

HOSPICE HAPPENINGS | MONTHLY NEWSLETTER | JULY 2026

JULY '26



MO	TU	WE	TH	FR	SA	SU
DISABILITY PRIDE MONTH SARCOMA AWARENESS MONTH						
6 Coffee & Care Group Injury Prevention Day	7 PILO NSM Drop-In (Bracebridge)	8 Walking Group 'One of Us Is Missing' Day	9 Support Groups: • Adult Aged Child Loss • Caregiver (6wks) • PILO NSM (6wks)	10	11	12 Orangemen's Day
13 Coffee & Care Group	14	15 Walking Group World Youth Skills Day	16 Support Groups: • Adult Aged Child Loss • Caregiver (6wks) • PILO NSM (6wks)	17	18	19
20 Coffee & Care Group	21	22 Walking Group World Brain Day	23 Support Groups: • Caregiver (6wks) • PILO NSM (6wks)	24	25 World Drowning Prevention Day	26
27 Coffee & Care Group	28 World Hepatitis Day	29 Walking Group	30 Support Groups: • Adult Aged Child Loss • Caregiver (6wks) • PILO NSM (6wks)			

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- 6 Waiting Room Revolution
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- 8 Wellness Corner



Hospice Orillia Staff Directory | Ph: (705) 325-0505

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

Stop by to see us in the Community Village

MARIPOSA  **SOUNDS LIKE HOME**
FOLK FESTIVAL
JULY 3-5, 2026 ~ ORILLIA, ON

Professional Palliative Education Portal



Supporting Your Team through
the Professional Palliative
Education Portal (PPEP)



<https://nsmhpcn.ca/pppep-login/>

PPEP Modules Included:

- A Palliative Approach to Care
- Advance Care Planning
- Breast Cancer
- Challenging Chats
- Chronic Renal Failure
- Colorectal Cancer
- Congestive Heart Failure
- Constipation & Diarrhea
- COPD and a Palliative Approach to Managing Dyspnea
- Edmonton Symptom Assessment System Revised (ESAS-r)
- End of Life Care for Alzheimer's Disease
- Ethics in Palliative Care
- Food and Fluid at End-of-Life
- Frailty and Dementia
- Frailty Scale
- Grief Happens
- Liver Disease
- Lung Cancer
- PAIN Assessment
- Pain and Symptom Management Tools
- Palliative Care Emergencies
- Palliative Performance Scale (PPS)
- Wound Care



Become a Hospice Volunteer

Thank you for your interest in becoming a hospice volunteer. Volunteers are at the heart of hospice care, and we truly value your willingness to support individuals and families in our community.

We are committed to providing meaningful volunteer experiences that align with your interests, skills, and availability, while also meeting the needs of those we serve. Our goal is to ensure your time with us is both impactful and fulfilling.

Hospice Orillia and Mariposa House Hospice have partnered to offer a shared application and training process for volunteers across the Couchiching area. Together, we host information sessions where you can learn more about both organizations, explore the range of volunteer opportunities available, and find the role that's the best fit for you.

Hospice Orillia Volunteer Positions

DIRECT SERVICE

- Bereavement Support
(Groups, 1:1, etc.)
- Caregiver Support
- Complementary Therapy
- Home Visiting
- Legacy Work
(Footprints Life Story, Scrapbooking, Card & Letter Writing, etc.)
- Spiritual Care

ORGANIZATIONAL SUPPORT

- Administrative Support
- Ambassadors
- Board of Directors
- Fundraising and Events

Ready to find out more?

Join us for a Volunteer Information Session

- Tuesday, June 16th, 2026, or
- Tuesday, October 20th, 2026
- 12:00 PM - 1:00 PM via Zoom
- *registration required*

Contact Ashley MacGregor,
Volunteer Coordinator at:

- (705) 325-0505 ext. 218
- ashley@hospiceorillia.ca

Visit us online:

- Visit: <https://hospiceorillia.ca/volunteer>
- Scan:





Caregiver Connection

A Support Group for Caregivers

Are you caring for someone with a life-limiting illness?
If so, please join us for Caregiver Connection -
a supportive six-week group for caregivers.

Date: Thursday Afternoons - July 9th - August 13th, 2026

Time: 2:30 pm - 4:00 pm

Location: Orillia Common Roof Building

RSVP: Registration required. Please contact Sidney at
sidney@hospiceorillia.ca or call (705) 325-0505 ext. 211

For more information about the Caregiver Connection group, please
contact Sidney at sidney@hospiceorillia.ca or call 705-325-0505 ext. 211.



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



Transgender Aging, Health, Advocacy, and Palliative Care

Transgender older adults often face unique health challenges related to lifelong experiences of stigma, discrimination, and barriers to accessing gender-affirming healthcare. As they age, many transgender individuals encounter concerns about social isolation, inadequate support systems, and fear of discrimination within long-term care and end-of-life settings. Advocacy efforts focus on promoting inclusive healthcare policies, ensuring respect for gender identity, and improving provider education to deliver culturally safe care. In palliative care, affirming a person's gender identity, involving chosen family members in decision-making, and addressing psychosocial as well as physical needs are essential components of high-quality care. Creating inclusive palliative care environments can help transgender older adults experience dignity, comfort, and autonomy throughout serious illness and at the end of life.

READ

Aging with
Affirmation



<https://bit.ly/4f294ky>

WATCH

Research
Highlights: Aging
with Affirmation
Needs of Trans and
Gender-Diverse
Older Adults



<https://bit.ly/W26JULY>

LISTEN

Transgender
Aging, Health,
Advocacy, and
Palliative Care
Podcast



<https://apple.co/4oRQsqX>



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Pregnancy & Infant Loss Outreach
of North Simcoe Muskoka

PREGNANCY & INFANT LOSS SUPPORT GROUP FOR MEN AND NON-BIRTHING PARTNERS

Are you a non-birthing partner who has experienced a pregnancy or infant loss?
If so, please join us!



This specialized six-week group, led by our Social Work Student, offers practical and emotional support for men and non-birthing partners who have experienced the loss of a pregnancy or infant.

Upcoming Group

Date: Thursday evenings beginning July 9th, 2026
Time: 6:30 pm - 8:00 pm
Location: Orillia Common Roof Building
RSVP: Registration required. Please contact Madison via email at madison@hospiceorillia.ca or call (705) 325-0505 ext. 208

**GROUP
START
DATE**

**Thursday
July 9th
6:30 PM**



Pregnancy & Infant Loss Outreach
of North Simcoe Muskoka

PREGNANCY & INFANT LOSS SUPPORT GROUP FOR WOMEN AND BIRTHING PARTNERS

Have you experienced a pregnancy or infant loss?
If so, please join us!

Are you a non-birthing partner who has experienced a pregnancy or infant loss?
If so, please join us!



This specialized six-week group, led by our Social Work Student, offers practical and emotional support for men and non-birthing partners who have experienced the loss of a pregnancy or infant.

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The Waiting Room REVOLUTION



A social movement designed to put the *human* back at the centre of care.

The Waiting Room Revolution seeks to transform the healthcare experience for those facing serious illness by fostering a culture of empowerment, communication, and community support. It encourages patients to take charge of their health journey and advocates for a more humane approach to care.

Hospice Orillia and the NSMHPCN are proud partners in the Waiting Room Revolution, championing these principles to ensure individuals and families feel informed, empowered, and supported every step of the way.

For more tools and resources visit waitingroomrevolution.com © Seow and Winemaker. 2021. All rights reserved.

MONTANA'S[®] BBQ & BAR

Community BBQ Booth

A dedicated table
designed to give back!

From June through August,
when you're seated at the
Community BBQ Booth at
Montana's Orillia, 10% of your
bill is donated directly to



No extra cost. No extra effort.
Just dine out and make a
difference.

Dine. Donate. Support local.





Wellness Corner

Small Moments, Big Impact



Wellness doesn't need to be time-consuming to be effective; small, intentional pauses can reset your body and mind and help prevent burnout for people who give so much to others.

Try a daily "one-minute reset": sit comfortably, inhale slowly for four counts, then exhale for eight counts; repeat for one minute to calm the nervous system and reduce stress.

Why one minute helps...

Short breathing practices boost parasympathetic (vagal) activity, which supports relaxation and reduces anxiety—benefits that can be felt quickly and that are especially useful for older adults and caregivers.

Microbreaks and brief physical movement (stretching, standing, or a short walk) can improve mood and reduce fatigue when done regularly during the day.

Quick guided "One-Minute Reset" you can use now

- Find a comfortable seat and soften your shoulders.
- Inhale slowly through your nose for a count of 4.
- Exhale gently through your mouth for a count of 8.
- Repeat for one minute (about 6–8 cycles). Notice your shoulders drop and your breath slow.

Practical ways to add small resets into your day

- Transition ritual: do the one-minute reset when you arrive home, before a meeting, or after a difficult call.
- Micro-mobility: set a reminder every 60–90 minutes to stand, stretch, or walk for 2–3 minutes to counteract prolonged sitting.
- Social reset: pair a quick check-in with a colleague or volunteer—connection supports resilience and reduces isolation.

