



APRIL 2018

Hospice Songs for the Soul

by: Kate Jarrett, Hospice Peterborough Volunteer and Hospice Singer

I have had the privilege of being a Hospice Singer since the group began, serendipitously, more than nine years ago. We modeled ourselves after the Hollowell Singers, a group of singers associated with a hospice in Vermont. I would like to share a few words of Kathy Leo, one of the founders of that group:

"Bedside singing calls for the singer to be present, to be intuitive and deeply respectful of another's process, and to be a quiet witness of death. We are not performing. We do not expect an audience. We see this singing as a service – for the person dying before us, for the families saying good-bye to a loved one, for the caregivers working quietly and constantly in the background, for ourselves and the expansion and evolution of our own spirits and for the culture as a way to begin to shift the lens we view death through.

Our repertoire includes songs from many cultures and traditions. We have songs that address the journey of death and songs that honour the joy of living. We have songs that bring joy and spirit and songs that calm and comfort."

Each time we sing we experience and learn and grow in this practice. Here is a snapshot of what a singing might sound and look like:

We sang in several different rooms at PRHC – each one a unique and enlightening experience, to say the least. It is often so hard to know how our songs are received when there appears to be no immediate response. And yet... and yet there are nonverbal ways that indicate our songs have found a place to rest with someone when their eyes light up or there is a slight movement of a hand or a foot.

Initially, Laura seemed more interested in getting her bed adjusted than our singing. But when we started to sing, her eyes were completely locked with Cecilia's and she thanked us at the end, saying our singing was lovely.

Glenn was restless and confused and had his TV on and told us we could sing what we wanted. It was hard to know what songs would reach him. But as we sang, he closed his eyes and the singing seemed to have a calming effect on him.

We visited a room with two Hospice clients. Ruth



Pictured (l to r): Julie Stoneberg, Kate Jarrett, Martha Comfort and Judy Foster, Hospice Singers

asked if we knew any spirituals and so we began with "Peace Like A River." With each verse, Ruth would beam a smile at us, nod and give a thumbs up, responding to the words by saying "so true." Dale bowed her head as we sang and just listened. They enthused about our harmonies, as did one of the young hospital workers who was bringing up a cart of bedding when we came out into the hall. He was a lover of music in general and loved what he heard.

One of the last rooms we sang in had two young people sitting near the bed of their grandmother who was propped up, but non responsive. As we quietly sang "Angels Hovering Round," the two young people reached for each other's hand and leaned into each other for support. At the end, the young man said, "she would have loved that." We also sang "Edelweiss" and as we hummed our way out into the hall a third grandchild greeted us with a warm, teary smile, cellphone in hand. She had held the phone into the room as we sang so her mother (and the daughter of the patient) could hear us.

Apparently "Edelweiss" was a favourite in the family. The young woman said, "I hope my grandma heard it." I personally believe she did.

If any of you are interested in this practice, I highly recommend reading Kathy Leo's book, called "On the Breath of Song: the Practice of Beside Singing for the Dying." There are copies available in the Hospice Peterborough Library. Or call Paula Greenwood at (705) 742-4042 ext. 225 to find out how you might join the Hospice Singers.

Volunteers Light the Way!

by: Paula Greenwood, Manager of Volunteer Services

Maybe it is four hours each week at the front desk.
Maybe it is two hours visiting an ill client and their partner.

Maybe it is eight hours preparing a meal for Day Hospice.

Maybe it is two hours decorating for Gala.

Or maybe it is two hours of singing to people at the end of their life.

Each of these is truly a gift. Time that could be spent doing any number of things in our daily lives, but Hospice Peterborough volunteers choose to spend their time sharing their skills and experiences with others.

The week of April 15 to 21 is National Volunteer Week and we are truly grateful and overwhelmed with the generosity of each Hospice Peterborough volunteer.

Volunteers light the way, and often help bring our clients out of darkness, offering clients support and the ability to listen as they tell their stories. Event and development volunteers bring their enthusiasm and passion for the people Hospice Peterborough serve. By volunteers giving of their time and talents,

hospice care is possible in our community. As an organization, we are so lucky!



Pictured: Volunteer Training Group fall 2017

With over 16,500 hours last fiscal year, amongst almost 300 volunteers, you can see how vital each hour is to maintaining the high level of service we provide in Peterborough City and County.

As a thank you to our volunteers, we will be celebrating you on Thursday, June 28th at our Volunteer Appreciation and AGM – so circle the date in your calendar! More details to come!

THANK YOU for all that you do!

You make our care possible!

SAVE THE DATE - JUNE 28, 2018

Hospice Peterborough's AGM and Volunteer Appreciation

You, as Volunteers and Supporters, play an integral role in our organization and we hope you can join us as we celebrate you and all that you give!

PROGRAMMING AT HOSPICE PETERBOROUGH

I have a Life-Threatening Illness

| PROGRAM | DESCRIPTION | TIME |
|----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Palliative Care Community Team (PCCT) | PCCT assists clients and families with health system navigation, advocacy, counselling and connection with needed services. | Call for information. |
| Volunteer Support | 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. |
| Day Hospice | 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 |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
| Caregiver Support Group | 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 |
| Children and Teen Support | 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 |
|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| Informal Support Groups | 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. |
| Grief Recovery Group - Level 1 (10 weeks) | 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. |
| Grief Recovery Group - Level 2 (12 weeks) | 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. |
| Grief Recovery Group - Level 3 | 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 |
| Bereaved Parents Group | 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 |
| Suicide Survivors Group | 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. |
| Children's Grief Group (8 weeks) | 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. |
| Teen Grief Support | One-to-one support or small group support as appropriate. Hospice staff help teens link with other community supports. | Call for more information. |
| Children's Monthly Grief Check-In | 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 |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| Wellness Support | 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 6, 2018
Millennium Park
Check In 10 am
Opening Ceremonies 11 am

Who are you hiking for?

Register for this year's Hike for Hospice, a non-competitive walk taking place on Sunday, May 6 at Millennium Park in Peterborough. Hike for Hospice brings families, friends, neighbours and co-workers together to raise awareness and funds for the 25 programs and services provided by Hospice Peterborough to adults, children and youth living with life-threatening illness and grief free of charge. 100% of the funds remain in our community!

This year's event will feature a free BBQ for registered participants provided by Montana's Cookhouse, face painting provided by Faces by 2, balloon creations provided by Razberry the Clown, ice cream provided by Central Smith, water provided by Culligan and much more. Pledge forms are available at www.hospicepeterborough.org or can be picked up at Hospice Peterborough. For more information about Hike, please contact Michelle at mproulx@hospicepeterborough.org.

YOU too can make a difference!

Team Walk with Jan

Janice Mackenzie, Team Captain of Walk with Jan, explains the 3 reasons why you should join her team at Hike for Hospice!

"First, Hospice is so important. In the past few months while I've been injected with crappy chemo I have met many people who are fighting for their lives. They need Hospice. WE ALL DO. Secondly, I will be in recovery from Chemo in May, and I think I might be able to walk the whole route, but it would be way more motivating for me to keep walking if you come along! Lastly, it's my birthday on the 7th of May (the next day...) and I'd love you to walk with me rather than wish me a Happy Birthday on Facebook. ;-)."

Join Jan and her team on Sunday, May 6th!



Pictured: Janice Mackenzie and her three children, Breanna, Liam and Annie.

To register, please visit
<http://chpca.convio.net/HospicePeterborough>

Who Is Your Substitute Decision Maker?

by: Natalie Warner, Manager of Community Programs

Who is your Substitute Decision Maker and do they know what you want?

April 16th is Advance Care Planning Day across Canada. Your advance care plan is a chance to express wishes for your care if you become unable to make decisions for yourself. An advance care plan includes a consideration of your values, beliefs, medical procedures, experiences, and people you want involved in your care. Equally important, is choosing someone who will represent your wishes to professionals providing care.

If you do not have a Power of Attorney for Personal Care, health professionals will need to connect with a Substitute Decision Maker and the order of people in your life are as follows: 1. legal guardian; 2. Attorney for personal care; 3. representative appointed by the Consent and Capacity Board; 4. spouse or partner; 5. child or parent; 6. brother or sister. However, if you wish to designate a specific person, a family member or friend, you can set-up a Power of Attorney for Personal Care. The process does not require a lawyer and you are able to download a form from the Ministry of the Attorney General website: <https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.php>. It is important that you choose someone who is willing to take on this role, someone who knows you well, and someone you trust to follow your wishes to the best of their ability.

The Substitute Decision Maker or your Power of Attorney will only be enacted when you are incapable of making your health care decisions. Should you be so unwell that you cannot understand or appreciate your health situation, only then will this designated person be contacted. If your health improves and you are able to appreciate and understand the decisions you need to make around your health care, this person will cease to make decisions on your behalf. It is important to know that you are able to change the Power of Attorney for Personal Health when circumstances change. It is also important to know that you can change your wishes for your care at any time.

While a registered health care provider can make some treatment decisions from your expressed wishes, a written document such as the SpeakUp Workbook Ontario edition, will help you give thought to how you want to be cared for and the decisions that need to be made. Sharing your wishes with your Substitute Decision Maker and/or Power of Attorney for Personal Health on a regular basis allows for effective communication with health care providers when important decisions are necessary. Making decisions about your health care can be difficult and emotionally charged. It is helpful for those around you to know your preferences so that your wishes are reflected in the health care decisions made on your behalf.

You can find out more about advance care planning at: <http://www.speakupontario.ca/>

Ontario information on Power of Attorney can be found at: <https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.php>

Hospice hopes to hold a DIEalogue session on Advance Care Planning later this spring. Please watch the Hospice website for details.



Speak Up

National Advance Care Planning Day is April 16

What's Ahead for Hospice Peterborough?

by: Linda Sunderland, Executive Director

One year from now, we will be providing care in our community's new Hospice Peterborough Care Centre. What will this mean to our community?

It means our community will have access to 10 private suites where our professional team of staff and volunteers can offer the very best end of life care. It means families and caregivers can relax in homelike spaces like a family kitchen, dining area and living rooms when they are spending time with their loved one. It means our community programs like grief groups, day hospice, and caregiver groups have larger, private, light filled meeting spaces. It means we will have additional space to offer enhanced wellness programs and groups for children and teens in our therapeutic arts space.

We have lots to do before our new doors open. Of course, construction must be completed. As

well, in the upcoming months, we will be finalizing our model of care and hiring the additional staff we will need to deliver this care. Our current staff and volunteer team are working hard to make sure we will be ready to open our doors next winter.

This project has had many difficulties but a constant factor that has kept us all motivated is the enthusiasm and generous support of this community. Thank you all.



Pictured: Linda Sunderland, Executive Director

THANK YOU
'UN NOUVEAU CHAPITRE'
- THE NEXT CHAPTER
GALA SPONSORS!

YOU MAKE HOSPICE CARE POSSIBLE!

| | |
|------------------------------------------------------------------------------------------------------|--------------------------------|
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| <p>Sponsor de Fleurs</p> | <p>Sponsor de Caméra</p> |

12,000 Reasons to Love 100 Women Peterborough

The inaugural meeting, on March 20, 2018, of 100 Women Peterborough saw Hospice Peterborough selected as the recipient of a generous donation of \$12,000. These funds will outfit the integrated arts space at the new Hospice Peterborough Care Centre.

Thank You to all the members of 100 Women Peterborough who are making a difference in our community and who continue to demonstrate the power of women working together.



Pictured: Linda Sunderland, Executive Director Hospice Peterborough, with 100 Women Peterborough Members at their inaugural meeting.

Keep up on the Care Centre Construction

Want to keep up to date on the most recent construction activity of your new Hospice Peterborough at 325 London Street? Sign up today and receive email alerts when new blog entries are posted!

Subscribe today!

hospicepeterboroughcampaign.ca/?page_id=725



Reflections from the Palliative Care Community Team (PCCT)

by: Linda Kehoe, Palliative Navigator, Peterborough PCCT

The Hospice Peterborough PCCT has been providing care in our community for one year. This new team was developed to enhance the existing interdisciplinary palliative care expertise in the Peterborough community to ensure individuals and families living with a life-threatening illness receive comprehensive care and seamless transitions between points of care.

The value of the PCCT (Intake Coordinator, Supportive Care Counsellor, Palliative Navigators) is three fold. First, it is the interaction of team members whose individual strengths, experiences and knowledge combine to help clients and families achieve their goals. Second, PCCT members collaborate with other Hospice staff and volunteers and member; and third, PCCT members conduct outreach to an extensive network of community partners.

Referrals for PCCT come from a variety of sources but their first contact with us is the Intake Coordinator who assigns the client to a team member based on the information provided by the referral source and conversation with the client.

Typically, clients are visited by one of the Palliative Navigators or the Supportive Care Counsellor so we can gain first hand, face-to-face knowledge of where they are at and where they would like to be.

Once the client's goals are established, a primary team member is attached to each client for the duration of their involvement with Hospice Peterborough. Should the team member determine that client's needs are outside the mandate of the PCCT and Hospice Peterborough they will ensure the client is connected to the most appropriate resource within or beyond our community.

Referral sources include: clients, family members, Care Coordinators with Central East Local Health Integration Network (CE-LHIN) Home and Community Care, PRHC staff, friends, doctors and community agencies. The only condition for receiving our service is consent by the client to participate.

The client could be a person with a life-threatening illness, a family member of a person with a life threatening illness or both.

Since its inception the PCCT has welcomed clients with cancer, neurologic, cardiac, respiratory and renal illnesses.

Team members continue to be touched and amazed by the people we serve and marvel at how lucky we are to work in such a supportive, progressive and caring community. We look forward to keeping this momentum going and strive to improve and evolve in the coming years.



Now Recruiting Volunteer Board Members

Are you interested in supporting hospice palliative care in our community? Please consider applying for a position on the Hospice Peterborough Board of Directors.

The Hospice Peterborough Board of Directors invites residents from the City and County of Peterborough to serve on the Board of Directors for a three year term, starting June 2018. For more information please visit: <http://www.hospicepeterborough.org/board-members-recruit/>.

Interested individuals are asked to provide resumes and cover letters in confidence by May 17, 2018 to: admin@hospicepeterborough.org - Attention: Chair, Board Governance Committee



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

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.

Donors make our care possible.



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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.

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Closed:
Monday, May 21, 2018