

HOSPICE HIGHLIGHTER

July 2024

Hike for Hospice returns to an in-person event: Sunday, September 22, 2024 at Millennium Park



Read Hike participant Tracey Johnston's (pictured) story at EasyPledge.ca/Hospice-Peterborough, under "Resources"

Hiking together, again! After several years of shifting to a virtual event to keep our community safe, Hospice Peterborough is thoughtfully and cautiously returning to an in-person Hike for Hospice on **Sunday, September 22, 2024**.

Taking place from 9am to 1pm, Hike for Hospice will bring together a community of 'Hikers': individuals and teams who care about palliative and bereavement support in our community and want to support Hospice Peterborough in ensuring these services remain free for those who need them. For many participants, Hike is also an opportunity to honour and remember loved ones who have died. The event will include opening remarks, a reflective activity led by Red Keating, Co-Host of the What Now? podcast, delicious treats and snacks, and the main event: a walk to Roger's Cove in East City.

'Hikers' are encouraged to participate in the way that is most comfortable to them. This is not a race or competition. If you wish to walk only to Roger's Cove, turn around and loop back to Millennium park or continue on to Beavermead, the choice is yours! You can also choose to participate virtually and plan your own Hike.

Those interested in participating in Hike for Hospice must register via our EasyPledge website, and collect pledges up until the day of the Hike. Resources on how to fundraise are included on the EasyPledge site, as well impactful Hospice Peterborough stats, inspiring Hike stories like Tracey Johnston's (pictured), sponsorship information, and more. **To learn more and register, please visit EasyPledge.ca/Hospice-Peterborough**

A massive thank you to our 2024 Hike Sponsors!

Hope Sponsors



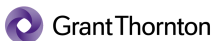
Comfort Sponsors



Care Sponsors



Support Sponsors



Is your organization looking for a guest speaker?



Give us a call!

Call Hospice Peterborough 705.742.4042 to book your speaker.



Volunteer Training



Are you interested in volunteering at Hospice? Our 30-hour Volunteer Training is HPCO-standardized training, and is mandatory for anyone who wishes to volunteer with Hospice clients.

JOIN US...

Mondays 1:00-4:00pm in-person at Hospice Peterborough, beginning Monday, September 23, 2024
Training sessions are 3 hours for 10 weeks with no class on Thanksgiving Monday
Last class is Monday, December 2, 2024

Registration is required. For more information, please contact Barb Ross at bross@hospicepeterborough.org or at 705-742-4042 ext. 224

Did you volunteer pre-COVID? There's no better time than now to reconnect!
We'd love to welcome you back!

Circle of Caring:

OUR MONTHLY GIVING PROGRAM

This is why I give...

My heart is in palliative care. The work that happens here is meaningful and important and I want to support that.

I'm a retired healthcare provider and I've been involved with Hospice Peterborough since the very beginning.

I want my donation to reflect my values and I value this the most.



Carolee Awde

Circle of Caring Member
Since 2014

Learn more about our monthly giving program, Circle of Caring, at hospicepeterborough.org/circle-of-caring-monthly-giving

WHAT NOW? On the threshold of life, death and grief.

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY
PODCAST AVAILABLE ON:



Presented in partnership with...



Are you interested in joining our Fall Grief Programming?

Hospice Peterborough's grief programming starts again in September. If you'd like to be notified once registration opens in August, please email or call Amy Watson at 705-742-4042 ext. 230 or awatson@hospicepeterborough.org to be added to the list. These groups fill up quickly, please get in touch soon!



Summer Sips 2024: A delicious success!

Our annual Rolling Grape fundraiser featured a scrumptious meal (pictured below, left), music by the amazing Cale Crowe (pictured below, middle), and a gorgeous sunset (pictured below, right). Good fun!



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/Bereavement and Wellness 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 Street, Peterborough.

Confirm your spot: Call or email Amy Watson, Intake/Bereavement and Wellness 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

Hospice Peterborough Book Club

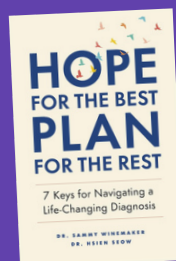
10:00-11:00am

Friday, September 20

Participants can attend in-person at Hospice or via Zoom



September's Book



Hope for the Best, Plan for the Rest: 7 Keys for Navigating a Life-Changing Diagnosis, by Dr. Sammy Winemaker and Dr. Hsien Seow

November Book Selection: *Embers: One Ojibway's Meditations*, by Richard Wagamese (November 18)

Hospice Book Club is a warm, open group with a shared interest, and anyone connected to Hospice is welcome to participate!

For more information or to register, please contact Barb Ross at bross@hospicepeterborough.org or 705-742-4042 ext. 224

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 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.

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

Why I give to Hospice...

We wanted to support Hospice Peterborough in providing programs and services and access to high quality palliative and bereavement care.

Our community is fortunate to have this very special facility to give compassion, kindness and reassurance to family and friends experiencing end-of-life and grief in their personal lives.

We trust we have been able to assist in ensuring Hospice Peterborough can continue to offer these services for decades to come.

Sincerely,

Dr. James and Sheila Ryan

This act of generosity will reverberate throughout our care for years to come, bringing comfort to so many of our friends and neighbours. Thank you!



2024 Annual General Meeting and Volunteer Appreciation



Our 2024 AGM and Volunteer Appreciation event that took place in June was a wonderful opportunity to look back on our history, celebrate our present and future, and express our gratitude to the incredible volunteers who make our work possible. Pictured top left: the audience looks on at our first in-person AGM in years! Top right: previous executive directors Pat Grant, Joan Higginson, Richard Johnston, Linda Sunderland share highlights and reflections from their years at Hospice Peterborough. Bottom left: a round of applause for our volunteers celebrating anniversaries!

Kicking off our Comfort & Care Concert series!

Gentle, live music is becoming a meaningful way to bring comfort to our residents and their loved ones. As a way to more consistently bring music to hospice, we've started the Comfort & Care Concert Series. We've been so lucky to have some incredible musicians share their talents with our residents, their loved ones, our staff, volunteers, and members of our grief groups. Recent musicians have included Pat Hogan, Phil & Glen and Melissa Payne and Trevor Davis.



Let's
Connect!



@hospiceptbo



@HospicePeterborough



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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 Street
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:
