

# Heart to Heart

A NEWSLETTER BY ISLAND CRISIS CARE SOCIETY

## PROGRAM UPDATES

THANKS TO OUR DONORS, EARS TO YOU, ST. VINCENT DE PAUL

FUNDRAISING (CNOY - CELEBRATING OUR SUCCESS)

INNOVATION HIGHLIGHTS (HANDMADE FOR HOPE)

CELEBRATION OF PEOPLE (VOLUNTEER WEEK)

FORTHCOMING (25/25 CHALLENGE)

DID YOU KNOW? (MORE ROOM FOR HOPE)

OUR OLDEST CNOY21 PARTICIPANT -  
BABS, AGED 100, WITH FAMILY MEMBERS

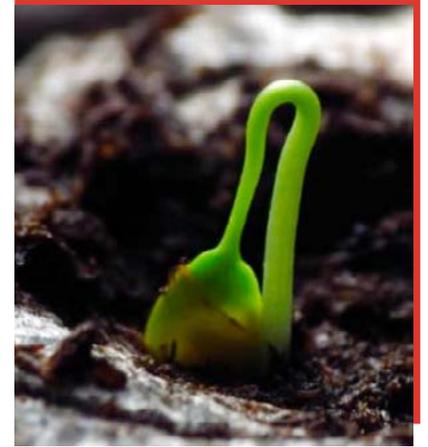


ISLAND  
CRISIS CARE  
SOCIETY

# From the Heart: A New Normal

**W**e often equate springtime with growing things, with new life and energy. The sun is shining (most of the time), flowers are blooming (along with allergies!) and our minds go to summer planning and family get togethers.

For many of us, COVID-19 and restrictions have made us value these things even more. We may not have seen family members outside of our immediate household for months or even a year. We may be missing friends and gatherings and feeling nostalgic for things to just return to normal.



**F**or many clients at ICCS, that kind of normal has always been elusive. Most people come to our programs from backgrounds very far from what most of us would consider ordinary. Many have histories of heartache and rejection, shame and abuse. That kind of 'normal' is not something anyone would want to revisit. That kind of normal is full of pain.

Yet, just like those flowers that bloom in springtime, emerging from the hard earth like miracles after a long and dreary winter, despite their legacy of hurt many ICCS clients have hope – for new life, for new beginnings. For a new kind of normal.

**T**he road is not easy. The cold and dreary winter remains an on-going reality for many. After living a life stripped of dignity, it can be terrifying to take that first step towards renewal and recovery. Yet the seed of hope still lives, and with care and nurture, with support and with opportunity, it can thrive.

*Elspeth Erickson, Resource Development Coordinator*



**Island Crisis Care Society**  
#3-1200 Princess Royal Ave  
Nanaimo, BC V9S 3Z7

Phone: 778-441-4227  
Email: [info@iccare.ca](mailto:info@iccare.ca)  
[www.islandcrisiscare.ca](http://www.islandcrisiscare.ca)

# Program Updates

All client events drew together staff and clients in really heartwarming and positive way.



LADIES AT NEWCASTLE HAVING A MAKEOVER



ROCKIN' THE JAMS



DREAMCATCHER WORKSHOP



DREAMCATCHER



PLAID DAY AT NEWCASTLE

# Thanks to Donors

CCS is continually blessed by amazing donors who go out of their way to meet the needs of our clients in wonderful ways. Through the past months there have been many wonderful donations, both in kind donations and much needed funds to help our programs serve our clients in the best way possible. We are grateful for them all. Here are just a few pictures of some of the wonderful things that have come to our programs recently.



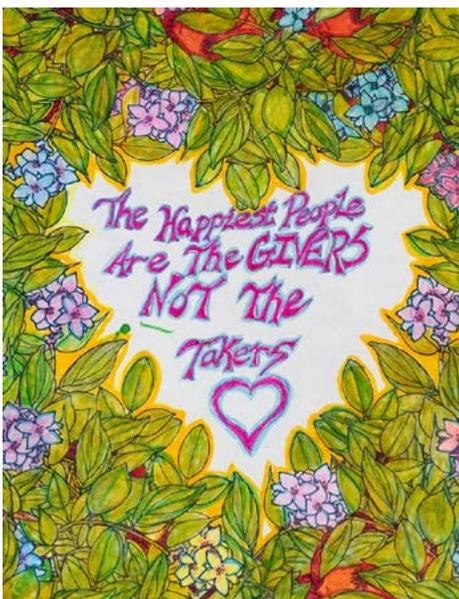
NANAIMO ALLIANCE CHURCH



SHOPPERS DRUG MART



VAN HOUTTE



PRIDEAUX



ONE WARM COAT - EDDIE BAUER

# EARS TO YOU



CCS was thrilled to be approached by Jeff Campbell, Director and Founder of Nanaimo-based company Ears to You, offering free hearing tests to interested ICCS clients and staff and follow up to access hearing support devices for those who needed them. The result was incredible, with both clients and staff who have been struggling for years with poor hearing suddenly having access to a new world of sound. In the words of one staff member, the moment she turned on her new device, her world changed.

“Today, I received my new hearing aids. I could not believe how much noise was happening in my feet – cracking, popping, etc.! Even the sound of putting my clothing on was like “Oh. My. GOODNESS!”

I’m looking forward to being better able to hear the world around me, and I owe it all to Ears to You.”

**To top off this wonderful gift to so many, Jeff further donated \$50 per client seen in a direct donation to ICCS. Thank you Jeff and Ears to You!**

## ST. VINCENT DE PAUL

In response to a request for milk to support the nutritional needs of our clients at Safe Harbour and the Bridge, the friends at the Society of St. Vincent de Paul, St. Peter’s Conference, Nanaimo not only met that need, but have committed to wider, on-going food and grocery support for these important programs. Thank you!



# Fundraising

## CNOY - CELEBRATING OUR SUCCESS

**A** month has passed, now, since our last donations for Coldest Night of the Year 2021 in Nanaimo, and almost 2 months since many friends of ICCS walked for the cause in both Nanaimo and Parksville/Oceanside. Thanks to all who participated, the ICCS CNOY 2021 was the most successful ever, surpassing our goals in both locations – by almost 9 % in Oceanside and by nearly 29 % in Nanaimo! Funds raised will be directed to the greatest area of need in both locations, ensuring the best possible program and action for clients.

A huge thank you to all who participated!

The date for next year's walk has been set for 26 February, 2022. Whether we are walking all together next year, or still walking on our own, we will be united in hope for a better future – for our community, and for us all.



## SEEKING MONTHLY DONORS

ICCS is grateful for all of our donors. Every contribution to our programs and clients makes a positive difference to the work that we do. One of the kinds of giving that sustains our programs in a special way is monthly giving. Our monthly givers pledge to give a small amount to ICCS on a monthly basis. These donations build a sustainability to our programs providing a predictability and regularity to incoming donations which allows for better planning and impact.

If you are interested in considering becoming a monthly donor, go to: [http://weblink.donorperfect.com/islandcrisiscareociety\\_monthlygiving](http://weblink.donorperfect.com/islandcrisiscareociety_monthlygiving)

# Innovation Highlights

## HANDMADE FOR HOPE



**H**andmade for Hope is blooming this spring! Find our new products at: <https://www.handmade-forhope.com/> or come in person to the newly re-opening Errington Farmer's Market. Find the Handmade for Hope stall on May 15, June 12, July 17, Aug 7, Aug 21, Sept 11



# Celebration of People

## VOLUNTEER WEEK 2021



MEET SARA, OUR VOLUNTEER COORDINATOR.

In March 2021, we celebrated National Volunteer Week, taking a moment to pause and appreciate the wonderful array of skills, experience and care that our volunteers bring to ICCS programs. Thank you to all of you!

**“Volunteers help our programs become what they are; they provide that personal contact with clients.... an assortment of experiences lived and taught... just listen and take that moment with somebody.”**

**Angela Katimavik Volunteer**

I love hearing people's stories, and where they come from, and how they ended up where they are.

**Angie and Rick Newcastle Place**

"If we can help one person ... then our lives become full"

I am volunteering teaching art, to provide people with an outlet for creativity.

**Lydia Handmade for Hope**

The thing about volunteering, I ask myself what can I do - and then I do it!

**Sue Prideaux Place**



# Forthcoming

## UPCOMING - 25/25 CHALLENGE

The fun isn't over yet! Missing our walking through February during Coldest Night of the Year? Wishing for another way to make your steps count for something bigger? You are in luck! The Rotary Daybreak 25 for 25 Challenge is about to start, and ICCS is participating.

The challenge runs from May 25th through June 25, encouraging participants to sign up to walk, run or otherwise move to make a difference. Participants will sign up on the Rotary Daybreak website at: <https://www.daybreakrotary.ca/25-for-25-challenge-1/>

After registering, each participant will join a team (we hope you will join the ICCS team!) and commit to walk, run or cycle 25 km during the month of the challenge. Kilometres will be tracked per team, with the aim of "virtually" doing a 2500 circuit of Vancouver Island.

**Rotary**   
Club of Nanaimo Daybreak



Help Daybreak Rotary celebrate 25 years of service in Nanaimo.

Run, walk or cycle 25 kms between May 25 and June 25.

Help your choice of one of our 25 community service organizations raise \$1,000.

Daybreak Rotary will match the first \$1,000 donated to each organization.

[daybreakrotary.ca](https://www.daybreakrotary.ca)

[Join the Challenge NOW!](#)

# Did you Know?



**D**id you know...that **MORE ROOM FOR HOPE** is becoming a reality?

This fall, all of the support and care that has been poured into our More Room for Hope campaign will finally become a reality. ICCS's flagship program, Samaritan House, along with Martha's Place women's supportive housing, moved to a temporary location in October 2020 at the Nanaimo Emergency Response Centre with 20 beds for women and 15 for men, in a separate area. They will move once again in mid-2021 to a new and permanent purpose-built facility at 702 Nicol St. with more supportive units and improved safety systems. Ground breaking for the new facility happened on 7th of April and construction has already started, with expectation of the new facility opening as soon as September 2021.