“May your holiday season sparkle with moments of love, laughter and goodwill. And may the year ahead be full of contentment and joy.”

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

Gathering to Remember

**Sunday, December 1ST 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 Mikeoula Nixon, Rising Tide 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.

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

Country Club Centre – December 2 until December 18
Hospice House and Hospice Shoppe – December 2 until December 24
Celebrate a Life Closing Ritual
Monday, January 20 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.

Workshop: Spiritual Care
Facilitated by Heather Marshall, Spiritual Director and Hospice Volunteer
Tuesday, January 28 from 1 until 4 pm

What is spirituality? How do we nurture our own spiritual growth? How do we recognize and respond to moments of spiritual connection as we do our volunteer work? Join us for this opportunity to nurture your connection to the Divine as you understand it, to learn some tools for developing and deepening your spiritual practice and begin to learn how to recognize those “spiritual moments” when working with others. You will have time for meditation and reflection, conversation with other participants and some tools for deepening your connection with your true (inner) self.

This multi-faith workshop is open to all.

Heather Marshall is a Spiritual Director in Nanaimo, with a background in education and theology. She is a member of Spiritual Directors International and a volunteer with Nanaimo Community Hospice Society.

Please RSVP at 250-591-8811 or debbiep@nanaimohospice.com.

Congratulations – Fall 2019 Volunteer Training Participants
These folks recently completed the Hospice volunteer training. Please help us welcome them to the Hospice community.

Front Row: Brittany Murray, Laura Taylor
Middle Row: Christina Snow, Kelly Knechtel, Amy Jayawickreme, Carrie Scollon, Janice Dunn
Back Row: Ardith Finnamore (Coordinator of Programs/Services), Julie Greene, Erin Boettger, Judy Cook, Jerry Curley, Naseeb Marcil, Shannon Farahbakhsh (Director of Volunteers and Client Services)
An End to the Year Blessing

As this year draws to its end,
We give thanks for the gifts it brought
And how they became inlaid within
Where neither time nor tide can touch them.

The days when the veil lifted
And the soul could see delight;
When a quiver caressed the heart
In the sheer exuberance of being here.

Surprises that came awake
In forgotten corners of old fields
Where expectation seemed to have quenched.

The slow, brooding times
When all was awkward
And the wave in the mind
Pierced every sore with salt.

The darkened days that stopped
The confidence of the dawn.

Days when beloved faces shone brighter
With light from beyond themselves;
And from the granite of some secret sorrow
A stream of buried tears loosened.

We bless this year for all we learned,
For all we loved and lost
And for the quiet way it brought us
Nearer to our invisible destination.

— John O’Donohue (To Bless The Space Between Us/Benedictus)

Volunteers Needed for Bereavement Group Facilitation

If you have facilitated Finding My Way: Coping with Grief or Traumatic Loss Support Program in the past or are interested in facilitating these 8-week programs please contact Ardith Finnamore 250-591-8811 or ardithf@nanaimohospice.com. There are usually 8 to 10 participants and 2 or 3 trained Hospice volunteer facilitators.

Finding My Way: Coping with Grief - is a structured 8-week grief support program for adults who have already moved through the initial raw intensity of grief experience after the death of a loved one. The group begins each week with a reading and a check in. There are discussions of different emotions or topics each week. There is an opportunity for each participant to share their story. In telling their story, the journey begins of finding a “new normal,” of discovering “who will I be without my loved one in my life?” Sessions will end with time of relaxation. Next 8-week session begins Sunday, February 2nd, 2020 from 1 pm to 3:00 pm.

Traumatic Loss Support Program – is a structured 8-week program for adults who have experienced the loss of a loved one by suicide, violence or drug use. Being with others who have experienced a traumatic loss has been proven to break isolation, offer hope and create long-term networks of support. This program provides a safe, non-judgmental, and compassionate environment. Participants will learn about traumatic grief and be given essential grief survival tools to integrate into their daily lives. This group begins each week with a check-in and is followed by educational components, discussions and activities related to the traumatic loss of a loved one. Next 8 week session begins Thursday, January 23rd, 2020 from 6:30 to 8:30 pm.
Hi everyone. I am Mona Richardson, a Horticulture Technician and hospice volunteer. I took my hospice volunteer training in 2010. I volunteered with the Walking Group and on the Palliative Care Unit for many years. In 2014 I joined a team of folks working on the development of the children’s therapy garden and then later the Serenity Garden.

Victoria Drakeford, a landscape architect, worked with the team to design the Serenity Garden.

This month I will share some information with you about one of the plants blooming in the serenity garden right now. It is a large shrub called:

**Arbutus unedo**
**Cultivar “Elfin King”**
**Common name: Strawberry tree**
**Zone 7-9 Origin: Southwestern Ireland**

There is one growing by the pond and one on the west wall near the parking lot. These plants were purchased from Green Thumb Nurseries.

Four reasons to have this shrub:

It blooms late in the fall with a white bell like flower. The nectar from the flower is food for the Anna Hummingbird. It is an evergreen. It creates a berry that looks like a Christmas decoration.

The miniature cultivar Elfin King can grow 5-10 feet high and 5 feet wide.

I have one by my patio. The humming birds are there every day.

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**Shoppe Talk**

**Hospice Shoppe Volunteer Meeting**
**Date:** Wednesday Dec 11th
**Time:** 1pm- 2pm
**Location:** Hospice Shoppe

A sincere thank you to the Nanaimo Hospice Shoppe Volunteers for your hard work and dedication to one of Nanaimo’s number one Thrift Shoppes!

The volunteers at Nanaimo Hospice Shoppe are an integral and important part of our team.

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Wishing you all a wonderful Holiday Season full of peace, happiness and laughter!

From all the Staff at Nanaimo Hospice and the Hospice Shoppe
The creativity and generosity of our hospice family never ceases to amaze us. Donations are received in memory of loved ones, requests are made for donations to Hospice instead of birthday (Nelia) or wedding (Paul and Jill) gifts, through special events, 50-50 draws, special interest & collector’s clubs, redirected honorariums, and sponsorships. There are also many unceremonious gifts of cash and cheques that quietly show up in the mail or in our donation boxes in the reception area. We feel so honoured and blessed to work alongside each and every one of them.
## DECEMBER

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Dec 1, Sun</td>
<td>Gathering to Remember</td>
<td>2:30 pm</td>
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<tr>
<td>Dec 4, Wed</td>
<td>A Scented Space</td>
<td>10:00 am to 2:30 pm</td>
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<tr>
<td>Dec 9, Mon</td>
<td>Staff Development Day - Hospice House and Shoppe closed</td>
<td>10:00 am to 2:30 pm</td>
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<tr>
<td>Dec 11, Wed</td>
<td>Knitting Circle</td>
<td>1:00 to 3:00 pm</td>
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<tr>
<td>Dec 19, Thu</td>
<td>Self-Care Clinic – Last day for clients</td>
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<tr>
<td>Dec 25 &amp; 26</td>
<td>Statutory Holiday – Hospice House and Shoppe closed</td>
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## JANUARY

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Jan 1, Wed</td>
<td>Statutory Holiday – Hospice House and Shoppe closed</td>
<td>1:00 to 3:00 pm</td>
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<tr>
<td>Jan 22, Wed</td>
<td>Knitting Circle</td>
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<tr>
<td>Jan 9, Thu</td>
<td>Self-Care Clinic – Re-opens for clients</td>
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<tr>
<td>Jan 15, Wed</td>
<td>A Scented Space</td>
<td>10:00 am to 2:30 pm</td>
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<tr>
<td>Jan 20, Mon</td>
<td>Celebrate a Life Closing Ritual</td>
<td>1:00 to 3:00 pm</td>
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<tr>
<td>Jan 21, Tue</td>
<td>Client Volunteer Support Meeting</td>
<td>1:30 to 3:30 pm</td>
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<tr>
<td>Jan 28, Tue</td>
<td>Workshop – Spiritual Care</td>
<td>1:00 to 4:00 pm</td>
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### Virtue Pick – Faith

Faith is a relationship of trust. It is believing in the reality of Grace. We are confident that our life has a purpose. We believe in ourselves, knowing we were created with love. Faith is the wind in the sails of our dreams. It gives us the strength to go on, not succumbing to doubt, fear or hopelessness. As we move forward, we are guided to the right path without having to make it happen. Even in the most trying times, we are open to miracles.

“It is with the heart that one can see rightly. What is essential is invisible to the eye.”

~Antoine De Saint Exupery, The Little Prince

I seek a relationship with my Creator. I trust that my life has meaning. I am prayerful in all times and conditions. I make discerning decisions. I allow faith to guide my course. I am receptive to wonders. I am thankful for the gift of Faith. It blesses me always.

### HOSPICE LIBRARY – A BOOK REVIEW

**They Left Us Everything, Plum Johnson** - A warm, heartfelt memoir of family, loss, and a house jam-packed with decades of memories.

After almost twenty years of caring for elderly parents--first for their senile father, and then for their cantankerous ninety-three-year old mother--author Plum Johnson and her three younger brothers have finally fallen to their knees with conflicted feelings of grief and relief. Now they must empty and sell the beloved family home, 23 rooms bulging with history, antiques, and oxygen tanks. Plum thought: How tough will that be? I know how to buy garbage bags.

But the task turns out to be much harder and more rewarding than she ever imagined. Items from childhood trigger difficult memories of her eccentric family growing up in the 1950s and ’60s, but unearthing new facts about her parents helps her reconcile those relationships, with a more accepting perspective about who they were and what they valued.

*They Left Us Everything* is a funny, touching memoir about the importance of preserving family history to make sense of the past, and nurturing family bonds to safeguard the future.