

## *Walking together to make a difference*

# Hike for Hospice is back at Fisherman's Wharf Park

People in bereavement know that being together helps.

That's why hundreds join up to honour cherished loved ones at Hike for Hospice every year.

After pandemic-induced shifts to self-guided walks in 2020 and 2021, Hike for Hospice is back at Fisherman's Wharf Park as an in-person event on Sunday, May 1, 2022.

Longtime friends Annette, Brenda, and Connie will be there. They've been Hiking for Hospice together since 2013.

They joined forces to fundraise and commemorate their dear friend and colleague, Marguerite, who received end-of-life care at Victoria Hospice. She was so easy to love, they say, and she left a wonderful impression on everyone around her.

"I don't think there was anyone who didn't like Marguerite," says Brenda. "She always had a smile on her face, and she was a very genuine, lovely person and very strong. You just wanted to hug her all the time."

The trio says Hike for Hospice is a



Longtime friends Annette Quan, Brenda Yanchuk, and Connie Scheurer (aka Team Marguerite and Brian) have been Hiking for Hospice together since 2013.

way to actively celebrate the person you are missing.

"We talk about the good times, and it gives us a chance to remember," says Annette. "It's a great opportunity for anyone who is missing someone you love to go out there and be with people who know how you feel—to be with others and to be there for others."

After Connie's husband, Brian, died in 2017, she experienced support from Victoria Hospice first-hand.

"When people think of hospice, they think of end-of-life care, but it's so

much more than that," says Connie. Although Brian was not a hospice patient, Connie was able to access counselling from Bereavement Services—a vital support entirely funded by generous donors.

"It was mentioned to me, and I followed up on it. It was amazing—both the individual and group sessions. I'm still in touch with a couple of the gals who I met through a hospice counselling group. Their services are incredible and I'm really grateful for them."

*Be with others and be there for others*

# HIKE FOR HOSPICE SUNDAY, MAY 1

*It takes a village*

## Celebrating community fundraisers

In this issue of Transitions, we're pleased to highlight some of the people who support Victoria Hospice in their own unique way.

People who have experienced Victoria Hospice programs and services want to ensure others receive compassionate care and support when they need it. By hosting community events or participating in Victoria Hospice signature events, they ensure comfort care, advanced pain and symptom management, and expert psychosocial support are available to everyone.

Hosting or participating in events can also be a meaningful and rewarding way to honour the memory of a loved one or to celebrate caregivers who have enhanced your life or a loved one's end-of-life journey.

We're so grateful to everyone who has taken the time to participate in fundraising events. From the organizers of long-running golf tournaments and local business sponsors to families and individuals whose efforts and dedication keep us going: We salute you! Thank you for all your support.

We're here to help if you're interested in hosting an event in your community. Whether you'd like to host a bake sale, organize a neighbourhood garage sale, or launch a multi-day sports tournament, we can support you to ensure your event is a success.

Connect with us if you'd like to learn more or to get involved as a volunteer for one of our signature events, like Hike for Hospice or the Teeny Tiny



Berwick Royal Oak community members raised \$1,537 for Victoria Hospice from their Christmas Craft Fair. They included goodies for the staff when they dropped off their generous donation!

Garden Tour. Reach out anytime: [info@victoriahospice.org](mailto:info@victoriahospice.org) or 250-519-1744.



## Hike for Hospice registration is open!

Lace up your walking shoes to support patients and families in the Victoria Hospice circle of care!

Join Annette, Brenda, and Connie (aka Team Marguerite & Brian) and others for a 3.5 km scenic walk starting and ending at Fisherman's Wharf Park.

The event includes food, fun, and friendly competition for awards for the top team and individual fundraisers, and for the Workplace and Service Club Challenge. Four-legged walkers can compete for the

coveted Pawsitive Spirit and the Best-dressed Dog Awards.

Check-in and entertainment begin at 9 am and the walk gets underway at 10 am.

Although the Dallas Road route is accessible for people comfortable walking 3.5 km among groups of people, some participants may choose to **Hike on Your Site**, for any distance, whether at a park, condo building, retirement residence, or anywhere else that suits you!

More info at [victoriahospice.org/events](http://victoriahospice.org/events)

Hike for Hospice is a way to actively celebrate someone you're missing while raising critical funds for Victoria Hospice programs and services.

# Honouring final wishes in a celebration of life and love

There are few higher expressions of love than honouring someone's final wishes.

Ashlee Elder knew her husband, Jason, wanted his celebration of life to support a cause close to both of their hearts, so she pulled out all the stops to do it.

Although she needed to wait for nearly two years before pandemic restrictions eased enough to gather friends and family, Ashlee raised more than \$3,000 for Victoria Hospice through a silent auction she established as part of Jason's celebration of life.

Jason also made his most important wish clear from the start: he wanted to stay at home and die at home.

The palliative and end-of-life care Jason received made that wish possible, says Ashlee.

"The entire team of social workers, nurses, and doctors really understood just what was needed, she says.

"It was good to have the team present with their holistic approach. They were also just very kind. They made all the difference to be able to keep Jason at home. I'm still in awe of the experience and what the team gave to us."

Friends who were frequent visitors to Ashlee and Jason's home also felt the support of the palliative team who took the time to connect and to explain the changes in Jason's condition as the disease progressed.

"It was great to have someone there—other than me—who could explain things to everyone," she says.

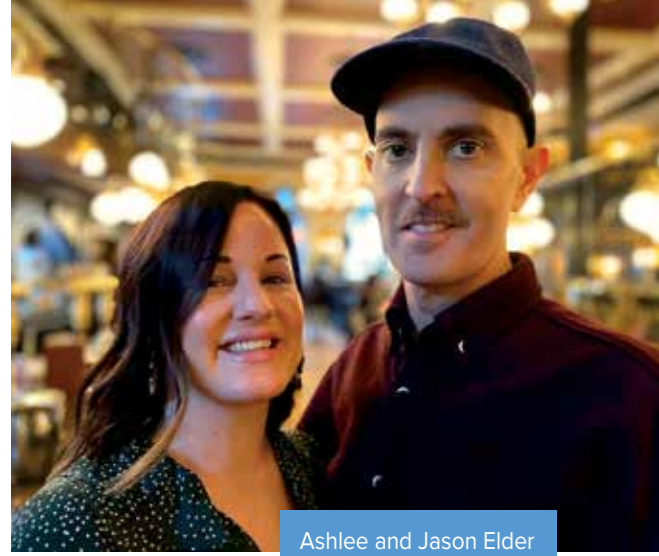
"They looked out for all of us."

Raising funds to help ensure others

receive the same kind of support added to the meaningful gathering Ashlee and her family and friends were able to hold in November before new pandemic restrictions were introduced.

The silent auction included something for everyone, Ashlee says, from clothing to glass art to golf.

"At one point during the gathering, I looked around and thought, 'This is



Ashlee and Jason Elder

exactly it. This is what was supposed to happen, with everyone laughing, drinking, eating good food, telling stories—and raising money as well."

## *In memoriam:* Heather Wheeler

Victoria Hospice joins with the family and friends of Heather Wheeler to mourn her death on Jan. 10, 2022.

Heather owned and operated The Avenue Gallery in Oak Bay village, and she was a longtime and cherished member of the Victoria Hospice community.

Heather always found creative and generous ways to support compassionate end-of-life care at Victoria Hospice. The gallery's *All*

*that Glitters* and *A Little Something...* events raised funds for hospice year after year.

Heather also provided steadfast support for the Teeny Tiny Garden Tour, sponsoring gardens, providing reception space at the gallery for garden tour events, and providing a matching donation for the virtual garden tour in 2020.

"Heather brought such a beautiful spirit of generosity and community connection to her support for hospice," says Wendy Innes, Interim Director of Development. "We are heartbroken for her family and friends, and we extend our heartfelt condolences."

In a beautiful obituary, Heather's husband, Larry Wheeler, said he and the gallery staff will continue Heather's work of representing some of Canada's most talented artists. She will be greatly missed.



## Rallying community support

# A legacy of caring inspires daughter

Growing up in Sooke, Zoe Clint remembers her hard-working mom as a tireless advocate. “She believed in the value of counselling, and she always fought for me and my brothers,” says Zoe.

In 2014 when her mom, Cindy, was nearing the end of her life, Zoe leapt into action, harnessing Cindy’s example of caregiving and advocacy. She called on the Victoria Hospice Palliative Response Team to help her care for her mom in the comfort of her home. But it wasn’t just

the clinical expertise and medical equipment that helped to alleviate her pain and suffering.

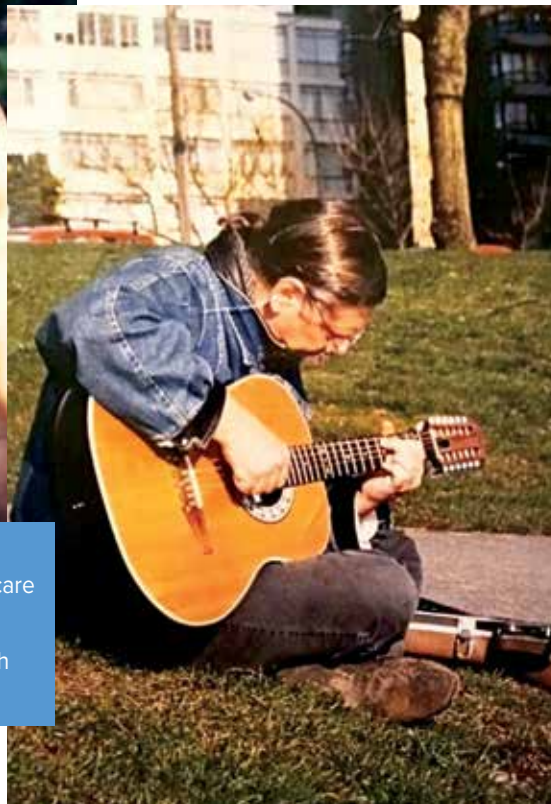
“I said to my mom — let’s use Hospice’s counselling services, too,” says Zoe. Her mom, who jokingly referred to Zoe as “Boss Lady” by this stage, agreed. Cindy received regular check-ins with a counsellor and, following her mom’s death, Zoe continued to receive support from Hospice with practical matters such as funeral arrangements and bereavement counselling.

Just a year later, Zoe relied on Hospice once again when her father, Bill, spent his last few days on the Inpatient Unit. “Dad was wonderful,” Zoe recalls. “He was pretty much a hippy — a regular busker at the Combes Country Market.”

Years later, Zoe still reflects on her family’s Hospice experience with fondness and gratitude. “Victoria Hospice helped me be able to love them very thoroughly, and not have to worry as much,” she told Saanich News. “They were the gift I didn’t expect.”

In December 2021, Zoe decided to give back by hosting a bottle drive for Victoria Hospice. She collected \$500! Unbeknownst to her, another group collected funds the next day. “When I called The Bottle Depot to close out the account, they said the total funds raised were more than \$2,000.”

“I didn’t realize how many lives Victoria Hospice has touched,” she said “I was really impressed that in the same weekend we were able to gather so much to help them. It just blows my mind.”



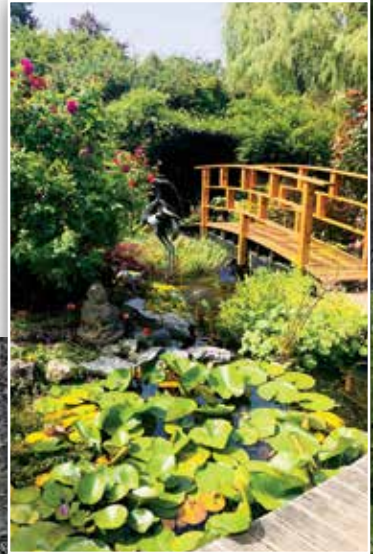
Zoe’s love for her parents and her gratitude for the Victoria Hospice care teams inspired her to give back.

Above, Zoe’s mother Cindy Hannah and at right, her father Bill Clint

### Did you know?

You can donate your refund to Victoria Hospice when you take your empties to any Bottle Depot location.





# Save the date

## Teeny Tiny Garden Tour returns June 12

We're so pleased to announce the return of the Teeny Tiny Garden Tour, in-person on Sunday, June 12!

Meet the green-thumbed hosts of a dozen delightful and inspiring backyard gardens in three neighbourhoods across the Capital Region. Ticket holders will receive a map, brochure with garden descriptions, and a chance to win a wonderful door prize or to pick up a few keepsakes on sale along the way.

We're delighted to feature one very special site as a virtual tour this year. You can view Diane Allen's glorious Cordova Bay gardens with water vistas, compelling colours and textures, and whimsical surprises from the comfort of your favourite armchair-gardening spot.

Tickets are \$25 and go on sale May 5 at select locations around town. Watch our website for more details!



### Your Donation Makes a Difference

**YES!** I will join the Hospice Hearts Monthly Giving Club!

My **monthly donation** will be:  \$5  \$10  \$25  \$50  \$100  Other .....

My **one-time donation** will be:  \$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  in honour of .....

Please send an acknowledgement letter to

- Please send me Victoria Hospice Connections e-newsletters.
- I have included Victoria Hospice in my will.
- I would like to find out more about including Victoria Hospice in my will.
- I wish to remain anonymous.

Name .....  
 Address .....  
 City/Prov/Postal .....

Compassionate end-of-life care at Victoria Hospice is made possible through the generosity of our community. The people named below have been commemorated in memory or honoured by friends and loved ones through gifts to Victoria Hospice between October 1, 2020 and January 20, 2021:

**IN MEMORY** Rabea Al Doori • Margaret E. Alexander • Trevor Alexander • James Anderson • Alice Anderson • Fred Angene • Keith Armstrong Elizabeth Astbury • Tamara M. Atkinson • Penny Authier • Jeannette Ballard • Mary J. Barnes • Diane Barry • Pamela Barry • Bonnie Bell Herman Bergink • Anita Betker • Guy Bicknell • The Bingham • Lucille R. Bishop • Robert Blaikie • Kathryn Blaikie • Carol Bond • Marie Boudreau Robert Brodie • Russell E. Brown • Eve Bruce-Lockhart • Bob Buckingham • Emery Budai • Larry Cade • Ingrid Caines • Caren Cameron Iren Cameron • Johnathon Cameron • Margaret Campbell • Diane Carr • Linda Carruthers • Walter T. Carter • Donald Cawley • Ann Chaland Robert Chaland • Elizabeth A. Chambers • Bruce Champion • Shirley Chew • Aileen Clarke • Edwin Clarke • Bill Clemens • James Cline • Jack Colbert Gwen Commerly • Richard W. 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**IN HONOUR** Daugulis Family • Perry Fainstein • Gardiner Family • Gloria Greeniaus • Tia Mar • Colleen McCoy Beth McDonald • Canh Ngoc Ho • Rasna Pitt • Serena Pitt • Trish Reid • Louise Rowbottom • Emily Schwab Allena Smyth • Callum Stewart • Betty Wynne

transitions

THE NEWSLETTER OF

VICTORIA  HOSPICE

We'd love to hear your hospice story.  
Please connect with us if you would  
like to share your experience.

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