



HOSPICE PETERBOROUGH

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Holiday Edition 2021

Local Family Thankful for Support After Loss of Parents

After losing both parents, days apart, the Lockyer family shares story of how Hospice supported their family and aims to ensure supports continue to be available to all

Our parents shared a great love story – one that lasted more than half a century and ended with each of them dying of a broken heart.

Many of you might know our father Wayne Lockyer – he co-owned and operated Lockyers’ Garden Centre and was a local minor hockey coach – and our mother Susan Lockyer who worked for many years at the Mapleridge Shoppers Drug Mart and was well-known for her kind soul and spectacular smile.

They were happily married for 52 years and they loved, played and worked with passion all while raising us three children.

It was devastating when Mom was diagnosed with congestive heart failure in her 70s but she maintained a positive attitude as she prepared for surgery.

It wasn’t long, however, before we received the gut-wrenching news that Dad was diagnosed with lung cancer and only had a couple of months to live. Mom postponed her surgery to be by his side when he was admitted to the wonderful care of Hospice Peterborough.

We have so much gratitude for the care we received – as a whole family – when Dad stayed in the residence. Mom stayed with him 24-7 and staff even brought in a double-sized hospital bed so they could sleep beside each other. Staff catered to their favourite foods (Dad was a picky eater!), provided Mom with a shoulder to cry on as well as professional grief support and a nurse even played

guitar in the room so Mom and Dad could dance. We are fortunate to have an amazing local hospital but these are things that were only possible at Hospice.

As Dad’s health continued to decline, Mom had an increasingly hard time. One day, Mom couldn’t catch her breath - Hospice nurses called an ambulance for her and took care of her until

she was taken to hospital to be treated. About a week later Mom was rushed to hospital from home when she suffered cardiac arrest and was put on life support with stress cardiomyopathy, also known as Broken Heart Syndrome.

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Sue and Wayne Lockyer

Family Grateful For Support Through Loss

Rich, Sherri and Kim urge those who can to support Hospice Peterborough to ensure care can continue for other families.

After making the decision to take her off of life support, our family felt raw as we gathered at the hospital, held each other tight and said our goodbyes. My father's heart was broken. The following day, Dad was a little less responsive. The morning after that, he told us he had had a conversation with Mom and felt ready to go; he died 15 minutes later.

You never know what the future holds and we had no idea that this is how our parents' story would unfold. What we do know is that we're forever grateful to Hospice Peterborough for being so loving, kind and thoughtful with our whole family and for treating Mom and Dad with such respect, compassion and empathy.

In this season of giving, we ask that you please join us today by making your own donation.

Let's make sure Hospice Peterborough's expertise, compassion and care are there for all local families when they need it most.

[Click here to support families like the Lockyers](#)

All the best to you and yours,



Rich Lockyer



Sherri Kemp



Kim MacDonald



Grief and the Holidays

Hospice Peterborough is here to help you find the light in this season of darkness

Surviving the holidays can be a time of great sorrow for anyone whose loved one has died. Facing the holidays can be a tremendous challenge. While there are no magical solutions, here are a few suggestions.

Talk About Your Grief—We often try to hide our feelings to put others at ease, but when doing this we're not honest with ourselves and the feelings never go away. It's important to share your feelings with caring family and close friends and encourage them to simply listen. Include the name of the person you are grieving, talk freely about that person which gives others permission to do so.

Be Realistic—During the holiday season, your sense of grief may be intensified. Grief plus the usual pressures of the holiday could make you feel more tired and stressed. Respect your need to slow down or build rest into your day. Be realistic about your schedule and think carefully before accepting invitations. Limited social events is better than being drained and anxious.

Don't Be Afraid to Be Alone—Well-intentioned people may encourage you to keep busy and not be alone. Often we're afraid of solitude. While distractions may be tempting, they only serve to postpone your feelings. Prioritize your to-do list and postpone what you can until after the holidays.

Choose Your Company Carefully—Identify the family and friends who have demonstrated a caring response to you in your grief, the people who allow you to be yourself without judgement. Choose to spend some time with these people and allow them to be your support.

Make a Plan—Every person's grief is unique. Think carefully about what you need. Stick firmly to your plan. Do something just for you at least once a week or every day, this is not selfish.

Be Prepared—You may be tempted to avoid family traditions and gatherings because you are afraid of painful memories. Instead, think about how traditions can be continued in ways that incorporate the memory of your person. Consider starting a new tradition to help keep their memory alive. Anticipate the emotions that may come up when you meet family members. Be prepared to respond in a way that will help you and them. Getting caught off guard can cause panic and make things more difficult. If you have sad moments, allow those feelings and tears. Simply tell people you're having a moment of special remembrance.

Unwrap the Memories—Holidays are a natural time for sharing the treasure of stories and memories. While it may feel awkward or painful, share them and be open to whatever emotions may result. Sometimes they will lead us to laughter, other times tears. Memories are meant to be unwrapped and enjoyed with others. Encourage others to share their stories. Think about how to preserve memories for future times of reflection.

Remember: Grief can be an expression of love. Embrace it. Be patient with yourself. Accept your limitations and surround yourself with caring, loving people.

Other Resources:



[Click image above for Conversations About Dying podcast](#)



[Click image above for Grief 101: Grief and the Holidays](#)

The holidays can be a difficult time for those who are grieving. Our YouTube channel has a 'Resources' playlist which includes Grief and the Holidays and Grief 101.

[Visit our YouTube Channel.](#)

'Tis the Season to Give Back

Hospice Peterborough staff completed a toy drive, collecting around 25 items for the Salvation Army toy drive which will be distributed to help bring smiles to the faces of children and their families during the holidays.



Welcome to Carolyn!

New Volunteer Services Lead Carolyn Parkes has a long history with hospice care and says she's inspired every day by Hospice Peterborough's caring and enthusiastic volunteers

From the very first time Carolyn Parkes learned about hospice care - during a university course 15 years ago - an inner voice told her, 'You need to be a part of the hospice movement.'

That same inner voice then guided her career from volunteering in hospices, to taking on a hospice coordination role in the City of Kawartha Lakes, to becoming Hospice Peterborough's new Volunteer Services Lead.

After starting her new role with Hospice Peterborough in September, helping to manage roughly 130 enthusiastic and caring volunteers, she says the job feels like a dream come true.

"Working here feels like coming home," she says. "It feels like where I'm supposed to be."

Carolyn, who lives in Ennismore with her husband and two children, was hired to take over from Paula Greenwood and Catherine Millington who both recently retired.

Knowing every day that she has 'big shoes to fill,' Carolyn works hard at her duties that include scheduling volunteers for reception and the residence, providing rigorous volunteer training and meeting with volunteers regularly to discuss their experiences and challenges while brainstorming solutions.

Carolyn grew up in London, Ont. and first learned about the hospice movement when attending the University of Ottawa. As a student, she volunteered at Ottawa's May Court Hospice, spending time with residents, helping with mealtimes and supporting families.

"I was smitten from the start," she says. "There's just something about the end of life that leaves no room for small talk and insincerity. It feels 100% authentic. And you can walk away at the end of the day knowing you've been a small part of a circle of care that provides an important service to clients and families at a very difficult time."

After marrying, she and her husband Ben moved to the Kawarthas in 2008 and fell in love with the quiet, natural and family-oriented communities.

Carolyn started volunteering at Hospice Peterborough, in the former building on Rubidge Street, and became a co-facilitator in grief recovery groups.

It wasn't long before Hospice Kawartha Lakes hired her for the then-role of palliative program coordinator, helping to recruit, train and support volunteers as well as matching volunteers one-on-one with clients in the community.

After welcoming two daughters, Carolyn took some time off in 2018 to devote to her family.

More than three years afterward, she recalls an exceedingly hot day in August 2021 when, seemingly out of nowhere, she had a sudden and overwhelming urge to contact her good friend and

former colleague Catherine Millington, whom she hadn't spoken to in ages.

"It was my inner voice again," she says. "An urge from my heart that I couldn't ignore."

She texted Catherine, who immediately told her about the Volunteer Services Lead position opening up at Hospice Peterborough. It felt like it was meant to be, she says, so she applied.

Since starting the job, she has certainly kept busy. While getting on average 3 to 4 enquiries per day from people interested in becoming volunteers, she says the role involves managing many highly skilled people who are often retired nurses, teachers, administrators and other professionals.

She oversees the mandatory 30-hour volunteer training, which includes mindful communication, professional boundaries, ethics, grief and

continued...



Carolyn Parkes sits at her desk, ready for another busy day.

Supporting Volunteers to 'Walk into the Fire with Families, Clients'

An early found passion for hospice palliative care led Carolyn to Hospice Peterborough

communication, professional boundaries, ethics, grief and bereavement, health and safety issues, infection control, an awareness of palliative pain and symptom management, spiritual and cultural considerations, and providing support to caregivers.

One very important aspect, she says, is teaching volunteers to manage their own boundaries and prioritize self-care.

"We recognize at Hospice that, in walking with clients and their families, volunteers are taking on grief," she says. "I let volunteers know about the supports available at Hospice Peterborough, how to reach out and the importance of taking care of themselves."

In many ways, she says, volunteers



Meet Carolyn Parkes - the new volunteer Services Lead

are the face of Hospice Peterborough.

"The volunteers really are the heart of our organization because, without them, we simply could not offer the quality end-of-life and bereavement care that we currently provide," she says.

It's inspiring, she adds, to work with people who volunteer their time and energy to support people who are dealing with the intense issues of death and grief - something society at large can often turn away from.

"Every day, our volunteers walk into the fire with clients and families," she says. "And they do so with a smile and an open heart."

Finding Peace and Light in the Season of Darkness

Hospice Peterborough continues dove tradition for all those grieving a loved one this holiday season

Hospice Peterborough is helping community members find some peace and light in this season of darkness by inviting all to honour their loved ones with a special dove tradition.

Anyone grieving a death, including those who are not Hospice Peterborough clients, can place a paper dove, with their person's name written on it, on the fence outside of our building at 325 London St.

You can print and decorate your dove using a [template](#), which is available on our website. You can hang the dove yourself or bring it to Hospice Peterborough for us to hang for you. Doves will be hung outdoors so please take this into consideration when printing and decorating. Also, please understand that Hospice cannot return doves but know that the [dove template](#) can also be used in your own home to remember your person.



Click on dove template above to print your own.

During this holiday season, we will also light the evergreens outside our building, reminding us all that, even in times of grief, there is shared light and peace from the community.

We know that this holiday season will be painful for many but we remind you that grief, like love, is a human emotion that unites us all. Our doves are one way that Hospice Peterborough hopes to help you acknowledge the memories of your loved one and share peace and light from our entire community.

Please watch our special 2021 holiday video (available December 8), found on our YouTube channel, as our supportive care counsellors discuss strategies to help you cope during the season.

Rotary Club Honours Dr. John Beamish for Pandemic Community Service

Hospice Peterborough's medical director receives a Paul Harris

In thanks for his commitment to Hospice Peterborough and the community at large throughout the pandemic, Dr. John Beamish has been honoured with Rotary's Paul Harris Fellow for community service.

The Rotary Club of Peterborough Kawartha presented Dr. Beamish, Hospice Peterborough's medical director, with the honour on Nov. 11.

The nomination notes Dr. Beamish was the driving force behind the creation of Hospice Peterborough's end-of-life residence and that he volunteered to be the only physician serving the residents at the start of the pandemic to reduce the number of people in the facility.

He has also served the community by vaccinating hundreds of local residents at the Peterborough Public Health Unit's Vaccination Clinics.

Each year, the Rotary Club of Peterborough Kawartha recognizes individuals in various fields of service through the fellow, named in honour of Rotary International founder Paul Harris.



Dr. Beamish is honoured by the Rotary Club of Peterborough Kawartha for his commitment to community.

Sunrise Gathering for Those Affected by Suicide, Overdose

Outdoor gathering to be held on Dec. 21 at Rogers Cove

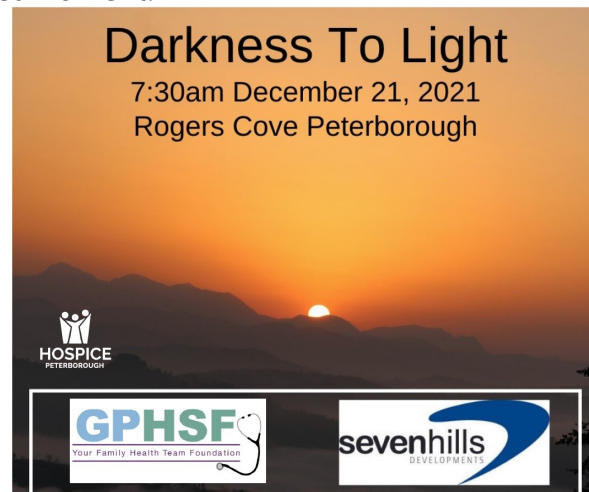
Darkness to Light - an outdoor sunrise gathering for anyone impacted by suicide and overdose - will be held on Dec. 21 at Rogers Cove.

The Greater Peterborough Health Services Foundation (GPHSF) is organizing the first-time event, which will include Hospice Peterborough supportive care counsellor Julie Brown who will lead the group in a moment of silence as the sun rises on the morning of Winter Solstice.

"The days only get brighter after Winter Solstice and with the holidays being such a difficult time for those struggling with bereavement, we felt that Darkness to Light could offer some comfort for people impacted by suicide and overdose," says Laura Kennedy, GPHSF executive director.

The event will be rain, snow or shine and is free to attend. Those wishing to attend are asked to pre-register at [Eventbrite \(www.eventbrite.ca\)](https://www.eventbrite.ca) and organizers are asking guests arrive by 7:30 a.m. The event, which will include COVID-19 protocols, is expected to conclude by 8 a.m.

"We are very grateful to GPHSF, Your Family Health Team Foundation, for creating this event and to Seven Hills Developments in providing the funding to ensure it is free for all to attend," adds Ms. Brown. "Our community has been significantly impacted by suicide and overdose and we hope that this gathering will help create a space where those directly touched can come together for a quiet moment."



Quilt Donations Offer Comfort, and a Touch of Home to Residents

Hospice Peterborough supporter Judith Tansley says it brings her joy to donate her homemade quilts to comfort people in last weeks or days of life

As a Hospice Peterborough volunteer and donor, Judith Tansley is no stranger to the end-of-life residence where she has held hands with residents, read them books at their bedside, folded laundry or answered questions from visiting family members.

And she knows first-hand that one of the most important aspects of the residence is providing comfort.

So Ms. Tansley says Hospice Peterborough was an obvious choice for donating some of her beautiful, soft and charming homemade quilts to help bring an extra layer of comfort to people in their last weeks or days of life.

"Quilting has always been therapeutic for me so it's special to know that the calm I experienced in making them might transmit to those resting underneath them," she says.

Ms. Tansley donated eight quilts to the residence in October and, in the past, has donated other



From left, Residence Manager Jeannette Larsen with Judith Tansley and her quilts.

homemade quilts as well as a homemade Christmas table runner for the family room.

Residence manager Jeannette Larsen says she was overwhelmed by Ms. Tansley's generosity.

"These beautiful quilts enhance our mission of providing the greatest comfort, dignity and quality of life to those we serve," she says. "We are touched that our supporters give so much of their time, resources and talent to support and comfort people they may never meet."

Ms. Tansley is a Peterborough resident who first saw the value of hospices when working with and supporting people living with HIV-AIDS in the 1990s.

After retiring from a long career in social services, she took Hospice Peterborough's volunteer training in 2019 and volunteered primarily in the residence until the start of the pandemic.

She says quilting - something she has pursued with passion since making her first quilt in the 1950s on a treadle machine - has given her comfort throughout these unprecedented times and she's happy to make a donation that passes that comfort to others.

"It brings a lot of calm and joy to make these contributions," she says.



Judith sat and shared with us why quilting means so much to her.

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.

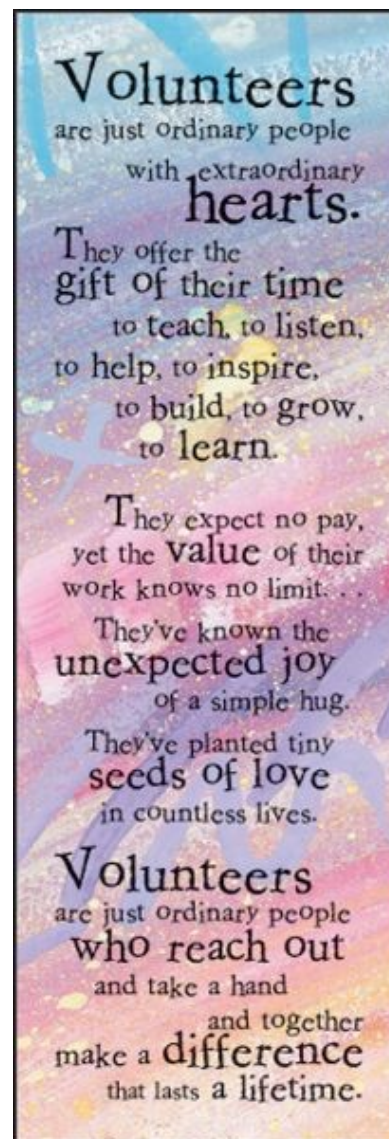
Registered Charity No. 11947 8964 RR0001

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

[Donate online at hospicepeterborough.org](https://www.hospicepeterborough.org)

Or mail to 325 London St Peterborough, ON K9H 2Z5

THANK YOU!
Donors make our care possible!



Holiday Closures:

The community offices will be closed December 28-29 and December 31, 2021.

The Residence will operate 24/7 as usual.



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