

A Legacy of Compassion and Care: Connie Swinton

After a revered career in international public health, the late Connie Swinton bequeathed \$10,000 to Hospice Peterborough

The late Connie Swinton was an internationally esteemed public health nurse and recipient of the Order of Canada.

She was also a great supporter of Hospice Peterborough. She volunteered in client care with Hospice for 25 years, fundraised to support the capital campaign and hosted the launch of her memoir 'From Tofield to the Top of the World' at our previous Hospice location.

Ms. Swinton is known for her phenomenal 45-year international career in public health nursing that included serving poverty-stricken areas in rural Alberta, working in a Pakistan refugee camp, feeding refugee children in Sudan and making days-long hikes in Nepal to offer healthcare to people in remote mountainous regions.

Connie worked closely with esteemed organizations such as the Canadian International Development Agency (CIDA) and the World Health Organization (WHO), while, notably, her work also afforded her the opportunity



Remembering Connie Swinton: internationally esteemed public health nurse and recipient of the Order of Canada.

to once meet with Queen Elizabeth and Prince Philip while working in Kathmandu.

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From a young age, Ms. Swinton was encouraged to always follow her dreams while being raised in an intellectual, forward-thinking and hardworking family during the Depression.

After graduating from nursing school, Ms. Swinton joined the Victorian Order of Nurses (VON) in 1947, starting her career in public health as a community nurse and leader. She lived across Canada and her work took her overseas to Vietnam, Indonesia, Thailand, Nepal, Pakistan and North Africa working in refugee camps, hospitals, clinics and health departments.

After 25 years with VON, Ms. Swinton moved on from the organization in 1972 to work with Health Canada and also teach nursing at the University of Toronto where she promoted then-radical ideas of safer sex and birth control.

In retirement her life was no less busy. She returned to her beloved Peterborough area and began volunteering at Hospice Peterborough, as stated in her memoir - her "most rewarding" volunteer experience was supporting Hospice's mission of caring for those living with a life-threatening illness and grief. In addition she continued her education earning a Master of Divinity from the University of Toronto.

Ms. Swinton was a much-loved volunteer at Hospice, primarily she focused her energy in palliative care work and providing respite to caregivers. She also devoted herself to fundraising for the new end-of-life residence, dedicating a portion of the proceeds from her memoir 'From Tofield to the Top of the World' to the capital campaign after the memoir launch in January 2019.

Connie's final wish was to spend her last days in the Hospice Peterborough residence, the place she had helped create. In December of 2020, at the age of 95, Connie required palliative care and was given the best room in the place - as she put it. She died peacefully after saying her goodbyes.

"Like in life, her death was on her own terms," says Connie's niece, Valerie. "Hospice Peterborough was her final home - fitting as this place captured her heart and soul." says Valerie.

Valerie says Ms. Swinton was not a wealthy woman but was financially astute and able to leave money to her family and her favourite charity.

Hospice Peterborough was very dear to her heart and it makes sense that her final legacy gift is one of service because her entire life was about service," says Valerie Swinton.

"Connie's amazing legacy lives through her generous gift, which will make a meaningful impact for many years to come. This legacy is simply an extension of her lifelong passion and dedication of caring for others." says Hospice Peterborough executive director Hajni Hős.



Connie reads pages from her memoir 'From Tofield to the Top of the World,' 2019.



Connie and Paula Greenwood at the launch of her memoir 'From Tofield to the Top of the World,'



Connie in the audience at the Hospice Peterborough AGM, 2016.



Connie Swinton

Leaving a planned gift in your estate - through various means including life insurance, RRSPs, RRIFs and mutual funds - is easy to arrange, flexible and offers tax advantages. Most importantly, a planned gift leaves you with the satisfaction of knowing you will be supporting an organization that offers a safe, comfortable, non-judgmental, and welcoming environment to anyone, of any age, in the city and county of Peterborough.

If you are interested in leaving a planned gift to Hospice Peterborough's Future Fund, reach out to our Fund Development team at legacy@hospicepeterborough.org or by phone at (705) 742-4042.

Hospice Norwood partnership announced at public meeting

Community programming to launch in coming months

Last month, we were thrilled to join Hospice Norwood at a public meeting to announce our exciting new partnership and share progress updates with the community.

Thanks to provincial funding, Hospice Peterborough and Hospice Norwood will work closely together to begin delivering community programming for Norwood and surrounding communities, as well as complete renovations to increase the accessibility of the historic Stewart House so it can welcome community program participants.

The funding also supports the hiring of a Rural Outreach Coordinator. This role has been taken on by Hospice Peterborough's Volunteer Services



From left, top row : Carolyn Parkes, Laurie Inglis, Len Lifchus. Bottom row: Doug Pearcy, Hajni Hos

Lead, Carolyn Parkes, who shared her enthusiasm about the partnership at a public meeting. Carolyn also announced three new programs that will launch in Norwood in the coming months: a caregiver's support group, an illness support, and grief chats. While programming dates and locations are still being finalized, Carolyn encouraged those interested in attending or volunteering with clients to get in touch.

If you or someone you know would be interested in volunteering at Hospice Norwood, please reach out to

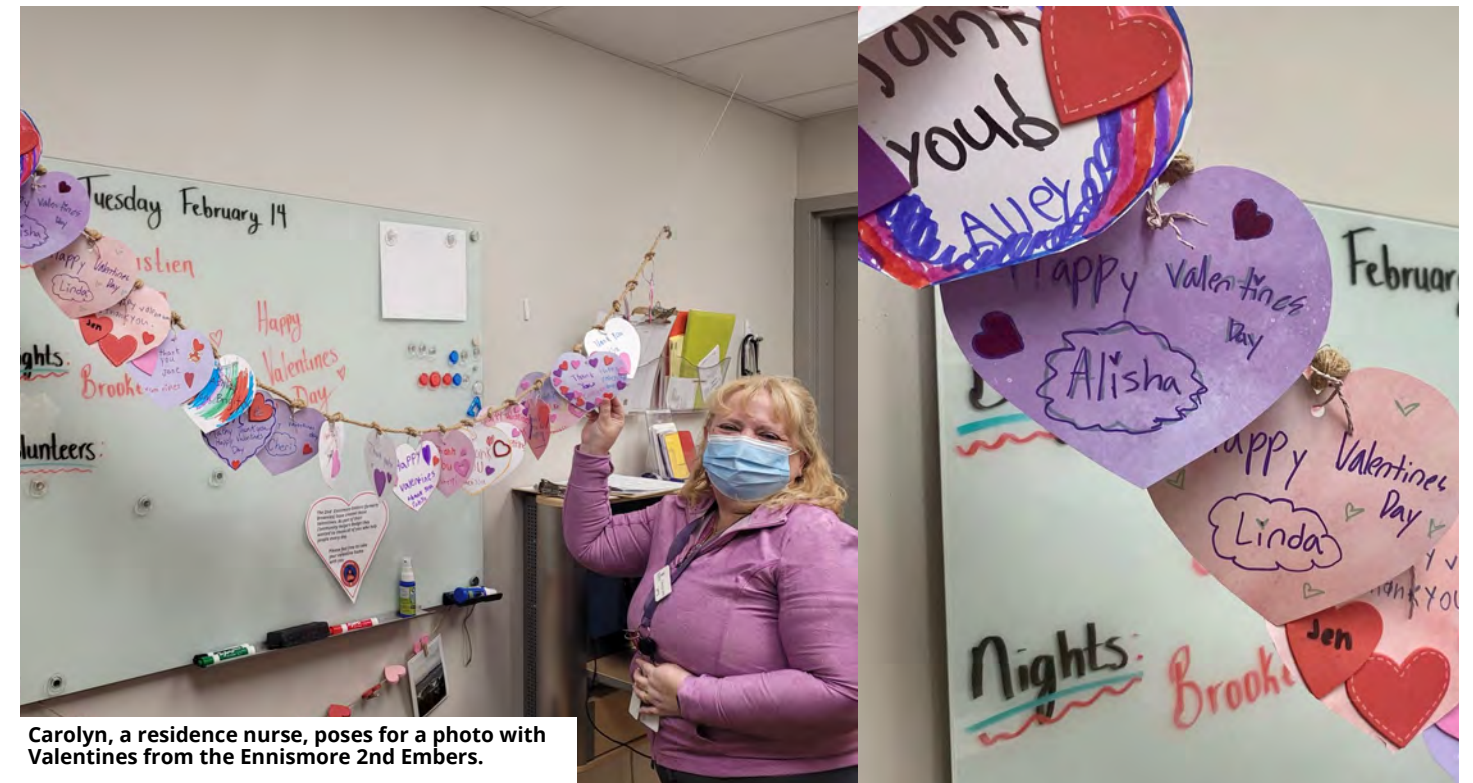
Carolyn Parkes at cparkes@hospicepeterborough.org



Carolyn Parkes shares programming updates with the community at a January public meeting at the Norwood Legion.

Valentine's Day Celebrations at Hospice

Ennismore 2nd Embers surprise residence staff with Valentines



Carolyn, a residence nurse, poses for a photo with Valentines from the Ennismore 2nd Embers.

A warm thank you and Happy Valentine's Day to the Ennismore 2nd Embers who surprised our residence staff (including Carolyn, pictured) with these beautiful valentines a few weeks ago on Valentine's Day.

This love-spreading project contributed to the completion of their Community Helpers Badge.

Thank you Embers!



'Death Interrupted' author Blair Bigham joins 'What Now?' podcast in new interview

Bigham's work examines the ways modern medicine has changed the way we die

How does modern medicine influence the way we die?

In a new episode of the "What Now?" podcast, Julie, David, and Red have a lively conversation with physician and author Blair Bigham. Bigham's new book *Death Interrupted: How Modern Medicine Is Complicating The Way We Die* explores how medical technology has changed how we die and what it means to be dead.



What Now? hosts Julie Brown, Red Keating, and David Kennedy interview Dr. Blair Bigham, author of *Death Interrupted*.

Some of the topics Bigham addresses in the interview include the glorification of resuscitation in pop culture and the tensions between nature and technology present in death.

To hear this and other recent episodes of 'What Now? On the threshold of life, death, and grief,' visit what-now.buzzsprout.com, or wherever you listen to podcasts!

MAID and Hospice Peterborough

The following is a statement from our Board of Directors on the use of MAID at Hospice Peterborough, effective March 1, 2023

Throughout its growth and evolution, Hospice Peterborough has kept community and client needs and wishes as its guiding principles.

Since Medical Assistance in Dying (MAID) was legalized in Canada in 2016 Hospice Peterborough has worked with a committee, staff, physicians, volunteers and the broader community to determine our role in MAID. While Hospice Peterborough has not historically provided MAID onsite, we have always respected client's decision to choose Medical Assistance in Dying and have been supporting clients who have asked with resources and facilitated connections with community and hospital MAID programs.

Since the opening of the Hospice Peterborough Residence in 2019 followed by navigating the pandemic, developing and offering a MAID program was beyond the capacity of the organization. In 2021 with feedback from staff, volunteers, and the community, there was clear evidence Hospice needed to re-evaluate its role. Hospice Peterborough delivers high-quality end-of-life care with a focus on comfort and dignity; having a client leave the premises for MAID during a time of extreme emotional and physical frailty was at odds with our philosophy of care.

Therefore, the Board of Hospice Peterborough has decided that, as of March 1, 2023, the organization will permit Medical Assistance in Dying for clients receiving care in the residence, who choose MAID as part of their journey.

For further information contact:

Hajni Hős, Executive Director
hhos@hospicepeterborough.org

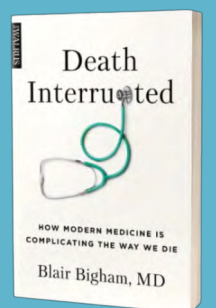
Len Lifchus, Board Chair
boardchair@hospicepeterborough.org

BOARD OF DIRECTORS
ANNOUNCEMENT

MAID

Join our Hospice Book Club!

Our next meeting will take place via Zoom on **Friday, March 17th** from 11am-12pm. We will be discussing *Death Interrupted: How Modern Medicine is Complicating the Way We Die* by Dr. Blair Bigham.



Email
hmead@hospicepeterborough.org to join Hospice book club!

Join us for new & continuing community programming!

Moving with Grief

This friendly and supportive grief walking club takes place at Cavan Monaghan Community Centre on the second and fourth Monday of each month between January 30 and March 27, from 2-3pm. Email awatson@hospicepeterborough.org to book your spot!

Mindful Nourishment

This virtual, one-hour meditation takes place on the second and fourth Thursday of the month from 1-2 pm via Zoom. Email admin@hospicepeterborough.org to register.

Evening Grief Chat

Grief chat is a free group that offers flexible format where recently bereaved individuals can connect with others who have experienced a loss. It takes place on the second and fourth Tuesday of the month from 6:30 – 8:00 pm, starting February 14. Please call the Hospice line at (705) 742-4042 to register.

Henry visits Hospice!

It is always a great day when Henry of East Central Therapy dogs comes to visit! Liam, Les and Hajni (pictured) all received some quality Henry time this month.



Support Hospice Peterborough

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: _____ CVV: _____

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

THANK YOU! Donors make our care possible!



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