

May 2021

## *Donation Supports Arts-Based Family Grief Groups*

### ***Grant Pilkey builds and donates 30 birdhouses used during Family Arts Night***

When Grant Pilkey knew his wife needed palliative services – but the only hospital beds available were in the emergency department – the 91-year-old didn't think twice about bringing Phyllis home to care for her himself.



*Grant and Phyllis Pilkey (back center) surrounded by their beloved family.*

But when the time came that she could no longer get out of bed, Mr. Pilkey turned to his family doctor for help and was told about Hospice Peterborough's residence.

"I didn't know much about Hospice Peterborough at the time," he says. "I was worried about what would happen with Phyllis but Hospice turned out to be this wonderful place where everyone was so cheerful, kind, caring and thoughtful. Phyllis spent six weeks there - she was able to look out a window at the garden and I was able to visit every day."

To thank Hospice Peterborough, Mr. Pilkey recently embarked on a project to support the organization,

which he says is vital to the community especially considering it does not charge fees for any services and a Hospice bed is one-third the cost of a hospital bed.

He built and donated 30 wooden birdhouses to be used for art projects as part of the grief programs.

Families in our community benefitted from this donation during a recent Family Arts Night program that included participants decorating and painting the birdhouses.

Participants picked up the birdhouses and then joined a virtual meeting as bereavement and wellness coordinator Sheila Bourgeois guided them through discussions of how families grow and change following a death. They talked about ways family came closer together (playing games, snuggling, talking) and things that were more difficult such as talking about feelings and crying together.

Families then decorated their birdhouse with symbols and words to honour and acknowledge the areas of growth and challenges that they had faced together.



*Grant with one of his wooden birdhouses.*

(Continued on next page)

## Families Re-Connect in Grief Thanks to Generous Donation

(Continued from page 1)

"We thank Mr. Pilkey for his generous donation to support Arts Night, which helped many families in our community develop healthier ways to grieve," Ms. Bourgeois says. "Some families have kept their birdhouse inside to remind them of the ways they have grown. Others have put it in their yard to give birds a spot to be safe and grow - just like their own home and family provides for them."

*Photo: An example of a birdhouse decorated by a family to honour and acknowledge the areas of growth and challenges that they had faced together.*



## Hospice Peterborough's Annual General Meeting Goes Virtual for Second Year

Join Us - Join Us

### 33RD ANNUAL GENERAL MEETING

Thursday June 24, 2021  
6:00 - 7:30 PM VIA ZOOM  
(REGISTRATION OPEN AT 5:45PM)

**With Guest Speaker David Kennedy**

Pre-register to receive your Zoom link at  
admin@hospicepeterborough.org  
or 705-742-4042 ext. 227  
**RSVP BY JUNE 21, 2021**  
Information and proxy forms available on website by June 2, 2021

**Join us on Zoom June 24th for our AGM and Guest Speaker David Kennedy.**

Hospice Peterborough's 33rd AGM will take place over Zoom. Prior to the business portion of the meeting, David Kennedy will give a special presentation to the audience.

Pre-registration required.  
Email  
admin@hospicepeterborough.org or call 705-742-4042 x227

Proxy forms will be available on our website by June 2, 2021



## More than a Decade of Helping Others Find Hope and Healing

**David Kennedy, who retired at end of May, reflects on his career as a counsellor at Hospice Peterborough**

Within the first few months in his new counselling job at Hospice Peterborough, David Kennedy was already helping pioneer a new venture that would have a lifelong impact on local families trying to heal from the death of a child.

He recalls that within a single month, he was serving five different families who were grieving the sudden death of a child between the ages of 19 and 23.

When he and his colleagues decided to form a parent group - something new to Hospice at the time - he says he was overwhelmed by the full and generous support of the executive director, board of directors and staff.

"The meetings were an amazing support for families and sometimes more than 30 people attended at once," he says. "And, for me, having that kind of impact while having the support from my new employer to think outside the box just solidified for me that this is where my work and life would find meaning and fulfillment."

Since starting at Hospice in 2009, David has gone on to serve thousands of people through his role as bereavement coordinator and supportive care counsellor.

As of May 27, however, he has officially retired.

He says he has no regrets about leaving his private counselling practice 12 years ago to join this not-for-profit organization that leads with its heart.

"When I started working at Hospice, I felt like I had come home," Mr. Kennedy says. "This is where I belong."

The Peterborough native explains he enjoyed working in his private Peterborough practice, known as Grief Matters, but didn't care for the administrative side of running his own business.

When Hospice Peterborough was looking for a bereavement coordinator, he jumped at the opportunity that allowed him to focus solely on serving people instead of dealing with issues such as accounting and bookings.

He found Hospice culture to be like no other as co-workers supported each other as much as they supported clients. He says their professional connections deepened as they leaned on each other when the stories of grief became heavy.



*After more than 10 years with Hospice Peterborough, David Kennedy is retiring!*

All staff, he says, worked with the same goal: Welcoming new clients, engaging with them and staying with them through their journey to allow them to honour their grief while being able to continue living a meaningful life.

"Part of our Hospice culture is not being afraid of suffering but sitting with you, not to fix the pain, but with the hope that it will not always be this way," he says.

He says it's a gift to be invited into a person's story, no matter how sad, and he continues to get letters, cards and photographs from previous clients thanking him.

The work could be exhausting but deeply meaningful, so he

says it is hard to leave behind.

"I'm not anxious to leave," he says. "But I know it's time."

He knew it was time to retire because, especially through his work, he knows that nobody is guaranteed tomorrow and he'd like to travel with his wife Brenda and enjoy some adventures while he is in good health.

Thinking back, he says he spent many years counselling others in grief but he knows he found the right organization for the final chapter of his career.

"It's not so much that I found Hospice," he says, "as much as Hospice found me."



## Monthly Gifts: Low Admin, High Impact

Monthly donors provide a foundation to support hospice palliative care in Peterborough



Have you heard of the small but mighty group of donors at Hospice Peterborough called the 'Circle of Caring'?

This incredible community of dedicated, passionate people support Hospice Peterborough through monthly gifts. A little each month adds up to big impact!

Consistent support throughout the year moves Hospice Peterborough towards the goal of long-term sustainability so when a friend, a neighbour, one day maybe even you or a family member, need us, we will be here.

### Join the community!

The 'Circle of Caring' is a monthly subscription you can feel good about. Invest in your community.

[Learn more here.](#)



## Medical Director Wins Provincial Award

**Dr. John Beamish takes home award from Hospice Palliative Care Ontario for outstanding leadership and excellence in care**

Hospice Peterborough's medical director Dr. John Beamish - who has provided outstanding palliative care to this community for three decades, was the driving force behind the end-of-life residence and became a "hero" during the pandemic - has won a provincial award for excellence and leadership.

Dr. Beamish took home the Dr. S. Lawrence Librach Award for Palliative Medicine in the Community during a virtual awards ceremony earlier this month through Hospice Palliative Care Ontario.

This award is given annually to a physician who demonstrates excellence and leadership in palliative care and advances palliative care in their communities through mentorship of family physicians.

"Nobody is more deserving of this award," says Hospice Peterborough executive director Hajni Hős. "John not only serves city and county residents with his expertise and compassion but also serves our local medical community with natural leadership ability, collaboration and mentorship."

Dr. Beamish was also the driving force behind the Hospice Care Centre, which opened in April 2019.

"As part of the campaign team and as medical director, he inspired Hospice Peterborough and the community at large with his vision, passion and commitment to the project," Hős says.

After COVID-19 struck, Dr. Beamish became a local hero when he volunteered to be the only palliative physician to serve the 10-bed residence as a means to reduce the number of people in the facility. "He came in every day for four months, without complaint, and, as always, showed kindness, compassion and good humour," Hős says. He has also supported Hospice throughout the pandemic

by offering expertise in policy areas such as infection control, visitation and screening.

Dr. Beamish was a founding member of Hospice Peterborough in 1988 and has been involved ever since as not only a generous donor but also as a board member, staff mentor and medical director. Over the years, he has been a key player in palliative care evolving from a discipline on the fringes of medicine to a respected part of the care continuum.



Medical Director Dr. John Beamish was recognized by the HPCO for his leadership and excellence in hospice palliative care.

When working with individuals, Dr. Beamish is known for empowering them to make their own care decisions instead of solely relying on what the physician expects and for giving clear, concise information that cuts through medical lingo.

Dr. Beamish has also worked to enhance systems that support clients to successfully palliate at home. In 2014, he was one of four physicians that lobbied for and received funding to start the Community On-Call Physician Consulting Service, which provides 24/7 support to people receiving palliative care so they can avoid going to

hospital for pain and/or symptom management.

He also helped found and support the 360 Clinic, which provides more equitable healthcare to people who struggle to use regular services in our community. Dr. Beamish served as the collaborating physician for this clinic, which was opened at a time when long wait lists and marginalization often left clients with poor access to primary care.

Dr. Beamish recently retired from family practice but continues to provide palliative care in the community, at Hospice Peterborough and at the Peterborough Regional Health Centre.

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virtually, anywhere.

SEPTEMBER 11-17, 2021

SAVE THE DATE



[hospicepeterborough.org](http://hospicepeterborough.org)

## It's Happening! Save the Date and Stay Tuned!



Do you know a special graduate you would like to honour this year?

RoadSide Greetings is once again selling custom personalized Graduation Signs...this year proceeds are going to **Hospice Peterborough!**

Follow this link to order: <https://roadsidegreetings.ca/graduation-signs>

## May is National Leave a Legacy Month

*Leaving a planned gift in your estate is easy to arrange and ensures a legacy of compassion and care*

When people walk through the front doors of Hospice Peterborough – either dealing with a life-threatening illness or trying to cope with grief – they realize they're not alone.

We offer expertise, guidance, care and compassion through a team of specially trained staff and volunteers who work together to care for the whole person, improve quality of life and enhance comfort without ever charging a fee.

To continue this meaningful work, we rely on generous donations from people like you and, as May is Leave a Legacy month, we want to remind you that by leaving a gift to Hospice Peterborough in your will, you would be making a lasting impact in this community for years to come.

Leaving a planned gift in your estate – through various means including life insurance, RRSPs,

RRIFs and mutual funds - is easy to arrange, flexible and offers tax advantages.

Most importantly, a planned gift leaves you with the satisfaction of knowing you will be supporting an organization that offers a safe, comfortable, non-judgmental, and welcoming environment to anyone, of any age, in the city and county of Peterborough.

This includes a 10-bed residence, home-support, day hospice, caregiver support group, grief groups, family support and wellness programming. Thank you to all of our generous donors. We couldn't do it without you.

**For more information, contact Alison Casey at [acasey@hospicepeterborough.org](mailto:acasey@hospicepeterborough.org) or call 705-742-4042**

## 'Conversations About Dying' Podcasts Now Available

**Hospice Peterborough offers podcasts on YouTube to engage people in what can be a difficult topic**

In a new venture, Hospice Peterborough is now offering free podcasts so you can sit in the comfort of your home or office and listen to thought-provoking conversations about the many issues surrounding death and palliative care.

"Conversations About Dying" launched on our [YouTube channel](#) mid-May with staff from counselling team; Julie Brown, David Kennedy and Red Keating.

The [premiere episode](#) focuses on the impact of COVID-19 on loss of ritual – such as funerals and celebrations of life – that help us deal with our grief.

The [second episode](#) focuses on the challenge of talking about death – the practical nature of it as well as our fears – because we live in a world that is consumed with living life as much as possible and often trying to ignore the inevitable ending.

Ms. Brown says the podcasts are a great way to share thoughts, philosophize and inspire others to have sometimes difficult conversations.

Future topics will include the grief journey, death around the world, and the experience of caregivers.

Tune into our next episode in early June with medical director Dr. John Beamish where the topic is 'Palliative Medicine: The Last Responders.'



Click on the image above to see the full list of podcasts on YouTube.

## What's your Legacy



CARING FOR THE FUTURE

## 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!**

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City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Amount:

\$50  \$75  \$100  \$200  Other: \_\_\_\_\_

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Visa

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AMEX

Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

I would like to be an anonymous donor

This gift is in memory of:

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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](http://hospicepeterborough.org)**

**THANK YOU!**  
**Donors make our care**



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