

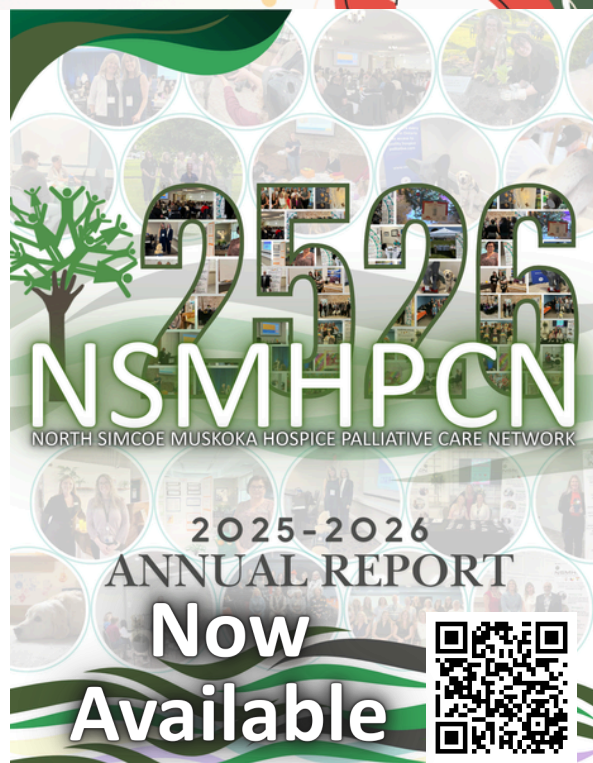


NSMHPCN COMFORT & CARE CHRONICLES | JULY 2026



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PPSMC=Palliative Pain and Symptom Management Consultant

*=Hospice Orillia Program



Transgender Aging, Health, Advocacy, and Palliative Care

Transgender older adults often face unique health challenges related to lifelong experiences of stigma, discrimination, and barriers to accessing gender-affirming healthcare. As they age, many transgender individuals encounter concerns about social isolation, inadequate support systems, and fear of discrimination within long-term care and end-of-life settings. Advocacy efforts focus on promoting inclusive healthcare policies, ensuring respect for gender identity, and improving provider education to deliver culturally safe care. In palliative care, affirming a person's gender identity, involving chosen family members in decision-making, and addressing psychosocial as well as physical needs are essential components of high-quality care. Creating inclusive palliative care environments can help transgender older adults experience dignity, comfort, and autonomy throughout serious illness and at the end of life.

READ

Aging with Affirmation


<https://bit.ly/4f294ky>

WATCH

Research Highlights: Aging with Affirmation Needs of Trans and Gender-Diverse Older Adults


<https://bit.ly/W26JULY>

LISTEN

Transgender Aging, Health, Advocacy, and Palliative Care Podcast


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

Professional Palliative Education Portal



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

**Supporting Your Team
through the
Professional Palliative
Education Portal**



Professional Palliative Education Portal Modules Included:

- A Palliative Approach to Care
- Advance Care Planning
- Breast Cancer
- Challenging Chats
- Chronic Renal Failure
- Colorectal Cancer
- Congestive Heart Failure
- Constipation & Diarrhea
- COPD and a Palliative Approach to Managing Dyspnea
- Edmonton Symptom Assessment System Revised (ESAS-r)
- End of Life Care for Alzheimer's Disease
- Ethics in Palliative Care
- Food and Fluid at End-of-Life
- Frailty and Dementia
- Frailty Scale
- Grief Happens
- Liver Disease
- Lung Cancer
- PAIN Assessment
- Pain and Symptom Management Tools
- Palliative Care Emergencies
- Palliative Performance Scale (PPS)
- Wound Care

<https://nsmhpcn.ca/pppep-login/>

Advance Palliative Practice Skills (APPS)

nsmhpcn.ca/apps/



Building on the Fundamentals of Hospice Palliative Care program, the Advanced Palliative Practice Skills (APPS) program allows participants to learn and develop skills and strategies for enhancing communication with the person, family, and team members; effective team functioning; self-care and relieving common end-of-life symptoms.

This course will allow learners to have an enhanced understanding and respect for the role of PSWs and Health Care Aides in providing a palliative approach to care, be able to identify opportunities and strategies around symptom management and comfort measures at end-of-life, have an enhanced understanding of loss and grief, and be comfortable with actively contributing to a team approach.

Course Description/Overview:

- You will have 8 weeks to complete the course. To receive your APPS certificate, you must:
 - Complete all the online learning modules for the course (readings, interactive activities, case studies, self-checks and reflection) and achieve 100% on each module quiz (approx. 18 hours)
 - Attend the scheduled Culminating Session (2.5 hours)

Duration: Approximately 8 weeks

Fee: \$40.00

Pre-requisite: Fundamentals of Hospice Palliative Care

UPCOMING SESSION:	Winter 2027
Start Date:	Jan. 20 th , 2027
Registration Deadline:	Jan. 5 th , 2027
Time:	9 AM - 11:30 AM
Required Session:	Mar. 10 th , 2027

Grief & Bereavement: An Introductory Course

<https://nsmhpcn.ca/education/grief-bereavement/>



The Grief & Bereavement: An Introductory Course half-day workshop is designed as an interactive exploration of grief, bereavement, mourning, and death and dying in our society today.

This virtual course is designed to allow for self-reflection on our own experiences with grief, our inner and outer biases, and how they can impact us as friends, family members, peers and/or healthcare providers. Participants will explore contemporary grief theory, how to hold space for grieving people, and provide practical skills and knowledge on how to best support ourselves and others.

UPCOMING SESSIONS:	September 2026	December 2026	March 2027
Date:	Sept. 15 th , 2026	Dec. 8 th , 2026	Mar. 11 th , 2027
Registration Deadline:	Aug. 31 st , 2026	Nov. 23 rd , 2026	Feb. 24 th , 2027
Time:	9 AM - 1 PM	9 AM - 1 PM	9 AM - 1 PM

Canadian Serious Illness Conversation (CSIC)

nsmhpcn.ca/csic



This program equips health care professionals with the skills to have compassionate and effective conversations with patients, families, and caregivers facing serious illness. By focusing on person-centered values, goals, and wishes, these conversations help reduce confusion and ensure that care decisions align with what matters most to the individual. The training includes a self-learning module and a facilitated session, guiding professionals in the use of the Serious Illness Conversation Guide developed by Ariadne Labs and Pallium Canada.

Course Overview

- Designed to provide health care 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
- Effective conversations between clinicians and individuals about values, goals and wishes in regards to health care treatment ease confusion and fear while ensuring decisions reflect what is most important to the individual
- Research shows that timely, person-centered serious illness conversations and care planning improve the care experience for both the clinician and the individual and their family/caregivers
- Provides a comprehensive understanding for healthcare professionals of the use and application of the Serious Illness Conversation Guide, developed by Ariadne Labs of Harvard Medical School and hosted through Pallium Canada
- Contains 2 parts: an online self-learning module (approximately 1.5-2 hours) and a 2 hour facilitated session led by certified facilitators to practice and refine the use of the guide through role-playing exercises

Duration: 2-hours
Fee: FREE

UPCOMING SESSIONS:	Fall 2026	Winter 2027	Sprint 2027
Date:	Sept. 11 th , 2026	Jan. 29 th , 2027	Mar. 26 th , 2027
Registration Deadline:	Sept. 4 th , 2026	Jan. 22 nd , 2027	Mar. 19 th , 2027
Time:	9 AM - 11 AM	9 AM - 11 AM	9 AM - 11 AM

Comprehensive Advanced Palliative Care Education (CAPCE)

nsmhpcn.ca/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.

All course components are mandatory, including attendance at all virtual in-class learning sessions.

Duration: Approximately 5 months

Fee: \$200

Course Components:

- Nine two-hour virtual in-class coaching sessions over 18 weeks
- Self-directed reading and tasks
- Complete and submit three learning goals and attend a 1:1 review of goals with facilitator
- Three Peer-to-Peer exchanges
- Four discussion board postings
- End of module quizzes
- Complete a final assignment and application of knowledge in the final coaching session
- All course components are mandatory, including attendance at all virtual in class learning sessions.

Course Pre-requisites:

- Fundamentals of Hospice Palliative Care Program
- A minimum of 1-year experience caring for people with a progressive, life-limiting illness
- Ability and interest to function as a Resource Nurse, providing primary level support and advanced level knowledge and skills for care team members in his or her organization
- Ability and interest to coach others, facilitate change and be a role model
- Sensitivity to the impact of attitudes, behaviours, life experiences, values, thoughts and feelings on the well-being and quality of life from the perspective of all partners in care

UPCOMING SESSIONS:	Fall 2026		Winter 2027	
Registration Deadline:	Aug. 31st, 2026		Jan. 4th, 2027	
Start Date:	Sept. 15th, 2026		Jan. 19th, 2027	
End Date:	Jan. 12th, 2027		May 25th, 2027	
Required Sessions				
Intro to CAPCE	Sept. 15th, 2026	1 PM-3 PM	Jan. 19th, 2027	9 AM-11 AM
Module #1	Sept. 29th, 2026	1 PM-3 PM	Feb. 2nd, 2027	9 AM-11 AM
Module #2	Oct. 13th, 2026	1 PM-3 PM	Feb. 16th, 2027	9 AM-11 AM
Module #3	Oct. 27th, 2026	1 PM-3 PM	Mar. 2nd, 2027	9 AM-11 AM
Module #4	Nov. 10th, 2026	1 PM-3 PM	Mar. 23rd, 2027	9 AM-11 AM
Module #5	Nov. 24th, 2026	1 PM-3 PM	Apr. 6th, 2027	9 AM-11 AM
Module #6	Dec. 8th, 2026	1 PM-3 PM	Apr. 20th, 2027	9 AM-11 AM
Module #7	Dec. 22nd, 2026	1 PM-3 PM	May 4th, 2027	9 AM-11 AM
Module #8	Jan. 5th, 2027	1 PM-3 PM	May 18th, 2027	9 AM-11 AM



Essential Pain Management (EPM)

nsmhpcn.ca/education/epm/



Over the course of eight weeks, NSMHPCN Palliative Pain and Symptom Management Consultants (PPSMCs) will work with EPM learners 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.

The focus of this course is on the pharmacological management of pain. Pain assessment, management, and evaluation are foundational skills for nurses working in any practice setting. EPM aims to equip nurses with a foundational knowledge base and skills around pain management, from a palliative care approach, that can be applied to your practice.

EPM

You will have 8 weeks to complete the course. To receive your EPM certificate, you must:

- Complete all the online modules for Part 1 (EPM) and achieve 100% on each module quiz
- Attend the scheduled Part 1 (EPM) coaching session (3 hours)
- Complete the online module for Part 2 (AMP) and achieve 100% on the module quiz
- Attend the scheduled Part 2 (AMP) coaching session (3 hours)

Curriculum topics include:

- Part 1 Modules: Getting started, Laying the Foundation, Understanding Pain, Assessment, and Approaches to Pain Management
- Part 2 Module: AMP Preparatory Module (a more in-depth look at equianalgesia and additional application of pain management principles to specific skills and scenarios)

Coaching Sessions: Both sessions will provide case-based learning opportunities to apply knowledge and skills to practice.

Duration: 8 weeks

Fee: \$40.00

UPCOMING SESSIONS:	Fall 2026	Winter 2027
Course Dates:	Sept. 14th, 2026 – Nov. 9th, 2026	Feb. 8th, 2027 – Apr. 5th, 2027
Registration Deadline:	Aug. 30th, 2026	Jan. 24th, 2027
Independent Study:	Sept. 14th, 2026 – Oct. 25th, 2026	Feb. 8th, 2027 – Mar. 21st, 2027
Coaching Session #1:	Oct. 26th, 2026, 9 AM – 12 PM	Mar. 22nd, 2027, 5:30 PM – 8:30 PM
Coaching Session #2	Nov. 2nd, 2026, 9 AM – 12 PM	Mar. 30th, 2027, 5:30 PM – 8:30 PM

Fundamentals of Hospice Palliative Care (FHPC)

nsmhpcn.ca/fundamentals-of-hpc/



The 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.

Course Components:

- Three, 3-hour virtual in-class Case Based Learning sessions
- Self-directed online learning modules x 11
- Two Peer-to-peer exchanges
- One reflective Activity
- All course components are mandatory, including attendance at all virtual in-class learning sessions.

Duration: Approximately 9 weeks

Fee: \$40

Pre-requisites: None

UPCOMING SESSIONS:	2026				2027					
	Fall 2026 A		Fall 2026 B		Winter 2027 A		Winter 2027 B			
	Registration Deadline:		Sept. 2nd, 2026		Sept. 16th, 2026		Jan. 6th, 2027		Jan. 20th, 2027	
	Start Date:		Sept. 17th 2026		Oct. 1st, 2026		Jan. 21st, 2027		Feb. 4th, 2027	
	End Date:		Nov. 12th, 2026		Nov. 26th, 2026		Mar. 18th, 2027		Apr. 1st, 2026	
Required Sessions:										
CBL #1	Sept. 17th	1 PM - 4 PM	Oct. 1st	9 AM - 12 PM	Jan. 21st	1 PM - 4 PM	Feb. 4th	9 AM - 12 PM		
CBL #2	Oct. 1st	1 PM - 4 PM	Oct. 29th	9 AM - 12 PM	Feb. 18th	1 PM - 4 PM	Mar. 4th	9 AM - 12 PM		
CBL #3	Oct. 29th	1 PM - 4 PM	Nov. 12th	9 AM - 12 PM	Mar. 4th	1 PM - 4 PM	Mar. 18th	9 AM - 12 PM		

A Palliative Approach to Care with Dementia
nsmhpcn.ca/apacd/



Taking a palliative approach to care improves the quality of care provided and enhances the overall well-being of the person with dementia and their family and caregivers. However assessing and managing symptoms and ensuring the plan of care for someone living with dementia maintains their dignity and follows their wishes, goals, and values can be difficult when the disease reaches the stage where the person is not able to speak for themselves.

This workshop’s learning objectives:

- Describe the prevalence and pathophysiology of the various types of dementia
- Better support the person living with dementia and their family/caregivers through end of life
- Understand some of the commonly used medications in dementia
- Understand specialized tools available for symptom assessment and management in dementia

Education specific to dementia for health care professionals allows for:

- Better symptom management as symptom assessment and management is more complex in the context of cognitive impairment
- Improved communication between family/caregivers and health care professionals by giving health care professionals strategies for facilitating open and honest discussions about condition, prognosis, and end-of-life preferences
- Effective interdisciplinary collaboration to tailor the plan of care to the unique needs of each patient and their family/caregivers living with dementia
- Increased caregiver support by better recognizing their unique needs and providing resources, education, and support during an extended illness journey that can place a significant burden on family caregivers
- Improved coping skills for health care professionals to promote resiliency and minimize the risk of burnout

UPCOMING SESSIONS:	Fall 2026	Winter 2026	Winter 2027
Date:	Oct. 7th, 2026	Dec. 2nd, 2026	Feb. 24th, 2027
Registration Deadline:	Sept. 22nd, 2026	Nov. 17th, 2026	Feb. 9th, 2027
Time:	1 PM - 3 PM	1 PM - 3 PM	1 PM - 3 PM



FNIMUI RESOURCE COLLECTION

NSMHPCN.CA/FNIMUI-RESOURCES/

Resources include:

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



GRIEF & BEREAVEMENT RESOURCES

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

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!

NSMHPCN.CA/RESOURCES/VIRTUAL-RESOURCE-PACKAGE

The dedicated team of PPSMC's have carefully curated 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. Resources includes but not limited to:

- A Palliative Approach to Care for LTC
- Advance Care Planning
- Consent and Capacity
- Emergencies in the Home - Conversation Guides
- Food & Fluid at End of Life
- Norms of Practice
- Ontario Palliative Care Competency Framework
- Palliative Care Approach for Primary Care
- Palliative Care Health Services Delivery Framework
- Patient Dignity Inventory CancerCare
- Power of Attorney
- Preferred Earlier Identification Tools
- Recommended Tools for Assessment
- Service Provider Resources for IDD
- Symptom Assessment and Screening
- What to Expect When Someone Close to You is Dying



The Waiting Room REVOLUTION

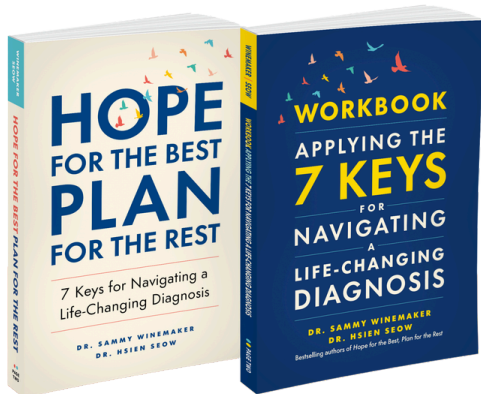


A social movement designed to put the *human* back at the centre of care.

The Waiting Room Revolution was founded by Dr. Hsien Seow, a health-care researcher, and Dr. Sammy Winemaker, a palliative-care physician. Through decades of caring for individuals and families, they witnessed systemic gaps that too often leave people unprepared for what to expect throughout the course of a life-changing illness.

In response, they launched a social movement to transform the experience of patients, families, and health-care providers. The Waiting Room Revolution challenges the status quo by advocating for a more compassionate, transparent, and empowering approach to care—one that bridges the gap between what clinicians understand and what patients and families are actually told.

At the heart of this movement are the 7 Keys, which help people feel more informed, involved, and supported.



Hospice Orillia and the NSMHPCN are proud partners in the Waiting Room Revolution, championing these principles to ensure individuals and families feel informed, empowered, and supported every step of the way.

7 keys for navigating a life-changing illness



WALK TWO ROADS

Hope for the best and plan for the rest



ZOOM OUT

Understand the big picture of your illness



KNOW YOUR STYLE

Reflect on how you cope and face challenges



CUSTOMIZE YOUR ORDER

Tailor the care plan to your values and preferences



EXPECT RIPPLE EFFECTS

Prepare for the family's parallel journey



CONNECT THE DOTS

Play a central role in navigating the system



INVITE YOURSELF

Initiate conversations about what to expect

For more tools and resources visit waitingroomrevolution.com
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Wellness Corner

Small Moments, Big Impact



Wellness doesn't need to be time-consuming to be effective; small, intentional pauses can reset your body and mind and help prevent burnout for people who give so much to others.

Try a daily "one-minute reset": sit comfortably, inhale slowly for four counts, then exhale for eight counts; repeat for one minute to calm the nervous system and reduce stress.

Why one minute helps...

Short breathing practices boost parasympathetic (vagal) activity, which supports relaxation and reduces anxiety—benefits that can be felt quickly and that are especially useful for older adults and caregivers.

Microbreaks and brief physical movement (stretching, standing, or a short walk) can improve mood and reduce fatigue when done regularly during the day.

Quick guided "One-Minute Reset" you can use now:

- Find a comfortable seat and soften your shoulders.
- Inhale slowly through your nose for a count of 4.
- Exhale gently through your mouth for a count of 8.
- Repeat for one minute (about 6–8 cycles). Notice your shoulders drop and your breath slow.

Practical ways to add small resets into your day:

- Transition ritual: do the one-minute reset when you arrive home, before a meeting, or after a difficult call.
- Micro-mobility: set a reminder every 60–90 minutes to stand, stretch, or walk for 2–3 minutes to counteract prolonged sitting.
- Social reset: pair a quick check-in with a colleague or volunteer—connection supports resilience and reduces isolation.

