

NSMHPCN

North Simcoe Muskoka Hospice Palliative Care Network

2023-2024 ANNUAL REPORT

*Reflecting on our journey,
looking forward to the future.*



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

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Reflecting on our journey; a message from our board.

For the last fiscal year, we have continued our amazing journey of learning and discovery.

We have successfully developed new ways of delivering our services through both traditional and virtual program delivery, maintaining fiscal responsibility. Working in a smaller office footprint and supporting our staff to work from their home offices has been a successful strategy.

We are incredibly proud of the leadership of our Executive Director, Program Leaders, Staff, and Volunteers. They have delivered excellent service to our partners and patients, and their participation in various working groups, information meetings, and online education and training has been outstanding. We have discovered new ways of working, new program delivery methods, developed a new website with additional supports for our care partners, clients, and families, and enhanced our delivery of palliative care education.

Through the hard work of our Executive Director and Program Leaders, we have acquired new staff who embrace our vision, mission, and values, and are a great fit with our team. Our continued work with our facility dog Trooper is most appreciated by our clients and their loved ones.

The team at the North Simcoe Muskoka Hospice Palliative Care Network (NSMHPCN) is akin to the Northern Lights—radiating innovation, growth, resilience, and adaptation to change. Their evolution within the healthcare system and our community roles has been remarkable. They support those who serve our clients and health service providers to optimize healthcare for those who need it most.

We have received encouragement and support from our staff, volunteers, care partners, and the community.

Ontario Health continues to work on developing the infrastructure for the delivery of health services that is efficient, timely, shares information between care partners, and provides access to personal health information for each and every patient. We have reviewed their newest publication, "Ontario Health Teams: The Path Forward," to ensure we are knowledgeable of their strategy and direction.

As a Board, we continue to participate in the development of the Central Ontario Specialized Health Network along with our program leaders and our regional partners. Our Executive Director and Clinical Manager are members or co-leaders of working groups, and we sit at the steering committee as a full partner. We continue to ensure that our voice is heard at the planning tables in concert with our vision and mission.

We continue to be recognized as a leader in Palliative Care in our area, and our support and assistance continue to be requested at all stages of the continuum of care.

Bruce *Don* *Nicole* *Tracey*
Deborah *Quentin* *Ryan* *Rosemary*

Board Chair

Bruce Bound
CPA, CA



Treasurer
Secretary

Dr. Don Atkinson
MD, MMM, CPE



Vice-Chair

Deborah Duncan-Randal
RN



Director

Nicole Johnstone



Director

Quentin Evans



Director

Rosemary Peterson



Director

Ryan Walsh



Director

Tracey Rynard
B.A., J.D.



Introducing Our Team



*Kathlene
Bartlett*

RN, BScN, CHPCN(C)
PPSMC, Indigenous
Portfolio Navigator



*Laura
Bates*

RN, BScN, CHPCN(C)
PPSMC Mentorship and
Education Portfolio



*Louise
Brazier*

Bereavement Services
Coordinator*



*Stefanie
Collins*

MSW, RSW
Community Social Worker*,**



*Inge
de Bruijn*

RN, BScN, CHPCN(C)
PPSMC ***



*Lori
Gill*

RPN
Education Specialist



*Nancy
Good-Kennedy*

RN, CHPCN(C)
PPSMC



*Sidney
Grocott*

RSW, BSW
Community Social Worker*



*Sherry
Hubbert*

RN
PPSMC **



*Madison
Lahay*

Program Assistant*



*Rachel
Lapensee*

RN, BA, BScN, CHPCN(C)
Clinical Nurse Manager



*Tracy
Lavigne*

RN
PPSMC



*Julie
Leighton-Phelps*

RN, BScN, CHPCN(C)
PPSMC



*Ashley
MacGregor*

Volunteer and Program
Coordinator*,**



*Sue
Martin*

RN, BScN, CHPCN(C)
PPSMC***



*Cathy
McKeown*

RN, CHPCN(C)
PPSMC



*Lynda
Meeks*

RN, BScN, CON(C)
PPSMC Mentorship and
Education Portfolio



*Hema
Roopnarine*

Executive Coordinator



*Amanda
Tevelde*

Communications, Fundraising
and Community Relations
Specialist*



*Whitney
Vowels*

Executive Director



Trooper

Facility Dog

*Hospice Orillia Program, ** On Leave, *** Recently Retired

Organization Overview

Mission

To support the provision of exceptional hospice palliative care and end-of-life care through partnerships, innovative programs and knowledge exchange.

Vision

A community where the experience of hospice palliative care and end of life care honors each individual and their choices.

Values

Empathy - We are compassionate collaborative and understanding in our approach

Respect - We recognize the inherent worth of every person and their choices

Inclusivity - We honour and value diversity and promote inclusiveness within our communities

Integrity - We act with honesty, strong ethical principles and in compliance with provincial standards

Our Priorities

Priority 1: Embrace Health System Transformation

Enhance hospice palliative care and end of life care practices for those providing a palliative approach while improving supports for those who need it most.

Priority 2: Support Quality Palliative Care in Communities

Strengthen the ability of our communities to support holistic health and well-being through person-centered care.

Priority 3: Education and Knowledge Exchange

Provide learning opportunities through resources, education and mentorship.

Who We Serve

NSMHPCN supports the entire North Simcoe Muskoka (NSM) region including:

- Barrie and area
- Couchiching
- Muskoka
- North Simcoe
- South Georgian Bay
- South Muskoka

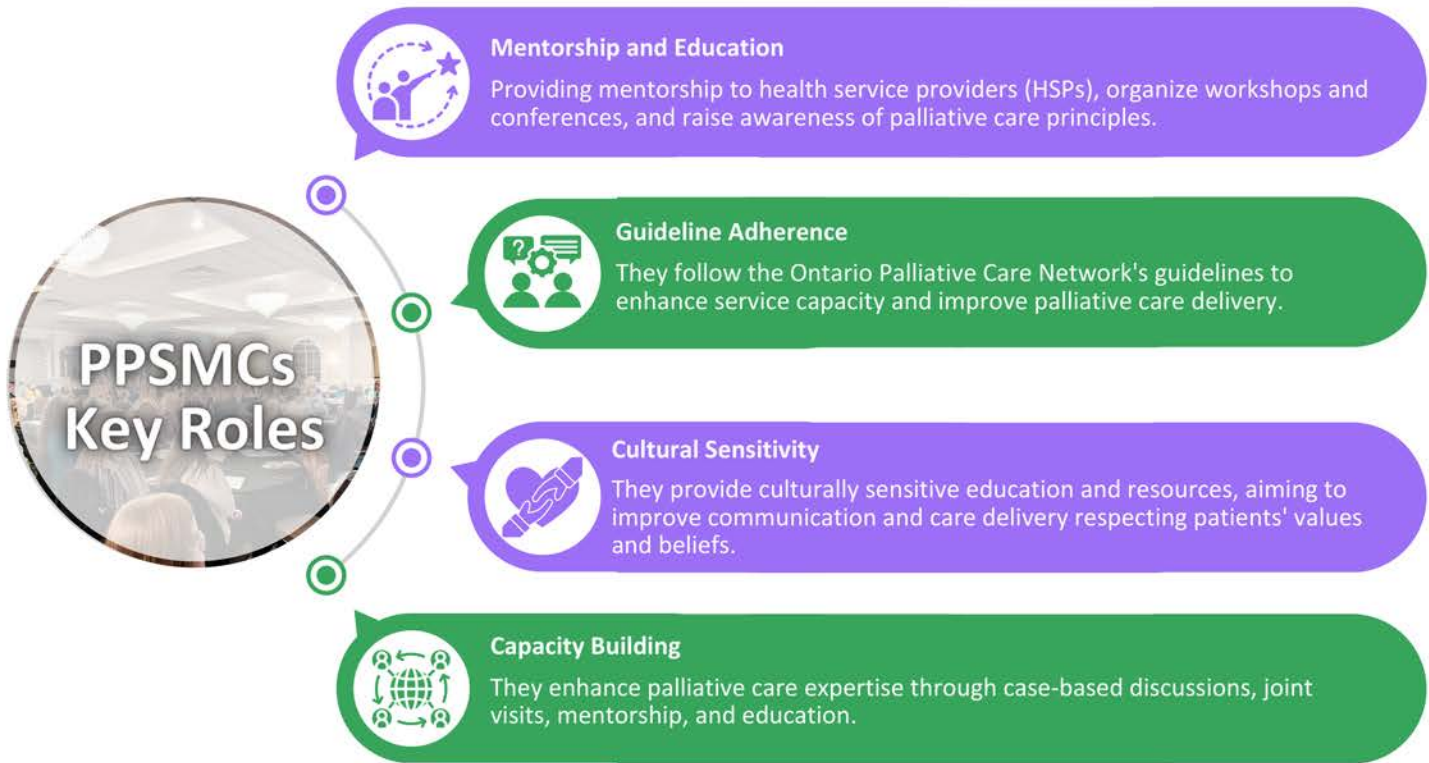
The Hospice Orillia program of NSMHPCN supports the Couchiching area of NSM.



KEY HIGHLIGHTS

Palliative Pain and Symptom Management Consultants

Palliative Pain and Symptom Management Consultants (PPSMCs) provide advanced hospice palliative care expertise across various healthcare settings, including long-term care facilities, retirement homes, hospitals, and community settings. They support primary care providers through consultation, coordination, collaboration, education, and skill development.



PPSMCs aim to improve patient outcomes by:



Through these efforts, PPSMCs strive to build a robust palliative care infrastructure, ensuring comprehensive, patient-centred care for individuals with life-limiting illnesses.

KEY HIGHLIGHTS

The PPSMCs continue to offer informal, ad hoc education to a variety of organizations and disciplines across the entire region. The types of organizations include long term care homes, visiting nursing organizations, retirement homes, hospitals, residential hospices, paramedic and nursing students, and a variety community groups from the general public (art centers, libraries, seniors groups, OCR tenants, and First Nations community groups).

The disciplines being reached by this education include nursing (RN/RPN), nurse practitioners, doctors, PSWs/HSWs, allied health professionals, volunteers, families of residents of long term care/retirement homes, and administrative/environmental service workers, along with members of the general public. Topics include a palliative approach to care, pain and symptom assessment and management, end-of-life care, advance care planning, palliative care for clients with dementia, palliative care tools and their use, palliative sedation, MAID, how to have conversations about difficult/emotional topics, and grief and bereavement.

A Message from Kathlene Bartlett PPSMC, Indigenous Portfolio Navigator



Kathlene Bartlett

RN, BScN, CHPNC(C)
PPSMC, Indigenous
Portfolio Navigator

Serving as the Indigenous Portfolio Navigator has been a profoundly rewarding experience. Over the past year, our organization has significantly enhanced its relationships through active participation in the Indigenous Health Circle. This involvement has facilitated stronger connections with our local First Nations, Inuit, and Métis (FNIM) communities. Notably, our collaboration with Rama First Nation has been particularly fruitful, as they included us in their local health fair and provided educational opportunities for healthcare providers. I had the privilege of attending BANAC's Annual Indigenous Health Forum at Rama, which further enabled us to build relationships, network, and foster trust with the attendees. Additionally, we have added a FNIMUI dedicated resource page to our website, ensuring accessible and relevant information for our FNIM communities.

Looking ahead, we are exploring potential facilitation partnerships with educational institutions and aim to further strengthen our existing relationships with FNIM communities. I am optimistic about the positive outcomes we aspire to achieve together in the coming years and look forward to our continued collaborative opportunities.



FNIMUI RESOURCE COLLECTION

**Community Resource
Directory**

**First Nations
Communities Directory**

**Illness Specific
Resources**

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

North Simcoe Muskoka Hospice Palliative Care Network

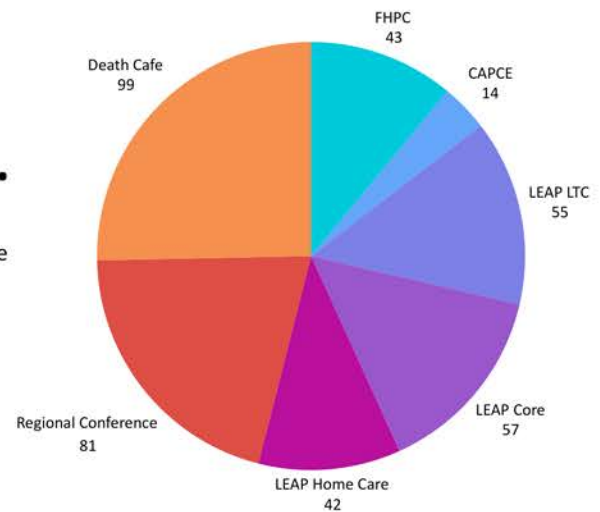


KEY HIGHLIGHTS

EDUCATION

Palliative care education for health service providers is crucial as it equips them with the necessary skills and knowledge to deliver compassionate, patient-centred care focused on improving quality of life and alleviating suffering for those with life-limiting illnesses. For staff, such education enhances professional competence, boosts confidence in managing complex symptoms, and fosters interdisciplinary collaboration, leading to a more supportive work environment. For patients, it ensures their values and preferences are respected, improves communication and care coordination, and ultimately leads to better health outcomes and a more dignified care experience.

COURSE COMPLETIONS AT A GLANCE



On the Way Out...

Death Over Dinner
Palliative Care for the Dementia Journey
Pills, Pumps & Patches

Going Forward...

Death Cafe
A Palliative Approach to Dementia Care
Essential Pain Management (EPM)

Palliative Care ECHO Project



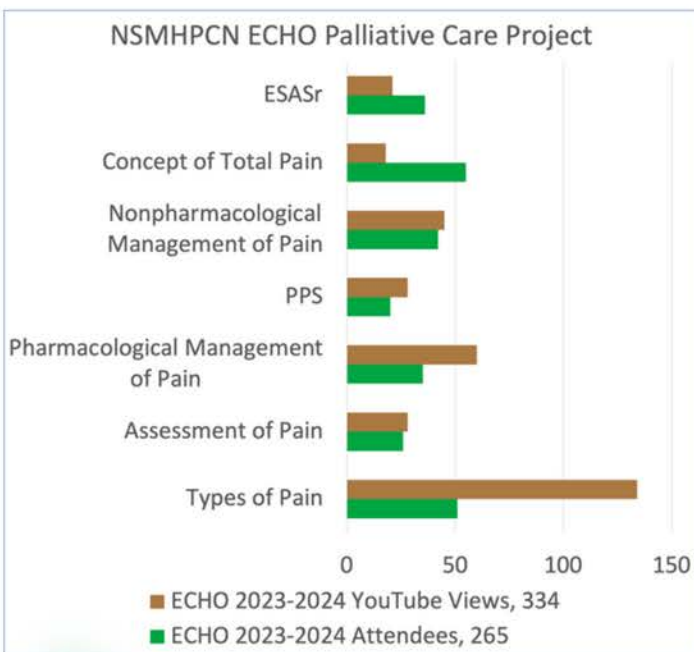
BY Pallium Canada



NSMHPCN

<https://nsmhpcn.ca/echo/>

ECHO is a methodology, designed for online learning, which uses technology, training, structure and guided mentoring to empower communities of practice to build relationships with other professionals and enhance competencies through knowledge transfer.



The model is guided by four main principles:

- Amplification - using technology to leverage scarce resources
- Best practices - to reduce the disparity
- Case-based learning - to master complexity
- Data - to monitor outcomes

A typical ECHO session is comprised of a presentation, discussion and knowledge sharing along with anonymous case-based learning.

ECHO is highly cost-effective giving participants free access to good-quality virtual learning.



KEY HIGHLIGHTS

EDUCATION

The North Simcoe Muskoka Hospice Palliative Care Network offers an extensive range of workshops and specialized courses. Listed below are the courses provided in the past fiscal year, along with the corresponding attendance figures.

Fundamentals of Hospice Palliative care (FHPC)

43
ATTENDEES



This course is suitable for all health-care providers from every discipline including dietitians, physiotherapists, occupational therapists, social workers, chaplaincy, PSWs, DSWs, nurses, housekeeping, volunteers and any other domains providing palliative care.

Duration: Course consists of 3 in-class sessions (3 hours per session) as well as self-directed online learning and two peer-to-peer exchanges. Course will be delivered in either a six or eight week format. Mandatory attendance at all classes is required to receive a certificate of completion.

More information: <https://nsmhpcn.ca/fundamentals-of-hpc/>

Comprehensive Advanced Palliative Care Education (CAPCE)

14
ATTENDEES



The Comprehensive Advanced Palliative Care Education (CAPCE) Program is designed to align with the Model to Guide Hospice Palliative Care: Based on National Principles and Norms of Practice (CHPCA 2002).

More information: <https://nsmhpcn.ca/education/capce/>

Learning Essential Approaches to Palliative Care (LEAP)

141
ATTENDEES



LEAP Online is a facilitated online learning program that provides health care professionals with the essential skills and competencies of the palliative care approach. LEAP Online includes 16 online modules and 2 three-hour webinars led by LEAP facilitators who are experienced palliative care clinicians and educators. This program is ideal for any health care professional (e.g. physician, nurse, pharmacist, social worker, etc.) who would like to complete training in palliative care at their own pace and who provides care for patients with life-threatening and progressive life-limiting illnesses.

More information: <https://nsmhpcn.ca/education/capce/>

Beyond the Stethoscope

1140
PLAYS



A Podcast Focused on Hospice Palliative Care

Join us as we welcome guest speakers to discuss all things Hospice Palliative Care. Beyond the Stethoscope is a Podcast focused on Hospice Palliative Care; topics covered this past year included:

- Importance of Volunteering in HPC
- Renal Disease
- Normalizing Talking about Death and Dying
- Patient Preparedness for Death
- Access to Palliative Care for Vulnerable Populations
- Grief and Bereavement
- Maid
- Palliative Care in the Community
- Palliative Care in Indigenous Populations
- Leadership in Palliative Care
- Palliative Care in a Diverse World
- Palliative Care Conversations



KEY HIGHLIGHTS

NSMHPCN Conferences

81

ATTENDEES

Each year the NSMHPCN is fortunate enough to host two conferences. Our Clinical Conference attracts healthcare professionals such as nurses, physicians, and residents in North Simcoe Muskoka and a Regional Symposium which provides engaging, holistic topics for the healthcare providers in our region.



The 2023 Regional Conference - Connection and Community in Hospice Palliative Care: Where Do We “Grow” from Here, featured three guest speakers and a panel discussion. Topics of discussion included:

- Being Bereaved and Practical Advice
- Difficult Conversations for All Roles
- Positive Bereavement
- Moving Forward and Resilience After Loss

FALL 2024

Subscribe to our newsletter to receive updates
<https://bit.ly/NSMHPCN>

SCAN ME

NSMHPCN

North Simcoe Muskoka Hospice Palliative Care Network

NSMHPCN Regional Conference

Details to follow, stay tuned!



Monthly Hot Tips as presented by the NSMHPCN PPSMC's. Scan QR Code to view.

Upcoming Hot Tips:

- Delirium
- Caregiver Burnout
- Food and Fluids at End-of-Life
- Dementia



Never miss another Newsletter again!

Stay up to date with our monthly Education Newsletter delivered directly to your inbox at the beginning of each month. Scan the QR code to register:

Hot Tips



Newsletter



KEY HIGHLIGHTS



Hospice Orillia In Home Hospice Program

Referrals = 86 | Services Accessed = 339

The Hospice Orillia program 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 throughout their life journey. We believe that death is a part of life, a rite of passage. There is much that can be done to help individuals and their families face this time with dignity and quality in their lives. Each person is unique and their distinctness will be respected within an atmosphere of confidentiality.

About our logo: The door in the Hospice Orillia logo symbolizes the many doors our team visits to serve clients throughout the community. Support can be provided in our clients' homes or in a private space within our office. "Home" is defined as wherever the person resides, including their own house or apartment, a long-term care facility, hospital, retirement home, or the vulnerably housed.



Volunteer Visiting Services

120

Provides practical and emotional support to individuals living with a life-limiting illness in their own home. These services may include companionship, caregiver relief and simple comfort measures such as playing music, painting and creating art. Our dedicated volunteers provided 120 individual sessions to clients in need of support.

Complementary Therapy - Reiki

24

Offered to anyone living with a progressive life-threatening illness. Complementary Therapy services are offered at no cost wherever "home" is by certified practitioners who volunteer. Our dedicated volunteers provided 24 individual sessions to clients.

Supportive Counselling

163

Hospice Orillia endeavoured to meet the emotional/psychosocial needs of individuals in Orillia and surrounding areas through supportive counselling offered by Registered Social Workers. 163 individual sessions were provided this past year.

Caregiver Support

14

Hospice Orillia always recognizes the important role of caregivers, this year we focused on meeting THEIR needs. Our dedicated volunteers provided 14 individual sessions to caregivers in need of support.

Footprints Project

103

Providing clients a space to reflect on special moments, memories, and events that have had an impact on their lives. Legacy activities can also act as gifts to loved ones. Volunteers assist in legacy activities including letter & card writing, scrapbooks and life story books. 103 sessions were provided this past year.

Pictured to the left is Anne with a copy of her Footprints project. Before her death, she asked us to use her story to educate the community about the Footprints project.

During the 2023-2024 fiscal year we published and delivered 7 Footprint Life Story Books. The program received additional support from the Orillia Staples through the implementation of a specialized reordering process which allows for clients to receive a discount on the reordering of additional copies of their life story book.





KEY HIGHLIGHTS

Hospice Orillia Grief & Bereavement Program

Referrals = 133 | Services Accessed = 1,212

Grief and Bereavement Support

Groups continued in-person with demand higher than ever. Our volunteers worked tirelessly to deliver groups throughout the year, including, Adult-Child Loss Support Group, 8 week “Navigating the Wilderness of Grief” Support Group, Transitions monthly support group, drop in weekly Coffee and Care and the specialized equine therapy groups in partnership with Rushmount Equine and Sports. Many of the clients benefit from 1:1 peer support offered by the volunteers. This service can be delivered in the client’s home, in our “Comfy Room” or in the community.

Youth Equine Support Group

The Kiwanis Club's generous funding has profoundly impacted the lives of youth in our community by allowing them to experience the healing power of horses. These equine-assisted programs foster essential life skills, build confidence, and promote emotional resilience. Participants develop responsibility, empathy, and trust, navigating their emotions and overcoming challenges in a supportive environment. Additionally, the programs enhance social interaction and teamwork, creating stronger connections with peers and mentors. The Kiwanis Club's commitment to these initiatives underscores their dedication to nurturing youth potential and enhancing community well-being.



Memorial Events

Hospice Orillia hosted four hybrid community memorial events; the Hike for Hospice, Garden of Remembrance, Wave of Light and Candles of Remembrance.

Each event is unique in its own way, providing community members with the opportunity to come together to remember those no longer with us. While we have seen a shift in how these events are presented over the years, one thing that has remained steadfast is our communities’ commitment to surround each other with love and comfort during these difficult times.



Hike for Hospice

300

Each May, community members gather to hike/walk in memory of loved ones no longer with us. This event is unique as it also provides the community an opportunity to raise funds for Hospice Palliative Care.

Garden of Remembrance

75

Each June, community members gather for an evening of poetry, music and reflection as we plant flowers in memory of loved ones no longer with us.

Wave of Light

15

Annually on October 15th, community members gather for an evening of togetherness and reflection as we light candles in memory of babies and infants who are no longer with us.

Candles of Remembrance

70

Each November, community members gather for an evening of poetry, music and reflection as we light candles in memory of loved ones no longer with us.

Community Memorial Events

KEY HIGHLIGHTS

Specialized Grief & Bereavement Programs

PILO NSM



Pregnancy and Infant Loss Outreach of North Simcoe Muskoka (PILO NSM) is a collaborative network of community partners and volunteers. This program continues to offer supports through structured six-week groups and one-on-one peer support. The network filled a gap and expanded into Muskoka for drop-in monthly groups. Specialized training for volunteers took place in 2023 and will continue as needed.



Building Bridges Behind Bars

NSMHPCN continues to collaborate with the Chaplaincy at a federal correctional institution to educate and build capacity in this marginalized setting.

Opening the Door to Grief

Grief support for individuals living with developmental and intellectual disabilities- this pilot project is closer to being added to our regular programming. The focus this past year has been primarily on grief education to the service providers that care for these individuals. A few volunteers have had the privilege of supporting clients in the community

COPE Facility Dog Trooper

Trooper has continued to support the bereavement clients during intakes. He has also supported multiple education sessions and supported individuals living with intellectual disabilities. He attends memorial events and spreads his joy with the Hospice Orillia team and everyone he encounters at the Orillia Common Roof.

A message from Trooper



Hi friends!

I am a lab/retriever mix. I have joined the Hospice Orillia team after completing two years of training through the COPE Service Dog program. I am excited to be working with both the Volunteer Visitors program and the Bereavement Services programs.

Many people ask my handler Louise, what a Facilities Dog is. Here is a quick excerpt from the COPE Service Dog website:

COPE dogs can be partnered with a teacher, counselor, health care worker, social worker or health professional for the purpose of providing social interaction, therapeutic intervention and canine assisted education for many different people. The dog accompanies his/her partner at work in order to augment their regular educational, social or therapeutic practices.

Feel free to take a peek at some photos on the next page; don't mind my puppy photo's, I blush every time I see them!

Thanks for stopping by!

Your friend,
Trooper





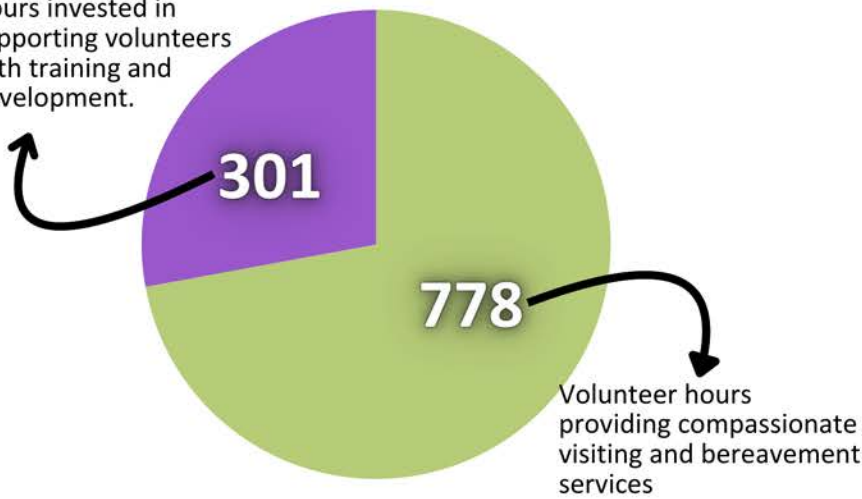
KEY HIGHLIGHTS

Hospice Orillia Volunteers

Hospice Orillia takes pride in providing high-quality support for individuals and families in our community facing life-limiting illness, and the death of a loved one and recognizes the importance of our volunteers in doing so. In 2023-2024 eight volunteers retired from service. Volunteer recruitment remains an ongoing goal of Hospice Orillia.

The volunteers at Hospice Orillia are dedicated to the wellbeing of others and are willing to go the extra mile to provide comfort and care to our clients.

Hours invested in supporting volunteers with training and development.



It has been said that the toss of a small pebble into the ocean can cause a huge wave once it reaches shore again. The same goes for volunteering. Our volunteers support our clients in ways that provide far-reaching effects that can be felt by many.



“Volunteers are like the Northern Lights: their selfless actions illuminate the world with a beauty that inspires, impacts, and brings hope, creating unforgettable moments of light in the darkest times.”
~ Amanda



KEY HIGHLIGHTS

Community Engagement

Community engagement lies at the heart of Hospice Orillia's mission, serving as a cornerstone in our provision of comprehensive and compassionate care. Through active involvement with the community, we cultivate a network of support that enriches the lives of our clients and their families. By engaging directly with community members, we gain valuable insight into their diverse needs and preferences, allowing us to tailor our services to address the unique challenges faced by individuals at various stages of their journey, whether as a patient with a life-limiting illness, a caregiver, or a bereaved individual. This connection fosters a sense of belonging and shared responsibility, strengthening the fabric of our community.

Moreover, community engagement plays a vital role in raising awareness about the importance of palliative care and the resources available through Hospice Orillia. Through a variety of outreach programs, educational workshops, and collaborative events, we endeavour to educate the public about the value of hospice care, dispel common misconceptions, and encourage open conversations. This proactive approach not only helps to build trust and rapport within the community but also empowers individuals to make informed decisions about their care. Ultimately, our commitment to community engagement ensures that we can deliver the highest level of support to those in need, fostering a compassionate and inclusive environment for all.

Conversations are powerful catalysts for spreading awareness about the work we do at Hospice Orillia. A single, meaningful discussion has the potential to inform, inspire, and connect individuals to our mission of providing compassionate palliative care. By sharing personal stories and experiences, we can demystify hospice care, address misconceptions, and underscore the invaluable support and comfort we offer to individuals and families during challenging times.

These conversations often lead to a ripple effect, as individuals are motivated to share their newfound knowledge with others, amplifying our reach within the community. Through these one-on-one connections, we not only spread awareness about our services but also cultivate a supportive network that enriches the care we provide and strengthens the community as a whole.



Looking Forward to the Future

This past year has taught us valuable lessons about innovation, growth, resilience and adaptation to change.

As we look forward to the future, we remain focused on fostering exceptional palliative care and end-of-life care through partnerships, innovative programs and knowledge exchange while continuing to evolve within the healthcare system.

We look forward to new opportunities for collaboration and growth, and we remain committed to our mission of supporting the provision of exemplary hospice palliative care around the region.

Our incredible team of staff and volunteers will continue to provide compassionate and supportive care to those we serve and have demonstrated tremendous dedication and resilience this past year. We are so proud of the commitment to excellence they show every day as they continue to be flexible, gracious, and dedicated to our mission to deliver quality palliative care.

We will continue to participate in opportunities to collaborate with Mariposa House Hospice on their delivery model in concert with our Hospice Orillia programs and services. Our joint recruitment and training of new volunteers has been quite successful and we are thrilled to support them in various roles and initiatives.

As we navigate the future, we will continue to innovate and grow, ensuring that we remain resilient in the face of change.

Together, with the support of our staff, volunteers, care partners, and community, we are confident that we can achieve even greater heights.

Yours truly,

Whitney
Whitney Vowels
Executive Director



ADDITIONAL RESOURCES

NSMHPCN Digital Resource binder

Hospice Palliative Care resources at your finger tips!

[HTTPS://NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE](https://NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE)

We are pleased to share the NSMHPCN Virtual Resource Binder which includes a wealth of resources for all staff of any discipline providing palliative, or end-of-life care, to residents and families in NSM. This includes links to gold standard assessment tools and client/family handouts, regardless of where you work in NSM (Retirement and Long-Term Care Homes and acute care, and community) you have access to these resources and to the services of the Palliative Pain and Symptom Management Consultants (PPSMC's) with the NSMHPCN.

The dedicated team of PPSMC's have carefully curated the resources for you as a Hospice Palliative Care Provider.



Resource Library for Patients, Family Members and Caregivers

[HTTPS://NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/](https://NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/)

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



Grief & Bereavement Resource Collection

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

Resources tailored to:

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



Brown Bag Series

The Brown Bag series is a short video series on palliative care topics such as oxygen at the end of life, terminal secretions and a palliative approach to care. These videos contain a wealth of information and can be watched during a nutrition break, hence the name, "Brown Bag Series." Videos available include:

- Cachexia Syndrome
- EDITH Protocol
- Edmonton Symptom Assessment System-revision (ESAS-r)
- Palliative Approach to Care
- Palliative Care Symptom Management COVID-19
- Palliative Performance Scale (PPS)
- Terminal Secretions – Let's Discuss



Hot Tips

Monthly tips in palliative care: a new topic is presented along with related tools and resources monthly. Something to read, listen to and watch. Topics included:

- Advanced Care Planning
- Delirium
- Dementia
- Difficult Conversations
- Disease Trajectory
- Food and Fluids at End of Life
- Leadership in Palliative Care
- Palliative Approach to Care
- Palliative Performance Scale (PPS)
- The Surprise Question
- When Your Loved One is Dying



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 Tel: (705) 325-0505

Hospice Orillia is a program of the North Simcoe Muskoka Hospice Palliative Care Network that offers practical, emotional and spiritual support to those in Orillia and surrounding areas

who are coping with advanced illness, death and bereavement. 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.

Services are offered to anyone living with a life-limiting illness and/or their friends, family members, and caregivers at the client's home, wherever "home" is, or at our office location in a private space. Hospice Orillia provides all programs and services free of charge to clients and their families, including:

- Anticipatory Grief Support
- Bereavement Support (Providing support through one-to-one and support group settings.)
- Memorial Events
- Caregiver Respite and Support Groups
- Caregiver Education
- Grief Support Walking Group
- Legacy Projects (Providing space to reflect on special moments, memories, and events that have had an impact on their lives.)
- Pregnancy and Infant Loss Outreach Program
- Specialized Support Groups (ie. Equine Therapy Support Group, Overdose Related Loss Support Group)
- Visiting Volunteers Services (Practical and emotional support for individuals, families and caregivers in their own home.)

For more information on the Hospice Orillia program please scan the QR Code below or visit the website:



<https://hospiceorillia.ca>



Pregnancy & Infant Loss Outreach of North Simcoe Muskoka

PILO NSM is a program of the North Simcoe Muskoka Hospice Palliative Care Network (NSMHPCN). Our goal is to bring the community together to create a safe and supportive network of resources for families who have experienced pregnancy and infant loss.

Experiencing the death of a baby, or the loss of a pregnancy, can be devastating and isolating; please know you are not alone. NSMHPCN, along with a large group of community members and organizations, is here to support you. Our mission is to ensure that everyone has access to the appropriate programs and support that can help individuals through difficult times.

This free program will provide a safe and supportive network. We hope that through education and awareness, we can remove the stigma surrounding pregnancy and infant loss. Types of loss include, but are not limited to:

- Blighted Ovum
- Congenital Defects
- Ectopic Pregnancy
- Medical/Therapeutic Termination
- Miscarriage (loss prior to 20 weeks gestation)
- Molar Pregnancy
- Newborn/Infant Death
- SIDS (Sudden Infant Death Syndrome)
- Stillbirth (loss after 20 weeks gestation)

Types of Support Available

One-on-One Support

Working with our Bereavement Services Coordinator, you will be matched up with one of our professionally trained volunteers who will be able to provide you with support in a one-on-one setting.

'Our Babies, Our Grief'

This specialized program is designed to offer practical and emotional support through Home Hospice Association's 'Our Babies, Our Grief' six-week progressive healing peer support program facilitated by our professionally trained volunteers.

For more information on the Hospice Orillia program please scan the QR Code below or visit the website:

<https://nsmhpcn.ca/pilo-nsm/>





BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE



Apr. 2023



The Importance of
Volunteers in
Palliative Care

May 2023



Palliative Approach
for those with Kidney
Disease

June 2023



Normalizing Talking
About Death
and Dying

July 2023



Patient Preparedness
for Death

Aug. 2023



Access to Palliative
Care for Vulnerable
Populations

Sept. 2023



Service Animals in
Hospice Palliative
Care

Oct. 2023



Medical Assistance in
Dying (MAID)

Nov. 2023



Palliative Care in the
Community

Dec. 2023



Palliative Care for
Indigenous
Populations

Jan. 2024



Leadership in
Palliative Care

Feb. 2024



Palliative Care in a
Diverse World

Mar. 2024

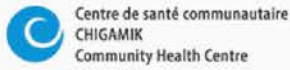


Palliative Care
Conversations

COMMUNITY PARTNERSHIPS

As an organization that supports those living within the North Simcoe Muskoka region, we honour community partnerships. Thank you to every one of our community partners.

Thank you for your support!



HOME AND COMMUNITY CARE SUPPORT SERVICES

SERVICES DE SOUTIEN À DOMICILE ET EN MILIEU COMMUNAUTAIRE

SEASONS CENTRE FOR GRIEVING CHILDREN



Couchiching Family Health Team



THE COMMUNITY FOUNDATION OF ORILLIA AND AREA



FINANCIAL STATEMENTS

North Simcoe Muskoka Hospice Palliative Care Network Statement of Financial Position

March 31 2024 2023

Assets

Current

Cash (note 2)	\$ 405,911	\$ 266,074
Short-term investments (note 3)	115,545	204,248
Accounts receivable	5,294	52,000
HST receivable	12,066	9,823
Prepaid expenses	7,651	15,318
	\$ 546,467	\$ 547,463

Liabilities and Net Assets

Current

Accounts payable and accrued liabilities	\$ 110,002	\$ 87,726
Government remittances payable	37,425	54,354
Deferred revenue	5,259	-
	152,686	142,080

Commitment (note 5)

Net Assets

Unrestricted	393,781	405,383
	\$ 546,467	\$ 547,463

On behalf of the Board:

 _____ Director

 _____ Director

The accompanying notes are an integral part of these financial statements.

FINANCIAL STATEMENTS

North Simcoe Muskoka Hospice Palliative Care Network Statement of Operations and Changes in Net Assets

For the year ended March 31	2024	2023
Revenues		
Ontario Health Central	\$ 1,809,778	\$ 1,786,098
Fundraising and donations	94,957	85,207
Other grants	53,241	10,700
Other funding sources and other income	26,760	23,098
Interest income	22,712	15,013
	<u>2,007,448</u>	<u>1,920,116</u>
Expenses		
Buildings and grounds	61,348	57,247
Compensation	1,569,481	1,600,655
Fundraising supplies	64,590	29,609
General sundry and equipment	188,173	162,638
Supplies	12,462	18,876
	<u>1,896,054</u>	<u>1,869,025</u>
Excess of revenues over expenses before transfers	111,394	51,091
Transfers to Hospice Muskoka and Hospice Huntsville	<u>122,996</u>	<u>96,007</u>
Excess of expenses over revenues for the year	(11,602)	(44,916)
Net assets, beginning of year	<u>405,383</u>	<u>450,299</u>
Net assets, end of year	<u>\$ 393,781</u>	<u>\$ 405,383</u>

Please Note: The fundraising expenses listed above represents the funds paid out to Mariposa House Hospice as part of the Hike for Hospice initiative in addition to the cost of items purchased through grants.

FINANCIAL STATEMENTS

North Simcoe Muskoka Hospice Palliative Care Network Statement of Cash Flows

For the year ended March 31	2024	2023
Cash flows from operating activities		
Excess of expenses over revenues	\$ (11,602)	\$ (44,916)
Changes in non-cash working capital:		
Accounts receivable	46,706	-
HST receivable	(2,243)	8,183
Prepaid expenses	7,667	31,102
Accounts payable and accrued liabilities	22,276	(107,769)
Government remittances payable	(16,929)	10,936
Deferred revenue	5,259	-
	<u>51,134</u>	<u>(102,464)</u>
Cash flows from investing activities		
Purchase of investments	(115,000)	(200,000)
Net change in investments	(545)	(4,248)
Proceeds from maturity of investments	204,248	-
	<u>88,703</u>	<u>(204,248)</u>
Net increase (decrease) in cash during the year	139,837	(306,712)
Cash, beginning of the year	266,074	572,786
Cash, end of the year	\$ 405,911	\$ 266,074



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

North Simcoe Muskoka Hospice Palliative Care Network

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<https://nsmhpcn.ca> Registered Charity #135837748RR0001

Prepared June 2024