



# LIFE JOURNEYS



The Official Newsletter of  
**Nanaimo Community Hospice Society**

## From the Executive Director

With summer already in full swing, I want to thank all of our staff and volunteers for their hard work, dedication and care that they bring to Nanaimo Hospice. We are busier than ever - our programs and services are in high demand, and between donations and sales the Shoppe is breaking records! We continue to feel some of the challenges from the pandemic, so thank you to each of you for standing by our side through this truly unique time.

2022 has been a very busy, but excellent, year thus far! We are experiencing growth in areas which allow us to continue our commitment to serving our community. I am immensely proud of the work we've achieved, and the big plans we have for the future, and we couldn't do it without the continued support of our community.

I hope you all enjoy the rest of the summer, and find some time to do something that fills your heart with joy - and finding moments to pause and relax - it has been a crazy couple of years.

I look forward to meeting more of you come this fall, and having you all follow along on our journey of providing compassionate care for those in need.

Paige Karczynski, Executive Director

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NANAIMO COMMUNITY  
**HOSPICE**

*Caring • Commitment • Compassion*

# HIKE FOR HOSPICE 2022



**SATURDAY, SEPT 10**

## See you at Westwood Lake

**10 am Check-in**

**11 am Hike Start**

**12 pm Lunch & Festivities**

Registration launched on August 1st - so register now!

Early bird pricing will be available from August 1st - 15th.

Use the Discount Code: **EarlyBird** for savings!

Head to our [webpage](#) for online registration.



Nanaimo Hospice believes that everyone struggling with death, caregiving or grief - regardless of age, means or culture - deserves support. It is fundraisers, such as Hike for Hospice, that allow us to offer programs, resources, and education completely FREE to our community where and when needed.

We look forward to seeing you all at Westwood Lake - be sure to invite all your friends and family to join in on the fun!

Price List	Early Bird	Regular
Individual	\$30	\$40
Team 3-6	\$75	\$100
Team 7-10	\$150	\$200

# A VIRTUE FOR REFLECTION

When I am talking to people who have experienced the death of a loved one, in my role as Intake Coordinator, they often share that they feel their life no longer has purpose or that they need to find a new purpose in living. It leads me to reflect about my own life's purpose. I believe a sense of purpose is integral to the human experience. It is an intention to do something in the world. It can be different than a goal, which can be accomplished. Wanting to have a particular career or learn a new skill is a goal because it is achievable. But to be great at it is more of an intention than an achievement. We may come closer to the ideal on some days than others, but it is never an completed task.

Some people find purpose in standing up for issues they believe in and contributing positively to their communities. Others prioritize home and family, while others find purpose in a successful career. Many people talk about living authentically or mindfully, inspiring others and fostering connections.

I invite you to read the Virtue's Pick below and reflect on the question: What gives your life purpose? Your answer and the sense of balance it brings may surprise you.

Fondly,

Shannon Farahbakhsh, *Intake Coordinator*

## PURPOSEFULNESS

*Purposefulness is being aware that each of us is here for a reason. We value our lives by discovering the part we are uniquely meant to play. We discern our intention and focus on it mindfully. We visualize it happening. We set goals and achieve them step by step, resisting distractions. We give each task single-minded concentration and excellence. We invest our full enthusiasm into even the simplest job. In the flow of our lives, there are many turns and unexpected events. Within it all, there are lessons to be learned and gifts to receive. Purposefulness is trusting the journey.*

### The Practice of Purposefulness

- I discern my true calling.
- I create a clear vision for this time in my life.
- I set goals for achieving my purpose.
- I concentrate fully on what I am doing.
- I enjoy giving excellence to each task.
- I find the opportunity in every experience.
- I am thankful for the gift of purposefulness.
- It gives my life true value.



*"Our calling is where our deepest gladness and the world's hunger meet."*

Frederick Buechner

# Hospice Happenings



## CYCLE OF LIFE TOUR



After a two year hiatus the Cycle of Life Tour was finally back in person! Participating riders embark on an unforgettable journey to raise funds for patrons in need of compassionate end-of-life care.

COLT brings together hospices across Vancouver Island to raise money and awareness for Hospice Care in our communities.

Our team, the Nanaimo Bars, raised over \$18,000 which will help to fund the programs and services we offer free to our community.

A big shout out to our riders: Karen Dibblee, Linda Brimacombe, Geoffrey Coccetti, Lisa Craven, Terri Harrison, Jo-Lynn Hildebrandt, Jim Nelson, John Riendl and Marilyn Riendl. Our sincerest thanks go out to them for their hard work, dedication, and passion to helping Nanaimo Hospice help others.

Additionally, thank you to the local businesses who supported our fundraising events by donating goods and services.



**CYCLE  
OF LIFE  
TOUR**

PRESENTED BY  
**think**

## SOME OF THE PROGRAMS WE OFFER FREE TO OUR GRIEVING AND PALLIATIVE CLIENTS:

### TRAUMATIC LOSS SUPPORT



The Traumatic Loss Support Program is a semi-structured 8-week program for adults who have experienced the loss of a loved one by suicide, violence or drug use. Being with others who have experienced a traumatic loss has been proven to break isolation, offer hope and create long-term networks of support. This program provides a safe, non-judgmental, and compassionate environment. Participants will learn about traumatic grief and be given essential grief survival tools to integrate into their daily lives.



### WALKING PROGRAM

The Walking Program combines fresh air, exercise and companionship for those who have experienced the death of a loved one. Clients can join a group that walks at a casual pace for about an hour. It is a way of connecting with others. It is a way to give and to receive support, all while enjoying a scenic walk. Although, not all losses or grief journeys are the same there will be many similarities that can be shared and understood. Clients can also opt for a walking partner. A trained hospice volunteer will join the client for a leisurely walk while providing private and personal support.

### PALLIATIVE CARE UNIT



Hospice Volunteers bring the essence of Hospice philosophy to the Palliative Care Unit (PCU) setting. Their primary roles are to comfort patients, their visitors, and to support staff. They bring the heart of Hospice to the PCU. Volunteers are present seven days a week from 8 a.m. to 8 p.m. This work is a valuable service. It is greatly appreciated by patients, visitors, PCU doctors and nurses, Nanaimo Regional General Hospital and Island Health.

# Advanced Care Planning

## WHAT IS ADVANCED CARE PLANNING?

Advance Care Planning is the process of thinking, talking and planning for your future care in the event you are unable to speak for yourself. It is an essential part of life planning for everyone. We can help you with this important life planning. You will find our learning session helpful to navigate the necessary steps to make an effective plan.

You will learn:

- The what, why, who, when and how of planning for your care.
- To think about what is important to you. This will help you decide what kind of care fits with your goals, values, and wishes.
- The importance of talking to others so they know what matters most to you.
- How health-care decisions are made in British Columbia when you are not able to make them for yourself.
- How to choose the best person to speak on your behalf.

Advance Care Planning can benefit everyone, regardless of health and stage of life. You may not have any health concerns, but being ready in case a health crisis happens will ease the burden on everyone. It can help you get the care that is right for you and aligned with your values, preferences and wishes. It will bring you peace of mind, knowing that people you trust know your health care wishes.

## UPCOMING INFORMATION SESSION

### My Wishes, My Care

Monday, August 15th from 6-8pm  
at

Vancouver Island Regional Library -  
Nanaimo North Branch

To register please email  
[ardithf@nanaimohospice.com](mailto:ardithf@nanaimohospice.com) or call  
(250) 591 - 8811



Our librarian, Beverley Martin, has offered a summer book review of two books housed in our very own library at Hospice House. Come by and see these, and other treasures, whenever you need to.

## **IT'S OK THAT YOU'RE NOT OK: MEETING GRIEF AND LOSS IN A CULTURE THAT DOESN'T UNDERSTAND BY MEGAN DEVINE**

When a painful loss or life-shattering event upends your world, here is the first thing to know: there is nothing wrong with grief. "Grief is simply love in its most wild and painful form," says Megan Devine. "It is a natural and sane response to loss." So, why does our culture treat grief like a disease to be cured as quickly as possible? In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it.

## **A GOOD DEATH: MAKING THE MOST OF OUR FINAL CHOICES BY SANDRA MARTIN**

*A Good Death* is timely, engaging and inspiring. In taking on our ultimate human right, award-winning journalist Sandra Martin charts the history of the right to die movement, here and abroad, through the personal stories of brave campaigners like Sue Rodriguez, Brittany Maynard and Gloria Taylor. Martin weighs the evidence from permissive jurisdictions such as the Netherlands, Oregon, California, Switzerland and Quebec. Then portrays her own intellectual and emotional journey through the tangled legal, medical, religious and political documentation concerning terminal sedation, slippery slopes, and the sanctity of life.

Modern death has become a wrenching political dilemma, one that becomes more pressing as the population ages. *A Good Death* confronts our fears about dying, our struggle for meaning, and our dread of being trapped by voracious medical technology. In a world that has seemingly abandoned caring in pursuit of curing, no matter the cost or the suffering to patients and their families.

*A Good Death* asks the tough question none of us can avoid: How do we want to die? The answer will change your life – and your death.

# Children and Grief

**GRIEF IS LIKE THE OCEAN. IT COMES IN WAVES, EBBING AND FLOWING. SOMETIMES THE WATER IS CALM, AND SOMETIMES IT IS OVERWHELMING. ALL WE CAN DO IS LEARN TO SWIM.**  
**-VICKI HARRISON**



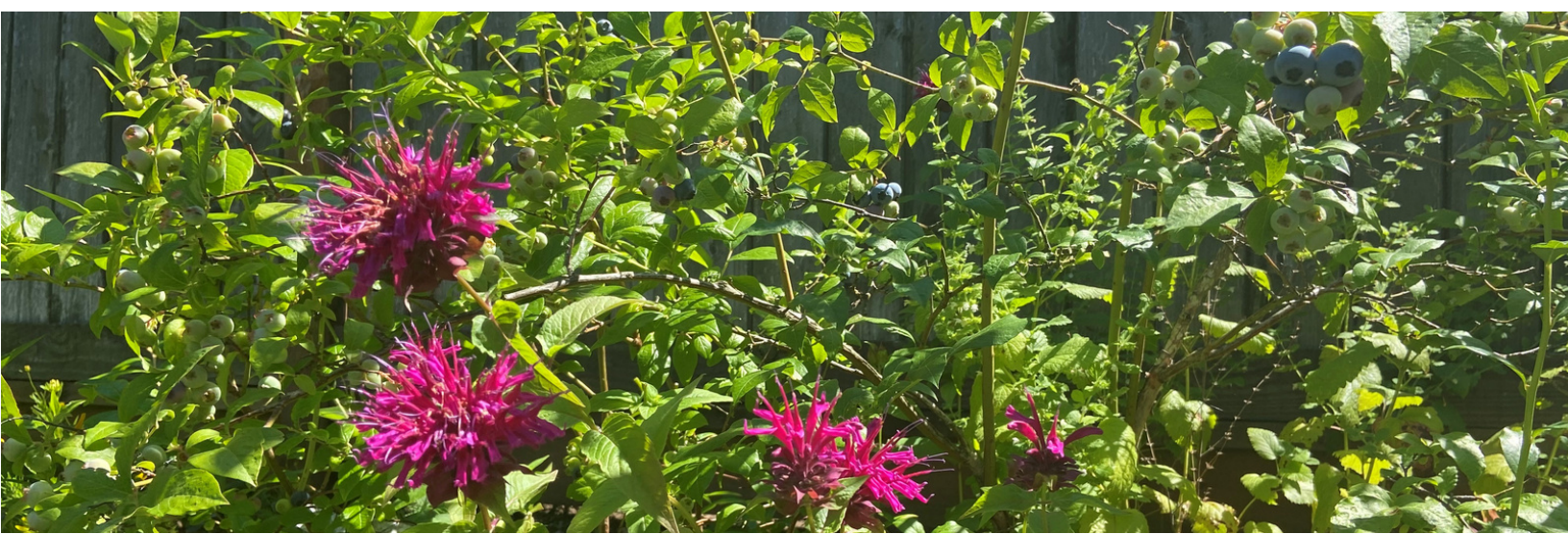
Grief is a small word with a powerful meaning. Grief can be isolating, frustrating and exhausting. Grief is not a "one size fits all" experience, it is unique and personal. I have been given the opportunity to work alongside children and their grief, and I have witnessed the vast experiences a person can go through when a loved one dies. I have observed the range of emotions that one can feel and how those emotions can present in both intense and diverse ways. Children are observant and are learning about the world through their environment. They watch those around them grieve and try to interpret what they see to the best of their ability. When grieving alongside children it is helpful to remain open and vulnerable with in order for them to work through their own experiences. Grief can be confusing and no one always knows "the right thing to say." I think with children we naturally want to shield them from the painful aspects of grief, but in doing so it can lead them to feel confused about their emotions.

I believe we need to open up the conversation about death and introduce the topic of grief early on to educate those around us. There is no easy way to understand grief. It is something that you experience and maybe re-experience as time goes on. I feel a large misconception about grief, is that once you move through it, it is over and you go back to "normal." This can be unrealistic. The hole you feel inside might always be there, but as time goes on and you grow as a person and it can make the hole feel a little smaller. For children and youth as they navigate new milestones they may experience new waves of grief and levels of emotion. It is important to be patient with oneself and validate the feelings that come forward. When walking alongside those who are grieving, be a listening ear and allow them the space to navigate this experience the way they feel is right for them.

Warmly,  
Bronte Pike, *Child and Youth Counsellor*



Our Horticulture technician Mona Richardson, and her team of dedicated volunteers keep Hospice House gardens and grounds looking fabulous. Here she shares a little of what's going on in our own backyard.



What is blooming at the Hospice House?

We have a great flower show this year! We hope you have had the chance to stop by and smell the roses.

- Upon entering the Serenity Garden you will see the Roses on the gate trellis, this is a scented Rose called "New Dawn".
- In the pond, there are now seven Water Lilies to enjoy.
- Near the stream, you will see Campanula "Blue Waterfall", which is a perennial that not only blooms from the top of the plant, but also sends out flowering runners.
  - **GREEN THUMB TIP:** this flower is great planted on a hill!
- You can find a beautiful cascade of white climbing Hydrangea on the fence across from the stream.
- In our children's garden, which you must have permission to enter, various perennials are in bloom through the season and you can find herbs of every kind!
  - In coming months, we will finish the water line to the fountain so it can remain on all the time.
- Find Astilbes, a flower with a feathery plume, and Goats Beard along the front ramp garden.
- Across from the ramp, there is a Rose from the old garden that flourishes under the Pink Dogwood Tree with a blue-green leaf.
- While in the parking lot, Pink Bicolour Cistus is in bloom, but unfortunately likely in its last year as it has succumbed to a fungus.
- The lower area features a Pink Helianthemum ground cover.
- Lastly, keep watch for our five climbing Camillas that will bloom in the fall.

## CBCVT CLASS OF SPRING 2022

We'd like to extend a big warm welcome to our newest Client-Based Core Volunteer Trainee class who completed their training on June 1, 2022.

Tiana Dick  
Dar Debrecen  
Marie Ducharme  
Michelle Fodor  
Aliza Hutchinson  
Darby Johnston  
Carmen Lavoie  
Asha MacSween  
Mackenzey Myhre Macdonald  
Patti Patstone  
Shanti Peck  
Donalda Weaver  
Linda Windrum  
Braedan Zimmer  
Zac Zorisky



These trainees are now participating in Advanced Training in a number of program areas and mentorship with our experienced volunteers as they grow into their volunteer roles. Congratulations on all your work so far, and welcome to the Hospice family!

## WANT TO BECOME A CLIENT BASED VOLUNTEER?

Have you ever considered volunteering? We are always looking to welcome more Client-Based Volunteers to our team as we continue to experience an increase in demand for our programs and services.

Our trained volunteers offer a variety of services with Nanaimo Hospice. Volunteers lead and facilitate grief support programs, offer complimentary therapies and one-to-one support for those who are facing advanced illness or grief.

Interested in joining the team? We will be hosting our training program this Fall, starting in September. For more information and how to register, visit our [website!](#)

Hospice volunteers are special people. Going forward, each newsletter will feature the voices of two of our many dedicated volunteers. They'll introduce themselves, share their insights into what it's like to volunteer for Nanaimo Hospice, and much more. We're so thankful they chose us.

## JACKY CRAWFORD

*Jacky, Ontario native, arrived in Nanaimo three years ago. She and her partner bought a home and began to settle in. Jacky missed her girlfriends from back east and missed having volunteering as part of her life.*



**On finding Hospice Shoppe:** I was hoping to build on my work at the Goodwill in London. I looked under Volunteer Nanaimo and found several places online. The thrift shops seem to support something, and this seemed like a good fit for me. I've really enjoyed it and have met many people, especially Carol, who's now my walking buddy.

**On setting up house:** We came to pretty much an empty house; we didn't bring much because it was expensive to tote it across the country. There's been plenty of times I've come into the Shoppe to buy a little treasure for myself, or things for my kitchen that I left behind and didn't have here.

**On volunteering in a new town:** It's helped me fit in. It's a really good thing I did [volunteer], because we weren't here that long before the pandemic hit. We'd gone to Mexico and came back, and it was the pandemic, so we hadn't got to know many of the people in our strata. The fact that I had a few people here that I kind of knew at that point made the difference.

**On the Shoppe being busy:** You have to like a chaotic environment, because we've been so successful... we get so many donations. It's way busier now than when I started. I don't mind that, but sometimes you can go home feeling like you haven't done enough, because there's still some more to do!

**On the most memorable donation:** The most surprising thing was a pregnancy test! Don't worry, it was still in the box! My favourite thing was a box full of the most beautiful pottery.

**On making a difference:** You look around and it looks like nothing's gone, and then you go back to a shelf and, "Oh yeah that guy did take those six glasses, they're gone!" You look at the back room and see more things, but they keep moving through... I'm environmentally conscious. Basically, we're sort of a recycling depot. That's a valuable thing.

**On fundraising:** I love to hear how much money we've earned for Hospice during a day. It's like, "YESSS!" That's rewarding for all of us.

**In closing:** It's a very casual, friendly place to work, both customers and staff. I'm glad I moved here, and I'm glad I'm working here at the Shoppe!

# VOLUNTEER VOICES

## JANIS REEVES

*Janis has always been interested in death and dying, and how to help people experiencing end of life. She first heard about the Hospice movement in the 1980's and thought to herself, "I want to do that someday." Years later, after moving to Nanaimo, she had a conversation with a Hospice staff member and felt it was her cue to get involved. She completed the Client-Based Core Volunteer Training in 2006 and has been sharing her considerable skills with us ever since, serving mainly on the Palliative Care Unit, providing Reiki treatments at the Self Care Clinic and helping with Celebrate a Life events.*



**Memorable moments:** The PCU is a very special place, a sacred space. The messages people send, if they aren't able to speak, when they're scared, we can hear them, even if they're not speaking; hearing and feeling what they've got going on inside. I sang a lullaby for a woman who was unresponsive, and then she said goodbye. She heard me the whole time I was singing. Just one of the moments that kept me going back.

**On selflessness in volunteering:** We find it so rewarding. We get gifts: we get grace. It's not selfless. We know that we are helping, but we are also learning and helping ourselves. My being involved with Hospice is fulfilling. I'm being of service in a good way.

**On holding space for others:** For me, it's being with/near someone who is having difficulties, just being with them. Sometimes, it's just being beside them. Sitting near them as they're waiting for their appointment and sending out love, without having to solve their problems, give them advice, or even give them big fat hugs which can be overpowering. It doesn't involve, "What can I do? What can I do?" It's just being there in a loving way. That works. It's energy.

**On volunteer roles:** It's more difficult for some people to go to the PCU than others, I'm one that it's easy, we all have our gifts. So, if it's difficult, maybe the unit isn't for them. A lot of people find the PCU too boring, they don't have enough to do, they need to be doing tasks. On the unit, you need to be present, there are tasks to do, but [being present] is the most important thing. If you're the type of person who can hold space, it's for you.

**On what she's gained by being a Hospice Volunteer:** I'm more available to people who are going through things like grief; I've learned how to listen, and how to ask open-ended questions. As well as, learning how to be comfortable with my own mortality.

**On words of wisdom:** One day when I needed a confidence boost, a fellow volunteer helped me get out of my own head by reminding me: "you're doing a nice thing."

**On the best part of being a Hospice Volunteer:** The authentic people I've met through Hospice. People who want to help people through death, dying and grief, they're authentic.

You can't not be. You're listening to some of the hardest things in life, and people who are volunteering are authentic. You can't be phony. The volunteers I know and the staff I've worked with, they are authentic. One gets past the superficial side of life, and that's really rewarding.

## WHAT IS PLANNED GIVING?

Planned giving is an area of fundraising that refers to several specific gift types that can be funded with:

- cash,
- equity
- property
- estates

A planned gift is a compassionate investment and a special way to honour a donors life. These thoughtful gifts allow Nanaimo Community Hospice to continue to grow as we experience increases in demands for our services.



## HOW CAN YOU GET STARTED?

Nanaimo Hospice is exciting to start our Planned Giving Program. This program is being created to help secure long term funding for the organization. Sarah Bramley, Donor Relations & Planned Giving Coordinator, has diligently been creating a Planned Giving program for NCHS. Sarah joins us with 2 decades of experience in the not-for-profit sector raising organization profiles and financial contributions.

Sarah will work with you, local financial advisors, notary's, lawyers and accountants to discuss ways to give to Nanaimo Community Hospice,

## STAY TUNED

Information Sessions on how to set up a Planned Gift within your Will or Estate will begin in Fall 2022.

If you have any questions please feel free to reach out to Sarah Bramley.

**[sarahb@nanaimohospice.com](mailto:sarahb@nanaimohospice.com)**  
**250-741-6968**



# SHOPPE NEWS

The Shoppe has been as busy as ever! Our donation levels are exceeding anything we have experienced to date - and we are loving it! So many treasures hitting the floor everyday, have you been in to find yours?

Over the Spring season, the Shoppe hosted a group of young adults from the Child Development Centre to provide some workplace training with our volunteers.

We are excited to announce we are officially partnering with the CDC in the fall for continued workplace training opportunities to aid in bridging the gap to employment barriers. Thank you to our Shoppe Volunteers for sharing your expertise.

We had a wonderful donation of new, and like-new prom dresses and suits and welcomed 12 grads into the Shoppe. They had the Shoppe to themselves to pick out everything from their shoes, bags, accessories, jackets and dresses! We want to congratulate our 2022 Nanaimo Secondary School Graduates!

Have you ever watched a TV show and wanted a characters outfit? Nanaimo Hospice Shoppe was lucky enough to receive a large clothing donation from the television series; Chesapeake Shores! It was a great selection of brand names and high quality items. Did you grab yourself an outfit? If you did, share with us and how you styled it!

## Upcoming Sales

**August 9 & 10**  
50% off ALL CLOTHING

**Every Thursday**  
30% off ENTIRE SHOPPE

**Online Live Sale**  
September 14th @ 7pm

## New Shoppe Volunteers

Help us Welcome:

Kiera D  
Shari G  
Sharon K  
Cathy L  
Samantha L  
Audrey L  
Riley N  
Tom W

**Interested in Volunteering?**

Contact Tiffany at  
[shop2@nanaimohospice.com](mailto:shop2@nanaimohospice.com)





## SARAH BRAMLEY

Sarah Bramley is our Donor Relations & Planned Giving Coordinator. Sarah brings over 15 years of not-for-profit experience in fundraising, marketing and stewardship. When Sarah isn't at work you can find her out in nature hiking with her dogs, paddleboarding or practicing yoga. She loves to travel and leads Habitat for Humanity builds every year.

*"Those we love never truly leave us. There are things that death cannot touch."*

Jack Thorne

## SARAH REAY

Sarah Reay is our Fundraising and Events Coordinator. Sarah has lived in Nanaimo for 20 years and is grateful for the opportunity to give back to the community in her new role with Nanaimo Community Hospice. In her spare time Sarah loves to travel, both abroad and around our Island. Or you can often find her with a book at the beach!





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## HOSPICE HOUSE STAFF

Paige Karczynski, *Executive Director*  
Kim Mosiuk, *Director of Finance and Administration*  
Debbie Perry, *Office Manager*  
Jim Nelson, *Counsellor*  
Bronte Pike, *Child and Youth Counsellor*  
Lynne MacFadgen, *Counsellor*  
Shannon Farahbakhsh, *Intake Coordinator*  
Ardith Finnamore, *Program Services Coordinator*  
Heather Bell, *Volunteer Services Coordinator*  
Sarah Reay, *Fundraising & Event Coordinator*  
Sarah Bramley, *Donor Relations & Planned Giving*  
Susan Ward, *Reception*

## HOSPICE SHOPPE STAFF

Tiffany Lang, *General Manager*  
Carole Angers, *Shoppe Sales Associate*  
Anna Hebbard, *Donation Processing*  
Kara Baynes, *Shoppe Sales Associate*  
Ida Kingsnorth, *Shoppe Sales Associate*  
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