

# transitions

THE NEWSLETTER OF VICTORIA  HOSPICE

SUMMER 2020

## Walking alongside you in grief

Thanks to the tireless efforts of volunteers, counsellors, and you, our valued donors, our popular walking group was revived earlier this year. The successful 8-week session was held on Saturday mornings at Rithet's Bog, adjacent to our Community Support Centre.

**Walking Through Grief** offers participants support in the form of shared experiences, comforting bonds and time in the outdoors. "Grief is normal and there is no one way to grieve", explains Heidi Wigmore, a bereavement counsellor involved in the walking group. "You can't fix grief, but you can have other people walk alongside you."

Participant Barbara Garlock says: "Walking Through Grief gave me something to look forward to on a Saturday morning when I wasn't looking forward to

much." She says she found it easier to talk frankly with one another while walking, as opposed to sitting in a room. "It felt safe to be vulnerable and to be able to express feelings openly. It was also good to be outside getting a little exercise, even in the blustery weather."

Walking group participants are

typically paired up with one another, or with a volunteer, and are encouraged to follow their own needs regarding whether they want to walk in silence or chat with each other. The walks typically begin with a therapeutic prompt—breathing exercises, sensory awareness, poems or other readings—and finish with a debriefing.

"Groups in general can help you to know you aren't alone, to share experiences and learn other things about yourself that may surprise you," says Heidi, who wrote her thesis on eco-therapy. "Body movement, being in nature, and spending time with others naturally assist with the healing process."

Grief and loss are a profound part of life, and these groups offer a safe environment for people to share in a natural setting and move together. We look forward to being able to walk together again and share our time. We are currently planning the **next Walking Group** series, once physical distancing rules permit it. For more information, please contact our Bereavement Services at 250-519-3040. You might also want to consider taking part in our **virtual Hike for Hospice** (see insert for more details.)



Heidi Wigmore,  
Victoria Hospice  
Bereavement  
counsellor



Barbara Garlock,  
Walking Through  
Grief participant

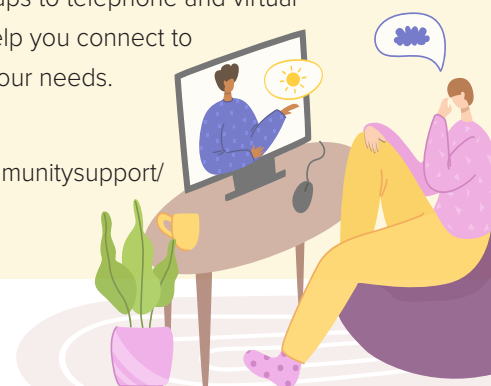
### A HELPING HAND

If you're dealing with the end of life, caring for someone who is, or grieving a loss, our team of volunteers and counsellors are here to support you and your family. Victoria Hospice has COVID-19 support systems available.

Just let us know what bereavement supports you need, from online drop-in groups to telephone and virtual sessions, and we will help you connect to a service that best fits your needs.

250-370-5789

[victoriahospice.org/communitysupport/](https://victoriahospice.org/communitysupport/)



# Hiking in memory of Jon



Jonathan Cameron was not expected to live. Born on April 7, 1992 with a heart problem, he was immediately flown to Vancouver. After being examined by specialists, he was sent home to spend his final hours with his parents, April

and Dean. He had a rare genetic disorder that, among other disabilities, had affected his heart. There was nothing the doctors could do for him. And yet he lived, until just a week shy of his 25th birthday. Throughout Jon's life the Camerons were often told, "it could be any day now," or "he'll never make it through the night," and yet he always did.

With the incredible support of a caring community, Jon attended school, went to summer camp, and loved Disney movies. When he was 18, he transitioned to a group home for young people with special needs and enjoyed six years of what his dad calls, "the best time of his life."

In March of 2017 Jon got sick and was admitted to Victoria General with heart failure. After a few days, the doctor recommended he go to hospice. At first the Camerons were not sure. They had wanted him to return to the home where he was most comfortable, but agreed he would go to hospice to have his pain managed, then they could reassess.

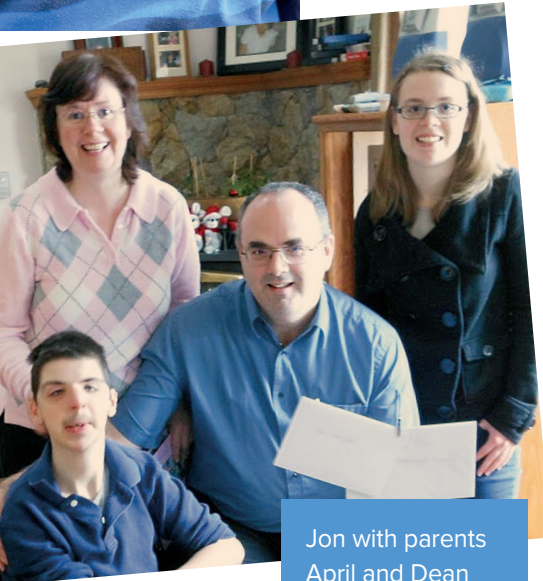
"As soon as Jon got to hospice, we knew we didn't want him to go home," says April. "We knew it was a good place to be and that he would be well looked after," says Dean.

Jon spent three days at Victoria Hospice, where he enjoyed watching his Disney movies and frequent visits from his sister, Alanna.

On April 1, 2017, Jon opened his eyes for the last time and drew his final breath surrounded by his mom, dad and sister. "The care and compassion shown by the nurses and volunteers to us and Jon helped us get through a very emotional time. They were very welcoming and created a peaceful atmosphere to face the end of our son's life."

A month later, in May 2017, the Cameron Clan joined their first **Hike for Hospice** in memory of Jon and have participated in the event every year since. "We are very thankful for the care and respect shown to all of us and want to give back so that it is available for others."

Join the Cameron Clan for this year's **Hike for Hospice – Fall Edition** between September 15th and 30th, starting at the Victoria Hospice Community Support Centre! See the insert for full details and sign up online at [victoriahospice.org](http://victoriahospice.org).



Jon with parents April and Dean and sister Alanna

## Hike for Hospice – Fall Edition

After being postponed due to COVID-19, Hike for Hospice is back in a new format!

**September 15–30**

**Monday–Friday 9–5 Saturday–Sunday 9 to 2**

Start at Victoria Hospice Community Support Centre, 102–4450 Chatterton Way, and walk around Rithet's Bog Trail.

**FOR FULL DETAILS, SEE INSERT**

April, Dean and Alanna at Hike for Hospice





# Welcome back, volunteers!

Victoria Hospice has always relied on the support and care of our valued volunteers, and their absence on our patient unit during COVID has been palpable. But as we entered July we were able to invite volunteers back on our unit, and we're excited to be working with them again!

Our volunteers are helping in multiple areas such as general unit and patient support, assisting our frontline care team, or as volunteer gardeners for our Rooftop Garden. As visitation restrictions are still in effect and will be for the foreseeable future they've also taken on some critical new roles such as greeting and screening visitors and helping to manage visitation schedules.

Trained Life Stories volunteers are back, talking with patients and recording their life stories, thoughts, or special memories on what matters most to them. Finally, some of our volunteers are providing companionship and emotional support for isolated patients whose families aren't able to be with them.

Thank you to all of our volunteers. We've missed you, and we are so glad to have you back.



*"I am so happy to be back at Hospice to provide support and spread some joy."*

Teija, Victoria Hospice Unit Volunteer

## Riders take on The 2020 Challenge!



Victoria Hospice RN and COLT rider, Brianne, with Matt, Victoria Hospice Marketing and Communications Coordinator, in his cycling gear

Virtual finish line 60-person Zoom celebration. ↘



While the 8th annual **Cycle of Life Tour**, presented by Think Communications, was postponed to 2021 due to the challenges of COVID-19, that didn't stop our dedicated community of riders from pedaling hard for hospice care.

This July, riders took on **The 2020 Challenge**, in which they were encouraged to use the numbers '2' and '0' in their own personal riding and fundraising goals, such as riding 200km over 2 days, raising \$2,020, or asking 20 friends to donate \$20 each.

Victoria Hospice's Communications & Marketing Coordinator, Matt Williams, was one of many Victoria-based riders who took on the challenge.

"Every day I see the amazing work our staff and volunteers do to bring comfort and care to patients and families," says Matt. "My ride is dedicated to a very special woman—my mother. In 2009, we lost her to cancer. If it wasn't for an amazing team of palliative care doctors and nurses, our time with her would

have been cut even shorter. I am eternally grateful for the chance I had to properly say goodbye to someone who means so much to me."

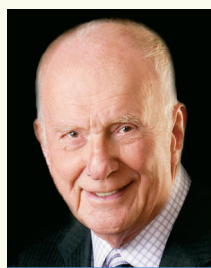
Matt's 2020 challenge was to cycle 620 km during the month of July, the equivalent of 20 km a day. "While it was month full of sweat and chain grease, it pales in comparison to the work hospices do day-in, day-out across our island."

This year's efforts raised over \$125,000 for hospice care on Vancouver Island and 60 riders celebrated at the Virtual Finish Line on Zoom! The riders are now pedaling towards 2021, and you can still sponsor a rider at [cycleoflifetour.ca](http://cycleoflifetour.ca)





## Mourning the Loss of a Legend



Eric Charman  
1932–2020

This past March, long-time Victoria Hospice supporter, Board Member and renowned philanthropist Eric Charman passed away peacefully, surrounded by family.

Eric's impact on our community was, just like his personality, remarkable and larger than life.

After immigrating to Canada from England in 1953, Eric pledged to do whatever he could to make a difference for his new community. During his lifetime, Eric was an undisputed rallying force for countless Victoria organizations. He and his wife Shirley were renowned for organizing fundraising galas, spearheading major campaigns using his business acumen and perhaps most famously, Eric's conducting of over 500 charity auctions.

For decades Eric shared his time, his talent and his passion with a variety of community causes and charities with special emphasis on those closest to his heart. "For over 43 years, I had the pleasure of volunteering alongside Eric, on countless Boards in our

community. Eric was a master connector. I watched him successfully gather and connect friends and colleagues to support community organizations he felt were most valuable in Victoria, including Victoria Hospice. He always wanted to go over the top. Eric never went halfway on anything and nothing he did was small. It was this, along with his powerful gift of persuasion, that benefited Victoria Hospice to grow our programs of care to what they are today," writes Deedrie Ballard, long-time friend and Victoria Hospice Board Member.

We thank Eric for being a loyal Victoria Hospice donor, Board Member and champion for many years. However, the story doesn't end there. In quintessential Eric fashion, he left Victoria Hospice one last surprise. Weeks after Eric's passing, we received notice that Eric had made the generous decision to leave a legacy gift to Victoria Hospice in his Will. This gift will ensure Eric's legacy lives on and is celebrated for many years to come. His impact, in life and now in legacy, on Victoria Hospice will make a lasting difference in end-of-life care for Victoria Hospice patients and families.

Thank you Eric.



## Your Donation Makes a Difference

**YES!** I would like to provide care to patients and families in need.

Donation preference: ☐ One-time ☐ Monthly / My donation: ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1000 ☐ Other .....

Name .....

Address .....

City/Province .....

Postal Code .....

Phone .....

Email .....

Credit card type: ☐ VISA ☐ MasterCard ☐ AmEx

Card # .....

Expiry date: \_\_\_\_ / \_\_\_\_

My donation is in memory of .....

Please send an acknowledgement letter to

Name .....

Address .....

City/Province .....

Postal Code .....

☐ I would like to receive Victoria Hospice e-newsletters.

☐ I wish to remain anonymous.

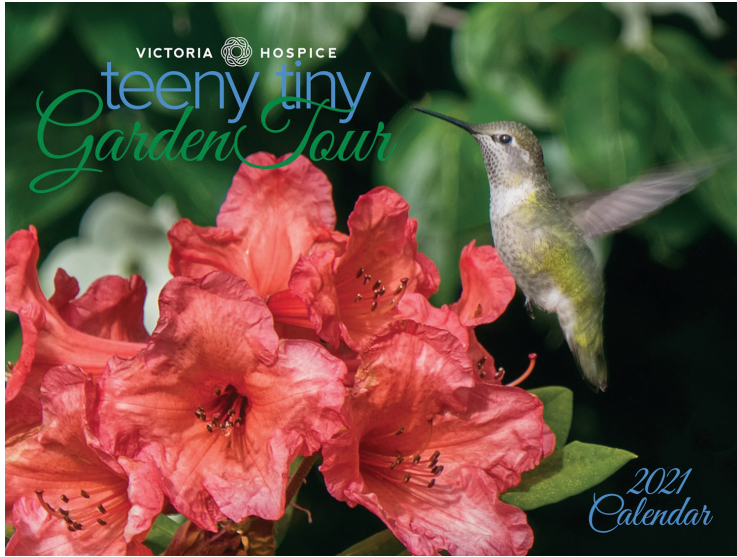
☐ I have included Victoria Hospice in my Will.

☐ I am interested in finding out more about including Victoria Hospice in my Will.



# Hospice events go virtual

Our first-ever **Virtual Teeny Tiny Garden Tour** took place in June and July. Hundreds of tour-goers tuned in to enjoy a virtual glimpse of four fabulous local gardens and a special interactive tour of the Victoria Hospice Rooftop Garden, from the comfort and safety of their own homes. The tour, which raised over \$40,000, was supported by a generous donation from a kind and garden-loving community member, Joyce Butler. Joyce donates in memory of her friends Michael Gregson and Phyllis Pollard, both of whom received care from Victoria Hospice.



Several community-hosted events in support of Victoria Hospice also went online.

- ▶ Heather McEwan hosted the **Great Big Virtual Tea Party** in honour of her friend Julie;
- ▶ Ray Mau is hosting a virtual fundraiser for **Music Therapy**, in memory of his wife Jan; and
- ▶ in July, Gordy Dodd held a **Virtual Walk for Peace**.

We are so grateful for your commitment to hospice care. Thank you for your creativity as you adapt your fundraising efforts in this time of physical distancing.

If you have any questions about virtual events at Victoria Hospice, please call us at (250) 519-1741, or contact Anita Rozell at [anita.rozell@victoriahospice.org](mailto:anita.rozell@victoriahospice.org)

Pick up your copy of our first ever **Teeny Tiny Garden Tour Calendar**! This beautiful 14-month calendar features photos of the stunning gardens from previous tours and is sure to delight and inspire all year long.

Order your calendar from the Victoria Hospice website at [victoriahospice.org/TeenyTinyGardenTour](http://victoriahospice.org/TeenyTinyGardenTour) or pick up a copy at **Garden Works** and **Capital Iron**.

## Your words of kindness inspire us!

Hospice RN, Madeline, showing off newly received Words of Kindness



We invited you to send supportive words of kindness to our frontline care team, and you delivered! Heartfelt messages of thanks and support have been streaming in from across our community with thoughtful wishes for the wellbeing and happiness of our frontline care team. Here are just a few examples of the words that you have shared:

***We thank you from the bottom of our hearts—and keep smiling behind those masks!*** – Victoria Hospice donor

***Without your kindness and support it would be a very tough road. Thank you for all you do. Your heart is in the right place!*** – Victoria Hospice donor

***Thank you for all the care you provide to our most vulnerable. In these stressful times you are in our hearts and thoughts—please be safe. We will try to assist you by keeping our distance, handwashing, and wearing masks when warranted. xoxoxo***

– Victoria Hospice donor

If you have words of kindness that you would like to share, it is never too late and kindness is always welcome! You can mail them to us, or visit our website at [victoriahospice.org/WordsofKindness](http://victoriahospice.org/WordsofKindness) and we will make sure they are shared.

During these challenging times, a little kindness can go a long way. Share your words of encouragement, compassion, and support to our care team as they continue to ensure the health and safety of patients.

*Your dedication and kindness is amazing! We are all so grateful that you continue to serve our most vulnerable friends and neighbours!*

Compassionate care at Victoria Hospice is made possible through the generosity of our community. The individuals listed below have been remembered by friends and loved ones with gifts to Victoria Hospice, In Memory and In Honour. These meaningful gifts honour precious lives and help to enhance quality of life for other patients and families in need. Gifts made In Memory or In Honour between April 1 and June 30, 2020:

#### IN MEMORY

Peter Ager  
Desmond J. Ahearne  
Roberta Allen  
Renee Asrioux  
Roger Aubin  
Jeannette Ballard  
Christopher C. Barman  
Pamela Barry  
Bonnie Bell  
Patricia Berube  
Norma Biggs  
Brian Birchall  
Mary Blyth  
David Bone  
William Borges  
Ruth Borosky  
Kenneth Bradley  
Eva G. Brethour  
Tom Britton  
Hazel Brooks  
Margaret Brown  
Bob Buckingham  
Joy Burkard  
Margaret E. Campbell  
Lavone Candie  
John Carruthers  
Nancy Casey  
Geoffrey Castle  
Ann Chaland  
Robert Chaland  
Lan Chen  
Marlene C. Cheng  
Salvatore Ciccone  
Winnifred Clarke  
James Cline  
James Colgan  
Sheena Creamer  
Jolene Curr  
Betty Currie  
Clem Dion  
Graham Dodd  
Barbara Dunahee  
Stewart W. A. Duncan  
Megan Duncan  
Cam M. Dunphy  
Steve Dzeoba  
Shelley Eaves  
Cindy Eder  
Patricia Elemans  
Marge Elphick  
John Elves

Pam Engwer  
Robert Fair  
Elizabeth Fenton  
Daniel Ferguson  
Trudy Fitch  
Margaret A. Fleming  
Harry Fowler  
June Fraser  
Jimmy Friss  
Donald Gajda  
Sheila Gaunt  
Leslie Gignac  
Sharon Goes  
Wendy D. Graham  
Marguerite Green  
M. Gropp  
Robert Guskey  
John Hangody  
Isabelle Hare  
Muriel M. Hart  
Ian Hay  
Ingrid Hibbard  
Patrick Hirst  
Alan J. Hodgson  
Barbara Hoitsema  
Sylvia Holm  
Nancy Hudak  
Lesley Hulme  
Corrine Hussey  
Paul Jeffery  
Noah Kasper  
Maria Klaver  
Michael Kovacs  
Janice Kraft  
Ryan C. Krisher  
Loretta Lacerte  
Middleton Lambert  
Walton Langford  
Kenneth C. Lawrence  
William J. Lawson  
Dolores Leavitt  
Victoria Lindgren  
Robert Long  
Kelly Low  
Eileen Lugossy  
Donald MacEachern  
Jessie MacFarlane  
Mike MacFarlane  
Ruth Mackie  
Judy MacLachlan  
John MacLachlan  
Hugh MacPherson

Kathleen Marshall  
Pam Martin  
Shirley Mawdsley  
Gloria Maxwell  
Barbara McCall  
Ray McDermott  
Joe McGregor  
Marion McLean  
Carol A. McNeil  
Jane McQuade  
Thomas Messenger  
Bruce Milburn  
Tara Mogentale  
Christine E. Molnar  
Wayne Morris  
Debra Moulden  
Jean Mozley  
May M. Muir  
J. Marcus Murphy  
Florence Murray  
Catherine L. Neighbor  
Eliane Nugent  
Shirley Nute  
Helmie M. Oliver  
Donna Olson  
Jack Orchard  
Carolyn O'Shea  
Gordon Pang  
John H. Parker  
Rod Parkhurst  
David Parry  
Evalyn Partridge  
Dave Paterson  
Robert Paterson  
Kenneth Patey  
Heidi Paulo  
Patrica M. Perry  
Sylvia B. Plumridge  
John Plumridge  
Gene Potvin  
Dawn Powell  
Elizabeth Priestman  
Donald A. Rahrack  
Audrey Rands  
Allen Robb  
Jimmy Roberts  
George Robertson  
John Robertson  
William A. Romain  
Milforde Rose  
David A. Ross  
Tara S. Ross

Audrey Ross  
Robert Rouse  
John Russell  
Celeste Scalzo  
Henry Schaumburg  
Ken Schulz  
Evelyn G. Sheldrick  
Stephanie Sieber  
Suzanne Skedgel-Hill  
Doug Smith  
William Snow  
Audrey Stafford  
Sheryl Steeves  
Michael Stevenson  
Terry Stewart  
Frances E. Stocks  
Mary Louise Stokes  
Edna Szabados  
Molly Taylor  
Peter Tennent  
Phonyin Tim  
James W. Topfer  
Willard Townsend  
Eileen Ullathorne  
Violet Vachon  
Linda Vance  
Pilar A. Vasquez  
Anita Vidal  
Denise Voss  
George Waugh  
Jean Waugh  
John Wells  
William J. West  
Jennifer Whybrow  
William Wigmore  
Hill Wilson  
Dianne Winsby  
Karen Wipond  
Donna Wood  
Barbara Woodruff  
Valerie Wouters  
Jörg Wybranietz  
Shane Yada  
Mary L. Zuanich

#### IN MEMORY

Catherine Green  
Canh Ngoc Ho  
Elizabeth Matthews  
Corry Salmen

## Victoria Hospice Vision

Quality palliative and end-of-life care for all

## Victoria Hospice Mission

To enhance the quality of life for those facing life-limiting illness, death and bereavement, through patient and family centred care, education, research and advocacy

### Victoria Hospice Society Board of Directors

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Clark Lawrence TREASURER	Breon Gage Stewart Johnson
Marguerite Rowe Deedrie Ballard Terry Farmer Wendy Hill	

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Lori Moen Breon Gage	

## transitions

THE NEWSLETTER OF

**VICTORIA**  **HOSPICE**

Would you like to share your Hospice story? We would love to hear from you.

Contact Tamara Dean  
Annual Giving Officer  
at 250-519-1744 or  
Tamara.Dean@VIHA.ca

Thank you.

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www.VictoriaHospice.org

Charitable Registration Number  
11928 4230 RR0001

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