



# Hospice Highlighter

Winter 2009

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439 Rubidge Street ▪ Peterborough Ontario , K9H 4E4 ▪ TEL: 705-742-4042 ▪ [www.hospicepeterborough.org](http://www.hospicepeterborough.org)

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## A View from the “New Guy”

*Life is a journey.* This has been my guiding principle for much of my life. My journey has taken me to some wonderful places, both geographically and professionally. Everywhere I go, life for me is about people and their stories. Each one is valuable and unique. Personally, coming to Hospice Peterborough is not just the next part of my journey, but one that is celebrated as a time of learning and sharing stories with people who have experienced the “stuff” of life.

For the past few years I have had a private practice in Grief Counselling in Peterborough. While this has been a very rewarding and enjoyable experience, I also have wanted to be associated with an organization and a team of people with whom I can share this journey. From the first day here, meeting the incredible staff and volunteers, I knew that I was in the right place!

I believe that life is best lived when we can embrace the fact that it includes both joy and sorrow. We don't always get to choose how life is going to turn out, but we do have a chance to shape our response to the experiences we encounter. Hospice is genuinely a safe and hopeful place to work on this shaping.

My role here is to assist those who are doing such a wonderful job. I look forward to being involved in the many ‘shaping’ opportunities. I have already discovered that much is done here around FOOD! The luncheons are such a great time of interaction and story sharing. The wonderful volunteers that prepare the food each week are providing a gift for people, and gifts and giving are common responses from the people I meet here at Hospice. As coordinator of the bereavement side of things, I will be looking at how we can make current programs even better, as well as look for new ways to connect with people to allow them to walk this journey well.

John Lennon said, *“life is what happens when you are busy making other plans”*. We find ourselves facing life in ways that we had not planned for and that is a challenge. Whether we are facing the grief that comes in life ending illness, or the raw face of grief that confronts us after death, we are not meant to do this work alone. At Hospice we are committed to walking this journey with you, not as ones with all the answers, but as invited companions to walk alongside with compassion, grace, encouragement and wonder. Most of all, we journey with hope – hope that life can look different than how it feels right now.

Thank you to Hospice Peterborough for welcoming me with such warmth and encouragement, and I look forward to my journey here.



Linda Sunderland, Eleanor Low and David Kennedy

## "Consider Yourself at Home"... Consider yourself one of the family."...

by Eleanor Low, Client Care Coordinator

Are you singing along yet? I bet you can fill in the next lines. Well, that song describes what it's like here at Hospice, a place that is always welcoming, a place where you're considered "part of the furniture". People who drop in, participate in our support groups or attend one of the wellness activities tell us they feel right at home, and so do staff and volunteers. This feeling of safety, comfort, and warmth does not happen by accident.

It begins, I believe, with the philosophy of hospice palliative care itself - a philosophy that embraces the sacredness of our individual life-journeys. It is care that aims to make very difficult life passages both manageable and meaningful for people living with serious illness, for their loved ones, and for the bereaved.

We are particularly fortunate to have a wonderful home in which to provide this care. A team of talented and tireless volunteers, supported financially by all staff and the generosity of our community, turned the old manse at 439 Rubidge into a safe and welcoming place. Most of us remember our move here in 2002 as if it was yesterday! How excited and grateful we were! However, as important as our home is, the heart and soul of Hospice Peterborough is its people.

Staff and Board members are chosen very carefully. We've been fortunate to attract people whose philosophies, values, and beliefs are closely aligned and who are passionate about hospice palliative care. Our shared vision for Hospice and our respect for each other's experiences help us to work in harmony. Our volunteers are well trained and thoroughly interviewed before coming on board because, more than anyone else, they are the faces of Hospice in the community. Together we form a cohesive team to serve our clients and their families.

Although we might not wish for change, it happens anyway. When a team member leaves, as my colleague Sherry Fennell did recently, we are poorer for it, personally and professionally. We face the rather daunting task of replacing someone who was a great asset to Hospice for over four years. I know our clients and volunteers will miss her wisdom, her creativity, and sense of humour. However, we also know that when a door closes another one opens. In early December we welcomed David Kennedy as our Bereavement Program Coordinator. I already know that he will be a powerful addition to our team in a newly created role. So, David, "*consider yourself our mate, we don't want to have no fuss, for after some consideration, we can state....consider yourself one of us!*" Welcome to Hospice Peterborough.



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### Hospice Peterborough

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[admin@hospicepeterborough.org](mailto:admin@hospicepeterborough.org)

[www.hospicepeterborough.org](http://www.hospicepeterborough.org)

OFFICE HOURS:

Monday-Friday  
9:00am – 5:00pm

### STAFF

|                  |   |
|------------------|---|
| Linda Sunderland | Executive Director  |
| Alison Casey     | Development and Community Relations Coordinator                             |
| David Kennedy    | Bereavement Program Coordinator   |
| Paula Greenwood  | Coordinator of Volunteers and Education                                     |
| Eleanor Low      | Client Care Coordinator   |
| Angela O'Brien   | Office Coordinator  |
| Patti Stanton    | Nurse Consultant, Palliative Pain & Symptom Management Consultation Service |
| Elaine Jeanes    | PPSM Assistant  |

## Festival of Trees 2008 – Holiday Memories – Past, Present and Future

By Linda Sunderland, Executive Director



Joan Hogan FOT Vice Pres., Linda and Norm Smith, FOT Treasurer

Hospice Peterborough has shared many Holiday Memories with Festival of Trees since that very first Festival back in November 1991. Every year a keen group of dedicated

volunteers starts meeting in January to begin planning for this magical event.

This year the Festival Friendship Tree was dedicated to Jane Dudas and Jake Dudas, her son, opened the Festival with a story about his mother taking him to Kingston's Festival of Trees back in 1990 to get some ideas to help launch this new event in Peterborough. Jake said his mom was convinced that Peterborough could do it "so much better than Kingston". And we have. The Peterborough Festival of Trees has evolved into the signature kick-off for our community's holiday season. Jane Dudas was among the first in a veritable parade of creative, energetic people who have worked together to keep the magic alive for almost two decades.

Hospice Peterborough is so fortunate to be one of the beneficiaries of this excellent event. We have received over \$1 million from Festival in the past 17 years and this year the Festival has just announced that they will be donating **\$70,000** to each of the beneficiaries. WOW!

These funds help us care for individuals and families in our community living with serious illness and grief. The dollars are used to support all of our programming: home support, grief groups, day hospice, caregiver support, education and wellness programs.

Thank you to the **many** volunteers who make this event happen. Over 1000 volunteers are involved every step of the way with pre-events like Holiday

House Tour, Fashion Show and Gospel Tidings, with the set-up and take down at the Memorial Centre and every day during Festival Week for all the Special Events and General Admission times.

**Special thanks to the Festival Operational Executive**, the main Festival elves who help create the magic: Pat Hooper, Joan Hogan, Cathy Ashton, Eloise Bucholtz, Gwyneth James, Anna Skorski, Norm Smith and Judi Wilson. What a team!

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### Planned Giving made simple... any gift large or small makes a difference.



Planned Giving is a way to provide donors with many options when leaving a charitable legacy. Giving options include bequest in a will, gifts of money, property,

insurance, annuities, real estate, stocks and securities.

Why leave a legacy to Hospice Peterborough?

- to ensure Hospice's tradition of caring will always be available to Peterborough and area residents
- to provide income to address the future
- to realize the dream of building a Residential Hospice

How planned giving can benefit YOU:

- provides estate tax savings
- maximizes tax benefits and protects donor interests
- ensures financial and philanthropic interests are met

You can help ensure the future of Hospice Peterborough by arranging to make a legacy gift.

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### Hike for Hospice on Sunday, May 3<sup>rd</sup>!

Here's a date to add to that new 2009 calendar - Sunday, May 3<sup>rd</sup>, 2009



## Winter Musings

by Linda Sunderland, Executive Director

We have a new book in our library, Anam Cara by John O'Donohue. This beautiful book is a mixture of prose and poetry, a book you can open at any page and ponder a beautiful gem. As I write this, it is snowing and I am reminded about O'Donohue's thoughts about the "seasons of the heart". He describes winter as "a bleak time for self-retraction". In the winter of our soul, he suggests that it is "unwise to pursue any new endeavours". As much as I have enjoyed reading O'Donohue I have to disagree with his suggestion that we need to hibernate through winter. I like the Trudeau concept of the cold winter walk to provide clarity of thought.

This winter Hospice Peterborough will be moving forward with a number of projects. Our Residential Hospice Development Committee is hard at work. This dream involves many challenges: engaging the right people, developing the perfect plan, connecting with our community partners, identifying challenges and opportunities. We will keep you posted.

As Eleanor mentioned we have changed our staffing model and are pleased to welcome a new Bereavement Program Coordinator to the Hospice team. David Kennedy brings a wealth of experience in education and bereavement counselling to Hospice and I know he will find ways to enhance the care and support we offer.

But with new beginnings are often poignant goodbyes. We miss Sherry Fennell on a daily basis. The warmth and caring she brought to our Day Program, Women's Support Group and the individuals and families she supported was extraordinary. We wish her the very best as she reconnects with her home community of Lindsay.

When Sherry left in October it meant that the rest of us had to work very hard to ensure our clients and families continued to receive the care they needed. My thanks go out to the many hospice volunteers who put in extra hours, to Eleanor, who managed a VERY busy 6 weeks of client care and to Paula, who

has taken over the role of coordinating the Day at Hospice Program.

*In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.* - Albert Schweitzer

And finally, I was totally surprised by the wonderful words of appreciation and gifts given to me at our open house to honour my 15 years of service with Hospice Peterborough. All I can say is thank you. It has been a privilege and honour to work with such a caring, loving group of people who constantly rekindle my inner spirit.

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## MEMORIAL DONATIONS

*When I walk to the edge of all the light I have  
and take that step into the darkness of the unknown,  
I believe one of two things will happen.  
There will be something solid for me to stand on,  
or I will be taught to fly.*

-S. Martin Edges

Donations to Hospice Peterborough have been gratefully received in memory of the following people since September, 2008.

**Jim Atter**

**Joseph Burns**

**Sheila Cole**

**Hilda Cranley**

**Teresa Crough**

**Marg Dooley**

**Jane Dunlop**

**Jean Flavell**

**Robert C. Gibson**

**Marty Godin**

**John Hart**

**Eva Hicks**

**Martha Jack**

**Joan Lee**

**Frank Moher**

**Doris Pitchford**

**Faith Ride**

**Pat Strump**

**Devon Summers Trumpour**

**Joyce Young**



## Library Revitalization Project

You may remember from the last newsletter that Hospice Peterborough has added over a hundred new titles to its library, thanks to St. Joseph's Care Foundation. We are looking forward to a library open house and launch in March.

Some of the new titles include:

25 Things to Do When Grandpa Passes Away by Laurie A. Kanyer

A Complete Book about Death for Kids by Earl Grollman

Anam Cara by John O'Donohue

Grandparents Cry Twice - Help for Bereaved by Mary Lou Reed

I Heard Your Daddy Died by Mark Scrivani

Laugh, I Thought I'd Die - My Life with ALS by Dennis Kaye

Nana Upstairs and Nana Downstairs by Tomie dePaola

The Empty Room - Understanding Sibling Loss by Elizabeth DeVita-Raeburn

The Memory Stone by Anne Louise MacDonald

The Alchemy of Loss - A Young Widow's Transformation by Abigail Carter

### A few new DVD's...

Like a Fish Out of Water - Men Being Helpful to Women with Cancer

Chasing Rainbows - Young Adults Living with Cancer by BC Cancer Agency

The Bucket List

P.S. I Love You

## Strange Thoughts for 2009

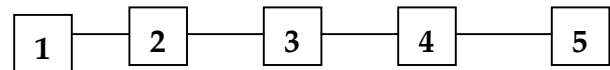
By David Kennedy, Bereavement Program Coordinator

New Year's is often a time for reflection on the past year of chaos and a determination that this year will be different. The realization that this determination hasn't been all that effective in keeping the chaos at bay brings a new sense of realism into the thoughts for 2009. Perhaps it is the shocking reality that the calendar has more bookings of medical appointments than social ones that allows our thoughts to head in the direction of life and death.

More influential however, is that in my day to day work at Hospice I am confronted with life and death issues. We rarely are prepared for the questions of life and death that we will need to face at some point. At the risk of being accused of morbidity, let me introduce some interesting family discussion at the beginning of this year that may cause some interesting and provocative thinking around this topic.

The website, <http://www.engagewithgrace.org/> is dedicated to engaging society in some of the most significant discussion we can have. The members make a commitment to asking 5 questions around end of life issues that need to be asked and answered by family members. Here they are. Take the time to explore with your family. It may be some of the most important New Year discussions you will have.

1. On a scale of 1 to 5, where do you fall on this continuum?



Let me die in my own bed without any medical intervention

Don't give up on me no matter what, try any proven and unproven intervention possible

2. If there were a choice, would you prefer to die at home, or in a hospital?
3. Could a loved one correctly describe how you would like to be treated in the case of a terminal illness?
4. Is there someone you trust whom you've appointed to advocate on your behalf when the time is near?
5. Have you completed any of the following: written a living will, appointed a healthcare power of attorney, or completed an advanced directive?

Our discomfort with talking about end of life issues only makes this time more difficult when it comes. What if braving this conversation now allows us to understand one another's wishes so that we can be sure that decisions made later will be the best ones? Besides we may learn things about one another in the discussion.

## What's Happening at Hospice Peterborough this winter?

### WALKING WITH HOPE

Beginning in April, 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. We are offering a one-day training workshop to explain and equip volunteers to share this grief helping experience. Only volunteers who have taken this workshop will be invited to participate. We would love you to consider being a part of this venture. Call David for more information at 742-4042.

### CAREGIVER SUPPORT SERIES

**The 2-4 series....**on the 2<sup>nd</sup> and 4<sup>th</sup> Friday morning of February and March, we are planning a series specifically for people who are providing care for a loved one. The first session will be a panel of experienced caregivers and their stories about what helped, what didn't and how to navigate the journey.

**GENTLE EXERCISE** for clients, caregivers and volunteers Every Friday at 1pm for an hour, a fitness specialist offers easy and gentle exercises that everyone can do.

### For people living with life-threatening illness

**A DAY AT HOSPICE** Every Wednesday 10-3pm. Our day program provides a comfortable place

where participants living with advanced illnesses benefit from taking part in activities that are supportive creative and therapeutic as well as fun.



Lynne, Ipie and Marie a'dancin'...

### 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.

### Adult Grief Groups

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

### LUNCH FOR RECENTLY BEREAVED

An informal lunch held on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month to share information and companionship.

### GRIEF RECOVERY LEVEL 1

**Monday, January 12<sup>th</sup> 10am- 12noon**

**Tuesday, January 13<sup>th</sup> 4:15 - 6:15pm**

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

### GRIEF RECOVERY LEVELS 2 AND 3

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

### Support Groups for Children and Youth

**JUST FOR KIDS** For kids who have a loved one living with a life-threatening illness. Call for times.

**CHILDREN'S GRIEF GROUP** For children ages 6-12. Call for start date.

**TEEN GRIEF SUPPORT GROUP** For teens. 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.

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## Thank you to all who have responded to the Annual Appeal...

YOUR donations make our work possible. If you haven't given your gift please consider Hospice Peterborough.



## Notes from the Volunteer Corner...

By Paula Greenwood, Coordinator of Volunteers and Education

There is an abundance of activity with volunteers this winter and we are looking forward to involving more of you in new ways. There are some new initiatives that you'll be hearing more about, as well as ongoing activities to support the work of volunteers.

Three new projects have begun to support our clients. David Kennedy, our Bereavement Program Coordinator will be offering a walking group starting in April and we'll need volunteer facilitators to accompany people who are bereaved. Andy Rothfischer, a Hospice Peterborough volunteer, and I have met to plan a project to assist people in recording their life stories. We will begin in January with one client and build from there. The plan is to offer a workshop for our volunteers with templates of resources we have retrieved from across Ontario. More to come!

Jan Stirling-Twist attended a 2-day workshop in Brattleboro, Vermont in November to learn more about starting a "Bedside Singing" program for people at the end of their life. Jan and I will meet with a few other volunteers in January to begin our next steps with this project. If this rings a bell in your heart, let us know!

### HOSPICE PALLIATIVE CARE VOLUNTEER TRAINING

The next session for potential Hospice Peterborough volunteers will begin on January 15<sup>th</sup> in the afternoon. It's a full 10 week, 30 hour course and it's designed to help prepare people to do hospice palliative care work. Upon completion of this course, one can then apply to volunteer for Hospice Peterborough or the Palliative Care Unit at PRHC.

The sessions include opportunities for people to learn the key concepts critical to this unique type of volunteer activity and offers variety using adult learning principles. If you are interested, please call Paula as soon as possible as there are just a few spots left for this session.

### VOLUNTEER DEBRIEFING SESSIONS - REFRESHING AND REVIEWING

Every two months, volunteers who are working with clients are invited to attend a debriefing session at Hospice Peterborough. In the last year, we have had a book hunt in the revitalized library; conversations about volunteers' relationship with the family after their client has died; and opportunities for sharing the joys and challenges of the work. Please join us and help us to support each other on a regular basis. The next session will be held **Tuesday, January 20<sup>th</sup> at 12noon - 1:30pm.**

### VOLUNTEER RESOURCE SESSIONS

Thanks to all of you who joined Dr. Beamish and members of the Volunteer Support and Development

committee at the tours of the Palliative Care Unit in November. The feedback was very positive and volunteers appreciated seeing the unit from a different perspective.

The next resource session will be a tour of Comstock's Funeral Home and Cremation Centre on **Tuesday, January 27<sup>th</sup> at 9:30am - 11:00am.** Contact Paula if you would prefer an evening tour instead. Call Paula if you would like to register at 742-4042.



15-year volunteers honoured in June, 2008. Linda with Brian Nichols, Peg McCracken and Connie Swinton

### Choosing monthly donations to Hospice Peterborough...

Easy and convenient monthly giving option benefits you as well as Hospice Peterborough. Monthly giving enables you to make your donation in manageable monthly payments. Hospice Peterborough will automatically send you one income tax receipt for the total amount of your yearly donation. Monthly donations also help Hospice Peterborough plan for tomorrow by providing a dependable income base in which to meet the growing future needs of our community.

## Raffle Ticket Winner!



Brenda Booth and Board Chair, Betty Morris

Congratulations to Brenda Booth who was our lucky raffle winner. A warm and grateful Hospice THANK YOU to Marilyn Homewood, Sydney and Spencer for

donating the statue and to everyone who bought and sold tickets - great effort! Together we raised \$1,170 to support the work of Hospice Peterborough - Kudos.

## Golf Tournament '08

Hospice Peterborough's Golf Tournament was A BIG HIT...

On September 9th sponsors, volunteers and golfers helped raise over \$15,000 to support people in our community living with a serious illness or grieving the loss of a loved one.

This year's Golf Tournament paid tribute to the memory of **Bernie Cahill**. The tournament was a day for Hospice supporters, the Cahill family and friends to share a few stories and remember a man who is dearly missed. A big thank you to our event sponsors Country 105/Energy 99.7, RBC Dominion Securities and Montana's Cookhouse because we couldn't do it without your support.

Hospice also wants to thank all of our hole sponsors: *Paul Asta Hair Styling, Dr. David A. Boyle, Michael J. Barry Professional Corporation, Best Western Otonabee Inn, Bradburn Securities, Dr. Judith Buys, CIBC Wood Gundy, The Cabinetree, Capella Telecommunications, Coach Canada, Coyle Corrugated Containers Ltd., Collins Barrows Chartered Accountants, Dignity Memorial - Comstock's Funeral Home, Currie Tire Ltd., Dairy Queen, Endicott Fuels Ltd., Gowland, Boriss, Heard & Associates, Dr. Laura Hudgins, ISL Irwin, Sargent & Lowes, Kawartha Claims Service, Manulife Financial, Morrison and Hollingsworth Chartered Accountants, Park Avenue Hairstyling, Rees Counselling & Consulting, S&S Clifford Distributing Ltd., Ten Star Financial Inc., Trent Sports Bar, Vector Air Ltd., Vincent Press, D.M. Wills Associates Ltd., Winslow Gerolamy Motors Ltd.*

**YES** I want to help provide care and comfort to people living with serious illness, grief and their loved ones.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to make my gift by:

- YES – I would like to become a Monthly Donor
- One time 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 if applicable)
- I wish to be listed in your annual report as

\_\_\_\_\_  
*Please print name*

- Please send me information about leaving a legacy gift to Hospice Peterborough.

### YOU HAVE OUR WORD...

Privacy & Security - **Hospice Peterborough respects your privacy** and complies with all legislative requirements regarding its protection. **Hospice has never – and will never rent, sell or trade your personal information.** We use your personal information to keep you informed about Hospice Peterborough's programs, services, special events, funding needs, volunteer opportunities and more through our newsletter and other communications and to acknowledge your support as a donor or volunteer.

If you do not wish to receive the newsletter, call 742-4042 or e-mail [admin@hospicepeterborough.org](mailto:admin@hospicepeterborough.org)