

HOSPICE HIGHLIGHTER

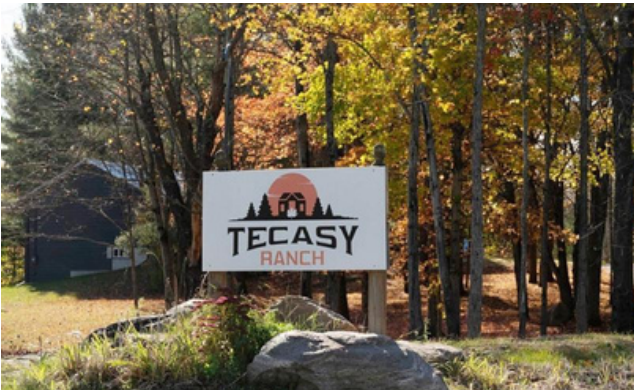
August 2025

"It will change your perspective on life": reflections from a Survivors of Suicide Loss retreat participant

Content Warning: Discussions of suicide.

"Oh Linda. She was an absolutely terrific woman." Linda was the love of Peter Kapyrka's life. "She loved life," Peter gushes. "She was a devoted grandmother to 6 grandchildren."

But Linda also struggled with PTSD and mental illness. "With Linda, it was like life at its best, and life at its darkest," he remembers. "She was ill [...] but she was a fighter."



Pictured above: Tecasy Ranch outside of Buckhorn, ON provides a natural setting for the SOSL retreats.

Only 6 months after they moved in together, Linda survived her first overdose. "You never knew when it was going to happen," says Peter of similar subsequent episodes, "but every six months it happened."

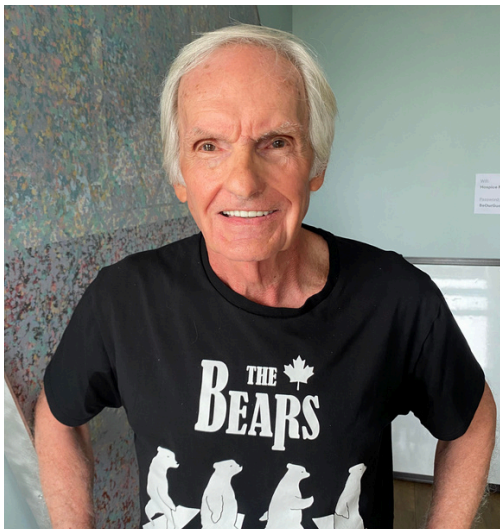
"We lived the best life together that we could even though I knew that eventually [she's] going to try something, and I won't like the ending."

One day, Linda did "try something" she couldn't turn back from. When Peter heard the news of her death, he was in shock.

Remembering his conversation with a police officer after Linda's body was discovered, Peter recalls saying: "I don't understand this, officer. I'm not crying I'm not upset or anything." And the officer responded, "Sir, you're in shock."

To help him cope with the grief he was experiencing following Linda's death, Peter started attending grief groups at Hospice Peterborough. He found them helpful. But while he appreciated the space to share what he was experiencing, many of his fellow participants had not lost someone in the way he had lost Linda.

When Lyle Horn, grief group facilitator, told the group about an upcoming Survivors of Suicide Loss (SOSL) retreat, that would be held in the wooded setting of Tecasy Ranch near Buckhorn, Peter was delighted: "It made me so very happy that Hospice was able to provide a venue, an atmosphere, where people who have gone through what you have gone through can understand you and you can talk to one another."



At the first retreat, Peter's appreciation for the opportunity to spend time with others who had similar experiences only grew. As well, he valued the opportunity to participate in the Japanese art of Kintsugi: breaking bowls and putting them back together with gold leaf to highlight the beauty in cracks and imperfections.

Thinking back on his Kintsugi bowl, Peter remembers: "I had difficulty putting it back together. I think I smashed it into too many pieces." But Alice, SOSL retreat facilitator, was there to help. "She came over and sat with me and talked with me. She helped me craft it back to something that looked like a bowl. I still have that displayed on my shelf and it brings back a lot of good memories."

Pictured above: Peter Kapyrka, SOSL retreat participant

The beautiful setting, rich connections with other participants, and support from Hospice staff left a meaningful impact on Peter. When he was invited to attend another SOSL retreat two years later he didn't hesitate to sign up. He was particularly drawn back to the natural environment of the Ranch. "There's something emanating from that area that is so peaceful and calm that you feel it when you drive into it, it's great, it's a great feeling," He shares.

At this retreat, a local potter was invited to guide participants to make clay bowls. Peter decided to make a small creamer instead, which reminded him of the coffee that he and Linda would share together every morning.

Then participants were invited to find an object in nature to imprint into a clay tile, and a remarkable experience unfolded. Heading out into the woods, Peter noticed a gnarled, old tree. He says that the tree stood out "like it was calling me." He went up to the tree and said: "tell me something about you" and pressed the clay against the tree.

When he looked at the imprint on the tile, he was amazed. The imprint of the tree's bark appeared to include a variety of different images (pictured right). Each way he rotated the tile, Peter could make out different things: a fox, a bear, two people. He was flabbergasted.

"Here's my theory: that this living tree has its 'being' in the bark. It's like its brain. [...] Everything that passes by – it must have been 300 years old – that stood in front of it, everything that goes on a branch next to it; a bird or something, was somehow infused into its knot and wood and everything."

When we ask Peter why this experience was meaningful in his grief journey, he says: "Everything on this earth is living, everything is connected, and everything deserves attention in one way or another." He continues, "I now have more of an appreciation of life itself. Not only human, but animals, plants, everything." When asked if he had anything else to add about the SOSL retreat, Peter shares, "It will change your perspective on life. And bring you closer to yourself through nature and others around you that are thinking and feeling the same that you are. It's very important."



Pictured above: Peter's clay tile.

We are grateful to Peter for his time and for sharing this story. If you or someone you know could benefit from support following a death by suicide please reach out to intake@hospicepeterborough.org or call 705-742-4042

JOIN US!

SUNDAY, SEPTEMBER 28, 2025

HIKE *for* HOSPICE



in-person again!

HERE'S WHAT YOU NEED TO DO:

- **Register online** at easypledge.ca/hospice-peterborough
- **Create your fundraising page**, add details to your profile to make it more personal.
- **Set a fundraising goal**
- **Team up:** create a team and designate a captain.
- Share why you're hiking on your social media channels or email your network to support... and make sure to tag us too! **@hospiceptbo**
- **Ask for support from** family and friends, your co-workers, employer, neighbours and social groups.
- **Share your reasons for supporting Hospice Peterborough** and why this is meaningful to you.
- **In lieu of a birthday or special occasion, ask for pledges.**
- Encourage people to **donate using the EasyPledge site** website, rather than cash
- Follow the Hike for Hospice page on Facebook.
- Most importantly, remember to **THANK** everyone who supports you and Hospice Peterborough.

Register now at
easypledge.ca/hospice-peterborough



You can still become a hike sponsor!

Email svandenberg@hospicepeterborough.org to learn about sponsorship opportunities

OR SCAN THE QR CODE TO REGISTER



Riding for a cause

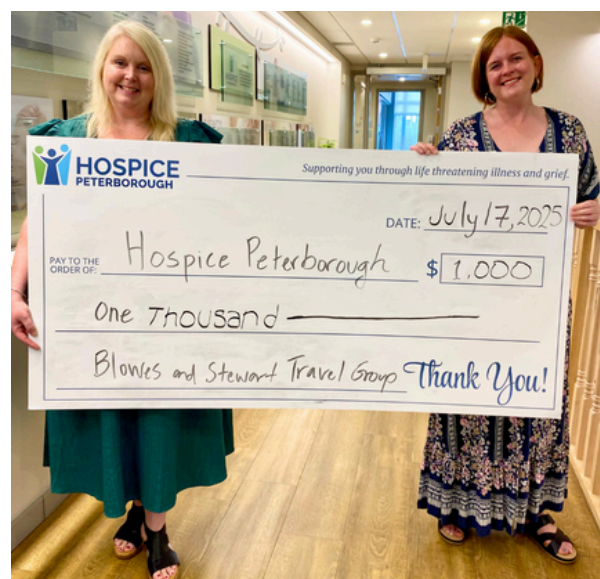
Our deepest gratitude goes to Odin's Shield Charity Riders for their generous donation of \$1,600. On July 12th they co-hosted the Quafftide Musicfest with Mammoth Barbeque. Attendees enjoyed a bike and car show, barbeque and more, with proceeds donated to Hospice Peterborough!

We're so grateful for their generosity and for choosing to support Hospice Peterborough! They really are the coolest riders around!



Thank you BST Vacations/Blowes & Stewart Travel Group

We want to extend a heartfelt thank you to BST Vacations/Blowes & Stewart Travel Group for their generous \$1,000 donation, raised through drink sales on returning charter flights. We're deeply grateful for their support!



Sponsor support grows for 2025 Hike for Hospice

Our deepest thanks go to Highland Park Funeral Centre/OPUS Tribute Group for returning as a \$2,000 Hope sponsor for our 2025 Hike for Hospice.

We're incredibly thankful for our dedicated Hike sponsors who return year after year to make this event possible. Thank you for helping us gear up for a great 2025 Hike!





MUSIC AT HOSPICE

A FEW RECENT HIGHLIGHTS OF OUR COMFORT AND CARE CONCERT SERIES...



• MELISSA PAYNE & KATE SUHR •

We had a magical and a musical morning with Melissa Payne & Kate Suhr in our courtyard garden. Thank you for bringing joy and comfort to our residents, visitors, staff, and volunteers!

• ABZOLUTELY CHOIR •

A sincere thank you to AbZolutely Choir for filling our residence garden with beautiful harmonies and uplifting energy. We had a wonderful gathering that filled every room of Hospice.



• ROB PHILLIPS & CARLING STEPHEN •

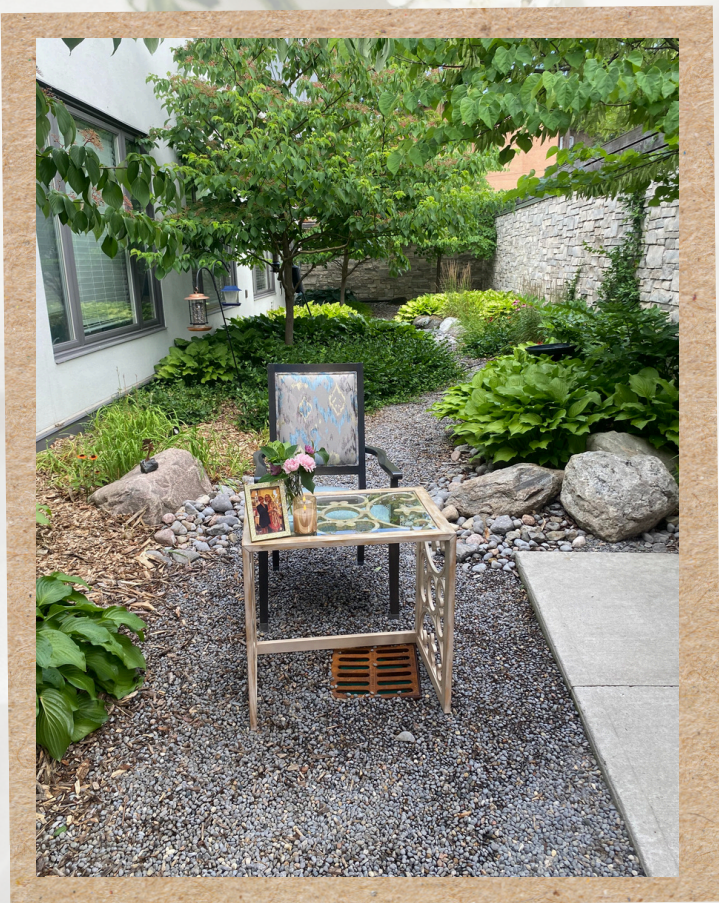
Beautiful jazz music filled the halls of Hospice Peterborough as we welcomed Rob Phillips and Carling Stephen for a special concert just outside of our nurses' station!



A wedding at hospice

Back in July, we were honoured to host our first wedding at Hospice Peterborough. A beautiful and heartfelt ceremony was held for the family of one of our residents.

We extend our warmest congratulations to the bride, groom, and their loved ones; and we thank you for allowing us to be part of the beginning of this beautiful love story!



Hospice Peterborough Book Club

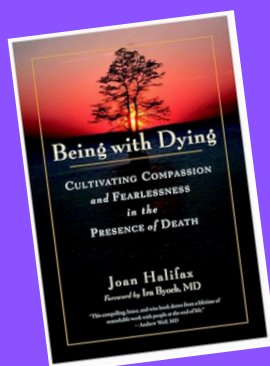
10-11am

Friday, October 17

Participants can attend in-person at Hospice Peterborough or via Zoom



October's Book



Hospice Book Club is a warm, open group with a shared interest, and anyone connected to Hospice is welcome to participate!

For more information or to register, please contact BJ Ross:
bross@hospicepeterborough.org or
705-742-4042 ext. 224

"Being with Dying" by Joan Halifax

Community Programming

Our upcoming fall programs are available at no cost, but **registration is required**. Please reach out to intake@hospicepeterborough.org or call 705-742-4042 ext. 230
All groups have limited spots available!

Grief Group Level 1



With this group, we recommend that individuals participating wait a minimum of 3-6 months from the death of their loved one.

Note: this is a closed group that follows a group curriculum, and each topic builds on the previous week.

When: Tuesday mornings starting on September 16th and Wednesday afternoons starting on September 17th. This group runs for 10 weeks.

Survivor's of Suicide Loss



A structured support program for individuals as they navigate the changes in their life following the death of someone they love by suicide.

Note: this is a closed 8-week group that follows a group curriculum.

When: Tuesday evenings for 1.5 hours for 8 weeks beginning on September 30th.

Grieving Their Absence Support Following a Death by Overdose



A structured group that follows a group curriculum for individuals as they navigate their grief after the death of someone they love by overdose.

Note: this is a closed 8-week group that follows a group curriculum.

When: Tuesday evenings for 1.5 hours for 8 weeks beginning on September 30th.

Becoming Myself After A Loss - Grief Writing Group



Becoming Myself After A Loss is a guided grief writing group that offers a safe space to explore feelings of loss through words.

Note: this is a closed 8-week group that follows a group curriculum.

When: Wednesdays starting October 15th for 2 hours in the afternoon.

Powerful Tools for Caregivers



This is a free program that provides caregivers with tools and strategies to better handle the unique challenges they face.

Confirm your spot: Please call 1-866-971-5545.

When: Mondays from 10 - 11:30am, September 15 to October 27.

Another great season of Cruise Night at Craftworks!

We spent some wonderful summer evenings connecting with the community and sharing more about our work at Cruise Nights at Craftworks presented by the Fowlers Corners Lions Club. We are so grateful to be one of the recipients of this wonderful event series!

Cruise Night runs every Thursday **until September 11th**, featuring vintage cars, live music, and summer fun, all while supporting incredible local charities like Hospice Peterborough. Go check it out!



Support Hospice Peterborough

☐ YES, I want to support vital hospice palliative care!

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

☐ Please contact me to discuss my legacy gift, or gift in a will, to Hospice Peterborough.

Donate online at hospicepeterborough.org
Or mail to 325 London St Peterborough, ON K9H 2Z5

Registered Charity No.
11947 8964 RR00019

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



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

Let's
Connect!



@hospiceptbo



@HospicePeterborough



@hospiceptbo

Amount:

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$200

Other: _____

I would like to make my gift by:

☐ Cheque (payable to Hospice Peterborough)

☐ Visa ☐ MasterCard ☐ AMEX

☐ One-time donation ☐ Monthly donation

Card #: _____

Expiry Date: _____

CVV: _____

☐ I would like to be an anonymous donor

☐ This gift is in memory of:
