



SEPTEMBER 2018

## Hospice Palliative Care in Your Community

Linda Sunderland, Executive Director

These past few months have been busy ones here at Hospice Peterborough. We are preparing for the move to 325 London St., growing our staff, and welcoming new board members. Our services have resumed their fall schedule. And, with the windows in, the interior underway, and a gorgeous metal roof going on, we know that the

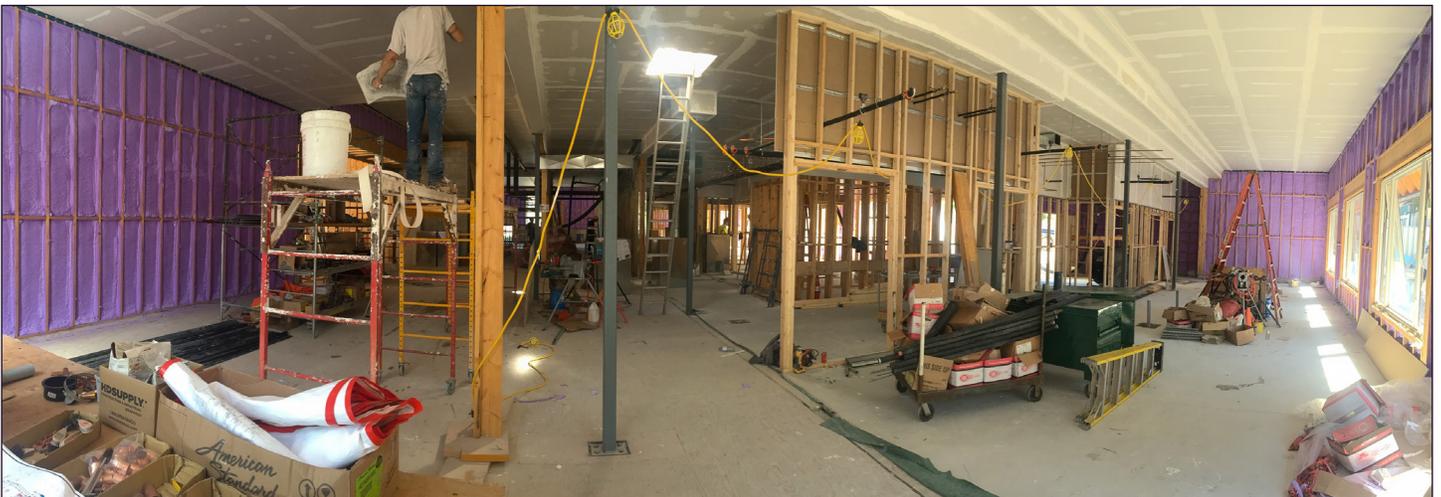
Care Centre is almost ready to face the weather ahead.



*Thank you to Havelock Metal for donating the metal roofing, Mortlock Construction for their continued hard work, and thank you to the many contractors, and the workers making our community hospice dream a reality..*



Courtesy of Mortlock Construction



Courtesy of Mortlock Construction

## Day Hospice participants share their thoughts

Recently, our summer student, Chloe Darling, conducted a survey with Day Hospice participants to get their thoughts on the program. As we prepare for the move to the new building, we wondered if there was anything Hospice should be considering changing in the program when we open in the new space.

Day Hospice is a program for people diagnosed with a life-threatening illness. Currently, a men's group and a women's group meet every Wednesday morning. Both groups then come together to enjoy a nutritious meal prepared by a volunteer Caring Cook. Dignity Drivers from Comstock-Kaye Life Celebration Centre provide transportation for those who need assistance getting to the groups.

*"The group here is wonderful; it feeds my soul & warms my heart."*

The response from participants was overwhelmingly positive. When asked what clients liked best about Day Hospice, themes of friendship, honesty, and humour emerged.

Clients also felt they benefitted from being able to share their experiences, with no risk of judgement.

When asked what clients liked least about Day Hospice, five out of nine clients said "nothing." Crowded space was a drawback, but this is something that will improve in the new building!

Hospice Peterborough looks forward to being able to continue to support clients through the Day Hospice program after the move.

*"The ultimate lesson the group of us can learn is unconditional love, which includes not only others but ourselves as well."*

## Celebrating non-profit excellence



We are delighted to announce that Hospice Peterborough has been chosen as a finalist for the Chamber of Commerce award for Non-Profit Excellence! We are proud to be nominated alongside the Canadian Canoe Museum and the YWCA.

*Thank you to the Chamber of Commerce for this honour, and to our category sponsor, the Community Foundation of Greater Peterborough!*



*A behind-the-scenes peek at the video shoot for the Chamber of Commerce Business Excellence Awards.*

# 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 provided at no charge. Call 705.742.4042 for more information, or to register for a group.



## Volunteers making a difference

Judy Lamb, a stellar Hospice Peterborough volunteer with 25 years of service, has generously shared her expertise, skills, and warm-hearted manner in a variety of roles. For several years now, Judy has greeted visitors and staff with a smile on Friday mornings, as our first point of contact at reception. She has also actively participated in home support, volunteer education, and fundraising events.

*Thank you, Judy!*



## New faces at Hospice Peterborough

As we say goodbye to summer, we say a fond, “hope to see you soon”  
to outgoing Hospice Peterborough Board Members  
**Lisa Clark, Laurie English & Betty Morris.**

*Thank you for your years of service and dedication!*

At this time, we warmly welcome our new Board Members  
**Mary Blair, John Corso, Evelyn King & Len Lifchus.**

*We look forward to the many exciting milestones we will share on the road ahead.*

We also say good-bye & best-of-luck to parting Hospice Peterborough staff members  
**Michelle Proulx & Anne Marie Peters.**

*Thank you for being a part of the Hospice Peterborough family.*

Welcome to our new staff members  
**Amy Cook, Administrative Assistant**  
**Jodi Dunn, Manager of Hospice Residence & PCCT**  
**Kimberly Stinson, Communications & Stewardship Coordinator.**

*Thank you for joining the team.*



Pssst.....Don't miss out!

Buy your ticket before **SEPTEMBER 26th @5pm** for a chance to win a fabulous early bird prize package!



2 tickets to Raine Maida & Chantal Kreviazuk at Showplace from Corus Entertainment

Black INIZI purse from Hi Ho Silver

Kettle Drums Gift Card

2 VIP tickets to Handbags for Hospice 2nd Floor Lounge

VALUE \$506

Available online at [www.hospicepeterborough.org](http://www.hospicepeterborough.org) or in person at 439 Rubidge St.



# Save the date!

you're invited!

## Handbags for Hospice

**November 15th, 2018  
7-10pm at The Venue**

TICKETS: \$50 & \$100 (2nd floor lounge)

Available online at [www.hospicepeterborough.org](http://www.hospicepeterborough.org), or in person at 439 Rubidge Street

Thank you to our sponsors!

KNÖCK ON WOOD

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The 2018 Handbags for Hospice committee members. Pictured (l to r): Dr. Verona Sulja, Dominique Quinlan, Kelly Dewar, Laurie English, Diane Czarnik, Sharon Hubble, Michelle Mitchell, Chair.  
Absent: Jayne Asselin, Mary Blair, Tracey Brown

Join our **Handbags for Hospice Facebook** page for updates on all things handbags, and for behind-the-scenes fun!

# On the greens for hospice care

## ANITA BLACKBOURN MEMORIAL GOLF TOURNAMENT



On August 24th family and friends came together to honour Anita Blackburn, a woman who made an impact on many lives. It was picture perfect weather with blue skies over the greens of the Quarry Golf & Country Club.

Anita left her family with a mission to support hospice care, and they have done her proud. On August 24th they reached their goal of \$100,000 for the new Care Centre so that one of the 10 bedrooms will bear her name.



*The Anita Blackburn organizing committee is all smiles as the golfing begins.*



*Golfers head out to tee off under beautiful skies at The Quarry Golf & Country Club.*



## HARRISON MCKINNON MEMORIAL GOLF TOURNAMENT

Friends, family, and fellow super heroes gathered on September 14th to remember one especially mighty super hero... Harrison McKinnon. Harrison's Army gathered at the Quarry Gold Club to play a round, share the day, and continue to honour Harrison's legacy, while joining Harrison's parents, Shannon and Barrett, on what would have been Harrison's 4th birthday.



*Harrison's Army take to the green.*



*A gorgeous day to celebrate and support.*

Photos courtesy of Heather Smith-Mills

# Community Support

We are honoured by the continued support from our community. Thank you to all those who help Hospice Peterborough provide services, free-of-charge, to those experiencing life-threatening illness and grief. Please know that your support makes a difference!



*"We are truly grateful for the generous gift of \$25,000 made...by Great-West Life, London Life & Canada Life. We are stronger when we work together & when we have the support of companies like this." - Shelley Barrie, Hospice Peterborough Board President.*

*Pictured (l to r): Paul Beauvais - Director, Business Development, Group Customer, David Roche - Director, Peterborough Financial Centre, Steve Giancola - Managing Director, Freedom 55 Financial, Terry Windrem - President, Protectors Group, Shelley Barrie - President, Hospice Peterborough.*



*Many thanks to the staff of Kawartha Credit Union for donating the proceeds of their smile campaign to Hospice Peterborough.*

*Pictured (l to r): Darlene Harrison - Financial Service Representative, Kawartha Credit Union, Alison Casey - Fund Development Manager, Hospice Peterborough, and Kyle Clapp - Branch Ambassador, Kawartha Credit Union.*



*Artwork courtesy of long-time volunteer, Robert Moreton.*

## Thank you!

# Next Volunteer Orientation March 2019

There is so much to be learned through the Volunteer training program at Hospice Peterborough.

*"This is a nice relaxed atmosphere where we can share our ideas. There is no judgement. Everyone here is eager to learn and friendly." -Volunteer*

Curious about what it means to be a Hospice Peterborough Volunteer? Consider joining us at an orientation session in March 2019. Registration will begin early February.

Please call Paula Greenwood to register at 705-742-4042, or email [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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Mary Blair  
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Dr. Heather Drysdale

Dr. Michael Gibson  
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Tom McHugh  
Lisa Ruston

### STAFF LIST

Linda Sunderland, *Executive Director*  
Todd Barr, *Transition Team Leader*  
Dr. John Beamish, *Medical Director*  
Meaghan Blodgett, *Office & Information Coordinator*  
Alison Casey, *Manager of Development*  
Amy Cook, *Administrative Assistant*  
Jodi Dunn, *Manager of Hospice Residence & PCCT*  
Paula Greenwood, *Manager of Volunteer Services*

Linda Kehoe, *Palliative Navigator*  
David Kennedy, *Supportive Care Counsellor*  
Patti Stanton, *Nurse Consultant, Palliative Pain & Symptom Management*  
Kimberly Stinson, *Communications & Stewardship Coordinator*  
Angela VandenBroek, *Manager of Finance & Administration*  
Ann Wannamaker, *Palliative Navigator*  
Natalie Warner, *Manager of Community Programs*  
Amy Watson, *Intake Coordinator*

439 Rubidge Street  
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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, October 8, 2018**  
**for Thanksgiving**