

July 2021

Donated Mini-Fridges for Each Residence Room

Tim and Leslie Keating makes generous donation that allows residents' visitors to store their own food

Tim Keating wanted to support Hospice Peterborough and asked staff how he could help people have a better experience when living in the end-of-life residence.

He didn't expect the response to be mini fridges.

His older sister Kim Keating, an RPN who works in the residence, told him that having mini fridges in each of the 10 private rooms would be a nice touch as visitors and family members could store their own food and – especially during the pandemic – help avoid any cross-contamination in the common fridge.

Tim says he happily bought the 10 mini fridges, which Hospice received this month.

"When people think of donating, they think the donation has to be massive and it really doesn't," Tim says. "I'm fortunate to be in a position to help in small ways and a lot of times, it's the small things, especially when done collectively, that can make the biggest difference."

The Bridgenorth resident says Hospice is a special place and you certainly don't need to know anybody who has used a hospice to understand their value.

"I think it's fair to say that all of us are going to need a place like that someday and it is relevant to all," he says. "It's a great cause."

Thank you to Tim and Leslie Keating for this thoughtful gift.



Tim and Leslie Keating stand with Hospice Executive Director Hajni Hős in front of a pyramid of donated mini-fridges for resident rooms.

HIKE *for*
HOSPICE
Hike Your Way. Any where. Any time.

SEPTEMBER 11-17, 2021

Register now:

www.easypledge.ca/hospice-peterborough/

Volunteer Turned Staff: Meet Our Cook Andrea Barrett

With decades of experience in Peterborough's eateries, Andrea now finds contentment in making comfort food and special meals for residents in a kitchen that many say smells like 'home'

When Andrea Barrett officially started her new position as cook at Hospice Peterborough last month, she was continuing in a role she had already been enjoying for more than a year.

Andrea – who has decades of experience in restaurants across Peterborough – started volunteering in the Hospice kitchen in late 2019 as a way to give back to the community.

After volunteering, and then working on contract throughout the pandemic, her friend Greg Marshak resigned as cook in order to move to the East Coast and Andrea ended up taking over.

She says she couldn't be happier creating special meals for people in the residence, baking homemade treats for family members and, perhaps most importantly, making personal connections with staff, volunteers and visitors who often tell her that the aromas remind them of "home."

"It is so rewarding to make a resident an ice-cream sandwich from scratch – just because they're craving one – or preparing a rainbow trout as a resident's favourite meal," Andrea says. "Being able to do that kind of thing is what makes this place so special."

Many people recognize Andrea from her 30 years of working at downtown restaurants such as The Only Café and St. Veronus. She has also been employed at Peterborough mainstays such as Black Honey, The Olde Stone Brewing Company and Hot Belly Mama's.

In late 2019, she took Hospice's thoughtful and thorough 10-week volunteer training program and enjoyed learning about issues such as pain management and how to best communicate with those at the end of their life and those who are grieving.

After starting volunteering, and working on contract throughout the pandemic, she enjoyed making dinners as well as homemade soups, banana bread and her signature cheese scones.

As a friendly and outgoing person, she also enjoyed chatting and developing strong bonds with residents as well as their families – often writing down recipes for visitors or bringing a fresh slice of lemon loaf to a wife who has slept over in the residence with her husband.



Andrea is sharing her years of experience in the kitchen with Hospice Peterborough residents, clients, and families.

The job doesn't really feel like a job, she says, as she's happy to "clock out" but still stay a while to chat with residents, help out with cleaning duties or even garden.

"That's just the kind of place this is," she says. "It's why Hospice Peterborough has hundreds of volunteers."

Hospice Peterborough has many volunteer opportunities, from preparing meals to providing grief support to supporting fundraising events such as our upcoming Hike for Hospice. If you would like to become a Hospice Peterborough volunteer, in any capacity, please contact Catherine Millington at cmillington@hospicepeterborough.org or 705-742-4042.

Collaborating for Quality Community Care

Your Community Care Sector works together to ensure your care and well-being

With funding from Ontario Health East, this collection of amazing community organizations provide you with care at home, in the community, and where you need us.

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We are so proud to be a part of this amazing collaborative that helps us better the care we can offer you, our community.



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CONNECTED SYSTEM OF CARE

We work together to create a connected system of care that is customized to your needs. We are truly centred around the individuals, their families and their caregivers and/or care-partners.



Local Family Business Gives Back to Hospice

MacDonald family supports palliative work through RoadSide Greetings & Designs

The amazing MacDonald family of [RoadSide Greetings & Designs](#) presented us with a cheque for \$1,600 from the proceeds of their grad and Canada Day signs.

On the families' business website, they shared why Hospice Peterborough was the chosen recipient of their generosity.



"Hospice will forever have a special place in our hearts. In mid-November of 2020 our father (papa) Wayne had the pleasure of living out his last few weeks at Hospice, three days before his death, we suddenly lost our mother and nana Susan. Without the love and support from all the staff at Hospice...we can't imagine how different our lives would be, Hospice is a special place, and therefore is our chosen charity for 2021."

Thank you MacDonald Family and RoadSide Greetings and Designs!



This past year and a half has been tough for so many locally owned, locally operated businesses.

Let's all show them some love and support as things gradually open up.

Remember, when our community supports local businesses, they support us back!



Hospice Peterborough

THE WAY FORWARD: 2021-2025 Strategic Plan

Participant Stats



465 Individuals Engaged



4 Specialists



384 Online



8 Focus Groups

To view the complete 2021-2025 Strategic Plan Visit our website hospicepeterborough.org

Mission

To enhance the comfort, dignity and quality of life of individuals and families living with or affected by life-threatening illness of grief.

Vision

To be a central hub for the delivery of hospice palliative care.

Strategic Direction



1. Trusted Leader in Hospice Palliative Care

- Continuing to strengthen existing community partnerships
- Explore opportunities to connect with educational partners working with diverse populations
- Provide leadership and partner with smaller and/or rural hospices
- Continue to actively participate in discussions related to hospice palliative care

2. Exemplary Programs and Services

- Continue to strengthen, evolve and increase awareness of existing programs and services
- Explore opportunities for new or enhanced programs and services
- Investigate and define Hospice Peterborough's position on Medical Assistance in Dying (MAID)
- Integrate constant quality improvement to meet evolving needs of the Peterborough community

3. Organizational Excellence

- Provide training, professional development opportunities, and integrate succession planning for staff, volunteers and Board
- Achieving HPCO Accreditation
- Review and update governance policies and procedures to ensure best practices

4. Financial Sustainability

- Continue to nurture strong relationships with all stakeholders to maintain a strong community profile
- Continue to evaluate and explore giving programs to ensure sustainability
- Assess the financial impact of COVID-19 and adjust an appropriate response plan
- Continuously strengthen financial and administrative processes, monitor revenue and expenditures

Our Team is Growing! Looking for a Volunteer Services Lead

We're hiring! Volunteer Services Lead



Join the Hospice
Peterborough team!

Volunteers are the heart and soul of our organization!

We are seeking a Volunteer Services Lead who will work with the Community Programs team to coordinate, develop, support and manage Volunteer Services and support volunteers at Hospice Peterborough.

Key responsibilities include:

- Assumes responsibility and accountability for the effective and efficient management of all aspects of volunteer services
- Leads program planning and evaluation
- Facilitates volunteer meetings, debriefs and effectively delivers volunteer trainings

[Full position posting available here.](#)

Applications (cover letter and resume) must be mailed or hand-delivered, and received by August 20, 2021 4pm.

'Conversations About Dying' Podcasts Now Available

Hospice Peterborough offers podcasts on YouTube to engage people in what can be a difficult topic

When a doctor tells you, 'There is nothing else we can do,' this may be true medically, but spiritually, the real work may just be starting.

The latest episode of our podcasts is about finding meaning and spirituality at the end of life. In 'Finding Meaning and Spirituality,' our supportive care counsellors Red Keating, David Kennedy (now retired) and Julie Brown explore the role of spirituality in the dying process.

Hospice Peterborough started offering free podcasts on our [YouTube channel](#) mid-May so that you can sit in the comfort of your home or office and listen to thought-provoking conversations about the many issues surrounding death and palliative care.

You can watch (or re-watch) the [premiere episode](#), which focuses on the impact of COVID-19 on loss of ritual – such as funerals and celebrations of life – that help us deal with our grief.

The [second episode](#) focuses on the challenge of talking about death – the

practical nature of it as well as our fears – because we live in a world that is consumed with living life as much as possible and often trying to ignore the inevitable ending.

Ms. Brown says the podcasts are a great way to share thoughts, philosophize and inspire others to have sometimes difficult conversations.

Future topics will include the grief journey, death around the world and the experience of caregivers.



Click on the image above to see the full list of episodes on YouTube.

'Hike Your Way' Again in 2021!

Hospice Peterborough's event Hike for Hospice returns for the 19th year

Slowly and carefully, the world is beginning to open up again. As we cautiously look ahead to September, we are pleased to offer another year of the week-long, self led Hike for Hospice - Hike Your Way from **September 11-17th, 2021.**

Register Now!

Eleanor hikes because they understand what these programs and supports can mean to families:

"I was on staff at Hospice Peterborough for 10 years and stayed for another 10 years, working hard with a great team to build our new Care Centre. It was a labour of love! I know from personal experience as a palliative care nurse and as a daughter of a parent who died at the May Court Hospice in Ottawa that Hospice care can lighten the load for families who are dealing with a life limiting illness from the time of diagnosis."



Eleanor (right) and partner Meredith at the 2019 Hike for Hospice.

Who will you hike for?

Hospice Peterborough has remained open and operating throughout the pandemic. The end-of-life residence has been available and open to visiting family members, in line with public health regulations and guidelines. Many programs pivoted to virtual to ensure our critical care, such as grief support, were still there for those who needed them.

And now, we need you!

More than ever, we want to provide a meaningful event that supports families and friends who have lost loved ones, while bringing in much-needed funds to ensure programs and services continue to be available, and free of charge, as the need in our community grows.

YOU can make this happen through your participation in Hike for Hospice.



Hike Your Way. Any where. Any time.

Follow Along!

Don't miss out on any updates! You can stay up to date by registering for the Hike on the [EasyPledge site](#) and automatically receive emails.

Hike for Hospice is also on [Facebook](#). If you 'like' and 'follow' this page you can stay connected to the event and other hikers!

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

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