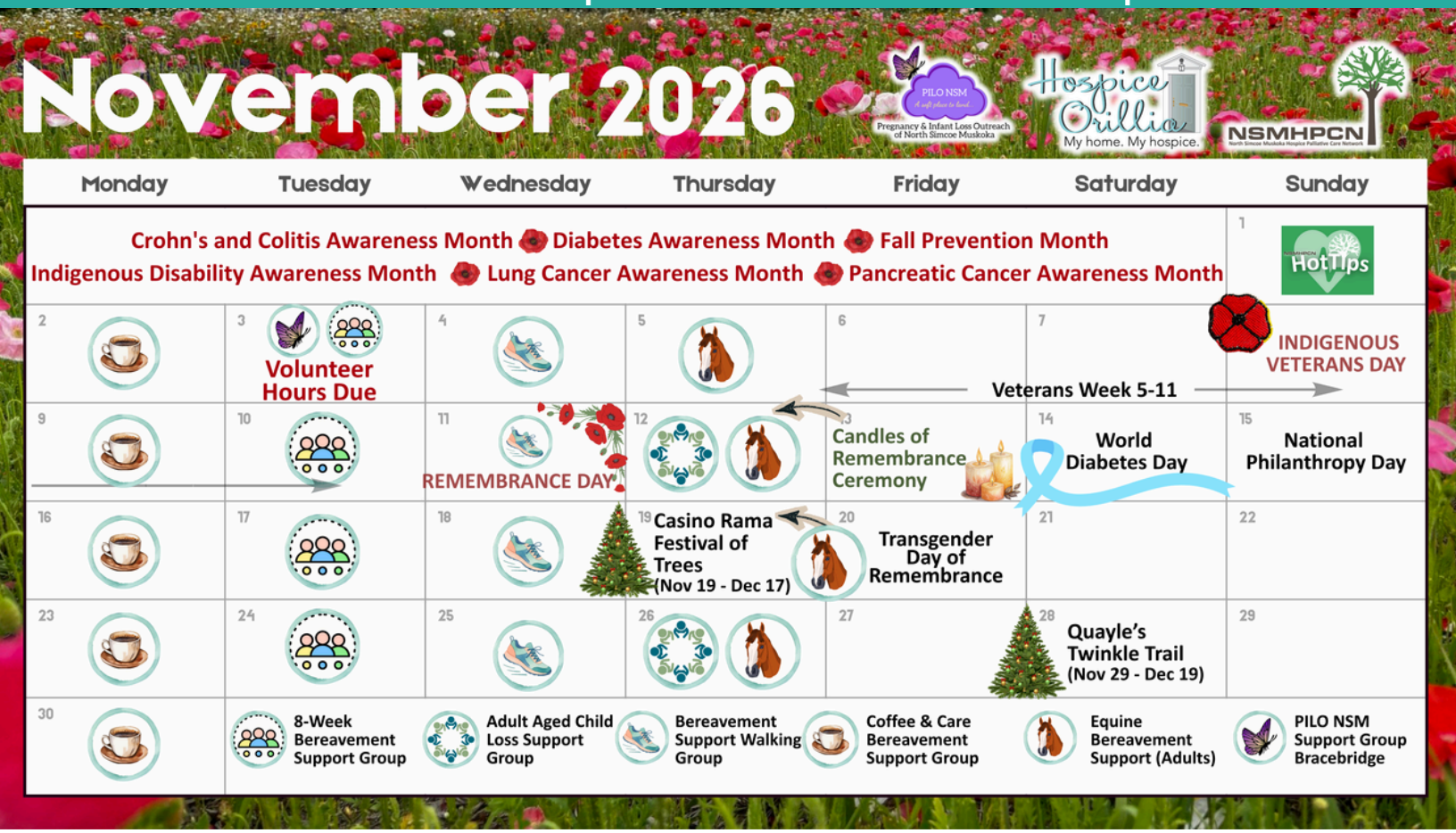
Hospice Orillia
My home. My hospice.

HOSPICE HAPPENINGS | MONTHLY NEWSLETTER | NOV 2026



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"They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."
Laurence Binyon's 1914 poem "For the Fallen"



SCAN ME

Indigenous Veterans Day
November 8th

SCAN ME

Watch: Forgotten Warriors NFB (National Film Board)

SCAN ME

Canadian War Museum

SCAN ME

Government of Canada

SCAN ME

Royal Canadian Legion



"IN FLANDERS FIELDS, THE POPPIES BLOW
BETWEEN THE CROSSES, ROW ON ROW,
THAT MARK OUR PLACE; AND IN THE SKY
THE LARKS, STILL BRAVELY SINGING, FLY
SCARCE HEARD AMID THE GUNS BELOW."
—JOHN MCCRAE

HTTPS://NSMHPCN.CA


Madison



Please join us in wishing Madison Lahay all the best as she begins her maternity leave. We're thrilled for her and her growing family and can't wait to hear about this exciting next chapter.

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 Coordinator
Hema Roopnarine	Ext. 202	hema@nsmhpcn.ca	Executive Coordinator
Karen Mocherniak	Ext. 208	karen@hospiceorillia.ca	Program Assistant
Louise Brazier	Ext. 209	louise@hospiceorillia.ca	Bereavement Services Coordinator
Madison Lahay	Ext. 208	madison@hospiceorillia.ca	Program Assistant (on leave as of Nov 2026)
Sidney Grocott	Ext. 211	sidney@hospiceorillia.ca	Community Social Worker
Stefanie Collins	Ext. 217	stefanie@hospiceorillia.ca	Social Worker
Whitney Vowels	Ext. 240	whitney@nsmhpcn.ca	Executive Director

**=On Leave

Revised October 22nd, 2026



Please join us in welcoming Karen Mocherniak to the team! Karen will be supporting the team during Madison's maternity leave.
Welcome, Karen—we're so glad to have you on board!


Karen





A Heartfelt Thank You to Our Pickleball Players

Thank you to everyone who participated in our first-ever Pickleball Tournament in support of Hospice Orillia! Your energy, sportsmanship, and generosity helped make the day a wonderful success.

Whether you were on the court, cheering from the sidelines, or helping behind the scenes, we're so grateful you were part of this special event. Your support helps Hospice Orillia continue providing compassionate care and important services for individuals and families in our community.



Thank you for playing with heart and helping us serve our community!

11 SPORTS & SOCIAL CLUB

A Palliative Approach to Care in Long Term Care

A palliative approach in long-term care (LTC) empowers families and staff to deliver personalized, high-quality care to residents facing chronic and life-limiting illnesses. This approach facilitates a smooth transition from managing chronic diseases to appropriate end-of-life planning and care. We believe that palliative care is beneficial at any stage of a chronic illness, as it maximizes comfort and honors individuals' wishes. By collaborating with health professionals and family members, residents with life-limiting or terminal illnesses are actively involved throughout their care journey. This approach emphasizes open and honest communication, ensuring that residents' personal, spiritual, and emotional needs are recognized and addressed.

READ
Implementing a Palliative Approach to Care in Long Term Care:
https://bit.ly/NOV24R

WATCH
The Value of a Palliative Approach to Care
https://bit.ly/W24NOV

LISTEN
Strengthening a Palliative Approach to Care in Long Term Care
https://apple.co/48gtykE

The Waiting Room REVOLUTION



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

Join us to become empowered through the Waiting Room Revolution—a community-led movement that puts the human back into healthcare. Together, we raise awareness of the vital role hospice care plays in our community by sharing the WRR mission, talking openly about our programs, and inviting others to connect in ways that feel natural and meaningful. This volunteer opportunity is a wonderful fit for someone who enjoys meeting new people, values community connection, and wants to make a difference in a flexible, empowering, and deeply human way.

Waiting Room Revolution Ambassador Training Session

Date: Thursday, November 19th, 2026
Registration Deadline: November 5th, 2026
Location: Hospice Orillia office, 169 Front St. S., Orillia, ON
Time: 9:00 a.m. to 1:00 p.m.
RSVP: https://hospiceorillia.ca/wrr/ or scan QR Code
Notes: Light refreshments will be provided.

SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME / SCAN ME

https://hospiceorillia.ca/wrr



Candles of Remembrance

a free community memorial ceremony

Date: Thursday, November 12th, 2026
Time: 6:30 pm - 8:00 pm
Location: Creative Nomad Studios
23 Mississaga St. W.
RSVP: hospiceorillia.ca/candles

Public Welcome | Free of Cost | Wheelchair Accessible

PILO NSM
A soft place to land...
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!

This specialized six-week group - led by professionally trained volunteers - offers practical and emotional support to people who have experienced pregnancy or infant loss. It follows the Our Babies, Our Grief program from the Home Hospice Association.

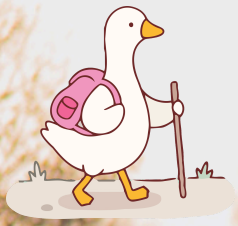
Our Babies & Our Grief

Upcoming Group

Date: Thursday evenings with start date to be confirmed upon registration
Time: 6:30 pm - 8:00 pm
Location: Orillia Common Roof Building
Registration required.
RSVP: Please contact Karen via email at karen@hospiceorillia.ca or call (705) 325-0505 ext. 208

GROUP START DATE
Will be confirmed upon registration

For more information about the Pregnancy and Infant Loss Outreach of North Simcoe Muskoka (PILO NSM) program, please call 705-325-0505 ext. 209 or visit **HTTPS://NSMHPCN.CA/PILO-NSM**



Wellness Corner

November Wellness: Saying NO to holiday burnout early!



CHALLENGE YOURSELF

Challenge of the Month: The 10-Minute Reset

This month, commit to a daily 10-minute outdoor walk—or, if the weather keeps you inside, a weekly digital-detox evening.

Use the time to breathe, notice the season changing, and reconnect with yourself before the busier weeks ahead.

Regular movement, rest, and time away from screens can support mental wellness and help you stay grounded.

The Challenge

Each time you are tempted to add one more thing to your plate, take 10 minutes first. Then decide whether the commitment truly fits your capacity.



Wellness Spotlight: Set Boundaries Before the December Rush

The holiday rush often begins earlier than we expect. November is the perfect time to pause, check in with yourself, and practise setting healthy boundaries before calendars, to-do lists, and expectations start filling up.

Protecting your peace is not selfish—it is essential self-care. Saying "no" to an extra commitment can be a way of saying "yes" to rest, family, health, or the things that matter most to you. Clear, kind boundaries can help you protect your time, energy, money, and emotional well-being throughout the season.

Try These Simple Boundary Practices

- Check your capacity first. Before saying yes, ask yourself: Do I have the time, energy, and resources for this right now?
- Use a simple, kind script. Try: "Thank you for thinking of me, but I'm not able to take that on right now." You do not need to over-explain.
- Set a time limit for events. Decide before you arrive how long feels manageable, and let others know: "We'd love to come, but we'll need to leave by 8 p.m."
- Protect one regular recharge block. Put a walk, quiet evening, hobby, or early night on the calendar—and treat it like any other important appointment.
- Set a holiday spending limit. A realistic gift, food, travel, or donation budget can ease financial pressure and reduce stress later.

Remember that flexibility is okay. Boundaries may need adjusting as the season unfolds; the goal is balance, not perfection.