

ABOUT

Join your colleagues for the 2026 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
August 14, 2026.
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

HOTEL ACCOMMODATIONS

For a discounted rate, please book under conference #1060061 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

WAYNE SANDLER, CONFERENCE CO-CHAIR

Education and Outreach Coordinator, Palliative Manitoba

SIMONE STENEKES

Clinical Nurse Specialist, WRHA Pediatric Palliative Care Program

ALISON DESJARLAIS

Palliative Care Nurse Coordinator, Northern Health Region

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

DR. CORNELIUS J. WOELK

Medical Director, Palliative Care, Southern Health-Santé Sud

KATHARINE YURKIW

Executive Director, Palliative Manitoba

TIANA HAY

Conference Coordinator, Palliative Manitoba

THURSDAY

SEPTEMBER 17

7:15 AM	REGISTRATION
8:15 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

DR. NAHEED DOSANI

Dr. Naheed Dosani is a palliative care physician and health equity activist, based in Toronto. He is the Founder and Lead of the PEACH program, which delivers community-based palliative care to people experiencing homelessness, and Medical Director at Kensington Hospice, where he leads the Radical Love equity-oriented hospice model. He also serves as a Palliative Care Physician and as an Investigator at the MAP Centre for Urban Health Solutions, at St Michael's Hospital in Toronto. His work focuses on advancing equitable access to end-of-life care through clinical innovation, education, research, and policy, both locally and nationally.

FROM HOSPITAL HALLWAYS TO STREET CORNERS: EXPANDING ACCESS TO COMPASSIONATE END-OF-LIFE CARE

This keynote explores how palliative care can be reimagined to better serve people experiencing homelessness and structural vulnerability. Drawing on community-based models such as the PEACH program and equity-oriented innovations at Kensington Hospice, this session highlights practical strategies to expand access to compassionate care. Through patient stories and system-level insights, participants will gain tools to integrate equity into their practice and better meet the needs of underserved populations.

CONCURRENT SESSIONS A

10:00 – 11:00 AM

A1/B1 – The Burnout Crisis: Protecting the Human Connection in Palliative Care

Palliative care is facing a quiet crisis: the depletion of the human connection. Whether you are a family member in the "cracks of the system" or a professional carrying repeated loss, the cost of caring has reached a breaking point. This session deconstructs the burnout crisis by addressing the self-sacrifice myth and systemic exhaustion. Join Kimberley Kiemeney to gain practical tools for resilience, set sacred boundaries, and find the strength to stay present without losing yourself.

Please note, this is a 120-minute workshop.

Kimberley Kiemeney, Co-Founder, Homecare Solutions for Everyone

A2 – Implementing the Strengthening a Palliative Approach in Long Term Care (SPA-LTC) Program: Applying the Toolkit to Everyday Practice

The Strengthening a Palliative Approach in Long-Term Care (SPA-LTC) Toolkit provides practical, evidence-informed resources that help long term care homes integrate a proactive, person-centred palliative approach. This session introduces key tools for advance care planning, communication, identification of resident decline, and family engagement, along with strategies for implementation across interdisciplinary teams. Participants will learn how the toolkit supports

improved resident experiences and more consistent, compassionate care throughout the progression of illness.

Sharon Kaasalainen, RN, PhD, Professor & Gladys Sharpe Chair in Nursing, McMaster University

A3 – Beyond the Comfort Zone: The Complexities of Nutrition in Palliative Care

Families of palliative care patients are almost universally concerned by decreased appetite and nutritional intake in their loved one. While these changes are understood within palliative care communities as normal parts of dying, demands for nutritional support may persist, even when it compromises physical comfort. Using adult and pediatric cases, the presenters will share their experiences in finding common ground when conflicting opinions exist among patients, families and the health care team.

Robin McClure, MD, CCFP(PC) Winnipeg Regional Health Authority Palliative Care Program

Simone Stenekes, RN, MN, CHPCN (C) Winnipeg Regional Health Authority Palliative Care Program

A4/B4 – From Vision to Action: Advancing Equity-Oriented Palliative Care in Manitoba

This facilitated panel builds on the keynote by highlighting local leaders advancing equity-oriented palliative care across Manitoba. Panelists will share real-world experiences, innovations, and challenges in reaching structurally vulnerable populations. The discussion will explore barriers, enablers, and opportunities for change, while engaging participants in reflecting on their own roles. Attendees will leave with practical insights and actionable ideas to advance equitable, community-responsive palliative care in their own settings.

Please note, this is a 120-minute workshop.

Naheed Dosani, MSC, MD, CCFP(PC), FCFP, BSc (Facilitator), St Michael's Hospital, Unity Health Toronto

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

CONCURRENT SESSIONS B

11:15 AM – 12:15PM

CONTINUED: A1/B1 – The Burnout Crisis: Protecting the Human Connection in Palliative Care

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

Kimberley Kiemenev, Co-Founder, Homecare Solutions for Everyone

B2 – Telling the Palliative Care Story with Data: An Operational Canadian Platform

Standard healthcare metrics do not tell the palliative care story well. Since 2016, tens of thousands of data points have been collected uncovering some fascinating patterns in Ontario.

A comprehensive palliative care dataset with a Balanced Scorecard, Quintuple Aims, integrated data quality and advanced analytics, is at the core.

This platform enables organization to tell their story with data at both the organizational and system level levels and is available across Canada.

Brian Tramontini, CEO Founder, Stratim

B3 – Cognitive Behaviour Therapy with Mindfulness: Practical Skills for Supporting Mental Health, Wellness, and Resilience

Cognitive Behaviour Therapy with Mindfulness is a scalable, class-based program that teaches practical skills for managing stress, anxiety, and low mood. This presentation will introduce the CBTm model, describe its implementation in Manitoba, and highlight its role in improving access to evidence-based mental health care. Participants will be introduced to brief CBTm-informed strategies that can support emotional regulation, resilience, and wellness in clinical, community, and caregiving contexts.

Dr. Shay-Lee Bolton, PhD, CBTm Hub Program Lead, Early Career Researcher, Epidemiologist, Assistant Professor, Department of Psychiatry, University of Manitoba

Irene Maendel, MA-C, CCC, RSW, CBTm Clinical Specialist, CBTm Hub & Shared Health, Mental Health & Addictions

CONTINUED: A4/B4 – From Vision to Action: Advancing Equity-Oriented Palliative Care in Manitoba

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

Naheed Dosani, MSC, MD, CCFP(PC), FCFP, BSc (Facilitator), St Michael's Hospital, Unity Health Toronto

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

CONCURRENT SESSIONS C

1:15 – 2:15 PM

C1 – Spiritual Care in Dementia: A Building Block for a Palliative Approach

Dementia is a life-limiting illness that affects not only those diagnosed but also the caregivers who accompany them. This session explores how spiritual care strengthens a palliative approach in dementia care settings. Drawing from frontline spiritual care practice in a dementia unit, participants will learn practical ways to support dignity, connection, and meaning for residents, families, and care teams throughout the illness trajectory and at end of life. The presentation will also highlight the importance of advancing spiritual care as an essential dimension of holistic palliative care.

Rev. Dr. Chris Salstrom, Doctor of Ministry, Spiritual Health Practitioner, Riverview Health Centre

Gladys Hrabi, MSW, RSW, Interfaith Health Care Association of Manitoba

C2 – Medical Assistance in Dying: The Exploration of Psychosocial Considerations and Common Themes in Care

Medical Assistance in Dying (MAiD) is represented in end-of-life care and allows eligible patients to receive assistance from medical practitioners to help them die. Despite the legalization of this service ten years ago, MAiD remains a controversial and complex part of healthcare. This presentation will explore common themes and psychosocial issues present in MAiD work. It will also provide the opportunity to reflect and

discuss important considerations for patients, loved ones, and healthcare providers.

Elizabeth Dvergsten-Beauce, MSW, RSW, Psychosocial Program Specialist Medical Assistance in Dying

C3 – Prognostication in Advanced Heart Failure: An Evolving Challenge

Patients with advanced heart failure experience high morbidity and mortality, yet prognostication of this patient population remains challenging. This session will define and describe advanced heart failure and discuss the uses and limitations of available prognostic scores. Finally, a novel prognostic score, developed by our research team, will be introduced. Ultimately, by improving heart failure prognostication, we hope to improve goal-concordant care and help identify heart failure patients appropriate for enrollment on Palliative Care Programs.

Hilary Bews, MD, FRCPC, University of Manitoba

KEYNOTE SPEAKER

2:30 – 3:30 PM

DR. SHARON KAASALAINEN

Dr. Kaasalainen is a Professor and holds the inaugural Gladys Sharpe Chair in Nursing at McMaster University. She is an Associate Member of the Department of Family Medicine at McMaster. She is a co-lead of the Strengthening a Palliative Approach in Long-Term Care (SPA-LTC) program which aims to improve the quality of living and dying for residents and their family/friends in LTC.

'HELP WITH ROWING THE BOAT': BUILDING CAPACITY IN LONG TERM CARE TO IMPLEMENT A PALLIATIVE APPROACH

This presentation will provide an overview of the drivers, conception, and underpinnings of the Strengthening a Palliative Approach in Long Term Care (SPA-LTC) program. It will highlight a key focus on building capacity among staff to support residents and their family/care partners across the care trajectory, where long term care is reimagined as a place to honour both the living and dying with dignity, compassion, and purpose.

FRIDAY

SEPTEMBER 18

7:15 AM	REGISTRATION
8:15 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

JANET ELDER & NICOLE LUKEY

Janet Elder is a graduate of the University of Windsor with a Bachelor's of Science in Nursing. Over 30 years' experience working and developing her knowledge in Hospice Palliative Care. She has applied her knowledge and passion to positively impact the illness experience for patients, families and care teams.

Janet has been in her present role since 2019 as the Palliative Pain & Symptom Management Consultant/Educator (PPSMC) for Windsor/Essex through the Palliative Pain & Symptom Management Consultation Program for SW. Previously she worked at the Hospice of Windsor and held a number of roles including the role of the Palliative Liaison Nurse. Currently the Chair of the Provincial Intellectual and Developmental Disability Palliative Care Network (IDD-

PCN); past chair of the provincial Palliative Care Consultation Network (PCCN); chair of the Windsor/Essex Hospice Palliative Care Committee; past Non-Physician Clinical Co-lead (CLL) for OH West and previous member of the Palliative Care Health Services Delivery Framework Working Group. Her passion for supporting individuals with IDD comes from both her professional and personal experience.

Nicole Lukey is a Health Care Facilitator covering South Western Ontario, with a diverse background in health and community care. She began her career as a direct support worker dedicating 9 years to supporting individuals with complex needs. Driven by passion for advancing her skills and impact, Nicole returned to school to become a Registered Nurse.

Following her nursing education, she spent 8 years at CPRI, where she worked closely with medically fragile children, providing specialized care and advocating for their unique needs. Her commitment to improving patient outcomes led her to join Ontario Health at Home. Where she focused on care planning, resource navigation and supporting families through challenging health journeys. In her current role as a Health Care Facilitator Nicole leverages her extensive experience to promote collaborative, client-centred care. She is passionate about empowering individuals and communities through education, advocacy and holistic approaches that enhance quality of life.

INTRODUCTION TO PALLIATIVE CARE FOR PEOPLE LIVING WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITY (IDD)

This presentation explores how a palliative care approach is key to supporting people with intellectual and developmental disabilities (IDD) not only at end of life but across the lifespan. It introduces the distinct clinical and communication needs, and the importance of IDD specific tools. Emphasis is placed on person-centered, holistic, dignity enhancing care. Integration of interdisciplinary one team approach where developmental services professionals and palliative care specialists collaborate to deliver equitable, coordinated, high-quality care.

CONCURRENT SESSIONS D

10:00 – 11:00 AM

D1/E1 – Grief - Sorrow – Healing: Islamic Spiritual Perspective

This is an interactive workshop that explores the Islamic spiritual framework of grief, death, and healing.

Participants will gain practical, faith-sensitive tools to provide culturally compassionate care that supports emotional, spiritual, and holistic well-being for Muslim individuals and families.

Please note, this is a 120-minute workshop.

Shahina Siddiqui, Volunteer Executive Director, Islamic Social Services Association (ISSA)

D2– Music Therapy – Hidden Vegetables in a Smoothie

In this presentation, Loghan will define music therapy as an allied health profession, present music therapy's origins, distinguish music therapy from entertainment, explain the clinical process and rationale across several populations, highlight relevant research, and introduce various evidence-based interventions typically employed by certified music therapists. As well, Loghan will walk through clinical documentation forms used for referrals, assessments, treatment planning, and evaluation, in addition to sharing video examples of music therapy in action.

Loghan Puhach – Music Therapist (MTA, NMT, MT-BC)

D3 – Palliation of Acute Respiratory Distress in Various Medical Conditions in Various Care Settings: A Practical Guide

Acute respiratory distress is common in medically frail patients and can be challenging to manage outside of hospital settings. This session provides a practical, step-by-step approach to managing dyspnea in home, long-term care, and rural environments. Participants will learn how to rapidly assess patients, initiate appropriate pharmacologic treatments, and avoid common pitfalls. The focus is on simple, effective strategies that can be immediately applied to improve patient comfort and reduce distress for both patients and families.

Dr. Christian La Rivière, MD, FRCPC (Emergency Medicine, Palliative Medicine)

D4 – Writing as a Technology of Healing

Looking back over our lives can heal and help us grow, or it can re-traumatize, keeping us hurting and fearful. The difference depends on whether we believe we can shape our narrative. In this session we'll revisit a mildly charged memory, apply writing techniques to reframe it, and then observe the shift. Sharing is optional.

Expect a supportive, low-pressure space to discover creativity, agency, and new possibilities.

Jessica Waite, Author, The Widow's Guide To Dead Bastards

CONCURRENT SESSIONS E

11:15 AM – 12:15 PM

CONTINUED: D1/E1 – Grief - Sorrow – Healing: Islamic Spiritual Perspective

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

Shahina Siddiqui, Volunteer Executive Director, Islamic Social Services Association (ISSA)

E2 – Understanding and supporting existential well-being at end of life

Existential suffering and existential well-being is a balancing act for patients nearing end of life. Understanding existential suffering provides insight into realities faced by the people we support, while understanding existential well-being provides avenues to address or avoid potential suffering. Through real-life examples, we will explore how existential well-being can be supported in the context of a life limiting illness.

Sophie Ramer, Master of Nursing, WRHA Palliative Care Program

E3 – Northern-Remote Palliative Care Initiative: Early Experiences, Next Steps

Individuals living in remote communities often face difficult choices, which become even more complex in the context of terminal illness. The WRHA Northern-Remote Palliative Care Initiative was developed with the intention of improving the support for such

individuals who prioritize remaining in their communities for end of life care. Sharing examples from their primary care northern-remote practices and early experiences with the Northern-Remote PC Initiative, the presenters will illustrate the evolving picture of care.

Kate Menzies, MD, CCFP(PC), Physician, WRHA Palliative Care Program and member of the Northern-Remote Initiative Team

Suzu Pinnick, MD, CCFP(PC), Physician, WRHA Palliative Care Program and NMU (Berens River), and member of the Northern-Remote Initiative Team

E4 – Utilizing YouTube to Enhance Patient Education and Collaboration in Palliative Care

This presentation explores the YouTube channel "Palliative Care Explained" as an innovative tool to bridge gaps in patient education. By utilizing video as a tool, we can provide expert, evidence-based information directly to families in their homes. We will discuss the channel's development, its role as a "conversational springboard" for the healthcare team, and a call to action for expanding the reach of this palliative care education tool.

Dr. Jonathan Wong, MD FRCPC Physician Consultant Winnipeg Regional Health Authority Palliative Care Program

CONCURRENT SESSIONS F

1:15 – 2:15 PM

F1 – Palliative Approaches with Adolescent and Young Adults (AYAs) in Oncology: What Have We Learned and Where Are We Going?

Caring for Adolescents and Young Adults (AYAs, ages 15-39) living with advanced and incurable cancer can present clinicians with several different professional and personal challenges. Clinicians adopting a palliative approach need to be cognizant of the diverse, substantial and evolving psychological and social needs of AYAs with cancer.

This presentation will reflect on common predicaments that surface when using a palliative approach with

AYAs, such as navigating evolving goals of care, supporting identity formation, and balancing individual autonomy with family involvement.

Ian Scott, MSW, RSW, CancerCare Manitoba

Mackenzie Jansen, RN, MN, CancerCare Manitoba

F2 - Improving the Outcome of Essential Conversations Using Supported Decision Making

This interactive session introduces attendees to the practice of Supported Decision Making. A practice that improves direct care experience for people with IDD. It will also introduce the ethical importance of bridging communication barriers with tools that can help achieve this goal. While this session is oriented to improving the care experience for people with Intellectual and Developmental Disability, it will also demonstrate how Supported Decision Making benefits working with people who have differing communication abilities, including dementia.

Bob Parke, Bioethicist

F3 – Medical Futility or Meaningful Care? Navigating Value in End-of-Life Decision-Making

What clinicians perceive as "medically futile" may carry deep meaning for patients and families. This session explores common end-of-life interventions—such as transfusions and IV fluids—through both clinical and values-based lenses. Participants will examine the tension between medical judgment and patient-centered care, and gain practical strategies for navigating these complex conversations with clarity, compassion, and respect for differing perspectives.

Dr. Stefan Riel, MD, CCFP (PC), Palliative Care Physician, WRHA Palliative Care Program

KEYNOTE SPEAKER

2:30 – 3:30 PM

JESSICA WAITE

Jessica Waite is a writer who received *Châtelaine* magazine's Doris Anderson Award for overcoming obstacles to publish her debut memoir, *The Widow's Guide to Dead Bastards*. An alumna of Dying School, the Centre for Sacred Death Care, and USask, Jessica has taught English internationally, mentored incarcerated writers, and studied trauma-informed narrative modalities. She advocates for the healing power of storytelling, and the connective power of

truth. Jessica lives on Treaty 7 territory in Calgary, Alberta.

IT'S TOO LATE WHEN WE DIE...?

The longer we keep our secrets, the harder they are to tell. Since most people never get longed-for confessions or absolutions at the deathbed, does that mean it's really too late? Are loved ones doomed to choke back that lump of regret over things left unsaid? Jessica Waite, bestselling author of *The Widow's Guide to Dead Bastards*, shares insights gleaned while investigating whether her problematic marital relationship could heal across the veil of death.



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
DEADLINE IS AUGUST 14th

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

REGISTER ONLINE AT WWW.PALLIATIVEMANITOBA.CA

CONFERENCE DELEGATE REGISTRATION FORM

Deadline: September 7, 2026

CONTACT INFORMATION

Name: _____ Pronouns: _____

Organization: _____ Position: _____

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. 17	FRI., SEPT. 18
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 7, 2026.
- \$15 fee for registrations received after September 7, 2026.