



Hospice Highlighter

439 Rubidge Street, Peterborough 705.742.4042 www.hospicepeterborough.org

As I move on....

How do I sum up 10 years at Hospice Peterborough, 20 years in palliative care, or 42 years of nursing? How can I possibly find words that convey my gratitude to all who have shared my journey? I would be a far lesser person without the love and support of family (in all its extended forms!), friends, colleagues, and our volunteers. Certain truths, certain life lessons, become self evident when your passion in life is to serve others, in my case as a nurse, counselor and advocate.



From each and every person who was ill and their loved ones, I gained wisdom, courage and hope. I've felt their sadness and fear, witnessed the struggle to find meaning in serious illness, in life and in dying. I've shared peace and acceptance. I've held hands, hugged, rocked and sang, cheered and laughed, cried and grieved. I've seen miracles and glimpsed another dimension. It has been my privilege to accompany people of all ages at a crossroads in their lives. In the end, life's journey still remains an awesome mystery to me. I have been so fortunate. Were there frustrations along the way? Of course. On a personal level, it was hard to parent well and have a career, and as most of you know I chose to make a number of major life changes along the way! In my chosen profession, frustrations abound. We're all familiar with the stresses in and on the health care system. **It** is imperfect because **we** are imperfect....and that's a topic for another day.

So how do I sum it all up and say thanks? Let me share a little of what I know to be true, what I've learned along the way. There is nothing profound here, nothing you haven't heard before. Just food for thought.

- Patience and an open mind will see you through most of life's crises. Tolerance, goodwill, compassion and decency also help!
- Saying you're sorry can move mountains.....and restore relationships.
- No matter how positive, change brings some grief, and the 'transition zone' is a scary place.
- Sometimes it hurts too much. That's when support from family, friends and workmates can save your mental, emotional and spiritual health. But they can't read your mind. You might have to ask.
- Laughter heals. So find a way to use it.....often.
- Keep your "I love you's" up to date. Let's face it, we know that life can change or end in a flash. Say what's important before it's too late.
- Experience does give you wisdom and insight. When your guidance helps others succeed, affirm their achievements. Tell someone how proud you are of them today, especially your children, partner and colleagues.

- It's not about **me**. Not everything we choose to do in life is about "us". Sometimes we need to get past that, and think about the joy our work will bring to others. (I admit to borrowing this one from an article I read somewhere.....good though, eh?).
- If something isn't right or fair, sitting on your chair and whining about it won't change a thing. Do something, advocate....or as my father would have said, "lead, follow or get out of the way".
- Living long enough to experience "the golden years" is a crapshoot and could be highly overrated. I'll have more to say about this as I get older and even creakier.
- If you want your life to be remembered or celebrated in a particular way, talk about it...or write your own service.
- Life is more fun, more productive, more loving when you include others in your adventure.
- It's OK to swear to make a point. It gets everyone's attention...and it's very funny to watch people's reactions....especially when you don't look like someone who would swear!
- You can't be all things to all people. Juggling life's responsibilities is not for the feint of heart and learning to say 'no' is necessary for survival.
- Memories may fade over time but building them is worth the while. Take lots of pictures, look at them as often as you can, share them with family and friends. When you're unable to do much else, memories, pictures, and special music will keep you connected to life. They are priceless.
- You can't fight your true nature. Understand that it's good to be different. Consider changing your life if you don't like it.
- It has never paid to reflect on a banana peel's final flight. (Sorry, but only insiders will understand this!)
- Anyone reading this has been given the gift of time. The question becomes what more can you do with it?

Cheers folks. Love you all and will miss you so very much. EI

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OFFICE HOURS:
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20 YEARS
of Caring

Hospice Peterborough programming is partially funded by:



*Supporting you through
 serious illness and grief.*

20-years of Caring.... People Make the Difference

By Linda Sunderland

Ashley Miller, our summer student, has been collating the results from our most recent client and volunteer evaluations. The words of thanks and encouragement have been wonderful to read. In addition the suggestions for how our care can be improved give us wonderful ideas for the future. But what continually stands out is how the little things we do make such a huge difference in people's experience of the time they spend at Hospice. Being offered a fresh cup of coffee when they first walk in, having one of our Caring Cooks remember how they take their tea, these caring acts help people feel at home.

I have had lots of opportunity over the past year to think about how Hospice Peterborough has developed over the past two decades and contemplate what key factors have helped us grow to where we are today.

I think about Hospice Peterborough's willingness to embrace change, try new programs, form partnerships, share ideas ... and realize that all these characteristics, that have allowed us to grow in a positive manner to meet the needs of our community, are due to one factor: **people**. Somehow over the years we have managed to attract the right people: people who had a vision and were prepared to work hard to bring that vision to life, people with the skills to develop an organization with a strong professional and financial base, people overflowing with compassion and understanding, people with energy and innovative ideas and generous people with resources to share.

Our people make the care possible. Of course one of the most difficult things we do at Hospice is say goodbye. This Fall we will be saying goodbye to dear Eleanor and we'll be welcoming Marg Jones. Marg joins us from the Hospice at May Court where she is currently the Residence Coordinator. Of course, Eleanor is a hard act to follow but Marg brings 30+ years of experience, specializing in palliative care, plus a genuine, warm personality. She will join our hospice team in mid September but will have the chance to spend a few days with Eleanor early in the month. We know everyone will offer Marg a warm hospice welcome.

But first we must say goodbye to our Eleanor. Please join us...



You are cordially invited to a
Retirement Garden Party
In honour of
Eleanor Low
To celebrate her retirement after
42 years of nursing!
Thursday September 10th
at 4pm at Hospice Peterborough

Join us for music, fun and food in the true hospice spirit.
Please bring a memory to share about Eleanor and her work.
RSVP by calling 742-4042

What's Happening at Hospice Peterborough this Fall?

CAREGIVER SUPPORT GROUP

On the 2nd and 4th Friday morning of each month, we offer a group specifically for people who are providing care for a loved one. From 10am – 11:30am

GENTLE EXERCISE

for clients, caregivers and volunteers

A fitness specialist offers easy and gentle exercises that everyone can do every Friday at 1pm for an hour.

For people living with life-threatening illness...

A DAY AT HOSPICE

Every Wednesday 10am - 3pm. Our day program provides a comfortable place where participants living with advanced illness benefit from taking part in activities that are supportive, creative and therapeutic as well as fun.

MEN'S SUPPORT GROUP

Wednesday mornings 10am - 11:30am.
For men living with a life-threatening illness

WOMEN'S CANCER SUPPORT GROUP

Wednesday mornings 10am - 11:30am. For women living with cancer.



Elly, Jamie, Marie and Lynne

ADULT GRIEF GROUPS

If you are interested in attending any of the grief groups listed below, please call for more information at 742-4042.

WALKING WITH HOPE

We will be offering a weekly 1-hour "Walk With Hope" experience for an 8 week period. This is a walk open to anyone who is interested in meeting and talking with other bereaved people. Call David for more information at 742-4042. Starting Sunday September 13th.

LUNCH FOR RECENTLY BEREAVED

An informal lunch held on the 1st and 3rd Fridays of the month to share information and companionship. From 11:30am – 1:00pm.

GRIEF RECOVERY LEVEL 1

A 10-week group that enables individuals to receive support from others who have experienced the death of a loved one.

Monday, September 14
from 10:00am – 12noon
Tuesday, September 15
from 4:15 – 6:15pm

GRIEF RECOVERY LEVELS 2 AND 3

These groups run subsequent to Level 1. Call for more information.

FOR CHILDREN & YOUTH

Just For Kids – A workshop for kids who have a loved one living with a life-threatening illness.

Children's Grief Support Group

Offering children a chance to explore grief and loss at their level. For children ages 6-12. Call for start date.

Teen Grief Support Group

Providing teens a safe place to learn and share their grief experiences. Call for start date.

All groups are facilitated by Hospice staff and experienced volunteers. For more information or to register call 742-4042. Space is limited so please call soon to register. All of Hospice Peterborough's groups are offered at no cost through the generous support of our community.

Volunteer Notes from Paula



We are looking forward to a busy fall at Hospice Peterborough. As we say a fond farewell to Eleanor, we look forward to welcoming Marg Jones to our staff complement. And what a great team we have here with the support of almost 200 volunteers including our dynamic Board of Directors.

As the summer winds down, I'm looking forward to another great volunteer education series that will begin on Thursday, September 24th for 10 weeks. This will be offered in the afternoon – for more information, please call me, Paula, at 742-4042.

Another exciting endeavour here is the newish group of volunteers that have come together to provide bedside singing. Jan Stirling Twist, Kate Jarrett, Sylvia Robinson and I have had the great opportunity to meet, sing and work with this group that are focussed on becoming an ensemble of sorts to provide this unique gift to clients.

Training designed specifically for these volunteers will begin in September, some of whom have already completed our 10-week training.

Volunteer Debriefing "Twoney Lunches" begin on September 1st on the first Tuesday of the month at 12 noon. Call Paula for more information. Next sessions will be October 6th, November 3rd, and December 1st.

Stay tuned for Volunteer Education Sessions that will be offered in the Fall.

Remembering Ted Manser

Everyone who walks into our hospice garden always comments on the peace and tranquility of the space. People love to sit on the bench by the pond and listen to the water bubbling over the rocks. Few people realize that this garden was a labour of love and a true gift to our community by the Manser family. Ted Manser and his wife Jackie, worked tirelessly to create our garden. Jackie, a long time hospice volunteer, offered Ted's services. He retired from his own landscaping business the summer we moved into our new home so the timing was perfect,

he had the skills and the machinery to get the job done. The Mansers' worked for two entire summers to bring our garden to life, bringing friends and family in to help. They have continued to offer support, advice and gardening know-how over the years.

This summer we were so sad to have to say goodbye to the man behind our hospice garden. Ted died very suddenly and we extend our deepest sympathies to Jackie and his entire family. We will remember Ted every time we look at our Hospice garden.



Hospice is proud to present:

Death, Grief & Mourning: Essential Caregiving Principles and Practices

An all day seminar with
Dr. Alan Wolfelt

This seminar is designed for anyone who wants to learn more about essential caregiving principles for caring for grieving persons. It will be particularly helpful to social workers, counsellors, health care workers, PSW's, clergy and educators.

Friday November 6th

from 8:45 a.m. – 3:30 p.m.

Cost: \$75.00 before October 23

Location : Calvary Church

1421 Lansdowne St W Peterborough

Dr. Wolfelt is a noted author, educator and grief counsellor and serves as the Director of the Center for Loss and Life Transition in Colorado.

Please call 742-4042 to register

Memorial Donations

Hospice Peterborough is very grateful that so many families choose to commemorate their loved one by designating memorial donations to Hospice Peterborough. Since January 2009 donations have been made in memory of the following individuals:

*Bertrice Armstrong
Mary Atter
Bob Bark
Ruth Berry
Paul Bletcher
Jean Byman
Carol Corrigan
Jean Covert
Stanley Czarnik
Evelyn Dodd
Fred Donofrio
Jim Fawcett
Don Flett
Fred Ford
Heather Goverde
Lena Anna Hess
James Killen*

*Ted Manser
Barbara Matthews
Peter McNamara
Sandra Meagher
Dr. James Mewett
Elizabeth Mitchell-Simpson
John Noe
Nori Peter
George Pinchin
Bob Pinnington
Peter M. Price
Brenda Renwick
Blanche Rosborough
Reg Seabrook
George Siddall
Terry Stephens
John Stone
Ross Young*

*She was no longer wrestling
with the grief, but could sit
down with it as a lasting
companion and make it a
sharer in her thoughts.
~George Eliot*

Checking in with David,

By David Kennedy, Bereavement Coordinator

"You can't help people if you are always with people" ... words of wisdom that often are ignored by people working in this field – (me!). That is why this summer, the two weeks of holidays have been such a wonderful time of refreshing and personal renewal.

But September comes, and getting back into the routines and programs is also a welcome time. Here are some of the highlights happening this fall.

1. Of course the biggest change will be saying goodbye to my "office buddy".

Eleanor has been such a help to me since my coming to Hospice and it is going to be a huge adjustment for me. THANK YOU Eleanor for who you are! Your compassion, skills and love of people and life have been such an encouragement to everyone who meets you.

2. We will be starting our grief-walking program again on Sunday Sept 13th. We will meet at 4:00 p.m. at the Silver Bean café and we are looking for people to join us. There is no need to pre-register, just feel free to come along.
3. Grief Recovery groups, levels I, and II, are starting September 14, 15, 16, and Lyle Horn will continue to provide excellent leadership to these groups. I am so thankful for Lyle and his skill and compassion and if you are wondering if these groups are helpful, let me assure you they can be life changing.
4. We will also be starting our children's grief group and also looking to try some new things with teens.
5. Hospice is so excited to be able to have Dr. Alan Wolfelt come this year as our presenter for the community education workshop. This will be a fantastic day and hopefully you will take advantage of this workshop. Please see the ad in the newsletter for details.

Finally the challenge is that grief doesn't take vacations. For those of you who are living in the pain of your grief, you know the constant presence of your loss. The first thoughts in the morning and the last thoughts at night are focused on that one you love and who you are no longer able to hug. I continue to be humbled by the invitation of people to sit with them and share their space. We live in a world that does not allow for that sacred space. We want to provide answers – solutions- something to fix us. What is needed is the honoring of that space and not to feel pushed to be where we cannot be. May you find, or be, the gift of being in that sacred space.



Residential Hospice Update

By Linda Sunderland

The Residential Hospice Development Committee continues work on this exciting project. Last Spring we received the report on the feasibility of developing a residential hospice in the west wing of St. Andrew's United Church. This offers us the amazing option of keeping our programming in our current space while having the residential program near by. We will continue our close relationship with the church as we explore the fine points of this partnership.

MPP Jeff Leal spoke passionately at our AGM in June about his personal experience with the death of a family member and how important a caring environment is for the whole family. Dr. John Beamish and I met with Mr. Leal in July to update him on residential development to date. He understands the importance of this project for our community and offered some excellent insight as we move forward.

Hospice Peterborough is part of CE-LHIN and provincial residential hospice groups. It is encouraging to note that common challenges have been identified across the province and communities are now working together to find solutions. The Central East LHIN Residential Hospice Working Group has just received a report that will be presented to the provincial group in Ottawa in September. This report focused on sustainable models for residential care in Central East.

I know for many people it seems that we are moving VERY SLOWLY. Please know that Hospice Peterborough is committed to this project but we want to ensure that we create the **very best residential hospice program for our community**. We have a wonderful group of passionate people who want this to happen. We'll keep you informed.

A bird doesn't sing because it has an answer, it sings because it has a song. Maya Angelou



From our summer student, Ashley Miller

It seems like only yesterday that I walked through the front door of Hospice. Nervous as I was, I felt at ease the moment I stepped in the door and was warmly welcomed by a reception volunteer.

The three months I have had the privilege of working at Hospice Peterborough have flown by. I have enjoyed every moment: from co-facilitating bereavement lunches to prepping the day hospice meals and am very appreciative of the support that I received along the way. I am grateful to the staff and volunteers of hospice for making me feel so at home. I truly can't find the words to express how wonderful it is to be a part of this caring and inviting community.

As I head back to school I will carry what I have learned here, both professionally and personally, through the rest of my life. It is hard to explain what an impact Hospice has had on me without sounding a bit cliché, but trust that there is a deep sincerity to my words. Thank you to all of the past and present Hospice Peterborough volunteers, staff, donors, sponsors, and clients; you have made this organization what it is.



*As we celebrate
20 years of Caring
 we thank you...*

Your donations have opened the door for people living with serious illness or grieving the loss of a loved one.

Every dollar raised by Hospice Peterborough stays here to offer care, support and education to over 2,000 Peterborough area residents annually.

Hospice care is a person-centered approach that strives to meet the physical, spiritual, emotional, and social needs of people living with life-threatening illness, as well as the whole family, through the entire journey – before, during and after death.

How You Can Help

Donate by cheque, credit card, pre-authorized cheque, cash or online

Volunteer for client support, reception, administration, committees or special events

Visit our web site at www.hospicepeterborough.org or call 742-4042 for more information.

YOU can make a difference in our COMMUNITY

NAME _____

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I would like to make my gift: one time donation monthly donation

Cheque (payable to Hospice Peterborough) VISA MasterCard American Express

Credit Card Number _____ Expiry Date _____

I would like to be an anonymous donor (please check this box)

Registered Charity Number 119478964 RRR0001 Tax receipts issued promptly for donations of \$20 or more.

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