

HOSPICE PETERBOROUGH

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PETERBOROUGH

September 2021

Hike for Hospice Raises More than \$66,000

Hospice Peterborough 'so grateful' to individuals, teams and sponsors for supporting the second consecutive virtual event

Hike for Hospice supporters exceeded expectations yet again.

The 19th annual fundraiser, which ran Sept. 11-17, exceeded its goal of \$40,000 by raising \$66,000 – well ahead of the \$56,538 raised last year. This was the second consecutive year that Hike was held virtually and 16 local teams made up of 133 registered participants hiked, walked, ran and cycled at the location of their choosing after collecting pledges from family, friends and neighbours.

There were 450 pledges made on the Hospice Peterborough donation site as well as funds raised through generous corporate sponsors.

“We are so grateful that our teams pulled through for us again this year in another virtual Hike,” says Hospice Peterborough executive director Hajni Hős. “Thanks to our generous community, including individuals, teams and corporate sponsors, we can continue to offer our programs and services free of charge to anyone who needs our help.”

The funds support 26 programs and services including a bereaved parents support group, day hospice, palliative navigation, groups for children and teens and a 10-bed end-of-life residence.

Hospice also offers community education events, including workshops and seminars, about issues such as end-of-life medication or advance-care planning to help people decide in advance who can be their decision maker if they're unable to speak for themselves.



Participants Hiked 'their way,' participating in a variety of creative ways.

From Heartache to Healing

Wava Brown joins Hike for Hospice to thank organization for helping her heal after the death of her long-time husband

When Wava Brown lost her husband of nearly 50 years to a brain tumour, she says she transformed into someone unrecognizable: bitter, angry and self-pitying.



Wava holds a photo of her late husband, Lorne

The mother-of-three, who used to love to socialize, dance and play guitar with her husband Lorne, says she couldn't handle listening to friends complain about things like having to cook their husbands dinner because Wava was alone at dinner, staring at an empty chair.

After getting free grief counselling from Hospice

Peterborough, she took her counsellor's advice to go to her husband's grave at Highland Park Cemetery and read him a letter outlining everything she was bottling up inside. It was the start of true healing and Wava says she's not sure how she would've coped without the support.

"My world was taken away," she says. "I wouldn't have gotten through it without Hospice."

Recognizing how much Hospice Peterborough helps others in her position, Wava donates regularly to the organization and raised \$2,600 for this year's Hike for Hospice by putting on an open-air event at her home on Stewart Drive.

About 70 friends and neighbours came by this year and chipped in donations to play horseshoes and washers, enjoy music and food and even join a raffle while listening to speeches on a PA system Ms. Brown had rented.

Her daughter Julie Brown, a supportive care counsellor at Hospice Peterborough, and Kim Keating RPN, talked to the crowd about how residents and their loved ones still need laughter, light and love, even when dealing with the heavy reality of death.

She says the crowd gave generously.

"I have generous friends and they all know about the good work of Hospice from me," she says.

Wava thinks back to 2015 when Lorne first started getting signs something was wrong. He was a proud and industrious man – formerly in the Canadian Armed Forces, a manager at Neilson Dairy and a trucker.

He started to become forgetful, however, and unable to remember simple things such as the rules to his favourite card game.

One evening at a restaurant, her husband, whom she had fallen in love with at first sight in 1965, had extreme tremors over dinner and Wava took him to the hospital immediately.

Within a year, he was in the palliative care unit at the Peterborough Regional Health Centre.

Hospice Peterborough supportive care counsellor David Kennedy (since retired) came directly to the hospital to offer support.

Months later, when Wava was ready, she joined a group grief session where she met other women who had lost their husbands and they grieved and healed together.

Reading the letter at Lorne's gravesite was a turning point, she says, and was the start of being able to let go of bitterness and instead focus on happy memories.

Wava donates every Christmas and has hosted a couple of fundraising washer tournaments at the Peterborough Naval Association. Whatever Hospice Peterborough needs, she tries to help – even once donating a guitar for staff to play for residents.

"I help Hospice Peterborough," she says, "because I know the pain people go through."



Wava presents a cheque to Hospice Peterborough from her Hike for Hospice with daughter Julie by her side.

Tecasy Ranch – Connecting with Nature for Hope, Healing

Hospice Peterborough partners with unique organization that offers stunning rural property for fundraising, bereavement, team building and Hike for Hospice

When Stacey and Brydon Cruise bought wooded property in the Buckhorn area nearly a decade ago, they had thought they were simply making a financial investment and had no idea that they were embarking on a journey that would fulfill so many dreams.

The stunning rustic property, just north of Lower Buckhorn Lake, is made up of trees, waterways, large grassy areas, cabins, trails for hiking, biking and snowshoeing and is home to wildlife such as moose, bears, deer, coyotes, falcons and owls.

Sensing they had to share what they call a "magical playground in any season," the couple went on to add two adjacent properties and decided to offer the private property known as Tecasy Ranch to individuals and non-profits to connect with nature and improve their organizations whether through corporate team building, fundraisers or wellness retreats.

Teaming up with Hospice Peterborough, the owners have allowed Hospice to use the property for a staff education day and for a socially distanced Hike for Hospice. Stacey and Brydon even put together a team of 19 people for this year's Hike and the Tecasy Ranch Hikers have raised \$4,250 so far.

"Hospice Peterborough is amazing and we will be supporters forever," Brydon says.

As they continue to dream up new ideas for how to share the 550 acres in Trent Lakes with Hospice and any other non-profit organizations, Stacey and Brydon say the possibilities are endless.

"Whatever your vision, Tecasy Ranch is the place to make it happen," says Stacey.

Through Hospice Peterborough, for example, a family whose wife/mother had just died was able to use a four-bedroom cottage on the property, for no charge, as a tranquil place to begin to heal.

Tecasy Ranch, so named as an anagram of 'Stacey', is governed by a seven-member board of directors and offers 30 km of nature trails with single and double tracks as well as separate hiking trails categorized by difficulty. There are sheds for day use, four open fields, outhouses, an outdoor dining pavilion, an on-site barbecue, fire pits and an outdoor movie screen.

So far, the property has been used by organizations such as the Girl Guides of Canada and for events such as the Knobby Tire Truck Trek

for Kids – a family-friendly mountain biking and hiking event raising money for children's charities.

Although there are currently limits on what the Cruises can do on their land based on a property designation, they say they're working with the municipality to try and remove the limits.

They envision a future with even greater involvement with Hospice Peterborough, suggesting one day that staff could offer programming there.



From left, Tecasy Ranch event coordinator Karie McDougall with owners Stacey Cruise and Brydon Cruise.

"They could go for a hike, sit by a fire or just spend an afternoon here in any season," says event coordinator Karie McDougall. "I can't imagine anywhere else more tranquil or soothing."

Hospice Peterborough is also welcomed to all events at Tecasy to give speeches about its mission and spread awareness of its services, which are offered at no-charge to all Peterborough residents.

"We are thankful to partner with such a giving, generous and community-minded organization," says Hospice Peterborough executive director Hajni Hős. "We expect, as the years go on, that our partnership will grow as we continue to explore how we can use this beautiful property to better support our clients."

As for Tecasy, the Cruises say the best way to describe the organization's future is one that's "evolving" and open to all ideas.

"The bottom line," says Stacey, "is that we are here and how can we help?"

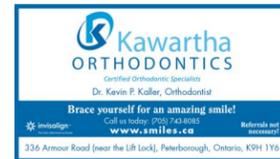
Sponsors' Generosity Paves Way for Successful Hike

We are humbled by the response of the business community in support of our Hike for Hospice. Despite one of the most turbulent economic situations in years, we had one of the highest sponsorship turnouts for the event.

Thank you to our amazing business partners. YOU help hospice palliative care continue to be available for those in our community.



THE PETERBOROUGH CLINIC



Hospice Peterborough Acknowledges the first National Day of Truth and Reconciliation

Acknowledgement, reflection, and learning key components for Hospice staff

On the inaugural National Day of Truth and Reconciliation, Hospice Peterborough recognizes the enormous grief and bereavement experienced by Indigenous families and our country at large after the discovery of unmarked graves at former residential school sites. We honour the survivors and those children who never made it home while acknowledging the generational trauma that continues to this day.

As Hospice Peterborough staff take time to learn and reflect upon this National Day, which is also Orange Shirt Day, we share this information through Hospice Palliative Care Ontario that offers suggested calls to action, resources to learn more about residential schools and links for those who wish to donate to support the ongoing process of Truth and Reconciliation.



Hospice Peterborough staff visited the resting place of a local unknown Anishinaabe and left Semaa to honour them.

[More details on the site here.](#)

Additional Resources

[HPCO calls to action, resources, and links to support ongoing process of Truth and Reconciliation](#)

[Orange Shirt Day](#)

[Start Your Learning Journey Resources](#)

[Truth and Reconciliation Commission Calls to Action](#)



How you can help

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

Please consider making your gift today.

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Amount:

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

I would like to make my gift by:

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Card #: _____

Expiry Date: _____

I would like to be an anonymous donor

This gift is in memory of:

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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

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