

2025 ANNUAL PROVINCIAL PALLIATIVE CARE CONFERENCE
BUILDING BLOCKS FOR PALLIATIVE CARE
SEPTEMBER 18-19, 2025 – CANAD INNS POLO PARK

CONFERENCE BROCHURE



ABOUT

Join your colleagues for the 2025 Palliative Care Conference to experience a unique blend of keynotes, educational sessions, and networking opportunities grounded in Palliative Care. Engage with colleagues from across the country as you learn about new approaches, successful models and innovations that will advance your professional skill set and help strengthen your organization.

REGISTER EARLY AND SAVE!

Early registration is available through
July 31, 2025.
See page 7.

CONFERENCE OBJECTIVES

1. Advance the knowledge and skills of individuals working in the field of palliative care
2. Advance the delivery of palliative care in Manitoba by advocating for increased awareness, navigation of systems, and utilization of available services
3. Provide a networking opportunity of people interested in the field of palliative care
4. Provide an opportunity for informal caregivers to learn more about palliative care

CONTINUING EDUCATION CREDITS

This **Group Learning** program has been certified by the College of Family Physicians of Canada and Manitoba Chapter for up to 10.00 Mainpro+ credits.

HOTEL ACCOMMODATIONS

For a discounted rate, please book under conference #905625 at Canad Inns Destination Centre Polo Park. Call 204-775-8791 to make arrangements.

COMMITTEE MEMBERS

GAETANE LAFOND, CONFERENCE CO-CHAIR

Psychosocial Support Specialist, WRHA Palliative Care Program

SIMONE STENEKES, CONFERENCE CO-CHAIR

Clinical Nurse Specialist, WRHA Pediatric Palliative Care Program

TARA CARPENTER-KELLETT

WRHA Quality & Accreditation Consultant, Victoria Hospital

ALISON DESJARLAIS

Palliative Care Nurse Coordinator, Northern Health Region

SALINA FUKUMOTO

Provincial Clinical Consultant, Primary Care & Palliative Care, Shared Health

STEPHANIE LELOND

Clinical Nurse Specialist - Early Palliative Care in Advanced Cancers, CancerCare Manitoba

DR. ROBIN MCCLURE

Physician/Consultant, WRHA Palliative Care Program

SHANNON REIMER

Palliative Care Coordinator, Southern Health-Santé Sud

KAYLA VANDERWEES

Clinical Resource Nurse, Riverview Health Centre

DR. CORNELIUS J. WOELK

Medical Director, Palliative Care, Southern Health-Santé Sud

KATHARINE YURKIW

Executive Director, Palliative Manitoba

LINDSAY FELSTEAD

Conference Coordinator, Palliative Manitoba

THURSDAY

SEPTEMBER 18

7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE 1
9:30 AM	BREAK
10:00 AM	CONCURRENT SESSIONS A
11:00 AM	BREAK
11:15 AM	CONCURRENT SESSIONS B
12:15 PM	LUNCH
1:15 PM	CONCURRENT SESSIONS C
2:15 PM	BREAK
2:30 PM	KEYNOTE 2
3:30 PM	CLOSING

KEYNOTE SPEAKER

8:30 – 9:30 AM

RAMI SHAMI

Rami Shami has been serving within Hospice Palliative Care for over three decades. He feels privileged to practice as a Consultant in Hospice Palliative Care, as well as Case Manager for the Second Mile Club at Kensington Health, and the Community Relations Advisor for Lighthouse for Grieving Children. While harvesting a conviction that everyone should have access to quality Hospice Palliative Care, Rami strongly advocates and supports the development and growth of programs and services for those travelling the journey of a life-limiting illness, their caregivers, and those who are bereaved.

THE PILLARS OF A PERSON-CENTRED APPROACH FOR TODAY'S PALLIATIVE CARE

The measures of diversity accessing Palliative Care today are ever increasing, and growing in complexity. For Palliative Care to remain current and accessible we must adopt models of engagement that support the changing landscape of service recipients in order to foster a truly Person-Centred approach. Such models include Cultural Humility, Trauma Informed Care, and Harm Reduction. Within these models, service recipients can be supported through their self-direction, while maintaining a sense of Personhood and chosen identity.

CONCURRENT SESSIONS A

10:00 – 11:00 AM

A1 –Discharge from Hospice: Reasons, risk factors, challenges & opportunities

Discharge of a living patient affects the patient, family/caregivers, and care providers. Based on real-life cases, this presentation will explore the key drivers and highlight the concrete and psychosocial challenges of live discharges. Presenters will discuss those and other specific challenges of live discharge from hospice and provide a framework for understanding presented challenges and implications for policy and practice.

Stepan Bilynskyy, MD, MA(SDMP), MA(Bioethics & Health Policy), Spiritual Health Practitioner - Grace Health Campus



Hike for Hospice



as a team and win **FOUR** conference registrations!

Hike for Hospice: May 25, 2025

Create a team and challenge your friends, family or colleagues to 'step up' for a great cause.

Scan for more info or to register today!



<https://palliativemanitoba.ca/events/2025hike/>



BIRCHWOOD
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chpca.ca/hike | #hike4hospice



Amanda Montefusco, RSW, Health Services Manager - Grace Health Campus

A2 – Remembering Spirituality: Practicing somatic spiritual reminiscence with people with dementia

Spiritual Health Practitioners are often under-utilized by healthcare teams, frequently consulted only at end-of-life. Research shows that spiritual and religious practices increase well-being and improve quality of life, adding a sense of meaning and connection to our lives. Drawing on best-practices in dementia care and personal experiences, this presentation will challenge commonly held myths about spiritual care with people with dementia, and teach skills for facilitating meaningful emotional connections, whether in community or healthcare settings.

Melanie Kampen, PhD, Middlechurch Home of Winnipeg

A3 – Swallowing at the End-of-Life

Swallowing difficulties (dysphagia) are common at the end-of-life. These challenges can lead to malnutrition, dehydration and risk for choking and aspiration. Speech-language pathologists (SLPs) can assess and manage dysphagia and minimize these risks through evaluations, introducing strategies, and providing education to clients and families about anticipated outcomes. Ethical decisions around feeding and swallowing require balancing patient safety, comfort and quality of life. SLPs play a vital role in promoting patient autonomy and ensuring care is compassionate, patient centered and align with the individuals' goals at the end of life.

Kelly Tye Vallis, RSLP, Speech-Language Pathologist - WRHA Long-Term Care Program

CONCURRENT SESSIONS B 11:15 AM – 12:15PM

B1 – Introducing and Incorporating the Use of the Palliative Care Competency Framework

The Southern Health - Santé Sud Palliative Care Team participated in the Canadian Home Care Association SPRINT Implementation Collaborative which focused on implementing the National Palliative Care Competency Framework, emotional intelligence online learning courses, and conversation guides on palliative care emergencies in the home. This presentation will provide an overview of these foundational resources

and the presentation will include a discussion on how teams can implement the Framework and build palliative care capacity through competencies.

Brigitte Rémillard, RN, BN, Manager, Southern Health-Santé Sud Palliative Care Program

Shannon Reimer, Palliative Care Coordinator, Southern Health-Santé Sud

B2 – Speaking the Unspoken: How to work with young families in palliative care

The palliative experience can be stressful for families. Parents and caregivers often struggle with how much to share and how to discuss death with young people. This presentation will explore how grief manifests across developmental stages, offer age-appropriate strategies for supporting children and youth, and provide tools to help parents and caregivers navigate these conversations. Emphasis will be placed on effective communication and emotional support to foster resilience in grieving children and their families.

Alana Kaplan, MSW, RSW, Psychosocial Support Specialist - WRHA Palliative Care Program

B3 – Dementia Patients and Palliative Care: how can we help?

Dementia is a very common group of diseases that affects 800,000 Canadians. It is an irreversible cognitive decline that has physical, psychological, social and economic impacts, for people living with dementia, their caregivers, their health care providers and our society. We will explore the main concerns and symptoms encountered by patients with dementia, the difficulties for caregivers, and discuss evidence-based management strategies.

Anne Huot, MD, MSc, CFPC(PC), Palliative Care Physician - WRHA Palliative Care Program

CONCURRENT SESSIONS C 1:15 – 2:15 PM

C1 – Rename or Rebrand? Addressing the stigma associated with the name Palliative Care

This presentation uses peer reviewed articles and various forms of multimedia to address the stigma associated with the name palliative care. It reviews the linguistic roots of the term “palliative” and traces the evolution of palliative care from its early beginnings to present day. It then presents the argument for and

against renaming palliative care, concluding that using education to rebrand palliative care is the best approach to addressing the stigma associated with its name.

Dr. Ashleigh Sprange, BAKin, BScMed, CCFP(PC),
Palliative Care Physician - WRHA Palliative Care Program

C2 – Embodying Compassion: Integrating trauma informed care into palliative practice

Trauma is present in all of our lives to varying degrees, and it's a word that is making its way into many facets of our lives including healthcare, but what exactly is trauma? How does impact us? For many patients and caregivers, a terminal illness is experienced as traumatic. This presentation will explore trauma in the context of palliative care and will include examples and practical applications of a trauma-informed approach to care.

Gaetane Lafond, MSW, RSW, Psychosocial Specialist -
WRHA Palliative Care Program

C3 – The Art of Precious Scars

In this experiential workshop we will be exploring the lessons of the ancient Japanese healing practice called Kintsugi. Founded in the 15th century, Kintsugi is defined by 'Kin' meaning golden, 'Tsugi' meaning repair, thus 'Golden Repair'. Through the tangible manifestation of the Kintsugi Bowl, we will be guided through intentional self-reflection and compassion to help harvest and heal the fragments of a wounded spirit. This deeply therapeutic and restorative practice, known also as The Art of Precious Scars, serves to garner hope, meaning, and resiliency following loss, trauma, and grief, while demonstrating the models of a Person-Centred Approach.

Rami Shami, Hospice Palliative Care Consultant

KEYNOTE SPEAKER

2:30 – 3:30 PM

DR. PAUL DAENINCK

Dr. Paul Daeninck is a palliative medicine consultant, researcher and educator with the WRHA Palliative Care Program. He is the Chair of the Symptom Management and Palliative Care Disease Site at CancerCare Manitoba

and is an Assistant Professor at the Max Rady College of Medicine, University of Manitoba. Dr. Daeninck has served with the Royal College of Physicians and Surgeons, the Canadian Society of Palliative Medicine, and the Canadian Consortium for the Investigation of Cannabinoids

CANNABIS AND PALLIATIVE CARE: IT'S TIME WE CLEARED THE SMOKE

Canadians are fortunate to have had access to cannabis for medical purposes since 1999. Since then, regulatory changes have resulted in wider access for both recreational and medical purposes. Further clinical applications have resulted from expanded research efforts in both bench top and clinical trials. This session will discuss how Cannabis may help persons with advanced and life-limiting diseases, from pain control to reduction of anxiety.



palliative manitoba

Love Takes Flight

Butterfly Release

Presented by Homecare Solutions for Everyone

Thursday, June 26, 2025 at 11:00 am
Bruce Park – 154 Albany St

\$40



All proceeds are invested our
Endowment Fund, ensuring our future

FRIDAY

SEPTEMBER 19

7:15 AM	REGISTRATION
8:00 AM	WELCOME
8:30 AM	KEYNOTE 3
9:30 AM	BREAK
10:00 AM	CONCURRENT SESSIONS D
11:00 AM	BREAK
11:15 AM	CONCURRENT SESSIONS E
12:15 PM	LUNCH
12:45 PM	CARSTAIRS AWARD PRESENTATION
1:15 PM	CONCURRENT SESSIONS F
2:15 PM	BREAK
2:30 PM	KEYNOTE 4
3:30 PM	CLOSING



KEYNOTE SPEAKER

8:30 – 9:30 AM

DR. MICHAEL YELLOW BIRD

Michael Yellow Bird, PhD, is Professor and former Dean of the Faculty of Social Work at the University of Manitoba. His research focuses on decolonization, healthy aging, mindfulness, and the cultural significance of Rez dogs. He is the author of several social work and Indigenous studies articles, the co-editor of four books, and the co-author of two books. He serves on the boards of several organizations dedicated to mindfulness and compassion.

Dr. Yellow Bird will be joining us virtually

GOING HOME: EMBRACING INDIGENOUS PERSPECTIVES ON PALLIATIVE CARE THROUGH COMPASSION AND A HOLISTIC WORLDVIEW

This presentation explores Indigenous perspectives on palliative care, emphasizing compassion and a holistic worldview that views death as a natural continuation of life. It highlights the importance of respecting cultural and spiritual beliefs, fostering dignity, and promoting healing. By integrating Indigenous philosophies, end-of-life care becomes a respectful, holistic process that honors life's sacred journey, encouraging peace and reconciliation for patients and families. This approach advocates for culturally sensitive practices rooted in understanding life's interconnectedness.

CONCURRENT SESSIONS D

10:00 – 11:00 AM

D1/E1 – It takes a Village-a Compassionate Community to support those who are ill, caregiving, dying, bereaved and marginalized-No. Matter. What.

We've heard the words, It takes a village, Compassionate Community and a Palliative Care Approach. But what do they really mean? Are we doing all that we can to empower ourselves and our community? Many of us can't imagine how we can do more—We are already SO busy! As we navigate life, grief, illness, death... and all the messiness in between, can a Compassionate Community truly make the difference? I have the answer! Let's Talk.

Please note, this is a 120-minute workshop.

Yvonne Heath, RN, Founder - Love Your Life to Death

D2/E2 – Improving Equity in Accessing a Palliative Approach to Care for Unhoused or Precariously Housed Persons

Persons who are unhoused or housed precariously face daily challenges, including gaps in accessing basic healthcare and other services to meet their social determinants of health. When facing a life-limiting illness, the gaps in care become more apparent, and the need for support increases. We will discuss what we have learned and how it applies to work being done in our communities to improve access to a palliative approach to care when it is needed.

Please note, this is a 120-minute workshop.

Sarah-Jane Beaudry, RN, MN, Clinical Nurse Specialist - WRHA Palliative Care Program

Janice Nesbitt, RN, MSN, CHPCN(C), Clinical Operations Lead - WRHA Palliative Care Program

D3 – Should I Stay or Should I Go Now: Re-examining our status quo

This session will gently challenge some equivocal topics in palliative care. What is palliative care, and should it be offered earlier? Where is the best place to die? If someone's preferred place of death is not met, have we failed them? What evidence exists for artificial hydration as we die? We will review evidence with case studies from Canada and England to enhance discussion. Sometimes there are no simple answers, so let's talk about it.

Jeanna Strutinsky-Mason, MSc, PGCert (MedSci), MD, MRCP(UK), Physician/Consultant - WRHA Palliative Care Program

CONCURRENT SESSIONS E 11:15 AM – 12:15 PM

CONTINUED: D1/E1- It takes a Village-a Compassionate Community-to support those who are ill, caregiving, dying, bereaved and marginalized-No. Matter. What.

Please note this a 120-minute workshop and is continued from the previous session.

Yvonne Heath, RN, Founder - Love Your Life to Death

CONTINUED: D2/E2 – Improving Equity in Accessing a Palliative Approach to Care for Unhoused or Precariously Housed Persons

Please note this a 120-minute workshop and is continued from the previous session.

Sarah-Jane Beaudry, RN, MN, Clinical Nurse Specialist - WRHA Palliative Care Program

Janice Nesbitt, RN, MSN, CHPCN(C), Clinical Operations Lead - WRHA Palliative Care Program

E3 – Approach to Pain Management at End-of-Life

Pain is a common and often feared symptom for patients nearing end of life with both cancer and non-cancer illnesses. This session will provide an overview of pain management for dying patients, including the prevalence of pain in this population, an approach to pain assessment, and basic pharmacologic and non-pharmacologic management strategies.

Ohunene Audu, MD, CCFP(PC), Physician Consultant - WRHA Palliative Care Program

CONCURRENT SESSIONS F 1:15 – 2:15 PM

F1 – Queer Collective Grief as a Community Protective Factor

Queer communities have long faced collective grief due to historical and ongoing crises such as the AIDS epidemic, violence, and systemic discrimination. This presentation explores how disenfranchised grief impacts queer individuals and highlights the role of community resilience in navigating loss. Through shared mourning, activism, and connection, queer communities transform grief into solidarity - a built-in community protect factor. Recognizing these unique experiences can foster a more inclusive and supportive understanding of grief as a communal process.

Jessica Stefanik, BSW

F2 – Canadian Healing Quilt

The recently launched Canadian Healing Quilt is a virtual memorial space to gather, grieve, and honour someone who has died and participate in a nationwide community of healing. Families, friends, and colleagues can collaborate on a memorial quilt square which will become part of the national whole. The Healing Quilt was envisioned by Elder Albert McLeod and developed by the Canadian Virtual Hospice in collaboration with Palliative Manitoba, with investment from The Winnipeg Foundation.

Elder Albert McLeod, Nisichawayasihk Cree Nation and the Métis community of Norway House

Shelly Cory, MA, Executive Director - Canadian Virtual Hospice

F3 – Palliation of End Stage Kidney Disease

Increasing numbers of Canadians are living with advanced kidney disease. This presentation will provide an overview of end-of-life considerations, including prevalence, prognostication, common concerns and symptoms, and strategies for management.

Dr. Bernard Cox, CCFP, Palliative Care Physician - WRHA Palliative Care Program

KEYNOTE SPEAKER

2:30 – 3:30 PM

YVONNE HEATH

In her 27-year nursing career, Yvonne Heath worked in the United States and Canada in many areas including emergency, chemotherapy, palliative care and hospice. She became disheartened by our society's reluctance to talk about, plan and prepare for grief, transitions and end of life—causing excessive suffering. She suffered too, not knowing how to do it differently. In 2015 she blazed a new trail to create social change and founded Love Your Life to Death and the IJustShowedUp Movement. She shares her message with heart and

humour. She is most passionate about Supporting the Supporters and Creating Compassionate Communities.

NAVIGATING LIFE, GRIEF AND EVERYTHING IN BETWEEN (WITH HEART AND HUMOUR!)

What if we recognized obstacles and strengths in ourselves and others while navigating life's challenges and hard conversations, personally and professionally? Can we foster and create greater capacity within our Compassionate Communities - families, friends, neighbours, co-workers? Is there more we can do to better support ourselves and each other with Heart, Humour and Humanness—No Matter What?

Could we normalize becoming Proactive instead of Reactive? Absolutely! Let's have "The Talk" and have fun too!



REGISTRATION SAVINGS!

	1 DAY	2 DAY
REGULAR	\$260	\$495
PALLIATIVE MANITOBA MEMBER ¹	\$235	\$445
VOLUNTEER ² /STUDENT ³	\$195	\$370

¹Maximum 2 delegates per Palliative Manitoba Association (group) membership, as authorized by member contact.

²Letter from Volunteer Coordinator verifying 24 hours of volunteer service in palliative care in last 12 months required with registration.

³Proof of full-time student status required with registration.

REGISTER EARLY & SAVE AN ADDITIONAL 15%!

EARLY BIRD
EXTENDED TO AUG 14th

REGULAR	\$420
MEMBER	\$375
VOLUNTEER/STUDENT	\$315

REGISTER ONLINE AT WWW.PALLIATIVEMANITOBA.CA

CONFERENCE DELEGATE REGISTRATION FORM

Deadline: September 8, 2025



CONTACT INFORMATION

Name: _____ Pronouns: _____
Organization: _____ Title: _____
Mailing Address: _____
City: _____ Province: _____ Postal Code: _____
Phone: _____ Email: _____

DIETARY REQUIREMENTS

☐ Gluten-Free ☐ Vegetarian ☐ Allergies? Please specify: _____

DEMOGRAPHIC INFORMATION (Optional)

By completing the section below, you help make sure our programs reach the entire community and report accurate numbers back to our funding partners, ensuring continued annual support. All information is kept confidential and is anonymously combined prior to reporting to other organizations.

Self Declaration: ☐ Indigenous ☐ Immigrant/Refugee ☐ Disability ☐ Single Parent Family
Age: ☐ 7-17 ☐ 18-21 ☐ 22-29 ☐ 30-54 ☐ 55-64 ☐ 65+

REGISTRATION

CONCURRENT SESSION CHOICES

	REGULAR	MEMBER	VOLUNTEER/ STUDENT	THUR., SEPT. 18	FRI., SEPT. 19
1 DAY	<input type="checkbox"/> \$260	<input type="checkbox"/> \$235	<input type="checkbox"/> \$195	Block A: _____	Block D: _____
2 DAY	<input type="checkbox"/> \$495	<input type="checkbox"/> \$445	<input type="checkbox"/> \$370	Block B: _____	Block E: _____
EARLY BIRD 2 DAY (Until Aug 14)	<input type="checkbox"/> \$420	<input type="checkbox"/> \$375	<input type="checkbox"/> \$315	Block C: _____	Block F: _____

PAYMENT INFORMATION

☐ Cheque (payable to Palliative Manitoba indicating attendee's name.) ☐ Please invoice me
☐ Visa ☐ MasterCard Card Number: _____ Exp.: _____
Cardholder's Name: _____ Signature: _____

- Full payment must accompany registration form. Registrations will not be processed until payment is received.
- Receipts will be mailed out prior to Conference.
- Refunds are subject to a \$40.00 processing fee. No refunds after September 8, 2025.
- \$15 fee for registrations received after September 8, 2025.