

HOSPICE HIGHLIGHTER

June 2026

Cheers to another successful Summer Sips

Thank you to everyone who joined us for Summer Sips at Rolling Grape Vineyard. We enjoyed delicious food, local wine, the music of Cale Crowe and fantastic company. A wonderful evening under the summer sky! A special thank you to our silent auction sponsors: Quarry Golf Club, Shop The Lake, Rolling Grape, Al Davies and Sam Hewton.



Reflecting on our 2026 Annual General Meeting

On Thursday, June 18th we hosted our Annual General Meeting and Volunteer Appreciation. Thank you to guest speaker, Christine Mackey for sharing her personal journey of comfort, care, compassion and healing. We celebrated the past year, thanked our board for their ongoing commitment to the organization and honoured our five, ten and fifteen year volunteers for their continued dedication and service. We are truly thankful for our incredible team here at Hospice Peterborough!

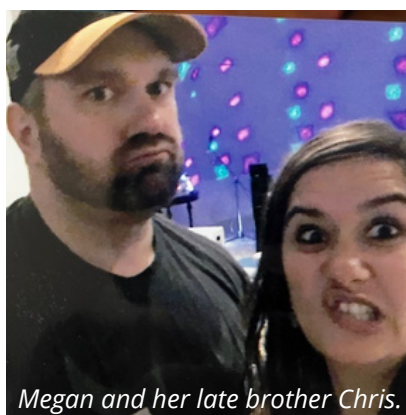


Megan's Hike story

Content warning: discussions of suicide.

They called him “a mountain of a big brother” in his obituary. Chris Toth was big in stature and personality. His sister Megan fondly remembers his signature playful sense of humour, his love of sports memorabilia, and his enjoyment of a good golf game. **“Everything he did, he did 110%,” she says. But despite his warm and goofy demeanour, Chris quietly struggled with his mental health.** “He just couldn’t get it under control,” Megan shares. **“We all thought he was going in the right direction for at least a year or so,” she says, “then I don’t know what happened.”**

Chris died by suicide on Boxing Day 2023 at just 40. “All walks of life” attended his funeral, Megan recalls, and she still meets people who deeply cared for him. Thanks to a call from Victim Services, she also learned about the free eight-week Survivors of Suicide Loss (SOSL) group offered through Hospice Peterborough. With other support out of reach financially, she was grateful. **She had participated in other grief groups before, but felt that discussing suicide might not be understood by other participants grieving illness-related death.**



In the 8-week SOSL group, Megan found the right fit: **“To be around people going through the same thing but at different stages, it was just so comforting.”** Recognizing how much she had benefited from the SOSL 8-week group, Megan also registered for the SOSL retreat Hospice Peterborough offered in the tranquil, natural setting of Tecasy Ranch in Buckhorn. She describes the retreat experience as: **“a whole day just to be in your feelings and to talk about your loved one. No interruptions, no distractions.”**

Within the first year of Chris’ death, Megan was eager to find a meaningful way to honour his memory. She appreciated that Hike for Hospice was a reflective walk (not a run that required extra training!) and appreciated the opportunity to support free services like the support groups and retreat she had attended, learning that **Hospice Peterborough relies primarily on fundraised dollars to run this programming.**

Though she was still in early stages of her grief, **Megan remembers her first Hike with a smile. “It was just jovial. It was fun, everyone was so helpful.”**

Wrapping up our conversation, Megan shared the following advice for anyone considering Hospice Peterborough’s support: “I just want people to know that: you’re not alone. You have a place to come where you can feel like you’re part of a community, which is very important. [...] **It’s free, it’s open, and it’s an amazing resource.**”



Register now!

Hike for Hospice takes place
Sunday, September 27, 2026.

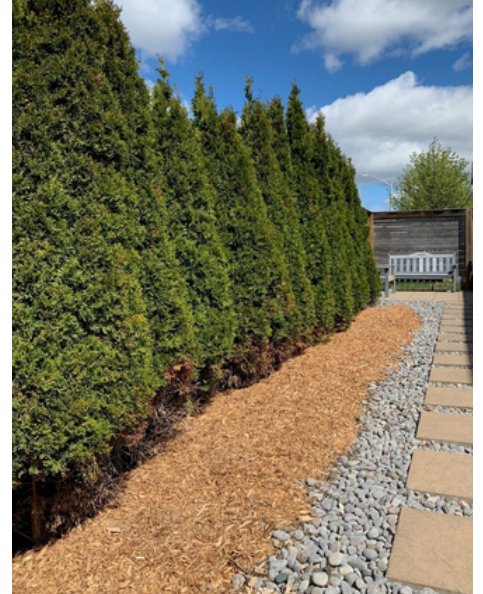
Visit easypledge.ca/hospice-peterborough
or scan the QR code to register.

SCAN TO REGISTER

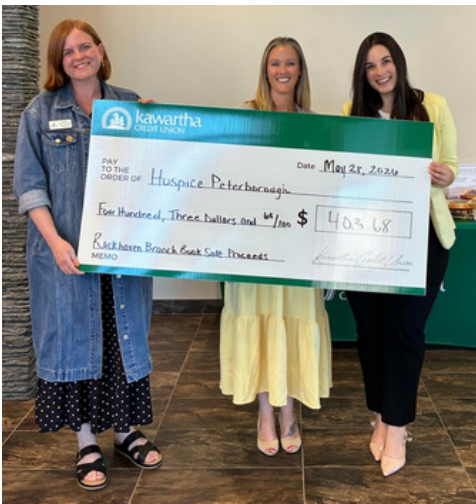


Lakefield College School donation brings mulch to our gardens

A huge Hospice thank you to our friends at Lakefield College School for donating their time and the fresh mulch for our gardens and outdoor space. We are so fortunate to have a beautiful space where our residents, visitors, staff and volunteers can enjoy the fresh air, sunshine and gardens!



Our community is amazing! A recap on recent donations



A warm Hospice thank you to our incredible friends at Kawartha Financial Services - Rockhaven Branch (pictured left) for raising over \$400 for Hospice Peterborough from a recent book sale! Thank you for all you do for our community.

A special thank you to the Lions Club of Peterborough (pictured right) for their donation of over \$880. Your support is so far-reaching!



Evaluating music in care at Hospice Peterborough



Pictured above: Hospice Peterborough's Music Care Site Team consisting of staff members Sarah (Site Team Lead) and Barb, and volunteers Melissa, Kate, and Anne.

Hospice Peterborough is pursuing the Music Care CERTIFY program! Thanks to a generous donation, staff and volunteers are documenting, evaluating, celebrating, and undergoing training to enhance the many ways we use music in our care. According to Music Care, the CERTIFY program "provides a structured, step-by-step approach to implementing music as a core element of care, ultimately enhancing quality of life and supporting quality improvement across your organization."

Documentation of music at Hospice Peterborough is provided to Music Care facilitators to align with five quality drivers for evaluation: leadership, music-rich environment, professional practice, continuing education, and action research. We look forward to updating you further as this initiative progresses!



Moving with Grief: community walking groups

♦♦ offering both afternoon and evening groups ♦♦

Moving with Grief is a community walking group for people who have experienced the death of someone they love and who feel more comfortable sharing their grief while walking. Participants may join at any point in their grief journey and all paces and abilities are welcome! Contact intake@hospicepeterborough.org or 705-742-4042 x251 to join!

EVENING GROUP

1st and 3rd Wednesday each month
6:30 to 7:30pm

AFTERNOON GROUP

2nd and 4th Monday each month
2:00 to 3:00pm

May - October:

Roger's Cove (131 Maria St.)

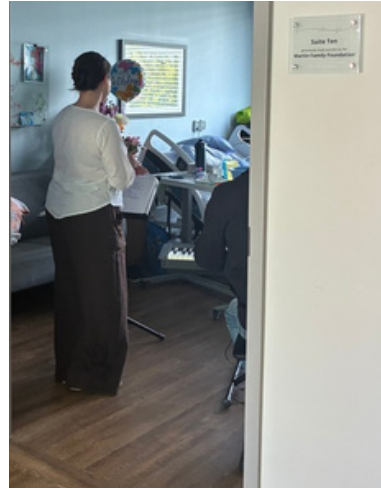
November - April:

Miskin Law Community Complex



Looking back on our summer Comfort and Care concerts

Clients, visitors, staff, and volunteers enjoyed several summer concerts over the past few weeks as part of our Summer Comfort and Care Concert series. Thank you to the amazing musicians who shared their gifts with us! Pictured below from left to right: Isaiah Smith and Jeanne Truax, Kate Suhr and Melissa Payne, Carling Stephen and Rob Phillips, and Austin Carson and Scott Garvey of the Austin Carson band.



Thank you to Petro-Canada CareMakers Foundation

Thank you to the Petro-Canada CareMakers Foundation for their recent grant donation. Three sleeper chairs were purchased through the generosity of this foundation. These will help provide comfort to the caregivers and families in our residence.



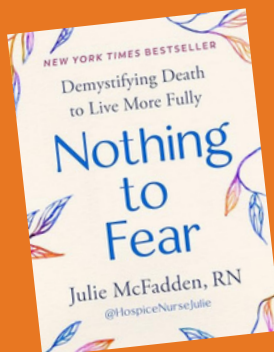
Hospice Peterborough Book Club

10-11am

Friday, September 18, 2026

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

September 2026 Book



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



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

Board Barbecue: a delicious hit

Earlier this month, the staff were treated to a tasty barbecue lunch by the Board of Directors. A huge thank you to all the board members who helped prepare, cook and serve the delicious lunch that was enjoyed on a beautiful sunny afternoon in our courtyard!



WHAT NOW?

On the threshold of
life, death and grief.

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY

BIG STUFF: LOVE, LOSS AND THE THINGS WE KEEP

...featuring Matt Baram and Naomi Snieckus

Spotlight on a
recent episode:



What happens when the ordinary objects of a life become extraordinary after loss? In this episode the co-hosts sit down with acclaimed playwrights and actors Matt Baram and Naomi Snieckus to discuss their deeply relatable play: Big Stuff.

We explore how grief can surface in unexpected places—through the belongings we inherit, the stories attached to them, and the emotional weight they carry.

This conversation is a thoughtful exploration of attachment and the sometimes surprising intersections of grief, love, and laughter.

HEAR THE FULL EPISODE...



www.what-now.buzzsprout.com

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

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:

Let's
Connect!



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