

Hospice Orillia

My home. My hospice.

HOSPICE HAPPENINGS | MONTHLY NEWSLETTER | FEBRUARY 2024

FEBRUARY 2024

SUN MON TUE WED THU FRI SAT

1 Hot Tips
2 Groundhog Day
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4 WORLD CANCER DAY
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10
11 INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE
12
13 WEAR RED DAY FOR WOMEN'S HEART HEALTH
14 Valentine's Day
15
16
17 RANDOM ACT OF KINDNESS DAY
18
19 FAMILY DAY
20 WORLD DAY OF SOCIAL JUSTICE
21
22 HUMAN TRAFFICKING AWARENESS DAY
23
24
25
26
27
28 PINK SHIRT DAY (ANTI-BULLYING)
29 INTERNATIONAL RARE DISEASE DAY

WEEKS
FIRST WEEK: EATING DISORDER AWARENESS
SECOND WEEK: CONGENITAL HEART DEFECT AWARENESS (FEB 7-14)
THIRD WEEK: NONPROFIT APPRECIATION

MONTH
BLACK HISTORY MONTH
HEART & STROKE MONTH
PSYCHOLOGY MONTH
2024

Logos: Hospice Orillia, Pregnancy & Infant Loss Outreach of North Simcoe Muskoka, NSMHPCN, HPCO ACCREDITED PROGRAMS 2022-2025, In-home Hospice.

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Important Dates

Monthly

- Black History Month
- Heart & Stroke Month
- Psychology Month

Weekly

- Eating Disorder Awareness Week (first week)
- Congenital Heart Defect Awareness Week (second week)
- Nonprofit Appreciation Week (third week)

Daily

- February 1st Beyond the Stethoscope
Hot Tips
- February 2nd Groundhog Day (a history)
- February 4th World Cancer Day
- February 11th International Day of Women and Girls in Science
- February 13th Wear Red Day for Women's Heart Health
- February 14th Valentine's Day (a history)
- February 17th Random Act of Kindness Day
- February 19th Family Day
- February 20th World Day of Social Justice
- February 22nd Human Trafficking Awareness Day Pink Shirt Day
- February 28th (Anti-bullying)



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





BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

Air Date: 01-FEB-24

Hospice Palliative Care in a Diverse World

Please join Lynda Meeks and Laura Bates, NSMHPCN Palliative Pain and Symptom Management Consultants with the Mentorship and Education Portfolio, along with Rachel Lapensee, NSMHPCN Clinical Nurse Manager, as they discuss hospice palliative care in a diverse world, focusing on increasing inclusivity of LGBTQIAP+ individuals in hospice palliative care.



NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/



Caregiver Burnout

Caregivers are an integral part of the healthcare team for an individual receiving palliative care. All too often, however, a caregiver's own needs and self-care are low on the list of competing priorities. This can lead to caregiver burnout, a term for when caregivers experience mental, physical and emotional exhaustion while caring for someone else. It is so important that caregivers are taking time to focus on their well-being, even if it is just a few minutes a day.

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Audrey Hepburn said it best, "You have two hands. One to help yourself, and one to help others". Getting outside for a walk, phoning a supportive friend or family member, or going into a separate room to take a few deep breaths or complete a breathing or grounding exercise are just a few simple ways that caregivers can replenish their spirit. Formal support is available at many hospices in North Simcoe Muskoka, including Hospice Orillia, should caregivers need a little extra help to cope with their situation.

"Sometimes the strength within you is not a big fiery flame for all to see, it's just a tiny spark that whispers ever so softly "You've got this, keep going" ~ Diana Haymond

Read:

How to Care for Yourself When You Have Caregiver Burnout



<https://bit.ly/Feb24Read>

Watch:

Preventing Burnout



<https://bit.ly/Feb24Watch>

Listen:

DocTalk podcast with Dr. Hennawi: Caring for the Caregiver



<https://bit.ly/Feb24Listen>

HIKE for HOSPICE

in support of **mariposa house HOSPICE** & **Hospice Orillia**
Honouring every moment of life. My home. My hospice.

[HTTPS://NSMHPCN.CA/H4H24/](https://nsmhpcn.ca/h4h24/)



Run. Walk. Wheel. Hike.
In memory or honour of your loved one to support
Hospice Care in your community.

Date: Sunday, May 5th, 2024

Time: 10:30 AM

Location: Barnfield Recreation Centre
Tudhope Park, Orillia, ON

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

100% of proceeds stay local to help your community.



Proudly sponsored by:



Thank you Costco!!

We would like to extend our deep appreciation to Costco Orillia for their support of our Employee Wellness Program. Costco generously donated 10 turkeys for our team as well as a gift certificate which was used as a prize for our team's ugly sweater contest. Congratulations to our winner Nancy!!

Thank you Hospice Orillia
My home. My hospice.



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,
Feb. 6th,
2024

Tuesday,
Mar. 5th,
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



Footprints

"Take only memories. Leave only footprints."

Footprints Legacy Work Program

Hospice Orillia and our dedicated volunteers provide individuals living with a progressive life-threatening illness with the opportunity to engage in legacy activities. Legacy activities provide individuals and families a space to reflect on special moments, memories and events that have had an impact on their lives. Legacy activities can also act as a gift for loved ones.

Activities include:

- Letter & card writing
- Scrapbooking
- Life story book

Volunteers will come to the individuals home, wherever "home" is, to assist in legacy activities. All supplies will be provided and this program is free of charge.

For more information please contact:

Sidney Grocott
Community Social Worker
705-325-0505 x 211 | sidney@hospiceorillia.ca



Coffee and Care

Are you adjusting to life without your loved one? Would you like to meet new people on a similar journey and engage in mutual support and acceptance?

Please join us for our Coffee & Care

Support Group. A weekly group that provides individuals who are dealing with the loss of a loved one with an opportunity to meet and share with others who are also grieving. This group has something for all, regardless of experiences or identity.

Registration Required

Date: Mondays
Time: 9:30 am - 11:30 am
Location: Orillia Common Roof
Cost: Free
Registration: Registration is required.

Register Today:
 To register please contact
 Louise Brazier, Bereavement Services Coordinator
 louise@hospiceorillia.ca | 705-325-0505 x 209



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



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