

JULY 2020

Year One: The Dream, The Nightmare

On June 25th, Hospice Peterborough celebrated a year of 'firsts' in our new building on London Street – first end-of-life resident, medical care team, one-year anniversary in our new location, pandemic, and lastly our first virtual Annual General Meeting (AGM).

Since the beginning of COVID-19 we have continued to provide care to people in the City and County of Peterborough who are at the end-of-life, living with a life threatening illness, or grieving.

A recording of this year's AGM is available on social media and our [YouTube Channel](#). It includes a video message titled 'Year One; The Dream, The Nightmare' by Dr. John Beamish, who is the Medical Director of Hospice Peterborough, one of the founding members of the organization, and a tireless advocate for hospice palliative care.

Over the last year Hospice Peterborough supported 928 bereaved adults, 165 children and youth, and received 1,352 new referrals. All of our services and programs are offered free of charge to residents of Peterborough City and County thanks to community support.



Click the above photo to watch Dr. Beamish's 'A Dream, A Nightmare,' presented at Hospice Peterborough's 32nd AGM on June 25th.

"Our community has been so fortunate to benefit from Dr. Beamish's dedication and expertise for over 32 years. This latest example came during the height of COVID-19. To limit the risk of exposure to the virus, Dr. Beamish cared for all of our end-of-life residents in our Care Centre for many months, without a day off – words cannot express our sincere gratitude. Thank you." stated Hajni Hos, Executive Director.

A Huge Hospice Peterborough Thank You to our community supporters for their vital and appreciated dedication.

**We are pleased to present the 2019-2020 Annual Report!
Click Here!**

Lessons from a pandemic:

"Where there isn't joy, there is a lesson."

A View from the Edge

By: DAVID KENNEDY, Supportive Care Counsellor

COVID-19 has changed everything for people. While some of those changes are shared and felt by all, there are so many different realities of this pandemic for people that we may not experience or understand but we need to be aware of. One of my mentors in grief work used to stress to me that the meaning of any event in life depends on where you stand. That is so true in times like this and in fact is so important if we are going to find a way to be compassionate and human through this pandemic.

My own experiences of this virus and the subsequent responses to stopping and controlling the spread have run the gamut from inconvenience and disappointment over plans that had to be cancelled, to grief and sadness from the death of a relative and friend from COVID-19. All of us see this event and the responses from Government and Health Authorities, and in turn the implications of these decisions, from where we stand. How are we impacted and what does it leave us with? What emotions, thoughts and actions flow from where we stand in this?

It is important to examine and identify this personal reality and life impact from our viewpoint of where we are standing. This informs our meaning of things that leads to our attitudes and course of action in response to this. It is easy however to develop tunnel vision when it comes to our understanding and compassion for people who are standing in a different place.

Roshi Joan Halifax in her book [A View From the Edge: Finding Freedom Where Fear and Courage Meet](#), invites us to develop a strength that allows us to stand on the edge and have a wider view that includes all sides of the questions of life. This is so true for our response to what is happening in our world today.

The door that opens this opportunity to this view from the edge is empathy. Halifax says *“Empathy is the experience of resonance with another. We identify with another or we include another into our subjectivity”*. It is the ability and willingness to; as much as possible, feel the

experience of another and when that involves suffering it has tremendous implications for our response.

Our work at Hospice is the wonderful gift of being with people who are standing in a very different place in life.

Here is what I have learned that helps me stand on the edge and appreciate a wider view of people in this time:

1. I spoke with one client who has recently been told that the cancer that had been in remission for several years has returned aggressively and the time remaining will be short. As we talked together about what this means for them, it became apparent that there was a huge elephant in the room that was overshadowing everything. They told me that they still feel pretty good and strong enough to do the remaining things on the Bucket List, however the restrictions in place around social distancing, isolation and travel will mean those gifts they hoped to experience before death will likely not be possible. They spoke deeply from the core of their being and were deeply crushed that even their death could not be what they had planned it to be. I felt and shared in a small way the suffering, not my world of postponing events, but their world of losing one's last hope of fulfilling dreams and wishes.



Watch David Kennedy share his article 'A View from the Edge on YouTube by clicking the photo above.

(or visiting our YouTube Channel)

2. I listened to another client who was diagnosed in the beginning of April and has had surgery but now needs a regiment of treatment to address this disease. I could feel the apprehension and worry as they told me that the Oncology Doctors are saying that the treatment plan needs to be altered and spread out because of COVID-19 and the strain on Health Care Resources. While I know that most clients are continuing to receive amazing support and treatment by incredible physicians and health care providers in oncology, there is a natural fear of those standing on the edge of cancer needing treatments and surgery that they may not be getting what they would have been getting if not for the pandemic. Clients are asking what does this mean regarding their health and timely treatment of their life threatening illness.

3. I have been with many of my clients via phone – another challenge – and have heard the common voice of suffering that expresses the strong feelings of being robbed of time in a way that is unique to people living with a life limiting illness. One person said it this way, *“You can talk to your family and friends about what you will do when this pandemic is over. I can’t talk about that time because I will not have that time. I feel robbed.”*

4. I also have had clients who see this time as a gift. They said to me the difficulty they had before this pandemic was that life around them was going at such a pace that they felt at such odds when they have been forced to slow down and to be home to sit with their thoughts. This has forced others to be present, to sit together, to find ways to live apart from distractions. These people see the gift of relationship strengthening and sharing as what they are choosing to embrace.

So much more we could share from my view from the edge. It has been humbling and enlightening and has made me a better human being. As Halifax explains, when we can experience life empathetically, it should lead us to a

compassionate response. We cannot stay in empathy, but rather it calls us to ask of ourselves: *“what do I have and am willing to share with this person that will in some small way alleviate their suffering even for a moment?”* Sometimes the answer is nothing, but most cases there is something we can offer. It can come as a listening ear, a kind gesture, and gentle word of encouragement.

Perhaps, if we are courageous enough to be on the edge between fear and courage, we will see that our rush to simply get back to a world as it was may not be what others are needing. In my rush to not be inconvenienced and have my privileges restored am I seeing the picture from where others stand? What is the meaning of this pandemic and how do we have a compassionate response that embraces the views of others in suffering?

This is not easy and I am not under any illusions that everyone is willing to do this, but I know how important it is to make space and support to those who are standing in a different place than I am.

These are strange times. However, they are times that offer all us a chance to slow down, to embrace what we have and to stand courageously on the edge ready to compassionately respond to others. We need each other during this time and we need all of us to be open to others even more. Hospice is committed to being on the edge and consider being here an honour and privilege. Hopefully this time of global impact has opened our lives to others and that we can embrace a wider understanding of how this pandemic impacts people.

Roshie Halifax said it beautifully...

“A world without empathy is a world that is dead to others—and if we are dead to others, we are dead to ourselves. The sharing of another’s pain can take us past the narrow canyon of selfish disregard and even cruelty into the larger, more expansive landscape of wisdom and compassion.”

In Memory of...

While all donations are appreciated and important to Hospice Peterborough 'In Memory Of' donations hold a special place in our organization. Here are all the people who were remembered by their loved ones through gifts to Hospice Peterborough.

Robert Adams	Blair Collicutt	Shirley Ewald	Eugene Heck
Marion Allin	Doug Collins	Marion Ferris	Christel Heinzler
William "Rick" Allison	Benjamin (Jim) Commodore	Marjorie Jean Fisher	Barbara Henderson
Kathy Amsden	Raymond Conners	Alma "Cathy" Fitzgerald	Vivian Henderson
Alice Amyotte	Marianne Cooper	Marie Fitzpatrick	Gilbert Hendry
Douglas Andison	Norma Couch	Ann Fleming	Cecilia Henry
Bob Archibald	Gerry Coughlin	Jack Fletcher	Greg Higgins
John (Jack) Ashmore	Anita Cowie	Doris "Elaine" Flewelling	Janet Hill
Wilma Awde	Dianne Crawford	Roderick Foster	Terry "Fredrick" Hill
Robert Baker	Donald Crawford	Madge Fraleigh	Karen Hoffman
Peter Barrett	Ruth Crawford	Stella Fulton	Vera Holden
Joseph "Mike" Best	Lorna Crilly	Robert Gahan	Rhonda Holland
Allan F. Bigelow	Barb Cromie	Joan Galloway	Carol Hollingsworth
Susan Bishop	Nancy Cunningham	Alfred R. Gariepy	Audrey Howe
Anita Blackbourn	Christine Curtis	Eileen M. Gariepy	Ursula Hubner
Doreen Boneshyn	Ron Davidson	Edward Garrett	Aileen Hughes
Romano Borgacci	Jack Delaney	Patricia Gaskell	Garry Humphreys
Alfred Bowser	Edith Dohaney	James Gates	Marjorie Hunter
Lesa Brault	Thomas Dolan	Jim Glasser	Doris Irvine
Bud (William) Brioux	Eileen Doran	Bill Graham	Suzanne Jackson
Grace Burke	Ed Doris	Eric Graham	Eric James
Elizabeth "Betty" Burns	Jim Dorsett	Bill Green	Elaine Jeanes
Beverley Butler	Jim Driscoll	Helen Greenspan	Bill Johnson
Frances Caird	Theresa Driscoll	Jim Gregory	Willard Johnson
Albert Callaghan	Bonnie Dufoe	Jim Griffin	Ruth Mary Johnston
Beverley Campbell	John Duncan	Laura Groombridge	Karen Kaye
Allen Card	Scott Hugh Dunnett	Paul Guilfoyle	Karen Kennedy
Brian Carey	Les East	June Hall	Norman Kidd
Irene Carter	Howard "Howie" Eastman	Arthur Hambly	Trudie Krause
Ken Carter	Grace Edgar	Alois Handlechner	Barbara Lackey
Zita Catherine	Ernest "Frank" Edwards	Janice Hannah	Doreen Landry
June Chapman	Bernard English	Melissa Harlow	Mary Landry
Robert (Bob) Chapman	Winston Ernst	Craig Harris	Glenda Lavery
Willard Chapman	Gregory Erratt	Richard Hawkes	Johanna LeClaire
Joyce Clement	John (Jack) Evans	Marjorie Hayes	Viola Lee

In Memory of continued...

Stewart Leeson	Martha Muskett	Mary Roberts	Jim Spencley
James Legros	Ellen "Jane" Nelson	Bonnie Rochford	Ruth Stephen
David Alexander Lemaire	Otis Newport	Martin Rodenburg	Connie Swinton
Josie Lemaire	Doug Nichols	Brodie Ross	Malcolm Syer
Christopher Lohan	Walter Noble	Pauline Rowden	Michael Taveroff
Hazel Lumsden	Joseph O'Brien	Jean Rowe	Bruce Thompson
Tim Mackenzie	Leon O'Brien	Susan Rowsom	Daniel Thompson
Patrick Mackey	Timothy K. O'Brien	Beverly Rushton	Helen Todasco
Ronald MacLeod	Vernon Colin O'Brien	Joyce Russell	Marion Toms
Victor R. MacLeod	Joyce O'Connor	Jeremiah "Jerry" Ryan	Beatrice Tucker
John Girard Mahoney	John Oosterbroek	Mark Saar	Arthur Turner
Jodean Maia	Harry O'Rourke	(Michael) Joseph Sabatino	Martin VandenBroek
Peter Malkovsky	Betty O'Toole	Marianne Sabatino	Brenda Vrba
Carrie-Ann Mallory	Brian O'Toole	Ilene Samells	John Wakeford
Rita Maloney	Douglas Parker	Robert Sanderson	Agnes Walton
Margaret Maltman	Barry Parsons	John Saris	Anne Warner
Mary Ann Marshall	Ian Parsons	Andrew Schillings	John Warner
John "Jack" Martin	Darlene Patrick	Keith Scott	Chip Watson
Gladys Martyn	Evelyn Paxton	Harold Sriver	Elda Weese
Mrs. Mayer	Ron Paxton	Deborah Senay	Robert Weil
Edith McArthur	Carolyn Payne	Darrell Sewell	Jackie Weiss
Dale McClennan	Bob Pearse	Helen Shannon	Boyd Welch
Cynthia McCormack	Bonnie Penny	Jennifer Sharp	Lynda Wells
Kevin McCoy	Monica Perk	Justin Shaughnessy	Terry Wetmore
Anne McGibbon	Phyllis Pilkey	Helen Shaw	Fran Whitaker
Leonard McIlmoyle	Mary Pindar	Peggy Shea	Robert White
Timothy McKenzie	Darlene Pinkney	Leona Sheehan	Josephine Whiteside
Robert William McKinlay	Bob Pinnington	Theresa "Lenore" Shiels	Joanne Wichmann
Sandra McManus	Janet Read	Carmel Shulist	Ross Wiegand
Bill Minaker	Alex Reader	Margaret Siegfried	George Willshaw
Debra Mitchell	Dorothy Reeves	Ladiston Skube	Fred Wilson
Ross Moore	Glenys Reid	Daniel Slater	Margaret Wood
Iris Morgan	William "Bill" Reid	Wayne Smart	Mary Nora Woodcock
Jane Morrison	Owen Renout	Donald Smith	Dorothy Woods
Lois Morse	Mary Rioux	Heather Smith	Don Yale
Vernon Mulhall	William Robb	Robert Smith	
Marie Murduff	Glenn Roberts	Eugenia Soligo	

Thank you to Our Amazing Community!

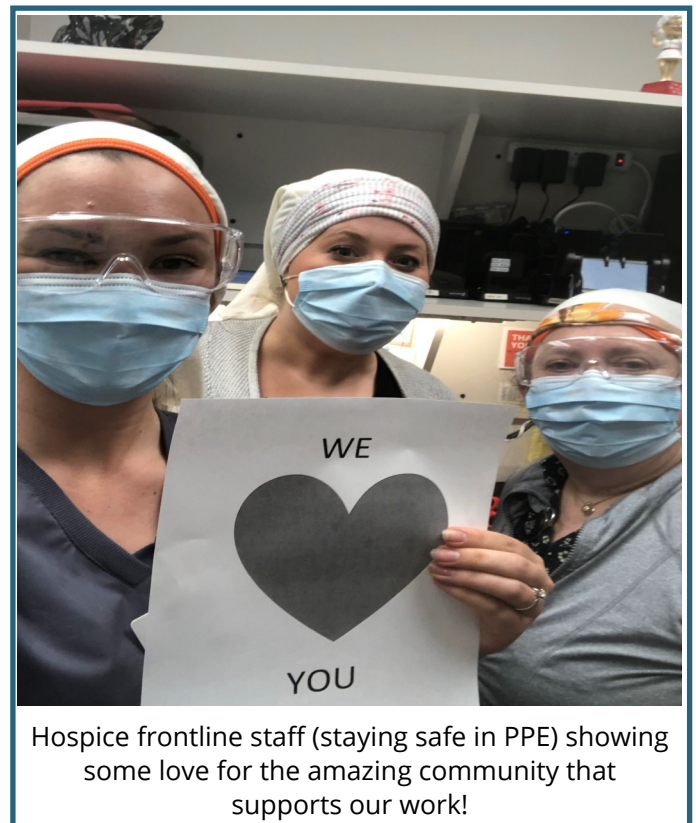
Throughout COVID-19 our dedication to our goal and mission remains unchanged - to ensure the best hospice palliative care is provided for our community, at no cost to them.

However, our operations have felt the weight of the pandemic's extra costs—in technologies to keep those most vulnerable from becoming isolated, and in medical costs such as Personal Protective Equipment (PPE) to help keep our residents, their families, our staff, and our community safe.

We want to thank the following individuals and groups who have donated PPE or gave funds to purchase PPE:

Karen Adams	Kevin Hickey
Tim and Shelley Barrie	Vedra and Jim Hill
Suzanne Boyer	Carol Knott
Crystal Civaulo	Natalie Koshowski
Sandra Clements (Remax)	Living Local Box & purchasers
Mike D'Angelantonio	Sherri Maddison
Alicia Doris	Sweet Peach
Enbridge Gas	Rotary Club of Peterborough Kawartha
Giant Tiger Lansdowne St.	Dave Smith MPP
Giant Tiger Selwyn	Dawn Straka
Beverly Handlechner	Anonymous donations

We apologize for anyone we may have missed!



Hospice frontline staff (staying safe in PPE) showing some love for the amazing community that supports our work!



“Not enough can be said about this wonderful facility, the kindness, care and support to our family at this most difficult time was beyond all expectation. Thanks to the staff for all you have done for us and our loved one.”

-Online Feedback January 2, 2020



*to all our front-line staff and those working from home
- who have continued to provide hospice palliative care!*

How you can help

When you donate to Hospice Peterborough you are supporting 25 plus 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!

COVID-19 Update: Next Steps for Hospice Peterborough

As the pandemic storm begins to subside and life cautiously tackles a new normal, Hospice Peterborough will implement the next phase of our ongoing Pandemic Plan in response to the shifting COVID-19 climate.

We recognize the significant amount of uncertainty and apprehension that will follow as we navigate the process of clients, volunteers, visitors, and staff coming back into the 325 London Street location.

Acknowledging that at any time the community can be forced back into isolation and social distancing measures, nimbly and vigilantly we continue to monitor, adjust, and learn from each phase of this pandemic.

As echoed throughout this crisis by the Board of Directors and the Executive Director, "the health and safety of clients, residents, family members, volunteers, staff, partners, and community members is of utmost importance. Therefore, we will take each step slowly after significant consideration and consultation with health authorities and other hospices."



Hospice Peterborough Executive Director Hajni Hos and Past Board President Shelley Barrie.

We are all in this together, and we will get through this together... we all play an important role in the future recovery of our community.

Warmly,

Hajni Hos, Executive Director

Shelley Barrie, Past Board President

Changes in our Board of Directors!

At our June 25th AGM we welcomed 3 new board members:

Heather Eatson

Marie Hynes

Dr. Becca Webster

We are thrilled to welcome these new additions to our Board of Directors and are so appreciative of them lending their knowledge and expertise to our organization.

We would also like to recognize and thank retiring Board Members for their commitment, hard work and leadership:

Karan Aquino

Dr. Michael Gibson


Evelyn King



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