

HOSPICE HIGHLIGHTER

March 2024

Celebrating 5 years at 325 London St. and 35+ years of providing hospice care in our community



Hospice Peterborough at sunset. Captured by one of our Supportive Care Counsellors, Cheryl McFarlane.

Looking back at a decades-long journey of community support and compassionate care.

Hospice Peterborough proudly commemorates a remarkable milestone: 35+ years of serving the community with unwavering dedication and compassion. This journey of care and support has been made possible through continuous collaboration with volunteers, staff, and the community at large.

Founded officially on April 1st, 1989, Hospice Peterborough's mission has always been to enhance the comfort, dignity, and quality of life for individuals and families facing life-threatening illness, end-of-life, and grief. Over the years, the organization has evolved, expanding its services and facilities to meet the growing needs of the community.

"Reflecting on our history, we are profoundly grateful for the immense support we've received. This is the result of a community banding together to support each other – this is Your Community Hospice." remarked Hajni Hős, Executive Director.

A few milestones in our history...

1988 – 1989: Hospice Peterborough (HP) becomes a registered charitable organization, starting with an annual revenue of \$50,049 and a caseload of 37 active clients.

1991 – 1992: Euthanasia enters mainstream conversation, as HP advocates for proper palliative care and pain management.

2014 – 2015: The "Every Moment Matters" capital campaign is launched, aiming to raise \$6.5 million. The campaign cabinet, led by Betty Morris, works tirelessly towards this goal.

2016 - 2017: Despite being in the middle of a capital campaign, HP still tracks 21,613 client interactions, 12 events, 684 group sessions, and 734 new referrals, the 305 active volunteers along with staff are kept very busy.

2018 – 2019: HP moves to its new location at 325 London Street. On April 8, 2019, the organization admits its first end-of-life residents, marking a pivotal moment in its history.

2021 - 2022: HP proudly becomes a fully accredited healthcare organization with Hospice Palliative Care Ontario (HPCO) following a vigorous 18-month process ultimately achieving an outstanding score of 98.67%.

2022 – 2023: Medical Assistance in Dying (MAID) becomes an option for clients receiving care in the Hospice Residence for those who request it, and for those who meet the required criteria, aligning with HP's vision of client-centered care. Founder Dr. John Beamish, Hospice Peterborough's Medical Director, announces his retirement after 36 years of service to HP.

"We've come a long way since our humble beginnings, and today, we stand as a trusted healthcare facility providing 24/7 palliative care," added HOs.

To celebrate this journey and provide an inside look at Hospice Peterborough's evolution, the organization has set up a small exhibit in the building where guests have the opportunity to explore memorabilia, view collected photos, and gain insights into the history of Hospice Peterborough. If you're visiting the building or in the neighbourhood, come check it out!

Hospice Peterborough remains committed to its mission of providing compassionate care and support to individuals and families during some of life's most challenging moments. **This milestone of 35 years is a testament to the unwavering dedication of staff, volunteers, donors, and the entire community.**

Photo by Unity Design Studio.



HOSPICE PETERBOROUGH

...SERVING OUR COMMUNITY FOR 35 YEARS



YOUR Community Hospice

Have you heard our recent episodes?

How Death Teaches Us to Live

MARCH 20, 2024

We 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.

Keep or Give Away?

FEBRUARY 27, 2024

In this episode we address the task of what to do with the belongings and "stuff" we accumulate throughout a lifetime. This can be an overwhelming undertaking during an already emotionally exhausting time. To support those engaged in this difficult task the co-hosts provide strategies and ways to think about our attachment to things, precious and otherwise, that get left behind when someone dies.

The Grieving Brain

FEBRUARY 13, 2024

In this fascinating conversation with author, psychologist and neuroscience researcher, Mary-Frances O'Connor, we learn what happens in the brain when we experience loss and grief. Dr. O'Connor explains, both here and in her book, information that is "power enabling," because her research shows why we must be patient with ourselves (and our brains) during the grieving process.

Just Think Positive

JANUARY 30, 2024

In this episode we delve into the world of "positivity" as it relates to the experience of living with a life-threatening illness or the experience of being bereaved. Often, well meaning friends and family espouse the power of positive thinking. Thinking positive can be supportive and helpful, however if it becomes the only emotional expression accepted or tolerated by others it can put undue pressure on the person who is trying to cope during a time of enormous change and challenging emotional upheaval.



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...



Accreditation renewal begins

Provincial accreditation through Hospice Palliative Care Ontario (HPCO) is a well-respected industry 'stamp of approval' signifying to clients, health professionals, community members and funders that hospices in Ontario meet the highest standards for the delivery of consistent, quality service and care and are committed to continuous learning and improvement.

In 2021, Hospice Peterborough completed the accreditation program with a near-perfect 98.67% score. The process involved a comprehensive 18-month review of the residence, community programs, services and professional standards including everything from fiscal responsibility to resident safety to professional development for staff. Out of 134 hospice sites across the province, 35 currently hold HPCO accreditation.

Every three years, accreditation must be renewed. We've just kicked off the rigorous renewal process which will include reviewing all of our programs and services culminating in a HPCO-led review which will take place in October. Stay tuned for more updates!

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: The indoor walking track at Cavan Monaghan Community Centre, 986 County Rd 10, Millbrook.

Confirm your spot: Call or email Amy Watson, Intake Coordinator, at (705) 742-4042 ext. 230 or 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 St., Peterborough.

Confirm your spot: Call or email Amy Watson, Intake Coordinator, at (705) 742-4042 ext. 230 or 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

One City PTBO hosts important conversations about Death, Dying and Grief

One City Peterborough is hosting some incredible and important conversations about serious illness, death and dying, and grief as part of their community education series. A conversation about grief will take place on Thursday, April 25 from 6 to 7:30pm. These sessions are Pay What You Can and accessible to all! Register now at www.onecityptbo.ca/communityeducation



No Name Club donates food products and more to Hospice Peterborough



A heartfelt thank you to the No Name Club, who dropped off coffee, bacon, pop, lotion, and other goodies for our residents. The No Name Club is a casual lunch group that meets regularly to support various community causes. We are so grateful they chose Hospice Peterborough!

Pictured from left to right: Hospice Peterborough Executive Director Hajni Hős, No Name Club member Joe McCulloch, volunteer Chantal McCulloch, and our incredible expert chef, Andrea Barrett!

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

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

Reflections from Hospice Peterborough Executive Directors



HAJNI HOS

Executive Director from 2019 - Present

What enticed you to work at Hospice Peterborough?

A personal experience with death and grief drew me to Hospice Peterborough and palliative care was something I wanted to learn more about. Hospice Peterborough had such a good reputation in the community and was at an exciting place in its history that I thought it would be a new challenge that I was ready, excited, and honoured to face.

What do you enjoy most about your work?

I enjoy the people – they are the heart of Hospice Peterborough. People who are at Hospice are amazing from the staff, volunteers, clients, families, to the Board, I am inspired every day by the people I work with and meet here. Our work and mission seem to bring out the very best in people and it's a privilege to be a part of this organization.

What has been the biggest challenge for you as ED?

Surviving COVID-19 by far!!! I had only been working at Hospice for six months when the pandemic began spreading around the globe. Not having a healthcare background was a steep learning curve in itself but then COVID-19 hit, and we were all overwhelmed. It was a crazy time going from a busy building one week to only skeleton staff in it the next day. This is where the magic of hospice people shone through again. The managers and I met daily for quite a while to manage and negotiate our way through government protocols, lockdowns, staff teams working from home, constant testing and cleaning – it was exhausting. The Board of Directors was beyond supportive not only to me but to the entire staff. I am most proud of how we kept going, didn't once have a shutdown but found ways to continue to provide the very best care we could without ever being in an outbreak.

Do you have a fond memory you can share?

I have had so many fond memories since I came to Hospice that it's hard to pick just one, but I would say I have loved so many of our staff education days and the staff get-togethers, from doing yoga at a nature retreat, the escape room, campfire meetings, to the little office pranks that bring out the spirit of our team. I am so proud of how our team supports each other. Times shared with clients and residents are also precious to me. One gentleman who was in our Residence loved to hear the piano. When he discovered I played the piano, he asked me to play for him and I would go to his room every day to play our electric piano for him and his family. As his health declined with time and he was no longer able to speak, his gentle smile was a sign of appreciation and the biggest compliment I could ever get. This brought me such joy.

What advice would you give to your previous ED self now?

Don't worry about the little things. Hospice teaches you to live in the moment and appreciate every day.

THANK YOU HAJNI!



LINDA SUNDERLAND

Started in 1993 as Volunteer Coordinator, Executive Director from 2005 - 2019



What enticed you to work at Hospice Peterborough?

I first applied to work as the Volunteer Coordinator at Hospice Peterborough back in 1993. The job interested me in many ways, even though I did not know anything about palliative care. I had experience in adult education and volunteer management but I also had a personal understanding of living with grief and coping with life-threatening illness. My mother had died just 8 months before I started working at Hospice Peterborough and my youngest daughter was just finishing her treatments for leukemia. Somehow HP felt like the right place for me, and it was.

What did you enjoy most about your work?

For all my years the answer is the same - it's the people; the staff, the volunteers, the clients, and the families. It always felt like every day was worthwhile, that the simplest things could make a difference, and that we were all working together for our community. In the early days, I loved the client focus. Our small staff team was nimble and supportive and often covered each other's roles. When someone walked through the door any one of us was prepared to sit with someone and just be present in their illness, or grief journey

Do you have a fond memory you can share?

I have so many fond memories, one person stands out for me. A young woman who was very unwell and isolated. She was married, and without children, and her family did not live in town. She never left her house but somehow, she got connected to us. I believe her mother called and we arranged for a volunteer to visit her, and they instantly connected. The volunteer also was part of our Day Hospice Caring Cooks. She was able to convince the young woman to attend the group. Of course, all the women in the group and all the staff were so welcoming, that she loved it. She never missed a week. It transformed her life, she said she had the most fun and the best connections of her life during her time at Hospice. After she died her parents came to Hospice to thank us profusely. Every year on her birthday they would donate in her memory and send a lovely note. They never forgot the care their daughter had received and the friendships that enriched her life.

What was the biggest challenge you faced as ED?

Building 325 London Street, from the beginning to the end. It simply was a very complicated project. It required so much faith, perseverance, ingenuity, and problem-solving from the very beginning. First, it was not easy to convince Hospice Peterborough that this was the right direction. And once we determined we wanted to explore the possibility there were significant doubts that we would have the ability to reach this goal. And of course, there were so many significant challenges; the design costs, the property and the building, my health issues, my husband's health, changes in commitments from the provincial government, the LHIN and government restructuring, Hospice program and staffing changes, fluctuating campaign goals and time frames for the project. Luckily our main players; key staff and volunteers, the campaign cabinet, architects, the contractor, and the project manager all believed in the project and hung in there till the very end. It makes me tired just to look back. Phew!

What advice would you give to your previous ED self now?

Run! Just kidding, being the ED at Hospice Peterborough was the most difficult, challenging, and rewarding thing I have ever done. I wouldn't trade it for the world. I would advise myself not to waste so much time and energy on the changing whims of government agencies and funders. Structure will always be in flux, just roll with it. Instead, take every opportunity to remind those with decision-making power about what we are doing and what makes our role unique and critical. And of course, always build bridges with others in our community and find ways to work together to support each other and to enhance the care we provide.

THANK YOU LINDA!



JOAN HIGGINSON

Executive Director from 1996 - 2005

What enticed you to work at Hospice Peterborough?

We were living near Bowmanville and I had been coordinating a program for children and families with disabilities across Durham Region for several years. A colleague from Peterborough told me of the search for a new ED at Hospice and spoke highly of this new and growing organization. With John's family living in Peterborough, it seemed a good opportunity to explore, even if just for the application experience. I visited the Hospice office and was greeted with such warmth by the reception volunteer and subsequently by the Board members in interviews. I remember realizing 'This is the place for me!' It felt like it was meant to be.

What did you enjoy most about your work?

I loved so much about my time at Hospice, and working alongside so many volunteers and thoughtful, committed staff members was joyful. I also enjoyed the fundraising, planning and admin side of the work, especially growing our programs and physical space as the demand for Hospice services grew. Although the Sherbrooke Street location was adequate for a time, we needed a larger and more accessible space. With the help of many volunteers, we started planning the renovation and subsequent move to 439 Rubidge Street. Another highlight was the development of the children's grief program with the help of Brian Nichols. I also enjoyed working with and supervising MSW students doing placements at Hospice.

Do you have a fond memory you can share?

Being involved in the renovation of Rubidge Street on a day-to-day basis was heart-warming. The demolition, building construction, and design were largely completed by volunteers, many of whom were also Festival of Trees volunteers and gave so much to our organization. One of my fondest memories happened during the demolition. A group of men from the Ontario Works program came to help. Each day at lunch our construction volunteers would stop to eat the lunch they had packed from home, while the men from Ontario Works would hang around outside. Soon the construction volunteers realized that none of these men had food at lunchtime so they started to make a crock pot soup each morning so they all could eat. It was a lovely act of kindness to witness, but that was typical at Hospice.

What was the biggest challenge you faced as ED?

Initially, getting to know a new community and all the related organizations was a challenge that took some time. Equally, it wasn't easy when the Board decided the organization needed to step away from being a United Way of Peterborough member agency. As a recipient of the Festival of Trees funds, Hospice Peterborough wasn't able to observe the United Way's blackout fundraising period.

What advice would you give to your previous ED self now?

Love what you do! Do what you love! Welcome retirement when it's time.

THANK YOU JOAN!





RICHARD JOHNSTON

Executive Director from 1992 - 1996

What enticed you to work at Hospice Peterborough?

Well...it's hard to say no to Goodith Heeney - and she wasn't even my mother-in-law at the time! It was 1992 and I was ready for a new challenge. I knew well the difference that hospice and bereavement care could make for someone facing a life-threatening illness, after the death of my first wife. I was also drawn to the people involved in Hospice; they were so passionate and believed so strongly in the organization and its mission. The hospice movement was growing at that point, there were only a handful of hospices across the province and Hospice Peterborough had such strong advocates: Dr. Beamish, Goodith Heeney, Pat Knapp, Jane Dudas, Isabel Henniger, Margaret Ellen Disney and Nancy Martin. It was amazing to work with these pioneers. I would love to mention everyone by name but that list would be too long.

What did you enjoy most about your work?

Apart from the amazing work that the organization did, the people involved were very special; the Board and all the volunteers were so committed. The volunteer training course was a great experience. Now that I'm back on the Board of Directors, it's amazing to cross paths with others who I worked with in the 1990s and who are also still connected to Hospice as a volunteer or donor. That says a lot about the strength of the organization and the support of our wonderful community.

Do you have a fond memory you can share?

I was fortunate to work with hundreds of creative and dedicated people at the Festival of Trees. We worked most of the year creating this magical event. Looking back, there was such pride to see the event come together and the community's reaction to it. It was delightful to attend the opening night of the Festival and be one of the three beneficiaries. Hospice Peterborough at that point was the "little guy" and it was an honour to share the stage with Civic Hospital (at the time) and St. Joseph's. The Festival of Trees generated community awareness and credibility for Hospice Peterborough. It also funded many of our programs for over 20 years. But of all my volunteer experiences at Hospice - as a staff member or a volunteer - chairing the Building Committee to build 325 London Street was the highlight. To see the residential facility being built - it was a dream come true!

What was the biggest challenge you faced as ED?

At the time, funding was a huge challenge. There wasn't a lot of government money to support hospice care in the early years. Most of our funding was through individual support and special events. That required a lot of time and energy. It was wonderful, and they were great times, but it was a difficult way to fund an organization.

What advice would you give to your previous ED self now?

I would have to say: "Start planning for a 10-bed residence sooner!"

THANK YOU RICHARD!



HOSPICE PETERBOROUGH
...SERVING OUR COMMUNITY FOR 35 YEARS



YOUR Community Hospice

Join the...
**Hospice Peterborough
 Book Club**

**10-11am
 Friday, May 10 2024**



Please join us at our next Hospice Peterborough Book Club meeting as we discuss *Between Two Kingdoms* by Suleika Jaouad. Copies are available to borrow in the Hospice library.

To join, please email Barb Ross, Volunteer Services and Rural Program Coordinator, at ross@hospicepeterborough.org

Staff field trip to the ROM exhibit, *Death: Life's Greatest Mystery*

Earlier this month, many of our staff took an exciting 'field trip' to check out a new exhibit at the ROM called *Death: Life's Greatest Mystery*. **We had a great time!**



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
 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 St
 Peterborough, ON K9H 2Z5
 705-742-4042
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:
