HOSPICE PETERBOROUGH

HOSPICE HIGHLIGHTER

October 2026

A record-breaking Hike for Hospice!

Thank you to everyone who joined us on Sunday, September 27th for this year's Hike for Hospice. With over 400 participants and the support from sponsors and donations, we raised over $148,000 - a new record! These funds go directly into supporting our community programs and allow us to continue providing quality hospice palliative care and bereavement support here in Peterborough.

With beautiful weather and the fall colours in effect, we gathered to honour and remember our loved ones, while enjoying a walk along the shores of the Otonabee River. It is always so lovely to see the team spirit, the love and the solidarity shared among participants, teams and families. New this year, our younger hikers enjoyed the face painting, memorial crafts and games, and we all love the new tradition of a sponsor song performed by our very own Executive Director, Hajni!

A special shoutout to Kyle McConnell for once again being our top fundraiser and his team, Notorious T.A.S.H. raising an incredible $12,960 to claim the title of the top team.



On behalf of everyone here at Hospice Peterborough, thank you so much for making this year's Hike for Hospice such a huge success. We are incredibly grateful.




Walking in memory of
loved ones we have lost


LIVE SIMPLY












You Got This






SLOW DOWN
FOR
HIKE
HOSPICE
!!


NOT A
THROUGH
STREET
LOCAL
TRAFFIC
ONLY
Burnham St









A heartfelt thank you to this year's Hike for Hospice Sponsors

The support from these local bussinesses helped make this year's Hike for Hospice a huge success! Thank you so much!

MEDIA SPONSORS

KX105 New Country FM

Peterborough's Playlist PETE 99.7

HOPE SPONSORS

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AON Inc. Where community develops.

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Johnston Wealth Partners

Grady's Comfort in Every Step Feet Essentials

Cabinetree

Odin's Shield Donation

A warm hospice thank you goes out to Odin's Shield Charity Riders for their recent donation of over $2,800! We are so grateful for your generosity and we thank you for continuing to choose to support Hospice Peterborough.





The Hospice Amazing Race

On September 22, Hospice Peterborough staff embarked on an "Amazing Race" throughout Peterborough as part of a professional development day. Working together in small teams, they met with community partners to complete various tasks. It was an incredible day of teamwork, collaboration and fun! Thank you to everyone who played a part in organizing and executing this event.















Compassionate Care For All! Highlighting recent activities of Hospice Peterborough's Equity Committee









On September 26th, Hospice staff and volunteers marched in the Pride Parade in downtown Peterborough, carrying a banner with the message "Compassionate Care for All" painted by staff member Laura M. By participating in the Pride Parade, Hospice Peterborough extends a message to our community who may need palliative care or grief support: you are welcome here, and you deserve care that is safe, equitable, compassionate, and affirming.

The Pride March was one of many recent initiatives coordinated by Hospice Peterborough's Equity Committee – a group comprised of staff and volunteers with the objective to "build an organizational culture focused on equity, inclusion, diversity, and anti-racism that enhances the comfort, dignity, and quality-of-life of individuals and families living with or affected by life-threatening illness or grief," as stated in their annual workplan. Some of the committee's initiatives include:

- Improving access for local Indigenous community members (including a presence at the recent Orange Shirt Day Gathering pictured above)
- Sharing an internal newsletter on important equity-related topics (pictured right). Past issues have covered International Overdose Awareness Day and Red Dress Day.
- Organizing training opportunities for staff and volunteers.
- Working with staff and volunteers to address barriers for individuals experiencing homelessness and using drugs facing health challenges and barriers to care.
- ...and more!



Equity, Diversity, and Inclusivity Committee of Hospice Peterborough
Newsletter

Issue 2: **August 2026**
Overdose Awareness Day

HOSPICE

International Overdose Awareness Day

This month, we acknowledge International Overdose Awareness Day on August 31st, a time to reduce the stigma associated with substance use and remember those who have died as a result of drug poisoning. It is also a time to renew the call to action to reduce preventable deaths.

Grief after someone has died due to substance use can be very complex and can be experienced as a traumatic loss. It is often an isolating kind of grief because others might not recognize the loss, or those grieving the loss may feel reluctant to share because of the perceived and real judgement from others.

In Peterborough/Nogojiwanong, the drug poisoning crisis has significantly impacted our whole community. At Hospice Peterborough, we provide grief programming to support those affected by drug poisoning.

Symbols of Advocacy:
Purple / the purple ribbon
Purple is the colour adopted by IOAD (International Overdose Awareness Day) which is recognized around the world each year on August 31st. Ribbons have long been displayed as a token of remembrance. They are powerful symbols of ties that bind. (Via: www.momstoptheharm.com)

Events

1. **Flag-Raising Ceremony** on **Wednesday, August 19th | 10:00am-10:30am** A purple flag will be raised in memory of those lost to drug poisoning and in recognition of the grief carried by their loved ones. **Where?** City Hall, 500 George St. N.

2. **International Overdose Awareness Day Community Event** will be held on **Monday, August 31st | 1pm-4pm. Where?** City Hall, 500 George St. N.

Current committee members include staff Danielle L., Carolyn P., Sarah v., BJ R., Laura M., Rochelle B., Kelly G., and volunteer Maggie S. We are grateful for all of this work in ensuring Hospice Peterborough is welcoming to everyone!

Thank you, Petro-Canada CareMakers Foundation

Thank you to the team at Petro-Canada CareMakers Foundation for joining us at Hospice Peterborough for a cheque presentation and a tour of our facility.

We are incredibly thankful for your generosity and donation of $7500. The funds went directly into purchasing new sleeper chairs for our residence. Now family and visitors can comfortably spend time and relax alongside their loved one here in the residence. Thank you!



HOSPICE PETERBOROUGH

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. All paces and abilities are welcome!
Contact intake@hospicepeterborough.org or 705-742-4042 x251 to join!



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

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

November - April:
Miskin Law Community Complex

Hospice Peterborough Book Club

Friday, November 20, 2026
10-11am
Participants can attend in-person at Hospice Peterborough or via Zoom

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

November 2026 Book



"We All Want Impossible Things" by Catherine Newman

Thank you to the dedicated group of volunteers who work to keep the Hospice library and book club organized. If you are interested in learning more about past reads, a full list of book club selections is located in the library, which is open for everyone in our community!

Music Care CERTIFY update: launching Residence Rhythms



Hospice Peterborough continues to progress on our Music Care CERTIFY journey! As part of the certification, we recently launched a bedside music appreciation program called "Residence Rhythms" that coincided with an internal research project, tracking resident responses to program activities. We also created a "Music Care Cart" to support the program, pictured left.

One of the activities we focused on in the pilot sessions was called "A Musical Quilt," which supported residents in creating a list of songs that have been meaningful to them throughout their lives. With the resident's consent, the songs were added to a playlist that could be played while they were receiving care and that loved ones could access after the resident died to support them on their grief journeys.

Although we are still analyzing the final results, initial insights from the internal research project indicate that music appreciation activities can bring smiles and laughter, encourage memory sharing, and deepen connection with loved ones who visit while the activities take place. We look forward to continuing the program and want to give a special shout out to volunteers Shelley B., Melissa H., Doreen A., and Kate J., who supported the pilot sessions. The program is on a brief hiatus to make adjustments, but Residence Rhythms will return in early November.

New workshop! Writing your own obituary

This two-part* practical workshop explores how you would like to be memorialized when the time comes to notify people of your death. Whether you would like to leave a completed obituary in your own words, or a written document that can guide and support your loved ones in honouring your memory, this workshop will lead you to the heart of what's important to you.

November 11 and November 25, 2026 | 1:00 - 3:30pm
Hospice Peterborough | 325 London Street

To register, please contact intake@hospicepeterborough.org or call 705-742-4042 ext. 251

*registrants must be able to attend both workshop dates

WHAT NOW?

On the threshold of life, death and grief.

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY

HOSPICE PETERBOROUGH

Spotlight on a recent episode:

S5E1: WHEN LIFE CHANGES THE SCRIPT *...featuring Linda Kash*



Linda Kash, actor, comedian and improvisation expert, shares the story of losing her husband suddenly—and the unexpected ways improv helped her navigate the landscape of grief that followed.

Linda talks openly about the shock of sudden loss, learning to live with uncertainty, and discovering that some of the principles of improv—being present, accepting what is happening, staying open to what comes next, and finding connection with others—can offer wisdom when life no longer looks anything like we imagined.

A moving and thoughtful conversation about loss, resilience, connection and the possibility of finding our way forward when life changes the script.

HEAR THE FULL EPISODE...

www.what-now.buzzsprout.com

Let's Connect!

@HospicePeterborough

@hospiceptbo

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

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Address: _____

City: _____

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☐ ***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.

HOSPICE PETERBOROUGH

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:

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☐ ***Visa*** ☐ ***MasterCard*** ☐ ***AMEX***

☐ ***One-time donation*** ☐ ***Monthly donation***

Card #: _____

Expiry Date: _____

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