roots & roads
Community Hospice Foundation

Annual Report 2023

Dear Friends,

2023 marked my five-year anniversary with the Foundation and what an amazing journey it has been!

While we continue to focus on providing end-of-life education to the community and financial assistance to hospice patients of limited means, much has changed.

In 2021, Lynette Jaramillo, the co-founder of Casa Hospice and my mentor, died unexpectedly. Lynette had been encouraging us to "spread our wings" and become independent of the hospice. With her blessing and input, we rebranded from Casa de la Luz Foundation to Roots & Roads Community Hospice Foundation. A few months after her death and our rebranding, we learned that Casa Hospice sold to a national healthcare company. While R & R continues to partner with Casa Hospice, we must also look for new revenue streams in order to meet the increasing need for patient financial support.

The sale was indicative of a larger trend of mergers and acquisitions in the hospice space. For more on that topic, please read 'The State of Hospice' written by David Fife, Director of Community Engagement.

I am proud of the fact that our fiscally responsible stewardship of donations has ensured that we have enough cash on hand to continue operating.

These past few years have provided the opportunity to think expansively about how to sustain our work while meeting the unique needs of our community. Recent developments include The Crosswalk: our online resource that walks patients and families through various considerations that arise when facing serious illness and end-of-life. Additionally, we are partnering with The Learning Community for Loss, Grief, and Transition (TLC) to bring grief support education to the community at large.

There is also much work to be done in the area of supporting solo agers who don't have friends or family to advocate for or assist in managing their well-being. We are exploring how we might be of service to those individuals who find themselves in this situation.

The most recent US Census tells us that the population of Americans 65 and over is going to double in the next decade or so. This means that the work we do is going to be more needed than ever and we are determined to continue our legacy of transforming the end-of-life experience into the final act of living well for all in southern Arizona.

We are grateful for the trust you put in us to do this work and the gifts you give to make all that we do possible.

Best wishes always,

Julie M Evans

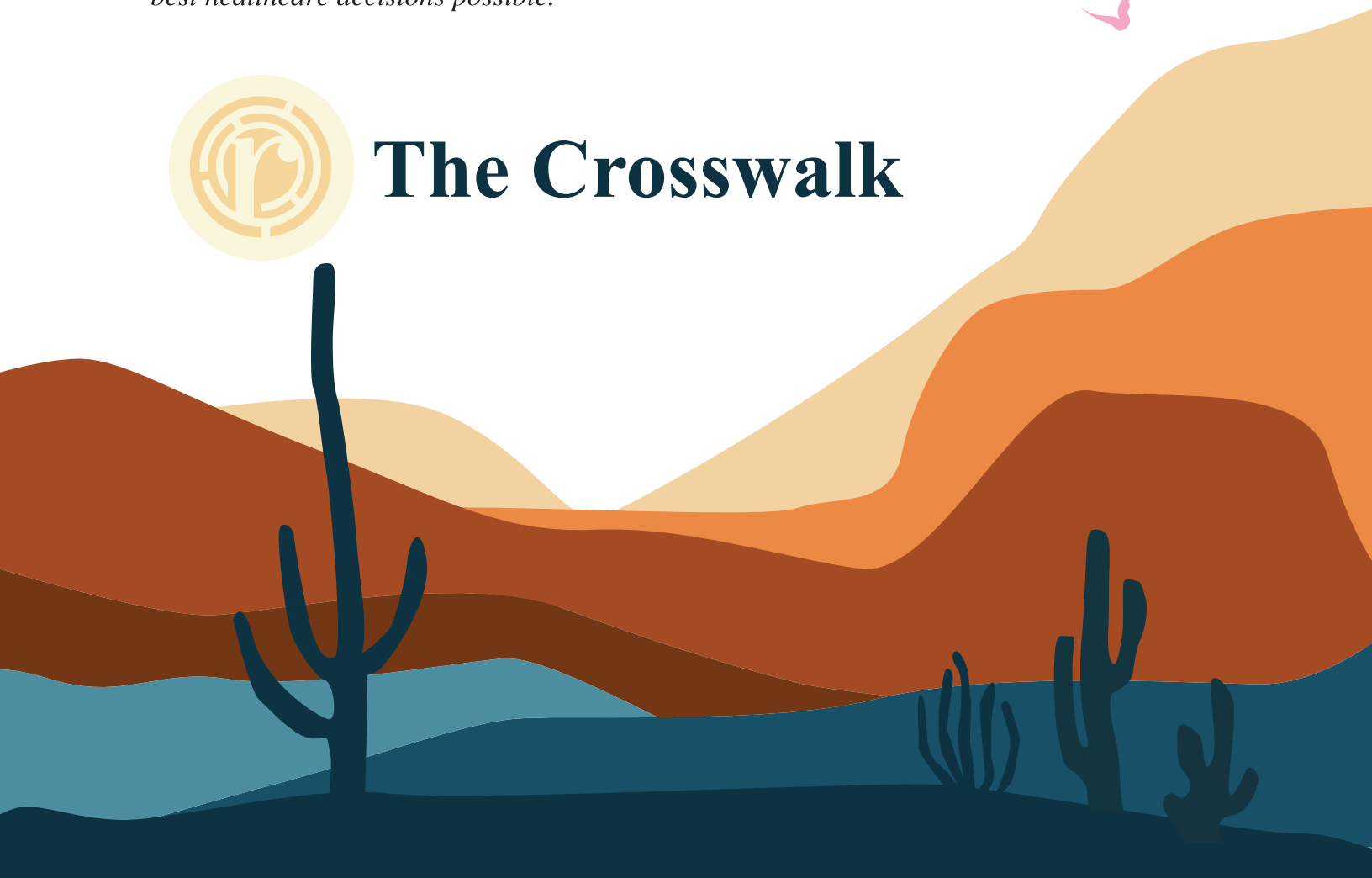
The State of Hospice

- David Fife

Since the launch of our online resource, The Crosswalk, one of the most popular pages has been the hospice agency directory. This directory provides a comprehensive list of hospices operating in southeastern Arizona, along with their contact information, county service areas, accreditation, and staff certifications. Truthfully, we didn't anticipate the difficulty of keeping this page updated. Arizona, like much of the country, has seen a tremendous shift in hospice care due to mergers and acquisitions, the shrinking number of locally owned hospices, and an influx of national healthcare groups into the market. Despite these trends, our community has seen the addition of two new hospices: Hospice in the Desert is a locally owned agency that received its Medicare license in 2023, while Hospice of the Valley - a nonprofit agency originally in the Phoenix area - is now also serving patients in Pima County.

Through your generous support, Roots & Roads will continue to update The Crosswalk because we are committed to providing accurate and accessible information so that all in our community can make the best healthcare decisions possible.

The Crosswalk



WHY Grief?

One of the hallmarks of Roots & Roads is our ability to quickly respond to our community's end-of-life needs. Historically, we have provided grief support books for hospice bereavement programs. However, as more and more hospices are acquired by national healthcare groups, the once free and robust community bereavement support they offered has significantly decreased.

Although grief is most certainly a universal experience, it can also be deeply isolating. We know that most people do not turn to professional counselors when struggling with grief. Instead, they look to family, friends, clergy, and colleagues for support. Often these people, no matter how well-meaning, are at a loss for what to say or do to bring comfort. Roots & Roads understands that during such a difficult time, it is crucial to have a community that feels comfortable in caring for and supporting one another. That is why we are collaborating with The Learning Community for Loss, Grief & Transition (TLC) to bring grief out of the shadows.

Through virtual and in-person workshops, Roots & Roads is educating the community about grief, how it manifests in our lives (body, mind, and spirit), and how to support one another throughout the grieving process. Through your generosity, we are empowering our community with the knowledge and skills to care for each other during all of our losses. Together, we are creating a more compassionate and supportive world for those who are grieving.

The Dia de los Muertos Altar at our 2018 End-of-Life Educational Conference invited community members to create and contribute to this symbolic representation of our collective grief and to remember and celebrate our deceased loved ones.

Virtual Education

In 2023, our virtual conference series, Bridging the Divide, featured national and regional speakers who addressed the most pressing questions from our community around the topics of medical aid in dying, death doulas, and demystifying the dying process. Thanks to our amazing sponsors, including **The Connie Hillman Family Foundation, Casa de la Luz Hospice, Right at Home, and Pima Council on Aging,** we were able to offer these sessions at no cost, with over 640 participants attending our live sessions!

We would like to express our heartfelt gratitude to the presenters, participants, and individual donors for their invaluable contributions. Without their support, our work would not be possible.

"I am very grateful I found out about Roots & Roads and appreciate these online events very much."

2023 Series Topics:

Dying in America: Care Options Near the End of Life
Unburying My Father
What Death Doulas Do and Don't Do(ula)
Writing Our Ethical Wills: That Our Lives' Meanings and Messages Live On Beyond Our Years
Restoring Our Humanity with End-of-Life Decision-Making
Things We Are Dying to Know and Too Afraid to Ask: Demystifying the Dying Process
Warrior Caregiver

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

Community Education

The Arizona community turns to Roots & Roads for accurate, up-to-date, and accessible information about hospice and palliative care, grief and bereavement, advance care directives, and caregiving.

Apart from our monthly online educational sessions, we were asked to provide educational support to University of Arizona students in the College of Medicine, Northern Arizona University nursing students, staff at local hospitals and healthcare groups, as well as nonprofit agencies and assisted living communities.

"I have enjoyed all of the sessions that I have been able to attend…Thank you for these wonderful presentations."

Through these new opportunities, we have increased our reach by an additional 460 individuals. With your ongoing support, we will continue to empower our community with the healthcare information and resources they need.

Our Goals

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 donor's expectations.

"No one else is like Roots & Roads. You are there at the right moment and patients don't have to wait to get the support they need. That is the big difference that R&R makes." – Haven Hospice Social Worker

"With the funds [provided by Roots & Roads], it assisted with placement in an adult care home for [our] patient. Thank you for your ongoing support in the community!"
-Aria Hospice Social worker

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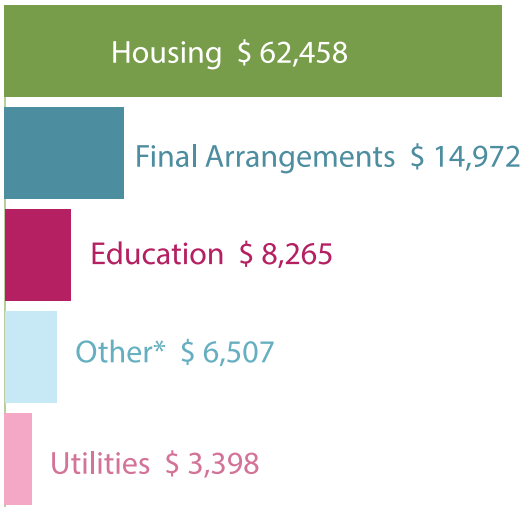
Community Hospice Foundation

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

2023 Program Expenses



* Other expenses include bereavement books, listening sessions, home essentials, etc.

60

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

1100

REGISTERED ATTENDEES
for our online virtual education series and/or participated in one of our in-person community education sessions.

3185

FIVE WISHES
advance care directive booklets were distributed.

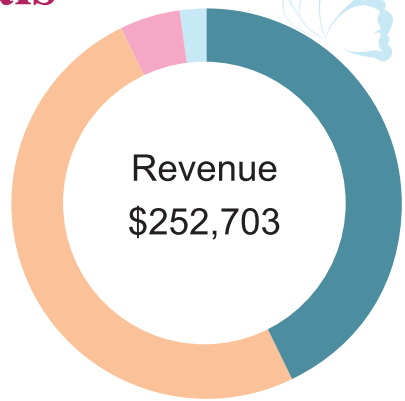
2023 Financials

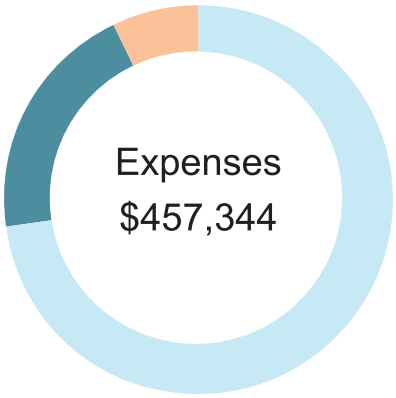
$ 126,608
Contributions

$ 109,000
Grants

$ 12,015
Educational Conferences

$ 5,080
Events & Workshops





$ 333,656
Programming

$ 89,987
Admin

$ 33,701
Fundraising

Staff

Julie Evans
Executive Director

David Fife
Director of Community Engagement

Jennifer Arvizu
Operations Manager

2023 Board of Directors

Alan Barreuther
President

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Vice-President

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Kasey Hill
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MaryAnn Juarez
Beatrice Krauss
Jan Storey

"Our patient needed assistance paying her electric bill and asking for help was difficult as she was embarrassed. Eventually, she allowed me to advocate for her. Roots & Roads acted quickly to pay the late bill. Thank you for helping a patient in crisis." – Heartland Hospice Social Worker

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