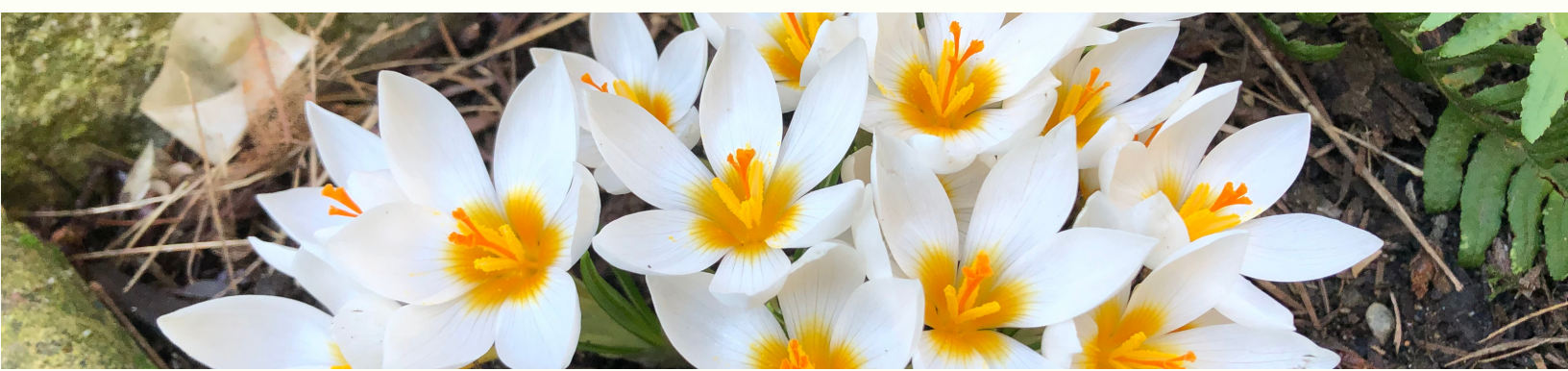




LIFE JOURNEYS



The Official Newsletter of
Nanaimo Community Hospice Society



From the President

2021 was both a challenging and exciting year for Hospice. Our staff and volunteers continued to be challenged by the ongoing pandemic but we rose to the challenge and continued to deliver important services to our clients and the community. I continue to be very impressed by the enthusiasm and dedication that our volunteers and staff bring to the work regardless of the challenges placed in front of them.

2021 was exciting because we had our new Executive Director, Paige Karczynski in place. Speaking of enthusiasm and dedication, Paige brings those values to the job and we are grateful to have her. The other exciting project is our Dream Home Lottery; an ambitious project that should enable Hospice to move forward on the long-term goal of having a stand-alone hospice in Nanaimo. Thank you again to all our staff and volunteers - you make Hospice a special organization that delivers important services to the community.

Lorne Hill, President, Board of Directors

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NANAIMO COMMUNITY
HOSPICE

Caring • Commitment • Compassion

FROM THE EXECUTIVE DIRECTOR

I hope you all celebrated the start of 2022 safely and in good spirits with friends and family. As we get started in 2022, I want to take a moment to look back on 2021 and thank you for all your contributions over the past 12 months.

Although 2021 was my first full year at NCHS, it was definitely another transformative year for us. It was a year in which we strengthened our organization further, growing our ranks by welcoming new volunteers and staff, and rolling out important initiatives that will help guarantee our continued success in the future.

Working together we made great progress toward our strategic goals, despite continued disruptions from the ongoing pandemic that continues to have substantial impacts on our work and home lives. I remain proud watching how quickly we adapt to each new challenge and how our staff and volunteers collaborate with one another to make the most of every opportunity.

The work that Hospice is doing is more relevant than ever today. As our community demographics continue to change, and how death and dying are faced throughout the pandemic or societal crises the services we provide are an integral part of dying and grief. Our clients rely on us to keep them well supported, informed and cared for and I am pleased to say that our efforts to serve are exceeding expectations in every way.

2022 is set to be another exciting year for us. We can look forward to working further on the many initiatives we have in place, continuing to offer compassionate care, programs and services to those in need, and continuing to grow our organization in order to serve our community.

I want to thank you for your continued commitment and efforts. Each of us has an important role to play in the work ahead and I am confident together we will achieve great things.

Paige Karczynski, Executive Director

"If everyone is moving forward together, then success takes care of itself."

By Henry Ford

DREAM HOME LOTTERY

We have completed our first Dream Home Lottery - and what a success!

The undertaking of the 21-22 Dream Home Lottery was not for the faint of heart! It was a long process, beginning in 2022 with a lot of planning, researching, learning and fingers crossed. Nanaimo Hospice has never taken on a fundraising initiative so large in it's 41 years, and I can confidently say, we did it with dedication and open minds!

Nanaimo Hospice could not have done this without the continued support of the Board, the Staff, the Volunteers, and our community members. A very special thank you to our Project Manager; Kerriann Coady (CEO, Canadian Home Builders Association), our builder; Jason Schmidt and his team at Momentum Design Build, The Foothills, Pattison Media and **SO** many other partners that came to the table to be a part of this project! We could not have done this without you!

I look forward to share with you all details of Dream Home 2 - stay tuned!

Paige Karczynski
Executive Director



UPCOMING EVENTS

CYCLE OF LIFE TOUR

JULY 16-17, 2022

We are so excited to announce that our annual Cycle of Life Tour is returning to an in-person event. We will once again take riders on a two-day epic cycling tour of the South Island with an overnight stay on Salt Spring Island, all while raising much needed funds for hospice care. Riders will cycle nearly 200km, passing through the scenic Saanich Peninsula, Cowichan Valley, and Salt Spring Island.

Stayed tuned for upcoming fundraising events to support our Nanaimo Bars team, or donate directly online at:

[Cycle of Life Tour](#)



CYCLE
OF LIFE
TOUR

PRESENTED BY
think

HIKE FOR HOSPICE

SEPTEMBER 10, 2022

Hike for Hospice has been booked, and we look forward to seeing you all at Westwood Lake this September! Be sure to invite all your friends and family to join in on the fun! We plan to make this year just as exciting as the previous years and cannot wait to see you all! Stay tuned for more details.

HIKE
FOR
HOSPICE
WALK HIKE DONATE
NANAIMO

CELEBRATE A LIFE 2021

December 2021 was a whirlwind of activity!

We kicked off Celebrate a Life month with our first annual **Light up the Night** event. A small but dedicated group braved the cold weather to enjoy the lights in the garden and place memory tags on our trees, all to the delightful music of the talented youth in the Wellington Jazz Band. Special thanks to our generous partners who helped make this event happen: VIREB, Donairnutz, Mazzei Electric, Lush Edo Lawns & Gardens, Graf Excavating, Nanaimo Museum and Drip Coffee & Social

Gathering to Remember, a non-denominational candlelight service was held on December 5th. It provides space for those wanting to remember loved ones lost. Big thanks to St. Paul's Anglican Church for sharing their beautiful space with us.

The memory tag trees for **Celebrate a Life** were hosted this year at Woodgrove Mall December 12-18th. Our fantastic volunteers were able to make meaningful connections with the public despite the communication barrier that masks sometimes present.

On January 21st, we hosted the **Closing Ceremony** on a Facebook Livestream. We had 144 visitors and received wonderful feedback from attendees. We enjoy the wrap-up of our annual Celebrate a Life event and feel honoured to be remembering your loved ones who are no longer with us. It is a truly special time of memory, fellowship and reflection.



Memory Tag table at Light up the Night

THANK YOU TO OUR VOLUNTEERS AND SPONSORS! WE COULDN'T DO IT WITHOUT YOU!

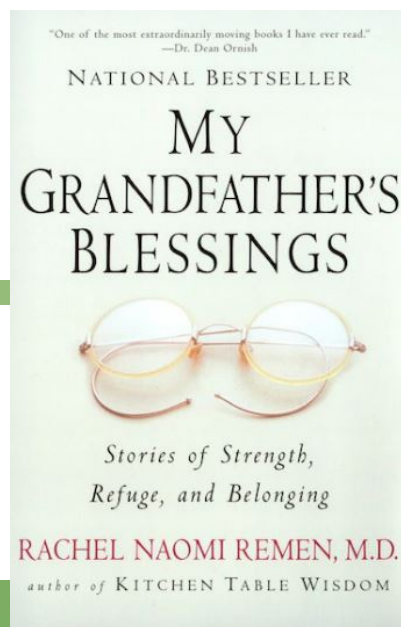
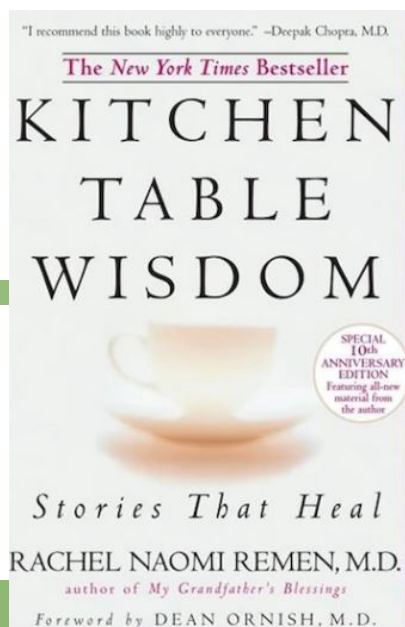
FROM THE STACKS

Our librarian, Beverley Martin, suggested this month that we highlight two classics by author Rachel Naomi Remen, MD. Come see these and other treasures at the Hospice library.

AUTHOR SPOTLIGHT - RACHEL NAOMI REMEN, MD

Dr. Remen has a unique perspective on healing as a prominent physician, professor of medicine, therapist, and long-term survivor of chronic illness. In this deeply moving and down-to-earth collection of true stories, she shows us life in all its power and mystery, reminding us that the things we cannot measure may be the things that ultimately sustain and enrich our lives. ***Kitchen Table Wisdom*** addresses spiritual issues: suffering, meaning, love, faith, courage and miracles in the language and absolute authority of our own life experience.

Dr. Remen's grandfather, an orthodox rabbi and scholar of the Kabbalah, saw life as a web of connection and knew that everyone belonged to him, and that he belonged to everyone. He taught her that blessing one another is what fills our emptiness, heals our loneliness, and connects us more deeply to life. Life has given us many more blessings than we have allowed ourselves to receive. ***My Grandfather's Blessings*** is about how we can recognize and receive our blessings and bless the life in others. Serving others heals us. Through our service we will discover our own wholeness—and the way to restore hidden wholeness in the world.



Our Horticulture Technician Mona, 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.



Spring officially arrives March 20th! Here at the Hospice garden many flowers are blooming before then. The first to bloom is the Witch Hazel shrub that surrounds the round cement circle opposite the pond. Our five Witch Hazels usually bloom the first week of January; this year they were two weeks late. Their yellow star-shaped flower (shown above) is just fading now, but in the fall we get a beautiful yellow leaf color.

Under the Hazel shrubs, spring bulbs are starting to pop up: Crocus in white, yellow, purple and orange, Daffodils, Canasta Lily, Dog Tooth Lily in purple, Yellow Pagoda, and White and Galanthus Snow Drops. We have five ferns: Lady, Autumn, Liquorice, Spiny Wood fern and Sword fern. We have a perennial called White Corydalis. On the fence, the Armandii Snowdrift Clematis will bloom soon with its evergreen leaf, then the Montana Clematis and then the Honeysuckle. Nearby, a tall Magnolia tree ready to bloom. Across from the back deck is the Pink Dogwood which will also bloom soon and by the stairs to the back deck there is a Scented Viburnum.

At the front of the house under the Weeping Birch there is another spring show happening with Bluebells and Crocus. Hope you enjoy a walk through the garden soon.

Mona Richardson

A VIRTUE FOR REFLECTION

When Heather asked me to contribute to the newsletter I decided to give her a Virtue's Project "Card" to insert. Many of you have mentioned to me that you have really appreciated the opportunity to reflect on these "Gifts Within" over the years. I thought I would start with the Virtue of Service, as that is one that all of you embody.

Hope to see you around,
Fondly,
Shannon Farahbakhsh



SERVICE

Using our gifts to be of service is the fullest expression of our lives. Each day, we find a multitude of ways to be useful. Whatever we may achieve, the quality of our own life comes from the quality of our contribution. First and foremost we serve our loved ones. We notice what others need, discover their wishes, and respond helpfully. We don't wait to be asked. A spirit of service invests whatever we do with excellence. We give our very best effort. People who want to be of service can change the world.



I look for opportunities to be useful. I work with wholehearted enthusiasm. I do thoughtful things for my family and friends. I don't wait to be asked when something needs doing. I give freely of my time and attention. I use my gifts to make a difference in the world. I am thankful for the gift of service. It cheers me on.

Adapted from the Virtues Project www.virtuesproject.com

WALKING GROUP HITS ITS STRIDE

We are happy to announce that the Walking Group program has successfully restarted!

It 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 to connect with others while giving and receiving support, all while enjoying a scenic walk. 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.

This program is offered to registered Hospice clients who have met with an Intake Coordinator. Contact us for more information.



NATIONAL VOLUNTEER WEEK 2022

April 24th - 30th was National Volunteer Week. We spent the week highlighting all the different ways our volunteers make an impact in our community on our Facebook page - if you missed it, make sure to go check it out! We want to reiterate just how much we value all the work that our volunteers do. We truly could not be the organization we are today without you. We see, appreciate, and value all that you do - thank you.





TIFFANY LANG

Tiffany joined the Hospice Team in November 2021 as the Thrift Shoppe Manager!

She was born and raised an island girl who's always loved antiquing, thrifting & up cycling long before it was mainstream. She brings 20 years of retail experience to this position and a love for supporting the community.

Hospice programs made a huge impact in Tiffany's life the last three years and she loves being able to give back and spend my days in the Shoppe alongside our amazing staff, equally amazing volunteers & customers.

ANNA HEBBARD

Anna is a former Montessori Pre-school teacher from New Westminster.

She and her husband semi-retired in 2017 and moved to Nanaimo. Anna was looking for an opportunity to meet new people and keep busy.

As a life long thrift store shopper, working at the Nanaimo Hospice Thrift Shoppe was the perfect fit!



KARA BAYNES

Kara resides in Lantzville with her dog, Grizzly. He's a fearsome chocolate lab. She has been in the Nanaimo area for almost 7 years, and Oceanside area before that.

She loves hearing how Nanaimo Hospice has positively helped people in this community. Kara has always enjoyed going to thrift stores, making something out of nothing, modifying and creating around an existing piece.

Kara shares that the volunteers and staff are nothing short of amazing, and that it is an absolute pleasure to be part of all of it.



SHOPPE NEWS

If it's been a while since you were last in the Hospice Shoppe, there's been some changes!

We closed over the holidays, and reopened in mid-January with a new paint job, and fresh new look. Thanks to Dulux Paint, Vandenburg Painting, Nanaimo Kinsmen and all the volunteers who pitched in during a bout of foul weather to make this happen.

Facebook: Lots going on at the Shoppe's Facebook page; friend us today to keep up to date!

Come on down and check out what the Shoppe has in store!



New Shoppe Volunteers

Help us Welcome:

David B.
Debbie C.
Verna C.
Brandon C.
Barb M.
Anna M.
Don P.
Liz R.
Val S.
Nathalie T.



This volunteer does it all! Ida works hard and has personality to spare!



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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*
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 Thrift Shoppe*
Carole Angers, *Shoppe Sales Associate*
Anna Hebbard, *Donation Processing*
Kara Baynes, *Shoppe Sales Associate*

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