

## DIEalogues

David Kennedy, Supportive Care Counsellor, Hospice Peterborough

Last fall, the first Hospice Peterborough *DIEalogues* were hosted at Lett Architect Studio. These sessions were about opening up a conversation about death and dying to the community. During one of these sessions a question was posed to the attendees: *If you could write a note now to the people who will be responsible for your non-medical care at the end of your life, what things would you want them to know?*

It was one of four questions that participants in the *DIEalogues* could choose from and respond to. After spending some time reflecting personally on this question, there was discussion with others. Then following a period of time, people were offered the chance to talk with the whole group.

One woman spoke about this incredible moment of revelation – that she had never thought about what she wanted her dying to look like if she had the choice. More than that, she realized that even if she knew, her family and friends did not know so how could they help to make sure the important pieces are there? This ignited a spark that resonated with the other 40 participants and the discussion was rich.

Three days later I met up with this person and she couldn't wait to show me the list she had created for her two daughters; she was sending this list to them along with an updated copy of her will.

Here is what she wrote to her daughters, Amy and Grace\*:

*The things I would like you to know if I can't ask for them as I come to my dying.*

*Please play country music when appropriate. I like Victoria Banks, Tim McGraw, Georgia Florida Line, Zac Brown Band, Deric Ruttan and many others.*

*Please make sure I am as comfortable as possible: warm, pain free and with mouth care.*

*Please read to me if I can't read. I love books of any kind, but particularly murder mysteries, or forensic pathology stories such as those written by J.D. Robb, Faye Kellerman and Kathy Reichs.*

*If appropriate, I would like to participate in complementary therapies such as massage and therapeutic touch, such as Reiki. Meditation is also very important to me.*

*I have such an artistic family! If possible, I would love to have Nanna's seascape, any of Poppa H's sunset paintings and if there is*

*room for it, my bronze Emperor Penguin Mother and Chick on the carrera marble base. This last piece represents the struggles I had with a person during a period of time and it was created out of much love.*

*If Caroline\* is still in my life I would like to be able to see her. Please make sure that someone will look after her for the rest of her life.*

*Please don't prolong my life if there is poor quality of life and a grave prognosis. Please also give me*



*your permission to let go of life, otherwise I may be hanging on in order to look after you. I was born a caregiver, and will be a caregiver to the end, so please reassure me that you will be alright after I pass.*

*Please place Harley and Oscar's urn into the niche with mine.*

*-- Love Mom*

We have no guarantee about what the end of our life will look like, or whether we will have

an opportunity to have some control over it. That should not prevent us from spending time considering this and informing important people in our life of our request.

I believe this allows for the possibility of being in the kind of space that will be most helpful to our dying. It also gives us pause to reflect upon things that are important to us now in life.

Give it a try!

*\* all names have been changed to protect identity*

## Talking About What We Don't Want to Talk About: The Peterborough DIEalogues - Back by Popular Demand!

What if we lived in a culture that celebrated life by talking openly about death and dying?

Join us for an evening of interactive conversation about death, dying and our experiencing of this. In a safe comfortable environment, you will be guided through an evening of thoughtful dialogue that will help shape your thoughts, values and beliefs. You will have the chance to explore and clarify your ideas and thoughts while listening to others do the same. This is a place where the uniqueness of each person's space will be honoured and the sharing of this together valued.

The Peterborough DIEalogues Series – 7pm to 8:30pm  
Location: The Mount Community Centre, 1545 Monaghan Road, Peterborough, ON

Thursday, February 15: The Journey of Dying with David Kennedy and friends

Thursday, March 15: The Challenges of Communication with Paula Greenwood and friends

For more information and to register, please call 705-742-4042 or email [awatson@hospicepeterborough.org](mailto:awatson@hospicepeterborough.org).



*Pictured (l to r): Paula Greenwood, Manager of Volunteer Services and David Kennedy, Supportive Care Counsellor*

*Hospice palliative care. Caring for the whole person. Improved quality of life. Enhanced comfort. At Hospice Peterborough, individuals and families living with or affected by life-threatening illness and grief realize they are not alone.*

# Thank

# You!

## YOU make hospice care possible!

Thank you to everyone who donated to our **Annual Holiday Appeal!**

Because of generous donors like YOU, we can continue to meet the growing needs of men, women and children living with or affected by life-threatening illness and grief in our community. YOU support 25 programs and services - at no cost to our clients.

# PROGRAMMING AT HOSPICE PETERBOROUGH

## I have a Life-Threatening Illness

PROGRAM	DESCRIPTION	TIME
<b>Palliative Care Community Team (PCCT)</b>	PCCT assists clients and families with health system navigation, advocacy, counselling and connection with needed services.	Call for information.
<b>Volunteer Support</b>	Our client support volunteers offer emotional support and practical help to individuals who are facing a life-threatening illness and relief time for those caring for them.	Call for information.
<b>Day Hospice</b>	An opportunity to meet others living with a life-threatening illness and share your concerns and experiences. Support groups for men and women are facilitated by Hospice staff and trained volunteers. Consider staying for optional lunch and afternoon activities such as complementary therapy.	Wednesday 10am-2pm

## I am a Caregiver

PROGRAM	DESCRIPTION	TIME
<b>Caregiver Support Group</b>	Our caregiver support group provides an opportunity for you to connect with other caregivers and Hospice staff to share knowledge and experience.	2nd & 4th Friday of the month, 10am-12pm
<b>Children and Teen Support</b>	Caring Kids and Teens: Hospice staff arrange one-to-one support or small group support as appropriate. Hospice staff may also help the family link with other community supports.	Call for information.

## I am Grieving a Death

PROGRAM	DESCRIPTION	TIME
<b>Informal Support Groups</b>	If you have recently experienced the death of someone connected to you, you are invited to attend Lunch for the Recently Bereaved or Grief Chat for the Recently Bereaved. Walk With Hope offers gentle physical exercise and emotional support.	Lunch Group: 1st and 3rd Friday 11:30am-1pm Grief Chat: 1st and 3rd Tuesday 6:30-8pm Walk with Hope: Call for times.
<b>Grief Recovery Group - Level 1 (10 weeks)</b>	Level one is a safe place to share and express feelings and experiences and to move forward through grief.	Offered three times per year (winter, spring and fall). Call for more information.
<b>Grief Recovery Group - Level 2 (12 weeks)</b>	Level two continues the learning and examines some of the more complex aspects of grief and recovery. Finding identity, new relationships, and identifying healthy and unhealthy belief systems are some of the areas explored.	Offered three times per year (winter, spring and fall). Call for more information.
<b>Grief Recovery Group - Level 3</b>	Level three is an informal group that offers ongoing support and encouragement.	3rd Tuesday of each month 11:45am-1:45pm OR 3rd Wednesday of each month 7-9pm
<b>Bereaved Parents Group</b>	The Bereaved Parent Support Group is for all parents regardless of the age or circumstance of a child's death.	Last Wednesday of each month, 7-9pm
<b>Suicide Survivors Group</b>	A structured support program for individuals as they navigate the changes in their life following a suicide.	Offered as a series during the year. Call for more information.
<b>Children's Grief Group (8 weeks)</b>	For children aged six to 12 who have experienced the death of someone close to them. Support for understanding and managing feelings and behaviours around grief. A parent group meets at the same time to discuss issues related to children's grief experiences.	Offered three times per year (winter, spring & fall). Call for information.
<b>Teen Grief Support</b>	One-to-one support or small group support as appropriate. Hospice staff help teens link with other community supports.	Call for more information.
<b>Children's Monthly Grief Check-In</b>	Children who have completed the eight-week Children's Grief Group are welcome to attend this after school program. Trained facilitators use a wide range of expressive arts activities to support children.	After school program. Call for information.

## Programs for All Clients

PROGRAM	DESCRIPTION	TIME
<b>Wellness Support</b>	The Gentle Exercise program is for those wishing to participate in easy, gentle exercises that everyone can do. Other wellness programs are offered periodically depending on interest and need.	Gentle Exercise Fridays, 1:15-2:15pm

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







# Hike for Hospice

**Sunday May 6th, 2018**  
**Millennium Park, Peterborough**

Join us as we HIKE together to  
raise awareness and funds to support  
hospice palliative and bereavement  
care in our community.

**Registration begins**  
**February 15th, please visit**  
[http://chpca.convio.net/  
HospicePeterborough](http://chpca.convio.net/HospicePeterborough)

Pledge forms are available online at  
[www.hospicepeterborough.org](http://www.hospicepeterborough.org)  
or can be picked up at Hospice  
Peterborough (439 Rubidge Street).

Interested in sponsoring  
Hike for Hospice 2018?  
For more information, please  
contact Michelle Proulx at  
[mproulx@hospicepeterborough.org](mailto:mproulx@hospicepeterborough.org)

## Who are you hiking for?



# Continuing the Transition to Your Hospice Care Centre

Todd Barr, Transition Team Leader, Hospice Peterborough

After a delay in construction caused a shift in focus, transition planning for your new community Hospice continues with staff, board, volunteers and community members.

Development work is proceeding on the Resident Care Program - a new service to Hospice Peterborough. The Resident Program model of care includes our philosophy of care, guiding principles, job descriptions, a total compensation program and policies and procedures. It is built on the domains of palliative care established by the Canadian Hospice Palliative Care Association. It is being informed by practical experience of Hospice staff, community partners involved in palliative care and those working in hospices across Ontario. The Resident Program will provide person-centred around the clock professional care for people in their last two weeks of life. Developing this program requires new staffing directions for Hospice Peterborough and a new Working Group has been established to look at the staffing model and job descriptions for the new Care Centre. The Working Group is

benefitting greatly from the expertise of community members including Jodi Dunn, retired Program Director at Ross Memorial Hospital and Mary Anne Ashbridge, retired Manager with VON Canada and former Manager and Director at Peterborough Regional Health Centre.

The model will be nurse-led with nursing available 24 hours a day, seven days a week, with support and care from physicians, personal support workers (PSW) and volunteers. We are exploring Resident Program staffing and how that might dovetail with the staffing of our existing Community Hospice Programs. We will also be looking at a number of

scheduling options for the 15+ staff that will be hired for the new 24/7 program.

Consultation and learning from others' experiences is an important part of what we do. As we move ahead with developing roles and schedules, the plan is to have a focus group with Registered Nurses (RN), Registered Practical Nurses (RPN), and PSWs about role descriptions and scheduling preferences to provide the best possible client care. Hospice hopes to hire the Resident Care Manager by summer 2018 as this individual will be instrumental in fine tuning how the Resident Program will operate including staff hiring, start-up and orientation and continued liaising with existing staff and community partners to integrate the

Resident Care Program into our already strong Community Hospice Programs.

Work on the Resident Care Program is being complimented by the continued efforts of the Design and Furnishings Committee. The Committee meets regularly to ensure

that what clients, families and visitors will see and feel when they walk through the doors of the new Care Centre brings a sense of peace and safety. Environment is important in conveying the message: "Welcome. Come on in, this is a safe space. You are not alone."



*Hospice staff Todd Barr and Natalie Warner brainstorming the initial model of care for the new Resident Program.*

**Working to create  
the comforts of home.**



## Memorial Donations

We are honoured when families can reach beyond their loss to leave a gift to help others in our community. Thank you to all the families who named Hospice Peterborough to honour a loved one. We also thank everyone who has made memorial donations. Please know your support makes a difference to other families.

From October 1, 2017 - January 31, 2018, we are honoured to have received donations in memory of the following individuals:

Dr. Stanford Allington  
John (Jack) Ashmore  
Jim Atter  
David Black  
Anita Blackburn  
Leo Boyle  
Betty Bozec  
Donald Brault  
Lorne James Brown  
Norma Campbell  
Allen Card  
Robert Gary Carr  
Clare Collins  
Anne Comeau  
Gerald Doherty

Lionel (Percy) Edwards  
Joyce Alice Ellis  
Marie Finbow  
Danielle Fitzgerald  
Barbara Gifford  
F. Andrew Gilbert  
Elsie Gordon  
Carm Graham  
Rachel Hambly  
Dale Healey  
Florence "Penny"  
Hearst  
Kenneth Heise  
Donald Hess  
Joan Huskisson

Marja Hutchinson  
Martha Jane Johnson  
Raymond Johnson  
Evelyn Lee  
Ronald Marshall  
Vickie McIlmoyl  
Hilda Mellor  
Bert Wallace Merrill  
Marilyn Metcalf  
Leone Miller  
Vera Moher  
Bryan Moncrief  
Donald Moorby  
Margaret Nurse  
Pauline O'Dell

Ina Pawliw  
Jenn Salvatore  
Andy Skorski  
Vic (Adam Victor) Smith  
Eugenia Soligo  
Jim Spencley  
Iain Steele  
Gladys Tate  
Ruth Theobald  
Bruce Thompson  
Helen Watson  
Helen Wilcox  
Christopher Willoughby

## Hospice Peterborough Presents *Un Nouveau Chapitre - The Next Chapter Gala*



Enjoy an evening of live music by Bridget Foley and the Pocket Kings as well as silent and live auctions with a French Country vibe, charm and delicious fare.

All proceeds support the 25 programs and services provided by Hospice Peterborough to men, women and children living with or affected by life-threatening illness and grief.

**Tickets are \$175 per person with a \$75 tax receipt and go on sale February 15, 2018.**

*Tickets are limited so don't wait!*

Interested in sponsoring or donating an auction item to 'Un Nouveau Chapitre' Gala. Please contact

Alison Casey at

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

or (705) 742-4042

## Volunteer Orientation

Curious about what it means to be a Hospice Peterborough volunteer?

Consider joining us at an orientation session on Thursday, March 1st or Friday, March 2nd. Both sessions will run from 3:00pm – 4:30pm.

Please call Paula Greenwood to register at 705-742-4042 or

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

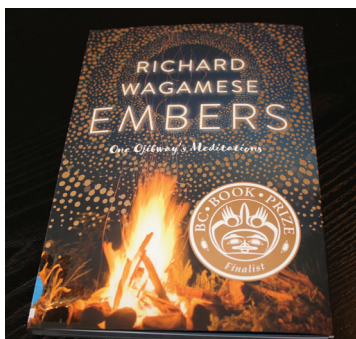


## Lending Library

The Hospice Peterborough library has books and other resources on topics related to life-threatening illness, end-of-life care, death and dying and grief. We also have resources specifically for children and youth.

Library services are offered free of charge to residents of all ages living in the City and County of Peterborough. Books and other materials can be checked out in person at Hospice Peterborough. It just takes a few minutes to set up a membership.

**Calling all book club members!** Hospice Peterborough's lending library has a number of copies of Richard Wagamese book *Embers* One Ojibway's Meditations. We would be happy to lend several copies of this great book for discussion.



## MENZIES HOUSE BRIDAL SHOP

Over the past two years, Menzies House Bridal Shop has generously donated the proceeds from the sale of donated veils to Hospice Peterborough. At the annual Handbags for Hospice event in November, owners Olivia and Charlotte Clements presented Hospice Peterborough with another \$1,000 cheque. Thank you Olivia and Charlotte from Menzies House for your continued support and generosity!



Pictured (l to r): Linda Sunderland, Executive Director Hospice Peterborough, and Olivia Clements, Co-Owner Menzies House

*An optimist isn't necessarily a blithe,  
sappy whistler in the dark.*

*To be hopeful in bad times is not  
just foolishly romantic.*

*If we remember those times and places  
where people have behaved magnificently,  
this gives us energy to act and  
at least the possibility  
of sending this spinning top of a  
world in a different direction.*

**-- Howard Zinn**

## STAFF LIST

Linda Sunderland, *Executive Director*  
 Todd Barr, *Transition Team Leader*  
 Meaghan Blodgett, *Office & Communications Coordinator*  
 Alison Casey, *Manager of Development*  
 Louise Gollodge, *Palliative Pain & Symptom Management Assistant*

Paula Greenwood, *Manager of Volunteer Services*  
 Linda Kehoe, *Palliative Navigator*  
 David Kennedy, *Supportive Care Counsellor*  
 Anne-Marie Peters, *Grief & Wellness Coordinator*  
 Michelle Proulx, *Fund Development Assistant*  
 Patti Stanton, *Nurse Consultant, Palliative Pain & Symptom Management*

Angela VandenBroek, *Manager of Finance & Administration*  
 Ann Wannamaker, *Palliative Navigator*  
 Natalie Warner, *Manager of Community Programs*  
 Amy Watson, *Intake Coordinator*

## BOARD OF DIRECTORS

Brian Higgins, *President*  
 Shelley Barrie, *Vice-President*  
 Bob Campbell, *Treasurer*  
 Lisa Clark, *Secretary*  
 Karan Aquino  
 Karen Auger  
 Dr. Heather Drysdale  
 Laurie English  
 Dr. Michael Gibson  
 Bill Lockington  
 Tom McHugh  
 Betty Morris  
 Lisa Ruston

## Give the gift of hospice care...

### ☐ YES, I would like to support vital hospice care!

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

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

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

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

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

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

Amount: \$ \_\_\_\_\_

I would like to make my gift:

☐ One time donation ☐ Monthly donation

☐ Online at [hospicepeterborough.org](http://hospicepeterborough.org)

**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 and 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.

*Donors make our care possible.*



### METHOD OF PAYMENT

☐ Cheque (payable to Hospice Peterborough)

☐ Visa ☐ MasterCard ☐ American Express

Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

☐ I would like to be an anonymous donor

☐ This gift is in memory of: \_\_\_\_\_

☐ I wish to be listed in your Annual Recognition as: \_\_\_\_\_

Registered Charity No. 119478964 RR0001

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

439 Rubidge Street  
 Peterborough, ON K9H 4E4  
 705.742.4042 1.800.790.0867

Hospice Peterborough's hours are Monday to Friday  
 9 am to 5 pm. After hours visits can be arranged. All services are provided at no charge. Call for more information.



**Closed February 19th**  
**Closed March 30th**  
**Closed April 2nd**

@hospiceptbo  
 @HospicePeterborough  
 @hospiceptbo

YOU can help us reduce postage costs and save trees!

Subscribe to receive our newsletter and other Hospice Peterborough updates via email. Please contact us at [admin@hospicepeterborough.org](mailto:admin@hospicepeterborough.org) or 705-742-4042 if you wish to receive this newsletter via email or if you wish to be removed from our mailing list.

