roots & roads
Community Hospice Foundation

Annual Report 2024

Dear R&R Friends,

2024 was a wonderful year in many ways, yet also one of sorrow.

Wonderful things came in the form of our collaboration with The Learning Community for Loss, Grief and Transition (TLC). Together, we trained 104 nonprofit staff and lay people on how to support their clients and parishioners who are grieving losses.

This endeavor was so successful that we are looking to collaborate more closely on future grief support efforts! We plan to expand from our introductory Grief 101 course into a Grief 201 workshop, which will allow folks to practice their newfound 101 support skills. We also partnered on a Survivors of Suicide Loss project in Cochise County, which we hope to expand into a more general "Survivors of Traumatic Loss" course to be offered in Pima County and beyond.

Tucson is a treasure trove of knowledgeable and passionate people who are working to make our community more resilient by sharing tools to help one another through some of life's most heartbreaking moments, and we are proud to be a leader in this effort.

2024 was also the first year that our educational series focused exclusively on "Carrying Our Grief". Although our mission ("To fulfill the needs of local hospice patients and their families and increase the understanding of, and access to, end-of-life support") might seem fixated on the dying, we recognize the impact of grief on those who are left amongst the living.

We, as a staff, have experienced the direct grief of the death of those we cherish, the changing abilities of those we care for, and the sorrow from the deep political and cultural divide within our nation.
One of the ways we hope to bridge the divide is by offering more in-person programming. Not only will this give us a chance to gather in community, but also the opportunity to learn together, which we hope provides common ground to move us into the future.

With so many causes to care about, I am deeply grateful that you choose to support our end-of-life work. This topic is often overlooked by grant-makers, much like the general public, who tend to shy away from discussing death and grief. However, you and I understand that these are unavoidable aspects of life that deserve our focus and resources. We treasure you and look forward to continuing to create a community that takes a proactive approach to death and the grief that it leaves in its wake.

With Gratitude,

Julie M Evans

Julie M. Evans, Executive Director

Grief Work

Loss and grief are experiences we all have in life. When someone is struggling with grief, we want to provide support but often do not know how to help.

In 2024, R&R partnered with the **Learning Community for Loss, Grief, and Transition** to provide education on grief, the many ways it touches our lives, and how to provide effective support to the bereaved. **In Cochise County**, we offered virtual and in-person workshops on the traumatic grief experienced by survivors of suicide loss. With support from the **Legacy Foundation of Southeast Arizona**, these important workshops were provided to nonprofit agencies and faith communities that seek to assist people navigating the death of a loved one from suicide.

Additionally, through support of the **People-People-People Foundation**, R&R provided Grief 101 workshops in Pima County. These sessions trained community members with knowledge about grief and the skills to effectively support someone who is struggling with losses in their lives. Community partners such as **Interfaith Community Services** and **United Cerebral Palsy of Southern Arizona** requested workshops for staff and caregivers. By engaging in these trainings, we become comfortable talking about death and being with grief which creates a more compassionate community.

The Crosswalk

A free community resource dedicated to helping you make important decisions about serious illness and end-of-life care. Whether you need guidance on the best care options, advance care planning, bereavement support, or final arrangements, The Crosswalk offers comprehensive assistance to meet your needs.

Explore at: www.rootsandroads.org

Traditions of Grief

We had the pleasure of welcoming participants to our Mini-Ofrenda Workshop, led by Antonio C. Estrada (Tony) and his wife, Gloria J. Valenzuela. Tony, an accomplished Chicano artist, and his wife Gloria have been creating Día de los Muertos altars and sharing the stories behind them for many years.

Tony and Gloria took us on a journey through the beautiful tradition of creating ofrendas and altars. They guided participants on how to create their own mini-ofrenda for departed loved ones.

Participants excitedly shared stories and ideas about how they planned to incorporate the tradition of the ofrendas as a way to honor and remember their loved ones.

We are deeply grateful to Tony and Gloria for sharing their knowledge and artistry with all of us at Roots & Roads!

Community Education

Roots & Roads remains the leading resource in Southern Arizona for reliable, up-to-date, and easily accessible information on hospice and palliative care, advance directives, medical informed consent, grief and bereavement. We have participated in over 20 presentations designed to provide educational support to students and local organizations. These include undergraduates at the University of Arizona in health sciences, nursing students at Northern Arizona University, social work students at Arizona State University, medical students and residents at the University of Arizona, recent nursing graduates at Oro Valley Hospital, care home managers, assisted living staff, and employees at Arizona Complete Health.

OUR MISSION ACCOMPLISHED

A 30-year-old woman was admitted to hospice care. She and her husband have two young children, and her husband was struggling to care for both her and the children while managing household responsibilities. To provide additional support for the family, the hospice social worker submitted a request for funds to help pay for the patient's mother to travel and be with them. The request was approved by R&R in less than 24 hours, allowing the family to receive the support they needed quickly.

Virtual Education

CARRYING OUR GRIEF:

2024 End-of-Life Virtual Conference Series

In 2024, our virtual conference series titled "Carrying Our Grief," focused on teaching new skills to enhance our ability to support those who are bereaved while fostering a community comfortable discussing grief. The series began in January 2024 with Dr. Joanne Cacciatore, who guided us in defining grief and exploring its intersection with trauma. She emphasized the importance of the people and actions society can utilize to provide meaningful support to those who are grieving, drawing insights from the experiences of actual grievers.

This foundation set the stage for the remainder of the year, during which we examined how grief impacts both the mind and body. We learned best practices and resources for supporting grieving youth, engaged in creative arts as a means of expression and support for grief, and discussed the unique challenges faced by caregivers of loved ones with dementia, including the ambiguous loss they experience.

Thanks to our incredible sponsors, including The Legacy Foundation of Southeast Arizona, The People-People-People Foundation, Harmony Community Healthcare, Right at Home, Casa de la Luz Hospice, and Pima Council on Aging, we were able to offer these sessions free of charge, attracting over 850 participants to our live events.

We extend our gratitude to our amazing presenters, participants, and individual donors for their invaluable contributions that make our work possible!

2024 Series Topics

- What is Good Support According to the Real Experts, Grievers!
- Speaking Grief: A Documentary Film Screening and Discussion
- Grief: The Mind/Body Connection
- Ensuring No Child Grieves Alone
- Where Words Fail, Music Speaks
- Using Creative Arts Expression as a Supportive Tool for Grief
- Effective and Enduring Suicide Bereavement Support
- Carrying Our Connection to the Other Side
- Dementia, Grief, and Caregiving

"This was outstanding. Great quality of presenters and information."

All recordings are offered on our website as an ongoing source for education regarding end-of-life.

Our Goals

roots & roads
Community Hospice Foundation

Increase access to swift financial support that alleviates stress and provides comfort to hospice patients across our community.

Promote the community's understanding, value, and support of hospice and palliative care.

Encourage conversations and access to information, resources, and referrals for professionals and the public regarding end-of-life issues and bereavement services.

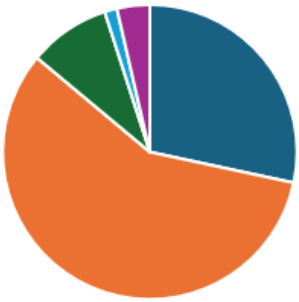
Our Values

Compassion
We are consistently and inclusively responsive to those we serve.

Collaboration
We seek partnership with others to leverage diverse skills and resources to further our mission and mutual goals.

Stewardship
We are fiscally responsible, always considering available resources, needs of our community and our donors' expectations.

2024 Patient Financial Assistance



Final Arrangements $28,164
Housing $57,318
Other $8,916
Transportation $1,357
Utilities $3,575

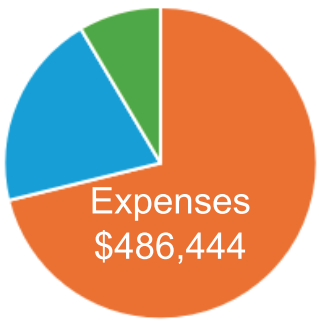
Other Expenses Include Bereavement Books, Listening Sessions, Community Education, etc.

2024 Financials

$545,995
Contributions

$52,125
Grants

$17,137
Educational Workshops



$346,136
Programming

$98,919
Admin

$41,389
Fundraising

Our Mission

Roots & Roads Community Hospice Foundation fulfills the needs of local hospice patients and their families and increases the understanding of, and access to, end-of-life support. Our vision is that hospice patients and their loved ones are empowered to transform the end-of-life experience into the final act of living well.

Mission in Action

68
INDIVIDUALS
received financial assistance to help meet basic needs at end-of-life.

1656
REGISTERED ATTENDEES
for our virtual education series and in-person community education sessions.

2775
FIVE WISHES
advance care directive booklets were distributed free of charge (normally a cost of $5 per copy).

Roots & Roads proudly hosted our first collaborative fundraising workshops with Santa Theresa Tile Works!

Two sessions were offered for participants to learn about the incredible work being done by Santa Theresa Tile Works. During these guided workshops, attendees brought their artistic visions to life by creating beautiful and meaningful memorial tiles in honor of their loved ones.

Staff

Julie Evans
Executive Director

David Fife
Director of Community Engagement

Jennifer Arvizu
Operations Manager

2024 Board of Directors

Rachel Sass,
President

Jan Storey,
Vice-President

Elhadj Ndoye,
Treasurer

MaryAnn Juarez,
Secretary

Alan Barreuther
Andrew Bevington
Antonio (Tony) Estrada
Edwin Fix
Kasey Hill
Beatrice J. Krauss
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OUR MISSION ACCOMPLISHED

A man had been living alone at home without any family or friends to support him. After being admitted to the hospital, it was determined that he required hospice services. Due to his increased care needs, he could not return home, and he did not have the funds to pay for a care home. The hospice social worker assisted him in applying for state aid, and while his application was being processed, R&R covered the first month of care at an assisted living home so he could receive the support he needed immediately.

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