

OCTOBER 2020

Family Honours Son's Memory through Hike for Hospice

Patrick Mackey was a healthy and vibrant young Peterborough man known for his passion for social justice, his easygoing nature and his work at the YMCA as a beloved camp counsellor with the nickname 'Toucan.'

After his first year of attending the University of Guelph to study biomedical engineering, he started getting terrible headaches and his family soon learned he had glioblastoma, an aggressive form of brain cancer. Despite radiation that shrunk the tumour, relieved his pain and provided hope, Patrick lost his battle nearly two years later while spending his final days with his family at home in palliative care. He was 20.

There's no way to make sense of such a loss but one of the most important ways the family was able to cope was by using the services of Hospice Peterborough.



PHOTO: Patrick Mackey (far right) with his family

"I knew we needed family support and counselling and so I called Hospice and (bereavement coordinator) David Kennedy was here the next day," says Patrick's mother Christine Mackey, a retired long-time teacher from the local Catholic board. "He worked with us for a year and a half afterward, especially during difficult days like birthdays and Christmas, and he gave incredible insight and put things into perspective. We came away feeling like we could move forward."

Knowing the importance of this community service, Christine and her family – husband Pat and daughters Kira and Brianna – put together the 'Paddy's Paddlers' team this year as part of the 18th-annual Hike for Hospice fundraiser.

In all, the Hike exceeded its goal of \$35,000 to bring in \$56,538, which supports 26 programs and services including grief groups, day hospice, a 10-bed end-of-life residence and groups for children and teens. Christine says she's happy to support Hospice knowing that all of these programs and services are offered free of charge and Hospice depends on the generosity of the community, and these types of fundraisers, to continue.

But the Hike is more about raising money, it's also about honouring the lives of loved ones.

Christine thinks back to raising her three children on Croftdale Crescent before moving to Haggis Drive in the west end and Patrick, her youngest, being a happy and easygoing child who always laughed and smiled. "He brought us so much joy," she says.

He attended St. Catherine's elementary school and Holy Cross Secondary School where he was known for working on student council, attending brigades to Honduras where he supported orphanages and eventually becoming school valedictorian.

After moving on to university, he studied biomedical engineering with the hope of using his education to support third-world countries.

The headaches started in July 2016 while he was home for the summer break. After going to the Peterborough Regional Health Centre in early August, a CT scan discovered a tumour.

Eventually, doctors at Princess Margaret and Toronto Western hospitals treated the tumour with radiation and chemotherapy and Patrick was feeling well enough to go back to school in January 2017.

(continued on next page)

Family Honours Son's Memory through Hike for Hospice contin-



PHOTO: Patrick Mackey (above) was a healthy and vibrant young man.

As well as tremendous support and love from family, friends and school communities, Christine says Hospice offered "life-changing" counselling and services to the family during the palliative care and afterward.

With thanks, the family is now giving back to Hospice.

The Mackey's not only joined this year's Hike but plan to participate in the annual fundraiser for many years to come.

Unfortunately, they know many families after them will need the same services.

"Every family is affected by cancer and the new Hospice (building) is absolutely beautiful – so warm and welcoming with gardens and a courtyard – and you can just feel the compassion and sense of family when you walk in there," Christine says. "We are so fortunate, in Peterborough, to have that."

She adds that while joining the Hike is to financially support this important community organization, it's also one more way to honour Patrick's life.

"We continue to honour the incredible life he lived," she says, "and all of his goodness."

Later that year, however, the cancer had spread. After learning in April 2018 that he would be in palliative care for several weeks, the entire family was able to come home and spend that time together.

Written for Hospice Peterborough by Elizabeth Bower-Gordon

We extend a huge Hospice Peterborough THANK YOU to everyone who took part or supported the first ever virtual Hike for Hospice! Because of YOU, we exceeded our \$35,000 goal and raised

\$56,538

These funds will be used to support our 26 programs and services to the community, free of charge.



Welcome Red and Julie



Red Keating is a Social Worker who brings wonderful experience from a career of supporting people of different ages and needs. His experience includes being part of the team on the original Palliative Care Unit at St Joseph's Hospital in East City, to his most recent work as Director of Counselling and Accessible Education Services at Fleming College.



Julie Brown has most recently served as the Interim Executive Director and Director of Programs and Services for Peterborough Family Health Team. Julie comes with a variety of experience applicable to hospice palliative work including professional registration in the College of Registered Psychotherapists of Ontario and education in music therapy.



Happy Half-Retirement David

Supportive Care Counsellor David Kennedy never put half effort in at Hospice Peterborough, until is has come to his retirement. David is 'half-retiring,' going to part-time as Julie and Red begin to share the Supportive Care Counsellor position.

Meet Hospice Peterborough's Board of Directors 2020-2021



President and Chair, Bob Campbell grew up in Montreal and attended Concordia University graduating with a Bachelor of Science in Biology and Chemistry. He moved to Peterborough to work for Ethicon Sutures Ltd. He taught in the elementary and secondary system for 27 years, having a great many wonderful and different experiences. Bob returned to school and achieved his Financial Planning certification. Bob worked as a consultant, a Division Director, and a Regional Director here in Peterborough and in St. John's, Newfoundland. He retired in 2015 and continues to contribute to his community.

Vice President and Vice Chair, Len Lifchus was born in Vancouver, B.C. and originally came to Peterborough in 1999 from Kelowna where he served as Executive Director of the United Way of the Central and South Okanagan/Similkameen. In Peterborough, Len served as CEO of the United Way of Peterborough & District for over 10 years. In recognition for his volunteer contributions to Peterborough and Ontario, Len was awarded the Queen's Diamond Jubilee Medal and was inducted into the Peterborough Pathway of Fame in 2018. Len has served on the Hospice Board for the past 2 years, chaired the Community Relations Committee, sits on our Executive Committee, and welcomes visitors as a volunteer receptionist.



Past Chair, Shelley Barrie was born in Kirkland Lake, Ontario. After graduating from the University of Waterloo and Toronto Teachers College. She retired from her teaching career in 2013. While her family was young, Shelley became involved with Hospice, helping with event planning and volunteering over 20 years in many different roles. Shelley has always recognized the value of volunteering and donating. She has come to appreciate the meaningful work done by the staff and is honoured to have been part of the building and opening of the new Hospice Care Centre, and chairing the Board during that time.

Treasurer, Karen Auger moved to Peterborough in 2006 and resides in Douro-Dummer with her husband and two daughters. She obtained her BBA, specializing in Accounting from Wilfrid Laurier University and subsequently achieved her Chartered Professional Accountant designation. Karen has worked her entire adult career with BDO Canada LLP, in 3 different offices, starting as a cooperative student in University and is now a Partner in this National accounting firm. Karen has volunteered her time with several not-for-profit organizations over the years, with a focus on finance and governance.



Secretary, Mary Blair moved to Peterborough in September 2000 to begin the adventure of being a Tim Hortons Franchisee owner with her husband, Greg. Mary has worked on Gala and Handbags for Hospice Committees as well as the Tim Hortons Smile Cookie Campaign, and on various fundraising committees throughout Peterborough. Mary is a proud member of the Hospice Peterborough Board. She is amazed by the passion and commitment of Hospice Staff, Volunteers, and the hospice Community. She is happy to support the continued success and growth of Hospice Peterborough. Mary and Greg live in Peterborough and are the parents to two daughters, Jessie and Laura.



Kirsten Burgomaster is a member of Lakeridge Health's Senior Management Team and has worked in healthcare and academia for over 15 years. In her current role, Kirsten provides leadership for a network of cancer services and hospitals providing care to the 1.6 million people who live in the Northumberland, Kawartha Lakes, Durham and Scarborough areas. Kirsten is a member of the Central East Regional Palliative Care Network and a Board Member of Hospice Peterborough. She obtained her doctoral degree from McMaster University (specialization in skeletal muscle metabolism) and completed a post-doctoral fellowship at Trent University. She is an adjunct Professor at Ontario Tech University where she actively participates in research while providing thesis advisory support. Kirsten and her husband live in Peterborough with their 4 children and enjoy sporting events and family activities.

John Corso resides near Lakefield with his wife and three boys. He has been a nurse for 26 years and has been a manager at PRHC for the last 5 years. He has been involved with Hospice for the last 5 years, first sitting on the Quality Committee and then the last 2 years on the Hospice Board. As a nurse, he feels end of life care should be exceptional care and he strives to make sure it is, both here at Hospice and at PRHC. He recently accepted the chair position of Hospice's Quality Committee where he can continue to ensure Hospice Peterborough strives for high quality care. He and his children worked to supply face shields for healthcare staff, making approximately 500 face shields and over 1500 ear savers to help with the shortage of supplies during the COVID 19 pandemic. Doing his best at all times is something he brings to the table no matter where he works.



Dr. Heather Drysdale grew up in Peterborough. She has three children, the eldest is now working in London, Ontario, the younger two reside with Heather in Peterborough. She obtained her undergraduate degree at the University of Western Ontario. After spending a year in Paris, France she continued her education to become a Doctor of Chiropractic at the Canadian Memorial Chiropractic College in Toronto. She returned to Peterborough and ran her Chiropractic practice here for many years. Heather began her involvement with Hospice Peterborough volunteering on the Gala committee. Now in her second term on the Hospice Peterborough board she is Chair of the Communications and Development Committee, Chair of Hike for Hospice and continues to be a member of the Gala committee.

Heather Eatson grew up in Niagara Falls and moved to Peterborough in 1989. Heather is married with two grown sons, who both reside in Peterborough. She received her Bachelor of Applied Science from the University of Guelph in 1987, with a major in Gerontology. Heather has worked in community healthcare for over 30 years with Red Cross Homecare and Osteoporosis Canada, in both local and regional positions. She has worked closely and collaborated with many stakeholders including volunteers, and healthcare professionals and has experience managing and supervising staff. Heather has a passion for palliative care and recognizes the importance of providing dignified care to everyone across their lifespan. She has benefited from the programs offered by Hospice Peterborough.



Marie Hynes was born and raised in Peterborough. After leaving town for school and the start of her legal career, she moved back to Peterborough in 2019, with her husband and two daughters. Marie has a criminology degree from the University of Ottawa and a law degree from Osgoode Hall Law School. She practices at LLF Lawyers LLP in the area of estate planning (wills, powers of attorney, trusts, guardianship applications) and estate administration. Marie is looking forward to contributing to Hospice Peterborough as a new Board member, based on her professional experience and her desire to help people. She is happy to be home in Peterborough and looking forward to becoming more involved in the community. Marie currently sits on the Board for a local non-profit summer camp and volunteers with her children's school.



Bill Lockington was born and raised in Peterborough. Married to Gail, Bill has three adult children and two grandchildren, is a 'serious' amateur photographer, enthusiastic woodworker, enjoys cottage life, and travels extensively when he finds time from his 'day job' as a partner of LLF Lawyers LLP. In addition to being a Board Member of Hospice Peterborough, he was a cabinet member of the Every Moment Matters Campaign, and provides counsel to staff and clients. Bill is the founding chair of the Community Foundation of Greater Peterborough and past chair of the board of Community Foundations of Canada. He has also been the Chair of Boards of St. Joseph's Hospital, the Greater Peterborough Area Economic Development Corporation, and other charitable and not-for-profit organizations. Bill is also the co-founder of the SPARK Photography Festival.

Christina Murphy was born and raised in Guelph and currently resides in Peterborough with her husband and two young daughters. Christina obtained her undergraduate degree in Health Studies at the University of Waterloo followed by a Masters in Health Policy, Management and Evaluation at the University of Toronto. She has over a decade of experience in leading initiatives related to health system measurement and quality improvement at the University of Toronto and at the Ministry of Health. In 2008, she joined PRHC and is now the hospital's Director of Patient Relations, Risk, Infection Control and Medical Affairs. Christina joined Hospice Peterborough's Board last year for the second time, continuing her passion for helping to improve the end of life experience in our community. Christina has a strong belief in holistic and person-centered palliative care and its focus on quality of life, as the way forward.



Otis Smith relocated to Peterborough from Halifax, Nova Scotia as a wealth advisor with Scotia Wealth Management. Having witnessed the care and compassion provided by hospice to members of his family, he became passionate about the value palliative care adds to communities. In addition to his role on the Hospice Peterborough Board, Otis also sits on the Board of the Peterborough Symphony Orchestra and can often be spotted running, biking, and hiking in and around Peterborough.

Jacob Van Haften is the first youth intern on the Hospice Board of Directors. He is thrilled by the amazing opportunity that he has been given, and he hopes to make a difference in the community. Jacob was born and raised in Peterborough, attending Westmount and Adam Scott public schools. He now attends Trent University where he is entering his third year of study in their Bachelor of Arts and Science program. He is minoring in psychology and Indigenous Studies. He is also a part of Trent's Medical Professional Stream. Jacob hopes to finish his studies at Trent and apply to medical school with the ultimate goal of becoming a child psychiatrist. His youthful perspective brings a welcome element to the work of Hospice Peterborough.



Dr. Becca Webster was born and raised in Quispamsis, NB. Her first post-secondary degree was a Bachelor of Science in Psychology, which she completed at Acadia University. She then moved to St. John's, Newfoundland, where she completed medical school. She met her husband, Dr. Sachin Waghmare, during medical school and they moved to Peterborough in 2017 to complete their Family Medicine residency. Becca and Sachin own a home and opened a Family Practice in September 2019. Becca is particularly passionate about Palliative Care and she has been fortunate enough to become part of the Palliative Care Physician Group in Peterborough. She provides Palliative Care to patients in the community, at the PRHC, and at Hospice Residence. Becca is very excited to be joining the Hospice Peterborough Board of Directors this year and she is looking forward to increasing her involvement in our beautiful community.

Hospice Peterborough's COVID-19 Update

We are so proud to be a part of a community that rallies together to flatten the curve, allowing Hospice Peterborough to enter phase 3 of our Pandemic Re-opening Plan.

Changes are being introduced slowly and Hospice Peterborough continues to follow the expert advice of Public Health professionals, and direction from the Ministry of Health. We vigilantly monitor changes daily and decisions continue to be made with the safety of clients, residents, families, staff, and the community at large as our top priority.

Most support programs and palliative navigation will continue to take place virtually or over the phone, with home or in-person visits offered only by following a decision tree to ensure screening and safety measures can be followed.

Programs that involve gatherings of individuals most at risk, such as our Day Hospice groups, will remain virtual. Group meeting areas are closed and the heightened cleaning and sanitization procedures remain in place throughout the building.

Although we miss our volunteers terribly, some volunteer activities are still on hold. We are carefully restarting low risk volunteer activities.

Visitor restrictions are adjusted weekly. All visitors and staff are screened daily as they enter the building. Visitors are also able to meet with loved ones virtually or from the courtyard through a window as the weather permits. Staff are happy to assist in coordinating these types of visits. Additional visitors may be allowed in the last hours of life, and at the discretion of our Medical Director and Manager of Residence.

Frontline and residence staff are equipped with proper Personal Protective Equipment including masks, face shields, gloves, and gowns. Non-frontline staff continue to work mostly from home, with the option of time, scheduled ahead, in the office. Social distancing, wearing masks, and screening procedures extend to all staff as they enter the building.



We have been so moved by the community's response during this pandemic which has allowed us to continue to support those living with a life-threatening illness, at the end of life, and dealing with grief.

While life goes on, so does death, and we are still here for those who need our care and support.

If you have any questions about our programs, support, or our pandemic plan, please call 705-742-4042.

Your AWARD WINNING Hospice!



"We were honoured to win the award in the Commercial Development/Renovation category for our wonderful new home but, as we always say, this hospice belongs to the community and we are merely its caretakers," says executive director Hajni Hos. "Our community built the building, stuck with us through so many challenges and continues to make our care possible with generous donations."

"One of the things we are so proud of is the local story: 89.5% of the building's content, design, equipment and tradespeople were local and locally sourced," adds Bob Campbell, Board Chair. "It was so important that we support our local community knowing our local community would be the very people using our services and financially supporting our programs and services."

Thank you!

**STRENGTHENING
BUSINESS**

How you can help

When you donate to Hospice Peterborough you are supporting 26 programs and services.

Please consider making your gift today.

YES, I want to support vital hospice palliative care!

Name: _____

Address: _____

City: _____

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:

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

THANK YOU!

Donors make our care possible!

Stories from within our walls

A resident's daughter, along with some Hospice Peterborough staff, arranged to have the resident's grandson and friend bring in their saxophone and trombone for a special jazz concert for her mother and father on the balcony of Hospice. A beautiful moment, and we are pleased to play a small part in making this happen.



325 London St
Peterborough, ON K9H 2Z5
705-742-4042
admin@hospicepeterborough.org

Keep in touch:

 @hospiceptbo

 @HospicePeterborough

 @hospiceptbo