



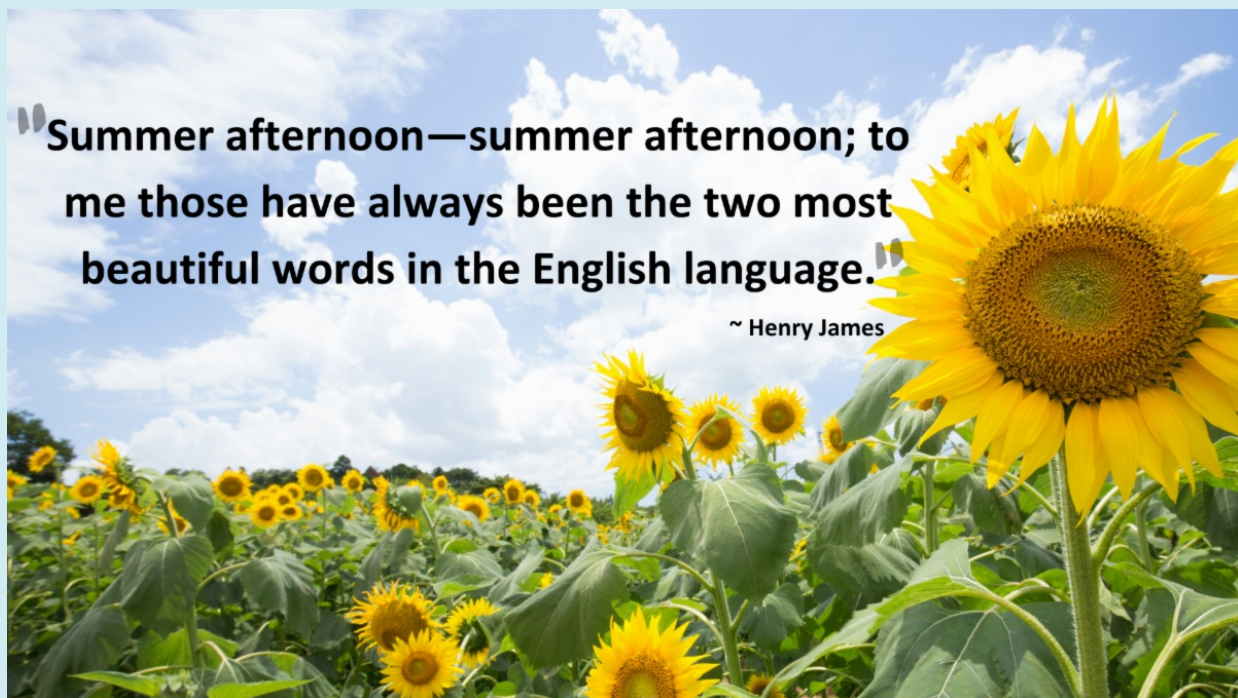
# Hospice Orillia

My home. My hospice.

Hospice Happenings | August 2021 | Issue 0821

**"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."**

**~ Henry James**



## STEP 3: FRIDAY, JULY 16, 2021 @ 12:01 A.M.

### PERMIT WITH RESTRICTIONS

#### Expand indoors where face coverings can't always be worn

- Outdoor social gatherings and organized public events with up to 100 people with limited exceptions;
- Indoor social gatherings and organized public events with up to 25 people;
- Indoor religious services, rites or ceremonies, including wedding services and funeral services permitted with physical distancing;
- Indoor dining permitted with no limits on the number of patrons per table with physical distancing and other restrictions still in effect;
- Indoor sports and recreational fitness facilities to open subject to a maximum 50 per cent capacity of the indoor space. Capacity for indoor spectators is 50 per cent of the usual seating capacity or 1,000 people, whichever is less. Capacity for outdoor spectators is 75 per cent of the usual seating capacity or 15,000 people, whichever is less;
- Indoor meeting and event spaces permitted to operate with physical distancing and other restrictions still in effect and capacity limited to not exceed 50 per cent capacity or 1,000 people, (whichever is less);
- Essential and non-essential retail with capacity limited to the number of people that can maintain a physical distance of two metres;
- Personal care services, including services requiring the removal of a face covering, with capacity limited to the number of people that can maintain a physical distance of two metres;
- Museums, galleries, historic sites, aquariums, zoos, landmarks, botanical gardens, science centres, casinos/bingo halls, amusement parks, fairs and rural exhibitions, festivals, with capacity limited to not exceed 50 per cent capacity indoors and 75 per cent capacity outdoors;
- Concert venues, cinemas, and theatres permitted to operate at:
  - up to 50 per cent capacity indoors or a maximum limit of 1,000 people for seated events (whichever is less)
  - up to 75 per cent capacity outdoors or a maximum limit of 5,000 people for unseated events (whichever is less); and up to 75 per cent capacity outdoors or a maximum of 15,000 people for events with fixed seating (whichever is less).
- Real estate open houses with capacity limited to the number of people that can maintain a physical distance of two metres; and
- Indoor food or drink establishments where dance facilities are provided, including nightclubs and restobars, permitted up to 25 per cent capacity or up to a maximum limit of 250 people (whichever is less).

[www.ontario.ca/page/reopening-ontario](http://www.ontario.ca/page/reopening-ontario)

## Meet the Team

### Trooper - COPE Facilities Dog



Hi! My name is Trooper and I am a two year old lab/retriever mix. I have joined the Hospice Orillia team after completing two years of training through the COPE Service Dog program where I spent my time learning a over 90 commands.

Recently my handler, Louise and I participated in our final test prior to me becoming an official COPE Facilities Dog. While the test was to be a challenge, I think that Louise and I did great! We passed with flying colours.

In celebration I was able to take a couple of days to enjoy some well deserved R&R with Louise. While I don't think she was a big fan of *some* of the choices I made as they may have included the mud!





I'm looking forward to getting to work with both the Volunteer Visitors program and the Bereavement Services programs. Love, Trooper

## Get Involved



present

# DYING MATTERS

EXHIBITION AND FUNDRAISER

APRIL - JULY 2022

FRANKLIN CARMICHAEL GALLERY

Featuring original work addressing themes of death, loss, grief, growth and healing.

more information:

[www.hospiceorillia.ca](http://www.hospiceorillia.ca)

[www.orilliamuseum.org](http://www.orilliamuseum.org)

Call for submissions now open.



## Volunteer Board Members Wanted



The North Simcoe Muskoka Hospice Palliative Care Network is an alliance of health care providers, volunteers, and consumers who help residents in our community access whole person care that relieves suffering and improves the quality of living and of dying.

We are recruiting board members who are committed to improving the way palliative care is provided in North Simcoe Muskoka. We believe that with our aging population, this work has never been more important than it is today. Our board focuses on staying current with trends in palliative care and health care in our region, the province and internationally.

Join our highly talented, diverse and dedicated Board of Directors with existing work experience in various sectors and disciplines. Potential members must demonstrate a passion for improving the quality and sustainability of palliative care, exercise skill and diligence in the best interest of NSMHPCN and abide by existing governance regulations for non-profit organizations.

The Board of Directors meet approximately 10 times per year and meetings are currently being held



virtually. Most directors choose to participate in one Board Committee or Ad Hoc Working group.

NSMHPCN welcomes applicants from diverse backgrounds, individuals with lived experience with the palliative care system and those who have a financial background. Interested candidates should apply by sending a letter of interest along with a current CV or other indication of the skills the candidate is providing to [whitney@nsmhpcn.ca](mailto:whitney@nsmhpcn.ca).

## Volunteers Needed



During COVID-19 we are still looking for new volunteers! Our volunteers are the backbone of Hospice Orillia; we value each and everyone one of our volunteers. They ALL make an amazing difference in the lives of our clients!

Our work in the community is driven and supported by people willing to give their time to help support our programs and services. We are always welcoming new volunteers because it is the volunteers who help ensure that no family or person in our community bears the burden of illness, loss or grief alone.

If you know of someone who has an hour or two per week to make use of and are willing to commit to Hospice Orillia, please share with them the volunteer opportunities available at Hospice Orillia! <http://hospiceorillia.ca/volunteer/>

## Resources

### Downloads:

- [Canadian Red Cross – Psychological First Aid Guide](#)

### Websites:

- [Ontario Health Team \(OHT\) for Specialized Populations](#)
- [North Simcoe Muskoka Community Support Services Network](#)

Do you have a book or website you would like to recommend? We would love to hear from you! Please email your recommendations to [amanda@hospiceorillia.ca](mailto:amanda@hospiceorillia.ca).

## Helpful Links

### Wellness Wednesdays

Starting June 23rd, we launched a new initiative on our social media accounts called Wellness Wednesdays. Each week we will be posting a new wellness article for our supporters to read. If you do not follow us please feel free to visit us on Facebook, Instagram and/or Twitter!



### Art for Self Care

“Art provides you with another form of language and helps you express the things you don’t have words for. Art tells you things about yourself, unexpected things burst forth, not



just in the art but in the process of creating it.”

The following exercises are wonderful places to start:

1. Create a safe space - build or draw a physical manifestation of a safe space or a sanctuary.
2. Color a feeling wheel - identifying and naming a feeling is often the first step in dealing with it.
3. Make response art – choose a song lyric, poem, passage, or quote that you connect with and use it as a basis to create art.
4. Get into some craft-ivism – use crafting as a way to advocate for positive change, to protest, and to express your values.
5. Use a nature walk as inspiration – as you are walking collect things that are interesting to you.

To read more click here: <https://www.self.com/story/art-therapy-exercises>

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## Scales Nature Park Virtual Visit

Wednesday, August 4, 2021 2:00 p.m. - 3:00 p.m.

Join the staff from Scales Nature Park as they give us the facts on your favourite reptiles and amphibians! This virtual experience also comes with a family Take & Make craft kit which will be available for pickup in the Family Department beginning Friday, July 30th. The Zoom link will be emailed to you the day before the event.

Contact: Children's and Youth Services Department

[705-325-2559](tel:705-325-2559)

[Email](#)

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## Dress for Success August 6th & 7th Toonie Sales

Friday, August 6th (3-7PM)

Saturday, August 7th (9:30AM-1PM)

Join Dress for Success Orillia and Barrie at our two August Toonie Sales and pick up some \$2 bargains! Gently used professional women's clothing and accessories for sale! Blouses, tops, pants, skirts, dresses, shoes, purses, jewelry and more.

### IMPORTANT INFORMATION

Cash or credit only

COVID protocols and contact tracing measures are in place to ensure everyone's safety and comfort

### ADDRESS

320 Bayfield Street Unit 79, Bayfield Mall, Barrie. Malls are now open so attendees may enter through the main entrance. We are at the west end of the mall near Barrie Learning Centre and Kumon.

Questions? Please contact [orilliaandbarrie@dressforsuccess.org](mailto:orilliaandbarrie@dressforsuccess.org)

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## Take, Make & Donate Kit

Tuesday, August 10, 2021 11:00 a.m. - 6:00 p.m.  
36 Mississauga Street West, Orillia, ON L3V 3A6

Give back while getting crafty with our new Take and Make Kit! This kit comes with everything you need to make a snuffle mat for an animal in need. Once your creation is complete, bring it back to the Library and we will take them over to our furry friends at the Orillia OSPCA. Kits are free and available to adult library members in good standing. You can pick up your Kit at the Library during beginning Tuesday, August 10th. Limit: One kit per person. Quantities are limited. Register now!

**For more information:**

Information Services  
705-325-2556

[Email](#)

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## Summer Art Walks on Peter ST

Friday, August 27, 2021 6:00 p.m. - 9:00 p.m.  
Friday, September 3, 2021 6:00 p.m. - 9:00 p.m.  
17 Peter St S

Every Friday evening throughout the summer, from 6 to 9PM on Peter St-- stroll and enjoy the art on Peter St S

**For more information:**

Molly Farquharson  
249-385-5039

[Email](#)



## Streets Alive

### *Downtown Orillia*

Streets Alive is an annual outdoor art event in downtown Orillia open to the public all summer long. It draws locals, cottagers and tourists to Orillia's downtown streets to boost the local economy and instill a sense of civic pride. This years theme is "Road Trip to Mariposa". [Click here for more information.](#)

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## Orillia & Ramara Waterfront Parking Permit Applications

The City of Orillia's Waterfront Parking and Boat Launch Program is for Orillia residents only and will run from June 4, 2021 - September 12, 2021.

The Township of Ramara will be implementing a permit parking program beginning Thursday, May 20, 2021.

[For More Information - Orillia](#)  
[For More Information - Ramara](#)

# Helpful Numbers

Regional Bereavement Support Line  
(705) 325-7871

If you are anticipating the loss of a loved one or have recently lost a loved one, this support line can connect you with supports to help you through your grief journey. This line is monitored from 8am-8pm daily. All calls received after hours will be returned on the next day in the order they were left. The intention of this support line is to provide information about supports in your area.

Palliative Nursing Support Line  
(705) 329-0340 | (844) 429-0340

The NSMHPCN (North Simcoe Muskoka Hospice Palliative Care Network) Palliative Nursing Support Line is designed to assist health care providers and family members with questions related to pain and symptom management of patients in all sectors.

**Please share with anyone you know in need of support.**

Thank you for taking the time to read our newsletter. If you would like to see anything specific in an upcoming issue, or if you have any comments, please email Amanda at [amanda@hospiceorillia.ca](mailto:amanda@hospiceorillia.ca).

**HOSPICE ORILLIA**

**[www.hospiceorillia.ca](http://www.hospiceorillia.ca)**

169 Front St. S., Orillia, ON L3V 4S8  
(705) 325-0505

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