

HOSPICE HIGHLIGHTER

October 2025

Remembering loved ones and raising crucial funds: Hike for Hospice 2025

On Sunday, September 28, 2025, over 360 Hikers of all ages came together at Millennium Park to walk in memory of loved ones and raise over \$137,000 in crucial funds to support the work of Hospice Peterborough. It was a gorgeous, breezy, sunny morning! Perfect for a fall walk.

We stretched together, enjoyed a special surprise sponsor song from Hospice Peterborough's Executive Director Hajni Hős, and took in the late September views of the Otonabee river -- all while raising funds to ensure palliative care and grief support remain at no cost for those who need it.

Hike for Hospice 2025 at-a-glance:

Here are just a few highlights of Hike 2025...

- We raised over \$137,000, with donations still coming in!
- Notorious T.A.S.H. was once again our top team, raising an incredible \$12,255, and team lead Kyle McConnell was our top fundraiser, raising \$4,310! Congratulations, Notorious T.A.S.H. and Kyle!
- Over 360 Hikers participated this year! Wowie!

On behalf of all of us, thank you for participating in another successful Hike for Hospice. We hope you found the day meaningful and fun...we sure did!

Get it up!  **#HikeForHos**



Photos by Anne Leavens.



HIKE 2025: IN PHOTOS



THANK YOU HIKE 2025 SPONSORS!

Media Sponsors

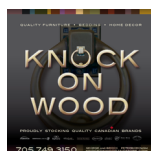


...you helped us make Hike 2025 such a wonderful success!

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Peterborough Masonic Coffee Club



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Hospice staff attend Orange Shirt Day & National Day for Truth and Reconciliation

On Tuesday, September 30, Hospice Peterborough staff were honoured to be invited to have an information table at the Orange Shirt Day & National Day for Truth and Reconciliation community gathering hosted by the Peterborough Urban Indigenous Working Group.

During the event, staff listened to speakers, traditional music, a round dance, and joined organizations doing important community work across Peterborough City and County. Hospice Peterborough offers a heartfelt Miigwech for the opportunity to be there. As part of the invitation, all organizations were asked to reflect and share what they are doing to respond to the Truth and Reconciliation Commission of Canada 94 Calls to Action. Our answers to two of the Calls to Action (that are most relevant to the work of Hospice Peterborough) are listed below. Hospice Peterborough recognizes that we still have much work to do, and are grateful for every opportunity to learn, grow community, and enhance care for everyone.



Pictured above: Hospice Peterborough staff attend Orange Shirt Day & National Day for Truth and Reconciliation.

National Truth and Reconciliation Report – Calls to Action: #22

“We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients.”

p.3., *Truth and Reconciliation Commission of Canada Calls to Action*, Truth and Reconciliation Commission of Canada, 2015

Hospice Peterborough’s Response:

- At this time, Hospice Peterborough has worked with partners at the Nogojiwanong Friendship Centre to make medicine bags available to Indigenous clients who ask for them. We express gratitude for those from the Friendship Centre who have walked with us and our clients on their journeys.
- Previous clients have practiced smudging while in Hospice care.
- There is a space called The Oasis Room that is open for ceremony and reflection, which currently includes a drum, and sacred texts for Indigenous clients. All are welcome.
- We also work with Kathy McLeod-Beaver, Indigenous Navigator, Central East Regional Cancer Program who supports Indigenous clients on their cancer journeys. In this role, Kathy provides support services to First Nations, Inuit and Métis clients with a diagnosis of cancer, and their families. Some of the ways she supports clients include: helping connect clients with cultural supports, helping families access care and services at home, and providing support before, during, and after cancer care appointments. Kathy supports clients in their homes and in healthcare centres across the region.

National Truth and Reconciliation Report - Calls to Action: #92 iii

“Provide education for management and staff on the history of Aboriginal peoples, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, Indigenous law, and Aboriginal–Crown relations. This will require skills based training in intercultural competency, conflict resolution, human rights, and anti-racism.”

p.10., Truth and Reconciliation Commission of Canada Calls to Action, Truth and Reconciliation Commission of Canada, 2015

Hospice Peterborough's Response:

At this time, Hospice Peterborough has worked to provide staff and volunteers with mandatory and recommended Indigenous education opportunities, including, but not limited to:

- Indigenous Cultural Safety Training by the Indigenous Cancer Program, Central East Regional Cancer Program
- Lakehead University's Centre for Education and Research on Aging & Health (CERAH) Indigenous education
- HPCO Indigenous Palliative Care education sessions
- Hospice Peterborough staff attended and had a table at the 2025 Indigenous Palliative Care Conference in Peterborough-Nogojwanong
- Equity Committee members attended Indigenous education sessions at Michael Garron Hospital's Palliative Care Symposium

We recognize that there will always be more ways we can improve, and we commit to continue learning from Indigenous partners and clients, and educating ourselves, so we can provide the best care for everyone in our community!



Pictured above: Orange Shirt Day & National Day for Truth and Reconciliation community gathering hosted by the Peterborough Urban Indigenous Working Group.

Meet our new Child & Family Life Specialist: Julie Clarke



Children's Grief Awareness Day is coming up on November 17. To share more about the ways Hospice Peterborough supports children and youth who are grieving, we sat down with Julie Clarke (pictured left), our new Family and Child Life Specialist, to hear more about the work she does, why it's important, and what she finds meaningful about her new role.

Who are you?

My name is Julie Clarke, and I have recently completed my undergraduate degree at the University of Guelph, where I took Family Studies and Human Development. I am a Peterborough local and am very happy to be back home. In my free time I love to do yoga and spend time outdoors, and I have recently taken up crocheting!

What is your role at Hospice Peterborough?

I am the Family and Child Life Specialist at Hospice Peterborough.

What does this role do?

My role is to support children, youth and families in the community who are experiencing grief. This includes families who are bereaved, which means that they have experienced the death of an important person in their life, and it also includes families who are anticipating the death of someone important to them due to a life-limiting illness. In this role, I offer support to families in a few different ways. Primarily, I offer one-to-one sessions for children and youth, where we do arts and play-based activities to help them understand and cope with their grief. I am also available to connect with parents and caregivers to address any questions or concerns they might have. Additionally, I run group programs for children, youth, and parents and caregivers, as well as an annual nature-based family retreat.

Why is this kind of support important?

This kind of support is important because it provides a safe space for children, youth and families to process their experience of grief, and it provides the opportunity for families with shared experiences to connect. We live in a society where serious illness, dying and death is not spoken about openly, which causes people who are grieving to feel isolated. In Canada, 1 in 14 children will experience the death of a sibling or parent by the age of 18. By providing this kind of support, less children and families will experience grief alone.

What do you find most meaningful about this work?

What I find most meaningful about this work is seeing my clients express themselves and meeting them wherever they're at. The focus of our sessions is grief, and while there can be a heaviness and sad moments that come along with that, there is equally often laughter and fun. My work shows me how grief and joy can coexist, and that despite experiencing loss at a young age, it is still possible to live a very full and meaningful life.

Thank you for your time, and all you do for Hospice Peterborough, Julie!

**Season 4 of our
podcast is here!**

WHAT NOW?

**On the threshold of
life, death and grief.**

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY



Spotlight on a recent What Now? episode:

INK OF REMEMBRANCE: CREMATION TATTOOS WITH KERRI PARNELL



What if a tattoo could carry more than a memory — what if it held a piece of someone you loved?

In this episode, we sit down with artist Kerri Parnell, who's redefining the meaning of memorial art through her deeply personal cremation tattoos.


HEAR THE FULL EPISODE...   

www.what-now.buzzsprout.com

Pregnancy and infant loss retreat offers support and connection through nature-based programming

Earlier this month, Hospice Peterborough and PAIL (Pregnancy and Infant Loss) Network hosted a one-day nature-based retreat for individuals and families who have experienced pregnancy or infant loss. Participants were enveloped in the serene beauty of Tecasy Ranch, providing a perfect environment to pause, reflect, and connect with others navigating similar paths of losing a young life. **Thank you to the Peterborough Butterfly Run and GPHSF for the generous support to make this retreat possible.**


We extend our heartfelt gratitude to everyone who attended and to Tecasy Ranch for graciously hosting us in their stunning natural space. PAIL Network shared the following testimonials on their social media channels, pictured below.



"We love how you encouraged us to say our baby's name/nickname and how many of the activities we did were to honour the baby"



Photo by Amy Watson

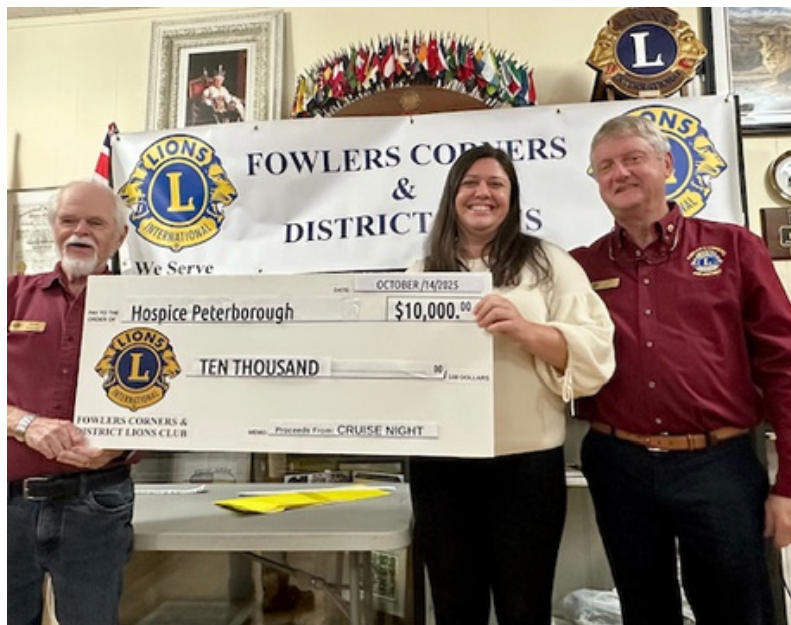


"The picking of a stone and sharing an intention, pottery sculpting, adding a bead to that long ribbon, bouquet making and burning, and forest bathing were so rejuvenating."

Celebrating the ongoing support of the Fowler's Corners and District Lions

Hospice Peterborough's Manager of Development Aimee O'Reilly attended a special dinner honouring the recipients of Cruise Nights at Craftworks presented by the Fowlers Corners and District Lions Club (pictured right). The summer event series raised an incredible \$10,000 for Hospice Peterborough programs and services.

Cruise Nights ran every Thursday throughout the summer featuring vintage cars, live music, and summer fun, all while supporting incredible local charities like Hospice Peterborough. We are extremely grateful for the ongoing support of the Fowlers Corners and District Lions.



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

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

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



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Amount:

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$200

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