



**LASQUETI LAST RESORT SOCIETY**

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June 4, 2020

**Annual Report: Lasqueti Last Resort Society**

In 2019, the Lasqueti Last Resort Society (LLRS) experienced some key milestones and exciting growth. Overall, we have expanded our health offerings, reduced our administrative costs, and continued to pursue our mission:

*To promote health and the prevention of illness to the residents of Lasqueti Island and the surrounding islands. To provide our elders and those who need care with an environment that honors individual choices, offers safe and quality support, fosters dignity, friendship, humor, respect, understanding, and all aspects of well being, and creates opportunities for integration into community life whenever possible.*

In our contract with Island Health to provide nursing services to Lasqueti residents, we negotiated **an increase of 8 additional nurse hours per month**, allowing our contracted provider Dianne McClure, now in her 11th year of service to Lasquetians, to add an additional clinic day each month. She has been able to increase her home outreach and support to those with limited mobility, as well as expanded availability both in the community and for remote consultation.

Dianne also worked with LLRS directors to further our long-standing goal of **improving mental health access**. Mental health counselor Dan Clark, based out of the Oceanside Clinic in Parksville, began traveling to the Judith Fisher Centre (JFC) on a monthly basis. This new service was applauded and well-utilized by local residents, who were previously traveling by ferry to access counseling, or going without due to isolation. Dan has been a great addition to the JFC, hosting a casual lunch forum and Q&A, and offering 30-minute private appointments to individuals needing help, support, or risk management. He has plans to offer mental health groups as well.

In addition to nursing and mental health services, 2019 also saw an increase in the very popular **MD clinics with Dr. Lawrence McClure** of Parksville, to a new frequency of bi-monthly. Dr. McClure works closely with our nurse to ensure more comprehensive care for Lasquetians, including in-depth assessment and diagnosis, medication management, lab requisitions, and referral to specialists.

When specialist referral is necessary, local residents have access to **Telehealth equipment at the JFC for remote consultations**, saving islanders time, money and the significant stress of

journeying to Victoria or Vancouver. This year we made a successful appeal for an upgrade to our existing Telehealth equipment, obtaining a newer unit by donation from the central Telehealth office on Vancouver Island. Together with donated technical support hours from an on-island technician, we increased the reliability and quality of our connectivity via Telehealth, and increased its frequency of use by more than 400%!

Other special health and wellness services offered at the JFC include:

- A pediatric dental hygienist
- A foot-care nurse
- A weekly licensed massage therapist
- Hearing screening for school-aged children
- A weekly preschool parent/tot playgroup

We have increased our commitment to enable access for health professionals to JFC facilities by lowering our per-use fees to support low-volume practitioners, reaching out directly to local professionals, and offering access to JFC laundry equipment.

Community usage of the centre also increased in 2019, including:

- Presentations including Sea-Level Rise and Herring Ecology, hosted by the Islands Trust
- Regular meetings of several Lasqueti nonprofits and civic committees
- Volunteer Fire Department training sessions
- Local Trust Committee sessions
- A weekly meditation group
- A qRD focus group on local childcare options and challenges
- Last Resort Society seminars on end-of-life care and estate planning
- As-needed technical support drop-in times for Lasquetians needing help with finding and filing documents, completing taxes, faxing, and accessing resources
- A peer-led mental-health support group
- Residency in our Respite Suite for safe transitional recovery from major surgery
- Contracted access for qRD Waste Management and Emergency Services personnel to use JFC washrooms and laundry facilities

Going forward, the LLRS Board of Directors has a vision to increase the breadth and scope of health services available at the centre. Near-term plans include installing equipment donated by a local dentist, enabling future dental professionals to offer preventative and diagnostic services at the JFC. Donated ophthalmological equipment will allow for vision and eye-care clinics. Both physiotherapy and blood draw services have also been frequently requested by local residents, and discussed in our ongoing conversation with Island Health.

With an eye towards long-term economic sustainability, we were able to reduce our expenditures for administrative services by approximately 50% during this calendar year. This was accomplished largely through redefining the administrative role and associated responsibilities, and bringing in supplemental skilled volunteer hours to accomplish a portion of the tasks previously undertaken by a paid contractor. In addition, the LLRS board worked hard in 2019 to reimagine and streamline the existing maintenance procedures and staffing plan, which we expect to result in significant cost savings during 2020. To realize this savings, we expect to expand current volunteer recruitment and support, to accomplish such tasks as firewood processing, garden and grounds maintenance, and building repairs and upgrades with the help of both long-standing and new volunteers.

LLRS volunteer energy has been visible all over Lasqueti. At community events such as the seasonal Saturday Market and the annual summer Arts Fest, Fall Fair, and Holiday Craft Fair, a team of LLRS stalwarts raised awareness about our mission and services, and sold locally designed merchandise such as cookbooks, T-shirts, and hats to benefit LLRS projects. We also ran a targeted fund-raising appeal to raise money for a planned duplex elder cottage; earmarked by donors for the construction project, these funds account for a portion of our apparent surplus of revenue to expenses. When built and occupied, this duplex will increase our monthly income by at least \$1300, added to the existing elder cottage, which brings in \$650 monthly. This is a step on the path toward fulfilling the original vision for the LLRS, which featured a small “village” of accessible housing for local elders, who were facing the need to leave their homes as the rugged challenges of “off-grid” Lasqueti living became too much. The planning and design phase of this project are now complete, with full detailed architectural plans for construction ready for builders. We are now entertaining bids for the duplex and hope to break ground during the summer of 2020.

As we move into summer, we are confident that 2020 will continue our trajectory: pursuing our goals of ever-greater utilization of our facilities for community health and connection, while optimizing our bottom line through careful planning and volunteerism.

In accordance with the qRD’s Lasqueti Island Health Centre Service Contribution Agreement, dated January 1, 2019, we offer the following information about our 2019 expenditures and income.

*2019 Annual Operating Costs of the Lasqueti Last Resort Society, with portion attributable to the Judith Fisher Centre, calculated at 75% of applicable expenses:*

<b>2019 Expenditures:</b>	<b>Actual</b>	<b>JFC Portion</b>	<b>2019 Revenue:</b>	
Firewood	\$2,377.98	\$1,783.49	Donations	\$8,826.50
Diesel & Propane	\$3,021.50	\$2,266.13	Membership dues	\$220.00
Administration	\$9,722.50	\$7,291.88	Merchandise	\$1,989.00
Water System	\$3,832.01	\$2,874.01	Fundraising events	\$1,437.15
Insurance	\$7,716.00	\$5,787.00	Bank interest	\$1,745.55
Office/Banking Expenses	\$1,657.17	\$1,242.88	Health Centre usage fees	\$2,524.00
Heating	\$7,110.98	\$5,333.24	Elder cottage occupancy	\$7,800.00
Maintenance supplies & freight	\$5,005.05	\$3,753.79	qRD Tax Requisition	\$42,500.00
WorkSafeBC	\$1,571.03	\$1,178.27		
Power system	\$4,559.30	\$3,419.48		
Miscellaneous maintenance	\$5,080.70	\$3,810.53		
Accounting and legal	\$1,281.25	\$960.94		
Fundraising & promotion	\$2,532.47	\$1,899.35		
CRA current source deductions	\$4,696.96	\$3,522.72		
<b>Yearly Expense</b>	<b>\$60,164.90</b>	<b>\$45,123.67</b>	<b>Yearly revenue</b>	<b>\$67,042.20</b>

Revenue and expenditures relating to other agreements:

*Island Health Nursing Services Contract:*

<b>Relevant expenses:</b>		<b>Associated revenue:</b>	
Nurse wages	\$30,019.32	IH Nursing contract contributions	\$38,756.65
Nursing station supplies	\$2,257.91		
Telephone and nurse cell phone	\$1,033.35		
Cleaning	\$1,063.63		
<b>Island Health expenses:</b>	<b>\$34,374.21</b>	<b>Island Health revenue</b>	<b>\$38,756.65</b>
<b>total LLRS expenses:</b>	<b>\$94,539.11</b>	<b>total LLRS revenue:</b>	<b>\$105,798.85</b>

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Please do not hesitate to contact us if we may be of assistance in offering any further information. The LLRS can be contacted by email at [healthcentre@lasqueti.ca](mailto:healthcentre@lasqueti.ca), or by phone at **(250)333-8891**. We thank you for your ongoing collaboration, as we work to meet our community's wellness needs in a rapidly evolving health landscape.

*Signed on behalf of Lasqueti Last Resort Society:*

*Victor Downard*

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*Print name*

\_\_\_\_\_  
*Signature*

*President*

\_\_\_\_\_  
*Title*

June 13, 2020

\_\_\_\_\_  
*Date*

*Sandra Morrison*

\_\_\_\_\_  
*Print name*

\_\_\_\_\_  
*Signature*

*Treasurer*

\_\_\_\_\_  
*Title*

June 13, 2020

\_\_\_\_\_  
*Date*