



REMEMBERING Hepka Kariton

May 14, 1929 - June 1, 2019



This lovely photo of my mom, Hepka Kariton, was taken on May 14th, 2019 as we celebrated her 90th birthday. Two weeks later on June 1st, Mom passed away with no pain or suffering at her residence at Primrose Gardens.

Hepka Lycklama a Nyeholt was born in Hidaard, Friesland in the Netherlands and immigrated along with her parents and siblings to Canada in June of 1948. Hepka married Werner Kariton on August 15th, 1952.

Hepka will be dearly missed by me, her daughter Leslie (Frank), and her grandchildren who called her 'Omi'; Lindsay (Derek), Andrea (Mike), Tyler (Stephanie), Lauren (Joel) and Lucas. She will also be missed by great grandchildren Jack, Frankie, Wendy, Clark, Mabel, Elsie and Lyle who called her 'Old Omi'. Hepka was predeceased by her husband Werner (1983) and her daughter Lori (2014). Hepka is survived by one sibling Ann Roorda of Lynden, Washington along with many nieces and nephews and her sister-in-law Nettie Lycklama.

Mom would describe her later years as quiet, but filled with simple pleasures including lots of reading and a healthy appetite for ice cream, chocolate, cookies and peanut butter. I could always tell how well Mom was doing based on how much she was reading and how many sweets she enjoyed. She said,

"I must be doing well."

Six years ago my sister and I made the best decision and moved Mom to Primrose Gardens. Her overall health and demeanor improved drastically within a short period of time. She was loved and appreciated by the caring staff and made wonderful friendships with the residents. I am so grateful for them and the Pastoral

Care team of Ingrid Schultz and John Dyck, chaplains at Menno Place, for their continued love, support, visits, prayers and encouragement. Thank you to the lovely caregivers (angels in disguise) from Fraser Health who provided daily home support and valued friendship to Mom, which kept her independent. She thoroughly looked forward to your visits and updates each day. Also many thanks to Rhonda McGowan, Mom's case manager from Fraser Health who was always just a phone call away. Mom could probably still recall and recite her memory words to you from two years ago.

I am also appreciative for Dr. Charles De Leeuw, Dr. Jaspreet Mangat and Dr. Nader Elmayergi for their years of exceptional, thorough and professional loving care. Special thank you to my sister from another mother Charlotte and Gary Hanik, who filled in for me extensively when I was unable to be in BC. You know how much I love and appreciate you both. Finally to Wiebe and Jeske for taking care of all the arrangements and for making a difficult time go flawlessly.

As a family we felt that no service was necessary since we celebrated Mom with family and friends on her birthday. We were left wonderful memories to cherish. Hepka was interred alongside her husband Werner at Hazelwood Cemetery in Abbotsford.

I miss you Mom beyond measure and you were loved to over-flowing. And don't worry Mom, I vacuumed your place one last time, just how you like it.

Till we meet again in Glory, I love you Mom, with hugs and kisses.

"I have fought the good fight, I have finished the race, I have kept the faith...."

2 Timothy 4:7

