

NSMHPCN COMFORT & CARE CHRONICLES | AUG 2026

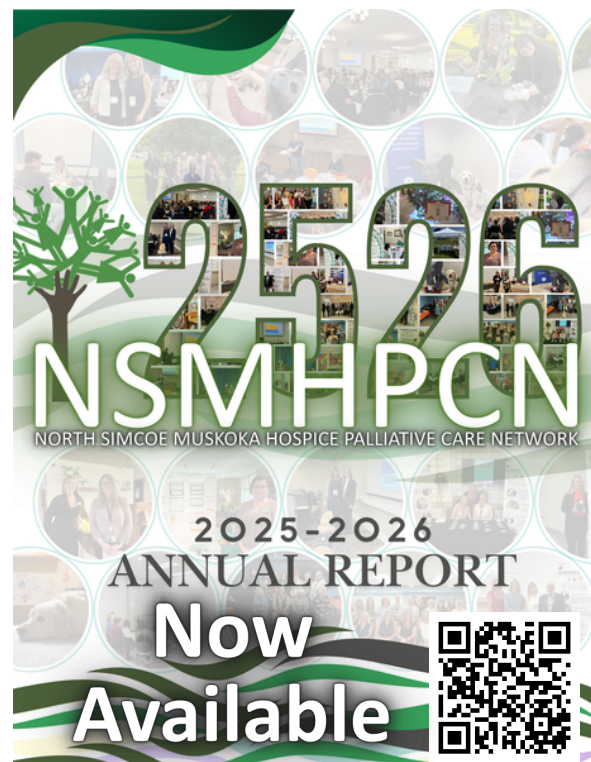
AUGUST 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Emancipation Day
2	3 Civic Holiday CLOSED	4	5	6	7	8
9 Int'l Day of the World's Indigenous Peoples	10	11	12	13 World Organ Donation Day	14	15
16	17	18	19 World Humanitarian Day	20 Death Cafe Wasaga Beach Library	21	22
23	24 GBIC Registration Deadline	25	26	27	28	29
EPM Registration Deadline	International Overdose Awareness Day	CAPCE Registration Deadline	CAPCE = Comprehensive Advanced Palliative Care Education EPM = Essential Pain Management GBIC = Grief & Bereavement - An Introductory Course			

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NSMHPCN
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PPSMC=Palliative Pain and Symptom Management Consultant

*=Hospice Orillia Program

A Change to Our Newsletter Delivery Platform



We are pleased to share that we are making an important update to the way we deliver our newsletters. Beginning in September, our email communications will be sent through Envoke, a Canadian-owned and operated email communications platform.

This change reflects our ongoing commitment to protecting your privacy and ensuring our communications are managed through a trusted platform that meets Canadian privacy standards. With servers located in Canada, Envoke helps ensure your information remains secure and is handled responsibly.

Envoke is trusted by a wide range of Canadian organizations, including municipalities, universities, healthcare organizations, associations, and public sector organizations. Organizations using Envoke include McGill University, Cape Breton University, University of Winnipeg, District of West Vancouver, Federation for Humanities and Social Sciences, College of Speech and Hearing Health of BC, United Way Winnipeg, and many more.

In addition to enhanced privacy and security, our new newsletter platform introduces several new features designed to improve your experience. You'll be able to update your communication preferences and choose which newsletters and updates you would like to receive, ensuring your inbox contains the information that matters most to you. Our newsletters will also include Newsletter Anchor Points, allowing you to quickly jump to the sections that interest you most for faster, easier navigation.

You may notice some small changes to the appearance and delivery of our newsletters as we transition to this new system, but our commitment to keeping you informed about our programs, events, and community remains the same.

To ensure you continue receiving our newsletters, please add our email address to your safe senders list or approved contacts to help prevent messages from being directed to your junk or spam folder.

Thank you for staying connected with us. We appreciate the opportunity to share our work and updates with you.



BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

[NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/](https://nsmhpcn.ca/beyond-the-stethoscope/)

AUGUST 2026: NAUSEA AND VOMITING IN PALLIATIVE CARE

In this episode of Beyond the Stethoscope, we dive into one of the most common and challenging symptoms in palliative care: nausea and vomiting. Guided by a lively discussion between host Lori Gill and guest Nancy Good-Kennedy, NSMHPCN Palliative Pain and Symptom Management Consultant, we explore a landmark study that asks a provocative question — does the exact cause of nausea always need to be identified before treatment begins? Join us as we unpack the evidence behind the long-standing debate between etiology-based prescribing and a simpler haloperidol-first approach, and what this means for delivering timely, compassionate symptom relief.

Amazon Podcasts

Apple Podcasts

NSMHPCN.CA

Scan to Listen!!



Delirium

Delirium is a common and distressing neurocognitive syndrome in palliative care, affecting patients with advanced illness, particularly in the final stages of life. It is characterized by an acute disturbance in attention, awareness, and cognition, with symptoms that often fluctuate over time. Delirium may result from multiple contributing factors, including infection, dehydration, medication effects (particularly opioids and sedatives), metabolic disturbances, organ failure, and uncontrolled pain. Early recognition and identification of reversible causes are important, as appropriate management may improve patient comfort and quality of life when consistent with the individual's goals of care. Prevention strategies focus on addressing modifiable risk factors through maintaining adequate hydration and nutrition where appropriate, optimizing pain and symptom control, minimizing the use of deliriogenic medications, promoting regular sleep-wake cycles, ensuring the use of sensory aids such as glasses and hearing aids, encouraging orientation through familiar people and environments, and supporting early mobilization when feasible. While not all episodes of delirium are preventable, particularly in the terminal phase of illness, a multidisciplinary approach that combines non-pharmacological interventions with individualized medical management can reduce its incidence and severity, while prioritizing patient comfort and family support.

READ

GUIDANCE on
Delirium Care for
Older Adults in
the Community



<https://bit.ly/AUG26R>

WATCH

Managing Delirium
in Palliative Care



<https://bit.ly/AUG26W>

LISTEN

Delirium: A
podcast with
Sharon Inouye



<https://bit.ly/AUG26L>

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/ppep-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



Resource Library for Patients, Family Members and Caregivers

NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/

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



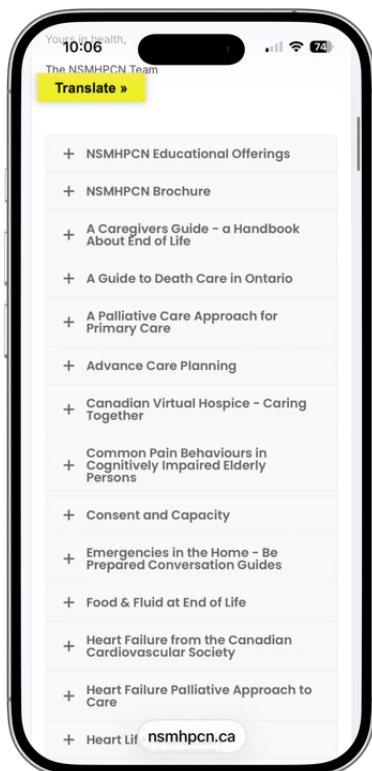
Virtual Resource Binder for Healthcare Providers

HOSPICE PALLIATIVE CARE RESOURCES AT YOUR FINGERTIPS

NSMHPCN.CA/VIRTUAL-RESOURCE-PACKAGE/

Includes:

- Advance Care Planning
- FNIMUI Resources
- Palliative Care Health Services Delivery Framework
- Preferred Earlier Identification Tools
- Recommended Tools for Assessment
- Reference Cards and Scales
- Symptom Assessment and Screening
- A Palliative Approach to Care for Long-Term Care
- Plus much more!



The Waiting Room REVOLUTION



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

Get Ready for the Waiting Room Revolution Ambassador Workshops

Exciting news! The Hospice Orillia team is proud to offer upcoming Waiting Room Revolution Ambassador training workshops—a powerful opportunity to be part of a growing movement that is transforming how patients, families, and care providers experience care.

The Waiting Room Revolution was founded by Dr. Hsien Seow, a health-care researcher, and Dr. Sammy Winemaker, a palliative-care physician, after years of witnessing how often people are left unprepared for what to expect during a life-changing illness. In response, they launched a social movement that challenges the status quo and advocates for a more compassionate, transparent, and empowering approach to care.

At the heart of this movement are the 7 Keys—a practical framework that helps people feel more informed, involved, and supported. These upcoming workshops will equip you with the tools and confidence to become a Waiting Room Revolution Ambassador, sharing this vital approach with your community and helping to bridge the gap between what clinicians understand and what patients and families are actually told.

Join Hospice Orillia for an inspiring and meaningful training experience, and be part of a movement that brings greater clarity, compassion, and support to care conversations across our community. Registration is now open for the following dates:

- Thursday, September 17th, 2026
- Thursday, November 19th, 2026
- Thursday, January 21st, 2027



For more tools and resources, visit <https://hospiceorillia.ca/wrr> or scan the QR Code.

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

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Wellness Corner

August Wellness: Nourish, Connect, Reflect

As summer begins to wind down, August is a good time to pause, reflect, and prepare gently for the season ahead. This month's Wellness Corner invites you to care for your body, mind, and connections in simple, meaningful ways.

Late summer brings fresh local produce, making it a perfect time to nourish yourself with seasonal fruits and vegetables and stay hydrated during warm days.

Small choices—like adding an extra serving of vegetables to a meal or taking a walk through a local farmers' market—can support your overall well-being. It's also important to tend to your mental wellness.

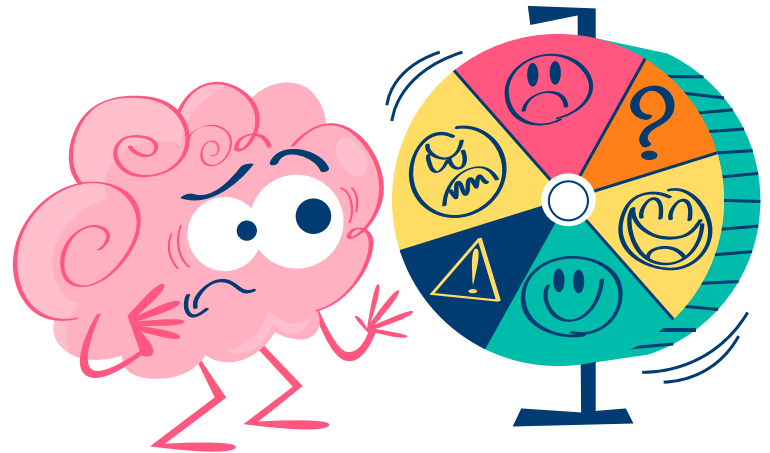
Even a few minutes of mindful breathing outdoors can help you slow down and reset. You might also try journaling, enjoying a phone-free evening, or creating a quiet tea ritual at the end of the day.

Wellness is also about connection. Reach out to someone you haven't spoken to in a while, or take part in a community event that brings people together. For caregivers and volunteers, remember that self-care is essential. Taking breaks, debriefing after visits, and reaching out for support all help sustain the care you give to others.

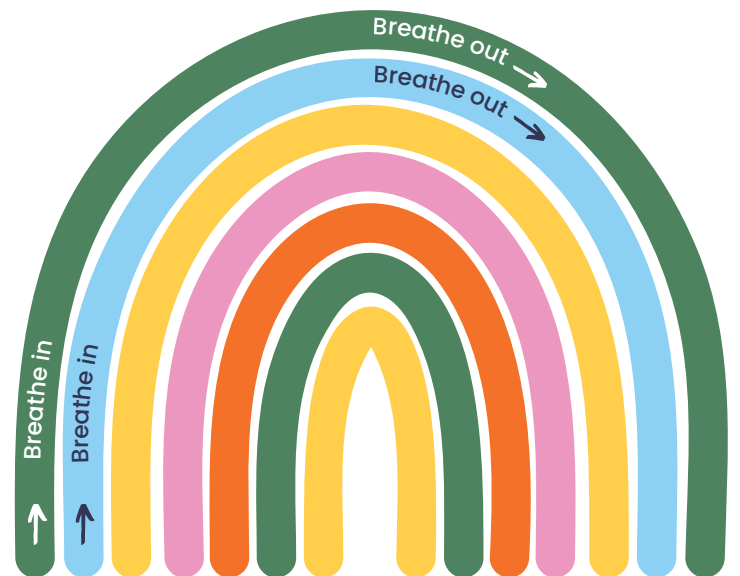
As August comes to a close, take time to reflect on what you want to carry into fall. A simple evening routine, a cozy blanket, or a small home refresh can help make the seasonal transition feel calm and intentional.

Remember to nourish your mind, connect with friends and family, and reflect on the past while looking ahead.

If you are feeling like this, it's time to take a brain break!



BRAIN BREAK



Trace the rainbow from one side to the other.

Breathe in as you trace up.

Breathe out as you trace down.

Repeat with each color of the rainbow, until you feel calm and grounded.

