



January 2022

My Wishes for the Year Ahead

Hugs, in-person meetings, therapy dogs and tours of the building. Executive director Hajni Hős hopes these simple wishes come true as we remain cautiously optimistic for 2022

As we start this new year, I know everyone shares the same hope: That we can all, at some point in 2022, get back to a sense of 'normal'.

In any other year, it might seem ridiculous to hope for such simple things as giving colleagues a friendly hug and eating lunch together again in one room, seeing therapy dogs wag their tails in our building, bumping into clients and visitors in hallways, seeing smiles that aren't hidden behind a mask, or offering a communal pot of soup to visitors.

But if there's one thing the pandemic has taught me, it's to not take anything for granted. So, with that in mind, let me review my 2022 wish list and share with you all our hopes and dreams for how this year might unfold.

First and foremost, our goal this year is to continue to be a trusted leader in hospice palliative care by offering exemplary programs and services despite what surprises the pandemic might still have in store. Since March 2020 we have pivoted with each new challenge (lockdowns, restrictions, variants) to meet our community's needs. No matter what happens in coming months, our dedicated staff

and Board members will always come up with creative and new ideas to ensure Hospice Peterborough maintains organizational excellence.



Executive Director Hajni Hős donning full PPE with COVID rapid tests, ready to serve the community another year.

Volunteers – you are crucial to fulfilling this mission. As we tell you over and over again, we can't do it without you. My wish this year is to have you all back in the building to offer all of your wonderful expertise and enthusiasm whether it's greeting visitors, sitting at residents' bedsides, tending to the garden or supporting our fundraisers. You are the heart and soul of all we do. Let's hope we can start having in-person get-togethers

this year to thank you properly.

While we know some clients appreciate virtual sessions, our hope is to also start hosting more in-person sessions even if they have to be small to start.

There's something intangible and special about sharing experiences together, in the same room, instead of through a computer screen. Let's hope we can share laughter, tears, hopes and dreams together once again, side by side.

Continued on next page...

COVID-19 has dealt all organizations financial challenges, so of course another wish is for Hospice Peterborough to continue being financially sustainable.

We've had to cancel beloved fundraisers, such as Gala and Handbags for Hospice (while making Hike for Hospice a virtual event) while dealing with exorbitant new expenses such as for PPE, Plexiglas installations, extra support staffing and sick time allowances.

We are beyond grateful to the many donors who have stepped up and we hope to thank them properly with an in-person gathering this year.

We know there are many generous donors, such as the Peterborough Naval Association, who are still waiting to tour our beautiful building and grounds. It will give us great pleasure to invite donors back in the building so they can see first-hand the impact of their investment.

In addition, we plan to launch an enhanced and robust Legacy program - The Hospice Peterborough Future Fund - with assistance from our Board, Community Foundation of Greater Peterborough and RBS Wealth Management.

It doesn't seem that long ago that we were all seeing what we thought was the light at the end of the tunnel as many of us became double-vaccinated, were planning in-person gatherings for the holidays and were even making travel plans

while the province itself was planning an 'exit strategy'. Those hopes were dashed late last year due to Omicron but we remain hopeful for 2022.

All storms run out of rain; all pandemics come to an end.

So please join me in looking ahead with cautious optimism as we work together this year to ensure all Peterborough and area residents – your family, neighbours, colleagues and community members – continue to have access to the highest standards in palliative and bereavement care.

Stay safe and be well,

Hajni Hős

P.S. Despite COVID-19, I'm proud that we have accomplished so much throughout the pandemic including finalizing a four-year strategic plan and becoming accredited through Hospice Palliative Care Ontario.

So, my final wish for this year is that we may safely gather with all of our staff and Board to properly celebrate the many missed milestones.

(Board chairman Bob Campbell – is it too much to wish that you might also preside over your first in-person board meeting? Lofty goals, I know.)



Hospice Peterborough residence staff and front-line staff received these fun and funky isolation gowns from a generous donor. We were so thrilled, we couldn't help but share them with all of you!

Hospice Peterborough Accreditation a Win for Community

Official HPCO accreditation signifies all community members have access to the highest standards in palliative and bereavement care

In 2018, Hospice Peterborough set its sights on becoming a hub of excellence in palliative care and is thrilled to have accomplished this goal.



Staff and HPCO accreditors gather for a photo outside of Hospice Peterborough.

After a vigorous 18-month review of our residence, community programs, services and professional standards – including everything from fiscal responsibility to resident safety to professional development for staff – Hospice Peterborough is officially accredited through Hospice Palliative Care Ontario (HPCO) with a near-perfect score of 98.67%.

"Our staff, Board members and volunteers worked so hard to make our dream of accreditation a reality," says Hospice Peterborough executive director Hajni Hős. "Yet this is a celebration for the entire community as it signifies that every Peterborough and area resident has access to the highest standards in palliative and bereavement care."

HPCO reviewers commented that Hospice Peterborough performed "exceptionally well" with a "beautiful (and) effective" facility. "Staff/volunteers are genuinely happy and proud to be a part of Hospice Peterborough," the reviewers wrote. The reviewers also commended Hospice Peterborough in many areas including allowing

residents to choose their own meals, an "impressive" list of volunteer roles, encouraging volunteer feedback, great teamwork and providing privacy to residents and families.

HPCO offers accreditation to ensure there are consistent standards of care, developed by experts in the field, at hospices across the province. Out of 134 hospice sites across the province, 35 currently hold HPCO accreditation.

Past executive director Linda Sunderland started the accreditation process, before the new building and residence were built, to ensure all operations were in line with industry standards and best practices. Ms. Sunderland says staff and board members used HPCO accreditation standards when developing programs and policies for the new residence.

The process went beyond just the residence, however, as it comprehensively reviewed all aspects of the organization including governance, quality assurance, client care, fundraising and volunteer management. HPCO toured the building in Fall 2021 to speak directly with staff, volunteers, current residents, caregivers and families of previous residents. "It was noted during the interview with a caregiver that Hospice Peterborough staff received high praise for ensuring the caregiver was fully involved in the care plan," the accreditors noted.

While Hospice Peterborough is thrilled with the accreditation, Hős adds that the work is never officially done.

"Best practices are always evolving and we will never stop looking to learn and improve as an organization and a team," she says.



Hospice Peterborough is now accredited for the In-Home Hospice and Hospice Residence programs.

Year in Review

JANUARY

Not unlike the current year, we started 2021 in lockdown and were holding out hope for a vaccine rollout later in the year. Hospice Peterborough remained committed to clients by offering programs and services virtually, while reminding our community members they did not have to face grief alone.

MARCH



As we marked the first anniversary of COVID-19, Hospice Peterborough staff were amongst the first in Peterborough to get a first dose of the long-awaited vaccine.

MAY

Hospice Peterborough launched the podcast *Conversations About Dying*, in which David Kennedy joined fellow counsellors Red and Julie in offering his wisdom on dying, death and grief. Later that month, David retired. We know staff and clients still miss his caring heart and quirky humour.

CONVERSATIONS ABOUT DYING

A Hospice Peterborough Podcast

Episode 1
The Loss of Ritual



FEBRUARY

After losing their beloved matriarch, the Paris family honoured her memory with the fundraiser For the Love of Jan, matching all donations up to \$10,000.



The gifts were used to support children and teens in grief. Thank you again for sharing Jan's journey.

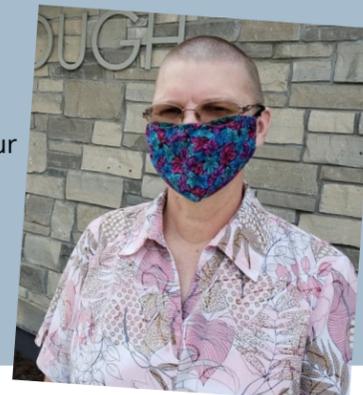
APRIL

We weren't surprised when the amazing Patti Stanton, Hospice Peterborough's Palliative Pain and Symptom Management Consultant, won an award for her work with us as well as for training workers at Comfort Keepers Peterborough. Such well-deserved recognition!



JUNE

Our community members are amazing! When Judy's friend had a relative in Hospice Peterborough, she learned that we relied on donations for nearly 40% of our operating budget. Wanting to help, Judy raised \$545 by shaving her head. Thanks again to Judy and all of our generous donors.



AUGUST

Tim and Leslie Keating generously donated 10 mini fridges in August for each residence room. This has been especially helpful during the pandemic as it helps avoid any cross contamination in the common fridge. Thanks again for this thoughtful gift!



OCTOBER

In October, we were delighted to announce that our 2021 Hike for Hospice exceeded its fundraising goal of \$40,000 by raising \$66,000. Thanks again to all who joined and donated, investing in our important community services.

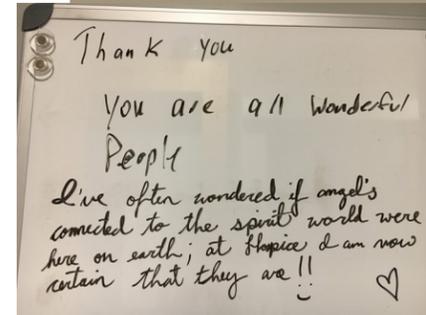


DECEMBER

Another challenging year ended on a happy note when Hospice Peterborough became accredited through Hospice Palliative Care Ontario, signifying we meet the highest standards of care. We couldn't be prouder and were thrilled to see media pick up this good-news story for our community.

JULY

Sometimes, a small gesture can have a big impact. When we saw this anonymous message on one of our whiteboards, it truly warmed our hearts and inspired us to keep giving our all in these challenging times.



SEPTEMBER

Still in the thick of the pandemic, we pivoted again in September to offer another virtual Hike for Hospice. Sixteen local teams, made up of 133 registered participants, joined the 19th annual event.



NOVEMBER

We were humbled in November when the Lockyer family shared the love story of their parents Wayne and Sue, and their family's experience with Hospice Peterborough in support of our Annual Appeal. Thank you for sharing your family's story, which touched many hearts.



P.S. Whatever 2022 brings, Hospice Peterborough will be there for our community.



Ontario Trillium Foundation Helps Hospice Peterborough Overcome Pandemic Challenges

Ontario Trillium Foundation (OTF) grant keeps clients, staff, volunteers and visitors safer

Thanks to a \$60,500 OTF grant, Hospice Peterborough has been supporting more people virtually throughout the pandemic while keeping staff, volunteers and visitors safer when in the building.

Support from the Ontario Trillium Foundation's Resilient Communities Fund bolstered Hospice Peterborough's overall ability to recover from the aftershock of COVID-19. The grant provided vital assistance in restoring and supporting community, residence and volunteer programs.



Mary Pat and Wil provided much need support and assistance thanks to the Ontario Trillium Foundation's 'Resilient Communities Fund.'

The OTF has allowed Hospice Peterborough to purchase equipment to connect with palliative and grief groups virtually.

In their roles, Wil and Mary Pat have taken on all of the extra work required to keep people safer from



COVID-19 including sanitization, rapid antigen testing, infection-control measures, ordering personal protective equipment (PPE), screening visitors and keeping records for contact tracing.

"As we're now able to welcome more people into the building, Wil and Mary Pat

have done an amazing job at keeping us all safe during this extraordinary time. I don't know how we would have coped without their help," said Ms. Hós. Part of their roles also provided extra sanitizing of shared spaces, informing visitors of infection-control measures and coordinating the safe use of shared rooms used by visiting family members and clients using group programs.

While working with the grief recovery groups, Wil and Mary Pat help ensure participants meet all provincially mandated requirements for attending indoor sessions, including the new passport system.

It allowed Hospice Peterborough to hire Pandemic Recovery Assistants Wil Pialagitis and Mary Pat Goodridge and begin to bring people safely back into the building for programming. It also allowed for expanding the number of visitors to the residence and established health and safety precautions and procedures along with increased cleaning and disinfecting.

"The disruptions of the pandemic to Hospice Peterborough were extensive and human resources have been overextended during this past year," says executive director Hajni Hós. "The Resilient Communities Fund grant allowed us to adapt to working remotely, re-invent program delivery and change to new technology while serving a record number of clients. We are so thankful for this grant because, as everyone knows, COVID-19 has presented huge challenges to non-profits who have been struggling to serve clients especially while dealing with lockdowns and restrictions,"



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Beginner-Friendly Mindfulness Drop-In Series Offered Virtually

Guided meditations can help promote self kindness and a feeling of comfort

This drop in one-hour group is a time to practice taking a pause, and coming into the present moment. Often our body and minds are so busy that we don't know how to slow down, rest and drop into stillness. This is why meditation is called a practice: in this group, we will come together and practice and learn together.

Julie Brown, the meditation group facilitator, will guide you through meditations. Each group session will also weave meditation teachings that can provide perspective and clarity in how we approach the suffering in our life.

Absolutely no experience or knowledge of meditation is necessary. Participants can share experiences and ask questions, but no one will be forced to share or speak.

All are welcome, just bring an open mind and willing spirit. If you aren't sure if this is for you....just come out and try!

An attendee of the sessions shared what taking this part in these sessions has meant to them:

Meditation with Julie is rejuvenating.

This practice of mindfulness puts my inner hamster wheel on pause. It is the rare occasion when I give myself permission to stop with the laundry list that cycles through my brain and my constant obsession with accomplishment.

Julie's soothing voice guides us to a quiet place of comfort and peace. This is the one time in my week when I stop and check in with myself and notice the tension that my body is holding.

Through this practice there's a growing awareness of my inner dialogue and its critical and harmful effect

Mindful Nourishment Virtual Drop-In

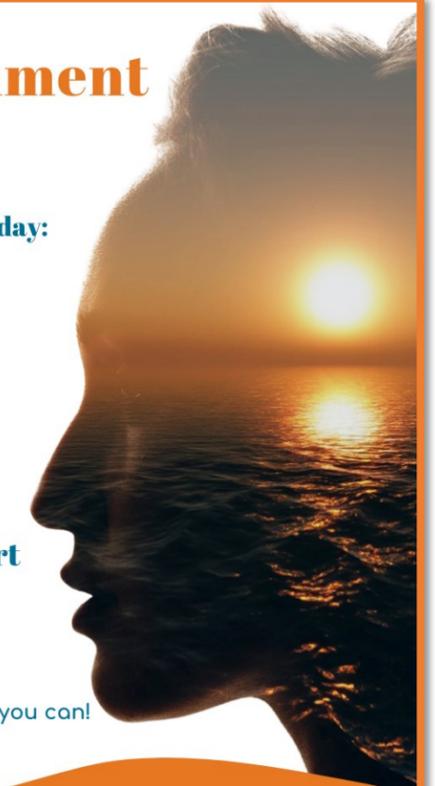
From 1-2pm every 2nd and 4th Thursday:

January 27
February 10
February 24

via Zoom - join from the comfort of your personal space.

Julie Brown, our group facilitator will guide you through meditations.
Join for any, or all, sessions - come when you can!

All are welcome - Absolutely no experience or knowledge of meditation is necessary.



on my soul. With this awakening I am striving to allow myself the simple act of self-kindness, the offering I so freely and easily give to others.

I've also learned I'm in good company, a common theme with participants seems to be how we all so often focus on our imperfections and shortcomings.

Mindfulness provides a safe space to share without judgment or fear of ridicule and growth is a personal goal.

In the beginning I found the conception of self-gratitude and acceptance uncomfortable but that vulnerability has become a gift.

While I continue to struggle with being present in the moment, I am reaping the benefits weeks later in gentler self-dialogue and improved feelings of peace.

No registration required, click here at the time of the sessions to join!

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.

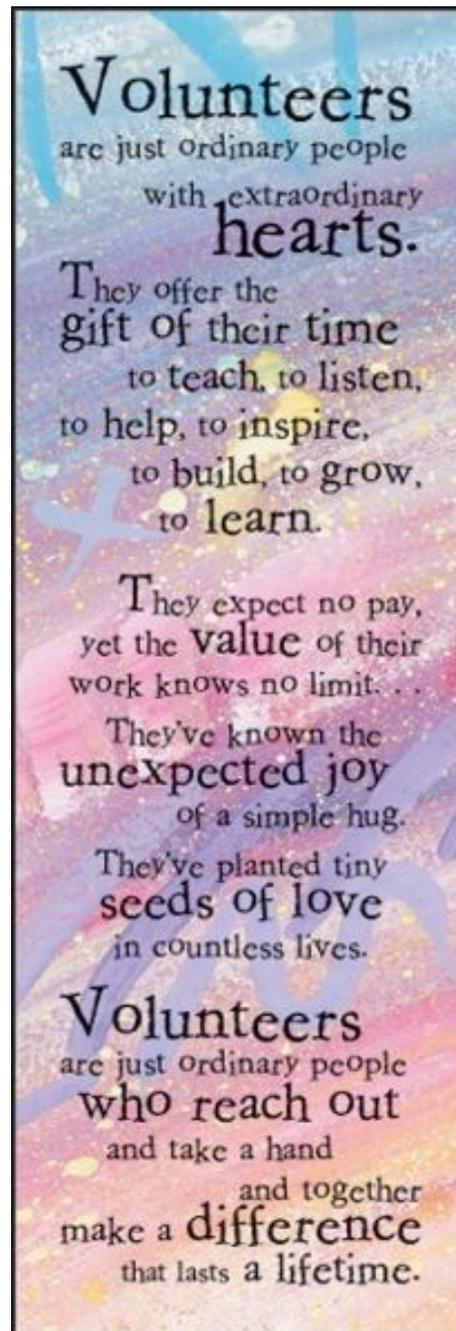
Registered Charity No. 11947 8964 RR0001

Tax receipts will be issued for donations of \$20 or more.

[Donate online at hospicepeterborough.org](http://donateonlineathospicepeterborough.org)

Or mail to 325 London St Peterborough, ON K9H 2Z5

THANK YOU!
Donors make our care possible!



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