

HOSPICE HIGHLIGHTER

April 2026

If you can't speak for yourself, who will speak for you? Why Advance Care Planning matters to you and your loved ones

On April 16th we recognized Advance Care Planning Day: a national initiative that encourages people to think about, talk about, and share their wishes for future health and personal care. To dig deeper on this important topic, we spoke with Carolee, a longtime volunteer at Hospice Peterborough and an avid Advance Care Planning (ACP) advocate. She answered some of the most common question about Advance Care Planning:



Volunteer Carolee at a recent Advance Care Planning presentation at Hospice Peterborough.

life doesn't stop and yet you have all these additional responsibilities and decisions to make. So why not help by alleviating some of the burden ahead of time, by planning ahead? You'll never be able to plan for everything and all of it, but at least it's a starting point.

What is Advance Care Planning?

C: Simply put, it's thinking about what you want your future to look like. What would be a good quality of life for you as your life progresses and making decisions in advance about what treatments and procedures to have, or avoid, in times of changing health. And finally, it's deciding who you want to speak for you if you can't speak for yourself.

Who should be interested in Advance Care Planning?

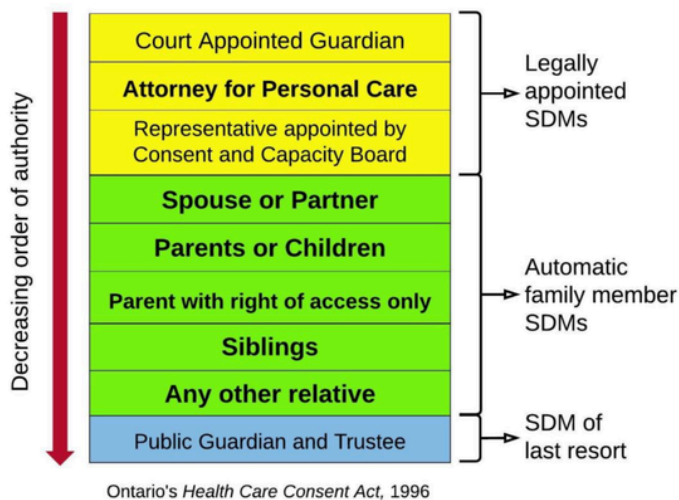
C: Everyone should be interested in Advance Care Planning! It's not just for those who are aging or have declining health. At any point, something catastrophic can happen to any of us. And any decision is easier to make when it's not being done in a time of crisis. It really is a benefit to your family. If you're the family member of someone who is in crisis, your

“ Advance Care Planning reduces stress in a time of crisis, reduces conflict among family and helps reduce the struggle with making decisions. To me, that's the ultimate gift! ”

What is a Substitute Decision Maker (SDM)? And what is their role?

C: The first thing to note is that an individual will always make their own decisions as long as they are able. If a time comes when the individual is not able to make a decision, the health care practitioner will turn to the Substitute Decision Maker (SDM) to provide informed consent. The job of the Substitute Decision Maker is to make a decision in the best interests of the person. They are legally obligated to make the decision they believe the individual would have made were they able to make it themselves.

Substitute Decision Maker Hierarchy



“ A great question I always suggest is “What is the minimum quality of life you are comfortable with?”

Can you explain how in Ontario we are automatically appointed an SDM.

C: In Ontario the law designates your SDM through a hierarchy system. At the top we have the legally designated individuals, followed by ranking order of family members. What's important to note is that family members at equal level must work together and must all agree. Sometimes that's where we can see tension arise. One last thing to keep in mind is that a SDM must be at least 16 years of age.

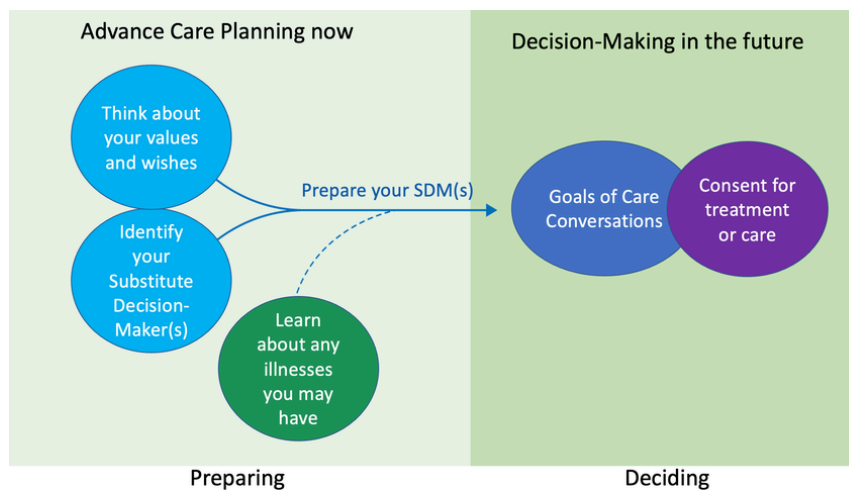
What if we don't like the SDM appointed by law? Can we choose someone else?

C: If you don't like the default SDM by law, you must appoint a Power of Attorney for Personal Care. This person then becomes the legally designated SDM. It's important that you tell the person you've selected (as well as the rest of your family!), and provide them with a copy of the documentation, and begin the conversation about your values, wishes and beliefs.

How do SDMs make decisions on behalf of the individual?

C: The SDM should always do what is in the best interest of the individual. This will come with guidance and information provided by the healthcare provider as well as questions from the SDM. Questions such as “what is the proposed treatment?” “What is the likely outcome of that treatment?” “What are the likely adverse and beneficial effects of the treatment and possible timeframe?” These questions will all help make an informed decision and one that's in the best interest of the individual.

With Advance Care Planning, the SDM will already know the person's wishes, values and beliefs and therefore can put that in context and do what the individual would have chosen had they been able. One tip I like to share is to always consider the desired outcome (which has already been shared by the individual) and that will help dictate what actions you take. For someone who is healthy and planning for the “what ifs”, the individual and their SDM will be discussing the big picture items that focus on beliefs and values. A great question I always suggest is “What is the minimum quality of life you are comfortable with?”



Pictured here: a slide from Carolee's Advance Care Planning presentation.

Some people consider Advance Care Planning a gift to your loved ones. Can you explain this?

C: Absolutely! When you are in a moment of crisis, you don't have the bandwidth to take in all the information and make an informed decision. It's just too much. So anything you can do in advance to make this easier on your SDM(s), that is truly a gift. Advance Care Planning reduces stress in a time of crisis, reduces conflict among family and helps reduce the struggle with making decisions. To me, that's the ultimate gift!

What are some first steps you can take to begin Advance Care Planning?

C: A great first step is to think about what you see as quality of life. Ask yourself, what would be your minimum quality of life? This can be very different for everyone. Then, think about whom you would trust to make decisions for you if there comes a time when you can't. Review the hierarchy and be sure you are comfortable with the appointed SDM. If you're not, consider who this person might be for you and work towards naming that person as your Power of Attorney for Personal Care. And finally, make notes, talk and prepare to share the information with your SDM. It doesn't have to happen all at once, but be sure your SDM knows your values, beliefs and wishes. And an extra tip, don't just talk with your SDM, let your other family members know who your SDM is and that they will make decisions if you are unable to. That's important to help reduce conflict among family in a time of crisis.

Can you tell us a little more about your Advance Care Planning presentation? And where can we learn more about Advance Care Planning?

C: Hospice Palliative Care Ontario (HPCO) developed a presentation about Advance Care Planning and trained presenters to share the information with interested participants. You can book a free presentation (facilitated by me!) through Hospice Peterborough. You can also visit www.advancecareplanningontario.ca for more information, relatable examples through case studies and an online workbook. We also have informative booklets available for pick up at Hospice Peterborough that are a great starting point.

Thank you for your time, Carolee!

If you are connected to an organization that is interested in booking a free Advanced Care Planning presentation from Carolee, please email admin@hospicepeterborough.org

National Volunteer Week: Igniting Volunteerism



“Hospice Peterborough Volunteers are incredible and amazing to work with. Our organization wouldn’t be able to do what we do without them and the amazing support they provide our clients, their families and all of our programs.”
- Carolyn Parkes, Volunteer Services Lead



COBS Bread chooses Hospice as local charity recipient, donates \$2,600



For the month of February, a portion of each sale at COBS Bread was generously donated to Hospice Peterborough.

Thanks to the staff at COBS Bread and community members who made purchases, we raised over \$2,600. We are so incredibly grateful for this support!

Arlo the Easter bunny pup visits Hospice Peterborough

Earlier in April, Hospice Peterborough staff and volunteers enjoyed the company of a very special visitor. Therapy dog Arlo came dressed in festive attire to bring smiles to residents, staff, and volunteers. A special shout out to Arlo's human helper Chantal for bringing him in!



Remembering Someone Special: For children, youth, and families

What is it?

- Led by Julie Clarke, Child and Family Specialist at Hospice Peterborough, this event is designed for children, youth, and families who have experienced the death of a special person in their community, such as a friend, classmate, or neighbour.
- This event aims to support children and youth dealing with grief by providing a safe space to share experiences.
- It includes grief education, expressive arts activities, and a chance to honour your special person.

When?

Sunday, May 10th from 1:30 – 3:00pm

Where?

Friends of the Library Community Room,
Peterborough Public Library

*Hospice Peterborough's
Child and Family Specialist Julie Clarke.*

We kindly ask that children and youth attending the event are accompanied by an adult.

Please email jclarke@hospicepeterborough.org or call 705-742-4042 extension 265 to register for this free event.



HIKE FOR HOSPICE RETURNS!

Hike for Hospice is Hospice Peterborough's largest annual fundraiser. Join fellow Hikers for a gentle and reflective walk to honour loved ones and raise crucial funds for hospice services.

Save the date for Sunday, September 27, 2026.

We'll start at Millennium Park in Peterborough and continue on to Beavermead Beach, and back!

Registration opens in June!



MEMORIES FROM HIKE 2025...



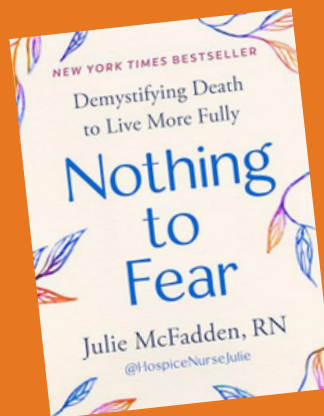
September 2026 Book

Hospice Peterborough Book Club

10-11am

Friday, September 18, 2026

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



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: bröss@hospicepeterborough.org or 705-742-4042 ext. 224

"Nothing to Fear: Demystifying Death to Live More Fully" by Julie McFadden



New program!

Grief Support Groups for Teens & Young Adults

Free dinner provided!

Grieving teens (ages 17-18):
1st & 3rd Wednesdays of the month | 6-7:30pm

Grieving young adults (ages 19-25):
2nd & 4th Wednesdays of the month | 6-7:30pm

Location: Hospice Peterborough.

SCAN QR CODE



To register, please scan the QR code.

You can also email
intake@hospicepeterborough.org
or call 705-742-4042 ext. 251 to confirm
your spot.

**Tickets are
selling fast!**

Wednesday, June 10, 2026 | 6 - 9pm
Rolling Grape Vineyard

Support a great cause while enjoying local
food, drinks and entertainment!

*Summer
Sips* 2026

\$95

**Purchase your tickets at
hospicepeterborough.org**



*Featuring a special performance by
Cale Crowe!*

WHAT NOW?

On the threshold of life, death and grief.

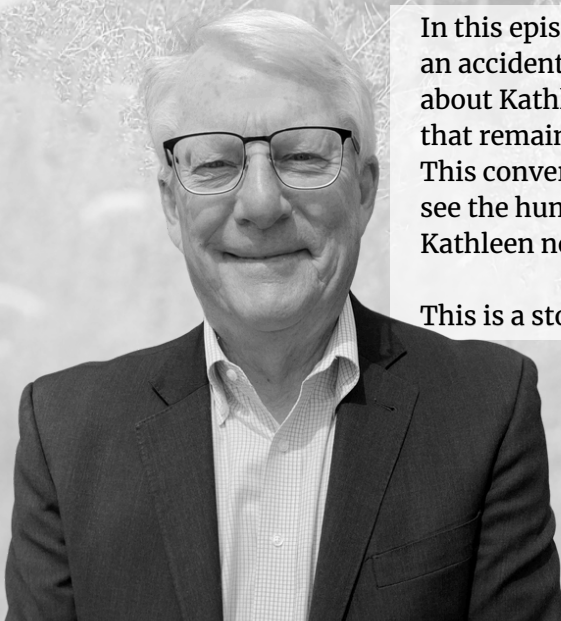
Spotlight on a recent episode:



WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY

ACCIDENTAL DRUG OVERDOSE: REFLECTIONS FROM A FATHER

...featuring Bob Campbell



In this episode, Bob Campbell shares the story of his daughter, Kathleen, who died from an accidental overdose at the age of 43. With honesty, love, and courage, Bob speaks about Kathleen's life, the struggles she faced with addiction, and the profound grief that remains.

This conversation invites us to move beyond judgment and misunderstanding, and to see the humanity behind addiction and loss. Through Bob's words, we come to know Kathleen not for the way she died, but for the remarkable person she was.

This is a story about love, loss, and remembering the person behind the statistic.

HEAR THE FULL EPISODE...



www.what-now.buzzsprout.com

Support Hospice Peterborough

Let's Connect!

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- @HospicePeterborough
- @hospiceptbo

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

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:
