

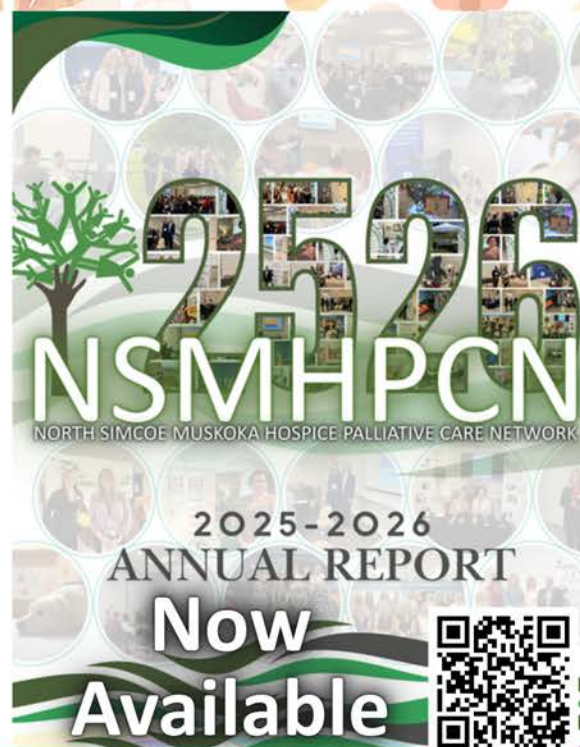
AUGUST 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Emancipation Day
2	3 Civic Holiday CLOSED	4	5 Walking Group (WG) Sibling Loss Support Group (SLSG)	6	7	8
9 Int'l Day of the World's Indigenous Peoples	10 Coffee & Care Support Group (CCSG)	11 PILO NSM Drop-in Bracebridge	12 WG SLSG	13 Adult Aged Child Loss Support Group	14 World Organ Donation Day	15
16	17 CCSG	18	19 WG SLSG	20 World Humanitarian Day	21	22
23	24 CCSG	25	26 WG SLSG	27 Adult Aged Child Loss Support Group	28	29
30	CCSG Int'l Overdose Awareness Day	GBIC Registration Deadline	GBIC = Grief & Bereavement - An Introductory Course for Healthcare Providers CCSG = Coffee & Care Support Group WG = Walking Group SLSG = Sibling Loss Support Group			

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

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The Waiting Room REVOLUTION



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

Get Ready for the Waiting Room Revolution Ambassador Workshops

Exciting news! The Hospice Orillia team is proud to offer upcoming Waiting Room

Revolution Ambassador training workshops—a powerful opportunity to be part of a growing movement that is transforming how patients, families, and care providers experience care.

The Waiting Room Revolution was founded by Dr. Hsien Seow, a health-care researcher, and Dr. Sammy Winemaker, a palliative-care physician, after years of witnessing how often people are left unprepared for what to expect during a life-changing illness. In response, they launched a social movement that challenges the status quo and advocates for a more compassionate, transparent, and empowering approach to care.

At the heart of this movement are the 7 Keys—a practical framework that helps people feel more informed, involved, and supported. These upcoming workshops will equip you with the tools and confidence to become a Waiting Room Revolution Ambassador, sharing this vital approach with your community and helping to bridge the gap between what clinicians understand and what patients and families are actually told.

Join Hospice Orillia for an inspiring and meaningful training experience, and be part of a movement that brings greater clarity, compassion, and support to care conversations across our community. Registration is now open for the following dates:

- Thursday, September 17th, 2026
- Thursday, November 19th, 2026
- Thursday, January 21st, 2027



For more tools and resources, visit <https://hospiceorillia.ca/wrr> or scan the QR Code.

7 keys for navigating a life-changing illness



WALK TWO ROADS

Hope for the best and plan for the rest



ZOOM OUT

Understand the big picture of your illness



KNOW YOUR STYLE

Reflect on how you cope and face challenges



CUSTOMIZE YOUR ORDER

Tailor the care plan to your values and preferences



EXPECT RIPPLE EFFECTS

Prepare for the family's parallel journey



CONNECT THE DOTS

Play a central role in navigating the system



INVITE YOURSELF

Initiate conversations about what to expect



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HOT RODS FOR HOSPICE

A CLASSIC CAR SHOW

presented by:

 **IdealSupply** **PARRY**  **AUTO PARTS**
automotive

SATURDAY, SEPT. 12TH, 2026

**SUPPORTING COMPASSIONATE HOSPICE CARE AND
GRIEF SUPPORT IN OUR COMMUNITY.**

Pre-register
to receive a
dash plaque!

Pre-register
to receive a
swag bag!



**VEHICLE REGISTRATION BY DONATION | ON GRASS SHOW! | FAMILY FRIENDLY | 50/50 DRAW
FREE ADMISSION FOR SPECTATORS | CHARITY BBQ | COMMUNITY CHOICE AWARDS!**



**REGISTER YOUR VEHICLE
SCAN THE QR CODE OR VISIT
[HOSPICEORILLIA.CA/CARSHOW](https://hospiceorillia.ca/carshow)**



ODAS PARK | 4500 FAIRGROUNDS RD, SEVERN, ON

7:30 AM CHECK-IN OPENS | 9:00 AM SHOW STARTS | 2:30 PM AWARDS DISTRIBUTED

REGISTER ONLINE: [HTTPS://HOSPICEORILLIA.CA/CARSHOW](https://hospiceorillia.ca/carshow) OR CALL (705) 325-0505

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OF Orillia**



Hospice Orillia has been providing compassionate support for Life, Loss, and Grief since 1989. For information on services available, please visit hospiceorillia.ca.



BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/

AUGUST 2026: NAUSEA AND VOMITING IN PALLIATIVE CARE

In this episode of Beyond the Stethoscope, we dive into one of the most common and challenging symptoms in palliative care: nausea and vomiting. Guided by a lively discussion between host Lori Gill and guest Nancy Good-Kennedy, NSMHPCN Palliative Pain and Symptom Management Consultant, we explore a landmark study that asks a provocative question — does the exact cause of nausea always need to be identified before treatment begins? Join us as we unpack the evidence behind the long-standing debate between etiology-based prescribing and a simpler haloperidol-first approach, and what this means for delivering timely, compassionate symptom relief.

Amazon Podcasts

Apple Podcasts

NSMHPCN.CA

Scan to Listen!!



Delirium

Delirium is a common and distressing neurocognitive syndrome in palliative care, affecting patients with advanced illness, particularly in the final stages of life. It is characterized by an acute disturbance in attention, awareness, and cognition, with symptoms that often fluctuate over time. Delirium may result from multiple contributing factors, including infection, dehydration, medication effects (particularly opioids and sedatives), metabolic disturbances, organ failure, and uncontrolled pain. Early recognition and identification of reversible causes are important, as appropriate management may improve patient comfort and quality of life when consistent with the individual's goals of care. Prevention strategies focus on addressing modifiable risk factors through maintaining adequate hydration and nutrition where appropriate, optimizing pain and symptom control, minimizing the use of deliriogenic medications, promoting regular sleep-wake cycles, ensuring the use of sensory aids such as glasses and hearing aids, encouraging orientation through familiar people and environments, and supporting early mobilization when feasible. While not all episodes of delirium are preventable, particularly in the terminal phase of illness, a multidisciplinary approach that combines non-pharmacological interventions with individualized medical management can reduce its incidence and severity, while prioritizing patient comfort and family support.

READ

GUIDANCE on
Delirium Care for
Older Adults in
the Community



<https://bit.ly/AUG26R>

WATCH

Managing Delirium
in Palliative Care



<https://bit.ly/AUG26W>

LISTEN

Delirium: A
podcast with
Sharon Inouye



<https://bit.ly/AUG26L>

Sibling Loss Support Group

Have you experienced the death of a sibling?

Please know you are not alone; we are here for you!

If you are an adult looking for a safe, supportive space to share with others on a similar journey, we invite you to join our 7-week Sibling Loss Support Group. Led by our Social Work Student, this specialized group offers both practical and emotional support for those grieving the death of a sibling.

Date: Wednesdays
 July 29th - September 9th, 2026
Time: 2:30 pm - 4:30 pm
Location: Orillia Common Roof Building
RSVP: Registration required.
 Please contact Madison;
madison@hospiceorillia.ca
 (705) 325-0505 ext. 208 or visit
<https://hospiceorillia.ca/sibling-loss>



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 - start date to be confirmed
 upon registration
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.

A Change to Our Newsletter Delivery Platform



We're pleased to share that beginning in September, our newsletters will be delivered through Envoke, a Canadian-owned and operated email communications platform. This change reflects our commitment to privacy and responsible communication. Envoke is hosted in Canada and designed to support Canadian privacy requirements.

With this update, you'll also have more control over the emails you receive, allowing you to choose the newsletters and updates that matter most to you.

You may notice some small changes as we transition to the new system. To help ensure you continue receiving our emails, please add our address to your safe senders list or approved contacts.

Thank you for staying connected with us—we appreciate the opportunity to keep sharing our updates, events, and community news.

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

August Wellness: Nourish, Connect, Reflect

As summer begins to wind down, August is a good time to pause, reflect, and prepare gently for the season ahead. This month's Wellness Corner invites you to care for your body, mind, and connections in simple, meaningful ways.

Late summer brings fresh local produce, making it a perfect time to nourish yourself with seasonal fruits and vegetables and stay hydrated during warm days.

Small choices—like adding an extra serving of vegetables to a meal or taking a walk through a local farmers' market—can support your overall well-being. It's also important to tend to your mental wellness.

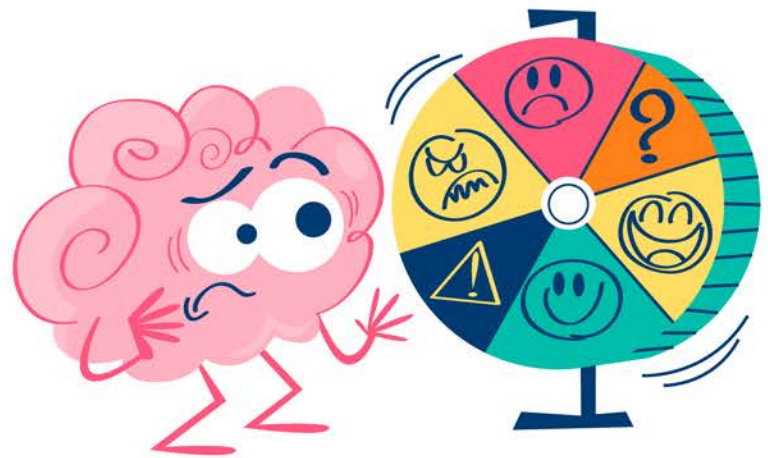
Even a few minutes of mindful breathing outdoors can help you slow down and reset. You might also try journaling, enjoying a phone-free evening, or creating a quiet tea ritual at the end of the day.

Wellness is also about connection. Reach out to someone you haven't spoken to in a while, or take part in a community event that brings people together. For caregivers and volunteers, remember that self-care is essential. Taking breaks, debriefing after visits, and reaching out for support all help sustain the care you give to others.

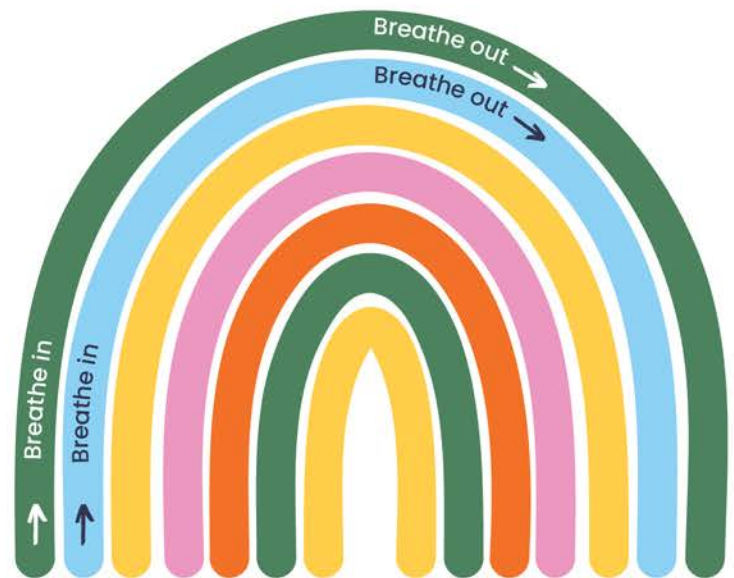
As August comes to a close, take time to reflect on what you want to carry into fall. A simple evening routine, a cozy blanket, or a small home refresh can help make the seasonal transition feel calm and intentional.

Remember to nourish your mind, connect with friends and family, and reflect on the past while looking ahead.

If you are feeling like this, it's time to take a brain break!



BRAIN BREAK



Start here

Trace the rainbow from one side to the other.

Breathe in as you trace up.

Breathe out as you trace down.

Repeat with each color of the rainbow, until you feel calm and grounded.