

Honouring Cultural Diversity in the Realm of Palliative Care

THURSDAY, NOVEMBER 14TH, 2024 | 830-1600 | ORILLIA, ON

Thank you for joining us today! As part of our commitment to environmental responsibility and being a community-focused company, we have embraced eco-friendly practices for this event. Instead of providing printed copies of our conference materials, you can access everything you need, including the ability to download a certificate of attendance, by scanning the

QR Code below or by visiting <https://nsmhpcn.ca/rc24>.

By going green, we have saved over 2,200 sheets of paper today!



Agenda

- 0830-0900** Registration
- 0900-0930** Introduction and Opening Ceremony
with Elder Hector Copegog, Troy Monague, Kathy St. Amant and Zoe Horst
- 0930-1015** Creating Compassionate Community: Honouring Perspective, Openness to Vulnerability, and Care for the Whole Person
with Lori Scholten-Dallimore
- 1015-1030** Break
- 1030-1115** Stepping Out of the Box: How do we support those who can't access our existing palliative care systems?
Dr. Mihaylova
- 1115-1145** Brenda Smith Leadership Award Ceremony
- 1145-1230** Lunch
- 1230-1315** Consideration of Culture, Faith & Spirituality in Provision of Palliative Care
with Dr. Anwar Parbtani
- 1315-1400** The HEAL Project: Lessons on grief and mourning in recovering from a war in Tigray (Northern Ethiopia)
with Brenton Diaz
- 1400-1415** Break
- 1415-1500** Knowledge, Curiosity, Humility and Meaning-Making: Reflections on Honouring Cultural Diversity in Palliative Care
with Sheila Atkinson
- 1500-1530** Closing Remarks/closing ceremony
with Elder Hector Copegog, Troy Monague, Kathy St. Amant and Zoe Horst
- 1530-1545** Wrap Up

RESOURCES

FNIMUI RESOURCE COLLECTION

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



Resources include:

- Community Resource Directory
- First Nations Communities Directory
- Illness Specific Resources

NSMHPCN DIGITAL RESOURCE BINDER

Hospice Palliative Care resources at your finger tips!

WWW.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.

Resource Library for Patients, Family Members and Caregivers

WWW.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

WWW.NSMHPCN.CA/GRIEF-BEREAVEMENT/

Resources tailored to:

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



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Sheila Atkinson

Grief Support Coordinator, Paediatric Advanced Care Team (PACT) / Pathways Grief Support Program at Sick Kids



Sheila Atkinson, RP, BA (Hons), MDiv, is a Certified Spiritual Care Practitioner (CASC) and Registered Psychotherapist (CRPO), and has spent much of her career in paediatrics, palliative care, and bereavement. Support and education of colleagues is an integral part of her work. She has contributed to work on specialized competencies for Spiritual Care within palliative and bereavement care. She is committed to a broad secular model of spirituality that sees all people as spiritual beings and supports their spiritual and existential crises in contemporary and meaningful ways.

In her current role as a Grief Support Coordinator with the Paediatric Advanced Care Team (PACT) at SickKids in Toronto, she supports parents, families, and colleagues, in their need to grieve deeply, to struggle with meaning-making and to find their healing pathways.

Hector Copegog

Elder, Mamaway Wildokdaadwin Primary Care Team



Hector was born in Toronto and raised on Beausoleil First Nation Territory. He is a man of many talents and has an extensive amount of knowledge on traditional healing. In 2015, Hector became the Traditional Healer/Consultant at the Barrie Area Native Advisory Circle (BANAC) and is now the Elder for they Mamaway Wildokdaadwin Primary Care Team since 2019. While in the midst of completing courses and working, he also completed the 5th degree in Midewin at Three Fires Society and is a Chief within the Midewin Lodge. Hector's teachers include Eddie Benton, Jim Dumont and Merle Pegamagabow. Hector has been a Traditional Healer, Mental Health Worker and a Language and Cultural teacher since 1990. Hector's passion for his people has given him an openness to share his wisdom and to assist those who are on their own healing journey.

Brenton Diaz

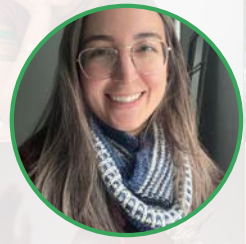
Trauma Therapist, Cedar Centre and Canadian Mental Health Association of York Region and South Simcoe



Brenton Diaz, MSW, RSW is a trauma therapist based out of York Region working exclusively with refugees and newcomers to Canada in a joint program between Cedar Centre and Canadian Mental Health Association of York Region and South Simcoe. He has taught internationally in a number of post-secondary institutions, including locally in the Social Work program at Lakehead University. In 2023 he travelled to Ethiopia with a project with Simon Fraser University to provide assistance to communities ravaged by war and massacres.

Dr. Mihaylova

Family Physician



Toni Mihaylova is a palliative care physician who has worked in Barrie for the past two years. She grew up in Mississauga, then completed medical training at McMaster, followed by family medicine and palliative care residencies at Queen’s University. She graduated in 2020 and for the next 2 years worked in Brampton and Toronto doing full-time palliative care. Part of her work was with the PEACH (Palliative Education And Care for the Homeless) team in downtown Toronto.

She and her husband made the decision to move to Barrie in December 2022, looking for a quieter lifestyle, far away from the 401. Less commuting has meant more time for hobbies – Toni loves to read, paddleboard, and hike with her dog. She is currently also working in collaboration with Hospice Simcoe and Ontario Health to create palliative supports for those who are vulnerably-housed in Barrie and area.

Troy Monague

Traditional Healing Coordinator, Mamaway Wiidokdaadwin Team



Troy Monague is apart of the Mamaway Wiidokadaadwin Team as the Traditional Healing Coordinator with the goal of helping communities with access and exposure to their culture and strengthening of their identity.

Troy has worked in the community for many years with Mental Health, Crisis Intervention, Addictions and those populations with complex needs, targeted through an Indigenous lens of practice. Troy has been working in the community while seeking ongoing learning from different elders, knowledge keepers and helpers. Troy learns from his loving family everyday as he is a husband and father. Troy was raised on Beausoleil First Nation with people such as his Grandfather, Past Chief Rodney Monague Sr, who helped in moving Troy in the direction of keeping the history of Anishinaabe people of this area and striving for the youth today to find independence and pride through storytelling and the use of what traditional knowledge Troy can offer.

Dr. Anwar Parbtani

Family Physician



Anwar Parbtani was born and lived in Uganda, East Africa until the age of 17. On completing high school, he went to Poona University, India from where he obtained his BSc (Hons) degree. He came to England in 1972 as a refugee from Uganda. He completed post-graduate studies in Genetics at Edinburgh University in Scotland and PhD at the University of London, England. He came to Canada in 1981 as a Canadian Heart Foundation fellow at McMaster Univ. He was a career scientist at Western Univ from 1984 to 1998. He has published more than 150 articles including papers, book chapters and abstracts. At the age of 48, he changed his career from science to medicine. He is currently a contract family physician at BCFHT and a member of the Barrie community palliative care group. He is Assistant Professor at the University of Toronto and FMTU-RVH. He is codirector of residents' research and evidence-based medicine program at FMTU-RVH and co-chair of RVH Research Ethics Board. Anwar's notable awards include "Shram Dam ("donation of labor") from Poona District in India, 125th Canada Birthday Achievement Award (for work with youth), the Award of Excellence in Research Mentorship from the DFCM, University of Toronto and the Award of Excellence from the Canadian College of Family Physicians. His current practice focus is community palliative care service, and his passion is teaching and research; more recently studying, researching and promoting role of culture, faith and spirituality in palliative care.

Kathy St. Amant

Red Road to Recovery Facilitator/Program Lead



Kathy is honoured to be working for Banac/Mamaway Primary Health Care Team as the Red Road to Recovery Facilitator/Program Lead. Kathy is compassionate in working for the Indigenous community for 29 years helping individuals, families and communities to learn, thrive and achieve their goals. This has been her dream facilitating Red Road to First Nations and communities to help her people to seek a good life in all aspects of Mental, Physical, Emotional and Spiritual well being. She is also called upon to intervene in crisis situations to restore and maintain family health while ensuring the cultural base of "Anishinabe" is maintained. With the Red Road to Recovery, they have developed a Red Road Curriculum and train-the-trainer program for front line workers working for Indigenous Communities. They were recognized for this work in 2012 with a Mental Health and Addictions Community Award.

Lori Scholten-Dallimore, BA, MDiv

Spiritual Care Coordinator at Hospice Simcoe



Lori studied philosophy at UWO and obtained her master's degree in religious studies and counselling at Knox College, U of T. She completed two clinical pastoral education units at Sick Children's Hospital and Royal Victoria Hospital and has worked in both hospital and long-term care settings. Lori joined Hospice Simcoe in 2017 and is grateful to be part of an organization which emphasizes compassion, inclusivity and a person-centred care. As Hospice Simcoe's Spiritual Care Coordinator, Lori provides support to patients and families, as well as to hospice volunteers and staff. Lori believes that spiritual care encompasses a holistic approach, including physical, emotional, psychosocial and grief support. Such a holistic approach honours what matters most to patients and their families, including cultural traditions, faith expression, gender identity and lifestyle choices.

Brenda Smith Leadership Award

The Brenda Smith Award is given to an exemplary hospice palliative care provider working or volunteering with individuals and families in the North Simcoe Muskoka Region. Individuals, in any care sector, are eligible for nomination.

“People want to know how much you care before they care how much you know”. James F Hind

The Brenda Smith Leadership Award committee would like to congratulate all nominees. For more information on the history of the award please visit <https://nsmhpcn.ca/brenda-smith-award> or scan the QR Code at the bottom of the page.

Past Award Recipients

- 2023 Madelyn Lye
- 2022 Deborah Foxtan
- 2021 Not awarded due to COVID-19.
- 2020 Debbie Kesheshian and Lisa Taylor
- 2019 Kelly Hubbard
- 2018 Rosamond Abbott
- 2017 Kim Lattimore
- 2016 Terri Yandt
- 2015 Sandra Winspear
- 2014 Carol Galbraith and Sylvia Styling
- 2013 Norma Connolly
- 2012 Maureen Johnstone
- 2011 Mona Desroches



The North Simcoe Muskoka Hospice Palliative Care Network is committed to the development of quality hospice palliative care wherever the client chooses to live and die. To support health care providers, we offer a variety of conferences, courses, workshops and presentations in communities across North Simcoe Muskoka. Courses include, but no limited to:

Essential Pain Management (EPM)

EPM is designed to provide foundational knowledge and skills in pain assessment, management, and evaluation from a palliative care approach. The focus of the course is on the pharmacological management of pain, which can then be applied to practice.

Duration: Approximately 8 weeks



Canadian Serious Illness Conversations (CSIC)

CSIC is designed to provide healthcare professionals with the tools and knowledge needed to have compassionate and effective conversations with patients, families, and caregivers who are dealing with a serious illness

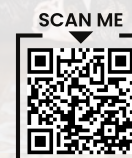
Duration: 2 hours



Fundamentals of Hospice Palliative Care (FHPC)

Fundamentals of Hospice Palliative Care program is a highly interactive, introductory course for all healthcare providers, support workers, and volunteers interested in enhancing their knowledge of Hospice Palliative Care.

Duration: Approximately 9 weeks



Advance Palliative Practice Skills (APPS)

Building on the Fundamentals of Hospice Palliative Care Program, The Advanced Palliative Practice Skills (APPS) program is an interactive, educational opportunity for Personal Support Workers (PSWs), Health Care Aides and Hospice Volunteers who are graduates of the Core Fundamentals of Hospice Palliative Care Program.

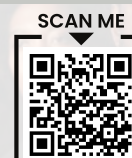
Duration: Approximately 9 weeks



Comprehensive Advanced Palliative Care Education (CAPCE)

The CAPCE program is uniquely designed for nurses (RPN, RN, NP) to develop their leadership and expertise skills in hospice palliative care across all healthcare sectors.

Duration: Approximately 5 months



For more information on the programs listed above please contact:

Lori Gill, Education Specialist
(705) 325-0505 ext 221 lori@nsmhpcn.ca



Palliative Care ECHO Project

Building Bridges Behind Bars

Wednesday, January 22nd, 2025

1:00 PM - 2:00 PM | Zoom



Join our host and special guest, Louise Brazier, Bereavement Services Coordinator, as they discuss the "Building Bridges Behind Bars" initiative. This initiative focuses on providing essential bereavement support to inmates and building capacity within correctional facilities. By addressing the unique challenges of delivering bereavement support to incarcerated individuals, the program aims to foster a compassionate approach that considers the physical, emotional, and spiritual needs of this population. Through collaborative learning and expert guidance, participants will gain the skills and knowledge necessary to build bridges of understanding and dignity in the correctional setting.

REGISTER ONLINE: [HTTPS://NSMHPCN.CA/ECHO](https://NSMHPCN.CA/ECHO)



Catch up on YouTube



You can now catch up on our past ECHO series through the playlists listed below. Each series can be viewed in its entirety by visiting the links listed or by scanning the QR Codes provided.



ECHO Tools in Your Toolbox



<https://bit.ly/ECHOTools>



ECHO Taking the Pain out of Pain Management: One Step...



<https://bit.ly/ECHOPain>



ECHO Evidence-Based Palliative Symptom...



<https://bit.ly/ECHOSymptom>



[HTTPS://NSMHPCN.CA/RC24/](https://NSMHPCN.CA/RC24/)



Regional Conference CONTINUED EDUCATION

Thank You Partners

The North Simcoe Muskoka Hospice Palliative Care Network would like to extend our deep appreciation to all of our community partners.



Canadian Mental Health Association
York and South Simcoe



Ontario Santé
Health Ontario