

# NSMHPCN COMFORT & CARE CHRONICLES | APRIL 2026

| Sunday                                                                            | Monday                                                                            | Tuesday                                                                             | Wednesday                                                                           | Thursday                                                                             | Friday                                                                                                                                                                                                                   | Saturday                                                                            |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                   |                                                                                   |    |    |    |                                                                                                                                       | 4                                                                                   |
|   |  |    |    |    |                                                                                                                                       |  |
|   |  |    | 15                                                                                  |    | 17                                                                                                                                                                                                                       | 18                                                                                  |
|  | 20                                                                                |   | 22                                                                                  | 23                                                                                   | 24                                                                                                                                                                                                                       | 25                                                                                  |
| 26                                                                                | 27                                                                                |  |  |  | <ul style="list-style-type: none"> <li>• Genocide Remembrance, Condemnation and Prevention Month</li> <li>• National Oral Health Month</li> <li>• Parkinson Awareness Month</li> <li>• Stress Awareness Month</li> </ul> |                                                                                     |

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**APRIL IS:**

# Parkinson's Awareness Month










**SCAN ME!**

# CELEBRATING Indigenous Nurses Day

in honour of  
**Charlotte Edith Anderson Monture (Kanien'kehà:ka),**  
who was the first Indigenous registered  
nurse in Canada.

APRIL 10  
CÉLÉBRONS LA

Journée des infirmières et  
infirmiers autochtones  
en l'honneur de **Charlotte Edith Anderson  
Monture (Kanien'kehà:ka),** la première  
infirmière autorisée autochtone au Canada.



10 AVRIL

**CASN**  
**ACESI**

CANADIAN ASSOCIATION  
OF SCHOOLS OF NURSING  
ASSOCIATION CANADIENNE DES  
ÉCOLES DE SCIENCES INFIRMIÈRES



## NSMHPCN Staff Directory

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PPSMC=Palliative Pain and Symptom Management Consultant

\*=Hospice Orillia Program



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# Advance Care Planning Information Session

with Hospice Palliative Care Ontario (HPCO)



**ThaiLyn Shelton**  
HPCO Volunteer

Join ThaiLyn for an uplifting interactive discussion on Advance Care Planning (ACP)

The ACP Information Session will cover:

- The Laws about Health Care Consent in Ontario
- Who Substitute Decision Makers (SDM) are
- Why someone might need a Power of Attorney
- How to have ACP Conversations with a SDM
- How to have Goals of Care Conversations

## UPCOMING SESSIONS

| TUES., APR. 14TH                                                                    | DATE             | THURS., APR. 16TH                                                                     |
|-------------------------------------------------------------------------------------|------------------|---------------------------------------------------------------------------------------|
| 12:00 PM - 1:00 PM                                                                  | TIME             | 11:00 AM - 12:00 PM                                                                   |
| NSMHPCN OFFICE,<br>169 FRONT ST. S., ORILLIA                                        | LOCATION         | ZOOM                                                                                  |
| FREE                                                                                | COST             | FREE                                                                                  |
| <a href="https://bit.ly/APR14ACP">https://bit.ly/APR14ACP</a>                       | REGISTER         | <a href="https://bit.ly/APR16ACP">https://bit.ly/APR16ACP</a>                         |
|  | SCAN TO REGISTER |  |



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## BEYOND THE STETHOSCOPE

A PODCAST FOCUSED ON HOSPICE PALLIATIVE CARE

NSMHPCN.CA/BEYOND-THE-STETHOSCOPE/

**Air Date: 01-APR-26**

### Advanced Care Planning in Vulnerable Populations

In our latest episode, we sit down with Julie Leighton and Deborah Sloan, both Palliative Pain and Symptom Management Consultants with the North Simcoe Muskoka Hospice Palliative Care Network (NSMHPCN), to explore the challenges and opportunities of Advance Care Planning within vulnerable populations. Julie and Deborah share their insights on building trust, bridging communication gaps, and ensuring that every voice is heard when it comes to future health care decisions.

Tune in to gain practical strategies, compassionate perspectives, and a deeper understanding of how we can make care planning more inclusive and equitable for all.

## Scan to Listen

NSMHPCN.CA



Amazon Podcasts



Apple Podcasts



## Hot Tips Advance Care Planning

Advance care planning is important because it helps people think about and communicate their wishes for medical care in case they become unable to make decisions for themselves. By discussing preferences with family members, loved ones, and healthcare providers, individuals can ensure that their values and goals guide future treatment choices. Advance care planning can reduce stress and confusion for families during difficult times, as clear guidance already exists about what the person wants. It also supports better decision-making by healthcare teams, leading to care that respects the patient's dignity, beliefs, and quality-of-life priorities. Overall, it empowers individuals to have a voice in their future healthcare and promotes more compassionate, person-centered care.

### READ

Advance Care Planning Canada



<https://bit.ly/APR26R>

### WATCH

Webinar: The ABCs of Advance Care Planning



<https://bit.ly/APR26W>

### LISTEN

Dani & Clare talk about Honest Language when someone may be approaching the last days of life.



<https://bit.ly/APR26L>



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**NSMHPCN**  
North Simcoe Muskoka Hospice Palliative Care Network

## Supporting Your Team

through  
partnerships,  
innovative programs  
and knowledge  
exchange.



**NSMHPCN.CA/EDUCATION**

## NOT SURE WHERE TO BEGIN YOUR EDUCATION JOURNEY?

### Recommended Order

- Fundamentals of Hospice Palliative Care (FHPC)  
[nsmhpcn.ca/fhpc](http://nsmhpcn.ca/fhpc)
- Advance Palliative Practice Skills (APPS)  
[nsmhpcn.ca/apps](http://nsmhpcn.ca/apps)
- Comprehensive Advanced Palliative Care Education (CAPCE)  
[nsmhpcn.ca/education/capce](http://nsmhpcn.ca/education/capce)
- Learning Essential Approaches to Palliative Care (LEAP)  
[nsmhpcn.ca/leap](http://nsmhpcn.ca/leap)

### Available in No Particular Order

- Grief & Bereavement: An Introductory Course  
[nsmhpcn.ca/education/grief-bereavement/](http://nsmhpcn.ca/education/grief-bereavement/)
- Canadian Serious Illness Conversation (CSIC)  
[nsmhpcn.ca/csic](http://nsmhpcn.ca/csic)
- Essential Pain Management (EPM)  
[nsmhpcn.ca/epm/](http://nsmhpcn.ca/epm/)
- A Palliative Approach to Care with Dementia  
[nsmhpcn.ca/apacd/](http://nsmhpcn.ca/apacd/)

## Advance Palliative Practice Skills (APPS)

[nsmhpcn.ca/apps/](http://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 <sup>th</sup> , 2027 |
| Registration Deadline: | Jan. 5 <sup>th</sup> , 2027  |
| Time:                  | 9:00 am - 11:30 am           |
| Required Session:      | Mar. 10 <sup>th</sup> , 2027 |



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## 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:     | June 2026                    | September 2026                | December 2026                | March 2027                   |
|------------------------|------------------------------|-------------------------------|------------------------------|------------------------------|
| Date:                  | June 18 <sup>th</sup> , 2026 | Sept. 15 <sup>th</sup> , 2026 | Dec. 8 <sup>th</sup> , 2026  | Mar. 11 <sup>th</sup> , 2027 |
| Registration Deadline: | June 3 <sup>rd</sup> , 2026  | Aug. 31 <sup>st</sup> , 2026  | Nov. 23 <sup>rd</sup> , 2026 | Feb. 24 <sup>th</sup> , 2027 |
| Time:                  | 9:00 AM - 1:00 PM            | 9:00 AM - 1:00 PM             | 9:00 AM - 1:00 PM            | 9:00 AM - 1:00 PM            |

## Canadian Serious Illness Conversation (CSIC)

[nsmhpcn.ca/csic](https://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:     | Spring 2026                 | Fall 2026                     | Winter 2027                  | Sprint 2027                  |
|------------------------|-----------------------------|-------------------------------|------------------------------|------------------------------|
| Date:                  | May 29 <sup>th</sup> , 2026 | Sept. 11 <sup>th</sup> , 2026 | Jan. 29 <sup>th</sup> , 2027 | Mar. 26 <sup>th</sup> , 2027 |
| Registration Deadline: | May 22 <sup>nd</sup> , 2026 | Sept. 4 <sup>th</sup> , 2026  | Jan. 22 <sup>nd</sup> , 2027 | Mar. 19 <sup>th</sup> , 2027 |
| Time:                  | 9:00 AM - 11:00 AM          | 9:00 AM - 11:00 AM            | 9:00 AM - 11:00 AM           | 9:00 AM - 11:00 AM           |



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## Comprehensive Advanced Palliative Care Education (CAPCE)

[nsmhpcn.ca/education/capce](http://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 | 1pm-3pm | Jan. 19th, 2027 | 9am-11am |
| Module #1              | Sept. 29th, 2026 | 1pm-3pm | Feb. 2nd, 2027  | 9am-11am |
| Module #2              | Oct. 13th, 2026  | 1pm-3pm | Feb. 16th, 2027 | 9am-11am |
| Module #3              | Oct. 27th, 2026  | 1pm-3pm | Mar. 2nd, 2027  | 9am-11am |
| Module #4              | Nov. 10th, 2026  | 1pm-3pm | Mar. 23rd, 2027 | 9am-11am |
| Module #5              | Nov. 24th, 2026  | 1pm-3pm | Apr. 6th, 2027  | 9am-11am |
| Module #6              | Dec. 8th, 2026   | 1pm-3pm | Apr. 20th, 2027 | 9am-11am |
| Module #7              | Dec. 22nd, 2026  | 1pm-3pm | May 4th, 2027   | 9am-11am |
| Module #8              | Jan. 5th, 2027   | 1pm-3pm | May 18th, 2027  | 9am-11am |



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## Essential Pain Management (EPM)

[nsmhpcn.ca/education/epm/](https://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:            | Spring 2026 B                          | Fall 2026                              | Winter 2027                           |
|-------------------------------|----------------------------------------|----------------------------------------|---------------------------------------|
| <b>Course Dates:</b>          | May 25th, 2026 – July 20th, 2026       | Sept. 14th, 2026 – Nov. 9th, 2026      | Feb. 8th, 2027 – Apr. 5th, 2027       |
| <b>Registration Deadline:</b> | May 10th, 2026                         | Aug. 30th, 2026                        | Jan. 24th, 2027                       |
| <b>Independent Study:</b>     | May 25th, 2026 – July 5th, 2026        | Sept. 14th, 2026 – Oct. 25th, 2026     | Feb. 8th, 2027 – Mar. 21st, 2027      |
| <b>Coaching Session #1:</b>   | July 6th, 2026<br>9:00 am – 12:00 pm   | Oct. 26th, 2026,<br>9:00 am – 12:00 pm | Mar. 22nd, 2027,<br>5:30 pm – 8:30 pm |
| <b>Coaching Session #2</b>    | July 13th, 2026,<br>9:00 am – 12:00 pm | Nov. 2nd, 2026,<br>9:00 am – 12:00 pm  | Mar. 30th, 2027,<br>5:30 pm – 8:30 pm |



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## Fundamentals of Hospice Palliative Care (FHPC)

[nsmhpcn.ca/fundamentals-of-hpc/](http://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<br>SESSIONS:     | 2026            |           |                 |           |                 |           |                  |            | 2027            |           |                 |            |
|---------------------------|-----------------|-----------|-----------------|-----------|-----------------|-----------|------------------|------------|-----------------|-----------|-----------------|------------|
|                           | Spring 2026 A   |           | Spring 2026 B   |           | Fall 2026 A     |           | Fall 2026 B      |            | Winter 2027 A   |           | Winter 2027 B   |            |
| Registration<br>Deadline: | Apr. 1st, 2026  |           | Apr. 29th, 2026 |           | Sept. 2nd, 2026 |           | Sept. 16th, 2026 |            | Jan. 6th, 2027  |           | Jan. 20th, 2027 |            |
| Start Date:               | Apr. 16th, 2026 |           | May 14th, 2026  |           | Sept. 17th 2026 |           | Oct. 1st, 2026   |            | Jan. 21st, 2027 |           | Feb. 4th, 2027  |            |
| End Date:                 | June 4th, 2026  |           | July 9th, 2026  |           | Nov. 12th, 2026 |           | Nov. 26th, 2026  |            | Mar. 18th, 2027 |           | Apr. 1st, 2026  |            |
| Required Sessions:        |                 |           |                 |           |                 |           |                  |            |                 |           |                 |            |
| CBL #1                    | Apr. 16th       | 1pm - 4pm | May 14th        | 6pm - 9pm | Sept. 17th      | 1pm - 4pm | Oct. 1st         | 9am - 12pm | Jan. 21st       | 1pm - 4pm | Feb. 4th        | 9am - 12pm |
| CBL #2                    | May 7th         | 1pm - 4pm | June 11th       | 6pm - 9pm | Oct. 1st        | 1pm - 4pm | Oct. 29th        | 9am - 12pm | Feb. 18th       | 1pm - 4pm | Mar. 4th        | 9am - 12pm |
| CBL #3                    | May 21st        | 1pm - 4pm | June 25th       | 6pm - 9pm | Oct. 29th       | 1pm - 4pm | Nov. 12th        | 9am - 12pm | Mar. 4th        | 1pm - 4pm | Mar. 18th       | 9am - 12pm |



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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:     | Spring 2026                 | Fall 2026         | Winter 2026       | Winter 2027       |
|------------------------|-----------------------------|-------------------|-------------------|-------------------|
| Date:                  | June 3 <sup>rd</sup> , 2026 | Oct. 7th, 2026    | Dec. 2nd, 2026    | Feb. 24th, 2027   |
| Registration Deadline: | May 19th, 2026              | Sept. 22nd, 2026  | Nov. 17th, 2026   | Feb. 9th, 2027    |
| Time:                  | 1:00 pm - 3:00 pm           | 1:00 pm - 3:00 pm | 1:00 pm - 3:00 pm | 1:00 pm - 3:00 pm |



## FNIMUI RESOURCE COLLECTION

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

Resources include:

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



## GRIEF & BEREAVEMENT RESOURCES

[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

[NSMHPCN.CA/PATIENT-FAMILY-CAREGIVERS/](https://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](https://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



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# Wellness Corner

## STRESS AWARENESS MONTH



### Pause and Breathe

April marks Stress Awareness Month—a perfect reminder for social workers, caregivers, and community organizers to tend to their own well-being amid grief support walks and palliative care outreach. Managing stress sustains your compassion, sharpens focus for donor communications, and prevents burnout during peak nonprofit seasons.

### Simple Daily Practices:

- Take 5-minute mindful breathing breaks between emails or event planning.
- Step outside for a short walk, channeling your love for photography or group strolls.
- Journal one gratitude from the day to reframe challenges.

Reclaim your calm to better serve others—small steps make a world of difference.

### Healthy Lifestyle

Balance, movement, and nutrition all play a role in stress management!

#### Eat Mindfully

Mindful eating promotes presence during meals, reducing stress and anxiety by fostering a healthier food relationship and curbing emotional eating. It improves digestion, nutrient absorption, and feelings of gratitude while alleviating guilt around food.

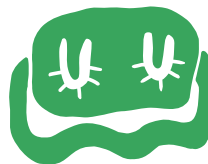


#### Stay Hydrated

Proper hydration blunts the body's cortisol response to stress, with studies showing those with low fluid intake exhibit exaggerated stress reactions. Even mild dehydration heightens stress sensitivity, making consistent water intake key for resilience alongside sleep and exercise.

#### Move Every Day

Daily movement, like 15 minutes of walking, lowers stress by 14.7%, boosts endorphins, and reduces cortisol over time. Moderate aerobic activities train the body to resolve stress responses faster, enhancing mood and resilience.



#### Sleep Well

Quality sleep regulates cortisol and reduces negative emotions, aiding faster recovery from stress. Poor sleep elevates stress hormones and inflammation, creating a cycle where better rest directly mitigates these effects.

#### Take Care of Your Mental Health

Practices like mindfulness meditation alter brain pathways for emotion regulation, lowering stress reactivity. Techniques such as yoga, deep breathing, or therapy build self-awareness and coping skills, reducing anxiety and promoting calm.

