

HOSPICE HAPPENINGS | MONTHLY NEWSLETTER | OCT 2026

OCTOBER 2026



Breast Cancer Awareness Month / Canadian Islamic History Month / Global Diversity Awareness Month / Women's History Month						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Adult Aged Child Loss Support Group Coffee & Care Bereavement Support Group		 Bereavement Support Walking Group PILO NSM Support Group Bracebridge		1 	2 National Seniors Day	3 Volunteer Hours Due
4 World Teachers Day	5 	6 	7 	8 National Children's Hospice Palliative Care Day	9	10 World HPC Day World Mental Health Day
11	12 Thanksgiving CLOSED	13	14 	15 	16 Pregnancy & Infant Loss Remembrance Day	17 Int'l Day for the Eradication of Poverty
18 Pickleball Tournament	19 	20 INFO SESSION On Becoming a Volunteer	21 	22	23	24 Trunk or Treat at ODAS
25	26 	27	28 	29 	30 World Stroke Day Int'l Day of Care and Support	31 Halloween

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Calendar Icon Legend



Adult Aged Child Loss Support Group



Bereavement Support Walking Group



Coffee & Care Bereavement Support Group



PILO NSM Support Group Bracebridge

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

HOSPICE ORILLIA'S FIRST ANNUAL HOT RODS FOR HOSPICE

THANK YOU



Classic CAR SHOW

SEPTEMBER 12TH, 2026 | ODAS PARK | [HOSPICEORILLIA.CA/CARSHOW](https://hospiceorillia.ca/carshow)

YOUR SUPPORT HELPED RAISE OVER \$5500 FOR HOSPICE ORILLIA!!

Proudly supported by:

IdealSupply

PARRY
automotive

NAPA **AUTO PARTS**

[ORILLIAMATTERS.COM](https://orilliamatters.com)



Speedy Glass

Trueline Motorsports Orillia



thank you
MONTANA'S
BBQ & BAR

Thank you to the amazing team at Montana's Orillia—and their generous customers—for supporting Hospice Orillia through the Community BBQ Booth! Together, you raised \$2,354.15 to help fund our hospice and bereavement services.



Dine. Donate. Support local.



TOURNAMENT

One Day | 18 Teams | Mixed Skill Levels: Novice - Intermediate

This is your chance to showcase your skills, meet fellow enthusiasts, and enjoy a day of competitive fun in support of Hospice Orillia.



**REGISTER
TODAY**

\$50 pp
INCLUDES LIGHT
REFRESHMENTS & EVENT
TAKE AWAY

**SCAN
ME!**



SUNDAY, OCT 18, 2026
9:00 AM - 5:00 PM



11 SPORTS & SOCIAL CLUB
26 NELLE CARTER CRT, ORILLIA

**REGISTER
NOW**

HOSPICEORILLIA.CA/PICKLEBALL



Palliative Care and persons with Developmental Disabilities

Palliative care for persons with intellectual and developmental disabilities (IDD) is an important component of providing compassionate, person-centred care for individuals living with serious or life-limiting conditions. Persons with IDD may experience barriers to accessing palliative care, including communication difficulties, limited recognition of pain or symptoms, and assumptions that they are unable to participate in decisions about their care. Effective palliative care should therefore prioritize individualized communication, respect for autonomy, and meaningful involvement of the person in decisions to the greatest extent possible.

Healthcare providers should also work collaboratively with families, caregivers, and other members of the care team while ensuring that the preferences, values, and rights of the person with IDD remain central. With appropriate accommodations and support, palliative care can help promote comfort, dignity, quality of life, and equitable access to end-of-life care for persons with IDD.

READ

Intellectual
Disability and
Palliative Care

<https://bit.ly/OCT26R>



WATCH

An Introduction to
Improving Palliative
Care for PWIDD

<https://bit.ly/OCT26W>



LISTEN

IDD Health Matters
- IntecctAbility

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



BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/

OCTOBER 2026: DISCOVER THE HEART OF HOSPICE VOLUNTEERING

What does it mean to volunteer with hospice? In this episode of Beyond the Stethoscope, our guest host Tracy Lavigne speaks with hospice professionals from Hospice Orillia and Hospice Simcoe Seasons Centre about the essential role volunteers play in supporting individuals and families living with life-limiting illness, end-of-life care, and bereavement. From providing companionship, a listening ear, and caregiver relief to creating life-story books, supporting grief programs, preparing meals, assisting with events, and helping behind the scenes, hospice volunteers bring compassion and connection to every part of the care journey. The conversation also explores the training involved, the personal rewards of volunteering, and opportunities to make a difference in homes, hospitals, long-term care, community programs, and beyond.

Amazon Podcasts

Apple Podcasts

NSMHPCN.CA



Scan to Listen!!



Supporting Ourselves and Others Through Grief

FREE IN-PERSON WORKSHOP FOR HEALTH SERVICE PROVIDERS

**Hosted by Louise Brazier, Bereavement Services Coordinator,
and Stefanie Collins, MSW, RSW, Social Worker**

Grief is part of both our work and our lives. As health service providers, we regularly support individuals, families and colleagues who are experiencing grief and loss. Our own experiences, beliefs and biases can influence how we respond.

Join us for a free, interactive, in-person workshop where we'll explore:

- How our experiences with grief may shape our practice.
- The ways personal and systemic biases can affect how we respond to grieving people.
- Current understandings of grief and the many ways people experience it.
- How to be present with someone who is grieving without feeling the need to fix things or find the perfect words.
- Practical ways to support ourselves, our colleagues, families and the people in our care.

This session is an opportunity to pause, reflect and learn with others while building confidence in supporting people through grief and loss. It is open to health service providers from all sectors and disciplines.

FREE • IN-PERSON • INTERACTIVE

**Come prepared to reflect, share, learn and explore:
How can we better hold space for grief for others and for ourselves?**

Workshop Details

Date:	Tuesday, October 20 th , 2026
Time:	8:30 am - 2:30 pm (light refreshments provided)
Location:	Orillia Common Roof Building, 169 Front St S., Orillia
Cost:	FREE
RSVP:	Scan QR Code or visit https://nsmhpcn.ca/event/Oct20



Footprints Project

Hospice Orillia and our dedicated volunteers provide individuals living with a progressive life-limiting 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:

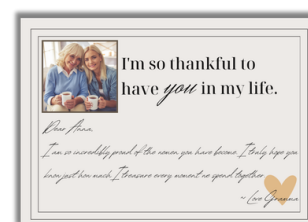
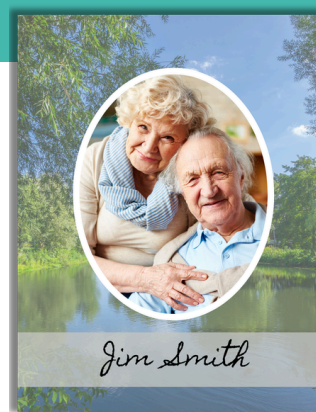
- Letter & card writing
- Scrapbooking
- Life story book

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 scan the QR Code or contact

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



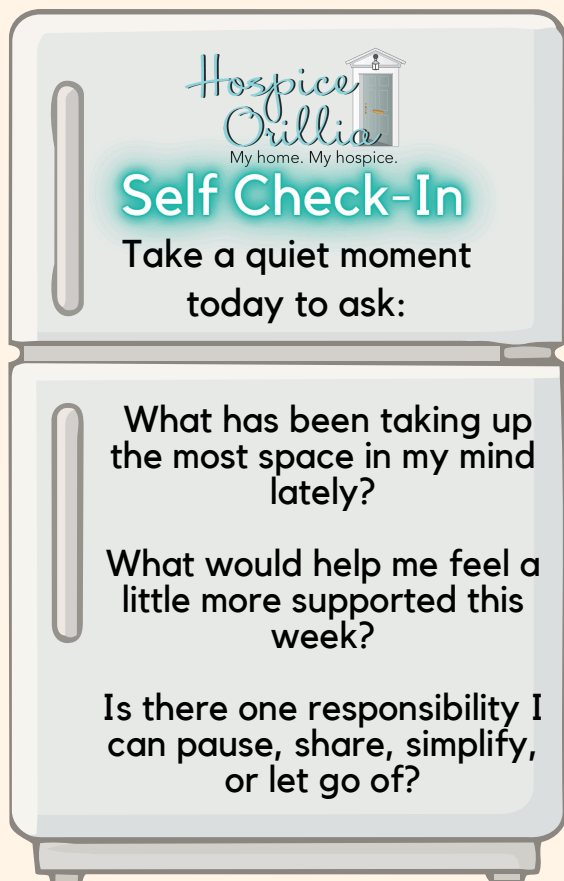


Wellness Corner

October Wellness: Making Space for What Matters



Cut me out and place me on your fridge
for a quick Self Check-In reminder



Take
Care of
Your
Mind

A Gentle October List

- Take a seasonal walk – Notice the changing leaves, cooler air, and sounds around you.
- Make something warm – Prepare tea, soup, oatmeal, or another comforting favourite.
- Clear one small space – Tidy a drawer, shelf, bedside table, or corner that has been bothering you.
- Reconnect with someone – Send a message, make a phone call, or invite someone for a quiet visit.
- Plan for a darker day – Choose a few activities that support you when your energy or mood is low.
- Spend time outdoors – Even ten minutes of fresh air can be a meaningful reset.
- Do one thing slowly – Eat a meal, drink your coffee, fold laundry, or get ready without rushing.
- Name what you're carrying – Write down a worry, responsibility, or emotion you have been holding.
- Make room for comfort – Light a candle, listen to music, wrap up in a blanket, or watch a favourite film.
- Offer yourself the same kindness – Speak to yourself as you would speak to someone you care about.

A Soft Reminder

You do not have to feel grateful, cheerful, or "ready" all the time. October can hold many feelings at once: comfort and sadness, energy and fatigue, connection and loneliness.

Whatever this season brings, your feelings deserve patience and care.