

HOSPICE HIGHLIGHTER

November 2024

Glenn Stokoe Memorial Golf Tournament raises over \$8,456



Pictured above: 124 golfers gather at Tamarac Golf & Country Club in Glenn Stokoe's memory. Pictured below: Cheryl Stokoe, Glenn's son Rowgan, Robbie McMillan and Grant Stokoe pose for a photo.



Back in October, the Stokoe family stopped by Hospice Peterborough for a very special cheque presentation. The cheque donated represented funds raised from the first annual Glenn Stokoe Memorial Golf Tournament.

Glenn Stokoe received care at Hospice Peterborough in the final moments of his life in November 2023. Recognizing the quality of care Glenn received and to honour his memory, the family wanted to raise funds for Hospice Peterborough through the tournament.

Taking place on August 16, 2024 at Tamarac Golf & Country Club -- Glenn's favourite golf course since he was 12 -- the memorial golf tournament brought 124 golfers together in Glenn's memory. Other golf courses across the Peterborough area also hosted memorial golf events to remember Glenn. Glenn was considered a golf pro, and was a cherished mentor to many in the region. An emotional, lively, and reflective day, the tournament raised an incredible \$8,456.34!

In a heartfelt, handwritten note delivered to Hospice Peterborough on behalf of the family, Cheryl Stokoe offered gratitude to the many hands who made the tournament possible. Specific shout outs go to the Moroney family (who own and manage Tamarac) and Tamarac staff, event organiser Robbie McMillan, volunteers Londa Junkin, Natalie Young, Robin Crawford, Sandra Wheeler, Carol and Harvey Clodd, and Reid Robertson, who organised event gift bags.



“So much to be thankful for, so much love from everyone, that’s what small communities do,” writes Cheryl in the letter.

Pictured left: Hospice Peterborough’s Fundraising and Communications Coordinator Sarah van den Berg receives a cheque from the Stokoe family. From left: Robbie McMillan, Natalie Young, Valena McMillan, Rowgan Armstrong (Glenn’s son), Cheryl Stokoe, Grant Stokoe, Londa Junkin, and Sarah van den Berg (of Hospice Peterborough).

Hospice Peterborough Receives 97.19% score through HPCO accreditation renewal



Hospice Peterborough proudly received a 97.19% score on the recent Hospice Palliative Care Ontario (HPCO) re-accreditation!

Over the course of several months, Hospice staff reviewed 167 policies, uploaded 338 documents, and collected 264 pieces of evidence as part of the re-accreditation program. The process concluded in a review and visit from accreditors from across the province, which took place at the end of September. The review concluded in a non-alcoholic toast with accreditors and staff, pictured above, left.

“Congratulations Hospice Peterborough on a very successful Accreditation Review! It is obvious there is a tremendous sense of pride in being a volunteer and staff member at the organization. There is a constant expression of “Team,” and everyone gets along well and is working towards the mission!” read the re-accreditation report.

A certificate of achievement was presented by HPCO President & CEO Rick Firth in November, pictured above, right. Congratulations to all Hospice staff who worked very hard to complete accreditation and receive such a high score!

Like so many charities, Hospice Peterborough is feeling the effects of the Canada Post strikes. Our end-of-year letters, which would usually be arriving in many of your mailboxes, are currently held up while important negotiations are underway.

Historically, this mail campaign is our single largest fundraising initiative. Without a successful mail campaign, we risk not meeting our fundraising revenue targets, which may impact programming and care. Considering this, we are sharing this year's letter with you here.

In this heartfelt letter, Susan Pettersone shares what Hospice Peterborough meant in the final moments of her husband Barry's life, and why your donation is so important.

Read Susan's letter below and donate now at hospicepeterborough.org

Dear Reader,

I suspect people think Hospice is a sad place. And that wasn't our experience. Barry was the love of my life. I called him Bear. He was handsome, funny, and he loved to sing. We were both part of the choir at Bridgenorth United. **Bear was a partner in a way that I haven't had a partner before.** I miss him. Every day. He was a bit older than I am, so we always approached our relationship with our eyes open. **Our reality? I would likely outlive him.**

In 2011, he got a call from his doctor. We walked to the follow-up appointment together. A mass in his kidney. **Surgery needed immediately.**



Bear recovered. Next, it was prostate cancer, then double bypass heart surgery. And in 2013, to support his limited kidney function, he started on dialysis.

We moved back to the Peterborough area, living with my mom. As time went on, she too needed some support. Unless you're a caregiver, it's difficult to comprehend the daily stress and worry.

I started to attend Hospice Peterborough's Caregivers' Group. It was a lifesaver.

My personal connection to Hospice Peterborough began here.



Donate Now

I'm sharing my story to remind you that Hospice offers crucial support at every stage of an illness journey. **Whenever you need it, it's here for you.**

Being on dialysis for over a decade was taking its toll on Barry. He was sleeping a lot more during the day. His cognitive abilities were worsening. The last straw? He had trouble singing each week at church. Bear began to discuss the possibility of ending his treatments with his dialysis team. **"You realize the outcome of this," they told him, "You're going to die." He was aware.**

As we began to make plans for the end of Bear's life, **Hospice Peterborough was top of mind. It was always my hope he would feel comfortable there.**

After a final trip to Dairy Queen, Bear and I made our way to Hospice Peterborough so he could settle into a bright and spacious room for **our final moments together.**

We had fantastic visits with friends and family in the weeks leading up to Barry's death. **Pluto, our Havanese-Bichon dog, was with us every step of the way. Andrea, the Hospice chef, was incredible, bringing Barry his final full meal: an amazing beef stroganoff.**

I have to tell you about Pluto. When Bear was nearing the end, Pluto was watching. Bear was in bed, and Pluto was on his legs, keeping an eye on the nurses. **In those last minutes, Pluto moved down to the end of Bear's feet. As Bear took his last breath, Pluto dropped his head over Bear's foot. Like he knew.**

Pluto never looked for Bear after that. As I share this moment with you, I'm crying, and I'm grateful for it. In our Caregivers' Group, we often talk about how easy it is to disconnect from your emotions when someone you love becomes a patient. **I can cry now.** And I've learned it's a healthy thing to do.

Our time at Hospice Peterborough was truly amazing. We laughed in here! It's just how we cope with things. And nobody was bothered by that; they even joined in at times. Bear could have his Bailey's; I could have my glass of wine. It just felt so comfortable. It was solemn, of course, but so relaxed.

These days, I'm halfway through Grief Group 2. To be in a group with people who absolutely understand what you're going through, there's really nothing like that. Even now, I know Hospice will always be here for me.

We hope that we can once again depend on your gift to ensure Hospice Peterborough can continue to be there for people like you and me? Your generous contribution will provide significant comfort to individuals and families during life's toughest moments.

Whether it's a community of fellow caregivers, a warm beef stroganoff made with love, a space for gathering with loved ones and our attentive Pluto, and support now that Barry is gone, the impact of Hospice ripples on. But it needs our support to continue.

Please consider donating.

Together, we can brighten this season for those who need it most.

Wishing you the warmest of holiday greetings,

Susan

[Donate Now](#)



WHAT NOW?

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY

PODCAST AVAILABLE ON:



On the threshold of life, death and grief.



Presented in partnership with...



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.

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

Hospice Peterborough Book Club

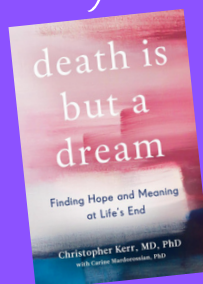
10:00-11:00am

Friday, January 17

Participants can attend in-person at Hospice or via Zoom



January's Book



Death is but a Dream: Finding Hope and Meaning at Life's End, by Dr. Christopher Kerr

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

Upcoming Memorial Events in our Community | 2024



To learn more about a specific event, please contact the hosting organization.

Hope Abides: A Multicultural, Multi-faith, Gathering for Those Who Have Experienced Any Type of Loss hosted by St. James United Church

Sunday, December 1, 2024 at 12:00pm
St. James United Church (221 Romaine St, Peterborough)

Stars for a Dark Night: A Gathering to Remember Loved Ones who have Died hosted by Hospice Peterborough & Peterborough Public Library

Thursday, December 19, 2024 at 4:00pm (lobby installation ongoing through December)
Peterborough Public Library (345 Aylmer St N, Peterborough)

Nisbett Funeral Home's Candlelight Service

Thursday, December 5, 2024 at 7:00pm
Nisbett Funeral Home (600 Monaghan Road South, Peterborough)

Highland Park Candlelight Memorial Service

Monday, December 9, 2024 at 7:00pm
Highland Park Funeral Centre (2510 Bensfort Rd, Peterborough)

PRHC's Candle-lighting Service Honouring Families affected by Perinatal Loss

Tuesday, December 10, 2024 at 7:00pm
Multi-Faith Centre at PRHC (1 Hospital Drive, Peterborough)

Hendren Funeral Home Candlelight Services of Remembrance

Thursday, December 19, 2024 at 7:00pm
Norwood United Church (4264 Highway 7, Norwood)

and

Friday, December 20, 2024 at 7:30pm
Lakefield United Church (47 Regent St, Lakefield)

GPHSF & Hospice Peterborough's Darkness to Light for Community Members impacted by Suicide and Overdose

Saturday, December 21, 2024 at 7:45am
Roger's Cove (131 Maria St, Peterborough)

Remembering Together:

ORNAMENTS OF LOVE

Tuesday, December 3 | 6:30 - 8pm | No cost to attend

Families with children and youth are invited to Hospice Peterborough to honour the memory of loved ones by creating a decoration for your tree or home.

To register, please email Sheila at smacpherson@hospicepeterborough.org or call (705) 742-4042 ext. 255 to secure your spot.



Stars for a Dark Night: *A community installation for remembering loved ones*



December can be a long month when you are holding the memory of someone who has died. Join fellow community members, Hospice Peterborough, and the Peterborough Public Library to come together and fill the lobby wall with stars in memory of people who have died.

Decorate a
star



Remember a
loved one

Ongoing throughout the month of December
Peterborough Public Library

Short Memorial Ceremony: December 19, 2024

4 - 5pm

Library Auditorium

Reminder: parking is free for up to 2 hours downtown for the month of December.



This is why I give...

As a former staff member, I have been fortunate to see the incredible growth of Hospice Peterborough. It has grown from being grassroots, to a state-of-the-art health care organization that provides 24/7 care to our community. I have had the privilege of witnessing first-hand the excellent care provided to those who are critically ill, their caregivers, and those who are grieving a loss.

Knowing Hospice can count on my monthly donation means that they can provide more care to more people in a planned and strategic way. For myself, it means more frequent and more manageable donations. It really is a win-win situation.

Like so many, I owe Hospice Peterborough and its broad community of supporters more than I could possibly express. From the bottom of my heart, thank you HP!



Angela VandenBroek
Circle of Caring Member
Since 2010

Learn more about our Circle of Caring at
hospicepeterborough.org/circleofcaring

Hospice Halloween fun!

For Halloween this year, several of our staff and volunteers dressed up as our beloved "Custodian-Counsellor" / Hospice Magic-Maker Mike Bowser!



Support Hospice Peterborough

Please note: Due to the ongoing Canada Post strikes, your mailed donation may be delayed. We recommend donating online during this time or dropping off your cheque in-person, thank you!

Let's
Connect!



@hospiceptbo



@HospicePeterborough



@hospiceptbo

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:
