

# Hospice Orillia



My home. My hospice.

## HOSPICE HAPPENINGS | MONTHLY NEWSLETTER | APRIL 2024

### April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 	<b>2</b> World Autism Awareness Day	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> World Health Day	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Dog Therapy Appreciation Day	<b>12</b> Hike for Hospice Pre-Registration Deadline	<b>15</b>
<b>14</b> Volunteer Appreciation Week	<b>15</b> National ASL Day	<b>16</b> Volunteer Appreciation Dinner ACP Day	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> World Creativity and Innovation Day	<b>22</b> Earth Day	<b>25</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> NSMHPCN Clinical Conference Early Bird Deadline	<b>30</b> National Honesty Day		Advance Care Planning Month "If not YOU, who?"		

### IN THIS ISSUE:

2

Did You Know?

Understanding Your Feelings

Upcoming Events

3

Beyond the Stethoscope  
Palliative Care Conversations

Hot Tips

Leadership in Hospice  
Palliative Care

4

Hike for Hospice  
Registration Now Open

5

Pregnancy and Infant Loss  
Drop-In Program

Child Loss Support Group

6

NSMHPCN Clinical  
Conference

Share Your Stories

Staff Directory

### Important Dates

**Monthly**  
Advance Care Planning Month

**Weekly**  
Volunteer Appreciation Week

- Daily**
- April 1st • Beyond the Stethoscope
  - April 1st • Hot Tips
  - April 2nd • World Autism Awareness Day
  - April 4th • Fundamentals of Hospice Palliative Care (FHPC) registration deadline
  - April 7th • World Health Day
  - April 9th • Death Cafe at South Georgian Bay CHC
  - April 11th • Dog Therapy Appreciation Day
  - April 13th • National ASL Day
  - April 16th • Advance Care Planning Day
  - April 17th • APPS Registration Deadline
  - April 18th • FHPC Starts, (1/3)
  - April 21st • World Creativity and Innovation Day
  - April 22nd • Earth Day
  - April 29th • NSMHPCN Clinical Conference Early Bird Deadline
  - April 30th • National Honesty Day



Hospice Orillia is a program of the North Simcoe Muskoka Hospice Palliative Care Network  
Registered Charity #135837748RR001

169 Front St. S., Orillia, ON L3V4S8 | <https://hospiceorillia.ca> | Ph: (705) 325-0505



# Did you know?

Hospice Orillia operates from the Orillia Common Roof, a distinctive building designed to accommodate various human services under one roof. This innovative concept aims to offer clients a convenient, centralized location for services. Alongside our dedicated office space, we have the advantage of utilizing numerous meeting rooms and collaborating with other organizations within the building. If you've participated in a meeting here, you'll witness the genuine sense of community thriving within these walls!



The door you see in the Hospice Orillia logo represents the various doors our team visits to serve our community.

Support can be provided in our client's home or a private space within our office.

"Home" is defined as wherever the person resides, whether that be their own house or apartment, a long-term care facility or retirement home.

***We meet our clients where they are at.***

## Mission

Hospice Orillia offers practical, emotional and spiritual support to those in our community coping with advanced illness, death and bereavement. Our volunteers and staff serve clients and their loved ones of all ages and backgrounds with compassion and respect, while honouring their choices and supporting them through their life journey.

## Philosophy

We believe that death is a part of life, a rite of passage. There is much that can be done to help individuals and their families face this time with dignity and quality in their lives. Each person is unique and his or her distinctness will be respected within an atmosphere of confidentiality.

## Understanding What You're Feeling

### Anticipatory grief

Anticipatory grief refers to a feeling of grief occurring before an impending loss. Typically, the impending loss is the death of someone close due to illness. This can be experienced by dying individuals themselves and can also be felt due to non-death-related losses like a scheduled mastectomy, pending divorce, company downsizing, or war.

## Upcoming Events:

### Hike for Hospice

Sunday, May 5th, 2024

10:30 am Barnfield Point Recreation Centre, 450 Atherly Rd. Tudhope Park, Orillia, ON  
<https://nsmhpcn.ca/H4H24>

The Hike for Hospice increases awareness of Hospice Palliative Care, and raises much-needed funds. 100% of the proceeds stay in the Orillia area by directly supporting the services offered by Hospice Orillia and Mariposa House Hospice.

### Garden of Remembrance

Wednesday, June 12th, 2024

6:30 pm Memorial Garden, 140 Canice Street Couchiching Beach Park (behind the greenhouse), Orillia, ON  
<https://hospiceorillia.ca/garden/>

An annual event to commemorate those we have lost. Free of cost, open to anyone. Please join us as we share poetry, music, and plant flowers in memory of our loved ones.



# BEYOND THE STETHOSCOPE

## A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

**Air Date: 01-APR-24**

**Topic of Discussion: Advance Care Planning**

Please join us for a special edition of Beyond the Stethoscope as we join Lynda Meeks and Rachel Lapensee for a conversation on Advance Care Planning.



[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/)



## Hot Tips: Advance Care Planning for Caregivers

If you are a caregiver, discussing end-of-life decisions with the person in your care can be very difficult. You may need to initiate and encourage the conversation. To make the topic less overwhelming, try bringing it up in a comfortable, relaxed setting. Begin with a situation they can relate to like another loved one's end-of-life experience and remind them how this type of planning will reduce stress, anxiety and conflict between family members and loved ones. Don't be discouraged if you are initially met with resistance. Advance Care Planning requires many conversations and is an ongoing process.

### Five Steps of Advance Care Planning

By planning early, you can ensure that you have a voice in your future medical decisions. To help you (or a loved one) work through the advance care process, here are five steps to follow:

- THINK about your beliefs, values and concerns. What brings you quality of life?
- LEARN about various end-of-life medical procedures and the care decisions you may be asked to make (e.g. life-prolonging measures).
- DECIDE who will be your Substitute Decision Maker(s). Who would you like to speak for you if you are unable to make decisions?
- TALK about your wishes with your Substitute Decision Maker, loved ones and health care providers.
- RECORD your wishes and ensure that your decision maker(s) understands your choices and has a copy of your plan. Write your decisions down in an Advance Care Directive or record or videotape them.

**Read:**  
Advance Care Planning



<https://bit.ly/Apr24Read>

**Watch:**  
The FIVE Steps of  
Advance Care Planning



<https://bit.ly/Apr24Watch>

**Listen:**  
Speak Up Podcast - Episode 1: What  
If? Let's Think About ACP



<https://bit.ly/APR24Listen>

# HIKE *for* HOSPICE ORILLIA

Run. Walk. Wheel. Hike.

'80s '90s & '00s with  
**BOUNCE & PURE**  
RADIO ◀ 104.1 COUNTRY ★ 106

Register by APRIL 12th to guarantee YOU receive a T-Shirt

in memory/honour of your loved ones to support



100% of proceeds stay local to help your community.

Date: May 5th, 2024  
Time: 10:30 AM  
Location: Barnfield Recreation Centre  
Tudhope Park, Orillia, ON  
Register: <https://nsmhpcn.ca/h4h24/>



Harvey's Hearts for Hospice  
April 1st - May 5th visit  
Harvey's Orillia for a burger & buy a heart in honour of your loved ones.

Proudly sponsored by:



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PILO NSM

A soft place to land...

# Pregnancy and Infant Loss Drop-In Program

This specialized drop-in program is facilitated by our professionally trained volunteers and is designed to offer practical and emotional support to those who have experienced the loss of a pregnancy or infant. The drop-in program will run monthly; with dates listed below:

## Upcoming Sessions

**Date:** Tuesday Evenings

**Time:** 7:00 pm

**Location:** St. Thomas Anglican Church  
4 Mary St., Bracebridge

Tuesday,  
Apr 2nd,  
2024

Tuesday,  
May 5th,  
2024

Tuesday,  
June 4th,  
2024

Tuesday,  
July 2nd,  
2024

*Please note: This is not a religious support group, special thanks to St. Thomas Anglican Church for sharing their space with us.*  
Our programs are open to all, age, ancestry, colour, race, citizenship, ethnic origin, place of origin, creed, disability, family status, marital status, gender identity, gender expression, receipt of public assistance, record of offences, or sexual orientation. Our goal is to bring the community together to create a safe and supportive network of resources for families who have experienced pregnancy and infant loss.

For more information, please contact us at:  
705-325-0505 ext. 209 or by e-mailing [louise@hospiceorillia.ca](mailto:louise@hospiceorillia.ca)



## CHILD LOSS SUPPORT GROUP

8 WEEKS | WEDNESDAY EVENINGS

Join our Child Loss Grief Support Group for a chance to connect with individuals who have also experienced the loss of a child.

Our weekly group meetings will cover various topics, including Self-Care and Boundaries, Grief through Anniversaries and Milestones, and Managing Guilt.

Session Dates: April 3, 10, 17, 24

May 1, 8, 15, 22

Time: 7:00 pm - 8:30 pm

Location: Bracebridge United Church (*in the parlour*)  
46 Dominion Street, Bracebridge, ON P1L 2A5

**Registration Required. Please email [louise@hospiceorillia.ca](mailto:louise@hospiceorillia.ca)  
or call 705-325-0505 ext. 209 to register.**

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# NSMHPCN 2024 CLINICAL CONFERENCE

## Providing Palliative Care in a *Diverse World*



**TUESDAY, MAY 28, 2024**



**BEST WESTERN PLUS MARIPOSA INN & CONFERENCE CENTRE**  
400 Memorial Ave, Orillia, ON



**\$125\***

- Early bird price of \$100 is valid until April 29, 2024
- Student discount available. Please contact Laura Bates ([laura@nsmhpcn.ca](mailto:laura@nsmhpcn.ca)) for further details.
- Group discount available. Purchase 3 or more conference tickets at the same time and receive a \$25 discount on each ticket purchased (applied automatically when you register).



<https://nsmhpcn.ca/conference>



**If you know of any upcoming local events or have a helpful link you would like to share, we would love to hear from you!**

**Please email your recommendations to**

**[amanda@hospiceorillia.ca](mailto:amanda@hospiceorillia.ca)**

### Hospice Orillia Staff Directory

PHONE: 705-325-0505

FAX: 705-325-7328



Staff Name	Office	Email	Region
Amanda Tevelde	Ext. 207	<a href="mailto:amanda@hospiceorillia.ca">amanda@hospiceorillia.ca</a>	Communications, Fundraising & Community Relations Specialist
Ashley MacGregor	Ext. 218	<a href="mailto:ashley@hospiceorillia.ca">ashley@hospiceorillia.ca</a>	Volunteer & Program Coordinator
Louise Brazier	Ext. 209	<a href="mailto:louise@hospiceorillia.ca">louise@hospiceorillia.ca</a>	Bereavement Services Coordinator
Madison Lahay	Ext. 208	<a href="mailto:madison@hospiceorillia.ca">madison@hospiceorillia.ca</a>	Program Assistant
Sidney Grocott	Ext. 211	<a href="mailto:sidney@hospiceorillia.ca">sidney@hospiceorillia.ca</a>	Community Social Worker
Stefanie Collins**	Ext. 211	<a href="mailto:stefanie@hospiceorillia.ca">stefanie@hospiceorillia.ca</a>	Community Social Worker (Maternity Leave)
Whitney Vowels	Ext. 240	<a href="mailto:whitney@nsmhpcn.ca">whitney@nsmhpcn.ca</a>	Executive Director

\*\*= Maternity Leave

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