



*Let the spirit of love gently
fill your hearts and homes.*

*In this loveliest time of
celebrations may you find
many reasons for happiness.*

*Best wishes from all the staff
at Hospice House and
the Hospice Shoppe*

Virtue Pick – Humanity

Humanity is an attitude of caring and mercy toward all people. We all breathe the same air. We all cherish our children’s future. We all suffer and rejoice. Although in the eternal scheme of life, each of us is small, we are one of a kind irreplaceable. We lose our humanity whenever we generalize about a group of people and separate ourselves from them because of external characteristics such as race or gender. We tap into our humanity when we put ourselves in others’ shoes and are genuinely concerned for their welfare. Our humanity grows as we serve others. There is no “they” only “us”.



An individual has not started living until he can rise about the narrow confines of his individualistic concerns to the broader concerns of all humanity.”

~ Martin Luther King, Jr.

I feel a common bond with all people. I value each person as an individual. I refrain from prejudice. I feel empathy for the suffering of others. I have a passion for compassion. I offer humanitarian service. *I am thankful for the gift of Humanity. It connects me to all people.*

Gathering to Remember

Sunday, December 2nd at 2:30 pm
St. Paul's Anglican Church - 100 Chapel Street

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. This year our program will include music by **The Rising Tides** and the **Life Journey Singers**.



We will be hosting refreshments in the hall after the program. Please join us!



Celebrate a Life



Volunteers Needed – Celebrate A Life

We invite you to join us in making this event a success.

Hospice House – December 1 until December 21

Country Club Centre – December 3 until December 18

Hospice Shoppe – November 15 – December 21

To volunteer at Country Club Shopping Centre for this event please contact Hospice at 250-591-8811.



Ritual, Grief and Christmas

Sunday, December 9 from 1 until 3:30

Facilitated by Mary Abbott, Hospice Volunteer and Certified Life Cycle Celebrant

Christmas is often a difficult time when someone we love is no longer with us. At this workshop you will learn how ritual can help people move through grief. We will discuss the presence of ritual in our lives and the importance of rituals as a tool for healing. You will have the opportunity to develop a ritual to honour your loved one. Finally we will look at Christmas and consider how the holiday might be experienced in light of your loss.

This workshop is limited to 20 participants. It is open to Hospice Volunteers and Clients, as well as the general public. Please phone or e-mail Debbie P 250-591-8811 or debbiep@nanaimohospice.com to reserve your space. If you RSVP and find you can't make it please let us know so we can offer your spot to someone on the waiting list.



Celebrate a Life Closing Ritual

Monday, January 14 from 1 until 3 at Hospice House

Each January, Hospice invites our volunteers and staff to gather at Hospice House to participate in the closing ritual for *Celebrate a Life* and *Gathering to Remember*. **This year we have also invited our clients and those who have participated in Gathering to Remember and visited Celebrate a Life trees in their various locations.**

At this gathering we burn the cards from the *Celebrate a Life* trees and *Gathering to Remember* to release the love felt for those named into the universe.



Please join us for this special time of memory, fellowship and reflection.



We Remember Them

*In the rising of the sun and in its going down,
we remember them.
In the blowing of the wind and in the chill of winter,
we remember them.*

Mary Crandall passed away October 29th in the Victoria General Hospital after a brief illness. Mary was a very active Hospice Volunteer in Sooke, B.C. for many years before joining us at Nanaimo Community Hospice. Mary spent many hours on telephone support while with us. The older volunteers will remember her well. A Celebration of Life will be held for her on Tuesday December 4th, 2018 from 1 p.m. to 3 p.m. at Hospice House.



From Jeanne's Desk

As another exciting year at Hospice comes to a close, I would like to say a big THANK YOU on behalf of Paul, Cathy and myself to all the volunteers who have been so supportive in helping with events and fundraising this year. When we put out a call - many of you made yourselves available to help with everything from handing out hamburgers, registering participants, taking photos and cleaning up detail at *Hiking for Hospice* to setting up and taking down our trees at *Celebrate A Life* and taking numerous shifts to help folks work their way through their grief during the holidays. Also, many of you continue to support us financially through donations of cash, shares, life insurance policies and several of you have left us a gift in your wills.



But you see, the thing is - because of the work you do in the hospital, in people's homes and here at Hospice House and the Hospice Shoppe - we have a stellar reputation in our community. When out and about I often hear phrases like "Oh, your volunteers are angels - the work you do is amazing" or "It takes special people to do the work of hospice" or they will tell me a story of how one of you has made such a difference in their lives while going through the loss of someone close to them. It makes me so proud to be a part of this organization - the organization that wouldn't exist without each and every one of you - and it is because of each and every one of you that we keep getting the financial support necessary to carry on. So THANK YOU again and may you all find peace and joy during the Christmas Season.



NANAIMO COMMUNITY
HOSPICE SHOPPE

Just to let everyone know, Connie will be off until February due to a surgery starting on December 6th. Please welcome our new Staff member, Carol, to the team who will assist in her absence. If you have any questions or concerns please ask Roxanne, Melanie, Carol and Cathy for help. We look forward to seeing Connie when she is back on her feet she at the Shoppe for a visit.

Upcoming Volunteer Meeting: Wednesday, December 5th at 2:30 pm in the thrift store.

A sincere thank you to the Nanaimo Hospice Shoppe Volunteers for your hard work and dedication.

The Volunteers at Nanaimo Hospice Shoppe are an integral part of our team. May this Holiday Season bring you fond memories, happiness and laughter.

From the Staff at Nanaimo Hospice wishing you A Merry Christmas and a Happy New Year

DECEMBER

Dec 2, Sun	Gathering to Remember – St. Paul’s Anglican Church	2:30 pm
Dec. 5, Wed	A Scented Space	10:00 am to 2:30 pm
Dec 9, Sun	Ritual, Grief and Christmas - Workshop	1:00 to 3:30 pm
Dec. 10, Mon	Staff Professional Development Day – Hospice House Closed	
Dec. 12, Wed	Knitting Circle	1:00 to 3:00 pm
Dec 20, Thu	SCC – Last day for clients	
Dec 25 & 26	Hospice House and Shoppe Closed – Statutory Holiday	

JANUARY

Jan 1, Tue	Hospice House and Shoppe Closed – Statutory Holiday	
Jan 2 & 16, Wed	A Scented Space	10:00 am to 2:30 pm
Jan 9 & 23, Wed	Knitting Circle	1:00 to 3:00 pm
Jan 10, Thu	Self Care Clinic re-opens – 1 st day for clients	
Jan 14, Mon	Celebrate a Life Closing Ritual	1:00 to 3:00 pm
Jan 28, Mon	Board Meeting	1:30 pm
Jan 29, Tue	Client Volunteer Support Meeting	1:30 to 3:00 pm

10 tips for staying healthy during the holidays

BE MINDFUL.



PRACTICE SELF CARE.

INCORPORATE MOVEMENT.

BREATHE.



BRING A HEALTHY DISH TO SHARE.

EAT WHOLE FOODS.

DRINK WATER!



CONNECT WITH OTHERS.

BE GRATEFUL.

GIVE.

