



HOSPICE HIGHLIGHTER

August 2023

Hospice Peterborough receives additional funding from the Ontario Government

As part of Your Health: A Plan for Connected and Convenient Care, the Ontario Government is increasing their funding commitment to Hospice Peterborough for the next two years with an additional \$473,000.

Earlier in July, MPP Dave Smith stopped by Hospice Peterborough to make a very exciting funding announcement: an additional \$473,000 in funding over the next two years. This funding is part of the Ontario Government's 'Your Health: A Plan for Connected and Convenient Care' initiative to expand access to palliative care services in Peterborough and the Kawarthas. The increase is part of the provincial government's \$147.4 million investment over three years for palliative care according to MPP Dave Smith.

"Families have expressed their gratitude regarding the service that their loved ones receive," he said. "This funding will allow Hospice Peterborough to continue the remarkable care for not only patients but for family members as well. This is part of our government's commitment to ensure everyone has access to care when and where they need it most."

"Funds will cover approximately 80 per cent of Hospice's expenses, compared to the previous 60 per cent coverage, for our 10-bed hospice residence which offers 24/7 professional, patient-centred palliative care to those in their last weeks of life," said Hajni Hős.

"At a time when the healthcare system is under unprecedented strain, both in terms of capacity



MPP Dave Smith, outside of Hospice Peterborough with Executive Director Hajni Hős, announced an increased funding commitment made by the Ontario Government.

and a challenging healthcare labour market, these funds make it possible for us to continue to provide the high quality, patient-centred care we have provided for over 30 years," said Hős.

A warm thank you again to the Ontario Government for this incredible support, and a thank you, as well, to those who tirelessly advocated!



Future Fund

Your lasting gift of hospice care.

Hospice Peterborough's Future Fund, our legacy giving program, is a meaningful way for you to support those facing life-threatening illness and grief for generations to come. **To learn more about the Future Fund, please contact our Manager of Development at aoreilly@hospicepeterborough.org or 705-742-4042 ext. 263**

Trent Valley Honda chooses Hospice Peterborough as recipient of annual Car Wash & Charity BBQ

Hospice Peterborough was so thrilled and humbled to be the recipient of Trent Valley Honda's annual Car Wash & Charity BBQ. The event featured a dunk tank, yummy barbecued eats, and a by-donation car wash. \$1,500 was raised at this wonderful community event.



Top left: Many staff donated their time to support the Car Wash, and volunteered to take a turn in the dunk tank! Thank you to the staff for being such great sports! Top right: Aimée O'Reilly from Hospice Peterborough and Monica Carmichael of TV Honda celebrate a successful carwash.

Increasing volunteer capacity for community outreach through Nav-CARE training

Hospice Peterborough has begun offering the core curriculum of the Nav-CARE program: an exciting new education opportunity for our volunteers. Here's what you need to know...

What is Nav-CARE?

Developed through University of British Columbia and University of Calgary as part of Pallium Compassionate Communities, Nav-CARE is a free volunteer navigation program that supports people eligible for Hospice services. The program aims to help clients to live as well and independently at home for as long as possible. It centers around four themes: addressing quality of life concerns, supporting clients and families, facilitating community connections, and engaging clients and families in social connection via their weekly visits.

How is Nav-CARE being used at Hospice Peterborough?

At Hospice Peterborough, Nav-CARE training has been offered as a continuing education program that helps volunteers provide the best possible support to clients, neighbours and family members. The first Nav-CARE training we offered was timed to coincide with restarting visiting home volunteers after two years of not being able to have this program because of COVID-19. Volunteers also noted the training was useful to their roles in the Hospice building and for supporting family and friends who have a palliative

diagnosis.

How does Nav-CARE work?

Hospice volunteers with Nav-CARE training help identify what is most important to the person they are supporting and their family. In collaboration with staff at Hospice, they help to ensure these priorities are kept at the centre of the person's care.

What are the Benefits of Nav-CARE for Hospice Peterborough?

1. Nav-CARE helped with our transition back to in-home volunteer visiting after COVID – we used the training as a refresher for seasoned volunteers returning to the role of community volunteer;
2. Nav-CARE helps Hospice reflect on our existing approaches with our community volunteer program;
3. The Nav-CARE program has given us the opportunity to connect with Hospices across Canada, both to learn from and to share our experience and knowledge.

Hospice Peterborough is grateful for the Nav-CARE Program, which is sponsored by Health Canada.

Enhanced support for Caregivers

Program moves to weekly frequency



Hospice Peterborough is launching a new model of support for caregivers. The group will be held weekly on Monday mornings from 10:00-11:00am beginning September 11th in the Hospice Peterborough Café and Lech Room.

The group will be facilitated by skilled volunteers with a focus on peer-to-peer support. Caregivers will be encouraged to share their experiences and develop interpersonal connections. Residence families will also be invited to participate.

This is an exciting increase in support as the caregiver group has been held twice monthly up until now. **To learn more, call Hospice Peterborough at 705-742-4042 and ask to speak to Intake.**

Join Hospice Peterborough for these exciting upcoming fundraising events:



The banner features a background image of people walking on a path. On the left, the text "HIKE for HOSPICE" is displayed with a pair of sneakers. In the center, "SEPTEMBER 10 - 17, 2023" is written in white on a dark blue brushstroke. On the right, "Registration is now open!" is written in large orange cursive. At the bottom, "WALK | CONNECT | REMEMBER" is written in orange, and the Hospice Peterborough logo is in the bottom right corner.

HIKE *for* **HOSPICE**

Registration is now open!

SEPTEMBER 10 - 17, 2023

WALK | CONNECT | REMEMBER

HOSPICE
PETERBOROUGH

Visit easypledge.ca/hospicepeterborough to learn more & register!



The banner has a brown background with white illustrations of birds and leaves. At the top center is the Hospice Peterborough logo. Below it, "Autumn Sips" is written in large white cursive. Underneath, "LOCAL BEER AND CIDERS THOUGHTFULLY PAIRED WITH TASTY BITES FROM ELMHIRST'S KITCHEN" is written in white block letters. At the bottom, the date, location, time, and ticket price are listed in white.

HOSPICE
PETERBOROUGH

Autumn Sips

**LOCAL BEER AND CIDERS THOUGHTFULLY PAIRED
WITH TASTY BITES FROM ELMHIRST'S KITCHEN**

THURSDAY OCTOBER 5, 2023
ELMHIRST'S RESORT | 6:00-9:00 PM
\$100/ TICKET - LIMITED AVAILABILITY

Tickets available at: hospicepeterborough.org/support-us

3 Ways you can Hike for Hospice

Hike for Hospice is back! While the "Hike" officially takes places between September 10 and 17, you can register, participate, and begin fundraising now!

For over twenty years, Hospice Peterborough's annual Hike for Hospice has been bringing together passionate individuals and teams who want to keep end-of-life and bereavement support free in our community, while often offering a space to remember and honour loved ones who have died.

2023 will feature another virtual 'Hike Your Way' event, in which 'Hikers' are welcome to walk, run, cycle, or move in whatever way suits them, to raise funds for those seeking the care of Hospice Peterborough.

Interested in 'hiking' with us this year? Keep it simple with these **3 ways you can Hike for Hospice:**

1. Host an informal walk with friends and family to remember a loved one who has died.

Keep it simple. Choose a place they loved. Bring photos, share stories, memories, or play music that your loved one enjoyed while walking.

2. Incorporate Hike into your personal fitness goals

Are you trying to run more? Start your days with a gentle stretch? Why not use personal fitness goals as a starting point for your "Hike"? Share what you're doing and raise funds for an amazing cause in the process!

3. Don't forget the dogs!

Another bonus of a virtual Hike: pets are more than welcome to participate! Perhaps challenge yourself to add a few extra kilometers to your daily dog walk as part of your "Hike"! Your pooches will thank you.

Hospice Peterborough relies heavily on fundraising events like these to continue supporting all community members in Peterborough city and county who need support at the end-of-life, during a life-threatening illness and throughout a grief journey. We hope you'll join us for Hike 2023. Register now at easypledge.ca/hospice-peterborough

Here's how you can Hike your Hat!

Step 1

Register for Hike for Hospice and set a personal fundraising goal (psst...if you've already registered and set your goal, that's totally fine too!)



CHOOSE A WHITE OR COLOUR LOGO HOSPICE HAT. OUR WHITE LOGO HAT IS PICTURED HERE!

Step 2

Starting August 10, pick up your **free** hat at Hospice Peterborough, 325 London St. If you need your hat mailed, please let us know!

Step 3

Post a photo of you wearing your hat while 'hiking' and tag @hospiceptbo (Twitter & Instagram) or "Hospice Peterborough" (Facebook) & add the hashtag #HikeYourHat. We will reshare!

Step 4

Post your photo any time between now and September 17. All participants will be entered into a draw to win a gift card to Black Honey!



Tee it up fore Hospice Peterborough Golf Tournament

The inaugural "Tee It Up fore Hospice" Golf tournament kicked off in mid-August.

A small yet mighty committee of Hospice Peterborough staff, family, and friends organized a summer golf tournament fundraiser earlier this August, brilliantly calling it "Tee it up fore Hospice." While fundraising totals from the event are still being calculated, the event brought together 120 golfers, 38 hole sponsors, 3 corporate sponsors, and 55 donated raffle prizes.

Reflecting on the event, Kim Keating, Registered Practical Nurse at Hospice Peterborough, shared: "I am overwhelmed by the incredible outpouring of support from the community, friends and family for our inaugural "Tee it up for Hospice Peterborough." A heartfelt thank you to everyone who participated, donated and volunteered to make this event a resounding success. The funds raised will significantly contribute to the vital services and care we provide at Hospice. Your generosity enables us to continue to provide comfort, compassion and support to individuals and families during their difficult journey."

Thank you so much to Kim Keating, Wendy Beck, and Darlene Farley for organizing such a fun event supporting Hospice Peterborough.



Top Left: Anna, Michelle, Charlene, and Katie show off donated raffle prizes, top middle: Tee It Up Fore Hospice committee members Darlene Farley and Lisa Vollering, bottom left: Tee it Up Fore Hospice Committee members Darlene Farley, Kim Keating, and Wendy Beck celebrate the event's success, bottom right: golfers Adam Grills, Jesse Morrissey, Jeff Vallee and Aaron Poast pose for a photo.



Fall Community Programming at Hospice Peterborough

As the days grow shorter and the nights cooler we are once again thinking of autumn programming at Hospice Peterborough. Here are some offerings starting, returning or continuing this Fall:

Mindful Nourishment

Mindful Nourishment is a twice-a-month, online program for everyone connected with Hospice, clients, caregivers, staff, volunteers and Hospice supporters. Julie Brown leads this one-hour program which is an opportunity to learn more about meditation and connect those who are familiar with meditation with the Hospice community.

Autumn Grief Recovery groups

Autumn Grief Recovery groups will begin again in September. Grief Recovery One is a ten-week program for people who are grieving the death of their person. After completing level one, participants can continue on to the next levels.

Survivors of Suicide Loss

Survivors of Suicide Loss is an eight-week program. This guided program for those grieving the death of their person by suicide has been running for several years at Hospice and participants appreciate the information and the opportunity to connect with others.

Moving with Grief

Moving with Grief is a twice-a-month walking program for people grieving the death of a person close to them. The group paused over the summer and is starting again in September. During the autumn months the group will meet at Roger's Cove, where there is plenty of parking and the trail is accessible to those using mobility aids. The group is not an exercise group, but moving and being with people can be helpful to some people exploring grief. This past winter the group was held at the indoor walking track at the Millbrook Cavan Arena and we may move indoors again as winter comes.

Children's Grief Group

Children's Grief Group is a 7-week series starting in October for children 5-12 who have experienced the death of a parent/caregiver or sibling. While children are meeting, parents meet with a facilitator to increase their understanding of children's grief and share ideas on how they can support their child.

Grief Chat

Grief Chat is a group that uses a drop-in format to support people who have recently experienced the death of someone close to them. The group meets twice monthly and participants can choose to come on Tuesday evenings or Friday mornings.

If you or someone you know are interested in Grief Programming and would like to learn more, please contact Hospice Peterborough at 705-742-4042 and ask to speak to an Intake Coordinator.

A warm shout out to Sofia, Dawna and their amazing Hospice bake sale!



Hospice Peterborough is so grateful to sweet Sophia (pictured left) and mom Dawna who raised \$300 via a recent bake sale earlier this summer.

Sophia and Dawna chose Hospice in honour of a few family members who have been in our care. **Thank you so much for thinking of us and honouring your family in this way!**

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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