

SPECIAL EVENTS & FUNDRAISING

MARK YOUR CALENDARS!!!

GATHERING TO REMEMBER – Sunday December 1st

2:30-4:30 pm – St. Paul's Anglican Church (100 Chapel Street)

Hospice invites you to an afternoon of candlelight remembrance, music, and inspirational readings. Take a brief moment in time to join with others in celebration and remembrance of all of those special people you continue to hold close in your hearts. Refreshments to follow. Please call Hospice if you need assistance in getting to the event. **Coping With the Holidays** (see reverse) – a resource for those who are facing this holiday season after the loss of a loved one.



CELEBRATE A LIFE – In December

Trees At Country Club Mall : December 7th – 21st

Tree At Hospice House: December 2nd – 24th

Take a moment to remember and celebrate.

Celebrate a Life trees this year will be located at Country Club Mall and Hospice House. Write the name of your loved one on a memory card, place it on the tree, and let the lights shine in memory & celebration. For a small donation you can take a **Heart Angel** home for your own tree. At Hospice House we will have angels that light up and can be placed on the tree with your tag/

All donations support the work of Hospice in our Community

CELEBRATE A LIFE – Online

Go to our website at www.nanaimohospice.com/events/celebratealife/memorypage. There you can choose a special symbol and write an expression of remembrance for those you hold close in your heart – includes beloved pets. The remembrances will remain on the website until the end of January. For each remembrance placed online a Memory Tag will be placed on our Hospice House tree.

1st Annual Hospice Market – December 2nd – 10:00 am – 3:00 pm

A portion of all items sold on this market day will be donated to Hospice

Hospice has been approached by several volunteers and others wanting to sell their products and donate a portion to Hospice. Products include but are not limited to: Epicure, Aromatherapy, Children's books, Christmas crafts & decorations, Jockey wear, Mystic Island Jewelry, selections from Hospice Shoppes, and more. As well a variety of services by donation will be available including reiki & relaxation.



CHRISTMAS SHOPPING MADE FUN & FOR A GOOD CAUSE!

Great opportunity to purchase stocking stuffers and other great gifts for the holidays. Treat yourself to a relaxing reiki session.

HOW DO YOU WANT TO RECEIVE YOUR NEWSLETTER?

Today many people want to receive all communications like this newsletter by email. You have a choice:

- Continue to receive this newsletter by mail (these are also available at our Hospice Shoppes)
- Give us your email address so we can send it to you by email
- Advise us by telephone or email at info@nanaimohospice.com that you no longer wish to receive the newsletter

To switch to email delivery of your newsletter call 250-591-8811

Coping With the Holidays

The Holiday Season can be a joyous time for family and friends, but if you have lost someone who played a vital role in your enjoyment of the Season, you may dread seeing it approach. It's hard to see the perfect gift and realize your loved one is no longer alive to enjoy it. When the family circle is broken by death, the holidays take on a whole new meaning. And remember, grief doesn't have to be fresh to be painful at this time of the year. Here are some suggestions that may help to make things a little easier

- ❖ **Acknowledge that this year will be different.**
- ❖ **Holidays often magnify feelings of loss.** Allow the tears to come, but look for joy amidst the pain. Be gentle with yourself and don't expect too much. If you cry, don't let that ruin the day for you. It may give others permission to grieve as well, and feel sad, even on a "happy" day.
- ❖ **Become aware of your needs and express them** to family members and friends with whom you plan to spend the holidays. Encourage others to share their feelings too so that everyone affected by the death of your loved one has the opportunity to express his/her wishes about holiday plans.
- ❖ **Once you have decided** how your family will handle the holidays, let others know.
- ❖ **There is no right or wrong way to handle the day.** Some people prefer to follow cherished family traditions, while others decide to change them. Remember, what you choose to do this time can always be changed again next year.
- ❖ **Get involved only in Christmas preparations that you enjoy.** Allow others to help you. Buy baked goods or let others bake for you. Cut back or eliminate Christmas cards, especially for those you will see during the holidays. Shop early, or by telephone and catalogue. Visit relatives or friends for Christmas dinner, or try changing the menu, the time, or the room. Decorate only if you want to.
- ❖ **Take care of yourself physically.** Grieving is hard on the body and is a great source of stress. Eat well and wisely; make time for exercise and rest so that your grief is not compounded by exhaustion or overwork. If you listen well to what your heart and your body are telling you the holidays will pass more peacefully.
- ❖ **Friends & colleagues may expect** you to participate in holidays parties. If you are invited, don't be afraid to say "I hope you understand that the holidays are difficult and I'm trying to take care of myself by not planning too much. May I come at the last minute if I feel I can handle a party that day?" Most people will understand.
- ❖ **Even greetings such as "Merry Christmas" may seem out of place** for you this year. Think of how you might answer ahead of time. You could simply say "best wishes to you" or "thank you."
- ❖ **Embrace your "Treasure of Memories"** – they are one of the best legacies your loved one leaves behind. Instead of ignoring memories, share them.
- ❖ **Do something symbolic.** Think about including rituals that can appropriately symbolize your memory of your loved one. For example, you might light a candle, or hang a special Christmas ornament. Remembering your loved one in this fashion can be heartfelt and meaningful.
- ❖ **This may be the year you want to give something** to a charity or a church – either your time, or something tangible. Part of the difficulty in dealing with grief is that the loss changes your whole concept of yourself and how you feel about others. You may find that in reaching out to others you gain a sense of satisfaction and are able to refocus your energy from the pain of loss.

Remember

**There is no right or wrong way for you to do things during the holidays.
There is only YOUR way... and that is the correct way.**