

MARCH 2019

Hospice Peterborough Board Searches for Next Executive Director

In January, Linda Sunderland, our Executive Director, shared her intent to retire from Hospice Peterborough at the end of June 2019.

In 1992, Linda began as the Volunteer Coordinator. In 2005 she assumed the role of Executive Director, filling the big shoes of Joan Higginson, the previous Executive Director. Joan led the move to the Rubidge Street location in 2002.



In 2005, Hospice Peterborough first started to dream of building a Residential 10 bed Hospice to care for people at end of life. This has been Linda's focus ever since.

Looking back on Linda's illustrious, 26-year career at Hospice Peterborough, it is clear that the organization has undergone significant change and benefited from her dedication and extraordinary leadership.

Amid every hurdle, Linda has remained steadfast in her determination to see the development of the community's first 24/7 end of life, hospice while the organization's community programs continued to advance and grow over the years as she skillfully and passionately guided the organization through many accomplishments and challenges.

Of her career, Linda shared her thoughts, "it has been an incredible adventure these past 26 years. Looking back, at the changes that have taken place, not only in this wonderful organization, but in me as well, has been truly remarkable... beyond what I could ever have dreamt. Hospice clients, staff, volunteers and donors have taught me so much and allowed me the chance to fulfil this amazing collective vision. Participating in the work of Hospice Peterborough has been a gift and an honour. In this next chapter of life, I am looking forward to spending more time focused on family, friends and relaxation".



In the past 14 years, Hospice Peterborough has grown 156% from an operating budget of \$440,000 to \$1,126,000 while operational funding has grown 298% from \$214,774 to \$854,474. The number of clients served per year has increased from 755 to 1,600, with the number of staff also increasing from 7 to 18. The next epic change on the horizon will welcome 22 new health care professionals to offer care, 24/7, in our Hospice Residence along with 2 additional support staff.

No wonder Linda is ready to retire!

The Board, staff, volunteers and donors of Hospice Peterborough would sincerely like to offer Linda our heartfelt gratitude for her 26 years of superlative leadership, friendship and service. The new Hospice Peterborough will always stand as a beacon of her celebrated career and the legacy she helped build for future

30 Years of Caring

By: Linda Sunderland, Executive Director

We have lots to celebrate at Hospice Peterborough in 2019. It is our 30th anniversary of providing hospice care. There have been many changes in the past 30 years but what has not changed at Hospice Peterborough is our commitment to excellent, compassionate care, community engagement and volunteer involvement.



After 30 years we all felt the time was right to launch a new logo, website and look and feel for all of our print and social media material. Watch for all our updated materials, which will be revealed at our new location.

Another celebration will be the Doors Open activities for our new facility. In March, after 15 years of dreaming, planning and action we will move into our new building and realize our goal to become a centre of excellence and a fully functional hospice hub of care. We have many Doors Open Celebration activities planned and we hope our entire community will have the opportunity to visit their community hospice.

As someone who has been involved with Hospice Peterborough for 26 of its 30 years I have seen significant growth. True visionary

generations.

We will miss you, Linda and wish you much happiness and love as you go forward to your next adventure.

Recruitment for a new Executive Director is underway. We will continue to update our community and stakeholders.

thinkers have guided this organization. We have always had a board of directors who have embraced new challenges and rolled their sleeves up to get the job done. Our staff and volunteer team is comprised of exemplary individuals with a true commitment to our community and to hospice care. Many changes are in store for the delivery of health care in our province but I know there will always be a place for an organization like Hospice Peterborough. Here's to the next 30 years!



March 22 & 23
1 - 4 pm

Drop by for a tour of the new **Hospice Peterborough**
325 London Street

meet and greet with staff

donor recognition

Please note parking is limited

Additional parking available at old Hospice building 439 Rubidge St



PROGRAMMING AT HOSPICE PETERBOROUGH

I have a Life-Threatening Illness

PROGRAM	DESCRIPTION	TIME
Palliative Care Community Team (PCCT)	PCCT assists clients and families with health system navigation, advocacy, counselling and connection with needed services.	Call for information.
Volunteer Support	Our client support volunteers offer emotional support and practical help to individuals facing a life-threatening illness and relief time for caregivers.	Call for information.
Day Hospice	An opportunity to meet others living with a life-threatening illness and share concerns and experiences. Support groups for men and women. Consider staying for optional lunch.	Wednesday 10am-2pm
Hospice Residence	The Hospice Residence will provide professional 24-hour, end of life care in a tranquil environment.	Opening April 2019

I am a Caregiver

PROGRAM	DESCRIPTION	TIME
Caregiver Support Group	Our Caregiver Support Group provides an opportunity for you to connect with other caregivers and Hospice staff to share knowledge and experience.	2nd & 4th Friday of the month, 10am-12pm
Children and Teen Support	Caring Kids and Teens: Hospice staff arrange one-to-one support or small group support as appropriate. Hospice staff also help the family link with other community supports.	Call for information.

I am Grieving a Death

PROGRAM	DESCRIPTION	TIME
Informal Support Groups	If you have recently experienced the death of someone connected to you, you are invited to one of the Grief Chat for the Recently Bereaved groups. Walk With Hope offers gentle physical exercise and emotional support.	Grief Chat: 1st and 3rd Tuesday 6:30-8pm Grief Chat: 1st and 3rd Friday 10am-12pm Walk with Hope: Call for times.
Grief Recovery Group - Level 1 & 2	Level one and two are a safe place to share and express feelings and experiences and to move forward through grief.	Offered three times per year (winter, spring and fall). Call for more information.
Grief Recovery Group - Level 3	Level three is an informal group that offers ongoing support and encouragement.	3rd Tuesday of each month 11:45am-1:45pm OR 3rd Wednesday of each month 7-9pm
Bereaved Parents Group	The Bereaved Parent Support Group is for all parents regardless of the age or circumstance of a child's death.	Last Wednesday of each month, 7-9pm
Suicide Survivors Group	A structured support program for individuals as they navigate the changes in their life following a suicide.	Offered as a series during the year. Call for more information.
Children's Grief Group (8 weeks)	For children aged six to 12 who have experienced the death of someone close to them. Support for understanding and managing feelings and behaviours around grief. A parent group meets at the same time to discuss issues related to children's grief experiences.	Offered three times per year (winter, spring & fall). Call for information.
Teen Grief Support	One-to-one support or small group support as appropriate. Hospice staff help teens link with other community supports.	Call for more information.
Children's Monthly Grief Check-In	Children who have completed the eight-week Children's Grief Group are welcome to attend this after school program. Trained facilitators use a wide range of expressive arts activities to support children.	After school program. Call for information.

Programs for All Clients

PROGRAM	DESCRIPTION	TIME
Wellness Support	The Gentle Exercise program is for those wishing to participate in easy, gentle exercises that everyone can do. Other wellness programs are offered periodically depending on interest and need.	Gentle Exercise Fridays, 1-2pm

Hospice Peterborough's hours are Monday to Friday 9 am to 5 pm. After hours visits can be arranged. All services provided at no charge. Call 705.742.4042 for more information, or to register for a group.



New faces at Hospice Peterborough

Welcome to our new staff members

Justin Anderson, Human Resources Generalist/Payroll Administrator

Tracey Davis, Special Events and Development Coordinator

Sheila Bourgeois, Bereavement and Wellness Coordinator

Thank you for joining the team.



Notes from Volunteer Training

By: Paula Greenwood, Manager of Volunteer Services

This is a time of growth for the volunteer program during such an exciting transition in this wonderful organization. We have dreamed for many years of having a hospice residence and within a very short time, we'll be opening our doors.

As we prepare to "move up the hill", we are offering our current volunteers the opportunity to learn a bit about opportunities available and an overview from Todd (Transition Team Leader) and Jodi (Manager of the Residence) about the new hospice residence. These sessions are fully booked, with 1-2 more sessions to be announced.

Volunteers will continue to offer their experience and skills in the community and in our new facility. The roles in the centre include assisting in the residence, reception, wayfinding, baking, cooking and more. At this time, we have current volunteers who are keen to step into these roles. As we move and learn in the building, there may be other opportunities for volunteers.

Orientation sessions that provide more comprehensive information about what it means to be a Hospice Peterborough volunteer will be offered in April, with volunteer training in the spring, in May or June. Contact me in mid-March if you're interested in learning more.

Each day I am reminded of the great gifts our volunteers provide to Hospice, through home support, reception, fundraising, group co-facilitation, singing, membership on committees and the Board of Directors. At the moment, we are overwhelmed by the hundreds of hours given by the volunteers preparing for our move (with years of meetings, phone calls, emails, planning and just plain hard work)! Deep gratitude to all as we move (literally and figuratively) forward!

In the words of one of our new recruits, "I can't imagine a more exciting time to be volunteering at Hospice Peterborough!"

Lucky us!

IDEAS Summary

By: Natalie Warner, Manager of Community Programs

IDEAS (Improving and Driving Excellence Across Sectors) is a provincial quality improvement training initiative for the health sector. Early in 2018 the Central East LHIN selected Hospice Peterborough as their partner organization for Cohort 15. Each team in a cohort must do a project and each cohort comes together for education on quality improvement, coaching and peer learning. Cohort 15 focused on palliative care and was made up of one team from each LHIN across the province.



The Central East LHIN team included (l-r): Leanne Preston CE-LHIN Palliative Care Coordinator Natalie Warner Tanya Burr, Central East Palliative Clinical Nurse Practitioner Lead, Linda Kehoe and David Kennedy.

Participating in a cohort focussed on palliative care was wonderful because we found there were many connections between projects. As we listened to teams talking about establishing relationships among palliative community services we were also reminded of how fortunate we are to be part of a community where there is a strong palliative culture and good connections among those serving palliative clients.

Our project focused on helping clients identify broader life goals as often their life is organized by the medical journey and organized around medical appointments and treatments. By exploring goals with clients we can sometimes help them meet those goals, but more importantly it keeps the focus of discussions about care choices and treatment options on what is important to the client.

The Cohort wrapped up with graduation in October, however Hospice continues to have ongoing support including access to mentorship and resources. The education and tools we received through participation in IDEAS have been beneficial as we continue to develop our policies and programming for the new hospice.

Book Launch: From Tofield to the Top of the World

In 1994 Connie Swinton retired to Peterborough after a lifetime of nursing around the world. One of the first things she did was come to Hospice Peterborough and take our Volunteer Orientation Course and become a Hospice volunteer. As Connie says in her book, "In my 94th year I realize the importance of building a life in the community in order to have a happy and fulfilling retirement." We certainly benefitted from this philosophy. She brought a wealth of knowledge, true compassion and understanding to everything she did in the 23 years she volunteered with us.

Hospice Peterborough held a book launch Friday, January 18, 2019 for Connie Swinton's memoir; 'From Tofield To The Top Of The World'.

What a wonderful and enlightening afternoon it was! Connie offered readings from her book and answered questions to a packed room of over 80

friends and family .

Connie's book, 'From Tofield to the Top of the World', will be available for purchase on Amazon. A portion of the proceeds will be donated to Hospice Peterborough.

Thank you for sharing your life stories Connie.



Pictured: Connie Swinton, Hospice Peterborough Volunteer and Paula Greenwood, Manager of Volunteer Services

Hospice Residence

By: Jodi Dunn, Residence Manager

We are very excited to be opening the residence care section of Hospice Peterborough. We will accept our first resident on Monday April 8, 2019. Since this program is something new for our community there are lots of questions about what supports will be available and how people can get connected.

The 10 bed residence at Hospice Peterborough will assist people who are dying to live with dignity and comfort in a place that feels like home. Our team is able to provide 24 hour registered nursing care including pain and symptom management as well as social, psychological, spiritual and practical support. Our average length of stay is about 10 days; however, it can be as brief as a few hours or as long as a few months. Family and friends can visit for as long and as often as the resident would like. We encourage people interested in coming to our facility to review our Resident Handbook and the virtual tour (Available April 1, 2019).

Medical care will be provided either by a palliative physician, family doctor or nurse practitioner.

Referrals for admission will be completed by a health care professional in collaboration with individuals and their family. Residents must also be eligible for homecare services through the Central East LHIN and will be assessed if not already on services. This is essential so that everyone has access to the Ontario Drug Benefit Card for their medications.

Admissions to the residence are based on an assessment that identifies the person most in need of the bed. The length of time someone is on the waitlist is not considered when prioritizing patients for admission.

Inquiries about admission are welcome. Simply call Hospice at 705-742-4042.

"Hospice Peterborough helped me and my family survive the emotional ride of cancer. Thank you." - A Hospice Client

**Due to the OPENING of the
Hospice Peterborough Care Centre in MARCH 2019**

**Hospice Gala 2019
will be postponed**

Please join us for Gala 2020



Look for our DOORS OPEN Celebrations in March 2019!!!

Meet the Staff Team - Jodi Dunn

"I was thrilled to join the Hospice Peterborough Team in August 2018 as the Manager for the Hospice Residence. The opportunity to work together to build a residence care team from the foundation up was so appealing that I left retirement," says Jodi.

"I have been a nurse for 40 years and my career has spanned acute and palliative hospital care, community care and hospital management. I found my calling in hospice palliative care in 1997 under the mentorship of Drs. John Beamish and Stephan Ragaz and the wonderful palliative team at the old St. Joseph's site. The last 15 years of my career were spent at Ross Memorial Hospital in Lindsay where I was the Manager and then Director of the Continuing Care Program which included, among a number of programs, the 10 bed palliative care unit."

"Hospice palliative care is challenging,

enlightening, humbling and inspiring. Each client and family's experience is different and requires the support of an interdisciplinary team of health care professionals and volunteers. The new Hospice Peterborough Care Centre will truly be a hub of hospice palliative care for our community and region."

"We are so fortunate Jodi stepped out of retirement to establish our Hospice Residence and recruit and orient our new team," says Linda Sunderland, Executive Director. "She has enriched our organization already and connected with each staff member and volunteer."

"It has been a pleasure to work alongside my Hospice Peterborough colleagues and volunteers," continues Jodi. "It is a privilege to be part of all that Hospice Peterborough signifies."



Thank YOU to all our guests, volunteers, sponsors and donors who made Handbags for Hospice 2018 a huge success!

YOUR generosity helped raise over \$46,000 to support our 25 programs and services.



YOU
Have Made A Difference!



Save
the
Date!
Millennium Park

hospicepeterborough.org

MAY 5 2019
Hike for
Hospice



registration begins February



Give the gift of hospice care...

YES, I would like to support vital hospice care!

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Phone: _____

Email: _____

Amount: \$ _____

I would like to make my gift:

One time donation Monthly donation

Online at hospicepeterborough.org

METHOD OF PAYMENT

Cheque (payable to Hospice Peterborough)

Visa MasterCard American Express

Card #: _____

Expiry Date: _____ / _____

I would like to be an anonymous donor

This gift is in memory of: _____

I wish to be listed in your Annual Recognition as: _____

Registered Charity No. 119478964 RR0001

Tax receipts will be issued promptly for donations of \$20.00 or more.

Donors make our care possible.



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Dr. John Beamish, *Medical Director*
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Natalie Warner, *Manager of Community Programs*
Amy Watson, *Intake Coordinator*

439 Rubidge Street
Peterborough, ON K9H 4E4
705.742.4042 1.800.790.0867

After March 7, 2019:
325 London Street,
Peterborough, ON
K9H 2Z5

Hospice Peterborough's hours are Monday to Friday 9 am to 5 pm. After hours visits can be arranged. All services are provided at no charge. Call for more information.

@hospiceptbo

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CLOSED:
Thursday, March 7 and
Friday March 8, 2019 for
the move