

March 2021

The Year of the Pandemic – Reflections from Executive Director Hajni Hős

Dear Hospice Community:

This month marks a sombre anniversary as last year at this time we were all first learning about the many ways that the COVID-19 pandemic would be changing our lives.

International borders were closing and travel plans were disrupted. (My own mother was visiting from Hungary and was unable to return home for many months.)

Businesses, workplaces and schools were suddenly closing and we didn't know if stores would run out of goods or how we'd be able to teach our kids from home while working on laptops at our dining room table.

Perhaps the most unsettling of all was that we were told to stay home indefinitely and we were a little scared about our health, our family, our parents and grandparents, our job security and when life might return to normal.

If there was any silver lining for us here at Hospice Peterborough, it was the pride I felt that our team had been preparing for the shutdown long before it happened.

From the first day that we heard about this mysterious new illness, our amazing managers had kept an eye on developments and news reports while working tirelessly on a contingency plan: If the virus ever showed up in Peterborough, how would our grief groups continue? How would we manage reception? Could we still run gala? What would happen with volunteers and fundraisers? And most importantly, how would we best support all of our clients, families and residents?

From the moment we got the news on March 13, 2020 that staff had to pack up their desks and start working from home, we started putting our plan into action.

I remember receiving emails from hospices across Ontario who had been caught unaware and were in a panic. We were so honoured to be able to share

our plans to help them navigate these uncharted waters. Thanks to our team's foresight and hard work, we were also able to share our emergency plan with local non-profits to support their organizations as well.

Thinking back, it was an emotional time and there seemed to be new challenges every day but we all rose to the occasion.



The board treated staff members to delicious baked goods in December as a show of appreciation for all of the hard work in a challenging time.

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Community Donated PPE when Hospice Faced a Dangerous Shortage

(Continued from page 1)

When we realized that Hospice Peterborough was dangerously low on personal protective equipment (PPE), for example, we reached out to the community and were so thankful and overwhelmed to receive hundreds of PPE donations from community members and local businesses.

Dr. John Beamish was a hero during the Spring lockdown as he became the only palliative physician to care for our residents as a means to reduce the number of people in our end-of-life facility. John came in every day for four months; we owe him so many thanks.

On top of a normal workload, our fantastic staff also had to suddenly learn new technology and digital platforms as our groups and meetings went virtual. 'Zoom' became a part of our everyday language.

Staff also had to figure out how to best fundraise during this time of social distancing. Beloved fundraisers like Gala, Hike for Hospice and Handbags for Hospice had to be put on hold and needed to be replaced by innovative new ideas so we could continue raising funds for our much-needed programs and services. We managed to organize a virtual Hike for Hospice in September 2020 and were thrilled to see so many sponsors continue with the event and participants sign up to hike, walk or cycle from anywhere that was safe.

And over the course of many months, with plenty of ups and downs, Hospice Peterborough experienced heartwarming shows of support - from loved ones paying "window visits" to residents, to the Peterborough Field Naturalists and Avant Garden Shop donating bird feeders for our residence garden, to Treescape donating a large evergreen for our holiday tree-lighting ceremony.

Our community is amazing.

And just last month, a local family made an amazing gesture by initiating a matching fundraising campaign to thank us for the care Hospice provided after the death of their beloved wife and mother Janice Paris. We thank the Paris family and all those who donated 'For the Love of Jan.'



It has definitely been a year of highs and lows but we want to thank everyone who has been on this journey with us.

Our board of directors has been so supportive every step of the way. Board members created a touching 'thank-you' video to let us know they appreciate staff's hard work and, for one sweet week in December, they came in daily with treats and muffins the size of my head! On Valentine's Day, they even gifted us some chocolates. During trying times, gestures like this mean so much.

So now here we are one year later and, I dare say, the future is looking a little brighter.

Our community, including our staff, has started to receive vaccinations.

Hospice Peterborough also continues to take huge steps forward by recently finalizing

our strategic plan and preparing to become accredited in the fall through Hospice Palliative Care Ontario.

While we are sad to say farewell to Jodi Dunn, our retiring manager of residence, we are also excited to welcome our new manager Jeannette Larsen. We know she has big shoes to fill but we are confident that she's up for the great challenge.

We'll soon be adding another new member to our team when we hire a Pandemic Recovery Assistant with the help of a grant from the Ontario Trillium Foundation to help us facilitate services to residents and families.

It has definitely been a year of highs and lows but we want to thank everyone who has been on this journey with us including our wonderful volunteers who we know are anxious to return and our community members who have generously donated. Without all of you, it simply would not be possible to provide the community with hospice care.

If there's one thing I've learned through all of this, it's that the harder things get, the more our board, staff, volunteers and community come together and support each other.

Despite this challenging year, we will be stronger than ever.

To brighter days ahead,

Hajni Hős



HOSPICE PETERBOROUGH A YEAR OF COVID-19

HERE'S A LOOK AT MAJOR
MILESTONES FROM A YEAR
WE'LL NEVER FORGET:

MARCH 9, 2020
COVID-19 screening implemented for all people entering the building

MARCH 15, 2020
Peterborough Public Health confirms the first COVID 19 case in Peterborough

MARCH 23, 2020
HP maintains services by using virtual platforms including Zoom to empower adults caring for children in grief

APRIL 24, 2020
HP believed to have first positive COVID case, which later turns out to be false

JULY 2020
Staff resume work in building part time

NOVEMBER 2020
HP awarded grants through the Community Foundation of Greater Peterborough to host Virtual Family Art and Grief Groups and to support a Communications Support Assistant position. HP also launches virtual event Grief 101 series, which supports people over the holidays.

FEBRUARY 2021
Employees and volunteers entering building without symptoms are screened through Panibo antigen rapid test pilot project. By mid-month, in a step towards reopening, in-person grief groups, reception volunteers and staff slowly start to return to the building

MARCH 4, 2020
HP management creates a four-stage Pandemic Plan

MARCH 13, 2020
All non-essential staff begin working remotely. All in-person group sessions and volunteer activities cancelled. Residence visitors are restricted.

MARCH 16, 2020
Staff and essential visitors don PPE, practice social distancing and heighten infection-control. One-on-one support is by phone or Zoom.

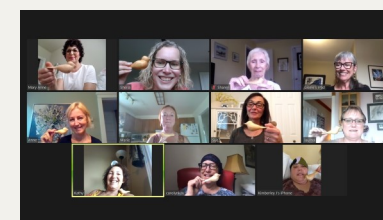
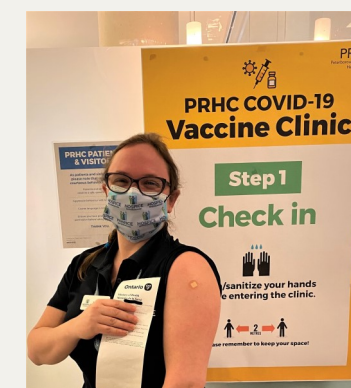
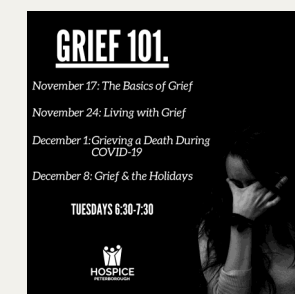
APRIL 6, 2020
HP faces dangerous shortage of PPE, reaches out to the community and is overwhelmed by hundreds of donations

JUNE 2020
In a gradual reopening, palliative doctors and some community staff return to the building. HP's annual general meeting, however, goes virtual with nearly 60 stakeholders tuning in

SEPTEMBER 2020
A limited number of reception volunteers start to re-enter the building and by mid-month, HP holds its first-ever virtual Hike for Hospice fundraiser

DECEMBER 2020
HP marks first virtual Holiday Memorial ceremony with outdoor tree lighting

MARCH 6, 2021
HP staff start to receive the first dose of the Pfizer vaccination



Peterborough Naval Association Donates \$25,000 to Hospice Peterborough

Generous gift part of 'Giving Back Initiative' as association prepares to officially close in June

Back in the 1940s and '50s, Peterborough's naval veterans used to support a local children's shelter on Ware Street where they'd hand out goodies like chocolate and gum. Over the decades, members of the Peterborough Naval Association (PNA) would go on to support this community in myriad ways including offering awards and bursaries to sea cadets, hosting children with special needs for special activities and helping distribute Christmas hampers. Since 1990 alone, the PNA has donated more than \$100,000 to local charities and community organizations including Camp Maple Leaf, which supports children of military families.

In a "heart-wrenching" decision, the PNA is officially closing down this summer due to declining revenue and rising operating costs but the association is continuing to put the community first by donating the proceeds from the sale of its property to local non-profit organizations including a \$25,000 gift to Hospice Peterborough.



Hospice Peterborough board chairman Bob Campbell, left, PNA president Dan Ayotte (right) and PNA vice-president Bill Preston (middle) stand outside the association's clubhouse on Whitlaw Street. Mr. Campbell was thanking the association for its recent \$25,000 gift for hospice care.

"What an honour to receive this gift from a group of heroes who first fought for our freedom and then went on to enrich our local community in so many ways," says Hospice Peterborough Executive Director Hajni Hós. "Hospice will honour this legacy by ensuring this meaningful gift is used to provide support to anyone needing hospice care. We further acknowledge the Peterborough Naval Association forevermore on our Donor Wall."

Hospice Peterborough was a natural choice when determining which community organizations would benefit from the Giving Back Initiative, which divvied up more than \$260,000, said PNA second vice-president Bill Preston.

Mr. Preston noted Hospice is invaluable to every community member in supporting those with life-threatening illness and grief through 26 programs and services including grief groups, day hospice and groups of all ages including children and teens. The newly renovated and award-winning building

on London Street also offers a 10-bed end-of-life residence including a pediatric room that offers a bed large enough to accommodate both parents to stay the night.

"Hospice provides a place of dignity for people at the end of their life – a place where you can smell cookies baking, watch birds from the large residence windows and have family and friends be at your side," Mr. Preston says. "When we recommended Hospice as a beneficiary for this initiative, there was absolutely no debate."

The Giving Back Initiative is supporting 25 organizations including the Salvation Army, Kawartha Food Share, Youth Emergency Shelter, Peterborough Legion, War Amps of Canada, the Peterborough Regional Health Centre, Gallant Knights Charity Sports Association and the YWCA Crossroads shelter for women and children.

Mr. Preston says he's proud the PNA is in a position to leave this kind of legacy, thinking back to the group's humble beginnings when it was officially founded in 1947 and the first meeting was held in a tent. In 1964, the PNA purchased seven acres of scrub land on the banks of the Otonabee River and family work parties cleared the land before completing the Clubhouse in 1965. Over the decades, its mandate has been to serve as a support network and social outlet for Naval Veterans and to focus on community service.

The community, in turn, has given back to the PNA by renting the Admiralty Hall for political functions, banquets, weddings, meetings and Christmas parties. With this final chapter now coming to a close, Mr. Preston says the PNA's spirit will live on.

"The Giving Back Initiative is not about recognition for us but rather is a way to thank the community for their support and to bolster the great work of organizations like Hospice Peterborough."

For the Love of Jan

A Note of Thanks from the Paris Family

On behalf of the Paris family, I want to "thank you" and express our appreciation for your donation to Hospice Peterborough in remembrance of the life of Janice Paris.

Hospice played a major role in assisting our family with Jan's final days and we wanted to donate matching funds to get maximum financial support for the young adult and youth grief programs that are not currently government funded.

We have had an overwhelming response to the "For The Love of Jan" fundraiser and I have had my own personal experience with the help that these grief programs provide. I appreciate how this program teaches you how to deal with emotions and understand how the brain processes these feelings.

Thanks to Hospice Peterborough and again to all of the supporters who donated 'for the love of Jan.'

Sincerely,

Bill, Tracey, Julie and Deborah Paris



The Paris Family.

In case you missed it, full article here.

Golf Tournament in Memory of Harrison McKinnon Donates \$1,000 to Hospice Peterborough

Hospice Peterborough has received a \$1,000 donation from the 2020 Harrison McKinnon Memorial Golf Tournament.

Barrett and Shannon McKinnon, who have held the tournament at The Quarry Golf Club in Ennismore every September since 2017, always donate the proceeds to a charity meaningful to their family. They donated all proceeds of their 2018 tournament to Hospice and chose Hospice again in 2020 as a way to thank Bereavement Coordinator David Kennedy for his support and care after losing their two-year-old son Harrison.

"Harrison fought cancer relentlessly for more than half his life, with a remarkably sunny disposition and with an incredible bravery and strength that left us in awe of him in his short time here with us," Ms. McKinnon has said.

Hospice Peterborough Executive Director Hajni Hós thanks the family for their generosity.

"What an honour to receive this donation in

memory of Harrison," Ms. Hós says. "We thank the family for thinking of us and will use the generous funds to continue serving all those in our community who are dealing with life-threatening illness and grief."



From left, Barrett and Shannon McKinnon socially distance while passing a cheque on the end of a golf club to bereavement coordinator David Kennedy.

Establishing Hospice Residence a ‘Tremendous Experience’ for Retiring Manager

Hospice Peterborough bids farewell to Manager of Residence Jodi Dunn whose critical work helped make the dream of a 10-bed residence a reality.

When Hospice Peterborough was looking for someone to get its much-anticipated residence up and running, Jodi Dunn just happened to be looking for a new opportunity.

Ms. Dunn, a registered nurse and healthcare administrator, had recently retired from Ross Memorial Hospital in Lindsay but after nine months found herself missing the challenges of a busy, fulfilling professional life.

When she heard in Fall 2018 that Hospice was hiring a manager for its new residence, which would provide round-the-clock professional care for 10 residents at the end of their life, she seized the opportunity.

“After many years of planning and fundraising for a new building, Hospice was moving from a 9-5 community operation to a 24/7 healthcare and service organization,” she says. “It was a very exciting project and an opportunity to work with a fabulous group of staff, physicians and volunteers.”

Ms. Dunn, who is retiring again at the end of this month, looks back at that time in her life fondly as she joined a team who put their “heart and soul” into preparing a new residence to open the following Spring.

In the new position, she faced a momentous task – coordinating and developing all of the complex policies and procedures that would make the residence run smoothly.

The job involved everything from developing the staffing model and record-keeping system to dealing with complex issues such as infection control and disposal of biohazardous waste. After many months of demanding work – with the



For Jodi Dunn, working at Hospice has “felt so much like home.”

support of staff, physicians and volunteers – she recalls the satisfaction of celebrating the grand opening with the team and watching the first resident arrive on April 8, 2019. By the end of June, all 10 beds were in use.

“It was so rewarding to see families in the building visiting and spending time together in a tranquil environment,” she says.

Ms. Dunn has spent the last two years at the helm of the residence, overseeing its daily operations.

“It has been a tremendous experience,” she says. “I am so proud of this care team and all of the services that Hospice Peterborough provides.”

Although Ms. Dunn is originally from Grimsby, Ont., she and her husband moved to Peterborough in 1989 and raised three children here.

She initially worked as a registered nurse in the former St. Joseph’s Hospital and Peterborough Regional Health Centre where she gained experience in palliative care.

“I enjoyed building relationships and seeing the tremendous courage and strength in individuals and families who were coming to terms with impending death,” she says.

At this time, she worked closely with Dr. John Beamish and Dr. Stephan Ragaz and credits them for their leadership. “They are the reasons we have such a strong palliative service in this region,” she says, adding that Dr. Beamish is a founding member of Hospice Peterborough.

After moving on to Ross Memorial, she worked as a Program Director overseeing many programs including palliative care, complex care, speech language pathology, physiotherapy and occupational therapy.

But her new job at Hospice Peterborough brought something different to her life; she found it to be like going home.

“When you walk into Hospice Peterborough – at least before COVID – there’s such life,” she says. “It’s a vibrant place where families visit, people share experiences, there’s laughing in the hallways and people using the library while others drop in for guidance and support. Volunteers are everywhere whether they’re touring people around or sitting at bedsides. Then there are open communal areas where there’s usually a big pot of soup as different families mingle and get to know each other.”

One special memory is of a Christmas open house when carollers sang in the hallways, families dined together in various rooms and staff donned elf ears and Santa hats.

“It felt so much like home,” she says.

Ms. Dunn always knew that she’d only stay at

Hospice until the residence was well-established.

With this achieved, her time here is quickly coming to an end although she’ll be staying on in a contract role over the summer to support the accreditation process through Hospice Palliative Care Ontario.

After that, she doesn’t know what her future holds beyond more frequent trips to her family cottage, reconnecting with old friends and possibly resuming an old passion of running marathons.

She says she’ll always look back on her time at Hospice fondly and be thankful she was able to play a unique role with an incredible team during an exciting project that benefits the entire community.

“I will always recognize the tremendous amount of work done before and after me at this wonderful community organization,” she says. “I’m just happy to have been a small piece of the puzzle.”

Looking Ahead: Welcome Jeannette! New Residence Manager

My name is Jeannette Larsen, and I am very proud to be the new Manager of Residence Hospice!

Being a nurse is something I have wanted to be for as long as I can remember, and I can honestly say after almost 27 years there is no other career I could imagine doing.

My experiences in my nursing career have ranged from pediatrics, working in a 27 bed hospital in 100 Mile House British Columbia, to coming back to Ontario and spending the last 20 plus years in Long Term Care and Retirement.

I have been a Director of Care for the past 12 years. I have a passion for the hands-on part of nursing, and the leadership component, where I have been given a chance to work alongside new and seasoned staff supporting and encouraging them as a part of a team.



Welcome Jeannette! Pictured here with dog Autumn.

I have extensive knowledge and experience in palliative/end of life care and look forward to becoming a member of such an important team.

I am a mother of 3 wonderful children, who are now grown and living their own lives, and making their own way. I have an 18-month Golden Retriever named Autumn, who has been a wonderful companion especially this past year, keeping me company and ensuring I get out and walk every day seeing all the sights that Peterborough has to offer.

Again, I look forward to being an integral part of Hospice and starting this new chapter in my life.

Hope to see you soon!

Jeannette

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!

We Need You!

for our

Board of Directors



**Click image for more information.
Posting closes March 19, 2021**

We are looking for volunteers!

We are slowly and carefully inviting volunteers back to Hospice. If you are interested in learning about volunteers opportunities please call 705-742-4042 or email admin@hospicepeterborough.org


We  Volunteers




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