

HOSPICE HIGHLIGHTER

September 2024

Hiking together again: record-breaking Hike for Hospice brings in over \$136,000



Hikers cross the bridge from Millennium Park to Roger's Cove in East City. Below: photos from the Hike Opening Ceremonies.

On September 22, Hospice Peterborough witnessed the incredible return of an in-person Hike for Hospice.

Close to 250 individuals impacted by the work of Hospice Peterborough gathered to hike together, many participating in memory of a loved one who had died.

Before commencing a walk from Millennium Park to Roger's Cove in East City, with the option to continue to Beavermead Beach, the event began with opening ceremonies that featured drumming and singing by Unity, a local women's drumming group, opening remarks from Hospice Peterborough's Executive Director Hajni Hős, a reflection from Red Keating, Hospice Peterborough Supportive Care Counsellor and Co-Host of the podcast *What now? On the threshold of life, death and grief*, and the Hospice Singers.

Hike for Hospice has been Hospice Peterborough's largest annual fundraiser for 22 years, shifting to a virtual event from 2020-2023. This year's Hike brought in record-breaking donations totaling just over \$136,000. Hospice Peterborough extends a massive thank you to hikers, donors, staff, volunteers, sponsors, and everyone who made the event a success!



Hike for Hospice 2024 in Photos



A MASSIVE THANK YOU TO OUR 2024 HIKE FOR HOSPICE SPONSORS!

Media Sponsors



Hope Sponsors



Comfort Sponsors



Care Sponsors



Support Sponsors



Food & Drink Sponsors



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 Facilitator, 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 Facilitator, 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.

Confirm your spot: Call or email

Amy Watson, Intake/Bereavement and Wellness Facilitator, at 705-742-4042 ext. 230 or awatson@hospicepeterborough.org

To receive the Zoom links for future sessions, please email admin@hospicepeterborough.org

Hospice Peterborough Book Club

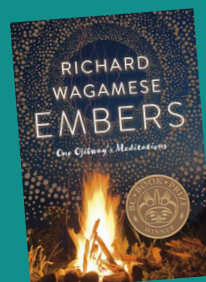
10:00-11:00am

Friday, November 18

Participants can attend in-person at Hospice or via Zoom



November's Book



Embers: One Ojibway's Meditations, by Richard Wagamese

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

Hospice Norwood

Grief Connection Day

October 18th, 2024

10am-2pm (Lunch Provided)

Norwood Arena Millennium Room

Pre-registration is required

*All Hospice services are offered FREE of charge

For more info on grief programs at Hospice Norwood or to register for this event

705-660-3737

or email Edna Latone at norwoodehospicepeterbrough.org

*Is it normal that I am still sad?
Can I still talk about my person?
When is it ok to laugh again?*

Modern culture isn't good at acknowledging and supporting grief. Join Hospice staff to:

- learn more about grief
- participate in self-reflection activities
- connect with other people who have experienced the death of someone they love



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.

Circle of Caring:

OUR MONTHLY GIVING PROGRAM

This is why I give...

For budgeting, I find giving smaller amounts throughout the year easier than giving a larger sum at the end of the year when expenses are often higher already.

I know first-hand the positive impact Hospice Peterborough services have on our community. Even though it's been 25 years since I received support, I'll never forget the impact it had on my life, and I want to make sure that opportunity is there for other kids in our community.



Coby Stalteri-Fewings
Circle of Caring Member
Since 2020

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

Season Three premiere of *What Now?* discusses pre-death dreams and visions

The *What Now?* podcast is back!

In our season three premiere, we have the great privilege of speaking with Dr. Christopher Kerr about his work and research into the dreams and visions of the dying. Through interviews with over 1,400 dying patients, Dr. Kerr's research reveals that the pre-death dreams and visions of the dying can be life-altering experiences offering resolution of relationships and peace in the dying process.

Reflecting on his work, Dr. Kerr shares, "What I learned very quickly was that the people who were looking at the patient in totality who were more present at the bedside had learned to appreciate that there is actually a prognostic significance to these events and they were using them to gauge where somebody was at." **Listen to *What now? On the threshold of life, death and grief - Season 3* at www.what-now.buzzsprout.com or wherever you listen to podcasts!**

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



Hospice Accreditation 2024:

Stitching Together Quality and Compassion

This year Hospice Peterborough is undergoing re-accreditation from our provincial governing body Hospice Palliative Care Ontario (HPCO). An accredited organization has been recognized by HPCO based on a rigorous review of overall performance by industry peers.

We chose a quilt to visualize our progress. Each task undertaken for accreditation was represented by a piece of paper covering up a part of the quilt. When a task was completed, a little more of the quilt was unveiled.

We feel quilts are a beautiful representation of the work we do. Many are donated by community members and volunteers. Each patch represents a different but important part which fit all together to form a beautiful, functional piece of art, just like each person's role.

For accreditation, we have:



Hospice Staff receive Indigenous cultural safety training

Hospice Peterborough expresses heartfelt gratitude to Jen, Tina, and Carter of Lakeridge Health's Central East Regional Indigenous Cancer Program for a powerful day of learning, unlearning and connecting through Indigenous cultural safety training earlier this month.

Hosted at Hiawatha First Nation's LIFE and Cultural Centre, the day provided a fulsome introduction to Indigenous worldviews and knowledge systems, the history of colonization in Canada, and colonialism in healthcare and anti-Indigenous racism. Opening the training with a smudging ceremony, facilitators, hospice volunteers and staff were humbled to witness a monarch butterfly fly into the circle, an important reminder of the continued presence of our ancestors and our responsibility to those we support on their journeys home.

As Jen reminded us, we can't have reconciliation until we have truth. As the recent National Day for Truth and Reconciliation, and Orange Shirt Day reminded us, we must sit in discomfort with the colonial violence and racism that is too often ignored in Canada's history and present, and further commit to a future where everyone receives the compassionate, person-centered care they deserve. **Thank you Tina, Jen and Carter!**



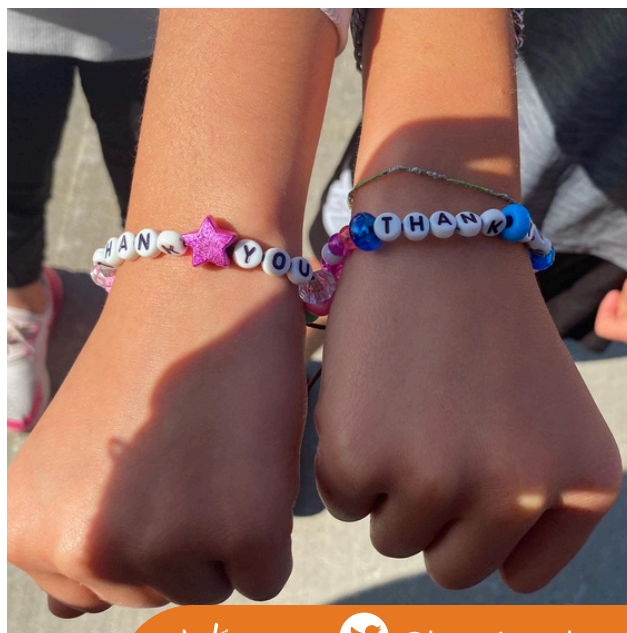
Thank you Birdies 4 Breast Cancer Care!

Earlier this month, we were delighted to attend Birdies 4 Breast Cancer Care, a golf tournament series led by Janet Mahood in honour of her late sister Denise MacDonald, who died of breast cancer. Janet has organized 10 tournaments so far, donating the proceeds from most tournaments to cancer-related organizations, but acknowledged the need for grief and palliative supports for those on their cancer journey as well. She donated \$5,000 towards Hospice Peterborough. **Thank you, Janet!**



Caden and Veya's bracelets for Hospice

A warm thank you to the amazing Caden and Veya Cristini (and their awesome parents!) who raised a whopping \$700 for Hospice Peterborough selling beautiful handmade bracelets and lemonade! These two young fundraisers are so inspiring! Our fundraising team felt it was only appropriate to make thank you bracelets (pictured) in return, as a token of our gratitude and appreciation! **Thank you Caden and Veya!**



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 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:
