Making End of Life Choices: The Advance Care Planning Process

This is a 90 minute presentation offered by Nanaimo Community Hospice to help adults of all ages start the process of putting legal protections in place to ensure that you receive the health care you want and avoid measures that you don't want. If you’ve found the "legalese" confusing in the past, this presentation will help you understand the terminology and guide you to the simplified forms you can use to make your wishes known. You’ll leave with the knowledge and confidence to start the conversation with your loved ones and get things in writing for them.

A time of crisis is never easy, but having an advance care plan in place means less uncertainty and stress for everyone involved …. you and your loved ones. Get the process started now, while you're well.

TO REGISTER - CALL 250-591-8811 (Sessions are open to the public)

2017 FALL SESSION:
Tuesday, October 3rd  from 1:00 - 2:30 PM at Hospice House, 1080 St. George Crescent

Traumatic Loss Facilitator Training
Facilitated by Linda Reid
Monday, October 16 from 1:00 to 3:00 pm at Hospice House

This two hour training will be an introduction to, or for some a review of Traumatic Loss, PTSD and Complex Grief.

In the first hour, participants will learn to identify whether a client or family member may be suffering from: “Normal” Grief; Trauma or Traumatic Grief by reviewing the symptoms of each condition.

Potential Predictors of Traumatic Grief will be reviewed. What kinds of pre-existing conditions and recent losses might predispose a client or family member to experience a more complex grieving process that could also meet criteria for a diagnosis of Post Traumatic Stress Disorder or PTSD.

We will look at a simple model of what happens in the brain when a grieving client is “triggered” into a trauma response of fight, flight or freeze.

The second hour of the training will be devoted to a review of the many ways we can help clients feel safe by teaching them how to self soothe when they are triggered.

To register please contact Debbie (250-591-8811 or debbiep@nanaimohospice.com). The session is limited to 20 participants

Thank you to our Volunteers!

Nanaimo Community Hospice Society has purchased a small gift for each of our volunteers. Just a small way to say thank you for all you do. As you can see from the picture to the left, it is a lovely re-useable shopping bag! If you volunteer in the Thrift Store you can pick one up there and all other volunteers can stop by Hospice House. We’ll happily take the opportunity to thank you in person for helping Hospice help others. Each and every one of you makes it possible for Hospice to accomplish our mission of providing support to those facing advancing illness, caregiving at end of life and bereavement. We couldn’t do it without you! ♥
Flu Shot Clinic at Hospice House for Volunteers and Staff

Monday, October 23 beginning at 10 am

Nanaimo Community Hospice and The Medicine Shoppe Pharmacy are pleased to be able to offer a flu shot to Hospice Volunteers and Staff. When you call to register you will be given a time slot to come to Hospice for your shot. Don’t wait until the last minute to register. We need a minimum of 20 participants to make this happen.

You must pre-register by calling Hospice House 250-591-8811.

Virtue Pick – Modesty

Modesty is a sense of quiet confidence and self-respect, which allows us to enjoy our accomplishments without inflating our self-importance. We have no need to brag or attract attention. We know we are worthy just as we are. We have a sense of respectful privacy about our bodies. We have reasonable expectations of ourselves. We resist the drive to overdo. Modesty allows us to accept praise with gratitude. We have no need to raise ourselves above others. We share the glory. We are grateful for the gifts we have, and we honour the gifts that others have too.

“We have a good many little gifts and virtues, but there is no need of parading them, for conceit spoils the finest genius. There is not much danger that real talent or goodness will be overlooked long, and the great charm of all power is modesty.”

~ Louisa May Alcott

I am comfortable being who I am. I have no need to exaggerate my importance. I treat my body with respect. I refuse to overdo. I share credit for success. I am simply grateful for my accomplishments. I am thankful for the gift of Modesty. It reminds me that I am enough.

HOSPICE LIBRARY – A BOOK REVIEW

The Hospice library is an up to date and comprehensive resource for clients and volunteers

In Death Do Not Part: An Alternative Guide to Grieving, Marshall and Gail Kent – “This book is a beacon of hope and an excellent resource for anyone mourning the loss of a loved one or anyone who just wants a better understanding of life and death. I find the books so full of wisdom for everyday living that I often share excerpts with friends, families and clients. They find them extremely insightful and helpful, as I do.” – Paula Shaw, Grief Counsellor, Beyond Loss Counselling

Chicken Soup for the Volunteer’s Soul: Stores to Celebrate the Spirit of Courage, Caring and Community- “Absolutely incredible stories! Noble, generous, unsung heroes! Inspires not only volunteerism, but a thousand creative ways to do it.” – Dr. Stephen R. Covey, author, The 7 Habits of Highly Effective People
The Volunteer’s Role as Ambassador at “A Gathering to Remember” and “Celebrate a Life”

As the Christmas Season approaches, those in our community who have lost a loved one may not greet the season with joy. Holidays magnify the feelings of loss and difference.

Nanaimo Community Hospice is sensitive to this and annually presents an open invitation to a non-religious, beautiful candle lighting ceremony at St. Paul's Anglican Church called, A Gathering to Remember. This event celebrates the lives of loved ones with music, meaningful readings and time to reflect on their loss. People attending this event know to expect memories and emotions, therefore our volunteers are integral to providing support to those who might be distressed and need a listening ear.

This year, A Gathering to Remember will be held on December 3rd at 2:30pm and will be followed with tea, coffee and goodies in the Church hall.

The role of volunteer is much the same while attending to the trees and Remembrance Cards at Celebrate A Life in Country Club Mall. Yet in the mall, people are there to shop not reflect, remember and acknowledge publicly their feelings. So sitting at the table in the mall during Celebrate a Life is more of a challenge as many people are hesitant to approach and find out what the trees are about, or are concerned that they might embarrass themselves with tears in public. As a Hospice volunteer, all your skills are needed to gently encourage people to approach, fill in a card and perhaps share a little about their story. It is a great opportunity to tell them about Hospice programs, offer brochures and encourage those that are distressed to contact Hospice for further support.

As Hospice Ambassadors it is most important to have a friendly smile, make eye contact with mall patrons, and to be a loving, open presence. It is important to keep a tidy table with plenty of Hospice's program brochures and Kleenexes available, and remember to offer the beautiful Angel Ornaments for a donation, but the fundraising aspect is secondary to the supportive service you offer the grieving public. It is tempting to spend time visiting with fellow volunteers and not be watchful of the people passing, so it is important that you are mindful of your role and be watchful of who might need encouragement to approach. Celebrate A Life provides an opportunity to practice active, compassionate listening skills, including asking open-ended questions and being comfortable with tears.

Please consider volunteering your time and heart for Celebrate A Life in Country Club Mall, come support Nanaimo’s grieving community.

Volunteers Needed – Celebrate A Life - We invite you to join us in making this event a success.

Hospice House – December 1 until December 23
Country Club Shopping Centre – December 4 until December 18

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

“Alone we can do so little; together we can do so much.”
~ Helen Keller
OCTOBER CALENDAR

Oct 3, Tue  
Advance Care Planning Education Session 1:00 to 2:30 pm

Oct 4 & 18, Wed  
A Scented Space 10:00 am to 2:30 pm

Oct 9, Mon  
Hospice House Closed – Statutory Holiday

Oct 11 & 25, Wed  
Knitting Circle 1:00 to 3:00 pm

Oct 16, Mon  
Traumatic Grief - Facilitator Training 1:00 to 3:00 pm

Oct 23, Mon  
Flu Shot Clinic Begins at 10 am

Oct 30, Mon  
Palliative Volunteer Support Meeting (PCU & 1:1) 1:00 to 3:00 pm

NOVEMBER CALENDAR

Nov 1 & 15, Wed  
A Scented Space 10:00 am to 2:30 pm

Nov 8 & 22, Wed  
Knitting Circle 1:00 to 3:00 pm

Nov 13, Mon  
Hospice House Closed – Statutory Holiday

Nov 20, Mon  
Board Meeting 1:30 to 3:30 pm

Nov 27, Mon  
Palliative Volunteer Support Meeting (PCU & 1:1) 1:00 to 3:00 pm

Self-Care Tips for Hospice Volunteers and Staff

Many of us are living very full lives – family, friends, perhaps working outside of the home, and volunteering. With so much happening in our lives it’s hard to prioritize taking time to have fun or relax. Simply taking a bath or going out with friends can really help in balancing and energizing a really stressful day. Let’s face it, when we take care of ourselves, we are better physically, emotionally, which in turn helps us do much better at work and at home.

At Hospice we have wonderful hardworking staff and volunteers who balance a demanding work schedule with self-care.

Why is self-care important, especially in the work we do?

As staff and volunteers, we have plenty of opportunities to interact with people facing advanced illness, their caregivers and the bereaved and in order to best help others, we must first help ourselves to ensure that we are fit to do so.

Regardless of where we are working - at Hospice House, in people’s homes, at the hospital, in the thrift store or at special events - everyone who participates in this work will benefit from practicing good self-care. Strong self-care practices are crucial for us to be able to do this work for the long haul.

10 tips for practicing self-care:

1. Think of things that make you happy and do them!!

2. Schedule time for yourself and commit to it!!!

3. If a little strapped for cash, do things that can easily be done at home.

4. Find an activity/hobby that you like to do that is completely unrelated to your work.

5. Laughter!

6. Have healthy boundaries, do not bring work home with you.

7. Find other hard working people and practice the benefits of self-care together, i.e. night out with friends or coworkers.

8. Therapy, reflection, journaling.


10. Relax!! Get a massage or sleep!