



JUNE 2018

## Building the Future of Hospice Palliative Care in Your Community

By: Linda Sunderland, Executive Director and Todd Barr, Transition Team Leader

In early May, construction workers began installing roof trusses on the frame of your new community hospice. As we write this article, the roof under-structure is completely in place and we anticipate installation of the windows, doors and metal roof in the coming weeks. On paper we always knew this new building was going to be four times the size of our current location, and now the reality is starting to set in!

This new building enables another choice for those seeking end-of-life care in Peterborough City



Image Courtesy: Of Mexicorn

and County – a first for our community. Most clients will come to the new Hospice Residence in their last two weeks of life when they can no longer stay in their own home because their physical needs are too great. Support at the Hospice Residence will build on the spiritual, physical and psychosocial supports we already offer in the community by adding the ability to provide 24/7 physical care in a homelike setting. The focus of the Hospice Residence will be on whole person care of both the client and family provided by professional staff, PSWs and volunteers. The residence program will dovetail with our longstanding community programs offering clients and families seamless support from their home to our hospice home.

It is hoped that many of the clients coming to the Residence will be known to Hospice through the community programs and that staff and volunteers will be able to support the transition for the client and family into the Hospice Residence. Having community programming and the Hospice Residence in the same building will also allow wrap-around support after the client's death in terms of providing grief support. The addition of the Hospice Residence supports Hospice's goal of becoming a central hub for the delivery of hospice palliative care in our community. Hospice Peterborough continues to recognize and value the important role played by the Central East Local Health Integration Network's Home and Community Care, many community organizations, and the Peterborough Regional Health Centre in providing hospice palliative care in our community.

In April a job advertisement was posted for the

new position of Manager of Hospice Residence and Palliative Care Community Team. The new Manager will provide nursing leadership to ensure quality client-centered care is provided to Hospice Peterborough clients and families. Candidate interviews are being arranged and we're hoping the new staff person will start in early September. The Manager will play an integral role in finalizing Residence policies and procedures, hiring and training the new Residence staff team of nurses and personal support workers and working with the Palliative Care Community Team to find innovative ways to integrate hospice palliative care across the illness trajectory.

In May Dr. John Beamish accepted the position of Medical Director for Hospice Peterborough. In his role as Medical Director, Dr. Beamish will provide medical insight and leadership to the Hospice Residence and



*Pictured: Dr. John Beamish, Medical Director for Hospice Peterborough*

Peterborough Palliative Care Community Team.

The Design and Furnishings Committee has been working with the Care Centre Building Committee to provide Mortlock Construction with input on lighting and plumbing fixtures, electrical/data/phone jack locations and finishes (i.e. paint colour, trim, tiling, flooring, etc.). The goal is a building interior that says "you are welcome here" and provides a warm, safe and home-like setting.

Linda Sunderland, Natalie Warner and Todd Barr have also been working with the Central East Local Health Integration Network (CELHIN) to determine the Residence intake process and finalize the flow of operating funds to support the Hospice

Residence.

We are working hard to make sure we are ready to open the doors of your Hospice in February 2019.

## **Hospice Peterborough's Annual General Meeting and Volunteer Celebration**

**Thursday, June 28, 2018  
6 PM to 8 PM**

McDonnel Street Activity Centre  
577 McDonnel Street, Peterborough

**Annual General Meeting**  
AGM Presentation and Care Centre Update  
followed by  
**Volunteer Celebration**  
with guest speaker Eleanor Low, June Callwood Award  
Recipient 2018, Hospice Palliative Care Ontario

Please RSVP to Hospice Peterborough  
at 705-742-4042 or  
[admin@hospicepeterborough.org](mailto:admin@hospicepeterborough.org)

**YOU  
light the  
way!**



# 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.



# THANK YOU Hikers, Volunteers, Donors & Sponsors, YOU make hospice care possible!



## COMFORT



## COMPASSION

Kidd Bros. Construction Ltd. • LLF Lawyers • Mortlock Construction Inc.

## CARE

Central Smith • Culligan • Graeme Ross - RBC Wealth Management Dominion Securities

## SUPPORT

Grant Thornton LLP • Monkman Gracie & Johnston • Nexicom • Nuttall & Associates Financial Services • Silver Bean Cafe • Stewart Family Foundation • Stewart Group Limited • Village Pet Food & Supply • Wild Rock Outfitters

## MEDIA



**Save the Date**  
**17<sup>th</sup> Annual Hike for Hospice**  
**Sunday, May 5<sup>th</sup>, 2019**

**THANK YOU** to the over 700 hikers who joined us on Sunday, May 6<sup>th</sup> in the beautiful sunshine at Millennium Park for the 16<sup>th</sup> Annual Hike for Hospice.

Because of your generosity, over \$80,000 was raised to support adults, children and youth living with life-threatening illness and grief in Peterborough City and County.

Hikers, Volunteers, Donors and Sponsors make it possible for staff and volunteers to create a safe,

comfortable, home-like environment for individuals and their families and for them to realize they are not alone throughout their journey with life-threatening illness and grief. **THANK YOU** for your continued support and community spirit!

A **BIG THANK YOU** to the Hike for Hospice Committee: Chair, Heather Drysdale, Lynn Borland, Carla Brown, Mary-Anne Burnie, Chloe Darling, Michele Kadwell-Chalmers, Cathy Kayser, Linda Nicholson and Diane Topping.



Hikers of Team Mark

# Home Support Volunteers Make a Difference

By: Natalie Warner, Manager of Community Programs

I remember reading the story of a mother who during long stretches of solo caregiving sang to her baby using every swear word possible worked into the gentle melodies of lullabies. The lullabies allowed her to share her love for her child and the swearing was a release from the stress and minutia of constant care giving.

Caring for a loved one who is dying can be very gratifying but can also shrink the caregiver's world physically and mentally. As the person being cared for becomes more frail and homebound, the caregiver often needs to be physically present to help the person, provide care and monitor potential risk. The caregiver's thoughts may become focused on maintaining routines, communicating with care providers and worrying about when medications are due. And unlike the baby, most people who are dying understand every word said so singing a series of swear words may not be a suitable stress relief technique.

Many clients are introduced to Hospice's Palliative Care Community Team (PCCT) at a time in their lives when they require assistance with care needs. The PCCT helps support clients and families by answering questions, ensuring appropriate services and supports are in place, and providing supportive care counselling and linkages with Hospice volunteers. The PCCT appreciates the efforts of volunteers because home support volunteers give caregivers a break from the routine and sometimes

a break from the environment. This can be a win-win for the caregiver and the client, as clients are often aware of how their care needs impact a family member's life. Clients often want their primary caregiver to take a break and/or need a break from being cared for by family. By virtue of the relationship and because volunteers are often able to visit more often than PCCT staff members, the relationship with a volunteer is different.

Hospice volunteers are able to treat clients and caregivers to small precious glimpses into life beyond illness and caregiving. Last summer a volunteer was taking a client to a medical appointment and on the way home they stopped at a garden centre and enjoyed the beauty of the plants. Another volunteer visited a client weekly giving the caregiver the confidence to continue going out with her sisters - a tradition they had enjoyed for decades. Another volunteer was placed after the PCCT Nurse Navigator identified that volunteer respite would allow the caregiver who was up several times a night to take a nap. The time with the volunteer evolved into kitchen table chats, where the volunteer listened and the caregiver was able to talk openly without the pressure of feeling they needed to word things carefully for their family.

*Thank you home support volunteers. You truly make a difference!*



## Thank you to our Gardening Volunteers!

The Hospice Gardens are looking green and healthy thanks to the hard work of volunteers Pat Freistatter, Peter Freistatter and Cathy Fraser. Thank you!



## Thank You Kawartha Credit Union

Thank you to Kawartha Credit Union for your donation of \$3,000 from the Kawartha Credit Union Community Involvement Initiative! These funds will support our Day Hospice program which offers a safe place for clients to participate in group sessions, complementary therapies, nutritious meals and meaningful workshops.



Pictured (l to r): Linda Sunderland, Executive Director, Hospice Peterborough with Jamie Bonneville, Branch Manager, Kawartha Credit Union, Hunter Street

*“Do small things with great love.”*

*- Mother Teresa*



SAVE THE DATE

HANDBAGS FOR HOSPICE

Thursday, November 15th, 2018

Join us for a fabulous evening of fun,  
food and fashion!

**Tickets go on sale September 2018!**

**Interested in sponsoring this year's event or  
donating a new designer handbag?**

Contact Michelle Proulx at  
[mproulx@hospicepeterborough.org](mailto:mproulx@hospicepeterborough.org) to learn  
more about available sponsorship opportunities.



Photo Credit: Charlotte Clements

# Memoriam 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 February 1, 2018 - May 31, 2018, we are honoured to have received donations in memory of the following individuals:

“Eugene”  
 “Your Mother”  
 James Andrews  
 Helen Baker  
 Isabel Bath  
 Barbara Beck  
 Cecile Bedard  
 Anita Blackbourn  
 Eleanor Buckham  
 Dan Burnie  
 Mary Burrett  
 Sheila Caban  
 Pat Cole  
 Olive Anne Curtis  
 Hilary Dick  
 Ronald Dooher  
 Velma Doris  
 Ron Ethier  
 Wayne Freeburn  
 Alex Gramsma  
 David Grills

Richard Hancock  
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 Hugh Laviolette  
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 James Malloch  
 Gordon Mallory  
 Gerald Mann  
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 Margaret McIntosh

Catherine Moriarity  
 June Morrow  
 Brian O’Toole  
 Bob Pearse  
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 Roberto Polini  
 Ernie Richardson  
 Don Robertson  
 David Robson  
 Bill Rowan  
 Eugenia Soligo  
 John Stone  
 Joyce Marie Sutton  
 Joyce Taylor  
 Nancy Taylor  
 Fred Thompson  
 Marion Thompson  
 Sandra Tucker  
 Robert (Bob) Vespaziani  
 Allan Weaver

Debi Wells  
 Dale Wellwood  
 Jack Whetung  
 Ronald Whiteman  
 Maurice Whiteside  
 Erik Wilke  
 Don Yale  
 Jim Yates



## Peterborough County Council Completes Pledge

Tuesday, May 16<sup>th</sup>, Peterborough County Council presented Hospice Peterborough with a cheque for \$175,000 to complete their generous pledge of \$350,000 to the *Every Moment Matters* Campaign and the new Hospice Peterborough Care Centre.

We are so grateful to Peterborough County Council and the residents of the County for their commitment to hospice care in our community.

*Pictured (l to r): Joe Taylor, Peterborough County Warden and Linda Sunderland, Executive Director, Hospice Peterborough*

# Next Volunteer Orientation September 2018

There is so much to be learned through the Volunteer Training Program at Hospice Peterborough. When asked what they liked best about the program one volunteer said: "This is a nice relaxed atmosphere where we can share our ideas. There is no judgement. Everyone here is eager to learn and friendly."

Curious about what it means to be a Hospice Peterborough Volunteer? Consider joining us at an orientation session in September 2018. Registration will begin in early August. Please call Paula Greenwood to register at 705-742-4042 or [pgreenwood@hospicepeterborough.org](mailto:pgreenwood@hospicepeterborough.org).



## 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)

### 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.*



### BOARD OF DIRECTORS

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 Karen Auger  
 Dr. Heather Drysdale

Laurie English  
 Dr. Michael Gibson  
 Bill Lockington  
 Tom McHugh  
 Betty Morris  
 Lisa Ruston

### STAFF LIST

Linda Sunderland, *Executive Director*  
 Todd Barr, *Transition Team Leader*  
 Dr. John Beamish, *Medical Director*  
 Meaghan Blodgett, *Office & Communications Coordinator*  
 Alison Casey, *Manager of Development*  
 Louise Golledge, *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*

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.

@hospiceptbo

@HospicePeterborough

@hospiceptbo

**Closed:**  
**Monday, July 2, 2018**  
**Monday, August 6, 2018**  
**Monday, September 3, 2018**