



FEBRUARY 2020 NEWSLETTER

Welcome to our monthly VOLUNTEER NANAIMO NEWSLETTER! February is all about **“Heart”** and we are keeping with the theme in our current newsletter! Information, events and regular features will be shared on a monthly basis bringing you up-to-date with what’s happening in the non-profit sector. We welcome your comments, suggestions and submissions at 250-758-7121 or at vn3148@gmail.com

MEMBERS OF THE MONTH

Heart & Stroke Foundation



A group of visionaries, including researchers, physicians, and volunteers, established the Foundation of Heart & Stroke in 1952 recognizing the seriousness of heart disease and stroke which take one Canadian life every five minutes. In addition to those who succumb to these diseases, an estimated 1.6 million more, live with their devastating effects.

Heart and Stroke is dedicated to fighting heart disease and stroke. Their work has improved and saved thousands of lives. Most Canadian families whose families are affected by these diseases have benefitted from the work done by Heart and Stroke.

The Heart and Stroke Vision is simple; Life, Uninterrupted by heart disease and stroke.

The progress is real. The death rate from heart disease and stroke has declined more than 75% over the past six decades. Heart & Stroke is a leading funder of life-saving research which has led to breakthroughs such as heart transplant surgery and revolutionary stroke- treatments that reduce death rates by 50%.

Heart and Stroke empowers Canadians through education to adopt healthier lives. Some of their programs target the control and prevention of high blood pressure, promotion of heart-healthy diets, a more physical lifestyle and stress reduction. They also facilitate access to post-stroke and heart attack rehabilitation. The life-saving work of Heart and Stroke would not be possible without the support of donors and volunteers! Heart and Stroke believes that a good quality of life is worth fighting for.

Society of Equity, Inclusion and Advocacy



SEIA (Society for Equity, Inclusion and Advocacy: Vancouver Island) is a community based organization that provides service and support through internal programs and external partnerships so that all persons impacted by systemic barriers are able to access the services, supports and benefits to which they are entitled. Clients are able to access the services, supports and benefits to which they are entitled regardless of age, race, gender, sexual orientation, income, education, or family status and, as a result, experience enhanced health, well-being and social inclusion.

VOLUNTEER VIEW

A long time Centre volunteer, Moyra Turner, is our Volunteer of month, representing SEIA for our Feb Newsletter. Moyra, a friendly but soft spoken lady who has made it her mission over the past 10 years to provide a superb clothing outlet to many grateful clients, disenfranchised and homeless women living in our community, women, who are desperately needing warm clean changes of clothes. Most especially at this time of winter, warm thick socks and appropriate foot wear, is required to keep the cold at bay. Moyra truly enjoys, receiving the donations, sorting, and arranging the clothes by style and size, therefore providing these women with a happy experience. The Women's centre prides itself on a " clothing room" for clients, organized to help fill wishes and needs. The new location is a necessity to give back a designated room for such, manned 4 days a week from 10:00 to 3:00 by volunteers. Moyra's greatest joy is to see the happy smiles that spring forth from clients, finding new life in used clothing here!! The kind, calm nature that Moyra projects, simply makes this clothing room a welcoming place. She and other volunteers have gone the extra to provide coffee, and goodies each day to the client shoppers.

Moyra, the hard working volunteer, is proudly a mother, grandmother and great grandmother but is dedicated to her weekly shifts at SEIA Women Centre.

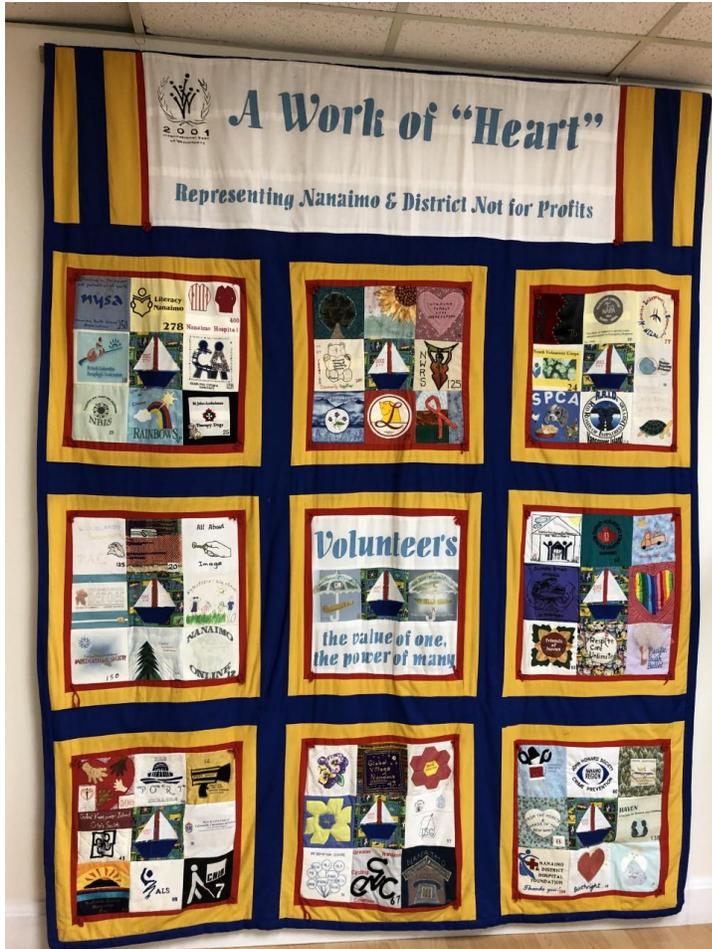


VOLUNTEER NANAIMO

presents “A Work of Heart”

“A volunteer is one who gives, offering hands that help and a heart that cares”

Drop into the Volunteer Nanaimo office and experience a little bit of history and a lot of heart. A large hand-made quilt, comprised of patches made by 66 local volunteer and not-for-profit member organizations, graces the main wall of our boardroom.



The quilt, donated in 2001 in honour of the United Nations “International Year of the Volunteer”, represents the collective efforts of member organizations. A number on the lower right-hand corner of each organizations quilt patch, indicates the number of volunteers whose efforts have sustained their organization’s work through the years. The concept for the quilt originated from Joanne Keating and the stitching was coordinated by volunteer Sue Holmes.

The quilt is a symbolic representation of the contributions of volunteers from organizations across Nanaimo whose collective efforts and goals tie our community together. Each patch is unique and consists of graphics and sayings that reflect the organization’s mission. The threads that join the individual quilt patches represent the cooperation and collaboration

shared by Volunteer Nanaimo's disparate member organizations all linked by a common mission – to work toward improving the lives of others.

VOLUNTEER NANAIMO PRESENTS COMING EVENTS



The Wiltshire Education Society presents:

The Wiltshire Education Society - WES
and the Safi Family invite you to...

add your best
Persian Night
Dinner and Dance

Saturday, February 29, 2020
5:00 - 9:00 p.m.

Bee's Knees Community Cafe
208 Wallace Street, Nanaimo

Tickets \$55 each
Available from Bee's Knees or
info@WESociety.org
250-585-5654

Join us for an evening of traditional Persian
and Afghan food, live music and dancing.
You may bring your own beverage.
All proceeds go toward supporting a refugee
family from Afghanistan.

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Thought for the month...

Volunteering is
a work of heart

