



HOSPICE HIGHLIGHTER

November 2023

Inaugural Child and Family Grief Retreat Forges Connections through Shared Loss



“Magical.”

That was the word that stood out for Family & Child Life Specialist Sheila Bourgeois when looking back on Hospice Peterborough’s inaugural child and family grief retreat that took place in late September. “The word people have used over and over again to describe the day is *magical*.”



Amidst the fall colours and campfire smoke of Buckhorn’s Tecasy Ranch, seven families with children and teens gathered, united by the grief of losing a close family caregiver. Starting out as a long held dream of past and present Hospice Peterborough staff, the retreat finally became possible through generous support from the Kindred Foundation. The Kindred Foundation’s partner organization, Tecasy Ranch, provided an ideal setting for the retreat: 550 beautiful natural wooded acres and spaces for gathering and an appropriate mission of “Connecting people to nature, people to people and people to a Greater Cause.”

Top: Pixie the dog enjoys afternoon sun. **Bottom:** Participants gather around the fire to share stories of loved ones.

The day opened with the families gathering around a fire pit to introduce their loved one who died through story. During this introduction, many families noted that their person had a love of being in nature. This underscored not only the significance of the setting but also how appropriate the primarily nature-based planned activities were for honouring those that had died. The attendees navigating loss were markedly intergenerational: ranging from ages 5 to almost 50.

The connection with nature was made even stronger through “forest bathing” – a practice originating from Japan that invites participants to tune into their senses and find calm while immersed in nature. During the forest bathing, which was led by a Tecasy volunteer, a young participant lay down on the forest floor. Though the participant later shared that he had been lying on a rock – which caused some discomfort – he continued to lay there. He had not wanted to interrupt his forest bath by moving.

Hearing this story, one may recall the writing of Jessica Watson, who relates grief to “carrying a stone in your pocket.” She writes: “You feel it. You always feel it. But depending on the way you stand or the way your body moves, the smooth edges might barely graze your body.” *He continued to lay there.*

As well as nature, the day drew connections between participants with shared experiences. Sheila described two boys, playing soccer together. This normal childhood activity took on additional meaning as both boys had experienced the death of their fathers – an experience that is foreign to most of their peers and different than losing an extended family member.

In the warm afternoon sun, a volunteer led the participants in an activity reminiscent of Japanese Kintsugi: the practice of restoring fractured pottery with precious metals. The practice highlights the history of the object rather than trying to hide where breaks have occurred. It often resonates with those who may see their grief experience differently upon realizing they don’t need to hide the cracks it has caused. Even an object that has been pieced back together can be beautiful.



Participants fill gold in the cracks in a craft inspired by Kintsugi.



Tecasy's campfire provides an ideal setting to explore grief in nature.

Karie McDougall, Events Coordinator at Tecasy Ranch, shared: “We were truly honoured to host the child and family grief retreat in collaboration with Hospice Peterborough. It was a deeply meaningful experience for all involved. The serene surroundings of Tecasy Ranch provided the perfect backdrop for healing. We were privileged to offer yoga and forest therapy sessions for the children, youth, and adults, creating a safe and nurturing environment for families to come together and find solace during their journey of grief.

We are committed to providing the kind of support that fosters both emotional and physical healing and we look forward to continuing our partnership with Hospice Peterborough in the future.”

When asked why these kinds of retreats are so important, Sheila replied: “I think there’s a beauty in having dedicated time to sink in and explore and feel grief. It’s hard to make time for that in our everyday lives for that purpose. It allows us protected time to reflect, experience, and connect with other people who are navigating similar circumstances.”

At the end of the day, participants who arrived as strangers with loss in common shared contact info to keep in touch, expanding their network of support. Hospice Peterborough is already planning ways to keep the group connected through a follow up retreat next year. And so, the magic continues...

A special thank you to the Kindred Foundation, Tecasy Ranch, its staff and volunteers, and the Hospice Peterborough staff and volunteers who supported the inaugural child and family grief retreat.

Hike for Hospice: Making a Difference for Over 20 Years

For more than two decades, Hike for Hospice has brought together passionate individuals and teams who raise funds to ensure hospice palliative care stays at no cost to those who need it most.

Each year is unique, with new and exciting additions. In 2023, we introduced our fabulous "Hike Hats," which many participants wore with pride on their walks, bike rides, runs, and swims. Though the event remained virtual, we were thrilled that so many of you hosted your own Hike gatherings, often in memory of loved ones who had died. Hospice Peterborough would like to thank all participants, sponsors, and pledgers for their incredible Hike efforts that will make a significant difference in the lives of so many.

Hike in Numbers:

- Over **\$89,000** raised (and donations continue to come in!)
- **Top fundraiser: Tracey Johnstone**, who raised **\$4,470**
- **Top team: Compassionate Crew**, who raised **\$7,327**
- **165 participants!**
- Close to **820 pledgers!**

Hike in Photos:

Top left: Kathy LaBranche: one of our Hike Your Hat draw winners!

Bottom left: Participants Roberta, Grace, and Carol enjoying their Hike.

Top right: Top fundraiser Tracey Johnstone and her team.

Bottom right: Joseph Curry of Retirement Planning Simplified rocks his Hike hat.



Thank you 2023 Hike Sponsors!

A warm Hospice thank you to all of our incredible 2023 Hike for Hospice Sponsors! Your support means everything.

Hope Sponsors



Comfort Sponsors



Care Sponsors



Support Sponsors



Volksfest supports Hospice Peterborough



A huge thank you to our incredible friends at Peterborough Volkswagen who raised just over \$2,500 through Volksfest, an annual classic VW cruise, earlier this Fall.

Pictured left (from left to right): Graeme Eatson, Shannon Cavanagh, Aimee O'Reilly, Mike Eatson, Eric Eatson, Myles "barking lot dog" and Josh Bagshaw

Tee it Up Fore Hospice Golf Tournament a massive success

A warm thank you to Kim, Wendy, and Darlene aka the Tee it Up Fore Hospice golf tournament committee for organizing an incredible golf tournament this past August that raised just over \$10,479 in support of Hospice Peterborough.

This incredible tournament brought together 120 golfers, 38 hole sponsors, 3 corporate sponsors, and 55 donated raffle prizes.

Pictured right (from left to right): Kim, Wendy, and Darlene aka the Tee it Up for Hospice Committee present a cheque to Sarah van den Berg, Fundraising and Communications Coordinator.



Cruise Nights Chooses Hospice as Recipient



We are so grateful to be one of the recipients of the Fowlers Corners and District Lions Club's generosity from their Cruise Nights at Craftworks at the Barn Peterborough fundraiser.

Lions across our community are so dedicated to the betterment of the community and contribute hours of their time to initiatives like Cruise Nights.

Congrats to all the recipients, and thank you Lions!

A restorative staff day at Tecasy Ranch

Hospice extends a massive shout out to our dear friends at Tecasy Ranch who hosted Hospice Peterborough staff and volunteers for a nourishing and restorative staff day earlier this fall.

Tecasy's beautiful outdoor setting provided a gorgeous backdrop for a day of professional development, laughter around the campfire, a lovely hike, and even yoga! A special thanks to Tecasy staff, Karie, and Liz, and Abbey the dog, for welcoming us so warmly!



Hospice Peterborough selected as an OAA 2023 Queen's Park Pick



Hospice Peterborough has been selected as one of the Ontario Architecture Association 2023 Queen's Park Picks!

Now in its eighth year, the OAA's Queen's Park Picks program highlights outstanding buildings across Ontario, as chosen by Members of Provincial Parliament (MPPs). We're honoured that Peterborough-Kawartha MPP Dave Smith nominated and recognized Hospice Peterborough as a 2023 Queen's Park Pick. A warm thank you as well to Lett Architects Inc. for all of your incredible design work.

Image provided courtesy of Lett Architects.

Plan ahead



GIVING BEFORE THE END OF 2023

Make an Immediate Difference

When you support our mission, you make our care happen in real-time while receiving the benefit of a charitable deduction at income tax time.

Helpful tip: Online gifts must be received by Hospice Peterborough on or before December 31, 2023 for your donation to qualify this year. Cash, cheque, or any in-person donations must be received before December 29, 2023 at 12pm.

Appreciated Securities

Donating appreciated stocks, mutual funds or stock options means you pay no tax on the capital gains and receive a tax receipt for the fair market value of the securities. This efficient alternative to cash provides a substantial tax incentive and gives you the satisfaction of seeing your gift put to use today. Securities can include stocks, mutual funds, and employee stock options.

For certain donors, it may be beneficial to donate before the end of calendar year 2023 instead of waiting until 2024.

Helpful tip: Upcoming changes to the Alternative Minimum Tax (AMT) system, will take place January 1, 2024, and could impact some Canadians as well as having a profound impact on large charitable donations, which are often made via a gift of appreciated securities.

Make a lasting impact

WE ALL HAVE A STORY TO TELL AND A LEGACY TO LEAVE. WHAT, WHEN, AND HOW WE GIVE MAKES A DIFFERENCE AND IS A REFLECTION OF WHO WE ARE AND WHAT MATTERS TO US —AND TO OUR LOVED ONES IN THE FUTURE.



Consult your financial and tax advisors in a timely manner to discuss your 2023 charitable gift options in advance of 2024:

- If you make large donations annually to registered charities
- If you donate publicly listed securities with large, accrued capital gains to registered charities
- If you sell assets with large, accrued capital gains
- If you sell your business via a sale of shares with large, accrued capital gains.

Your Legacy is:

- a sanctuary of care for individuals who are at the end-of-life, and their family
- support for grieving children, youth and adults
- re-assurance Hospice Palliative programs and services will be available for future generations.

To learn more and receive your Legacy Giving Kit, please email legacy@hospicepeterborough.org or call Hospice Peterborough at (705) 742-4042.



**HOSPICE
PETERBOROUGH**
Future Fund

Make a lasting impact.

Hospice Peterborough named Employer of the Year at 2023 Business Excellence Awards



We are thrilled to announce that Hospice Peterborough was the recipient of the prestigious Employer of the Year Award at this year's Peterborough and Kawartha Chamber of Commerce Business Excellence Awards. The awards ceremony, which took place in October, was a celebration of the region's top businesses and entrepreneurs. We were honored to be in the company of so many outstanding winners and nominees.

During the ceremony, Executive Director Hajni Hős delivered a heartfelt acceptance speech that highlighted the critical role of Hospice employees and the power of quality hospice and end-of-life care. Local musician Kate Suhr also composed and performed a unique Hospice Peterborough jingle, which you can watch, along with the speech, by visiting:

www.youtube.com/@PeterboroughKawarthaChamber

Support Hospice Peterborough

YES, I want to support vital hospice palliative care!

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

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

Donate online at hospicepeterborough.org
Or mail to 325 London St Peterborough, ON K9H 2Z5

Registered Charity No.
11947 8964 RR00019

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



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Let's
Connect!



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@HospicePeterborough



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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: _____