

HOSPICE HIGHLIGHTER

January 2025

Second annual Stars For a Dark Night brings community together in remembering loved ones



Pictured above: memorial stars were displayed in Peterborough Public Library throughout the month of December. **Pictured below:** guests at One City PTBO's Trinity Community Centre complete memorial stars during a "Grief Listening Session" in December.



On the darkest night, we see the most stars. Throughout the month of December, the Peterborough Public Library lobby was filled with stars for Hospice Peterborough's second annual community installation of Stars for a Dark Night. A total of 278 stars were contributed, each representing someone remembered, someone loved.

Most stars simply shared a loved one's name, or were decorated with stickers or other images that were connected to the person represented on the star. Other stars shared heartfelt messages of support for those grieving.

"We had a lot of engagement from the community and received a lot of gratitude from folks for the opportunity to honour their loved ones and express their grief for those who have died," shares Mark Stewart, Library Services Manager at Peterborough Public Library. "It's clearly something our community needs and I think it really helped to bring people together."

The Stars installation also included a short memorial ceremony that took place in the late afternoon of Thursday, December 19. The event included a short candle-lighting reflection led by Hospice Peterborough's Family & Child Life Specialist, Sheila McPherson, an opportunity for attendees to share the names of those who had died, and an offering of song from the Hospice Singers, a community bedside singing group.

Recognizing the importance of ensuring everyone in the community had access to stars, Hospice Peterborough volunteers led two star-making sessions at One City PTBO's Trinity Community Centre, where guests and staff shared stories and memories of loved ones who have died.



Stars for a Dark Night also took place at Hospice Norwood, in partnership with Hospice Peterborough, where the community's stars were displayed in the facility's front window (*pictured left*).

Hospice Peterborough plans to grow and evolve the event each year, ensuring there are opportunities for everyone in our community to come together, grieve, and remember. Stay tuned for the 2025 Stars for a Dark Night which will once again take place at Peterborough Public Library in December!

Lakefield College Students fill Hospice Peterborough with holiday cheer

The amazing students of Lakefield College School filled our halls with holiday cheer throughout December. They created holiday cards (*pictured right*) as well as handcrafted "hugs" (knitted squares), to bring comfort to those who are grieving.

It was an incredibly kind gesture to all who visited hospice over the holiday season. Thank you!



Get your tickets for Secrets Under the Stars: A Prom Night Mystery Fundraiser supporting Hospice Peterborough

Darkhouse Events Co. is generously hosting a magical 80's themed evening in support of Hospice Peterborough. [Click here for tickets](#) or visit the DarkHouse Events Co. facebook page.



Central Smith's Fill the Truck Campaign a community success



Pictured above: Central Smith's "Fill the Truck" team collecting Kawartha Food Share donations in December.

Hospice Peterborough was delighted to participate in Central Smith's Fill the Truck campaign, along with several other local participants.

Fill the Truck invites local organizations to collect food donations throughout the month of December for Kawartha Food Share.

According to the program's lead organizer Shannon Meagher, over the past 4 years, the program has collectively provided Kawartha Food Share with approximately 37,000lbs of food and \$33,000!

In 2024, Fill the Truck raised over \$3,000 and collected 6,600lbs of food.

"None of this could have happened without the support of participants like Hospice," Shannon added. We look forward to filling the truck in years to come!



Barry and I sharing a laugh.



Barry, Pluto and I!



Barry and I at my son's wedding

thank you!

On behalf of Hospice Peterborough, we want to express our heartfelt gratitude to everyone who made donations in response to Susan Pettersone's heartfelt story.

Thank you for being a part of our mission and for making an impact with your generosity.

YOU make our care possible!

*"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 the support now that Barry is gone, the impact of Hospice Peterborough ripples on."
-Susan*



Congratulations!

A massive congratulations to our latest cohort of 21 volunteers who graduated our 30-hour volunteer training (some pictured left)!

Volunteers are crucial to our care and we are so delighted to welcome this awesome group to the Hospice Peterborough team!

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.

Training at Hospice Peterborough will begin **Monday, April 7** and will be held for **10 consecutive weeks on Monday evenings from 6-9pm.**

Prior to being accepted into the training, interested participants must attend a 1hr orientation at Hospice Peterborough (dates & times TBA), followed by a one-on-one interview with Volunteer Services staff.

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!

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.

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 2pm to 3pm.

Where: Cavan-Monaghan Community Centre, 986 Peterborough County Rd 10, Millbrook, ON.

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 1pm to 2pm.

Where: Zoom.

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

Hospice Peterborough Book Club

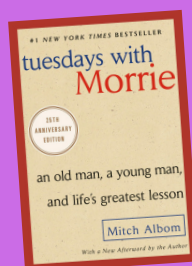
10-11am

Friday, March 21, 2025

Participants can attend in-person at Hospice Peterborough or via Zoom



March's Book



Tuesdays with Morrie: An Old Man, A Young Man and Life's Greatest Lesson by Mitch Albom

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: bross@hospicepeterborough.org or 705-742-4042 ext. 224



LOOKING BACK ON 2024...

...IT'S AN HONOUR TO BE YOUR COMMUNITY HOSPICE!



RECENTLY ON...

WHAT NOW?

On the threshold of life, death and grief.

WITH JULIE BROWN, RED KEATING AND DAVID KENNEDY



DR. HARVEY MAX CHOCHINOV

Physician, author, researcher, and developer of Dignity Therapy

DIGNITY THERAPY:

IN CONVERSATION WITH DR. CHOCHINOV

People often speak of the importance of dignity at the end of life. Sometimes the medicalization of illness interrupts being seen in our full humanness which erodes our sense of dignity.

In the first episode of 2025, we speak with Dr. Harvey Max Chochinov who shows us how to put dignity front and center in the process of caring for those living with a life-threatening illness.

Listen now at...

www.what-now.buzzsprout.com

PODCAST ALSO AVAILABLE ON:



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

Holiday treats courtesy of our board

We are so lucky to have an awesome and generous Board of Directors here at Hospice Peterborough! In December, they treated our staff and volunteers to a plethora of holiday treats, including our annual board breakfast... complete with festive glasses (*pictured below*)! Naturally, we had a photoshoot...



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

Let's
Connect!



@hospiceptbo



@HospicePeterborough



@hospiceptbo

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:
