NSMHPCN COMFORT & CARE CHRONICLES | NOV 2026

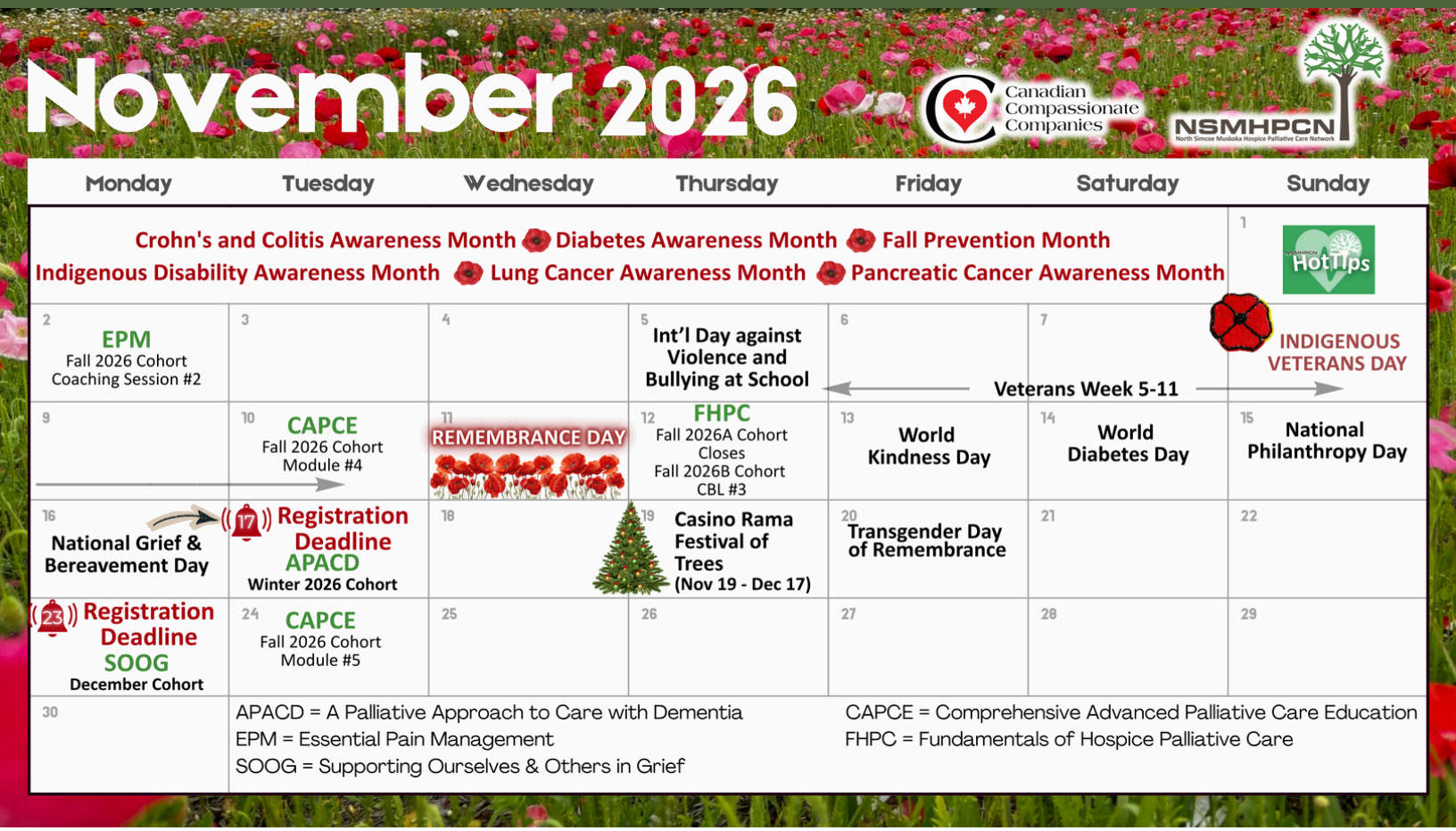


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"They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."
Laurence Binyon's 1914 poem "For the Fallen"

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

Ontario Health Santé Ontario



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Indigenous Veterans Day
November 8th

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Watch: Forgotten Warriors NFB (National Film Board)

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Canadian War Museum

SCAN ME

Government of Canada

SCAN ME

Royal Canadian Legion



"IN FLANDERS FIELDS, THE POPPIES BLOW
BETWEEN THE CROSSES, ROW ON ROW,
THAT MARK OUR PLACE; AND IN THE SKY
THE LARKS, STILL BRAVELY SINGING, FLY
SCARCE HEARD AMID THE GUNS BELOW."
—JOHN MCCRAE

HTTPS://NSMHPCN.CA



Deborah Sloan



Thank you, Deb, for your dedication, compassion, and lasting contributions to hospice palliative care. Enjoy your well deserved retirement!

NSMHPCN Staff Directory

Staff Name	Office	Email	Position
Amanda Tevelde	Ext. 207	amanda@nsmhpcn.ca	Communications, Fundraising & Community Relations Specialist
Ashley MacGregor*	Ext. 218	ashley@hospiceorillia.ca	Volunteer Coordinator
Hema Roopnarine	Ext. 202	hema@nsmhpcn.ca	Executive Coordinator
Julie Leighton	Ext. 219	julie@nsmhpcn.ca	PPSMC
Karen Mocherniak*	Ext. 208	karen@hospiceorillia.ca	Program Assistant
Katie Taylor	Ext. 224	katie@nsmhpcn.ca	PPSMC
Laura Bates	Ext. 215	laura@nsmhpcn.ca	PPSMC
Louise Brazier	Ext. 209	louise@nsmhpcn.ca	Bereavement Services Coordinator
Lynda Meeks	Ext. 205	lynda@nsmhpcn.ca	PPSMC
Madison Lahay**	Ext. 208	madison@hospiceorillia.ca	Program Assistant (on leave as of Nov 2026)
Nancy Good-Kennedy	Ext. 204	nancy@nsmhpcn.ca	PPSMC
Rachel Lapensee	Ext. 213	rachel@nsmhpcn.ca	Clinical Nurse Manager
Sidney Grocott*	Ext. 211	sidney@hospiceorillia.ca	Community Social Worker
Stefanie Collins*	Ext. 217	stefanie@hospiceorillia.ca	Social Worker
Tracy Lavigne	Ext. 206	tracy@nsmhpcn.ca	PPSMC
Whitney Vowels	Ext. 240	whitney@nsmhpcn.ca	Executive Director

*= Hospice Orillia
**=On Leave

Revised October 26th, 2026



Please join us in welcoming Katie to the team! We're excited to have you on board and look forward to working with you.



Katie Taylor

A Palliative Approach to Care in Long Term Care

A palliative approach in long-term care (LTC) empowers families and staff to deliver personalized, high-quality care to residents facing chronic and life-limiting illnesses. This approach facilitates a smooth transition from managing chronic diseases to appropriate end-of-life planning and care. We believe that palliative care is beneficial at any stage of a chronic illness, as it maximizes comfort and honors individuals' wishes. By collaborating with health professionals and family members, residents with life-limiting or terminal illnesses are actively involved throughout their care journey. This approach emphasizes open and honest communication, ensuring that residents' personal, spiritual, and emotional needs are recognized and addressed.

READ
Implementing a Palliative Approach to Care in Long Term Care:
https://bit.ly/NOV24R

WATCH
The Value of a Palliative Approach to Care
https://bit.ly/W24NOV

LISTEN
Strengthening a Palliative Approach to Care in Long Term Care
https://apple.co/48gtykE



BRENDA SMITH LEADERSHIP AWARD

Do you know an exemplary RN or RPN working in hospice palliative care in North Simcoe Muskoka?

Nominate them for the Brenda Smith Leadership Award! This prestigious award recognizes individuals who display passion, commitment, leadership, and determination in their field.

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Nomination Deadline: December 31st, 2026

nsmhpcn.ca/brenda-smith-award/

https://www.surveymonkey.com/r/7NWLKTS



Advance Palliative Practice Skills (APPS)

nsmhpcn.ca/apps/

SCAN ME

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

Canadian Serious Illness Conversation (CSIC)

nsmhpcn.ca/csic

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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:	Winter 2027	Spring 2027
Date:	Jan. 29th, 2027	Mar. 26th, 2027
Registration Deadline:	Jan. 22nd, 2027	Mar. 19th, 2027
Time:	9 AM - 11 AM	9 AM - 11 AM

Comprehensive Advanced Palliative Care Education (CAPCE)
nsmhpcn.ca/education/capce

SCAN ME

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:	Winter 2026	
Registration Deadline:	Nov.9th, 2026	
Start Date:	Nov. 24th, 2026	
End Date:	March 31st, 2027	
Required Sessions		
Intro to CAPCE	Nov. 24th, 2026	9 AM-11 AM
Module #1	Dec. 8th, 2026	9 AM-11 AM
Module #2	Dec. 22nd, 2027	9 AM-11 AM
Module #3	Jan. 5th, 2027	9 AM-11 AM
Module #4	Jan. 19th, 2027	9 AM-11 AM
Module #5	Feb. 2nd, 2027	9 AM-11 AM
Module #6	Feb. 16th , 2027	9 AM-11 AM
Module #7	Mar. 2nd, 2027	9 AM-11 AM
Module #8	Mar. 23rd, 2027	9 AM-11 AM

Essential Pain Management (EPM)

nsmhpcn.ca/education/epm/

SCAN ME

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.

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:	Winter 2027
Course Dates:	Feb. 8th, 2027 – Apr. 5th, 2027
Registration Deadline:	Jan. 24th, 2027
Independent Study:	Feb. 8th, 2027 – Mar. 21st, 2027
Coaching Session #1:	Mar. 22nd, 2027, 5:30 PM – 8:30 PM
Coaching Session #2	Mar. 30th, 2027, 5:30 PM – 8:30 PM



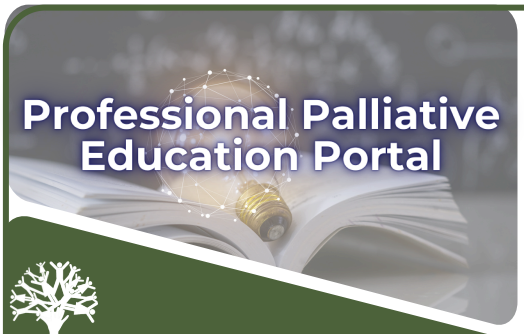
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NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

Supporting Your Team

through partnerships, innovative programs and knowledge exchange.

- **Joint Visit/Case Based Support**
- **Specialized Courses**
- **In Service Education**
- **FREE On Demand Education**



NSMHPCN
North Simcoe Muskoka Hospice Palliative Care Network

Supporting Your Team through the Professional Palliative Education Portal

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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/

Fundamentals of Hospice Palliative Care (FHPC)

nsmhpcn.ca/fundamentals-of-hpc/

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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:	2027			
	Winter 2027 A		Winter 2027 B	
Registration Deadline:	Jan. 6th, 2027		Jan. 20th, 2027	
Start Date:	Jan. 21st, 2027		Feb. 4th, 2027	
End Date:	Mar. 18th, 2027		Apr. 1st, 2027	
Required Sessions:				
CBL #1	Jan. 21st	1 PM - 4 PM	Feb. 4th	9 AM - 12 PM
CBL #2	Feb. 18th	1 PM - 4 PM	Mar. 4th	9 AM - 12 PM
CBL #3	Mar. 4th	1 PM - 4 PM	Mar. 18th	9 AM - 12 PM

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

SCAN ME

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:	Winter 2026	Winter 2027
Date:	Dec. 2nd, 2026	Feb. 24th, 2027
Registration Deadline:	Nov. 17th, 2026	Feb. 9th, 2027
Time:	1 PM - 3 PM	1 PM - 3 PM

Supporting Ourselves and Others in Grief

(formerly Grief & Bereavement: An Introductory Course)

SCAN ME

https://nsmhpcn.ca/soog/

Designed for health service providers, this half-day interactive workshop explores grief, bereavement, mourning, and attitudes toward death and dying in today's society.

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:	December 2026	March 2027
Date:	Dec. 8th, 2026	Mar. 11th, 2027
Registration Deadline:	Nov. 23rd, 2026	Feb. 24th, 2027
Time:	9 AM - 1 PM	9 AM - 1 PM

FNIMUI RESOURCE COLLECTION

NSMHPCN.CA/FNIMUI-RESOURCES/

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Resources include:

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

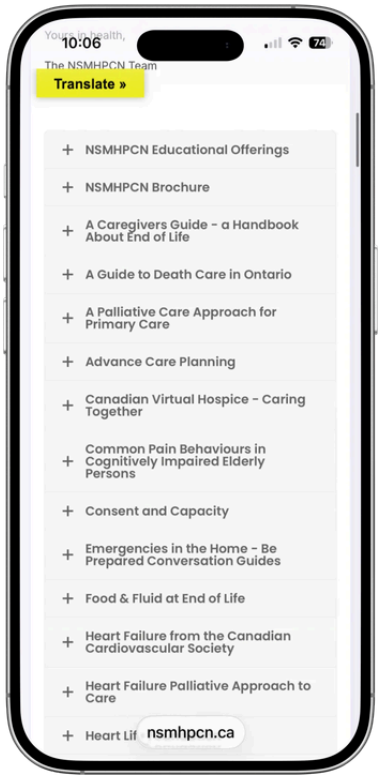
Resource Library for Patients, Family Members and Caregivers

NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/

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- 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/

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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



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

Join us to become empowered through the Waiting Room Revolution—a community-led movement that puts the human back into healthcare. Together, we raise awareness of the vital role hospice care plays in our community by sharing the WRR mission, talking openly about our programs, and inviting others to connect in ways that feel natural and meaningful. This volunteer opportunity is a wonderful fit for someone who enjoys meeting new people, values community connection, and wants to make a difference in a flexible, empowering, and deeply human way.

Waiting Room Revolution Ambassador Training Session

Date: Thursday, November 19th, 2026
Registration Deadline: November 5th, 2026
Location: Hospice Orillia office, 169 Front St. S., Orillia, ON
Time: 9:00 a.m. to 1:00 p.m.
RSVP: https://hospiceorillia.ca/wrr/ or scan QR Code
Notes: Light refreshments will be provided.

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https://hospiceorillia.ca/wrr

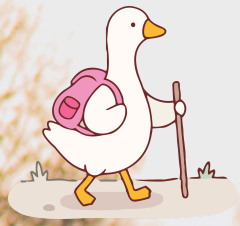


Candles of Remembrance

a free community memorial ceremony

Date: Thursday, November 12th, 2026
Time: 6:30 pm - 8:00 pm
Location: Creative Nomad Studios
23 Mississaga St. W.
RSVP: hospiceorillia.ca/candles

Public Welcome | Free of Cost | Wheelchair Accessible



Wellness Corner

November Wellness: Saying NO to holiday burnout early!



CHALLENGE YOURSELF

Challenge of the Month: The 10-Minute Reset

This month, commit to a daily 10-minute outdoor walk—or, if the weather keeps you inside, a weekly digital-detox evening.

Use the time to breathe, notice the season changing, and reconnect with yourself before the busier weeks ahead.

Regular movement, rest, and time away from screens can support mental wellness and help you stay grounded.

The Challenge

Each time you are tempted to add one more thing to your plate, take 10 minutes first. Then decide whether the commitment truly fits your capacity.



Wellness Spotlight: Set Boundaries Before the December Rush

The holiday rush often begins earlier than we expect. November is the perfect time to pause, check in with yourself, and practise setting healthy boundaries before calendars, to-do lists, and expectations start filling up.

Protecting your peace is not selfish—it is essential self-care. Saying "no" to an extra commitment can be a way of saying "yes" to rest, family, health, or the things that matter most to you. Clear, kind boundaries can help you protect your time, energy, money, and emotional well-being throughout the season.

Try These Simple Boundary Practices

- Check your capacity first. Before saying yes, ask yourself: Do I have the time, energy, and resources for this right now?
- Use a simple, kind script. Try: "Thank you for thinking of me, but I'm not able to take that on right now." You do not need to over-explain.
- Set a time limit for events. Decide before you arrive how long feels manageable, and let others know: "We'd love to come, but we'll need to leave by 8 p.m."
- Protect one regular recharge block. Put a walk, quiet evening, hobby, or early night on the calendar—and treat it like any other important appointment.
- Set a holiday spending limit. A realistic gift, food, travel, or donation budget can ease financial pressure and reduce stress later.

Remember that flexibility is okay. Boundaries may need adjusting as the season unfolds; the goal is balance, not perfection.