



Hospice Highlighter

WINTER 2010

HOSPICE PETERBOROUGH

439 Rubidge Street
Peterborough, ON
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2009-2010

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*Supporting you through
serious illness and grief.*

20 YEARS
of Caring

20 Years of Caring

By Linda Sunderland, Executive Director

Hospice Peterborough is preparing to wind up our 20th year of caring in our community. Anniversaries offer us a wonderful opportunity to reflect on what has happened over the years and acknowledge the key people who helped us arrive where we are today. As I look at our wonderful hospice space and see the breadth of programming we offer I can't help but wonder what our community would be like if we weren't

here. I think of the leap of faith necessary to apply for that very first Ministry of Health funding and to pass a budget that requires over \$200,000 of fundraising dollars. I thank my lucky stars for Festival of Trees; who has given us more than \$1.2 million dollars in the past 19 years and for the many people who have worked tirelessly on creating amazing events. These extra funds have allowed us to develop innovative, broad programming, beyond the scope of what would be possible with our Ministry of Health funding. I think of the bold group of people who searched for a perfect space for our new home, the team who built our home and the current group working to find a way to expand our programming to include residential hospice. I think of our volunteers, some who have been with us since the beginning. Volunteers with huge hearts, who have often gone over and above what anyone would expect. Volunteers who connect with our families on a deep level and respond with care and flexibility to each person's needs.

But mostly I remember the individuals and families who have come to us for support. We have had the privilege of sharing time with extraordinary people. We have helped families through crisis, fear and pain and witnessed courage, love and hope beyond belief. We have cried and we have laughed. Life's most intense moments are full of many surprises and I feel so privileged to have been a small part of an organization like Hospice Peterborough. I think these words by hospice pioneer Dorothy Ley are wonderful...

Spiritual care lies at the heart of hospice. It says we are here. We will be with you in your living and your dying. We will free you from pain and give you the freedom to find your own meaning in your own life – your way. We will comfort you and those you love – not always with words, often with a touch or a glance. We will bring you hope – not for tomorrow but for this day. We will not leave you. We will watch with you. We will be there.



Linda continues...

What makes the work of hospice vital for our community? What would happen if we weren't here? These are questions I've been pondering as we enter a new year and start our planning for next year's programming. Sometimes it is difficult to understand the difference hospice care can make in someone's life. I have been reviewing the feedback from the program evaluations we completed in the summer and I find that the comments made by our clients truly tell the Hospice story.

- *"At Hospice you don't have to explain why you are the way you are. There is a real understanding that coping with illness is a long, long haul."*
- *"I love the feeling of acceptance, the warmth and caring and the sharing with others going through the same things"*
- *"If it were not for Hospice I could not have kept mom at home with us. They really helped us fill the gaps."*
- *"The staff and volunteers were gentle- kind & very organized"*

Hospice Peterborough works because of our people, staff and volunteers, so I am so pleased to see Marg Rose's first newsletter submission (pg 4) and thrilled to have her caring presence in our midst. I know Marg is a true hospice treasure.

Our Gala Committee is made up of more amazing people and they are hard at work organizing **Our 20th Year – Crystal Ball Gala**. To honour Hospice's gala history we will be hosting a sit down dinner and a dance. Some of you might remember gala's of the past with Roman ruins and togas, horse races, baby lions, bank heists and summer camps. We have had a lot of fun over the years, and raised much needed funds to support hospice care in our community. We hope you will join us on February 26th for this year's event. Call Hospice to order your tickets soon. I bet we'll sell out quickly! ALSO, we are looking for items to include in our auction. Perhaps you would like to donate a week at a cottage, a painting or other treasure. Contact Alison at 742-4042 if you can help.

Festival of Trees 2009 Raises \$210,000 for Healthcare in our Community

On January 13th Hospice Peterborough co-hosted a Festival of Trees volunteer thank you party at Princess Gardens with the other Festival beneficiaries, PRHC Foundation and the Greater Peterborough Health Services



Foundation. What a wonderful night and a great way to say thank you to those energetic festival elves who work so hard to create the magic that is Peterborough's Festival of Trees. Our communities ongoing support of this event is simply amazing, from the sponsors and volunteers to the people who visit Festival and attend the special events. The evening's highlight was the announcement of the funds raised in 2009, \$210,000! Hospice Peterborough will receive \$70,000. THANK YOU!!!!

Putting Away Christmas

By David Kennedy, Bereavement Coordinator

She struggled with the last of the ornaments on the Christmas tree. It was a glass ball with a winter scene, but what was most difficult was that it was John's favourite.



She stared blankly at the tangled string that served as the hanger, and her mind went back to that little Christmas shop they found on one of their weekend excursions 25 years ago. John was so taken with this ornament and the fact that it had a snowy winter scene, while outside the shop on this July day it was 31^o, that he had to buy it. It became his favourite and each year as they decorated the tree he reminded her of that hot July day they bought that winter ornament.

She felt the heat of the tears that flowed down her face. She didn't get to hear him tell her that story this Christmas, and now putting away the ornament without that seemed so wrong. She felt a rush of anger and for a

second wanted to grab that ornament and throw it across the room.

She sat on the floor and sobbed uncontrollably, and the pain of his absence seemed almost unbearable. An hour passed and the deep sobbing had subsided for now. She got up slowly, took a deep breath and said out loud *"John, remember when we bought this ornament. It was the hottest day of the year and you laughed so much about us buying this winter scene on a day like this."*

She found herself laughing out loud as the memory warmed the chill of her sadness. She reached out and untangled the hanger and carefully placed the ornament in a special box, and packed it away until next year. *"Goodbye John. Thank you for sharing that story with me again. I will never get tired of telling it. I only wish I could hear it again from you"*.

She finished putting away the tree, the last vestiges of Christmas, and she realized that packing away 35 years would take her the rest of her lifetime, because each memory needed to be held, and spoken of and honoured. She smiled because she knew that she would never tire of honouring John.

Volunteer Stuff To Crow About!

By Paula Greenwood, Vol. Coordinator

There is much to celebrate as we look forward to the year ahead. I have the great good fortune of working closely with volunteers during training and in a variety of other capacities - around the "Hospice house" on a daily basis. Marg Rose, our Palliative Care Coordinator, appreciates the conversations with volunteers who are connected with our many clients.



Volunteer Appreciation – Circle April 20th in your calendar!

We are changing the way we celebrate our volunteers this year by offering an evening of humour with the gift of Denis Grignon, a comedian extraordinaire. Visit his website at <http://www.denisgrignon.com>. We'll be hosting this event for all Hospice volunteers during National Volunteer Week, held at St. Peter's Secondary School on Tuesday, April 20th.

Volunteer Public Service Announcement

More great news from Hospice Association of Ontario. A promotional PSA (public service

announcement) will run on TV stations across the province. There are also posters (example here) available. Go to <http://hospice.on.ca/hospiceontario.php>, choose promotional materials at the bottom of the page, and see the choice of six languages to view the short 30-second video and the posters too! Wow!

Hospice Peterborough website – www.hospicepeterborough.org

Our informative and user-friendly site tells our story to visitors and encourages connection and involvement. The feedback is very positive and we hope to attract more interest in the coming months as changes are made. Special thanks to Yvonne Quakenbush who voluntarily created and maintained previous website for over 10 years.

PEOPL – (Physical Exercise in Older People's Lives) A group of Hospice Peterborough volunteers participated this summer with Community Care Peterborough volunteers in a research study out of the University of Guelph.

They answered questionnaires, stretched out on a mat, blew into a tube, puzzled through 2 computer activities and redrew a complex figure from memory. And they'll be back this summer to do it again. Thanks to our willing volunteers over the age of 60!

About counting those darn hours! A few words to all volunteers who submit their hours on a monthly basis. First, allow me to say thank you to each of you who regularly send in your hours!

As most of you know, it is a requirement of our work to carefully tabulate the hours spent by volunteers on our behalf. After a great conversation the other day at Volunteer Debriefing, we learned a few things. When submitting your hours, please include ALL hours, visits and phone calls. In other words, if you're wearing your "Hospice Peterborough hat" (so to speak) they need to be counted too.

For volunteers....we're touring again. Comstock Funeral Home and Cremation Centre on Monday, February 1st. and the Palliative Care Unit at PRHC in the afternoon and evening of February 25th.

Contact Paula Greenwood to register!
742-4042 or pgreenwood@hospicepeterborough.org

Olympic Flame Torchbearer 2010

By Roger Hunter, Hospice client.

Bridgenorth, Ontario. December 16th, 2009; 10:59 a.m.

It was an awesome experience; a real big deal. For a few minutes you realize that you are part of something much bigger that draws so many people together amid all the shouts of encouragement and applause as you make your way along the highway following the media truck. To cheer me on were friends and staff from Hospice as well as my wife and other friends. I was the only one of the eight Bridgenorth Torchbearers to actually live in the hamlet. Afterwards I visited Bridgenorth Pharmacy, where I am a red carpet customer due to the number of medications I still take subsequent to having cancer, and the entire staff had their picture taken with the torch. I knew that they hadn't been able to close for the period of time that the flame passed through.



Finally on to meet the Hospice Groups for a great lunch. Since then I've taken the torch into many places for people to hold and have their picture taken with any available camera. Rather than just admiring it at home it has brought me much more enjoyment seeing and sharing the enthusiasm that people radiate.

What am I doing at Hospice Peterborough??

A Bit About Support And Referrals

by Marg Rose, RN CHPCN©

This is my first newsletter piece as Hospice Peterborough's newest staff member. I joined the staff here in Sept 2009 and have assumed the role of Palliative Care Coordinator. I have had an interesting time getting to know all our clients and volunteers and understanding how everything at Hospice Peterborough fits together. It has also been great to see how Hospice Peterborough works with our community and I have appreciated the opportunity to attend rounds at the Palliative

Care Unit and participate in the Pain Clinic at the hospital every week.

Hospice Peterborough has had a well established support program for many years yet we still struggle to get the word out about "Hospice Palliative Care ". There are still some that associate us with "End of Life" care only. That certainly is a large part of our service, but our mandate is to provide support to patients and their families who are "living with serious illness or grief ".

People need to know that although we receive referrals from a number of sources- CCAC, physicians, pain clinic at PRHC, community and hospital nurses. Individual or family members are welcome to call themselves. There is no charge for our services and we look at each situation uniquely, assessing the best way we can offer support. For any referral for someone living with serious illness received at Hospice, I make an appointment to meet the individual and family to review the information and decide together what services may be most helpful at that time.

We have clients who are just beginning their journey through treatment. We support them in a number of ways- inform them of resources available in our library, encourage them to take part in our Day Hospice programs, provide a Home Support volunteer if needed, offer caregiver support to members of their family or close friends. As they go through their treatment we check in occasionally by phone. Once their treatment is complete, they may choose to be discharged. These are the best case scenarios and often are the success stories that we do not hear about.

One of the great strengths of Hospice is the army of volunteers that come through our training programs and then become involved directly with clients. One of my roles is to find the best volunteer match for our clients who need this support. Our volunteers often become important members of the interdisciplinary teams involved with clients in their own homes.

One of the true strengths of the support Hospice Peterborough offers is our flexibility and responsiveness. We can often connect with people the very same day they call and set up

support immediately. You can help by sharing this newsletter with a friend, telling people about our new website and helping people connect with us. I am thrilled to be part of the team here at Hospice Peterborough and look forward to meeting more of you.

What's Happening at Hospice Peterborough this Winter?

CAREGIVER SUPPORT GROUP

Continuing on the 2nd and 4th Friday morning, 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 serious 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.

ADULT GRIEF GROUPS

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

NEW! FIRESIDE CONVERSATIONS is a 5 week program specifically for parents who have experienced the death of a child. It will begin January 28th from 7- 8:30 and conclude on Feb 25th. If you would like more information, please contact David Kennedy at Hospice.

WALKING WITH HOPE

A grief group that includes walking with trained volunteers will begin again in the spring.

LUNCH FOR RECENTLY BEREAVED

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

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, January 18, 2010

from 1:00pm – 3:00pm

Wednesday, January 20, 2010

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 children 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.

Starts Monday, February 1, 2010

Teen Grief Support Group

Providing teens a safe place to learn and share their grief experiences. Starts Thursday, February 4, 2010

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.



Estelle and Mary, two of our Caring Cooks

From the mouths of babes....an e-mail message circulated through our office.

A Dog's Purpose? (from a 6-year-old).

Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's Death, wondering aloud about the sad fact that animal lives are shorter than human lives. Shane, who had been listening quietly, piped up, *"I know why."*

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said,
"People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?"
The Six-year-old continued, *"Well, dogs already know how to do that, so they don't have to stay as long."*

Live simply.

Love generously.

Care deeply.

Speak kindly.

Remember, if a dog was the teacher you would learn things like:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure Ecstasy.

Take naps.

Stretch before rising.

Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree

When you're happy, dance around and wag your entire body.

Delight in the simple joy of a long walk.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

ENJOY EVERY MOMENT OF EVERY DAY!

HIKE FOR HOSPICE

Date: Sunday, May 2nd 2010

Time: 10 am Registration

11 am Opening Ceremonies

Place: Millennium Park, Peterborough

Who will you be hiking for?



Last year more than 100 people came out on a beautiful Sunday in May to Hike for Hospice. They hiked to remember a loved one who had died, they hiked for friends who were living with serious illness, they hiked individually and in large groups. Hike for Hospice has become Hospice Peterborough's largest annual fundraiser, last year making over \$40,000. This year we have set our goal at \$45,000 and we need your help to make this happen.



Hike for Hospice starts at 10 am with registration, muffins, coffee and refreshments, followed by the opening ceremony, at 11am, and then a 2-km (or shorter) hike. Lunch is provided for all hikers by Montana's Cookhouse. There's also face painting, prizes, and music.

Check out our website or the national site on February 1, 2010. We also need new hike committee members to make sure our event runs smoothly. Contact Hike Chairperson Marilyn Homewood at 742-4042 or email admin@hospicepeterborough.org if you can help. To register: Pledge forms will be available at Hospice Peterborough, or by calling 742-4042 or on the Hospice web site at www.hikeforhospice.com

And of course we need hikers. Hiking for Hospice is a wonderful way to make sure that excellent hospice care is available in our community. Pull families and friend together to make a team. We will have prizes for the team that raises the most funds and for the teams with the most inventive t-shirt designs.

And if you can't hike please consider joining us for our Opening Ceremonies, a wonderful and moving tribute to acknowledge our hikers and the people they are hiking for.

Thank YOU to everyone who gave to this year's Annual Appeal - YOUR donations helped us to deliver 18 different programs and services to over 2,000 Peterborough and area residents.

If you haven't made your donation please consider supporting Hospice Peterborough by completing a form below. Every dollar raised by Hospice Peterborough stays here to offer care, support and education to over 2,000 Peterborough area residents annually.

YOU MAKE A DIFFERENCE - THANK YOU

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)

Registered Charity No. 119478964 RR0001

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.

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 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.

Hospice Peterborough presents...

The Crystal Ball Gala

An evening of fine food, live music,
dancing, auctions and fun.

Friday February 26th, 2010

6:30 appetizers, 7:30 dinner
and 9:00 dancing

Peterborough Golf and Country Club
Formal Dress

Tickets are \$100 per person

Design & Print by Lazer Graphics

