

Hospice Orillia

My home. My hospice.



HOSPICE HAPPENINGS | MONTHLY NEWSLETTER | MARCH 2024

March 2024

Hospice Orillia
My home. My hospice.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 World Glaucoma Awareness Week	6	7	1 8 International Women's Day	2
10	11	12	13	14 World Kidney Day	15	16
17 St. Patrick's Day	18	19 World Social Work Day	20	21 World Down Syndrome Day	22	23 Earth Hour
24 31	25	26 Purple Day – Supporting Epilepsy Around The World!	27	28 Death Cafe	29	30

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An Ol' Irish Blessing

May the road rise up
to meet you.
May the wind always
be at your back.
May the sun shine
warm upon your face,
and rains fall soft
upon your fields.

Important Dates

Monthly

Irish Heritage Month

Weekly

World Glaucoma Awareness Week

Daily

March 1st	Beyond the Stethoscope
March 8th	Hot Tips
March 14th	International Women's Day
March 17th	World Kidney Day
March 19th	St. Patrick's Day
March 21st	World Social Work Day
March 23rd	World Down Syndrome Day
March 26th	Earth Hour
March 28th	Purple Day - Supporting Epilepsy Around the World
March 31st	Death Cafe

Hospice Orillia is a program of the North Simcoe Muskoka Hospice Palliative Care Network
Registered Charity #135837748RR0001

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

Grief is a normal reaction to the loss of a loved one. It can also be a reaction to the loss of relationships, physical ability, opportunities or future hopes and dreams.

Bereavement is the state of having suffered the loss of a loved one. It is the time after a loss during which grief is experienced and mourning occurs.

Mourning is the external expression of grief. It includes rituals that mark someone's death, such as funerals, wakes or memorial services. Mourning is strongly influenced by a person's spiritual and cultural beliefs and practices.

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.

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BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

Air Date: 01-MAR-24

Palliative Care Conversations

Please join Lynda Meeks, NSMHPCN Palliative Pain and Symptom Management Consultant (PPSMC) with the Mentorship and Education Portfolio, along with Nancy Good-Kennedy, NSMHPCN PPSMC, as they discuss the importance of having difficult conversations and finding the hope, joy and gratitude in the face of fear.



NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/



Listen on
Apple Podcasts

Listen on

amazon music



Leadership in Hospice Palliative Care

Hospice palliative care is an interdisciplinary approach to care for patients and their caregivers. At the core of this team-based care is relationship building. Relationship building is also at the core of leadership. Nurses are in a unique position to become leaders within the hospice palliative care team and create change for their patients and their caregivers.

“Palliative leadership includes leadership in palliative care clinical practice to promote excellence and evidence-based practice; leadership in research to grow and mature the evidence; leadership in policy and advocacy to guide changes in health care, delivery, and access; and leadership in education to assure palliative care skill development for all health-care professionals as they enter into practice. Leadership in palliative care spans across disciplines, roles, and titles.” (Dahlin, C., Coyne, P., Goldberg, J., & Vaughan, L. 2019. Palliative Care Leadership. Journal of Palliative Care, 34(1):21-28. doi:10.1177/0825859718791427)

Read:

Palliative Care Leadership - PubMed (nih.gov)



<https://bit.ly/Mar24Read>

Watch:

Nursing Defined: Leadership



<https://bit.ly/Mar24Watch>

Listen:

Today in Nursing Leadership



<https://apple.co/3vZNxFI>

HIKE *for* HOSPICE

Run. Walk. Wheel. Hike.

in memory or honour of your loved one

Register by
APRIL 12th
for T-Shirt

Date: May 5th, 2024
Time: 10:30 AM
Location: Barnfield Recreation
Centre, Tudhope Park,
Orillia, ON



<https://nsmhpcn.ca/h4h24/>

100% of proceeds stay local to
help your community.

mariposa
house HOSPICE
honouring every moment of life

Hospice
Orillia
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PILO NSM

A soft place to land...

Pregnancy and Infant Loss Outreach
of North Simcoe Muskoka

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,
Mar 5th,
2024

Tuesday,
Apr 2nd,
2024

Tuesday,
May 5th,
2024

Tuesday,
June 4th,
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



Supportive Counselling Services

Following a life-limiting or terminal diagnosis, some find it helpful to speak with someone about the many emotions, thoughts, fears and transitions that come along with illness. Individual counselling offers a safe space to explore difficult topics and learn how to manage life changes. This service is for individuals living with a life-limiting illness and their caregivers.

Supportive Counselling is provided by one of our Social Workers, who are registered healthcare professionals. This support may take place in your home, wherever "home" is, or at our office in a private space. Individuals are eligible for up to 12, one-hour sessions with our Social Workers. Further support is available for those who have been given a prognosis of less than one year.

For more information please contact: Sidney Grocott
Community Social Worker
705-325-0505 x 211 | sidney@hospiceorillia.ca

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Read, Watch, Listen



Death Cafe

The ritual of breaking bread with others creates connections and is universal to all of humanity. Throughout history, conversations held over the dinner table have led to some of the greatest artistic endeavours and political revolutions that have ever witnessed.

To register for the next Death Over Dinner session please visit <https://nsmhpcn.ca/death-cafe/>

Read:

12 Life lessons from a man who's seen 12,000 deaths



<https://bit.ly/MARREAD>

Watch:

Coffin Club



<https://bit.ly/MARWATCH>

Listen:

Sam Harris
Podcast: Lessons from Death



<https://bit.ly/MARLISTEN>



Hospice Orillia Staff Directory

PHONE: 705-325-0505

FAX: 705-325-7328

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

**= Maternity Leave

Revised November 28th 2023

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