

Not all Superheroes wear capes... They wear masks!

Our local hospital recently held a contest asking their staff to submit a picture of themselves wearing PPE to win a coffee mug with the above logo on it. Kimberley Dawn Nikolychuk entered and won the mug, expressing her gratitude for the contest, the prize and for everything that is presented to her on a daily basis. She lives her life expressing her gratitude for the simple things that others may take for granted.

Kimberley was born in The Pas and was raised by her grandparents. Her grandparents played a big part in her upbringing, teaching her how to work harmoniously with others and treat everyone with respect. Her mother is involved in her life, playing the role of best friend and confidant. Kim has been influenced by a number of people including her grandparents, her mother, and a local man who she calls her adopted dad. Her adopted dad says to her: "I love you forever and for five days". It is these people who have guided her to become the woman that she is today. They have encouraged her to display love and kindness and work with pride. This thread of love shows up in her work and in her connection with community.

Her plan was always to live and work within the comfort zone that a small town brings. At no time has she ever contemplated moving away. Kim has created a satisfying work life in The Pas. She is married and spends quality time with her husband Jonah, who she has adorned the nickname Bear. Jonah affectionately calls her his kitten. He takes on the family responsibility by preparing and cooking the daily meals, creating wonderful dinners for the two of them to enjoy together. He is known as her Bear Chef. She is grateful for this gesture and Jonah's support.

Kimberley is employed as a support worker in the housekeeping department at the hospital. Kimberley is proud of her position and the role that she plays in keeping St. Paul's residence clean. Her position is so much more than sanitizing and disinfecting. She is a perfectionist when it comes to cleaning. It shows in her work as the spaces that she cleans sparkle. The pandemic crisis has put additional stress on all working and living inside of the residence. She is one of few staff that are allowed inside St. Paul's to clean their rooms. While working she happily converses, jokes, and visits with seniors who are missing regular visits from their family members. She helps them enjoy a piece of their day. It is important to have a nice conversation and create a relationship by helping others get through these tough times. She has made many friendships with the seniors and with other staff that she works with. It goes both ways. This makes her day go easier with a smile while supporting each other.

Kimberley also works at the Sam Waller Museum as a part time housekeeper. She keeps the museum sparkling clean and I mean sparkling! If you have ever visited the museum you will know what I am talking about. The museum is extremely clean and polished. The mayor and his crew came through one day and commented on how clean the museum was. Her attention to detail shows up in her work at both places.

A friend encouraged her to apply at the hospital, saying that the hospital was a great work environment and that everyone gets along well. Upon his recommendation, she applied and was hired initially into the dietary department. She transitioned to housekeeping with an assignment to St. Paul's Residence. Her grandfather was a resident of St. Paul's and she knew that this work would be a good fit for her. The protocols put in place by the hospital ensure that residents are protected. Kimberley knows the risks involved with the Corona Virus and understands the importance of each staff member being screened

prior to entering the residence. Only the staff working at St. Paul's are allowed inside. She is one of the people bringing a conversation, a smile and purpose to those living at the Residence. The staffing department at the Hospital utilize Kimberley across many areas of the Hospital. When they are short staffed, they call upon her to fill in where needed. Her nickname is Jack, Jack of all trades.

She is a Christian and is actively involved with the Living Waters church, their projects and with missionary church work. She has been involved in three church mission trips, blending world travel with missionary work. She took two trips with the Christian Fellowship and one with the Gladstone Fellowship Church to Mexico. The purpose of the trip was to bring a bus full of many donated items to an orphanage. Everything was left at the orphanage including the bus to transport the children. She recognizes the needs of those less fortunate. While at the orphanage, the church group would volunteer at the day care taking care of children, work in the garden, and harvest nuts from their farms.

Over the seven days that it took to arrive in Mexico, she felt blessed to see, feel, and experience the Grand Canyon, Hoover Dam, Mount Rushmore and the Mesa Verde Ruins a city made of stone. On her first trip to Vicente Guerrero, Baja California, Mexico she was baptized in the Pacific Ocean along with two other friends. She is proud to have this baptism certificate displayed in her home. Prior to this travel, Kimberley had never ventured outside of the country. She was amazed by the wonders of the world. She started using her camera to capture the images of her travels. Today she continues to take photographs of beautiful landscapes, sunsets, and sunrises which she shares with others.

Kimberley is involved in the prison ministry, knowing that others need support when they are at a low time in their life. Prior to code red, she was involved in weekly bible study and prayer meetings. She believes in the power of God and misses her in person church gatherings.

She has strong faith, and she believes in miracles. When she was 24 years old, she had a child who was put into foster care. Her sons name is Dante. He was born with many health issues including seizures. Doctors told her that Dante would not live long and would never walk or talk. Today Dante is 11 years old and is living with a caring kind foster mother who gives him much love and allows Kimberley to visit her son. Margaret Ross is the foster mother who takes care of Dante, understanding children's needs and behavior and always expressing love towards Dante. It was a miracle that Margaret came into her life to foster her son Dante and give him the love and support that he needs. Margaret experience with children and her methods have brought Dante further in his childhood development. She believes that one day the Lord will allow him to walk and talk, enjoying life to the fullest.

Kimberley knows the importance of self-care. She takes her two dog companions, Lady and Pika for daily walks, knowing that they need to run, play, and exercise. She loves to walk with them, taking them on leash until they reach the fair grounds that are close to her home. As a child, her grandparents encouraged her to look after guinea pigs and birds as pets. Family pets were always around her, teaching her kindness. When Kimberley comes home from work, her loyal dogs, are there to greet her. They look at her with their expressive eyes, and wagging tails to take them out for a great run or walk. Which by the way are shorter on these bitterly cold February days. Her pets are spoilt, happy, spry, full of energy and love.

Most recently, Kimberley is exploring her creative side. She discovered the diamond painting art projects that feed her creativity. She finds this art outlet a great way to relax. In her words it is totally satisfying. She found her first project on the shelves of the local Northern Dollar Store. She has created

two projects so far, gifting one to a friend and completing a puppy diamond art piece for her mother. She is hooked and is now starting to work on her third diamond art piece.

Her bucket list includes walking the Golden Gate Suspension Bridge spanning across the San Francisco Bay in California. Her goal is to walk the full expansion of the bridge with a friend, knowing that this is one of the modern wonders of the world. She has an adventurous side as the bridge is 227.30 meters high and is 2737 meters long. This is the equivalent distance of walking from McDonalds (the Golden Arches) to Northland Ford with the added forces of nature and the natural movement designed into the bridge. She has caught the travel bug through her travels with the church and has plans for future travel to witness other world wonders and famous places.

Her future plans suggest she will stay in The Pas. She loves to swim and day trip at Pioneer Bay on hot summer days. She is part dolphin and loves the food service and showers available there. Kimberley and her husband have found their place in The Pas. It is their home. Kimberley says, "my family is here, and I enjoy my work. Simple living while surrounded by caring people."

Thank you Kimberley Dawn Nikolychuk for sharing your story with the community. Stay safe!

Submitted by Denise Duncan

Make Shift Happen