively about programs and outcomes. It’s about cultivating qualities of consciousness, presence, curiosity, and compassion as the pathway to outcomes that are both practical, and inspirational in their ability to address, as well as influence, the ways in which our communities and ourselves care for one another in a rapidly ageing world.

Over the course of the fiscal year which ended in March of 2018, in addition to The Centre’s well established ongoing programs, such as the Death Cafe, Writing Through Grief and Mindfulness Based Stress Reduction (MBSR), Kalein focused on three distinct initiatives that reflected our exploratory journey in unique ways: The Kalein Day Hospice, a one year pilot program, “Who Cares? Evolving the Rich Potential of Compassionate Communities,” our first Kalein Liminal Learning Lab event, and Festival of Lights, a family-friendly opportunity to gather as a community to acknowledge our shared journeys of grief, loss and remembrance. In addition to being well received locally, these initiatives raised Kalein’s profile provincially and have opened doors to exciting opportunities for the Centre that will begin to unfold over the course of 2019 and beyond. Over the past year we also began to explore and reshape Kalein’s organizational structure to better fit with, inspire, and support the Centre’s aspirations around leadership in the field of end-of-life education and hospice care.

In all these regards, we wish to acknowledge Mike Stolte, Director of Dialogue & Education, Katie Macphearson, Director of Partnerships & Development, and Tara Burnett, Director of Communications, for their wisdom, expertise and commitment to a future of new possibilities and rich opportunities for Kalein Centre.
As an organization dedicated to supporting the ability of individuals, communities and health care systems, to adapt, evolve and transform in socially innovative ways, Kalein Centre is deeply grateful for the interest and support of people like you, who can join with us in helping to realize a more resilient future of care, for ourselves and others, and our communities.

Thank you.

Board of Directors

L to R: Brooke Leatherman (Chair), Jan Wright (Vice-Chair), Todd Kettner (Director), Sandi Leatherman (Founder, Director), Jeanette Johnston (Treasurer), Judy O’Leary (Secretary)

Staff

L to R: Katie Macpherson (Director, Partnerships & Development), Mike Stolte (Dialogue & Education), Tara Burnett (Communications), Lila Jansma (Admin. Support), Kate Reynolds-Braun (Executive Admin. Assistant), Wendy Knapik (Bookkeeper)

Joining The Team

New faces for a new fiscal year…L to R: Paul Cunningham, Rayya Leibich, Ariel-Paul Saunders, Andrew Jones will be stepping on to the Kalein Board at the start of our 2018-19 fiscal year. Susan Berhardt is taking over from Wendy as Kalein’s new bookkeeper

With Gratitude & Appreciation

Special thanks to Jeanette, Judy, Kate, and Wendy, all of whom departed Kalein this year to pursue the next steps on their own personal journeys. Their commitment and wisdom, presence, humour, and compassion helped shape the organization during a very forative time. Kalein Centre extends our deepest thanks for their service.
The Day Hospice Pilot Program was offered between May 2017 and March 2018. The program originated as one of seven key recommendations from Kalein’s 2016 Research and Feasibility Study, that explored the best options for delivery of palliative and hospice care in rural settings.

Program elements and formats were developed by Kalein’s Hospice Care Working Circle, and were designed into a progressive and flexible program that provided individuals facing life-limiting illness with a variety of supports and activities, and also offered respite for their families and caregivers. The pilot was offered in collaboration with Nelson & District Hospice Society as our program delivery partner.

The first pilot year of the program was very successful, engaging ten professional and support staff alongside seven trained volunteers, and serving twelve palliative individuals in the Nelson, B.C. community. The program was offered weekly at the Kalein Centre in a peaceful, nature-connected environment.

Over the course of thirty-one sessions (99 individual participant visits), the Day Hospice provided its palliative guests with peer support, activities (physical, mental, art, music, etc.), meals, personal therapeutic services (acupuncture, craniosacral therapy, palliative massage, yoga, etc.), and informative resources and health navigation to collectively improve social connections and quality of life. These services were provided to the clients at no cost, eliminating barriers to access such as financial constraints and mobility limitations.

Program feedback from the hospice guests highlighted elevated levels of meaning and connection they were experiencing at the end of their lives, which was one of the program’s primary goals. Another key benefit of the program was its ability to provide respite for the families, friends and caregivers.

All of this work is supported by fundraising efforts, volunteers and donors, without which, this journey would be much more difficult. Day hospice

“Wake up fully to your life. Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most.”

Frank Ostaseski
offers an innovative approach for end-of-life care in smaller communities that struggle to operate and maintain a stand-alone hospice. It speaks to a model of more collaborative and compassionate community-based care. We hope the day hospice model is one that hospice societies throughout British Columbia will adopt.

Kalein is currently evaluating the program’s success; looking at the ways in which it can be delivered more effectively and sustainably. This evaluation will lead to further decisions about offering a day hospice program permanently at the Kalein Centre, or supporting other organizations within our community to offer this service.

“My experience has been transformative. Simply spending time with people who share the horizon created by a terminal diagnosis really can’t be anything but earth-shaking…The welcome and the absolute spaciousness offered by the staff and volunteers is remarkable, almost like air. There is room to breathe and to find out a little about who one is at this point in life, unencumbered by someone else’s ideas about what might be needed or wanted. The days unfold organically; program options are held lightly and easily modified to suit the client needs and the nature of any given moment. As a result a lovely program has unfolded full of good conversation, generous amounts of massage and acupuncture, and lots of singing. The food is plentiful and delicious, resembling a family meal. Thank you so much.”

Day Hospice Guest

“When death is imminent, no second chance exists to improve the quality of care for the patient and family…rural areas still have limited palliative services…Through community support, academic support and partnerships, tele-health, community advisers, and other creative strategies, providing expert care to seriously ill patients is feasible, even in the most remote locations. Such success occurs not by bringing the patient to the urban experts, but by bringing palliative care expertise to the patient and/or ensuring that palliative care support becomes imbedded into the fabric of the rural community…the community is pivotal to developing primary palliative care services in rural settings.”

From: Systematic Review of Palliative Care in the Rural Setting (2015) • Marie A. Bakitas, et al • School of Nursing, Center for Palliative & Supportive Care, University of Alabama @ Birmingham
A Kalein Liminal Learning Lab Event

Held over the course of four days in September of 2017, “Who Cares?” was Kalein’s first Liminal Learning Lab event.

In response to the challenges of a rapidly ageing population, the power and potential that compassion brings to everything, from personal values to public policy, is encouraging many communities to explore the adoption of “Compassionate Community Charters.” Assuring such initiatives can become sustainable, however, means cultivating an intimate, personal commitment to compassion as a guiding force in our lives and practice. Kalein’s Lab event was an opportunity for participants to recognize and experience first hand, the transformative power of compassion in their own lives and interactions with others, together with learning and insights that could be applied in their own communities and professions.

The Lab included public events, as well as an invitation-based gathering of recognized thought leaders, heart leaders, and creative key influencers from across a broad spectrum of domains and interests, from within and beyond the Kootenay region. Over the course of four days, Lab events drew 400 community participants, who were engaged in a variety of different creative and interactive pathways, including, story telling, music, movement, and art, facilitated workshops and self-guided explorations.

Participating in this lab event were two leaders in the field of ageing, death, and dying: Frank Ostaseski, an internationally respected Buddhist teacher, visionary cofounder of the Zen Hospice Project, and founder of the Metta Institute in California, has been named by the American Association of Retired Persons as one of America’s fifty most innovative people. Dr. Bill Thomas, a culture-shifting geriatrician, is best known for his health care system innovations, alternative views on the future of retirement, and as the founder of The Eden Alternative, a global non-profit which works to improve the care provided to older people. Bill was featured in the 2015 Sundance award-winning documentary “Alive Inside.”
What is the Liminal Learning Lab?
Kalein’s signature dialogue & education initiative invites individuals from across a broad spectrum of domains and interests – healthcare professionals, artists, builders, philosophers, social innovators, First Nations, community leaders, individuals with life limiting illness, to name just a few – to gather in a spirit of generous listening, dynamic inquiry, and creative exploration, to discover, learn about, and design new initiatives and approaches to the challenges posed by a rapidly ageing world, particularly in rural community settings.

Participant Quotes From the Lab

"I feel more open and more clear. The world seems a touch brighter and priorities have been shifted."

"This kind of event is excellent to bring conversation around death dying, grief and loss to community in a way that helps to attend to life. Compassion is a skill and a muscle to build - softening deepening, sharing and expressing - all contribute."

"There is a ripening, a readiness and a need for the community to talk, gather and experience around this topic that was not as prevalent before."

"My perceptions have expanded. A deepening occurred through the space created and held. There was a openness and gentle nudge to go deeper."

"I was amazed at everyone’s abilities to share so deeply."

"I’ve slowed down and started thinking of people I haven’t reached out to in a long time."

"As a result of the LLL I will take more time to listen to people in my daily routine."

"I had three deep conversation with friends on the street in the days following the LLL. I had only had a handful in the last year."

"I have been all over the world to workshops. This was the best weekend workshop ever."
“Compassionate community” is increasingly being recognized as a core component of effective healthcare, particularly in the field of palliative and end-of-life care. The Festival of Lights is a simple, yet magical way of expressing compassionate community through our shared journeys of grief, loss, and remembrance.

Held on the grounds of the Kalein Centre, in the midst of the winter holiday season which can be especially challenging for some, the Festival provides a safe, deeply meaningful way to express and share the heart-to-heart connections we experience with others, but so seldom acknowledge.

Imagined as an annual family-friendly event, participants are invited to light a lantern in memory of a loved one and place it on the forested pathways that wind through the Kalein grounds. Lighted fire bowls provide intimate gathering areas for those attending to share their stories and make community connections. Local music and dance groups share their artistic expressions with all who are present, and trained grief counsellors are present to support those who are actively grieving.

Festival performers in 2017 featured Slava Doval’s Dance Fusion and the Common Blue Choir led by Bessie Wapp. The event was attended by over 150 community residents and raised over $7,000 dedicated to the palliative and hospice care initiatives, programs and resources of the Kalein Centre.

Kalein is likewise grateful for the commitment of Festival sponsors including Thompson Funeral Home, Kootenay Woodstoves, Save on Foods, Whitewater Ski Resort, Dancing Bear Inn, Anna Reid and Linda Kalbun, and Norm and Aliesje Carruthers.

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In addition to the special initiatives and programs developed at the Centre, Kalein maintains a series of ongoing programs that are offered annually to both allied healthcare professionals and the general public. These include:

**Death Café**

Kalein hosts six death cafés per year, three in the spring and three in the fall. Over cake and a cup of tea, our death cafés are a gentle doorway into a shared exploration of our questions and fears about death, dying, living fully.

**Writing Through Grief**

Writing is a powerful tool. As a creative expression, it can offer a doorway into our feelings of grief and loss, and the memory of departed loved ones. Kalein Centre provides workshop participants with a safe space in which to gather and explore personal stories together, through guided writing prompts, journaling, inspirational poetry and take home tools. All that is required is some courage and pen.

**Mindfulness Based Stress Reduction (MBSR)**

Originally developed at the University of Massachusetts Medical Centre in the 1970s by Professor Jon-Kabat-Zinn, MBSR is a 7-week course that combines mindfulness meditation, body awareness and yoga to help reduce stress, increase relaxation and improve quality of life. Originally developed to assist people who were dealing with pain and life conditions that are difficult to treat in a hospital setting, MBSR has become a widely adopted practice for professionals of all types, helping them to meet the everyday challenges of their practices, reduce risk of errors, and avoid burnout.

For more information on these, plus any new programs that may be added from time to time, please visit our website.

“I would like my life to be a statement of love and compassion – and where it isn’t, that’s where my work lies.”

Ram Dass
Partnerships

Kalein Centre is firmly committed to rich meaningful partnerships. Over the course of the coming year, Kalein’s program and initiative development will be enhanced by partnerships already in place with Kootenay Art Therapy Institute, Touchstones Nelson Museum of Art and History, LV Rogers Secondary School, The Nelson Civic Theatre, Nelson Public Library, The Nelson United Church, Nelson and District Credit Union, The Hume Hotel, Interior Health, BC Centre for Palliative Care, SFU Radius, the Vancouver Foundation and the Kootenay Boundary Division of Family Practice.

In addition, Kalein Centre is actively cultivating partnerships and collaborations with Oxygen Art Centre, The Capitol Theatre, Selkirk College, Learning in Retirement (LiR), School District 8, the Ministry of Education, students, seniors, residential care homes, other innovative BC hospices, First Nations Health Authority, local and regional government and provincial elected officials.

Projects

Led by Kalein Centre’s Dialogue and Education Working Circle, which includes thought and heart leaders from around the Pacific Northwest, a variety of “systems influence” initiatives are in active development for 2019-2020. These include programs in the fields of compassionate community, social isolation, building and strengthening palliative and hospice care, and community capacity and resiliency. Development of a speaker series is also ongoing, along with planning for our next Liminal Learning Lab event, scheduled for the Fall of 2019. Active program development is expected to commence early in 2019 once the outcomes of the supportive grant applications related to these initiatives are announced.
Organizational Structure

The concept of a centre of integrated dialogue, hospice care, and education, sounds straightforward enough. However, Kalein has historically found it difficult to articulate the deeper implications of this integration in a simple, straightforward way. With the developmental growth and expansion of Kalein’s programs and initiatives over the past year, the need to establish a clear and direct identity and message around the purpose and work of the Kalein Centre has increasingly moved to the forefront of our organizational priorities.

Under the leadership of Katie Macphearson, Kalein’s director of partnerships and development, a new approach to organizational structure is emerging. In this model, separate unique identities are being created for each of the areas of focus in which Kalein is engaged:

- Kalein Talks: “Stories of Grief, Loss, and Life More Fully Lived”
- Kalein Events: “Deathival” Film Series Panel
- Kalein Innovates: 2016 Research & Feasibility Study
- Kalein Cares: Day Hospice Volunteers

This model will offer the public an easier way to understand the scope of Kalein Centre’s work, and provide funding organizations, philanthropic donors, and the community at large, with clear choices around which aspect or aspects of the Centre they wish to support or engage with.

Our goal is to see this structure fully implemented within the first quarter of 2019.
The Kalein Endowment Fund

The success of Kalein’s Day Hospice pilot program inspired a local philanthropist, Jennifer Lount-Taylor, to establish The Kalein Fund at the Osprey Community Foundation with a gift of $10,000. The fund directly supports Kalein’s mission to provide leadership in end-of-life education and hospice care, within our local community and beyond. To help grow the fund, fellow community members, Brooke & Sandi Leatherman, have committed to matching community donations on a dollar-for-dollar basis up to $10,000.

Financial Performance

Over the course of Kalein’s recent fiscal year, the combination of successful programs and initiatives, accompanied by an increasing provincial profile, helped boost the Centre’s fund development capacity, while at the same time, highlighting our need to continue cultivating significant funding partnerships and philanthropic gifts to assure the Centre’s long term sustainability.

Key steps in this direction included the establishment of the Kalein Endowment Fund at the Osprey Community Foundation, in March of 2018. Building the Endowment will provide Kalein with a consistent and stable source of revenue to underwrite its programs, initiatives and services in end-of-life care and education.

As recognition for Kalein’s innovative approaches to compassionate communities and care continues to grow, it’s bringing the Centre into significant contact with globally focused funders such as the Vancouver and J.W. McConnell Foundations, Heritage Canada, the Federation of Canadian Municipalities, and the Columbia Basin Trust.

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2018 Financial Statement
Kalein is actively working on multi-year project initiatives with these and other funders, with initiation of this initiatives taking place over the course of the coming fiscal year.

In addition to raising funds for Kalein, the Centre’s fund development team was also successful in raising over $20,000 on behalf of the Nelson & District Hospice Society, our collaborative partner in the delivery of Kalein’s Day Hospice Pilot Program.

Not reflected in financial performance are grants and gifts confirmed during the fiscal year, whose funds will not be received until the 2018-19 fiscal year.

The Cost / Benefit Challenge Of End-of-Life Care In A Nutshell

Of all the various medical specialities, end-of-life care is unique in that fully 80% of the practice resides in the community rather than the medical system. The most effective end-of-life care is represented by Chart A, while government funding allocations for this type of holistic approach are represented by Chart B.

Through compassionate community-based dialogue, care, and education programs and initiatives, Kalein is helping to make the case for a broad based reassessment of funding allocations. The rising cost of care, coupled with the social sector challenges presented by rapidly ageing populations, particularly in rural settings, suggest that shifting the percentage allocations by even a few points, can invite significant and transformative changes in the quality, delivery and effectiveness of end-of-life care overall.

“Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”

Rilke

Lantern in the cedar forest on the grounds of the Kalein Centre

The THRIVE program at Kalein: Providing meaningful employment to people with disabilities
“When we serve we see life as whole. From the perspective of service we are all connected.”

Rachel Naomi Remen

Acknowledgements

Board of Directors
Brooke Leatherman, Chair
Jan Wright, Co-Chair
Jeanette Johnston, Treasurer (2017)
Judy O’Leary, Secretary (2017)
Sandi Leatherman, Founder, Director
Todd Kettner, Director
Paul Cunningham, Director (2018)
Rayya Leibich, Director (2018)
Andrew Jones, Director (2018)
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Tammy McLean
Selkirk College Nursing Faculty Practicum Placement Program

ThoughtExchange
A Group Insight Platform

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Berg Lehmann Chartered Accountants

Stephanie Fischer, Executive Director
Capitol Theatre, Nelson, BC

Dr. Doris Barwich, MD, CCFP
Executive Director, BC Centre for Palliative Care

Kathy Kennedy
Community Development Specialist, BC Centre for Palliative Care

Astrid Heyerdahl, Executive Director
Touchstones Museum of Art & History, Nelson, BC

Rachel Yoder
Momento Mori

Allison Girvan, Artistic Director
Corazon Choir, Nelson, BC

Monica Carpendale
Founder, Kutenai Art Therapy Institute

Faculty
Dr. Devon Christie, MD
MBSR

Rayya Liebich
Writing Through Grief

Maureen Jansma
Death Cafes

Lori Simpson
Death Cafes

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A-1 Lawn Care
Many thanks to our community of donors, volunteers, and professional service providers

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Volunteer and donor appreciation evening
featuring a concert by Argentinian jazz pianist, Gabriel Palatchi.
The Shirley Paulette Memorial Garden
on the grounds of the Kalein Centre
Kalein Centre
402 West Richards Street
Nelson, British Columbia

Mailing Address:
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