



Hospice Highlighter

Winter 2011/2012

HOSPICE PETERBOROUGH
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2011-2012

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

Season's Grievings:

Celebrating the Holidays with a Heavy Heart

By David Kennedy, Bereavement Coordinator

Facing the holidays without the person you still love and miss is a tremendous challenge. While there are no magical solutions, the following suggestions may help make this holiday season a time of celebration in a new way.

Voice Your Grief

It may be difficult but talk about your grief. Often we try to hide our feelings but when we do this we're not honest with ourselves. It's important to share your feelings with caring family and friends. Talking freely gives others permission to do so as well.

Be Realistic

During the holiday season, your grief can intensify. Respect your need to slow down. Build rest periods into your day. Be realistic about your schedule and think carefully before accepting too many invitations.

Choose Your Company

Identify the family and friends who, in the past, have demonstrated a caring response to you in your grief. These are the people who allow you to be yourself without judging. Choose to spend some time with these people and allow them to be your support.

Make a Plan

Every person's grief is unique. Think carefully about what *you* need, then talk with a trusted friend to help you clarify a plan. Stick firmly to your plan.

Be Prepared

You may be tempted to avoid family traditions and gatherings because of painful memories. Instead, think about how traditions can be carried on in ways that incorporate the memory of the person who has died. Consider starting a new tradition that will help keep their memory alive.

Unwrap the Memories

Holidays are a natural time for sharing stories and memories. While it may feel awkward at first, even painful, share them bravely and be open to whatever emotions may result. Memories are meant to be unwrapped and enjoyed with others.

Honour Through Giving

The holidays provide an opportunity to honour the memory of the person by giving a financial gift to a charity. Choosing to do this is a way of that person's life continuing to have meaning and purpose.

Remember

Grief is both a necessity and a privilege. It comes because we have expressed and received love. Embrace it. Be patient with yourself. Accept your limitations and surround yourself with caring, loving people.



Please join us for our **Memorial Tea** at Hospice Peterborough, Thursday Dec. 15th at 2pm.

*Wishing you a holiday season filled with peace,
and health, hope and happiness in 2012*

City Sidewalks – Festival of Trees Arrives in Downtown Peterborough!

Hospice Peterborough is very grateful to be a Festival beneficiary. For 21 years the overwhelming outpouring of volunteer support, the generosity of the sponsors, the wealth of designer creativity, the humour and talent of the entertainers, and the overall feeling of warmth and goodwill have combined to create the magic of Festival. This year's revamped event once again demonstrated that Festival is so much more than a fundraising endeavour. It is an expression of this community's spirit, creativity, drive and industrious hard work.



On behalf of Hospice Peterborough staff, volunteers and board members, we extend a most appreciative and heartfelt **'Thank You'** to everyone at Peterborough Festival of Trees for your invaluable contribution to our programs and services.

Thank you for supporting healthcare in our community.

Priceless by Linda Sunderland, Executive Director

A credit card company has a very effective commercial showing how their card can help you purchase large ticket items and exciting adventures. The commercial ends with a poignant life experience that is 'priceless'. At Hospice Peterborough we are connected to individuals and families experiencing life's most poignant moments. We have always provided our care at 'no charge', since we realize that families absorb a large portion of the costs of caregiving at the end of life. Yet, whenever we get feedback from family members after their loved one has died, people do not focus on the challenges of the healthcare system and the costs of care. Instead they want to talk about the sadness at losing their loved one and the 'priceless' experience of being a caregiver. One Hospice client recently shared with us...*'The physical and emotional care that I gave was uplifting for me... I feel privileged that I was able to spend this time with my husband.'*

Currently the costs of our healthcare system are under extreme scrutiny. The Globe and Mail has recently produced a series on issues at the end of life and one of the articles focused on 'Calculating the spiraling costs of dying' <http://www.theglobeandmail.com/life/health/end-of-life/>. Two reports have also been made public dealing with the Care of Vulnerable Canadians and End-of-Life Decision Making

<http://pcpcc-cpspsc.com/wp-content/uploads/2011/11/ReportEN.pdf>

http://www.rsc.ca/documents/RSCEndofLifeReport2011_EN_Formatted_FINAL.pdf

Our Local Health Integration Network (LHIN), which is Hospice Peterborough's largest funder, is under extreme pressure to provide 'better care, better experience and better value for money'. It is vital for our health policy makers to take a good look at what is important to people at the end of life and to direct our health care dollars appropriately. At Hospice Peterborough we have asked our clients living with serious illness what they fear the most as their illness progresses.

Commonly identified concerns include: being alone, being in pain, losing independence and being a burden. Our LHIN is looking at our hospice palliative care system and how that system could be improved. The LHIN wants to direct healthcare dollars towards hospital avoidance and community support expansion. Since most ill people would rather not be in the hospital and would certainly prefer excellent care at home this seems to be an excellent direction. Of course, it is also vital for families and individuals to make plans for their care and to talk about their wishes. An excellent resource for this is www.advancecareplanning.ca

Hospice Peterborough has been a part of this community's hospice palliative care team for 23 years. The caring, knowledge and commitment of our staff and volunteers is recognized throughout the community. Last year's 23% increase in referrals to our hospice demonstrates how necessary we are to our community. We will be part of the changes to the health care system and we will strive to ensure the concerns identified by the families we support are addressed. People deserve to have the 'priceless' experience of a 'good death' for either themselves or their loved ones.

WINTER PROGRAMMING AT HOSPICE PETERBOROUGH

A Day at Hospice

Our day program aims to provide a comfortable place where participants will benefit from taking part in activities that are supportive, creative and therapeutic, as well as fun. You are welcome to join our **Women's or Men's Support Groups**, participate in planned activities, relax in the garden, listen to music, read, play games, or work on your own special project. A variety of afternoon activities are planned.

Who is it for? Anyone living with cancer or other advanced illnesses is welcome. The building is wheelchair accessible. Space is limited so please call to register.

When and Where? Wednesdays from 10 am to 3 pm at Hospice. Lunch is included. Parking is available.

Why come? Consider taking a break from your routine. Meet others who share your concerns. Give your caregiver a break. Learn new and interesting things. Relax. Laugh. Get the support you need.

Grief Support – This winter we are offering our **Adult Grief Recovery Groups**, plus support groups for **children and teens**. Our **Bereaved Parents Support Group** takes place the last Wednesday evening of each month. If you need more info or are interested in joining one of the groups, please call and speak with David Kennedy.

A Lunch Group for the Recently Bereaved

- Are you looking for a place to be yourself without explanation?
- Do you need companionship on your journey through grief?
- Do you need information?

Hospice Peterborough is hosting luncheons for those who have been recently bereaved (within the past 2 years). The group will offer a place to be with others who are sharing similar feelings, issues and needs.

WHEN: 1st & 3rd Friday of each month
 TIME: 11:30 -1pm
 RSVP: David at 705-742-4042

Caregiver Support Group

- Are you caring for someone who has a life-threatening illness
- Are you feeling overwhelmed?
- Do you need a break?
- Do you need information?

WHEN: 2nd & 4th Friday monthly
 TIME: 10-11:30am
 RSVP: Paula at 705-742-4042

Home Support Program

Volunteers are available for practical help, companionship and respite.

Wellness Program

Currently we offer Gentle Exercise and Complementary Therapies. Programs are developed as needs are identified.

Please call 705-742-4042 to register.
 Hospice programming is offered at NO CHARGE to individuals needing our support.

SPOTLIGHT ON OUR VOLUNTEERS: CONNIE AND ANDREW

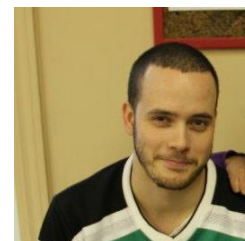
Connie Swinton and Andrew Montgomery



Two very different volunteers who each come with a similar passion – their desire to make a difference in the lives of people living with serious illness.

Connie has been a hospice volunteer for 17 years and continues to offer her kind, spritely presence to clients. She has travelled the world, bringing healthcare to people in Vietnam and Africa. Connie is a recipient of the Order of Canada for her 10 years in Nepal where she helped to build, train and develop curriculum specific to the health needs of the people. A great conversationalist and listener, we are so happy she decided to retire to Peterborough and proud to call her one of our volunteers.

Andrew is newer to volunteer work here, having completed the Volunteer Training Course just a year ago. He was the first of his class to get started in his new role. He's a Trent student, works full-time, but manages to offer time, warmth and compassion to his clients here. Andrew has been a great companion to a few gentlemen, including an avid Toronto Maple Leafs fan with whom he shared many games on television.



Thank you to Connie and Andrew and to all our treasured volunteers.
 You are truly the heart of Hospice!

Hospice Peterborough - Community Education Series

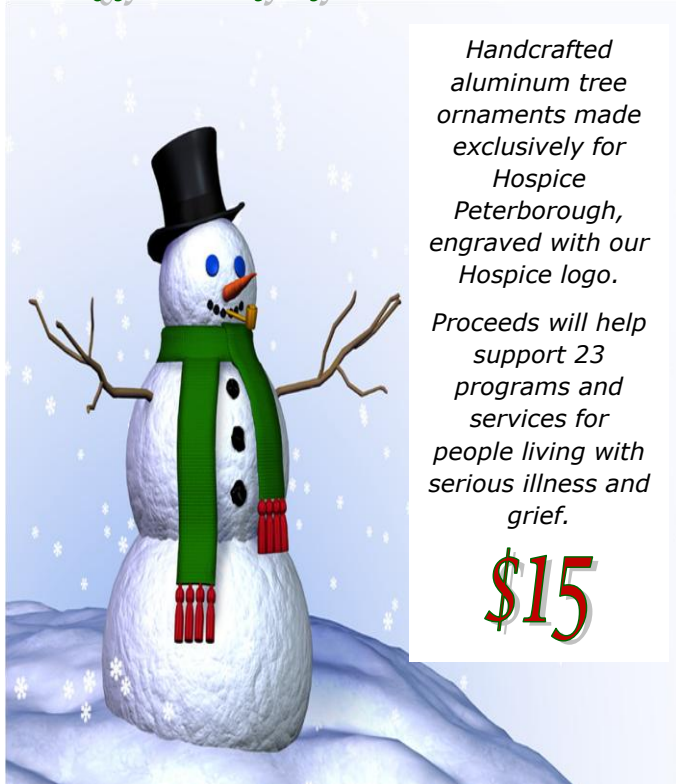
#3 - Navigating the Health Care System – Help

Monday March 19, 2012, 7 – 8pm
 at the Peterborough Public Library

Generously sponsored by



Looking for that perfect tree ornament?



Handcrafted aluminum tree ornaments made exclusively for Hospice Peterborough, engraved with our Hospice logo.

Proceeds will help support 23 programs and services for people living with serious illness and grief.

\$15

Available at Hospice Peterborough



Hospice Peterborough
presents

Flip Flops in February

Friday, February 3, 2012

6:30pm Appetizers, 7:30pm Dinner
& 9:00pm Dancing
Peterborough Golf & Country Club
Silent & live auctions, live music
Dress code: Beach attire

Tickets - \$125
includes \$50 tax receipt

Catch the wave...
Reserve your tickets now
available at:
Hospice Peterborough
7057424042



Hike for Hospice Peterborough - 10th Anniversary

It has been 10 years since Hospice Peterborough joined the Canadian Hospice Palliative Care Association's inaugural hike to raise awareness and much needed funds for hospice palliative care across our country. Locally our hike has raised more than \$250,000 with all funds supporting community programming. Our Hike organizing committee is hard at work planning next year's event. We hope you will join us.

If you are interested in volunteering for Hike for Hospice contact Alison Casey at acasey@hospicepeterborough.org.



SAVE THE DATE
Sunday May 6, 2012

HOLIDAY HOURS

Hospice Peterborough is open
Monday to Friday
from 9am to 5pm
except for the following days:
December 23rd CLOSED at noon
December 26th and 27th CLOSED
January 2nd CLOSED

*Blessed is the season which engages the
whole world in a conspiracy of love.*

Hamilton Wright Mabie