

\$10,000 Donation from Norwood Masons

Hospice Peterborough thanks Masons for generous gift after sale of Norwood Masonic Lodge

After closing the doors of the historic Norwood Masonic Lodge, members have donated \$10,000 to Hospice Peterborough from the sale of the building.

"We are incredibly touched that Norwood Masons have thought of Hospice Peterborough at this time and thank them for this meaningful gift," says Hospice Peterborough Executive Director Hajni Hős. "We will ensure this gift is used to provide our accredited palliative and bereavement services to local residents in need and we will honor the Norwood Masons for their incredible generosity on our Donor Wall."

The historic lodge has existed since 1870 and was housed in a former Pentecostal church. The Norwood Masons purchased the building about 40 years ago and turned it into a lodge where the membership would hold meetings and gatherings, says member Doug Percy.

Since the start of the pandemic, the building has been largely vacant and it became unfeasible to maintain so the membership made the difficult decision to sell



The Norwood Masons visited on June 14 to make the donation. From left, Aimée O'Reilly, Hospice Peterborough Communications and Fundraising Coordinator; Doug Percy, Norwood Masons senior member; Norwood Masons Secretary Keith Buchanan; Hospice Peterborough Executive Director Hajni Hős; and Norwood Masons Past Master Nigel McArthur.

in October 2021. Under the group's charter, all proceeds must be used for charitable purposes and the Masons have also donated to other local non-profits including Brock Mission, Crossroads Women's Shelter, the Peterborough Regional Health Centre, the Peterborough Humane Society and the Five Counties Children's Centre.

"The legacy of the Norwood Masons will live on through these gifts that we hope will continue to improve our local communities," Mr. Percy says.

"We are glad we can contribute to the good work of Hospice Peterborough in helping so many people through life-threatening illness and end-of-life care."

New Leadership on Hospice Board of Directors

Len Lifchus becomes new chair while Mary Blair assumes role of vice chair for 2022-24

There's new board leadership at Hospice Peterborough.

Len Lifchus – our former vice-chair who has been awarded the Queen's Diamond Jubilee Medal for his prolific volunteer contributions over the past 40 years – is the new board chairman.

"It is an honour and privilege to serve on our Board of Directors and to be given the opportunity to serve as President and Chair for this hospice, which is one of the best in the province," Mr. Lifchus says.

Len is well known in this community for serving as the former CEO of United Way of Peterborough & District for more than a decade before moving to Hamilton in 2009 to head up the United Way of Burlington & Greater Hamilton. He returned to Peterborough in 2014 following retirement. He is taking the Hospice reins from Bob Campbell, a former schoolteacher and retired financial planner, who will continue to serve as past



Len Lifchus



Mary Blair

chair. Our new vice-chair is Mary Blair who has previously served as Hospice's board secretary and chaired the Resource Development committee. Mary, who is a Tim Hortons franchisee, will also take on a lead role this year in chairing the committee for the 2022 Hike for Hospice – one of the organization's largest annual fundraisers.

"Every day that I work for Hospice, I am filled with gratitude," Mary says. "It is truly a privilege to now serve as vice-chair and help lead this outstanding organization into the future."

New to the board this term is **Richard Johnston**, a former Hospice Peterborough executive

director and founder of the Festival of Trees.

Returning to the board for a new term are **Kirsten Burgomaster**, a member of Lakeridge Health senior management team; **Christina Murphy**, PRHC director of Patient Relations, Risk, Infection Control and Medical Affairs; and **Otis Smith**, wealth advisor with Scotia Wealth Management.

Current board members are: **Karen Auger**, a chartered professional accountant; **Adam Burns**, an investment manager with RBC; **John Corso RN**; **Heather Eatson**, who has worked in community healthcare for more than 30 years including with Red Cross Homecare; **Marie Hynes**, a lawyer at LLF Lawyers LLP; **Margaret Keatings**, a retired RN who previously held senior positions at The Hospital for Sick Children; and **Dr. Becca Webster**, Division Head of Palliative Care at PRHC. The board's youth intern is **Jacob van Haften**, a Trent University student who aspires to become a child psychiatrist.

Former Hospice Executive Director Excited to Rejoin Board

Richard Johnston – who served as Hospice Peterborough's executive director in the early 1990s and helped found the Festival of Trees – is returning to Hospice as its newest board member.

Richard served previous terms on Hospice's board in the 1980s and early 2000s while also chairing the committee that oversaw con-

struction of our London Street facility.

"As a recently retired engineer, I feel that I now have the time to help and hopefully have some specific skills to offer," he says.



R. Johnston

Over the years, he has served on several boards in the community including the Morton Family Healthcare Centre.

He recently retired from a long leadership career in civil engineering, communications, fundraising and strategic operations including a 22-year career at Lakefield College School.

Moroney Family Golf Tournament Raises \$8,300

In honour of Darragh Moroney, family supports Hospice Peterborough through inaugural tournament



The Moroney Family Golf Tournament, in honour of Darragh Moroney, was held July 9 at Tamarac Golf and Country Club. The family, including Mr. Moroney's children Hart, Darragh Jr. and Shanna, as well as his wife Nancy, came to Hospice Peterborough on July 28 to donate the proceeds of \$8,300. The family plans to make the tournament an annual event. We offer heartfelt thanks to the family for supporting our programs and services.

Meaningful Work, Good Work-Life Balance: Staff Survey

The majority of Hospice Peterborough staff are happy with their work, find it meaningful and have forged excellent working relationships with colleagues.

The 2022 staff survey outlined several areas where staff offered positive feedback on the organization including professional development opportunities and a good work-life balance.

"We work hard to ensure our talented staff have an excellent work environment and were pleased that the survey results were overwhelmingly positive," says executive director Hajni Hős.

Out of 32 respondents, 26 said they were very happy in their work while the remaining six noted being moderately happy.

When asked if they found their work meaningful, 69% said 'Always,' 25% said 'Often' and 3% said 'Sometimes.'

The collaborative spirit of Hospice also shone through as 91% of respondents said they 'Always' or 'Often' have good relationships with colleagues, while the remaining 9% said 'Sometimes.'

When it comes to feeling supported in career goals and professional development, 66% felt

very supported and 21% moderately supported.

And with an ongoing nationwide labour shortage, it was reassuring to see that 63% of respondents indicated they 'Never' or 'Seldom' consider looking for work elsewhere.

That may be due in part to Hospice Peterborough investing in staff and giving them control over their projects.

In fact, 63% of respondents reported 'Always' having a solid understanding of their roles while 81% indicated they have a high degree of control over their work.

Pandemic Created Many Challenges for Palliative Care

Dr. Becca Webster addresses Hospice AGM about how COVID-19 altered care in our community

Delivering palliative care throughout the pandemic has been very difficult for Peterborough's palliative care team as providers dealt with numerous issues including medication shortages and visitor restrictions. It was "heart-wrenching" at times, particularly when patients' spiritual, cultural, and psychological needs were unable to be met due to isolation, says Dr. Becca Webster, a palliative care physician, Hospice Peterborough board member and the head of division for palliative care at the Peterborough Regional Health Centre (PRHC).

Dr. Webster [addressed this issue during the Hospice Peterborough AGM](#) last month, outlining how COVID-19 altered palliative care.

One of the most challenging issues, she said in her address, was when people approaching end-of-life could not be around their loved ones, especially before vaccines. "It was absolutely devastating," she says. The palliative team worked with more patients in their homes throughout the pandemic, since many avoided the hospital. Hospice always remained an option for those in their final days to weeks of life.

Many patients lose a sense of control as their illness progresses, but Dr. Webster explained that Hospice Peterborough helps to restore some degree of control by personalizing each resident's experience as much as possible. She said that residents are able to request specific foods, choose TV or music that they enjoy, or request spa-like



Dr. Becca Webster, a palliative physician, delivered the AGM keynote address.

"All the little things add up to mean so much and it's incredible the level of care we can provide at Hospice Peterborough."

experiences such as baths or and fingernail painting. Since each of the 10 rooms in the Hospice residence has a large window, she mentioned that residents were still able to have window visits where they could see and hear their loved ones, even though they couldn't touch.

"All these little things add up to mean so much and it's incredible the level of care we can provide at Hospice Peterborough," Dr. Webster said. "It's a real asset to our community."

Although end-of-life care is a significant component of palliative care, Dr. Webster stressed that it is much more than that. Palliative care can be offered to anyone with a life-threatening illness, re-

gardless of the stage, and might include pain and symptom management. However, the delivery of palliative care is also holistic, in an effort to address other factors such as psychological, spiritual, cultural and financial needs.

She ended her presentation by asking: "Where do we go from here?"

She says we need to recognize the pandemic has been hard on all of us, continue to show compassion for one another and try to find a sense of community and togetherness again. She adds that she looks forward to offering a more personal touch as restrictions are lifting.

"It's all the little things like sitting down with patients, getting on their level, holding their hands," she says. "I lost some of that physical touch and caring that we are just so used to doing. Supporting one another and finding ourselves once again is all we can really do."



Henry the therapy dog from East Central Therapy Dogs - Peterborough and Area- brought some comfort and joy to residents in early June. He was the first therapy dog to be in the building since the start of the pandemic. From left, Karin McLean, East Central Therapy Dogs; Alley Heard-Murphy RN; Sarah Yeomans PSW; and Sebastien Deuchars RN.

Therapy Dogs Return to Residence

For the first time since the start of the pandemic, therapy dogs have returned to Hospice Peterborough.

Henry, a therapy dog from East Central Therapy Dogs- Peterborough and Area, was the first therapy dog to come visit since March 2020 when he visited our residence in early June. He

and his handler Karin McLean now come in every Tuesday for an hour while Capo — another dog from East Central Therapy Dogs — visits every Thursday for an hour. Both have been in six times since the beginning of June.

We welcome their presence as we cautiously tip-toe back into pre-pandemic life.

Register Now for Hike for Hospice

Registration is now open for Hike for Hospice 2022. The annual event will happen from Sept. 10 to 16.

As we are uncertain about the state of the pandemic in September, and to err on the side of caution, there will not be a formal in-person gathering in Millennium Park.

Instead supporters are welcome to walk, run or cycle on a route of their choosing again this year.

If you'd like to register as an individual or a team, please visit easypledge.ca/hospice-Peterborough to get started.

We rely on fundraisers like these to continue helping all community members in Peterborough city and county who need support at the end of life, during a life-threatening illness and throughout a grief journey.

We have persevered throughout the pandemic to continue offering these services and, thanks to the community's generosity, we are able to do so without ever charging a fee.

Thank-you to all of our supporters who continue to invest in our services.

Hospice Book Club Resuming in September

Check out the upcoming book selections for September 2022 to January 2023

The Hospice Book Club will be resuming in September after members decided to take a summer break. For those who would like to get a jump on reading, the following are the book selections and meeting dates:

Friday, Sept. 16 (11 a.m. to noon): ***Kitchen Table Wisdom***, by Rachel Naomi Remen. The author offers a unique perspective on healing based on her background as a prominent physician, professor of medicine, therapist and long-term survivor of chronic illness. This collection of true stories addresses spiritual issues of suffering, meaning,

love, faith, courage and miracles. **Friday, Nov. 18:** ***Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience***, by Brené Brown. The author explores 87 emotions and experiences that define what it means to be human. She outlines skills and actions necessary for meaningful connection and provides the language and tools to access a universe of new choices and second chances.

Friday, Jan. 20, 2023: ***No Cure for Being Human (and Other Truths I Need to Hear)***, by Kate

Bowler. The author believed that life was a series of unlimited choices until she was diagnosed with cancer at age 35. In this book, she grapples with her diagnosis, ambition and faith as she tries to come to terms with limitations in a culture that says anything is possible.

Hospice Book Club is a warm, friendly and open group for anyone connected with Hospice Peterborough.

For more information, email Carolyn Parkes at cparkes@hospicepeterborough.org or call (705) 742-4042.



Pickleball players at the Buckhorn Community Centre on July 14.

Pickleball fundraiser for Hospice

Thirty-two participants joined a pickleball tournament at the Buckhorn Community Centre on July 14 to raise money for Hos-

pice Peterborough. Thanks to all who joined and helped raise more than \$2,000 for our programs and services.

Masks remain mandatory in Hospice

After Ontario lifted its mask mandate, the Hospice Peterborough Outbreak Management Team, in alignment with our partners at PRHC, decided to keep COVID-19 protocols in place.

Anyone who enters the building must wear a mask and medical masks are available at the reception desk.

As a high-risk setting, we have a responsibility to provide a safe care environment and we know that masks are one of the most effective ways to do so.

Thank you to all for your understanding.



Nourishing Food a Key Part of Care

It's said that food nourishes not just the body but also the soul. Our cook Andrea Barrett sees this on a daily basis.

Whether she's preparing a curried Thai mango chicken salad for a resident, passing around homemade cheese scones to visiting family members or sharing her



Andrea Barrett

recipe for apple cake, Andrea understands that food provides comfort during difficult times.

"I provide connection and support to families in a unique way," she says. "I spend a lot of time bonding over food."

There is no set time for meals as residents can eat when they're hungry and can request special meals whether it's something new they'd like to try, a childhood favourite or even food for a special occasion. Andrea recalls making a wedding-anniversary dinner, complete with homemade cake for dessert, for a resident and his wife.

She can make something elaborate if requested or provide traditional comfort food such as her homemade lasagna.

"This job doesn't really feel like a job," she says. "I get a lot of pleasure and satisfaction from what I do."

Beautiful new plants greet our visitors at our front entrance thanks to The Greenhouse on the River. Office coordinator Meaghan Blodgett and volunteer Joanne Walsh are pictured here with the generous donation.

See you in August for 'Hospice at 4th Line'

We've had incredible support for 'Hospice at 4th Line' and have sold out of 140 available tickets.

We look forward to seeing our supporters on Aug. 10 for the outdoor theatrical performance of 'Wishful Seeing'

with a portion of the proceeds supporting our palliative and bereavement work.

We thank 4th Line Theatre for a wonderful partnership and we look forward to working with the organization more in the future.

Fowlers Corners and District Lions Club
Presents

Cruise Night
 At CraftWorks
 NEW LIVE MUSIC
 JUNE - JULY & AUGUST
THURSDAYS
 At CraftWorks (weather permitting)
MAY 19th - SEPT 15th • 5 PM TO DUSK
 CraftWorks At The Barn
 124 Lindsay Road, Selywn ON, K9J 0C5
 (1 Km east of Fowlers Corners)
IN SUPPORT OF:
 Lions Club, bgc, Kawartha Foundation, Five Counties, Hospice Peterborough
NO ADMISSION FEE
 Donations are encouraged to cover event costs and assist in the work of the Lions.

Cruise Night is back at the barn!

Every Thursday you can find vintage cars, live music and fun in the sun while supporting some amazing local charities including Hospice Peterborough. Check out Cruise Night at CraftWorks every Thursday (weather permitting) until Sept 15. We extend our humble gratitude to the **Fowlers Corners & Districts Lions Club** for supporting our work.

Keep in touch:

-  @hospiceptbo
-  @HospicePeterborough
-  @hospiceptbo

How you can help

YES, I want to support vital hospice palliative care!

Name: _____

Address: _____

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Postal Code: _____

Phone: _____

Email: _____

Amount:

- \$50 \$75 \$100 \$200 Other: _____

I would like to make my gift by:

- Cheque (payable to Hospice Peterborough)
 Visa MasterCard AMEX

Card #: _____

Expiry Date: _____

I would like to be an anonymous donor

This gift is in memory of: _____

Please contact me to discuss my legacy gift to Hospice Peterborough.

For your safety, and the safety of our residence and staff, please consider donating online, or through the mail. We appreciate your understanding.

Registered Charity No. 11947 8964 RR0001 Tax receipts will be issued for donations of \$20 or more.

Donate online at hospicepeterborough.org Or mail to 325 London St Peterborough, ON K9H 2Z5

THANK YOU! Donors make our care possible!



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