Hospice Highlighter
Winter 2013

Hospice Peterborough Care Centre Update

By Linda Sunderland

In December our Board of Directors received a Campaign Planning Study Report from Chonee Dennis of The Dennis Group. Michael Gallant and Bill Lett from Lett Architects also presented their exciting Concept Design for our Hospice Peterborough Care Centre project. The Board unanimously approved us moving forward and our community should get ready for a big announcement in January.

We are excited about the opportunities for enhanced care that will be possible in our new Hospice Peterborough Care Centre. The Care Centre will give us much needed space to expand our current programs, plus allow us to offer 24/7 care in 10 hospice beds. These homelike rooms will provide a wonderful choice for families as the end of life approaches and ensure that our Hospice can be an oasis of care that will support individuals and families through their whole experience of illness and grief.

We are delighted to announce that Hospice Peterborough Board member Betty Morris has agreed to be our Campaign Chair. We hope to announce our Campaign Cabinet soon and will keep you informed as this project ramps up.

If you would like more information about this project or would like to help us move forward please contact Linda Sunderland at 705-742-4042 or lsunderland@hospicepeterborough.org

Warmest wishes for a happy holiday season from all the staff at Hospice Peterborough
Pondering Hospice’s role in our healthcare system
By Linda Sunderland, Executive Director

At Hospice Peterborough we have been working for 25 years to put hospice palliative care on the healthcare agenda. It has finally happened. A strong provincial advocacy group has developed a roadmap for the transformation of palliative care in this province [link to roadmap document] and the Central East LHIN has included a palliative care aim in their current health service plan. There is recognition that introducing hospice care, with its aim to relieve suffering and improve quality of life, can make a significant positive change in the experience of illness.

I was at Queen’s Park in early December with a delegation from Hospice Palliative Care Ontario (HPCO) who had scheduled meetings with MPP’s to raise their awareness about the importance of investing in palliative care. Everyone listened carefully to what we had to say and there was a clear understanding that investing in hospice palliative care was not only the right ethical decision but the right financial decision as well. People are actually talking about how they would like to die. There are multiple websites to help us start the conversation. Check out: [link to website] to help you plan a truly innovative dinner party or go to [link to website] to download what they call “The One Slide” and find out the five key questions to ensuring a good death. The important thing is to remember that we all need to define how we want to die, and that each of us will have strong feelings about what “a good death” means for us. Our goal at Hospice Peterborough is to ensure people have access to excellent care and choices at the end of life.

One of our bereaved caregivers recently said, "Getting involved with Hospice Peterborough changed the whole tone of my husband’s last weeks to one of acceptance and love. I truly thank you so much." We have learned at Hospice Peterborough that our support does not change the outcome, our clients still die, but what we can do is improve the journey, for both the person who is ill and their family and caregivers.

We should all take the time to watch CTV’s W5 video of Dr. Larry Librach - [link to video]. He was a palliative care physician, exemplary teacher and advocate for excellent hospice palliative care in Ontario and around the world. When facing his own death, he took the time to create a lasting legacy of what it was like to “face death in the first person”.

Since August 2013 Hospice Peterborough has been meeting with Community Counselling and Resource Centre, Community Care Peterborough, VON Canada, Ontario Branch, St. John’s Retirement Homes Inc. and Lovesick Lake Native Women’s Association as part of a facilitated integration process at the direction of the Central East LHIN.

This ten-month process will result in the development of a Draft Service Delivery Model and Integration plan recommending how community-based health services could be delivered in the future to improve client access to high-quality services, create readiness for future health system transformation and make the best use of the public’s investment by identifying integration opportunities. We trust that any integration will enhance our ability to focus on providing excellent care, kindness and compassion.

A special Hospice Thank YOU to Tim Hortons for giving Hospice $30,351 reasons to smile!
Thank you also to all our WONDERFUL supporters who bought cookies, ate smile cookies, donned t-shirts and helped us spread the word.
Why Bother? Getting through the holidays….  

By David Kennedy, Bereavement Coordinator

Why bother? That is what the holidays might seem like – a bother. It would be easier to simply hole up somewhere until it’s over or find somewhere to hide and, like the groundhog surface in February, to see how things look!

It is a good question, especially for those of us grieving or living with serious illness. When do we give in to our feelings of non-participation and when do we need to push ourselves to participate in some way, even if it is a modified participation? There is no one size fits all solution. While that seems like a put off, the fact is that each person and family must make this decision for themselves regardless of what others may think or say. So here are a few things to consider that may help this year.

**Communicate:** It is so important that we talk about our feelings and what we feel we need to do. So often we don’t express our wishes and then we leave others to decide for us. The result is that resentment builds and everyone suffers.

**Respect:** Everyone’s grief is unique. Everyone’s experience of illness is unique. And even within families there can be such a wide variety of needs around grief and illness. Respect means that I don’t need others to do or feel how I do, and vise versa. Finding ways to compromise without giving away your needs is such a hard but important process.

**Honour:** Honouring our grief is how we honour the person who has died. If we push ourselves to the point where it is not healthy, not only do we suffer, but we are in essence saying that this person didn’t really mean that much to us. Believing that life can continue without impact after someone we love dies is not the way to honour our grief or the loved one.

**Hope:** Finally embrace hope. Martin Luther King said that “If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all”.

Sometimes getting through the holidays is surviving. That doesn’t mean this is how it will be next year. Let us agree to do this one year at a time and honour our choices without being bound to this way every year.

Programming begins again in the new year.  
Feel free to enquire about days and times for:

**The Healing Journey**
- Level 1, 4 week series includes meditation, guided imagery for caregivers and people living with serious illness

**Grief Groups**
- Lunch for people recently Bereaved, 1st and 3rd Friday of each month
- Adult Groups, Levels 1, 2 and 3
- Teen Online Grief Group - TOGG
- Children’s Support, 7 week series and monthly check in for previous members.
- Bereaved Parents group meets monthly

**Day Hospice**
- Ongoing Women and Men’s Support Groups
- Groups meet weekly on Wednesday mornings followed by lunch and activities

**Caregiver Support Group**
- Meets the 2nd and 4th Friday mornings

**Gentle Exercise**
- Open to all clients and volunteers, meets Friday afternoons weekly

**CALL FOR MORE INFORMATION**

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A VERY MERRY Thank YOU to Gill, Christy, Jennifer and all the FANTASTIC participants of Lakefield’s Christmas in the Village event. Hospice Peterborough is grateful to be chosen as one of the recipients of your generosity and community spirit.
Volunteer Notes

By Paula Greenwood

I’m still on a bit of a high after a great training for volunteers which finished last week. A new group of eleven have begun at Hospice Peterborough.

I always feel enriched and privileged to hear the stories of new participants in our programs. Many thanks to each of them as they embark on this new journey.

Some of you may remember a refresher series was offered 6 years ago that was a great success. This new course will offer an opportunity for volunteers who completed training before 2012 to come back and refresh their skills and knowledge.

It will be offered four Tuesday’s in February from 9:30—11:30. Please register your interest with me at 705-742-4042 or pgreenwood@hospicepeterborough.org

What counts in life is not the mere fact that we have lived.
It is what difference we have made to the lives of others that will determine the significance of the life we lead.

Nelson Rolihlahla Mandela (1918-2013)

You can offer families help, hope and healing

Please look for your annual holiday appeal in the mail. Your gift will help over 3,400 Peterborough and area residents living with serious illness and grief receive care, support and education.

Save the Date

HOSPICE GALA

Saturday, April 12, 2014

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