



Presented by Jeanette McGonigle:

Pumpkin Throw Festival for Hospice

Throw a pumpkin the farthest to win prizes!

Saturday, November 2nd, 2019
2600 Elk Trails Way, Nanaimo

3:00pm – Live music starts, hot dogs, concession stand,
 pumpkin throw ticket sales
 4:30pm – Ticket sales end
 5:00pm – Pumpkin throw competition begins

See Facebook page: “Pumpkin Throw Festival for Hospice” for more details

Suggested donation \$10/individual throw or \$20/family throws
 Cash/cheque only: no bank machine, no credit cards



Crystalline Sound Bath/Meditation

Facilitated by Mikeoula Nixon, Sound Healer and Hospice Volunteer
November 6th
from 6:30 to 7:30 at Hospice House

Please join us for a healing, meditative hour. Each month, the crystal bowls will be ringing out their healing tones. We invite you to immerse yourselves in these vibrational Sound Baths which will assist in calming your energy and enhancing your personal sense of well-being.

Please RSVP at 250-591-8811 or debbiep@nanaimohospice.com. Seating is limited to 20 participants.



**“Our generation has the ability and the responsibility to make our ever-more
 connected world a more hopeful, stable and peaceful place.”**

— Natalie Portman

Let us say “Thank you for all you do!”

"A Gathering to Remember" and "Celebrate a Life"



It's hard to believe that the Christmas Season is quickly approaching. For those in our community who have lost a loved one, they 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 beautiful non-religious, 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. 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 1st at 2:30** 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 Centre. Yet in the mall, people are there to shop not reflect, remember and acknowledge their feelings in such a public setting. Therefore, 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. We will once again have Christmas Angel Ornaments available by donation and this year we will have a Christmas Pet Tree with handmade pet ornaments sponsored by Windsor Plywood.

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. Even though it is important to keep a tidy table with plenty of Hospice's program brochures and tissues available, and remember to offer the beautiful Angel Ornaments for a donation 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 people who might need encouragement to approach the table.

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 and Hospice Shoppe – December 2 until December 24

Country Club Shopping Centre – December 3 until December 18

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



Shoppe Talk - Thank you to all of our Hospice Shoppe volunteers for all of the hours that you put in making the Thrift Store a great place to shop! We couldn't do it without your hard work and appreciate your dedication!

The Hospice Shoppe would like to welcome Carol Angers in the processing area. Carol has been a thrift store volunteer for many years and will now join the team as a staff person to fill in for Geni while she is on vacation.

We'd like to extend a big welcome to some of our newest shop volunteers: Sherrie, Audrey, Althea, Susan, Marina, Devonny, and John. Thank you to our volunteers who have recently retired: Annie, Colline and Kathy.

NOVEMBER

Nov 2, Sat	Pumpkin Throw Contest for Hospice	3:00 pm
Nov 3, Sun	Workshop – Let's Talk about Ritual	1:00 to 3:00 pm
Nov 6 & 20, Wed	A Scented Space	10:00 am to 2:30 pm
Nov 6, Wed	Crystalline Sound Bath	6:30 to 7:30 pm
Nov. 7, Thu	SCC and SS Volunteer Training Day	10:00 am to 2:30 pm
Nov, 9, Sat	VI Education Day	
Nov 11, Mon	Statutory Holiday – Hospice House and Shoppe Closed	
Nov 13 & 27, Wed	Knitting Circle	1:00 to 3:00 pm
Nov 24, Sun	Workshop – Let's Talk about Christmas	1:00 to 3:00 pm
Nov 25, Mon	PCU Volunteer Meeting	1:30 to 3:00 pm
Nov 25, Mon	Board Meeting	1:30 pm

DECEMBER

Dec 1, Sun	Gathering to Remember	2:30 pm
Dec 4 & 18, Wed	A Scented Space	10:00 am to 2:30 pm
Dec 11, Wed	Knitting Circle	1:00 to 3:00 pm
Dec 19, Thu	Self-Care Clinic – Last day for clients	
Dec 25 & 26	Statutory Holiday – Hospice House and Shoppe closed	

Virtue Pick – Forbearance

Forbearance is patience, fortitude and acceptance under trying circumstance. We tolerate hardship with good grace. We quietly call on our self-restraint. We are long-suffering in situations that we cannot control. We do not allow the trials of life to steal our joy. We extend forgiveness and understanding to others, knowing that we all have flaws and frailties. We are forbearing with ourselves, humbly mindful of the times we fall short, ready to move forward to try again. Forbearance is the mortar that keeps our relationships resilient and strong.



“Forbearance is the greatest virtue. Cover the blemishes, faults and weaknesses of others. Excuse their feelings, bury their weakness in silence...and forgive.”
Karunamayi, 21st century Guru

I am accepting in times of trouble. I tolerate what I cannot control. I use self-restraint to calm my emotions. I am patient and forgiving with others. I humbly learn from my mistakes. I am committed for the long run. I am thankful for the gift of Forbearance. It gives me a resilient spirit.

HOSPICE LIBRARY – A BOOK REVIEW

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



Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart, Alan D. Wolfelt, Ph.D.

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have.