

JANUARY 2019

VOLUME 2

ISSUE 1



# Volunteer Kamloops

*Connecting Volunteers*

*Your Free Monthly Newsletter*

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IT'S OUR JANUARY  
ISSUE

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# 2019

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WELCOME TO A NEW YEAR

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# In Loving Memory of Debbie Smith

"It is with a heavy heart that I am informing our Volunteer Kamloops members of the passing of our President Debbie Smith on January 3rd.

Debbie had a passion for Volunteer Kamloops which was evident in all that she did for our organization. Debbie's dedication and hard work has been instrumental in the growth of Volunteer Kamloops over the last number of years.

The Volunteer Kamloops Board will continue Debbie's work to serve our members and our community."

**- Tara Lyster, Volunteer Kamloops Vice President**

"Words alone could not convey the heartfelt loss of our President Debbie as a friend, colleague, & leader. Debbie's dedication & her spirit will live on our efforts to realize the potential that exists in Volunteer Kamloops.

...Keep up the spirit of what we do, as we serve a greater purpose of the community we so dearly love. I will honour the memory of my friend & colleague; by continuing to do the good work with vigour."

**- Devin Gambler, Volunteer Kamloops Board of Directors**

"Our beautiful, caring and loving Debbie was unexpectedly taken away from her loved ones far too soon.

Debbie was born at Burnaby General Hospital, shortly after her family moved to Penticton. This is where she seeded her infinite love of the Okanagan and all places sun and sand. The family moved to Richmond BC in 1984 where she finished her secondary schooling. While working at Labour Relations Board for 10 years, she met and married Terence Hill, the father of their beloved son. Justin David Hill was born September 16, 1994. They moved to Williams Lake in 1997. This is where she found her career passion in social work and supporting those in need.

She and Justin moved to Kamloops in 2000. Going to school, working and raising Justin as a single mom, she eventually completed her degree in social work in 2004 and headed back up to



Debbie Smith the late President of Volunteer Kamloops.

Image Credit: Debbie Smith



Debbie Smith the late President of Volunteer Kamloops.

Image Credit: Debbie Smith

Williams Lake in 2005. This is also where a single rose was left on her desk. She met the love of her life, Mike Smith. Soon Debbie's family grew as she was welcomed with loving open arms into Mike's family.

Debbie, Mike and Justin eventually relocated to Kamloops where she continued her passion with non-profits including but not limited to: Brain Injury Association, Aids Society where she organized the first Aids walk in Kamloops, PIT Stop (People in Transition) which provided a healthy and caring environment for people experiencing the effects of poverty, and finally with Volunteer Kamloops as President.

Debbie's passion was helping those less fortunate. Her worry was always about others and never about herself. Our world, your world, just lost a woman whose unselfishness and great community spirit left a wonderful print on so many lives.

Debbie leaves behind her beloved husband Mike Smith, beloved son Justin Hill, mother Leslie Wenaus, sister Leslie Thornton, brother Raymond Boldt (Robin), sister Cindy Dorais (John), her step-children Andrew Smith, David Smith, Kristelle and Taelor Barrett and grandchildren Ever and Lauchlin. She also leaves behind many nieces, nephews, aunts, uncles, cousins, and cherished friends.

Debbie was predeceased by her father Jerry Boldt and grandparents Nick & Gertrude Boldt and Vernon & Evelyn Wenaus...

Thank you for remembering Debbie and cherishing her memory."

#### **- Obituary of Debbie Smith as written by her family**

"It has been a bit of an emotional time for me after learning the loss of Debbie... Debbie had a big heart and wanted to see Volunteer Kamloops succeed to be the catalyst to wellness in our community. Volunteering was a big part of Debbie's passion. I am feeling the huge loss that has affected us all. If there is anything I can do please reach out to me. Together we stay stronger... big healing hugs to everyone... in gratitude"

#### **- Edith Farrell, Volunteer Kamloops Focus Program Coordinator**

"There is a saying that says 'Time heals all wounds,' however, I don't agree with this statement. The loss of Debbie will have an effect on our community that cannot be measured.

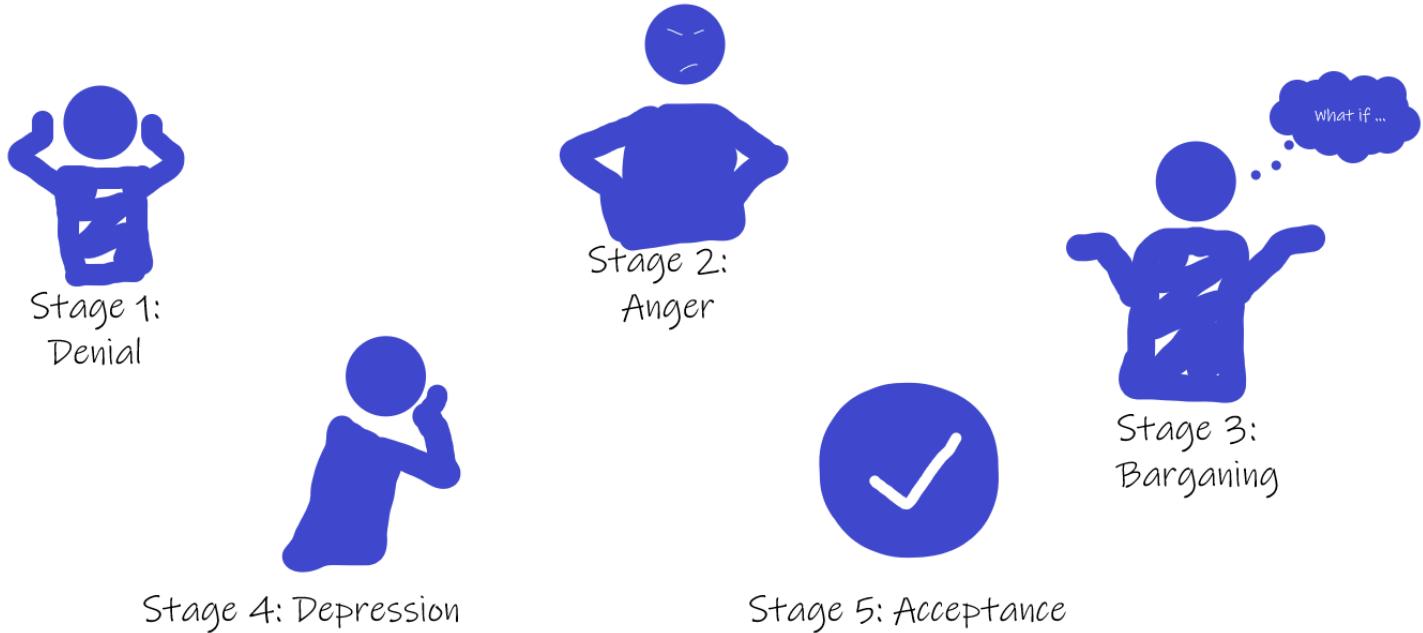
Debbie had a passion, joy, and enthusiasm that she brought to everything she did and it will be greatly missed.

As we continue to try to make our community the one she envisioned, we will remember her for the amazing woman she was and the joy she brought to our lives."

#### **- Taylor Rae, Volunteer Kamloops Link Program Coordinator**

# A Mental Health Moment

Taylor Rae, Link Program Coordinator at Volunteer Kamloops



The five stages of grief.

By Taylor Rae

This Mental Health Moment is going to look at how to cope with the loss of a loved one.

With the passing of our president, Debbie Smith, the team at Volunteer Kamloops wanted to look at how we can deal with the feelings associated with the loss of our colleague and friend.

We looked at resources and found an article from the American Psychological Association titled "Grief: Coping with the loss of your loved one." We wanted to share a few passages from the article.

According to the American Psychological Association, "Coping with the loss of a close friend or family member may be one of the hardest challenges that many of us face. When we lose a spouse, sibling or parent our grief can be particularly intense. Loss is understood as a natural part of life, but we can still be overcome by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one."

For those of us that have experienced loss in our lives, we know that everyone approaches and experiences the loss differently. We all find our own way to cope however the American Psychological Association states that "research shows that most people can recover from loss on their own through the passage of time if they have social support and healthy habits." Even with social support, it can take months or years to come to terms with a loss. You can't set a standard time to grieve. There is new research suggests that most people don't go through stages as progressive steps.

In the article from the American Psychological Association, they discuss how to move on with life. It states that "mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life." In the article from the American Psychological Association, they discuss how to move on with life. It states that "mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life."

Whether you are grieving the loss of Debbie Smith or another loss in your life you find it useful to have some strategies in place to help come to terms with the loss.

The Canadian Mental Health Association (CMHA) has a brochure about grieving and they recommend the following to help you cope with your loss:

- Connect with caring and supportive people. This might include loved ones, neighbours, and co-workers. It could also include a bereavement support group or community organization.
- Give yourself enough time. Everyone reacts differently to a loss and there is no normal grieving period.
- Let yourself feel sadness, anger, or whatever you need to feel. Find healthy ways to share your feelings and express yourself, such as talking with friends or writing in a journal.
- Recognize that your life has changed. You may feel less engaged with work or relationships for some time. This is a natural part of loss and grief.
- Reach out for help. Loved ones may want to give you privacy and may not feel comfortable asking you how you're doing, so don't be afraid to ask for their support.
- Holidays and other important days can be very hard. It may be helpful to plan ahead and think about new traditions or celebrations that support healing.
- Take care of your physical health. Be aware of any physical signs of stress or illness, and speak with your doctor if you feel that your grief is affecting your health.
- Offer support to other loved ones who are grieving. Reaching out to others may be helpful in your own journey.
- Be honest with young people about what has happened and about how you feel, and encourage them to share their feelings, too.
- Work through difficult feelings like bitterness and blame. These feelings can make it harder to move forward in your life.
- Make a new beginning. As the feelings of grief become less intense, return to interests and activities you may have dropped and think about trying something new.
- Think about waiting before making major life decisions. You may feel differently as your feelings of grief lose their intensity, and the changes may add to the stress you're already experiencing.

We hope this article will help you with any loss you experience in your life, however, if you feel you need more assistance, please call the Bereavement hotline at 1-877-779-2223.

# VOLUNTEER OF THE MONTH

Volunteer winners provided by:



## Congratulations **YENNY YAO**

*"I believe sharing and giving makes the community better and makes me better"*

*Yenny volunteers at the After School club, Conversation Circle and Diversity Walk at Kamloops Immigrant Services. She also makes time for the Arts Council, BCSPCA and Canadian Food Policy.*

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*If you would like to learn about volunteer opportunities, please call Taylor at 250-372-8313.*



**Yenny received her \$100 gift certificate from NuLeaf.**

BROUGHT  
TO YOU BY:



*Space provided by Kamloops This Week & Kamloops This Week Digital*

**740 FORTUNE DRIVE, KAMLOOPS**

**250-376-8618**

**FRESHLY PICKED PRODUCE DAILY**

Nuleaf Grocery store on the North Shore is sponsoring a volunteer on a monthly basis.

They highlight one volunteer in our community in an ad in KTW as well as by providing the volunteer with \$100 gift card.

We help identify the volunteers that make a difference in our community.

Thank you NuLeaf for making this possible!

# Thank you NuLeaf Produce Market



Nu Leaf Produce Market has been sponsoring Volunteer Kamloops' Volunteer of the Month.

The highlighted volunteer receives a \$100.00 gift certificate from Nu Leaf.

With the help of Nu Leaf Produce Market, we have been able to demonstrate the importance of volunteerism in our community. Without volunteers, there wouldn't be as many resources, events, or activities in our community.

Without volunteers, Kamloops wouldn't be such a great place to live.

If you know an extraordinary volunteer or you have an amazing volunteer at your organisation you could possibly have them highlighted in Kamloops this week. To nominate someone, please contact Volunteer Kamloops by calling 250-372-8313 or emailing Taylor, our Link Program Coordinator, at [program@volunteerkamloops.org](mailto:program@volunteerkamloops.org).

You or your organisation could be our next highlight!

Thank you to all the volunteers in our community! We appreciate all your time and dedication to the organisations across Kamloops!

# Domino's Pizza Supports Snow Angels



For the past two seasons, Domino's Pizza has partnered with Volunteer Kamloops' Snow Angels Program.

The Snow Angels Program gears up every November to help seniors and individuals with mobility challenges by removing snow from their driveways and sidewalks. Each year, Snow Angels volunteers assist over 100 seniors and individuals with mobility challenges in Kamloops with snow removal services.

As part of the program, volunteers get a free pizza from Domino's every time they shovel their client's walkway.

Currently, Volunteer Kamloops has only about half of the seniors who have signed up to get their driveways and walkways shovelled this winter have been partnered with a Snow Angel.

This means there are still dozens of seniors in need of services this winter.

Because shovelling snow isn't the most enjoyable winter activity, receiving a free Domino's Pizza helps takes away some of the chill.

If you are interested in volunteering visit [www.volunteerkamloops.org](http://www.volunteerkamloops.org) and complete a Volunteer Application Form.



Shout out to our volunteers  
and member organisations

# SEND US PHOTOS!

Share your stories and inspire others to  
volunteer in our community!

Email [program@volunteerkamloops.org](mailto:program@volunteerkamloops.org)

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