









**NSMHPCN COMFORT & CARE CHRONICLES | FEB 2025**

**2025 February**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Black History Month</b>  <b>Heart Health Month</b>					<b>1</b>  	<b>2</b> <b>Groundhog Day</b> 
<b>3</b> National Golden Retriever Day	<b>4</b> <b>CAPCE</b> Winter 2025 Module #1	<b>5</b>	<b>6</b> <b>FHPC</b> Winter 2025 Week 4	<b>7</b> National Wear Red Day (women's heart health awareness)	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> International Day of Women and Girls in Science	<b>12</b>	<b>13</b>	<b>14</b> 	<b>15</b> International Childhood Cancer Day	<b>16</b>
<b>17</b> Family Day <b>Office Closed</b>	<b>18</b> <b>CAPCE</b> Winter 2025 Module #2	<b>19</b>	<b>20</b> <b>FHPC</b> Winter 2025 Week 6	<b>21</b>	<b>22</b> Human Trafficking Awareness Day	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> Pink Shirt Day (anti-bullying)	<b>27</b>	<b>28</b> First day of Ramadan 	 	

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**2025/2026 Education Plan**  
*Be the first to know!*



Register to be one of the first to know about new course dates as they are released!

**bit.ly/2025EDU**

# NSMHPCN NORTH SIMCOE MUSKOKA HOSPICE PALLIATIVE CARE NETWORK

# 05.08.25

Save the Date

## CLINICAL CONFERENCE

Ferndale Banquet Hall, Barrie, ON

**Attend in Person:**  
Thursday, May 8th, 2025  
8:30 am - 2:00 pm  
\$75 pp



Register to receive updates via email by scanning QR Code or visiting <https://nsmhpcn.ca/conference>

**Virtual Access:**  
Week of May 19th - 23rd  
Access to Pre-recorded Sessions  
\$25 pp

### NSMHPCN STAFF DIRECTORY

PHONE: 705-325-0505 FAX: 705-325-7328



Staff Name	Position	Ext.	Email	Region
Amanda Tevelde*	Communications, Fundraising & Community Relations Specialist	Ext. 207	<a href="mailto:amanda@hospiceorillia.ca">amanda@hospiceorillia.ca</a>	Couchiching /North Simcoe Muskoka
Ashley MacGregor*,**	Volunteer & Program Coordinator	Ext. 218	<a href="mailto:ashley@hospiceorillia.ca">ashley@hospiceorillia.ca</a>	Couchiching
Cathy McKeown	PPSMC	Ext. 212	<a href="mailto:cathym@nsmhpcn.ca">cathym@nsmhpcn.ca</a>	South Muskoka - Community, Acute, LTC, RH & Andy's House
Hema Roopnarine	Executive Coordinator	Ext. 202	<a href="mailto:hema@nsmhpcn.ca">hema@nsmhpcn.ca</a>	North Simcoe Muskoka
Julie Leighton-Phelps	PPSMC	Ext. 219	<a href="mailto:julie@nsmhpcn.ca">julie@nsmhpcn.ca</a>	NSM/Penetang - Community, RH/LTCH/ACUTE/Community & Waypoint
Kathlene Bartlett	PPSMC, Indigenous Portfolio Navigator	Ext. 210	<a href="mailto:kathlene@nsmhpcn.ca">kathlene@nsmhpcn.ca</a>	Barrie & Area - Community, LTCH, RH, Acute and NSM Indigenous Portfolio
Laura Bates	PPSMC Education	Ext. 215	<a href="mailto:laura@nsmhpcn.ca">laura@nsmhpcn.ca</a>	North Simcoe Muskoka
Lori Gill	Education Specialist	Ext. 221	<a href="mailto:lori@nsmhpcn.ca">lori@nsmhpcn.ca</a>	North Simcoe Muskoka & Beaver Creek
Louise Brazier*	Bereavement Services Coordinator	Ext. 209	<a href="mailto:louise@hospiceorillia.ca">louise@hospiceorillia.ca</a>	Couchiching /North Simcoe Muskoka
Lynda Meeks	PPSMC Education	Ext. 205	<a href="mailto:lynda@nsmhpcn.ca">lynda@nsmhpcn.ca</a>	North Simcoe Muskoka
Madison Lahay*	Program Assistant	Ext. 208	<a href="mailto:madison@hospiceorillia.ca">madison@hospiceorillia.ca</a>	Couchiching
Nancy Good-Kennedy	PPSMC	Ext. 204	<a href="mailto:nancy@nsmhpcn.ca">nancy@nsmhpcn.ca</a>	South Georgian Bay - Collingwood/Wasaga Beach - Community/Acute/RH/LTC & Beaver Creek
Rachel Lapensee	Clinical Nurse Manager	Ext. 213	<a href="mailto:rachel@nsmhpcn.ca">rachel@nsmhpcn.ca</a>	North Simcoe Muskoka
Tracy Lavigne	PPSMC	Ext. 206	<a href="mailto:tracy@nsmhpcn.ca">tracy@nsmhpcn.ca</a>	Couchiching - Community, Acute/Dialysis, LTC, RH Shared Barrie & Area - Community, LTCH
Sidney Grocott*	Community Social Worker	Ext. 211	<a href="mailto:sidney@hospiceorillia.ca">sidney@hospiceorillia.ca</a>	Couchiching
Stefanie Collins*	Social Worker	Ext. 217	<a href="mailto:stefanie@hospiceorillia.ca">stefanie@hospiceorillia.ca</a>	Couchiching
Whitney Vowels	Executive Director	Ext. 240	<a href="mailto:whitney@nsmhpcn.ca">whitney@nsmhpcn.ca</a>	North Simcoe Muskoka

PPSMC = Palliative Pain and Symptom Management Consultants

\*= Hospice Orillia \*\*= On Leave



North Simcoe Muskoka Hospice Palliative Care Network  
169 Front St. S., Orillia, ON L3V4S8  
<https://nsmhpcn.ca/education> | Ph: (705) 325-0505





# BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/)



**Air Date: 01-FEB-25**

## Palliative Care in a Diverse World: Palliative Care for Adults with Intellectual or Developmental Disabilities

Join our guest host, Rachel Lapensee, NSMHPCN Clinical Nurse Manager, and her guests, Laura Bates and Lynda Meeks, Palliative Pain and Symptom Management Consultants with the NSMHPCN, who oversee the educational portfolio of the clinical team, as they discuss palliative care for adults with intellectual or developmental disabilities.



## Caring for the Caregiver

Caring for the caregiver is essential to ensure they can continue to provide support without compromising their own well-being. Caregiving can be physically and emotionally exhausting, and without proper self-care, caregivers may experience burnout. It's important for caregivers to prioritize their own health by getting adequate rest, eating well, and engaging in regular physical activity. Setting boundaries and asking for help from family, friends, or professional services can lighten the load. Taking breaks, seeking emotional support, and maintaining social connections are crucial for mental health. Moreover, caregivers should stay organized and educated about the care they provide, which can reduce stress and increase confidence. Ultimately, by nurturing themselves, caregivers are better equipped to offer compassionate and effective care to others.

### Read:

Caring For The Caregiver - Provincial Geriatrics Leadership Ontario

<https://bit.ly/FEB25R>

### Watch:

The Caregiver's Journey: Caring for the Caregiver

<https://bit.ly/FEB25W>

### Listen:

Helping Hands for Caregivers with Paige Wilson

<https://bit.ly/FEB25L>

## Palliative Care ECHO Project

## Catch up on YouTube

**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>





## NOT SURE WHERE TO BEGIN YOUR EDUCATION JOURNEY?

### Recommended Order

**Fundamentals of Hospice Palliative Care (FHPC)**  
<https://nsmhpcn.ca/fhpc>



**Advance Palliative Practice Skills (APPS)**  
<https://nsmhpcn.ca/apps>



**Comprehensive Advanced Palliative Care Education (CAPCE) Program**  
<https://nsmhpcn.ca/education/capce>



**Learning Essential Approaches to Palliative Care (LEAP)**  
<https://nsmhpcn.ca/leap>



### Available in No Particular Order

**Death Cafe**  
<https://nsmhpcn.ca/death-cafe/>



**Essential Pain Management (EPM)**  
<https://nsmhpcn.ca/education/epm/>



**Canadian Serious Illness Conversation (CSIC)**  
<https://nsmhpcn.ca/csic>



**A Palliative Approach to Care with Dementia**  
<https://nsmhpcn.ca/apacd/>



**Palliative Care ECHO Project**  
<https://nsmhpcn.ca/echo>



**Pills, Pumps and Patches**  
<https://nsmhpcn.ca/ppp>



### Request a Speaker

If you are looking for something specific or would like to request a speaker for a presentation at your organization or service group, please complete the online form by scanning the QR Code to the left or by visiting <https://bit.ly/Req25>.

Alternatively, you may contact Lori Gill, Education Specialist, directly via email at [lori@nsmhpcn.ca](mailto:lori@nsmhpcn.ca).





## 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



## GRIEF & BEREAVEMENT RESOURCE COLLECTION

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

Resources tailored to:

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



## Resource Library for Patients, Family Members and Caregivers

[WWW.NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/](http://WWW.NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/)

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



## NSMHPCN DIGITAL RESOURCE BINDER

**Hospice Palliative Care resources at your finger tips!**

[WWW.NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE](http://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.

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



## A Heartfelt Thank You to Our Wellness Initiative Supporters

We would like to extend our deepest gratitude to the companies and organizations that generously supported the 2024 NSMHPCN Employee Wellness Initiative. Your commitment to fostering a healthier and more balanced workplace is making a significant impact, and we are incredibly thankful for your partnership.

Together, we are creating an environment that prioritizes the well-being of employees, empowering them to thrive both professionally and personally. Your continued support is vital to the success of this initiative, and we look forward to working together to make even greater strides in the future.

*Thank you for your dedication to enhancing the wellness of our workforce!*



## February Wellness Reminder

Winter isn't the time to push ourselves to the max—it's a season to rest, reflect, and recharge. Instead of diving into big goals or trying to force productivity, allow yourself to honor the slower pace that winter offers. The cold, dark days are an invitation to turn inward, practice self-care, and nurture your mental and physical well-being.

Take time each day to unwind, whether it's through cozy rituals like hot baths, journaling, or simply savouring a warm cup of tea. Winter is a perfect opportunity to reflect on what you truly need, rather than rushing into plans for the future. Remember, growth doesn't always have to be visible—it's often happening quietly inside.

When the warmth of spring arrives, so will new energy to dream and create. Until then, give yourself permission to rest and replenish.

## Wellness Resources



Scan me

[nsmhpcn.ca/self-care/](https://nsmhpcn.ca/self-care/)



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