



Hospice Highlighter

Fall 2011

HOSPICE PETERBOROUGH

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2011-2012

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HOSPICE PETERBOROUGH
*Supporting you through
serious illness and grief.*



How Long is Long Enough?

by David Kennedy, Bereavement Coordinator

"Well, you need to be back at work, and there really isn't any reason why you can't be. It has been 2 months and we can't hold your job indefinitely". The HR person, a young woman not yet 30, was very firm in her request.

2 Months. To be exact it is 60 days, 8 hours and 14 minutes. For now, everything gets measured by that moment. Life before and life, if you can call it that, after. When people ask me the time, I tend to think first of the calendar... "Oh its 42 days after", I almost say, then jerk myself back and mumble " Sorry, it's just after 3".

I never would have imagined that this could happen to me. Grant looked so healthy and we knew in the back of our minds that cancer knows no age, but 48? It isn't fair. "So when will your start date be?"

Why is it that we feel this burden to push grieving people, and ourselves, back to a normal routine, as if that were possible? I believe there are several reasons for this rush.

Part of this need for people to be back to normal is a reflection of our own fear of death, dying and grief. If you can be normal again in 2 months, then I know that I will be too, if and when I am in that situation. I need to be reassured that the pain of grief will not be a long term thing, and that I can be over it quickly.

Another contribution is our lack of understanding to the uniqueness of grief. How many times have I heard the horror stories of people comparing their experience of grief to another's in a dismissive manner? "I understand how you feel about your child dying, my grandmother died last year". Or worse yet, the idea that experiencing grief from the death of a pet, or a divorce loss, as real as they are, qualifies one to understand another's grief. Even when people have had similar loss experiences such as the death of a parent, it can never allow us to understand how another feels or what their journey of grief may look like.

When someone in our life dies, it changes everything. While it is true that for the majority of people, experiencing grief and finding a healthy way to express the grief through mourning happens without the need for professional intervention, that doesn't mean that it is done easily or without struggle. While there is no way to identify the one relationship that will create the greatest challenge, it is true that people need to find their own time table in this journey. Often when I am faced with a person who is needing more time, but is finding it challenging to allow him/herself to take that time, I will remind them that the person who died is worth whatever time is necessary to mourn well.

The most frequent question asked of me is "How long will it take?" My response: "As long as necessary."

Death's Magical Moments

You just cannot understand until you've been through it yourself.

By Angela O'Brien, Office and Finance Coordinator



One of the main challenges that Hospice Peterborough faces is getting the word out to those who might need our services. So often we hear that people wished they knew about our services sooner so that they could have accessed the kindnesses, support and warmth that our staff and volunteers provide.

Having worked at Hospice Peterborough for over 14 years, you'd think that I would know a thing or two about hospice palliative care. It's so true though, you can't possibly understand what it feels like and what it's all about until you've been through it yourself.

I got the call at 4 am on July 3rd that my Mom was very unwell and that we should come right away. The whole family rallied and spent the next 12 days doing a vigil with my Mom. I am so fortunate to come from a big family with four older brothers (and spouses) who all pitched in to be there for her in her last days. We spent that time together crying, laughing, singing, dancing, praying and bonding as a family. My Mom would have been proud of us, in fact, early one morning when we thought the end was very near, my Dad pulled out a letter Mom had written to us when she was still quite well. She made him promise not to read it, and he had no idea what was in the envelope, except that he should only open it in the event of her death.

My Mom was still present with us in that room, even though she couldn't communicate anymore. She was able to hear my oldest brother read those precious words to us. Those are the last words I will remember my Mom saying to me and I wouldn't trade the moments of those last 12 days for anything. Somehow they were both magical and traumatic all at the same time. I don't know how else to say it. What a gift.

We would not have been able to share this profound experience if it had not been for the exceptional care that my Mom received at St. Joseph's at Fleming. They were able to help us to keep her in her own home and this was her wish – to die at home. I keep asking myself what do people do who don't have that kind of support? What if you don't have family or friends to lean on or if they live at a distance and cannot be with you? What if you don't have a team of professionals on board to help keep your loved one

comfortable? Who is going to be the advocate for your loved one and your family?



Hospice Peterborough works as part of an interdisciplinary team with Long Term Care facilities like St. Joseph's at Fleming, the palliative care unit at PRHC and the Access Centre. Patti Stanton is working with the Long Term Care Palliative Network to increase awareness and education about end-of-life in the LTC setting. We have a hard working team of volunteers who will sit with people who are actively dying. They believe passionately that people should not die alone.

Now more than ever, I am thankful to be part of this wonderful community of hospice and I am proud of what we have accomplished. Knowing what my family might expect as Mom was dying was so helpful. We still have a long way to go to spread the word about excellent end-of-life care, but I am committed to do whatever I can to make sure everyone has access to these services when they need them so that they can have a magical story of their own to share.

Changes in Volunteer Hospice Palliative Care Training

By Paula Greenwood, Volunteer Coordinator

Changes have been made for the fall hospice volunteer training. An introduction session has been added, to give participants an opportunity to hear more about the reality of volunteering at Hospice Peterborough before they register for the 10 week course.



Potential volunteers can register to attend the introduction session on Thursday, September 8th from 6:30pm – 8:30pm or Tuesday, September 13th from 1:00pm – 3:00pm. There will be short conversations with Paula, David and Marg and a few volunteers as we share the joys and challenges of getting involved with this type of volunteering.

Following this session, participants will be invited to meet with Paula for an interview which will include reference checks and a current police check. If it seems like a good fit, the person will be invited to attend the hospice volunteer training course, which begins in October on Thursday afternoons.

The next volunteer training course will be an evening series offered March – May, 2012. For more info, or to register for one of the orientation sessions, contact Paula at pgreenwood@hospicepeterborough.org or phone 705-742-4042.

Oh, What a Night!

On Thursday, June 16th, we had an opportunity to thank our volunteers in a new way. We heard from two active volunteers, Joanne Byrick and Jan Stirling-Twist who told their stories describing their unique experiences, but also the impact volunteering for Hospice Peterborough has had in their own lives. It was a truly moving experience to hear them.

We also enjoyed a delicious dessert buffet, kindly donated by some local businesses: **BE Catering, The Silver Bean Café, Shish-Kabob Hut, Black Honey Desserts and Coffee House, Stickling's Specialty Bakery, Alex Dziedzic and Montana's Cookhouse.**

It was a pleasure to honour many volunteers that night including 20 year volunteers – Carol Wagner and Ruth Veenman; 15 year volunteers – Dawn Straka and Nora Martyn; 10 year volunteers – Joy Blakley, John Higginson, Art Murray and Sr. June Nash; 5 year volunteers – Sharon Ballantyne, Donna Fenton, Kathy Green, Brian Higgins, Meredith Hill, Marilyn Homewood, Nan Jaroszonek, Martin Kroes, Kate King-Fisher, Joyce MacLean, Myria Rei Solas, Eleanor Sewell, Sibylle Sterling, Katie Stewart and Diane Thompson.

Lucky us! We acknowledge all of our incredible volunteers who offer their time, skills, experience and good nature to this amazing journey we are all on! Thanks to you all.

Family Fun Day For Hospice



Come out and join in on the fun!! The staff and residents of **Rubidge Retirement Residence** open their doors and heart to host a fundraiser to support Hospice Peterborough.

Date: **Saturday, September 10th**
Time: **10am to 3pm**
Location: **Rubidge Retirement Residence Parking Lot, 246-270 Rubidge Street, Peterborough ON**

Enjoy a day of family fun featuring a BBQ, tattoo and nail parlours, and a Jumpy Castle for the kids. Rock to the DJ or be adventurous and enter the Karaoke contest. And of course it wouldn't be fun without cotton candy, popcorn, snow cones, face painting and more.

Special thanks to our generous sponsors and hosts, Rubidge Retirement Residence.

For further information contact Tammy or Barb at Rubidge Retirement Residence by calling 705 - 748-4000.

A Letter from Hospice's President...

Dear Clients, Families, Friends, Volunteers and Supporters of Hospice Peterborough,

It is a real honour to be writing this, my first letter as President of the Board of Directors of Hospice Peterborough. Summer in Canada brings us a chance for change in routine and the opportunity of refreshing ourselves, be it in a small or larger way, locally or further away with our family, friends and others who care for and about us. This summer my family and I were blessed by the marriage of my older son and many other good times together.



I am not a politically oriented person but I must admit I was saddened by the passing of Jack Layton, a person who had a vision for Canada and Canadians and who worked daily to reach his goal of a Canada with greater equality, justice, and opportunity. His values were so correct, as was the message he wrote to Canadians a few days ago. Here is one small part of Jack's message.

"To other Canadians who are on journeys to defeat cancer and to live their lives, I say this: please don't be discouraged that my own journey hasn't gone as well as I had hoped. You must not lose your own hope. Treatments and therapies have never been better in the face of this disease. You have every reason to be optimistic, determined, and focused on the future. My only other advice is to cherish every moment with those you love at every stage of your journey, as I have done this summer."

Pay attention to Jack's message as the days start to cool down and become shorter. Autumn also brings renewal, with children and youth back to school and adults assuming their former and sometimes added responsibilities. With our usual passion and the respite we had this summer Hospice Peterborough staff and volunteers again commit to being caring and supportive as we guide our clients, families and other care-workers through the life challenges, changes and decisions that face all of us from time to time.

With very best wishes,

Dawn E.M. Straka

"Hope is the deep orientation of the human soul that can be held at the darkest times."

Vaclav Havel

YOUR support makes our care possible...

'Let's go to the Hop for Hospice' Gala

January 28, 2011 transported Gala patrons back in time to the 50's – a time of bobby socks, poodle skirts, Buddy Holly and a gallon of gas for 18 cents! A BIG THANK YOU to the Gala Committee who organized this event and raised over \$27,000 to support people in our community coping with serious illness and grief. GREAT JOB!!!

Next year's gala will take place **Friday February 3, 2012**. Our Gala committee has great ideas for another fun evening. Hope you can join us!

Thank you to our Sponsors



Event Sponsor



**Graeme Ross
RBC Dominion
Securities**

Entertainment Sponsor



**Winslow Gerolamy
Motors. Ltd.**

Media Sponsors



Thank you Gala Supporters, Peterborough Golf and Country Club, Lazer Graphics, Stewart Family Foundation and everyone who so generously donated and purchased auction items.

THANK YOU for Supporting HIKE FOR HOSPICE 2011



Together hikers, sponsors, volunteers and pledgers raised over \$41,000. As well as being a fundraiser, Hike for Hospice is a wonderful opportunity to connect with friends and family in a meaningful way. The opening circle ceremony helps us remember, honour and thank the special people in our lives. This year **Mabel Pringle** joined us to Hike for Hospice on her **93rd birthday**. Mabel collected over \$700 to support programming in our community for families living with serious illness and grief. We congratulate our top hike fundraiser **Kate Jarrett** and all the other hikers, who enjoyed great weather, fine music, ice cream and a delicious lunch. Also special thanks to our Women Warriors, led by volunteer Wendy Kura, who called our circle together with their drumming and started our hike.

Please plan on Hiking for Hospice next year on Sunday May 6, 2012.

Thank you to our Local and National Hike Sponsors

CARE Sponsors - Culligan, The Good Water Company, Monkman, Gracie & Johnston Insurance Brokers, Nightingale Nursing Registry

SUPPORT Sponsors - Baskin-Robbins Manufacturing Plant, DNS Real Estate, GE Canada, Nexicom Telecommunications, The Silver Bean, Wild Rock Outfitters

**Graeme Ross
RBC Dominion
Securities**



Hospice Peterborough presents our 2011/2012 Community Education Series

Session #1 – Advance Care Planning - How Do We Prepare?

Monday, September 19, 2011
7:00 – 8:30pm

Session #2 – From We to Me: the Challenges of Budgeting and Living On My Own

Monday, November 21, 2011
7:00 – 8:30pm

Session #3 – Navigating the Health Care System: Help!

Monday, March 19, 2012
7:00 – 8:30pm

Session #4 – But I Don't Know What to Say!

Monday, May 14, 2012
7:00 – 8:30pm

Where? Peterborough Public Library,
345 Aylmer St. N. (lower auditorium)

Guest speakers. Light snack.
Ask questions!

Hospice Peterborough's Community Education
series is generously sponsored by:



www.highlandpark-vrc.com 705-745-6984

Hospice Peterborough and the 4 Counties LTC Palliative Network present a Fall Education Day

Emerging Issues in Hospice Palliative Care

- What ethical issues are challenging us right now?
- How do we start those hard conversations with the families we support?
- How can we care for a grieving community?
- Where has palliative care been, where are we today, and where do we need to go for the future?

Friday, November 4, 2011
8:30am to 3:30pm

at the Peterborough Golf and Country Club

\$75 includes a plenary presentation, lunch and 3 workshops.

The day will be structured with 3 streams: medical, psychosocial and spiritual and geared towards care team professionals.

Guest speakers include:

Dr. John Beamish, Palliative Care Physician
Dr. Bob Carter, Professor Emeritus Trent University
Dr. Jenny Ingram, Geriatrician
Dr. Jennifer Gillis-Doyle, Palliative Care Physician
David Kennedy, Bereavement Coordinator, Hospice Peterborough
Dr. Brian Nichols, Play Therapist
Ruth Roberts, Music Therapist
Dr. Lionel Rubinoff, Ethicist

Registration info and workshop titles coming soon.

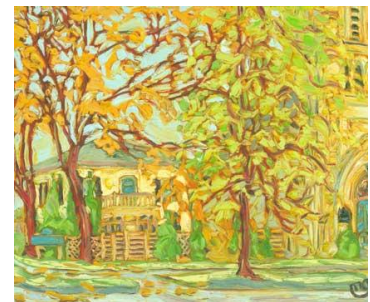
Sponsorship opportunities are available.

Please call Hospice Peterborough for more info.

Gift Ideas from the Heart

THE 4 SEASONS OF HOSPICE - NOTE CARDS

Hospice Peterborough has just developed beautiful note cards featuring our hospice home painted by local artist Marilyn Goselin. These cards are packaged to make a lovely gift and are available now. 10 cards for \$10.



HOSPICE ORNAMENT



In early December we will be selling the second ornament in our Christmas Memories series. Last year we featured a tree and this year we have a snowman designed and crafted locally by Hoselton Studios for only \$15.

It's Christmas Time in the City....

A message from our generous supporter – Festival of Trees
Imagine Downtown Peterborough transformed into a winter wonderland... city streets replaced with a skating rink full of merry skaters of all ages, twirling, jumping, and laughing next to the brilliant illuminated Christmas tree outside Peterborough Square. Imagine walking amongst rosy-cheeked children and beaming parents before stopping into The Venue for a sip of fine wine and a production of the Christmas Caper Dinner Theatre or enjoying the Gala Dance and Auction at this fabulous downtown destination. Imagine shopping at the wonderful shops of downtown and winning exciting raffle prizes sponsored by Peterborough businesses.



Imagine all of these wondrous sights and events in YOUR downtown! If you head to Downtown Peterborough **November 23rd to 27th** your imagination will become a reality, because the **Peterborough Festival of Trees** is heading downtown this year. Come and enjoy all your favourite events and explore new ones in this exciting new format, and let your imagination run wild.

Call 705-743-1705 or go to www.pfot.org for info about this year's event and to find out how to volunteer.

How would you answer these questions?

By Sharon Baxter, Executive Director, Canadian Hospice Palliative Care Association

Imagine: one day, without any warning, you find yourself in a hospital with a life threatening illness. You are unable to speak for yourself and you don't recognize your family or friends. Your doctors don't think you'll leave the hospital alive.

We all hope to die peacefully, surrounded by loved ones and able to communicate to the end - but the simple fact is that most deaths don't occur this way. Over 70% of Canadians die in a hospital – and one in five of those deaths occur in an Intensive Care Unit, often while hooked up to numerous machines and isolated from family and friends.

In the above scenario, what would you want? Perhaps you would want the health care team to try everything possible to save your life? Perhaps you feel you'd rather just drift away?

How would the people around you know what to do? Have you told them? Written down your wishes? Have you decided who will speak on your behalf?

Imagine: you are at the beginning stages of Alzheimer's, and you know that at some point you will not be able to recognize people or make your own decisions. How will you make your wishes known? Who will communicate for you?

According to a 2004 poll conducted by Ipsos-Reid on behalf of the Canadian Hospice Palliative Care Association and GlaxoSmithKline, 80% of Canadians agreed that people should plan for the

Peterborough Festival of Trees

November 5 and 6 – Festival House Tour

Wednesday, November 23, evening

- Christmas Caper Mystery Dinner Theatre – ticketed event at The Venue

Thursday, November

- 2:30 – 4:30pm – Senior's Tea – ticketed event at Princess Gardens
- Thursday Evening – tree lighting behind Peterborough Square

Saturday, November 26

- Breakfast with Santa
- Evening – Gala/Auction at The Venue

Thursday, November 24 – Sunday
November 27

- Kids Zone
- Silver Bells
- General Admission
- Raffle Walk
- Gift Shop

end of life when they are healthy – and yet 70% of them had not done so themselves.

Health care and life saving technologies continue to improve – and that means that people may live longer, but with complex medical conditions. What are your feelings about medical interventions? What kind of decisions would you want friends or family members to make for you if you cannot speak for yourself?

Imagine: your mother has slipped into a coma - and you and your siblings need to make some decisions about her care.

The responsibility of making medical decisions for another individual can be overwhelming. If you're a caregiver or a designated decision maker for a family member or friend, you'll want to know if the person you're caring for has an advance care plan.

Are you a caregiver or a designated decision maker for someone? Have you talked to them about their wishes for end of life care? Have they made an advance care plan?

These are difficult questions. And the answers are different for everyone. We need to communicate our feelings around end of life care and what we believe gives life meaning – to ourselves, and to those who are important to us. These are personal, individual choices that every Canadian deserves at the end of life. Make sure your voice is heard.

Please join Hospice Peterborough staff members and community partners as we present information about Advance Care Planning at our first Community Education Session, Monday September 19, 2011. We will bring material from the "Speak Up campaign – Start the conversation about end-of-life care". Go to www.advancecareplanning.ca.

Programming at Hospice Peterborough Fall 2011

	Description	Time
Caregiver Support Group	Provides support for caregivers of people who are living with a life-threatening illness. Group also provides peer support from others who are sharing similar experiences.	2 nd and 4 th Friday of the month from 10-11:30 am
Women's Cancer Support Group	Provides a safe and welcoming place for women living with cancer to meet others for mutual support, education and problem-solving.	Every Wednesday 10:00 – 11:30 a.m.
Men's Support Group	All men who are living with a serious, life threatening illness are welcome to participate for mutual support, education and problem-solving.	Every Wednesday 10:00 – 11:30 a.m.
Day Hospice	For people living with a life threatening illness. Clients can join a support group, stay for lunch and/or participate in therapeutic activities.	Every Wednesday 10 – 3 pm
Home Support Volunteers	Skilled volunteers offer practical help, spiritual and emotional support or respite in the home.	As required. CALL FOR DETAILS.
Complementary Therapy Sessions	Certified volunteer therapists will meet with individuals on a "as needed" basis.	As required. CALL FOR DETAILS.
Gentle Exercise	A fitness specialist and personal trainer offers easy, gentle exercises that everyone can do.	Every Friday 1:15- 2:15 pm
Just for Kids	Children aged 8 to 14 meet with other children whose family member has a life threatening illness. Offers a safe place to talk, feel and begin learning how to cope with the changes that are affecting them.	Call for time
Children's Grief Group (7 Weeks)	An opportunity for those aged 6 to 12 to explore the meaning of the loss of someone important and develop ways of coping. Parent info evening October 5, 2011	Wed. evenings starting in October
Children's & Teens Grief – Follow-up Group	For children and Teens who have already attended a grief group at Hospice Peterborough.	Last Saturday of each month
Teen Grief Group (7 Weeks)	An opportunity for those aged 13 to 18 to explore the meaning of the loss of someone important and develop ways of coping.	Thursday evenings starting in October
Grief Recovery Level 1 (10 weeks)	Enables individuals to experience support from others who have experienced personal losses. Participants share personal experiences, express feelings and emotions, find ways to move through their grief.	Mondays 10 am – noon Starting Sept 19 OR Tues. 4:15 – 6:15 pm starting Sept 20
Grief Recovery Level 2 (12 weeks)	Examines some of the more complex aspects of grief recovery like: developing a new identity, developing new relationships, sexuality, unhelpful belief systems.	Mondays 1 – 3pm starting Sept 12 OR Wed. 4:15 -6:15 pm starting Sept 14
Grief Recovery Level 3	Provides on going support and encouragement as individuals begin to redesign life that will lead to a greater sense of wholeness and health.	3 rd Tuesday each month 11:45 a.m. – 1:45 p.m. OR 3 rd Wednesday of each month 7-9 pm
A Lunch Group for the Recently Bereaved	Hospice is hosting luncheons for those who have been recently bereaved (within the past 2 years). The group offers a place to be with others who are sharing similar feelings, issues and needs.	1 st and 3 rd Friday of the month 11:30 – 12:30
Bereaved Parents Support Group	This is a group specifically for parents who have lost a child recently. It enables them to be together and to share common issues of grief.	Last Wednesday of each month 7-9 pm
Community Resource Library	Books, DVD's, pamphlets and brochures on topics related to hospice palliative care for the community and health care professionals.	Monday, Tuesday, Thursday and Friday from 9am to 5pm

Hospice Peterborough is open Monday to Friday 9am to 5pm.
After hours visits can be arranged. All services are provided at no charge.
Call 705.742.4042 for more information or to register for any group.

We remember....

Since April 1, 2011 Memorial Donations totaling \$10,800 have been made to Hospice Peterborough in memory of the following individuals. We are so grateful when family and friends choose to honour their loved ones by supporting the programs and services we offer in our community. Thank you.

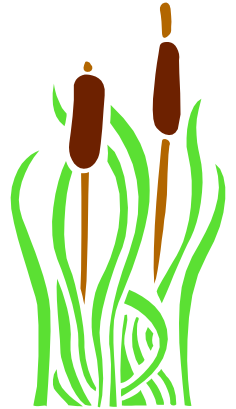
Susan Allison	Mr. Crichton	Boris Mario Kersting	Orland Robbins
John Amorini	Carol Delorme	John Killeen	Louise Seabrooke
Mrs. Anthony	Bill Durant	Harry Kucher	Geoff Towse
Angelo "Bill" Bartolini	Mary Belle Elmhirst	Mary Lambert	Vivian Valois
Arline Brackenridge	Barb Godin	Doug Lorne	Mary VandenBroek
Dr. Lesley Bradford	Heather Goverde	Hugh MacKenzie	Betty Waite
Carl Brioux	William Jex	Betty Mead	Cliff Whetung
Grazietta Caravaggio	John Jones	Will Pearce	Erik Wilke
Vicky Caton	Gordon Joy	Bob Pinnington	"Faye"

Closing thoughts from Linda.....Generosity will change the world

By Linda Sunderland, Executive Director

At Jack Layton's funeral Stephen Lewis spoke about Jack "wanting a more generous Canada." That is a noble thought: a world, a country, a province and a community that is truly generous. What would a generous community look like? I believe such a community would value each member: young, old, rich, poor, healthy, ill, all races, all backgrounds, all beliefs. We would find ways to ensure people are not overwhelmed by life's challenges and we would offer support in a non-judgmental way, with kindness and caring. We would have fun and rejoice in the wonders of life, but we would also honour and respect life's challenges and tragedies.

I have come across great generosity working here at Hospice Peterborough. People who are eager to share their gifts of time, skills and resources. Hospice Peterborough would not exist without our generous community. From the volunteer who plans an event all year long to make sure every detail is perfect, to the volunteer who gives up her long weekend to visit one of our clients, to the family who donates the proceeds from their yard sale, and the father who makes a donation every year to remember his son on his birthday. These actions create our generous community. Moving forward, I feel optimistic that generosity will expand our programming, build a residential hospice and change our community. Look around, this is a generous community.



YES! I would like to support Hospice Peterborough

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

I would like to make my gift: One time donation Monthly donation Amount: _____

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)

I wish to be listed in your Annual Report as _____

Registered Charity No. 119478964 RR0001

Tax Receipts will be issued promptly for donations of \$20.00 or more.

You have our word....

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 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.

THINK GREEN: Please contact us at (705) 742-4042 or admin@hospicepeterborough.org if you wish to be removed from our mailing list or if you would like to receive this **newsletter via email**.