

Finding the Light in this Season of Darkness

As we approach the holiday season in this strange age of COVID-19, we may be especially missing our loved ones who have died.

Hospice Peterborough invites you to honour your loved one by placing a Hospice dove with their name on it on the fence, outside Hospice, running along Reid Street. A large evergreen will be lit to remind us all of the light created by the memories and love those who have died leave with each of us.

In the absence of being able to be gathered in this time when the days grow colder and darker, we hope this collection of doves and light will allow all in the community to come together in peace and safety. Hospice staff will mark the start of the event with a tree lighting ceremony which will be available on our YouTube channel and social media.



Tree Lighting Ceremony 2020

David Kennedy and Natalie Warner lead this year's virtual Tree Lighting Ceremony, click image to watch video on YouTube.



Click on the dove image for template.

You are invited to print and decorate a dove for the people in your life who have died. You can hang the dove yourself, or bring it to Hospice or if you prefer hang it in your own home to remember your person.

Please respect social distancing when placing your memory dove on the fence at Hospice Peterborough.

Please note doves will be hung outside until the new year, but unfortunately Hospice cannot return doves back to you.

If you are not able to print a memory dove, you can pick one up at the Hospice front desk, or by contacting Hospice Peterborough at 705-742-4042 or by email at admin@hospicepeterborough.org.

Stay safe and take care.

Hospice Peterborough Board Chair Shares Personal Experience with Hospice After Facing Grief

Each of us is dealing with significant loss.

Individually and together, we now face our mortality against the reality of a global pandemic. We grieve uniquely.

My grief is multi-layered. The death of a child is every parent's worst nightmare... it certainly is mine. It has been almost a year since my Daughter's death – pain and sadness is beginning to ease through the love and support of family and friends. A few months later came COVID-19, and our family endured two more deaths, three months apart. Both times we would be robbed of personal contact, physical support, and the rituals of saying goodbye. Participating in two funerals in the same afternoon was heart-wrenching.

This past year has been overwhelming, and painful, and I'm grateful for the help of Hospice Peterborough. I credit skilled staff and volunteers for supporting me to find my way through grief, empowering me to be available and able to care for my wife, children, and 10 grandchildren.

For the past six years, I have had the privilege of volunteering with Hospice Peterborough. This experience has taught me so much about life and death. I know firsthand that hospice care is a lifeline for people in our community facing end-of-life, life-threatening illness and grief – especially with the increased isolation that has come with the pandemic and its required safety protocols.

Thanks to Hospice, I was able to support my Brother-in-law as he was dying, cope with my Mother-in-law's sudden death, and look ahead after my Daughter's tragedy.

I have a deep appreciation of hospice care, now more than ever – as a client, donor, volunteer, and as the Chair of the Board of Directors.

Clearly COVID-19 has brought death and dying closer to us all, globally. In this extraordinary time in history, hospice palliative care is even more relevant and essential.

Thanks to donors like YOU and me, all hospice programs and services are continuing to be offered throughout the pandemic - at no charge. Our family, like others, will not have to face the additional financial burden of accessing or paying for this life-changing help and care.



One hospice client, facing a life-threatening illness, shares what hospice support means to her:

“When I think of my hospice group, I know it's been a life line for me and many others. COVID has been so isolating. Without the group, we would all be really struggling. I look forward to it every week – it gives me a reason to shower and get dressed. If we didn't have each other, who would we lean on? It's too painful for my family to hear the details of my disease and how I really feel, but not the group – they get it!”

The impact of COVID-19 has not been equitable. For many hospice clients, time will run out during COVID-19 restrictions. No last bucket list items, no last celebrations – and many will not see the end of the pandemic.

This next year will take strong leadership, dedicated staff and volunteers, and YOU. With your gift, we will walk alongside those living with a life-threatening illness, at end-of-life, and those grieving.

[Our family credits Hospice Peterborough for helping us in our healing journeys.](#)

As board chair, I know your gift to Hospice Peterborough is adding value to every person in our community.

[In this season of giving, I hope you'll join me today by making your donation. Thank you!](#)

Take care, and stay safe,

Bob Campbell



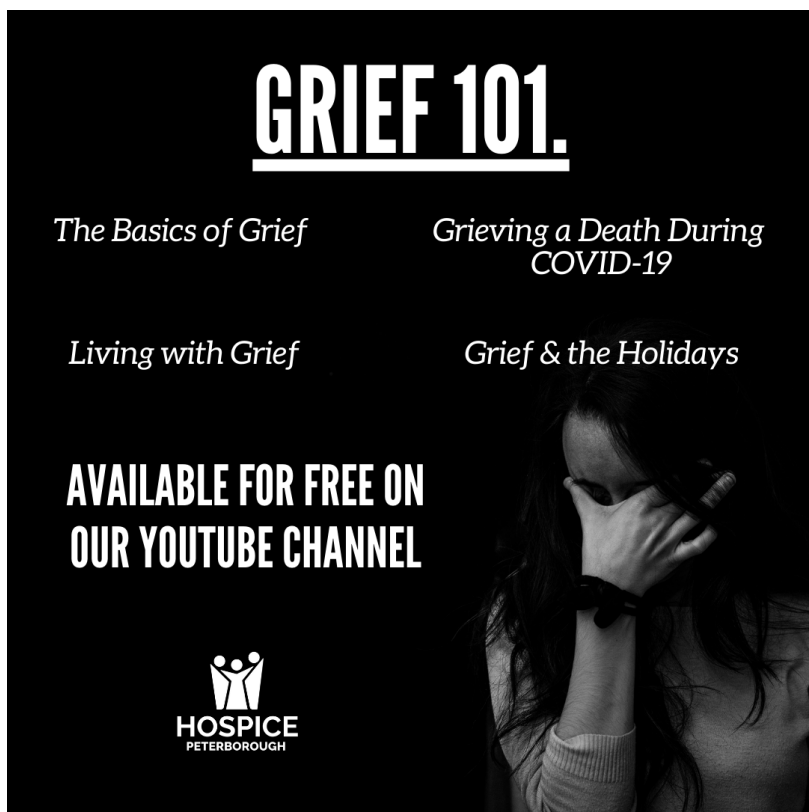
Let Hospice Peterborough Be Your Companion on Your Journey Through Grief.

Watch Bob's message about his personal experience with grief, Hospice Peterborough through COVID-19, and what the future holds in this video.

Grief and the Holidays During COVID-19

Grief has only become more complicated in our current COVID-19 reality. With the holidays quickly approaching feelings of grief may be becoming more intense.

Hospice Peterborough has multiple resources available for free on our YouTube channel including the [Grief 101 series](#) and a special recording from our [Supportive Care Counselling Team](#).




GRIEF 101.

The Basics of Grief *Grieving a Death During COVID-19*

Living with Grief *Grief & the Holidays*

AVAILABLE FOR FREE ON OUR YOUTUBE CHANNEL

 HOSPICE PETERBOROUGH

The graphic features a black background with white text. On the right side, there is a black and white photograph of a woman with long dark hair, her hand covering her face in a gesture of grief. The Hospice Peterborough logo is located at the bottom left of the graphic.

Grief 101

Grief 101 is a four part series offered virtually. All sessions are now available on our YouTube channel including timely sessions focusing on 'Grief and the Holidays' and 'Grieving a Death During COVID-19.'

We hope you find these sessions helpful and informative.

The Grief 101 Program can be offered free of charge, thanks to the generosity of our community.



Grief and the Holidays 2020

Click on image above to watch the Supportive Care Counsellor's full video.

Grief and the Holidays

The Supportive Care Counselling team share their thoughts around coping, different rituals, and grief during this strange holiday season.

Know that grief can make fulfilling traditions and expectations difficult. Be kind to yourself and give yourself permission to not fulfill all the expectations this year, understanding that what we do this year does not need to be what we do next year.

Video available on our Hospice Peterborough YouTube channel.

Community Generosity Making this Holiday Possible

Hospice Peterborough is always touched and humbled by the love we receive from our community. In the midst of COVID-19 we had to re-think our normal holiday rituals like the Memory Tea which we hold for people gather to remember their loved ones they have lost. These familiar traditions were no longer available to us, and like so many others this year, we had to pivot.

It was decided we would record a tree-lighting ceremony and have people write their loved one's name on a dove to hang on the fence in front of the memory tree.

Now we just need the tree...and the lights...

Treescape Certified Arborists came through with a beautiful 20 foot tree that they not only delivered to our location, but brought their expertise and machinery to help secure it and hang the lights.



A Hospice volunteer helps a Treescape employee wrap the lights around the beautiful 20ft tree.



Our brightly lit Memory Tree was only possible through the generous support of **Treescape** and **Canadian Tire Lansdowne St.**

Canadian Tire Lansdowne Street supplied ample lights to ensure the tree would stand out alongside Reid St.

Hospice volunteers Art and Roger, helped create a base for the tree and braved the chilly morning to wrap the tree from top to bottom with more than 20 strands of lights (it's a beaut, Clark!).

We extend our heartfelt thanks to everyone who had a hand in making this spectacular Memory Tree possible. We wouldn't be surprised if this Memory Tree became a new tradition for us.

Be sure to check out the video of the tree installation and a message from Mike Crough of Treescape Certified Arborists, coming soon to our YouTube channel.

How you can help

When you donate to Hospice Peterborough you are supporting 26 programs and services.

Please consider making your gift today.

YES, I want to support vital hospice palliative care!

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Amount:

\$50 \$75 \$100 \$200 Other: _____

I would like to make my gift by:

Cheque (payable to Hospice Peterborough)

Visa

MasterCard

AMEX

Card #: _____

Expiry Date: _____

I would like to be an anonymous donor

This gift is in memory of:

For your safety, and the safety of our residence and staff, please consider donating online, or through the mail. We appreciate your understanding.

Registered Charity No. 11947 8964 RR0001

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

Donate online at hospicepeterborough.org

THANK YOU!

Donors make our care possible!

Stories from within our walls

This holiday season feels so different, but within the walls of Hospice, it is reminiscent of a more normal time. With holiday trees sparkling with lights, traditional decorations and the smell of fresh baked cookies .

Greg has been hard at work baking his famous holiday specialities and the staff have to deal with the enticing scents of cinnamon, sage, cloves, and cookies wafting through the air.

Taking a moment to savour these precious moments seem even more important this year.



Greg's kitchen is full of holiday favourites for residents and their families.


**On behalf of our Board and Staff
have a safe holiday season.**




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Keep in touch:

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