



LIFE JOURNEYS



The Official Newsletter of
Nanaimo Community Hospice Society



HOLIDAY CLOSURE

Hospice House will be open until end of day on December 23rd, and will close until reopening for regular hours on January 4th, 2022.

Hospice Shoppe will remain open until noon on December 24th to provide opportunities for last minute shoppers.

Thanks for all your hard work; enjoy some time off.

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NANAIMO COMMUNITY
HOSPICE

Caring • Commitment • Compassion

FROM THE EXECUTIVE DIRECTOR

As the end of 2021 approaches, we at NCHS are taking time to reflect on the past year and look forward to what's ahead. 2021 brought a lot of exciting opportunities, along with new challenges. We have continued to find new ways to serve our community, expanding our services and methods of delivering them, launching our largest ever fundraising initiative, and continued to remain relevant in our community by increasing our exposure and advocacy on the great work of Hospice.

NCHS has met the challenge of continuing high-quality professional programs and services in the face of rapidly rising demand for end of life care and grief support. As the year comes to a close, I want to thank our volunteers, staff, board and community for the unwavering support continually provided to our organization and those in need.

Wishing you a happy and safe holiday season.

Paige Karczynski





CELEBRATE A LIFE

Each year, Nanaimo Hospice hosts a series of events collectively called Celebrate a Life. When a loved one passes on, it is important to take the time needed to reflect on this loss and grieve. It is also important to remember that although they are gone from this life, their spirit lives on: through our memories, by the stories they've told, and through each person whose life they have positively influenced with their presence, friendship and wisdom.

LIGHT UP THE NIGHT

Thursday December 2nd, 6:00 pm to 8:00 pm at Hospice House. Join us for our inaugural light up the night! We wanted to bring our community together to help us countdown to lighting up the House to kick off Celebrate a Life! Countdown to the light up will happen at 7pm. Join us for coffee and hot chocolate, classic Christmas carols by the Wellington Jazz Band, indulge in a treat from the local food Truck; Donairnutz, and honour a loved one by placing a memory tag on our trees.

CELEBRATE A LIFE

GATHERING TO REMEMBER

Sunday December 5th 2:30pm - 3:30pm at St. Paul's Anglican Church, 100 Chapel Street. All are welcome to join us for an afternoon of music, inspirational readings, and candlelight remembrance as we honour and celebrate the lives of those whose memories we hold close in our hearts. Masks and proof of double vaccination required.

CELEBRATE A LIFE

Volunteers will assist you as you take part in a loving ritual of remembrance. Write the name of your loved one on a memory card, place it on the tree, and let the lights shine in celebration. A selection of beautiful angel ornaments will be available by donation at the trees. These are symbols of remembrance that can be added to your own family tree. Look for our trees:

At Hospice House: December 1 - 24

At the Hospice Shoppe: December 2 - 24

In Woodgrove Centre Mall: December 12 - 18

CLOSING CEREMONY

Friday January 7th, 3:00pm - 4:00pm The Celebrate A Life trees will be filled with beautiful messages about your loved ones. Every year we close the Celebrate a Life event with a ceremony in January. We will be hosting a livestream closing ceremony on Facebook. We invite those of you who are missing loved ones, who have left cards of remembrance on our Hospice Shoppe Christmas tree or Virtual Christmas tree, to join us for this special time of memory, fellowship and reflection. To attend, please go to our Facebook page at 3:00 pm on Friday, January 7th, 2021.

HOSPICE HAPPENINGS

2021 was an eventful year! Although we still found ourselves navigating the COVID-19 pandemic, we were able to persevere and host in-person events, add and expand our programs and services, and add to our team!

HIKE FOR HOSPICE 2021

It was so exciting to be able to host in-person events again and Hike for Hospice was our first of our large events where we were able to do so. Despite a rainy September day, we had an amazing turnout of participants and teams. We want to thank all of our Hikers, Sponsors and Volunteers who braved the rain and made the day a success! We were able to raise just over \$38,000.00 – thank you for your continued support.



Meet Crystal Carson: she's been raising funds at Hike for Hospice for 20 years! Thanks, Crystal!

**THANK YOU VOLUNTEERS,
PARTICIPANTS AND
SPONSORS!**

Events like these wouldn't happen without your help. Thanks for all you do on behalf of NCHS!



Enjoying a hot cuppa



raphy.ca© 2021

HOSPICE HAPPENINGS

ANNUAL GENERAL MEETING 2020

We hosted our 2020 AGM October 1st as an in-person and virtual event, and it was a fun and informative evening. We shared that although 2020 was a difficult year, we learned many lessons and were able to adapt in ways we never had thought we could. It was through those challenges, we have become more versatile and relevant in 2021.

We were able to honour two volunteers for their years of service; Kathy Faminoff for 10 years of service, and Lynn Jetter for 20 years of service! We recognized resigning Directors; Janet Skinner and Marilyn Ostercamp and welcomed a new Board of Directors: Lorne Hill, President; Sarah Smith, Vice President; Ron Tomlin, Treasurer; Susan Davidson, Director; Ryan Woods, Director; and Paul Smith, Director. Thanks are also extended to Kris Clark and Nicole Webber who resigned from the Board earlier in the year.

Thank you for volunteering!

DREAM HOME LOTTERY



Have you bought your tickets yet? This ticket purchase is one that truly makes a difference! Our Dream Home lottery is a partnership and an opportunity to combine craftsmanship and compassion while creating community. The proceeds from this lottery will allow NCHS to expand our current programs which are in high-demand and establish a foundation that will support the future building of a stand-alone, residential hospice that is greatly needed in our community. Be sure to purchase your ticket at www.nanaimohospice.com

SILVER BELLS VOLUNTEER LUNCHEON



INTERESTED IN VOLUNTEERING?

We can always use a few helping hands:

Thrift store volunteers,
Casual handyman (general work around the House),
Hospice trained CAL mall volunteers,
Comfort care kit volunteers

Connect with Heather Bell – heatherb@nanaimohospice.com
or at 250-591-8811 ext . 109 - to find out how!

HOSPICE VOLUNTEER TRAINEES 2021

A big congratulations goes out to our Class of 2021 Hospice Volunteer Training Program Graduates! We welcome these new volunteers to the team:

Joanne Acampora, Joann Brear, JoAnne Byres, Joan Harrison, Sonja Hnatyshyn, Lyn Makepeace, Luisa Meek Orr, Jen Pridy, Kelli Sexton, Robert Thompson Boyd, Robin Tomlinson, Gina Villares, and Garth Whittome.

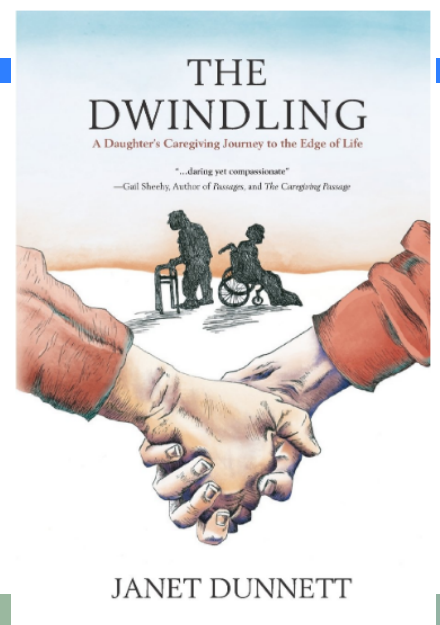
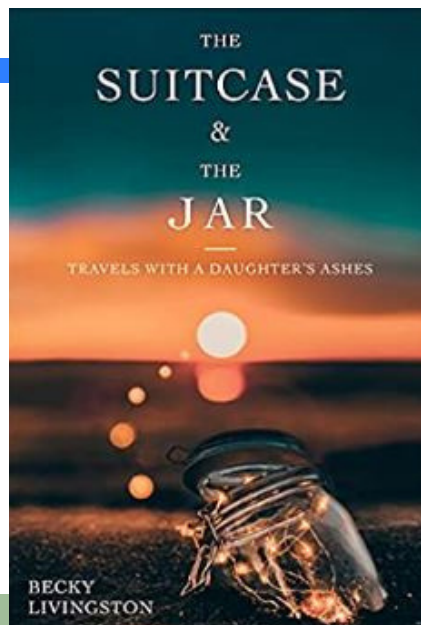
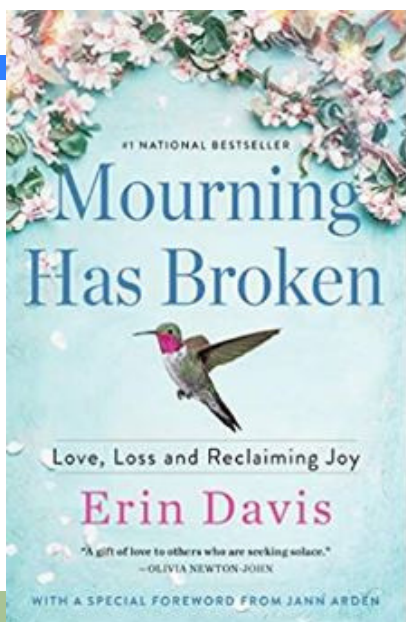
All the best on your Hospice journey!

FROM THE STACKS - HOSPICE LIBRARY

Three of the new additions to the Hospice Resource Library from the "Stories" category are on our librarian Beverley's list to read... maybe they are of interest to you, or someone you know?

Mourning Has Broken: Love, Loss and Reclaiming Joy by Erin Davis
The Suitcase & the Jar: Travels with a Daughter's Ashes by Becky Livingston
The Dwindling: A Daughter's Caregiving Journey to the Edge of Life by Janet Dunnett

Remember: Up to two books at a time may be borrowed for 3 weeks; borrowing cards are on the desk in the lobby; the return box is now located in the entryway.



STAFF NEWS



BRONTE PIKE

My name is Bronte Pike and I am the new Part Time Child and Youth Grief Counsellor. I am currently finishing my last year of the Child and Youth Care program at Vancouver Island University and am eager to start my career supporting clients of Hospice. I am from Prince Rupert and moved to Nanaimo 5 years ago for school. I have fallen in love with this beautiful island, I love to explore and see new places as often as I can. I am excited to incorporate my passion for the outdoors into my practice working with children and youth.

HEATHER BELL

My name is Heather, and I joined the Hospice team in September as Coordinator of Volunteer Services. Actually, I'm also proudly from Prince Rupert, but I've been gone a lot longer than Bronte has. I'm a graduate of several places, most recently with a PhD from the University of Florida. I just completed the Hospice Volunteer Training program and will now be in the office three days per week. I'm enjoying working alongside our incredible volunteers!



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HOSPICE HOUSE STAFF

Paige Karczynski, Executive Director
Kim Mosiuk, Director of Finance and Administration
Debbie Perry, Office Manager
Caitlin Brockman, Counsellor
Jim Nelson, Counsellor
Bronte Pike, Child and Youth Counsellor
Shannon Farahbakhsh, Intake Coordinator
Ardith Finnamore, Program Services Coordinator
Heather Bell, Volunteer Services Coordinator
Susan Ward, Reception

HOSPICE SHOPPE STAFF

Tiffany Lang, General Manager Thrift Shoppe
Anna Hebbard, Donation Processing
Carole Angers, Shoppe Sales Associate

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