

# LIFE JOURNEYS

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



As we welcome a new year and wave goodbye to an incredibly busy, yet successful, year - I just want to say; **THANK YOU.** Thank you to our remarkable staff, our dedicated volunteers and our community who continue to support us. What a year it was, and it is all because of each and every one of you!

As we begin a new year, with a spring in our step, I am excited to share that we have been working hard on developing new programs that we will implement throughout the year. As we continue to see steady increases in the demand for our services, our staff and volunteers are ready to jump in with both feet to provide compassionate care and support.

We should all be proud of our commitment to our community through generosity, time & talent. We have a big year ahead, and I cannot wait to see it unfold.

In gratitude,  
Paige Karczynski, Executive Director

## IN THIS EDITION

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# A VIRTUE FOR REFLECTION

Taking a break from grief? Is it possible? Not only is it possible, sometimes it is necessary. And it is okay to do.

Grieving after the death of a loved one can be demanding. It takes energy to feel sadness as we face the pain and emptiness that can surround us during grief. How long deep sadness continues is different for each individual. There may be times that you feel you want to take a break from your grief to recharge. Give yourself permission to mentally walk away from the grief. It isn't going anywhere. It is okay to set it down, take a few steps away and breathe.

When I am looking for ways to take a breath I often go to nature to find solace and re-energize. There is no end to the beauty in nature. Whether it is a few moments spent noticing the beauty of a flower, an hour spent walking in the forest or on the beach, or even watching a video or tv program that focuses on the beauty in nature or listening to a recording of nature sounds, taking a break to notice beauty may nourish and re-energize you on your journey.

Sincerely,  
Shannon Farahbakhsh, *Intake Coordinator*

## BEAUTY

*Beauty is a sense of wonder and reverence for the harmony, colour, and loveliness of the world. Beauty opens us up to the deep patterns of life that inform and delight us. It allows us to feel our connectedness with all creation. It calls us to look beyond superficial appearance to appreciate the gifts in each person. Our creativity brings forth beauty in music, art, dance, and language. We practice beauty by creating a space of grace and order around us. We can reflect beauty in the way we dress, move and speak. Living beautifully is a unique expression of our divine nature.*

### The Practice of Beauty

I spend time in the beauty of nature.  
I am inspired by the mysteries of life.  
I look for the good within everyone.  
I express my own creativity.  
I create a space of beauty and order around me.  
I speak and act graciously.  
I am thankful for the gift of Beauty. It nourishes my soul.



*"The human soul needs actual beauty more than bread."*

D.H Lawrence

# Programs and Services

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



### WELLNESS PROGRAM: HEALING WITH MUSIC

Our Hospice Volunteer, Mikeoula, assists clients in connecting with their inner strength and innate ability to heal. Her voice and music gently guide clients into a restful and deep relaxation. Guided meditation is accompanied by Sound Baths with crystal singing bowls. These sessions are offered in-house. Each session is approximately 1 hour. This is a live and shared experience. You can relax into meditation or simply get comfortable. It is up to you how you want to enjoy these sessions. This is a moment for you to practice self-care.



### COMPANIONS THROUGH GRIEF

This program is a peer support group that offers clients opportunities to meet others who are navigating through the experience of grief. Through sharing, individuals are offered comfort, support and growth. People find relief in being with others who understand the depth of their grief. Connecting with others is powerful and eases our journey. The group is open to adults who have experienced the death of a loved one and are registered Hospice clients. This group is offered virtually and in-house.



### WELLNESS PROGRAM: QIGONG

Qigong has been practiced for centuries and is based on repetitions of precise sets of movements designed to benefit health. The aim is to promote the movement of Qi (energy) in the body. The movements clients learn are gentle and subtle. Zac leads participants in this enjoyable and beneficial practice. We hope clients will enjoy this session and leave with another way of practicing self-care. This is offered twice a month and is of great interest to our clients.

Our librarian, Beverley Martin, provides a 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.

## THE COURAGE TO GIVE: INSPIRING STORIES OF PEOPLE WHO TRIUMPHED OVER TRAGEDY TO MAKE A DIFFERENCE IN THE WORLD BY JACKIE WALDMAN

Author Jackie Waldman was living the "perfect" life--three healthy children, a loving husband and her own thriving business. Then she discovered she had multiple sclerosis, and her world changed overnight. Tears, anger, and frustration took over until one day "every piece of my life became crystal clear. I knew without a doubt exactly who I was—not a person with a disease and weak legs, but a person who has a heart filled with love and wants to be of service. And my healing began."

A collection of heartrending and heartwarming stories of 30 people, both famous and unknown, who have suffered great emotional or physical hardship and went beyond their pain and healed their suffering by reaching out to help others.

*This book can be found in the Inspirational section (Green 4)*

## WILL THE CIRCLE BE UNBROKEN? REFLECTIONS ON DEATH, REBIRTH, AND HUNGER FOR A FAITH BY STUDS TERKEL

Death is the one experience we all share but cannot know. Here a wide range of people address that final experience and its impact on the way we live. In talking about the ultimate and unknowable culmination of our lives, they give voice to their deepest beliefs and hopes, reflecting on the lives they have led and what still lies before them. From a Hiroshima survivor to an AIDS caseworker, from a death-row parolee to a woman who emerged from a two-year coma, these interviewees find an eloquence and grace in dealing with a topic many of us have yet to discuss openly and freely. In a stunning capstone to his extraordinary career, Terkel introduces us to the variety of reactions to life's ultimate experience.

*This book can be found in the Inspirational section (Green 4)*

# SUPPORTING THOSE IN GRIEF

DO YOU KNOW SOMEONE WHO IS GREIVING? DO YOU OFTEN WONDER HOW TO SUPPORT SOMEONE IN THE "RIGHT" WAY?

THERE IS NO RIGHT OR WRONG WAY AS GRIEF IS UNIQUE TO THE INDIVIDUAL - HERE ARE SOME TIPS TO HELP SUPPORT SOMEONE IN GRIEF



- **Listen** - Sometimes not saying anything can be helpful. If you can, listen to a grieving person and let them lead the conversation.
- **Patience** - People who are grieving might experience the motions of grief for a long time. It is important to be patient with them and allow them the time to feel what they need.
- **Time** - Give them time to adjust to the new lifestyle they are building without their loved one. We might want to motivate them to move forward but change can be hard.
- **Little Things Matter** - at times grief can be overwhelming and the little things in life become more difficult. It can be difficult for a grieving person to ask for help. Try helping them with meals, laundry, errands, childcare etc..
- **Avoid** saying "you'll get over it", "it is time to move on", "you should not be sad anymore", "just think of the happy times". As a support person we want to help but try not to push a grieving person to feel things they are not ready for.
- **Acknowledge** how tough grief is - grief is hard and never easy to experience. Validate how hard grieving is and that it is okay to not be okay.
- **Grief Waves** - grief is not linear, it can come in waves. Those who are grieving might shift moods suddenly and seem different each day. Grief waves can "hit" days, months and years after the death.
- **Comparisons** - try to not compare your grief experience with theirs. Every person experiences grief differently and have different ways of coping.
- **Special Days** - Make note of special days that come up for the grieving person. Anniversaries, Christmas, birthdays and holidays can be challenging for those who are grieving. Try and be a support during these times.
- **Self Care** - taking care of yourself is beneficial for you and the grieving person. Be sure to utilize your self care tools and take time for yourself. Supporting others also means supporting yourself.

# GRIEF ON THE BRAIN

**Functioning in life requires the super powers** of the frontal cortex, often called the executive center. This processing matrix synchronizes information to help us schedule, organize, imagine, decide, juggle, plan for today and learn from yesterday's mistakes. This competent, top-down manager likes to drive the daily show of life. However, when news of the death of a loved one reaches your ears, this all-knowing efficiency apparatus is swallowed up by a thrust of life that is far more powerful - grief. You and your brain are mercilessly hijacked by a process that cannot be categorized or rationalized. Bottom-up processes take over your brain as every physical sense is overwhelmed. The cascade of sensory input including pain, shock, disbelief and fear takes command. The brain goes into something like movie mode where it widens its aperture, slows right down and captures those moments in indelible images complete with minutia of sound, emotion, taste and touch (Holinger, 2020). We are forever changed.

*Grief is a world of shadow and heaviness in which the brain is overcome by conflicting processes that lead to exhaustion*

What happens in the anguishing aftermath is unique to each person. In the words of E.M. Forster (2002), "one death may explain itself but it throws no light upon another". From a brain science point of view, there are explanations for the pain and confusion which can serve to reassure the griever, they are not alone and their despair is natural, deep and true.

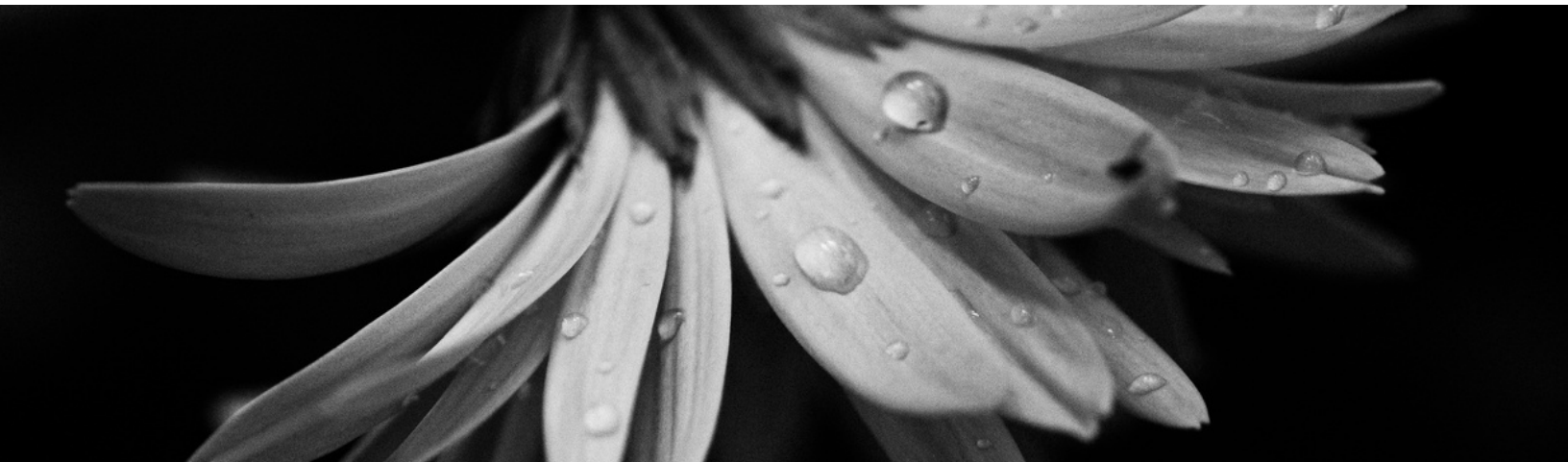
When a loved one dies, it is hard to comprehend they are truly gone. You can see them clearly in your mind's eye and sometimes you are certain the footfall you hear on the outside steps means they have finally returned home. I have heard people exclaim they fear losing their mind because they know their beloved is dead but they still do not believe it! Here is where memory and mind are bewildered by the loss and struggle to clarify the new reality. Grief is a world of shadow and heaviness in which the brain is overcome by conflicting processes that lead to exhaustion.

# GRIEF ON THE BRAIN

Two types of memory come into play here; explicit and implicit. Explicit memories are factual and specific. For example, knowing what high school you went to or how much your car cost are explicit memories. This systems knows unequivocally that your loved has died and will not return. Implicit memory on the other hand is trickier and far more subtle. It is deeply embedded into your personality and identity. It does not use language to convey meaning but rather, it speaks through the pull of values, beliefs, attachments and your understanding of the world. Implicit memory can be of the procedural variety which will help you ride a bike or sing a childhood tune. Another variety helped you lay down layers of emotional bonding with your BFF, your family and other loved ones. It can access your unconscious relationship scaffolding in a flash. While explicit memory tells you your friend is gone and will never return, implicit memory tells you your friend is woven into your very being and will remain with you always. This push and pull of different systems within the brain causes panic, confusion and painful distress (O'Connor, 2022). These are disorienting moments of overwhelming grief.

One way to support yourself through these overwhelming moments is to reach for support. As you speak your feelings to a caring listener or write them down on paper, the brain and body respond. Neuronal activity shifts from the amygdala, the brain's fear center, to the executive center. This harnesses the unwieldy emotions, making them feel more manageable as they become known to you. Expressing feelings also lowers heart rate and the pitch of your voice. All these changes help stabilize your system, even if only for a few moments (Holinger, 2020).

Grief is exhausting and cannot be commanded. Perhaps though, understanding the forces that take your brain and body by storm, will help you to offer yourself kindness in all things and gentle rest when you need it.



## A WORD FROM BONNIE

It has been a pleasure to start in my new role as Volunteer Coordinator. The past 3 months have been both rewarding and busy and I am looking forward to what 2023 has in store for Nanaimo Hospice.

With my 11 years of Hospice experience one of the greatest aspects of my role was and still is working with volunteers. Hospice Volunteers are incredibly kind people and they are equally special in every Hospice. Nanaimo is definitely no exception. I was welcomed into my role so warmly and I cannot thank the volunteers enough for such a nice reception. Over my short time here I have been able to see some of the volunteers in action and the energy that you bring to our organization is palpable. Thank you for bringing in your best selves every day.

Fall 2022 Volunteer wrapped up in October with 11 new Client Based Core Volunteers completing the training. Congratulations to our new volunteers. We look forward to working with you.

We would like to thank the Nanaimo Golf Club for hosting our 2nd Annual Volunteer Silver Bells Luncheon this past Christmas season. We had a wonderful turnout of over 60 Volunteers for the luncheon. It was great to be able to visit and enjoy a nice meal with friends, share stories and spend some quality time together for the holiday season. We missed being able to do this over the past years and a good time was had by all!

Celebrate a Life - Once again our Volunteers came through for us. Many hours were filled with Volunteer time in order to make Celebrate a Life a success. We want to thank each and every one of the volunteers for their dedication over the holidays. We also want to give a special shout out to the handlers and their Pet Therapy pooches at St. Johns Ambulance for coming out to support this event. It was sure a treat to have you there and we appreciate your support of our organization

### Spring 2023 Training Dates

April 17  
April 24  
May 1  
May 8  
May 12  
May 15  
May 24

Spots are filling up  
quickly

### Shoppe Volunteers

We are always looking  
for new Volunteers at  
the Shoppe.

Areas of Interest:

- Cashier
- Tool room
- Merchandising



### Welcome Fall 2022 Volunteers

Lauri A  
Stephanie B  
Joan M  
Nathalie T  
Tiffany C  
Chung C  
Margaret T  
Margaret G  
Ashely B  
Shelley M  
Sasha M



# VOLUNTEER VOICES

Hospice volunteers are special people. We are pleased to 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.

## PAT FORREST

*Pat realized she wanted to learn more about helping people through death after losing her mother. Pat had been involved in pastoral care through her church, and it made sense that Hospice might be the place to learn more. After a short break from volunteering when she retired here from Calgary, she began exploring new interests. She is a leader, storyteller, administrator and more. She completed her Client-Based Core Volunteer Training in 2019 and has served in a number of program areas, starting at the Palliative Care Unit (PCU) and later in Peer Support, Companions through Grief, the Walking Group as well as the Gathering to Remember event as part of Celebrate a Life in December.*



**Memorable Moments:** On my second day of shadowing on the PCU, I came in and the nurse said, can you sit with this patient, she is dying, and I don't want her to be alone. I sat with her; I had never sat with a person who was dying before. The patient's family had come in, the sister was so glad that I had been there. It was meaningful. It was peaceful. Also, to see the nurse afterwards, she was so gentle with the dying. It was my introduction to the PCU, where they were so caring; I felt like I was in the right place, that being with Hospice was the right decision. I did feel, "this is why we're here," but then later, through my journey I realized that everything is important. When I met one of my peer support clients for the first time – her husband had died the year before – I walked into her condo and she said, "I know you. You brought me tea when my husband checked into the PCU. I remember that." Little things, like a cup of tea you bring to someone, or a smile and hug. You don't get a gold star for being there when someone dies and only a bronze star for the other things; they're all important.

**On keeping boundaries:** I volunteer elsewhere also, together it's all a big commitment... There are admin things that need doing here too, but I've decided I'll do the client stuff, not admin; I've learned just because I can do something, doesn't mean I'm the one who should be doing it.

**On finding the right fit:** When I moved here, I felt like something was calling, but what was calling me this time? Hospice was calling to me, the training, the people, the building, the garden. It felt so good. The PCU – that's where I thought I wanted to be when I started. There was a push and pull within me, being there. I wasn't afraid; I didn't have a fear of people dying, but it was every week; and I wanted more freedom. Peer Support was suggested as a good fit for me. At first, I thought, "maybe when I get better at this whole thing, I'll take that on..." Of course, I do almost anything Shannon or Ardith ask me to do (laughs), so I started... Being with peer support clients takes about the same amount of time, as I walk to meet them and back, but it's more flexible schedule-wise. It really works for me; that's what I'm mainly doing for Hospice now.

**On communication:** I'm so much more comfortable now talking about grief and dying that people – friends and family – will come to me, which is nice. It helps even just to know what NOT to say.

**Advice to those considering volunteering:** There's a great well of knowledge and support here, not just from the employees, but volunteers, and those who have retired from volunteering. They're still out there, but they are changed because of their time here. Don't be afraid to give it a whirl. The training alone changes you.

## TOM WAKELAM

*Tom retired from a large telecommunications firm, and most recently as manager of a charitable giving and volunteer program for ~ 20,000 employees. His passion for volunteerism stems from a formative experience in childhood which got him thinking about what kind of person he wanted to be. He joined the team at The Hospice Shoppe earlier this year after his wife suggested he try it out.*



**On role modelling volunteerism:** When I was about 11, my dad had a friend who was bedridden and should have been in Hospice, but he lived alone in a one-room shack. Dad and I would visit to help with cleaning, food, and personal care. He wasn't a relative, just a guy that my dad knew. Dad didn't seem to have a softer side, like mom did, so it was a total shock to see him stepping up like this. It wasn't a pretty situation, especially for a young guy like me but I really appreciated the experience as I grew older. I will never forget seeing my dad show caring and a willingness to help without being paid, he was just helping someone in need... I thought I should be doing something like that.

**Favourite parts of volunteering:** The vibe here [at the Shoppe] is happy, the atmosphere is great. I like all the people here that come to volunteer, from the quiet and soft ones on up. You get to chatting while you work and its great socialization. There are younger folks here, as well as folks that are close to my age and older. It's a diverse group and I love it.

**On volunteering at the same place as your wife:** My wife enjoys volunteering here and talks about how much fun she has with all the people here. She mentioned that they needed somebody to work the tool bench, repairing and testing things. It's good that she shared that, otherwise I would have never known that they needed volunteers to do stuff that I love doing.

**On satisfaction:** Before we put something on the floor with a price tag, we must make sure that the customer will go home and be happy when the item works. I love to tinker and there's a real satisfaction in being able to fix a thing when it wasn't workable before. If it doesn't work, then we cut cords, disassemble, and take as much of it as we can to recycling. We get paid per pound for bits of metal; I bring the money back to the Shoppe. I once got \$380 when the metal market was good. It's satisfying to help divert some of these items from the garbage and get funds from what would have been waste.

**On generosity:** I'm struck by how generous and caring people are who donate here, whether it's through an estate, or their own items. We've had tools come in here that are brand new and worth thousands of dollars. People are so generous to give that away. Nowadays, they could put that up online and sell it themselves, but they choose to donate it to us. A lot of people bring their items to us and buy here exclusively because it's Hospice.

# CELEBRATING 40 YEARS

In October 2022, Nanaimo Hospice welcomed members, volunteers and the community to celebrate our 2021 Annual General Meeting. Nanaimo Hospice was pleased to share growing relevance in our community, drastic increases in clients, the Shoppe rebounding from the effects of the COVID19 pandemic, and celebrating years of service of our dedicated volunteers.

Margaret Saam celebrated 40 years of service, compassion, love and dedication to Nanaimo Hospice. Margaret has become NCHS' longest standing volunteer and her energy and talents do not appear to be slowing down at any rate. We want to take this opportunity to highlight who Margaret is, how she got here and everything in between.

## *A Conversation with Margaret*

### **On early volunteers and getting up and running:**

In 1979, Nanaimo recruited its first group of volunteers, there was about 10 people in that group, including one lady – Fran Dykes – who stayed connected to Hospice until she died about 4 years ago. I was in the second batch who took the training. Fran recruited her friend Nancy who took the training with my group. Those two were the yin and yang, Fran was the assertive one and Nancy was the gentle one. They fundraised and fundraised, they had bake sales, they had craft sales, and everything, because we had no money. The public health doctor at the time, Dr. Reynolds, donated this tiny little office, which was probably no bigger than our photocopy room with a tiny desk, a phone and a book. If you were the volunteer there at the time and the phone rang, you jumped a mile because it was small and suddenly you were 'on': "what do I do, what do I say?" We had nobody to refer people to. You were it. We would have to get in touch with Olivia, and then she would go out and phone people and because we were so small, she'd accompany us with our first meeting with clients.



**On learning through Hospice:** I still remember my very first Hospice client; a person who was palliative in their home. It used to be that either Olivia, or another volunteer, Marg, who would take us out to the home for the first visit to meet the client. They would have already gone out to meet the client first. This was a young gal, probably 25 or 26, close to end of life with breast cancer, but still mobile within the home, but very weak. Marg introduced us, and then said, "well, I'll leave you now," and I'm thinking, "no, no, don't go! Scary!" She left, and then the young gal offered me some tea. I thought, what do I say? I said, "yes, if it's not too much trouble." I literally sat on my hands while she made the tea, because I wanted to get up and make it, and I knew she didn't want that. I worried about whether she was going to collapse, as she really was quite sick. She went into hospital the following week, but we sat and had tea. She was able to talk some and be a hostess in her own home. That was a huge lesson for me, that Hospice is a two-way street. We are there for the clients, but they are teaching us as well. We don't have a right, even though we've been invited, to go into their home, to speak for them, and do for them. We're still a guest in their home, and we have to follow them and fight the urge to take over, because by doing that, we are diminishing them. I've never forgotten that lesson because it was truth. I do talk too much, but learned we are here to listen.

# CELEBRATING 40 YEARS



**On finding Hospice:** I didn't go to the first meeting, but I saw in the newspaper, a photo of the graduates of the first class of Hospice training, and it had a phone number, and said a second training is planned in the fall. I thought, "Nothing ventured, nothing gained," and I phoned the number, talked to Fran for a bit, and got my name on the list for the next training. I didn't imagine then that I'd still be here 40 plus years later. I didn't think I'd still be walking this earth, let alone volunteering for Hospice. There's lots of people who have been twenty years or more with Hospice. For a volunteer organization, I think that speaks well of it.

**You've seen many volunteers and staff come and go over the years. Tell me about how being a hospice volunteer has affected your social life?**

At the stage I'm at in my life, as an old crock, without Hospice, I would have been a lot lonelier. I mean, I have family in town, and they're lovely and I'm blessed, but they're teenage grandkids, off doing their thing. But, as Hospice sisters, we know we're all there for one another and some in particular, Lynn Lampman, through both my joint surgeries, she's been my physio, my listening ear, my friend, but I also listen to her, problems... We just know we have people to reach out to; they're deep friendships.

**On keeping it fresh:** The clients are forever changing. We see different people. Some people come to the self care clinic for a number of sessions, some come for only one, but there's always that newness working with new people. On the PCU, there's a continuous newness, and sometimes you would have liked more time to get to know them, as you only see them once, but there is still a little connection there. You're not dealing with the same people all the time. I like meeting new people. My forte is not group facilitation. I'm not a facilitator, I yak too much, I don't listen enough, I'm not comfortable doing it. I tried it as a challenge, and I could still fill in in a pinch, but I wouldn't choose that to be my contribution. I'm quite comfortable doing one to one visiting in the home, because at the beginning that was all we did. There were a few dodgy situations, but we sorted those out. By and large, I enjoyed that. It's ever-changing, and it gives you a purpose. It keeps me involved. There's days I'd like to just sit at home in my PJs, but it helps me get out and get going, and when I do, I'm fine. The older you get, the more tempting it is to stay home and read a book. So, none of us look upon ourselves as riding in on the snow-white horse, bringing peace and love, we're not trying to be do-gooders, but were' just trying to come in from the heart and want to help the best way we can.



**Over 40 years... how do we celebrate this appropriately:** I've not really thought about that. I don't like a great big fuss. I'm no saint, I don't want to come across as a saint. I'm just persistent. My kids say, "you're so stubborn!" It's something I've always believed in (Hospice). As long as I can offer something worthwhile, I can still get up and get here, my creaky old joint, I'll be coming.

# IN THE SHOPPE

Wow, Wow, Wow! We have been busy at the Shoppe, it's hard to believe that it's 2023 and there are so many new things on the horizon. If you haven't popped into the Shoppe you should! We have become a destination for quality clothing with great prices, fun finds and just about anything you could need at a reasonable price, all while reducing what goes in the landfill and raising money for our programs and services.

2022 resulted in 2nd place overall in the Best of the City Awards for Consignment or Thrift Shop, and we are beyond thankful for those that voted!

We are looking forward to see what is in store for our 2023. We continue to forge new relationships in the community, as we foster our current ones. We are seeing increases in donations, and we are thrilled to see that our live sales continue to be a success...we may have a little too much fun on those!

A big Hospice Hug to each of you that continue to support the Shoppe, either by volunteering your time and energies, donating treasures or our committed shoppers - you all are important pieces in ensuring our community continues to receive compassionate care and support.



## Upcoming Sales

February 21 & 22  
50% off ALL BOOKS

Every Thursday  
30% off ENTIRE SHOPPE

Online Live Sale  
February 21 @ 7pm

## New Shoppe Volunteers

Help us Welcome:

Lisa F  
Fil V  
Caprice F  
Stephany F  
Glynnis D  
Cathy B



## LYNNE MACFADGEN

Lynne MacFadgen joined our Bereavement Counsellor Team in June 2022, after completing a very rewarding & inspiring Clinical Psycho-spiritual Education Program Certification. In addition to the "hearts work," Lynne brings us over 15 years of long-term care administration, community health promotion, post-secondary leadership, and life-changing grief and loss experiences that she feels have contributed to her fulfilling life of meaning and purpose. She was drawn to her new position at Nanaimo Hospice by her strong belief that grief recovery takes a community of caring, compassionate people. Lynne celebrates her clients' inner strength, courage, and commitment to their own healing, every time they cross the Hospice threshold.

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

Jack Thorne

## SUZANNAH MILLS

Suzannah joined Nanaimo Hospice as a practicum student for counselling. She fit in with the team so well that she will continue with NCHS, beginning employment in Spring 2023.

Prior to starting her journey in counselling, Suzannah was a Registered Massage Therapist for 3 decades which she found rewarding and transformative. Suzannah loves the meditative aspects of bodywork and the authenticity that it demands. Through this, her interest in psychology emerged which has led her here!

Outside of work, her yellow Lab, Millicent-Mojo (or Millie for short!) and Suzannah hike and swim all over this beautiful island. They also enjoy gardening together although, if she's honest, one of them much prefers stick retrieval to weeding.



WINTER 2023

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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*  
Suzannah Mills, *Counsellor*  
Shannon Farahbakhsh, *Intake Coordinator*  
Ardith Finnermore, *Program Services Coordinator*  
Bonnie Ross, *Volunteer Coordinator*  
Jeanne Fahlman, *Donor Relations & Community Liaison*  
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*  
Ellen Wakelam, *Shoppe Sales Associate*

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NANAIMO COMMUNITY  
**HOSPICE**

*Caring • Commitment • Compassion*