

# HOSPICE HIGHLIGHTER

May 2024

## *Second Annual Child & Youth Mental Health Symposium welcomes Dr. Michael Ungar as keynote speaker*



*Dr. Michael Ungar, keynote speaker. Photo courtesy of Clifford Skarstedt of the Peterborough Examiner.*

**On April 16, 2024, over 100 local professionals gathered at the Peterborough Curling Club for Peterborough's Second Annual Child & Youth Mental Health Symposium.** The event was hosted by Hospice Peterborough, Peterborough Police, and Peterborough Public Health. It featured Dr. Michael Ungar as keynote speaker, who is an esteemed family therapist and a world-renowned researcher on resiliency and young people. Dr. Ungar is also the founder and Director of the Resilience Research Centre at Dalhousie University.

Dr. Ungar presented new ways for professionals to think about resiliency while sharing systemic approaches to nurturing resiliency with children, youth and families. His insights were also offered during a free session for parents and caregivers later in the evening.

“Research has shown how important one caring adult can be in the lives of children and youth and this is especially true when young people experience the death of someone important to them. We are grateful to our funders for enabling us to host Dr. Michael Ungar to share insights with professionals dedicated to the well-being of young people. This symposium serves as a pivotal platform for enhancing collaboration among community services, fostering stronger relationships, and collectively working together to improve outcomes for children and youth in Peterborough,” shared Sheila Bourgeois, Family and Child Life Specialist at Hospice Peterborough.

Hospice Peterborough, Peterborough Police and Peterborough Public Health are grateful to the Peterborough Foundation and the Government of Ontario for supporting the annual event.



**Pictured left:** Representatives from Hospice Peterborough, Peterborough Police and Peterborough Public Health pose for a photo. **Pictured right:** Hospice Peterborough Executive Director Hajni Hős chats with Dr. Michael Ungar. Photos courtesy of Clifford Skarstedt of the Peterborough Examiner.

## Is your organization looking for a guest speaker in 2024?



*Give us a call!*

Hospice Peterborough 705.742.4042 to book your speaker.



# SAVE THE DATE!

# HIKE *for* HOSPICE



...finally in-person again!

## SUNDAY, SEPTEMBER 22, 2024

Millenium Park

# WALK | CONNECT | REMEMBER

### Looking for your next getaway?

Blowes & Stewart Travel Group Ltd. has **chosen Hospice Peterborough as their charity of choice for their 2024** charters flying from Peterborough Airport! While alcoholic beverages are included on the outbound flight, on the return, \$5 per beverage is charged, with the entire amount going to support hospice palliative care in the community through Hospice Peterborough. The charters for 2024 are sold out apart from a few spots on their Memphis departure travelling September 19th to 22nd. If you go, make sure to share your adventures 'Hiking' in Memphis (get it?!). **Thank you to BST Vacations for supporting us and congratulations on your 10th year operating charters from the Peterborough Airport!**



**Blowes & Stewart**  
TRAVEL GROUP LTD.

## Summer Sips

*It's back!*



supporting



*Don't miss amazing food, drinks and entertainment for a good cause. Tickets are \$90 and include a welcome drink, a casual dinner, and live music.*

**Tuesday June 4, 2024**

**6-9pm**

**Rolling Grape Vineyard**



**Get tickets at:**

[www.hospicepeterborough.org/product/seasonal-sips-june-2024](http://www.hospicepeterborough.org/product/seasonal-sips-june-2024)



## Have you heard our recent episodes?

### Questions and Decisions

MAY 08, 2024

A diagnosis of a potentially life threatening illness throws us into a world of hard questions and a myriad of decisions that need to be made. Our decisions can find us ruminating on issues and double guessing ourselves and if we don't achieve the desired results we are often left feeling responsible and guilty about the outcome. In this episode we examine some of the questions that arise and decisions that need to be made from the moment of a new diagnosis onward.

### The Written Word

APRIL 24, 2024

Poets and writers often capture the experiences, thoughts, and emotions we may struggle to express or put into words. In this episode, we do something a little different and indulge in our collective love of the written word. We share and discuss some of our favourite poems, quotes and song lyrics that address what it means to be alive yet wrestle and dance with our mortality.

### Understanding Dementia

APRIL 03, 2024

In this episode, we speak with two experts in dementia healthcare. Dr. Sarah Brisbin and Jill MacPhee help us understand the complexity of dementia both for individuals diagnosed and living with dementia and their families and care partners. Our guests bring their expansive medical knowledge in this area, but it's their humanity and genuine caring for their patients and families that shine through in this conversation.

### How Death Teaches Us to Live

MARCH 20, 2024

I have the honour of speaking with meditation teacher Vinny Ferraro who leads Spirit Rock's program: A Year to Live, which focuses on waking up and living life more fully through the exploration of death as a spiritual practice. In this conversation, Vinny shares his personal perspectives, interwoven with Buddhist teachings on how turning toward the present moment and the natural inevitability of death, teaches us about life and provides us a guide for living. He also walks us through "The 5 Remembrances" a core Buddhist teaching about the essential truths of life. This is a conversation that will have listeners thinking and reflecting deeply.



PODCAST  
AVAILABLE ON:



# WHAT NOW?

On the threshold of  
life, death and grief.

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY

Presented in  
partnership with...



## Join our Annual General Meeting

**WHERE:** Jalynn Bennett Amphitheatre at Trill College, 300 London St., Peterborough

**WHEN:** Thursday June 13, 2024 - 12noon

**WHO:** With four previous Executive Directors as Keynote Speakers...

- Pat Grant
- Joan Higginson
- Richard Johnston
- Linda Sunderland

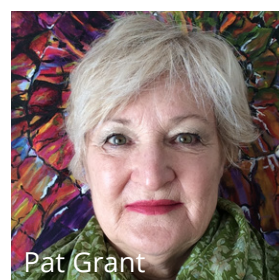
Registration is required! Please call 705-742-4042 ext. 227 or email [admin@hospicepeterborough.org](mailto:admin@hospicepeterborough.org)



Richard Johnston



Joan Higginson



Pat Grant



Linda Sunderland



## Community Programming

# Moving with Grief



**What is it?**  
A **community walking group** for people who have experienced the death of someone they love and who would feel more comfortable **sharing their grief while walking.**

**When:** Second and fourth Monday of each month from 2 to 3pm.

**Where:** Now at Roger's Cove, 131 Maria St., Peterborough.

**Confirm your spot: Call or email Amy Watson, Intake Coordinator, at 705-742-4042 ext. 230 or [awatson@hospicepeterborough.org](mailto:awatson@hospicepeterborough.org)**

# Grief Chats



**What is it?**  
Grief Chat is a free group that offers a flexible format where **recently bereaved individuals can connect with others who have experienced a loss.**

**When:** Choose between chats on the second and fourth Tuesday from 6:30 to 8pm or the first and third Friday of each month from 10am to 12pm.

**Where:** Hospice Peterborough, 325 London Street, Peterborough.

**Confirm your spot: Call or email Amy Watson, Intake Coordinator, at 705-742-4042 ext. 230 or [awatson@hospicepeterborough.org](mailto:awatson@hospicepeterborough.org)**

# Mindful Nourishment



**What is it?**  
**Mindful Nourishment is a free, one-hour meditation program for anyone connected to Hospice.** Mindfulness can help you relax, reduce stress and connect what you are feeling and thinking.

**Led by Julie Brown, psychotherapist and co-host of our What Now? podcast**

**When:** Second and fourth Thursday of each month, from 1 to 2pm.

**Where:** Zoom.

**To receive the Zoom links for future sessions, please email [admin@hospicepeterborough.org](mailto:admin@hospicepeterborough.org)**



# THANK YOU VOLUNTEERS!



**April 14 to 20 was National Volunteer Week.** Hospice Peterborough wishes a heartfelt thank you to the over 150 volunteers who support each part of our organization. We truly couldn't do what we do without you.

**THANK YOU!**



# How do you want to be remembered?

## Have you heard about Hospice Peterborough's Future Fund? It ensures...

- 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](mailto:legacy@hospicepeterborough.org) or call Hospice Peterborough at 705-742-4042.

**Make a lasting impact.**

## HOW ARE WE DOING?

### Please complete our Client & Family Experience Survey

Hospice Peterborough evaluates all of our programs and services. This survey is part of our efforts to adapt and change programs to meet the needs of our community. This survey is for clients, family members, and/or loved ones that are connected to any of the Hospice Peterborough programs and services.

**This survey will take up to 5 minutes to complete.** All information collected in this survey will remain anonymous and confidential. If you include any information that may identify yourself or your person, we will modify the response for reporting to ensure you cannot be identified.

To complete the survey, please visit: [www.surveymonkey.com/r/HP-Client-Family-Survey](http://www.surveymonkey.com/r/HP-Client-Family-Survey)

**If you have any questions, or would like to complete the survey over the phone, please contact: Natalie Warner, Manager of Community Programs, 705-742-4042 or email [nwarner@hospicepeterborough.org](mailto:nwarner@hospicepeterborough.org)**



## MEET BARB ROSS: Our new Volunteer Services and Rural Program Coordinator \*and\* a casual RPN



### How would you define your role(s) at Hospice Peterborough?

I have a few roles at Hospice Peterborough. I work as a casual RPN and my main role is a Volunteer Services and Rural Program Coordinator. That mouthful of a title means I get the opportunity to engage with our amazing community, both in and around Peterborough. Though I have only been in the role for six months, I have met hundreds of people – staff, volunteers, clients, their loved ones, and more. There are a lot of moving parts to my role with scheduling, communicating, educating, connecting. It would be overwhelming if it weren't so incredibly rewarding.

### What are you enjoying about the role so far?

My favourite part of my role is the constant opportunity for learning. We get to learn from formal education events like a presentation from the Alzheimer's Society, we learn from other departments at meetings, we learn from clients, families, volunteers, and we learn from each other. It's such a rich atmosphere; it's truly unlike any other.

### Fun fact about you?

A fun fact about me is... I once touched a real dinosaur bone!

## Volunteer brings tulip joy to hospice

A warm Hospice Peterborough thank you to volunteer Marilyn Homewood for bringing these beautiful fresh cut tulips from her garden. Who doesn't love a floral splash of colour?! Thank you for contributing this taste of spring to our building.





# Hospice Peterborough staff receive EDIE training

Hospice Peterborough wants to thank our friends Kris and Talia (pictured below, left) of the Alzheimer's Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton for delivering a fantastic EDIE (Educational Dementia Immersive Experience) workshop for our staff last month. EDIE is an immersive virtual-reality workshop that enables participants to see the world through the eyes of a person living with dementia. Enlightening and inspiring!



Let's  
Connect!



@hospiceptbo



@HospicePeterborough



@hospiceptbo

## 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](http://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.



325 London Street  
Peterborough, ON K9H 2Z5  
705-742-4042  
[admin@hospicepeterborough.org](mailto:admin@hospicepeterborough.org)

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:  
\_\_\_\_\_