



Hospice Orillia

My home. My hospice.

HOSPICE HAPPENINGS | MONTHLY NEWSLETTER | JAN 2025



2025 January



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 HAPPY NEW YEAR Kwanzaa Ends	2 Hot Tips Hanukkah Ends	3	4 National Ribbon Skirt Day	5
6 Epiphany	7 Orthodox Christmas	8	9	10	11	12
13	14 Orthodox New Year	15	16	17	18	19
20 Martin Luther King Jr. Day	21	22 ECHO Building Bridges Behind Bars	23	24 International Day of Education	25	26
27 International Holocaust Remembrance Day	28	29 HAPPY Lunar NEW YEAR	30	31	HPCO ACCREDITED PROGRAMS 2022-2025	PILONSM Pregnancy & Infant Loss Outreach of North Simcoe Muskoka

IN THIS ISSUE:

2 **National Ribbon Skirt Day**

Wellness

3 **Holiday Greeting**

Staff Directory

4 **Beyond the Stethoscope: Palliative Care Leadership in the Community**

Hot Tips:
The Importance of Palliative Care in Parkinson's Disease

5 **Colouring Contest**

6 **Programs**

- Supporting Counselling
- Visiting Volunteer Services

7 **Upcoming Events**

Heart-to-Heart Club

8 **Resources**

How to Access Programs

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





National Ribbon Skirt Day

January 4, 2025

In 2021, young student Isabella Kulak faced public shaming for proudly wearing a traditional ribbon skirt during a formal school event in Saskatchewan, an experience that highlighted ongoing challenges to Indigenous cultural expression. In response, Senator Mary Jane McCallum introduced a bill to recognize National Ribbon Skirt Day, celebrating the resilience and cultural pride of Indigenous women and girls. January 4, 2023, marked the inaugural observance of this important day.

Read CBC's Report:

Indigenous students in school division where girl was shamed for ribbon skirt make inroads

<https://bit.ly/4iszQm0>

Read CBC's Report:

Understanding history, protocol important for allies who want to wear ribbon skirts

<https://bit.ly/3OPIMoV>

Watch CityNews:

Young girl inspires calls for National Ribbon Skirt Day

<https://bit.ly/4g6BXdx>

Read BILL S-227

An Act respecting a National Ribbon Skirt Day

<https://bit.ly/41qYiho>



Pictured above are the children of Kathlene Bartlett along with their ribbon shirt and skirt.

January Wellness Reminder

For many, the thought of setting New Year's resolutions can feel daunting—and for good reason! January might not be the ideal time to set ambitious goals for the year ahead. The shorter days and lack of sunlight during overcast winters can leave us feeling unmotivated and low on energy. Instead of forcing yourself to plan ahead, why not wait until spring, when the days are brighter and energy levels naturally rise?

In the meantime, focus on taking care of yourself. Do what fills your cup, whether that's meditating, painting, reading, or even creating spreadsheets—whatever makes you feel complete and recharged. After all, no one pokes a bear in the middle of January to ask about their summer plans. Let's follow their example and give our bodies and minds the rest they need during the winter months.

Wellness Resources



Scan me

nsmhpcn.ca/self-care/



Happy New Year

May this year be full of love, peace and beautiful moments with family and friends

Yours truly,

**North Simcoe Muskoka Hospice
Palliative Care Network and Hospice Orillia**



Staff Directory

Staff Name	Position	Ext.	Email
Amanda Tevelde	Communications, Fundraising & Community Relations Specialist	Ext. 207	amanda@hospiceorillia.ca
Ashley MacGregor**	Volunteer & Program Coordinator	Ext. 218	ashley@hospiceorillia.ca
Hema Roopnarine	Executive Coordinator	Ext. 202	hema@nsmhpcn.ca
Louise Brazier	Bereavement Services Coordinator	Ext. 209	louise@hospiceorillia.ca
Madison Lahay	Program Assistant	Ext. 208	madison@hospiceorillia.ca
Sidney Grocott	Community Social Worker	Ext. 211	sidney@hospiceorillia.ca
Stefanie Collins	Community Social Worker	Ext. 217	stefanie@hospiceorillia.ca
Whitney Vowels	Executive Director	Ext. 240	whitney@nsmhpcn.ca

**= On Leave

Revised September 4th, 2024



BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://nsmhpcn.ca/beyond-the-stethoscope/)



Air Date: 01-JAN-25

Palliative Care Leadership in the Community

Join our host Lori Gill as she is joined by Lynda Meeks, PPSMC with the NSMHPCN, and Tanya Baker, Director of Clinical Practice & Education with Bayshore, as they discuss Palliative Care Leadership in the Community.



Miss an Episode?
It's ok, we've got you covered!

Visit us online at <https://nsmhpcn.ca/beyond-the-stethoscope/> to get caught up!



The Importance of Palliative Care in Parkinson's Disease

Palliative care is essential for people with Parkinson's disease because it addresses the complex and evolving nature of the condition, which affects both physical and emotional well-being. As Parkinson's progresses, individuals may experience debilitating symptoms such as pain, stiffness, difficulty with movement, and emotional challenges like anxiety or depression. Palliative care focuses on easing these symptoms, enhancing quality of life, and providing support for both the patient and their caregivers. It also helps manage the psychological and spiritual aspects of living with a chronic illness, offering a holistic approach that complements medical treatments. By integrating palliative care early on, people with Parkinson's can receive personalized, compassionate support that improves their overall experience of the disease.

Read:

New guideline for Parkinson's disease aims for clear communication and standardized care for the Parkinson's community



<https://bit.ly/JAN25R>

Watch:

Parkinson's Disease in Palliative Care: Thursday Evening Series



<https://bit.ly/JAN25W>

Listen:

Palliative Care as Supportive Care in Parkinson's Disease



<https://bit.ly/JAN25L>

2024 Holiday Colouring Contest

Youth who live within our catchment area had the opportunity to win a \$25 Cineplex gift card courtesy of one of our generous donors. Thank you to all who have entered, there were so many wonderful entries!

Congratulations to Emma, age 5, on winning the prize!





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.

For more information please contact:

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



Visiting Volunteer Program

Hospice Orillia's Visiting Volunteer Program offers practical and emotional support to individuals living with a progressive life-limiting illness in their own home, wherever "home" is. Individuals are eligible for this service if they have been given a prognosis of less than one year. This support includes companionship (chatting over a cup of tea, going for a walk, playing card games), simple comfort measures (playing music or reading books), and caregiver respite (spending time with an individual while their caregiver takes a break).

For more information please contact:

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

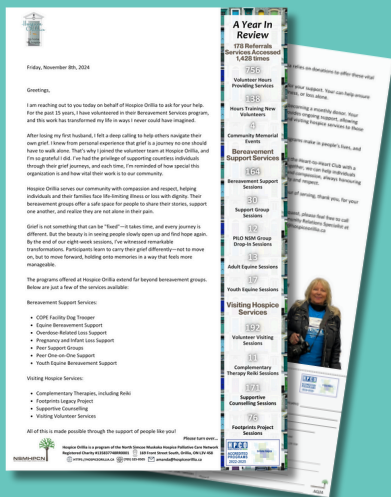


Hospice Orillia is a program of the North Simcoe Muskoka Hospice Palliative Care Network
Registered Charity #135837748RR0001

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



Annual Appeal - Now Available
<https://bit.ly/AnnApp24>



Upcoming Events

Hike for Hospice - May 4th, 2025

Join us as we gather with the community for the annual Hike for Hospice in support of Hospice Orillia and Mariposa House Hospice. This event is integral for both organizations as it enhances the sense of community, increases awareness of Hospice Palliative Care, and raises much-needed funds. The event is also a form of a memorial event for the community, with families coming from all over to honour the memory of their loved ones.

Garden of Remembrance - June 2025

Wave of Light - Oct. 15, 2025

Candles of Remembrance - Nov. 27, 2025

Volunteer Info Sessions:

For more information on becoming a hospice volunteer we invite you to join us for a Volunteer Information Session. All information sessions will take place from 12:00 pm – 1:00 pm over Zoom. To register please visit <https://hospiceorillia.ca/volunteer/>

- Feb. 11th, 2025
- Apr. 15th, 2025
- June 17th, 2025
- Sept. 16th, 2025
- Nov. 18th, 2025

Heart-to-Heart

If you are looking for a way to support Hospice Orillia, we invite you to join the Heart-to-Heart program by becoming a monthly donor!

The Heart-to-Heart program is one of the most compassionate ways to support Hospice Orillia. Our commitment to those facing life-limiting illnesses and those walking their grief journey is unwavering. By becoming a monthly donor, you ensure that individuals and families in our community receive the specialized care and support they need, year-round.

Why give monthly?

It's easy.

You can easily schedule your monthly gift to be automatically charged to your credit card on the date you choose. Just set it up, and you're all set until your card is renewed!

It's affordable.

Customize your payments to fit your budget! With just \$50 a month, your annual contribution totals \$600. And remember, you can adjust your donation amount whenever you need to!

It's sustainable.

Monthly donations have a profound impact, helping to sustain our daily programs. Your ongoing support will make a difference every day, all year round!

SCAN ME



For more information contact Amanda Tevelde or scan the QR to sign up today:

(705) 325-0505 EXT. 207

AMANDA@HOSPICEORILLIA.CA



FNIMUI RESOURCE COLLECTION

[HTTPS://NSMHPCN.CA/FNIMUI-RESOURCES/](https://NSMHPCN.CA/FNIMUI-RESOURCES/)

Resources include:

- Community Resource Directory
- First Nations Communities Directory
- Illness Specific Resources



GRIEF & BEREAVEMENT RESOURCE COLLECTION

[HTTPS://NSMHPCN.CA/GRIEF-BEREAVEMENT/](https://NSMHPCN.CA/GRIEF-BEREAVEMENT/)

Resources tailored to:

- Children's Grief
- Healthcare Workers
- Patients & Families
- Pregnancy and Infant Loss
- Educational Resources



RESOURCE LIBRARY FOR PATIENTS, FAMILY MEMBERS AND CAREGIVERS

WWW.NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/

- Advance Care Planning
- Hospice Directory
- Illness Specific Resources
- Palliative Care Myth Busting
- Supporting Children
- Resources for Following Death



HOW TO ACCESS OUR PROGRAMS

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. We provide ongoing support from the time of someone's diagnosis, including providing bereavement support after a death.

Hospice Orillia provides services to individuals living in Orillia and the surrounding areas. The 800 km² region includes communities such as Coldwater, Brechin, Gamebridge, Lagoon City, Bayshore Village, Chippewas of Rama First Nation, Moonstone, Oro-Medonte, Horseshoe Valley, Washago, Severn Bridge, and Cumberland Beach.

Anyone can refer to, or request support from, Hospice Orillia either by utilizing the buttons below or by calling (705) 325-0505.

Referrals can be made by the individual with a progressive life-limiting illness or those who have experienced the loss of a loved one, their family members/friends/caregivers, or anyone on their care team (ex. nurses, doctors). Please note that those referring on behalf of another individual will be required to provide some basic information to complete the referral, and must do so with consent from the individual. Visit <https://hospiceorillia.ca> for more info.

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