

## *Hike for Hospice Wraps Up 20th Year with Record-Breaking Achievements*

*Total raised surpassing \$100,000 for hospice palliative supports*

Hike for Hospice wrapped up its 20th year announcing over \$100,000 in support of hospice palliative care for the community.

The weeklong event, which ran from September 10-16, took place virtually with over 150 individuals registered.

Shannon Kelly participated in Hike for Hospice for the first time this year, being one of the first to register: "I was waiting to give back to Hospice Peterborough in a meaningful way and kept checking their website to see when Hike for Hospice was back." Shannon's husband, Jamie, died from cancer in late July 2022, leaving her widowed in her 30s with two young sons.

After Jamie received a palliative diagnosis, the Kelly's were connected with Hospice Peterborough and a palliative doctor, who helped them navigate available supports and provided resources. Jamie and Shannon made the boys a priority: "We wanted to do this right." She says. After receiving advice from Hospice Peterborough's supportive care team, they created legacy pieces that will help keep the boys connected to their father after his death and as they move through the milestones of their own lives. Jamie recorded himself reading a book so they could always hear his voice, he wrote cards for birthdays, high school graduations, weddings, his first grandchild, and more. With the help of Hospice Peterborough he found ways to support his children, when he knew he wouldn't be there.



**Shannon Kelly lounges with her husband Jamie and their two boys.**

As Shannon worked to raise funds for Hike, Jamie's disease progressed and despite many attempts at treatments, Jamie's quality of life began to decline. One day while doing his crossword puzzles, he came across a chocolate bar themed one.

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Despite his appetite being non-existent, his sweet tooth came back. "He checked off all the chocolate he wanted in the crossword and asked me if I would pick those up." She smiled. "When I was at the store the employee was so kind when he found out why I was buying a whole bunch of chocolate bars. People really care when they know what you are going through."

Those chocolate bars ended up being Jamie's main sustenance, and last meal. Jamie eventually opted for medical assistance in dying and on July 25, 2022 the family all gathered on the single medical bed (a "dog-pile of love" Shannon called it) as they said their last goodbyes.

Despite her grief, Shannon continued to raise awareness and funds for Hospice Peterborough, suggesting support for Hike for Hospice in lieu of flowers in Jamie's obituary.

For her hike, Kelly rowed 1km for every \$100 raised and ended up putting in 84 kilometers on her rowing machine after raising over \$8,500, claiming the spot of top fundraiser. "I may be a bit competitive." She laughed.

The boys, Joe and Alex, have been receiving support from Hospice Peterborough's Child and Family Life Specialist, whose work focuses on youth



Shannon poses on her rowing machine where she recorded more than 84 km for Hike for Hospice.

and families in grief. While there they created hugs (a scarf with mitten shaped 'hands' on the end) in Hospice's Art Therapy Room that are used nightly to give their dad a hug and a kiss at bedtime. Memory boxes they also created during a recent session are prominently displayed in their rooms, where precious objects that are tied to memories are placed in the box to help provide some comfort and healing.

One of the greatest gifts that Shannon continues to receive is people reaching out to her to share stories of how Jamie's strength and positive outlook have positively impacted them. She uses the hashtag #dailydoseofjamie on Facebook to continue to share

memories and photos with friends and family.

"It's hard, and it sucks." Shannon says. But she carries on one day at a time with support from Hospice Peterborough, and beyond.

With demand for services growing, and government support only covering a portion of Hospice Peterborough's operating budget, funds raised through Hike for Hospice will allow the organization to continue to be there for families, like the Kelly's, who are facing life-threatening illness, and grief.



Thank you to a wonderful group of anonymous donors for supporting our Children's Grief and Wellness program, this gift will be used for Art and Wellness Therapy supplies for young children who are grieving a significant loss or have a parent who is being cared for in our end of life residence.

## Thank you Hike for Hospice Sponsors!

## Thank you Hikers, sponsors, supporters, and volunteers.

Your hard work raised more than

# \$100,000

for palliative and bereavement supports in our community!

## Searching for: Youth Intern - Board of Directors

To broaden and reflect the community perspectives and composition of its Board of Directors, Hospice Peterborough has created a non-voting position of "Intern Director". Open to application from post secondary students, the Youth Intern Director will have the opportunity to participate as a working member of the Board of Directors, to learn and be mentored in hospice care, governance principles and practices of a successful and highly regarded not-for-profit/charitable organization.



More information, including how to apply, on our website at [hospicepeterborough.org/careers](http://hospicepeterborough.org/careers).

Posting is open until November 30, 2022.



Home Depot employees provide yard work, pergola for Hospice client's comfort and enjoyment

## Team from Home Depot Helps Beautify Hospice Backyard

Hospice Peterborough received outdoor beautification by a wonderful team from our local Home Depot.

The group spent a day completing some yard work to help get the grounds ready for winter. Fall flowers added pops of colour around the patio, and bulbs were planted to ensure a spring full of blooms.

They also built a pergola where families can gather outside and be protected against the elements.

Thank you Home Depot for donating the gazebo, flower bulbs and for your support of hospice palliative care in Peterborough, and to these wonderful employees for volunteering their time and their heart to us for the day.

Thank you Tecasy Ranch for hosting us for our recent Staff Education Day!

The beautiful land and your warm hospitality made the day so special!



Fowler's Corner Lion's Club presented five local charities, including Hospice Peterborough, with cheques from the summer Cruise Night at Craftworks.

L to R: president Lion Herb Lang, Hospice Peterborough's Aimee O'Reilly and Lion Scott Mason

## Giving the Lion's Share to Local Non-Profits

The Fowlers Corners Lions Club celebrate a successful summer of Cruise Nights, and giving back to the community

After one of the most successful summers of Cruise Nights at Craftworks at the barn, the Fowlers Corners Lions Club invited the five local charities to their meeting to present them with the proceeds from the summer events.

Recipients included Hospice Peterborough, Camp Kirk, the Boys and Girls Club of Kawartha Lakes, Camp Maple Leaf, and Five Counties Children's Centre.

Each Cruise Night took dozens of volunteers coordinating the cars, 50/50s, entertainment, technology, parking lot, and much more. Rumours swirled it may even be the largest Cruise Night in the area!

While the Fowler's Corners Lions Club was chartered in January 1985, many of its members were Lions prior to the creation of the Club. At the nights celebration, plaques were given out for 35 years of service, with one member's tenure reaching closer to 40 years.

"The community is very fortunate to have this group of civic-minded people who work hard to improve their community and the lives of others." commented Hajni Hos Executive Director, Hospice Peterborough.

Hospice Peterborough extends its heartfelt thanks to the Lions, Craftworks Barn, volunteers, and attendees who helped with the Cruise Nights.

# 'What Now?' Podcast Takes on Tough Topics

## Partnering with Hospice Peterborough, podcast sheds light on many topics relating to life, death, and grief

After a brief hiatus the trio of David Kennedy, Julie Brown and Red Keating are back!

The podcast formerly known as 'Conversations About Dying' has relaunched as 'What Now? On the threshold of life, death and grief' to better reflect the content and topics covered.

Death and grief is one of the few experiences we will all share, little is done in our culture to prepare us for this inevitability and its resulting bereavement and grief.

Drawing on their vast knowledge and experience, each episode is a conversation meant to enlighten and demystify the often difficult and emotional experiences of dying, death and bereavement.

Episodes cover a range of topics from general loss, guilt and grief, and coming to terms with a diagnosis. Special episodes feature guest experts that share their wisdom with the hosts, and with you.

With more than 500 downloads in the first 30 days since launching, people are finding 'What Now?' a helpful resource in their grief journey.

'What Now? On the threshold of life, death and grief' is available for free on all major podcasts platforms.

If you like the podcast, please subscribe and leave a 5-star review wherever you listen!



Use your smart phone camera over the QR code to listen to 'What Now? On the threshold of life, death and grief' now!

**AVAILABLE ON:**

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[www.what-now.buzzsprout.com](http://www.what-now.buzzsprout.com)

**WHAT NOW?** On the threshold of life, death and grief.

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY

# Caring in Life and Death

## Operational Plan being developed regarding Medical Assistance in Dying

For 34 years Hospice Peterborough has demonstrated a collaborative community approach, strong leadership and good governance which has led the organization to become a respected leader in the delivery of hospice palliative and bereavement care across the province.

In 2016 when Medical Assistance in Dying legislation was introduced in Canada, Hospice Peterborough struck a committee to discuss how Hospice Peterborough would integrate the new legislation into our service. The committee included representation from clients, palliative physicians, Board of Directors and staff delivering community palliative programs. The committee determined that Hospice Peterborough will not stigmatize those who choose Medical Assistance in Dying, and that staff needed to follow the guidelines of the professional health colleges which allowed health professionals to talk about MAiD if the client introduced the topic and needed help to access more information.

Peterborough Regional Health Centre (PRHC) established a very strong program to support people who were at the end-of-life and their families in exploring and choosing to enact MAiD. Their program included education and support for the front line health care staff involved in providing MAiD and an effective booklet developed in clear, non-partisan language to describe MAiD. As a small community organization just starting to offer 24/7 care in 2019, developing or offering a MAiD program at the Hospice Residence was beyond Hospice Peterborough's capacity. For those interested in MAiD we work with PRHC to ensure people had access to MAiD if desired, Hospice



Peterborough continues to impartially support clients and residents who wished to consider MAiD by answering questions and in helping them to navigate their choice.

In 2021, as a result of community, staff, volunteer and board consultations for the 2021-2025 Hospice Peterborough Strategic Plan – it was determined that there was a need to reinvestigate and possibly redefine Hospice

Peterborough's position on MAiD in our 10 bed hospice residence. A MAiD working group was established by the Board to coordinate an internal process to review MAiD. This extensive process included staff and Board education and focus groups, while considering feedback from the community and the review of provincial and national standards and directions from palliative care organizations including the Ontario Palliative Care Network, Hospice Palliative Care Ontario and the Canadian Hospice Palliative Care Association.

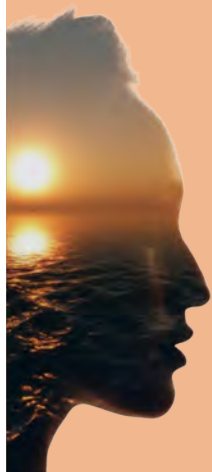
As the result of this extensive process, Hospice Peterborough's Board of Directors have issued the following directive at their last board meeting:

*"The Board of Hospice Peterborough respects and supports a person's choice for medical assistance in dying. Therefore, the Board requests the creation of an operational plan for medical assistance in dying at Hospice Peterborough."*

Currently the operational plan is being developed in conjunction with our community partners. The Board will share more information when the operational plan is available.

# Autumn Happenings at Hospice

## Meditation from the Comfort of Home



Mindful Nourishment is a Virtual Drop-In that takes place on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month, from 1:00-2:00pm. Anyone connected to Hospice is welcome to participate in this group – clients, caregivers, people in grief, volunteers and staff. Absolutely no previous experience or knowledge of mindfulness meditation is required. You can sign up to receive notices of the sessions by emailing

admin@hospicepeterborough.org. You can unsubscribe from receiving reminders at any time.

## Book Club

Hospice Peterborough is hosting a book club every two months. The books in the book club all have to do with death, dying and grief.

Upcoming book club sessions are:

Friday November 18 2022, 11:00am- 12:00pm  
the book being discussed is: Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience by Brené Brown

Friday January 20 2023, 11:00am- 12:00pm  
the book being discussed is: No Cure for Being Human and Other Truths I need to hear by Kate Bowler.



## How you can help

**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

One-time donation                       Monthly donation

Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

I would like to be an anonymous donor

This gift is in memory of:

\_\_\_\_\_

**Please contact me to discuss my legacy gift to Hospice Peterborough.**

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](http://hospicepeterborough.org) Or mail to 325 London St Peterborough, ON K9H 2Z5**

**THANK YOU! Donors make our care possible!**



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