



# Peace Arch Hospice Society NEWSLETTER



## MISSION STATEMENT

A Volunteer-based organization that is dedicated to supporting all who are facing the end-of-life journey, and that is committed to educating the community on dying and grieving.

## BOARD OF DIRECTORS

- Jayne Pattison  
*President*
- Dennis Lypka  
*Vice President*
- Brenda Harrison  
*Treasurer*
- Marjorie Mooney  
*Secretary*
- Diana Carlisle
- Dave Chesney
- Kathy McIntyre
- Tammy Ritchie
- Aroon Shah

## SOCIETY STAFF

- Beth Kish**  
*Executive Director*
- Emiko Angus**  
*Communications Coordinator*
- Céline Gagné** (Practicum)  
*Counsellor*
- Lori Ishikawa** (contract)  
*Community Coordinator*
- Trevor Josephson**  
*Manager of Clinical Services/  
Counsellor*
- Tricia Keith**  
*Coordinator of Volunteers*
- Elaine Marshall**  
*Admin Assistant*
- Marge Ramos** (contract)  
*Financial & HR Administrator*
- Neeta Sai**  
*Registered Clinical Counsellor*
- Jan Stadnyk**  
*Director of Administration*
- THRIFT STORE STAFF**
- Chris Withers**  
*Thrift Store Manager*
- Lindsay Barck**  
*Thrift Store Supervisor*
- Joan Hunter**  
*Thrift Store Supervisor*
- Astrid Obersat**  
*Thrift Store Supervisor*
- Salwa Shami**  
*Thrift Store Supervisor*

## Home is not a Place... It's a Feeling

by Beth Kish, Executive Director



One of the definitions of hospice is:

*A house of shelter, a stop in a traveller's journey.*

For 37 years the Peace Arch Hospice Society has been providing the community with choices for how they travel this part of their journey. We continue to offer end-of-life loving care and grief support in private homes, seniors' homes as well as at the Peace Arch Hospital Hospice Residence and at the Hospice Society Supportive Care Centre.

In October 2017 we moved into our new Supportive Care Centre. This has allowed us to help more people, offer more programs, and provide in-house volunteer training. Now, after many years of providing care to the patients in the 7 beds on the 6<sup>th</sup> floor of the Peace Arch Hospital Hospice Residence, Fraser Health will be moving the Hospice Beds and expanding to their new Hospice **Home**. Starting in April 2020, we are so pleased that we will be providing support for 15 beds at the *George & Sylvia Melville Hospice Residence* located on the main floor of the Peace Arch Hospital Lodge. This is a new building that will house three distinct centres: The 15-bed Hospice Residence, 112-bed Care Residence, and 73 spaces for senior residents with mental health conditions.

The new Hospice rooms will be located on the main floor and will be well appointed with a couch, where family can stay overnight, a flat screen TV and a private washroom. Each room will be filled with natural light and look out to secured gardens where patients can sit in the sunshine, go for a walk, or have their bed rolled into the open air. There will be quiet, private family spaces, shower and laundry facilities and a kitchen to make families feel more comfortable and at **home** so they can spend more time with the ones they love.

It cannot be overstated how important it was to create a Hospice reflecting the desires of those we intend to serve. We continually learn what is important at end-of-life regarding care, surroundings, and what having choice means.

We also continue to listen and shape our programs and services around those in need. Peace Arch Hospice Society is a place which provides each person with a level of control and respect for who they are. It's a welcoming space that accepts people as they come. The Peace Arch Hospice Society speaks to a wide array

(continued on page 8)

## Mark your calendars for our Coming Events!

### 'Celebrate-a-Life'

**December 1<sup>st</sup> - December 23<sup>rd</sup>**  
**Semiahmoo Shopping Centre**

1701 - 152<sup>nd</sup> Street, South Surrey  
*Stop by the Semiahmoo Shopping Centre and pay tribute to someone who has passed, and who has touched your life in some special way, by writing their name on a memorial dove and hanging it on our Celebrate-a-Life memorial tree.*



### 'Getting Through the Holidays'

**Wednesday, December 11<sup>th</sup> - 6:30pm**

**Peace Arch Hospice Society Supportive Care Centre**

15435 16a Avenue, South Surrey

*Surviving the holidays after the death of a loved one can be one of the most painful issues to deal with. This evening will provide support and education on how to get through this difficult time.*

*Please call the office to register if you would like to attend.*

### Main Office Mailing Address

15435 - 16A Avenue  
Phone: 604.531.7484

### Website & Email

www.peacearchhospice.org  
contactus@pahospicesociety.org

### Thrift Store

15562 - 24<sup>th</sup> Avenue  
South Surrey, BC V4A 2J5  
Phone: 604-538-7600  
thriftstore@pahospicesociety.org

## Playing Mindful Hooky in a Turbulent World *by Trevor Josephson, MC, RCC*



**H**ave you ever felt like taking the day off to escape obligations, stressors and challenging demands of life? Sounds nice, doesn't it? For teens this may take the form of 'skipping school' or 'playing hooky'. In the 1986 John Hughes film, *Ferris Bueller's Day Off*, the title character played by Matthew Broderick engages in an elaborate project of skipping school to embark on an aimless and spontaneous adventure. He ends up going swimming, visiting an art gallery, watching a ballgame, singing Beatles songs and driving a flashy 1961 Ferrari.

These activities provide Ferris with powerful sensory experiences that anchor him in his present moment of being. He introduces us to an open and non-judgmental way of living life as he steps out of the world of past-based obligations and future-projected expectations to centre himself in the 'here and now' of being. "Life moves pretty fast," he says, "If you don't stop and look around once in a while, you could miss it."

Mindfulness is an approach that invites us to do just that: stop and take notice of what is, not what might be in our future or what was in our past. In that sense, playing 'hooky' may not be the best analogy to use because mindfulness is not about running away from life but creating a relationship with it that is pure and unencumbered by judgement.

By being grounded in our present embodied self, we can connect with who we truly are, the only reality that we can honestly say exists in each unfolding moment. When we connect with the core of who we truly are, we realize that we are fundamentally 'ok', and we become open to an experience of acceptance and peace.



The practice of mindfulness invites us to consider the difference between a human doing and a human being. To quote Ferris again: "The question isn't what are we going to do, the question is what aren't we going to do?" Too often, we confuse who we are with the siloed aspects of what we do, what we think and how we feel.

To further define mindfulness, let's turn to the founder of the Mindfulness-Based Stress Reduction (MBSR) program, Dr Jon Kabat-Zinn who said: "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally... in the service of self-understanding and wisdom."

Developed at the University of Massachusetts Medical School, the MBSR program has run the rigour of research and proven its effectiveness. Substantial study has demonstrated how mindfulness-based interventions improve mental and physical health. Therefore, it was decided to develop a mindfulness program at the Peace Arch Hospice Society for clients who are struggling with grief.



*Dr. Gordon Wallace*

We are very privileged that Dr. Gordon Wallace, a volunteer of the Peace Arch Hospice Society, has offered his vast knowledge and experience to create and facilitate an eight-week mindfulness program that addresses the needs of bereaved people in our community. Since starting in March 2018, the Mindfulness Group has run three times and has supported 49 people. After completing the eight-week program, clients are invited to register for the ongoing Mindfulness Drop-in Group that is facilitated by Wendy Hazell, who is also a co-facilitator in the eight-week program with Dr. Wallace.

The Mindfulness Group has proven to be a very beneficial program and our clients continually express their gratitude. One client discovered "a new pathway to tuning into myself and my needs and how to be calm in a week that is usually full of 'to do' items," while another participant experienced "a stronger self and a greater appreciation of my world." Increased acceptance of emotional experience was reported by another group member who said, "I now have the ability to communicate my feelings calmly and without reservation."

We can all benefit by taking a mindful break and 'playing hooky' from responsibility and stress in a world that distracts us from being our true selves. Ferris Bueller did not hesitate to give himself permission to do just that. Nor should we.



## 'Cooking Together'... Culinary Therapy



Many people who are adjusting to living alone after their loved one has died find it difficult to transition to a different approach to cooking. They often stop preparing hot, nutritious meals and resort to snacking or skipping meals. The social aspect of sharing a meal is an additional loss for bereaved individuals.

Our new clinical program, **Cooking Together**, brings participants together who collaborate in the preparation of a nutritious meal with the opportunity to share their grief experience in a peer-supported environment. The program emphasizes simple recipes that include a variety of nutritional components of a well balanced diet. The participants do all the preparation and cooking following prearranged recipes. Participants also benefit from socializing while sharing a meal with other individuals who are grieving. At the end of the program participants receive a booklet containing the recipes with pictures from their group.



## Meet Our Clinical Staff



**Trevor Josephson**

*Manager of Clinical Services/  
Registered Clinical Counsellor*

Trevor is a Registered Clinical Counsellor with an Advanced Diploma in Art Therapy. His belief in the healing power of an individual's personal imagination and creative spirit is affirmed daily through the work he does with children, youth and adults. Since 2012 he has been honoured to support individuals as they explore and express their innate potential for healing and growth in the caring and nurturing environment provided by the Hospice Society.



**Neeta Sai**

*Registered Clinical Counsellor*

Neeta is a Registered Clinical Counsellor who joined our team in 2019. Her calm and warm demeanour helps clients feel safe and welcomed.

Neeta has experience in counselling children, youth and adults. Neeta also has additional training in play therapy, trauma therapy, and couples counselling. Neeta feels honoured to work in Hospice Care and has a strong passion to help others work through difficult times.



**Céliane Gagné**  
*Counsellor*

Céliane is new our new intern completing her Masters of Arts in Counselling Psychology at Trinity Western University.

Céliane provides individual and group support to clients helping them to better connect with themselves, their feelings, and their experience of grief. She enjoys working from an existential and psychodynamic perspective, while offering her warm and gentle presence to attend to and companion her clients in their experience of suffering.

## AGM UPDATE

Our 2018-2019 Annual General Meeting was held on September 11<sup>th</sup> at Peace Arch Hospice Society's Supportive Care Centre.

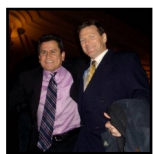
The Board wished retiring Director **Gary Deck** a fond farewell and welcomed new Board Director, **Brenda Harrison**. Two Lifetime Memberships were given out; one to member **Doreen Bruce** and the other to **Werner and Helga Hoing**, long time supporters of the Society. Volunteer **Betty Legge** was also honoured for her amazing 25 years of service to the Society!



Guest Speaker and Hospice Society volunteer, **Cheri Monteith**, held a captive audience with her moving story of her late husband's and his best friend's journey in Hospice. She shared the true story of the incredible friendship between two these two men. Cheri started her emotional talk with:

*"The most poignant moments these two individuals shared took place at Peace Arch Hospice. Their story is about sacrifice, trust, dignity, courage and love. Their story is not about debating or validating the existence of God or honouring any one religion over another, rather it celebrates difference and honours personal choice, right up to the moment when one takes their last breath."* Both men passed away within a week of each other.

Her story was so heart-felt that we are hoping to have to her speak in the near future.



## 2019-2020 Board of Directors



From Left to Right: President Jayne Pattison, Vice-President Dennis Lypka, Treasurer Brenda Harrison, Secretary Marjorie Mooney and Directors: Diana Carlisle, Dave Chesney, Kathy McIntyre, Tammy Ritchie and Aroon Shah.



Jayne Pattison,  
Doreen Bruce and  
Beth Kish



Jayne Pattison,  
Werner & Helga  
Hoing and Beth Kish



Jayne Pattison,  
Betty Legge and  
Beth Kish

### Lifetime Membership - Werner & Helga Hoing



Werner and Helga Hoing are long time residents of South Surrey and first became involved with the Hospice Society in 2016. They are well known in the community for being philanthropists and good, kind-hearted people.

In 2015 Beth, Executive Director of the Society, met Werner and Helga at a Rotary Hospice Noel fundraising event. They purchased an auction item, a decorated Christmas tree, then gave it back to be raffled off a second time. They have done this every year since to support the Hospice Society. I

In 2016 Beth called upon them to see if they could assist with our Capital Campaign, Building a Home for Hope. She never imagined that they would so graciously be the second largest donor in building the Supportive Care Centre. Because of their generous donation, we have a beautiful meeting room that supports our volunteer training, many grief groups, children's camps, as well as many celebrations of the Society including our annual AGM. We are very proud and honoured to call this room the "Hoing Room".

Werner and Helga continue to support the Hospice Society be pledging at our Hike for Hospice and being a major sponsor at our Hospice Hoedown.

Werner and Helga Hoing are true supporters and outstanding members of this community and we are honoured to present them with a Lifetime Membership with the Peace Arch Hospice Society.

### Lifetime Membership - Doreen Bruce



Doreen Bruce first started volunteering with our Hospice Society in March 1997. Originally from Saskatchewan, she ended up settling in White Rock and came to the Society as a retired nurse with a wealth of experience to share.

Doreen is a truly caring and compassionate person who demonstrates a nonjudgmental attitude to all those who she meets. In 2016 when asked what brought her to the Hospice Society, she replied, *"As a retired nurse, I never wanted anyone to be alone when they were making their transition and completed their journey."*

Doreen has always been very active in supporting our Clients. She has taken our Level 1 & 2 Support Training and our Level 3 Group Facilitation. She has also completed all levels of Therapeutic Touch and has an advanced degree in Tibetan and Usui System of Natural Healing, as well as being a Reiki Master. Doreen puts all this training to good use in our Relaxation Groups and with 1-1 Hospice Clients. She is part of our Vigil Program and those she sits with are truly blessed to have her present. New Volunteers have told us that hearing Doreen speak during training sessions solidified for them why they wanted to be a Hospice Society Volunteer. Everyone who meets Doreen knows they are in the presence of someone truly special.

Doreen is a wonderful ambassador for the Society and it is with great honour that we present her with a Lifetime Membership with the Peace Arch Hospice Society.



## Hospice Hoedown

On Saturday, September 15th, Peace Arch Hospice Society hosted it's 3rd Hospice Hoedown. There was fantastic music by two bands, line dancing, goat milking, bull riding, delicious food and great auction items! It was a wonderful success and everyone attending had a great time. Special thanks to all the Volunteers who helped make this such a memorable evening! We hope to see you next year!!



## Introducing our new Coordinator of Volunteers Tricia Keith



Tricia joined our team in October 2019. She comes to the Society with a background in the creative and healing arts as well as experience in Hospice Volunteer Coordination.

Tricia brings with her a love for nature, community building & transformational experiences.

*"Since 2013, I have had the privilege of working in hospice/palliative care settings at bedside with individuals and their chosen families as well as behind the scenes developing programs to meet their needs."*

Tricia has an open door policy and looks forward to meeting all of the amazing volunteers!

Peace Arch Hospice Society

## Celebrate a Life

**Honouring memories for 37 years.**

The holidays are a time for joyful celebration with family and friends, but remembering those we have lost during this special season can be difficult.

Let our Hospice Society Volunteers help you honour a special person. Stop by and write your loved one's name on a paper dove and hang it on our Celebrate a Life Tree.

With a donation of \$20 or more, receive a beautiful hand painted wooden dove, your keepsake as unique as the life you are honouring. Your gift will also help us raise awareness of the important programs and services we offer in the community.

**Semiahmoo Shopping Centre**

December 1st - 23rd  
Mon-Fri 10am-8pm  
Weekends 10am-6pm

Peace Arch Hospice Society  
*...a special kind of caring*

*Our Sponsors:*





## Peace Arch Hospice Society Thrift Store

...a fun place to shop, support and save!

*Don't Miss Out on our Great Sales !!*

Peace Arch Hospice Society Thrift Store

### 12 Days of Christmas

50% OFF

Monday, December 2	Linens - Everyday & Xmas
Tuesday, December 3	Ladies Fashions (Clothing)
Wednesday, December 4	Pictures, Mirrors, Lamps
Thursday, December 5	Books, Games, Puzzles
Friday, December 6	Mens Fashions (Clothing)
Saturday, December 7	Surprise Sale!
Monday, December 9	CDs, DVDs, Records
Tuesday, December 10	Fashion Accessories (Ladies/Mens)
Wednesday, December 11	Glassware & Crystal
Thursday, December 12	All Ladies & Mens Shoes
Friday, December 13	Jewelry
Saturday, December 14	Christmas

15562 24 Avenue, Surrey BC  
604-538-7600

Store Hours:  
Mon-Fri: 10am-5pm  
Sat: 10am-4pm




15562 - 24th Avenue  
South Surrey, BC 604-538-7600



Peace Arch Hospice Society Thrift Store

## HOLIDAY HOURS

Dec. 22-26: Closed  
Dec. 27 & 28: Open  
Dec. 29 - Jan. 1: Closed  
Jan. 2: Open

Happy Holidays!

Peace Arch Hospice Society Thrift Store - a fun place to shop!

Peace Arch Hospice Society Thrift Store



### The Thrift Store is looking for Volunteer Cashiers!

Are you looking for a fun place to volunteer that allows you to give back to your community? Then the Peace Arch Hospice Society Thrift Store could be the right fit for you!

If you're interested in volunteering, please contact Tricia at 604-531-7484 or email [cov@pahospicesociety.org](mailto:cov@pahospicesociety.org)

## WANT TO SAVE EVEN MORE MONEY?

**Seniors Day** is on the  
**1<sup>st</sup> Thursday of every month!**

Everyone 55 years and older receives an additional **10% off** their entire order!

### Customer Appreciation Day

is on the **3<sup>rd</sup> Thursday of every month!**

We'll take an additional 10% off your entire purchase!



### BUY A GIFT CARD | SHOP AT FULL VALUE | HELP THE HUNGRY



When you shop with a Rotary Save-On-Foods Gift Card at ANY Save-On-Foods store, 22% of the dollar value of the Gift Card will go to our local Food Bank - at NO cost to you! You can purchase your Save-On-Foods Gift Cards at our Thrift Store - they make great Christmas gifts!

*Our Thrift Store Staff go above and beyond!*



Lindsay Barck  
TS Supervisor



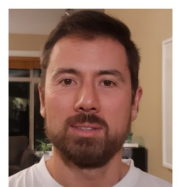
Joanie Hunter  
TS Supervisor



Astrid Obersat  
TS Supervisor



Salwa Shami  
TS Supervisor



Chris Withers  
TS Manager



## In Memoriam



Peace Arch Hospice Society recognizes the loss of the following people and is grateful for the contributions that were made in their memory. July 1<sup>st</sup>, 2019 - September 30<sup>th</sup>, 2019.

- |                        |                     |                          |                 |
|------------------------|---------------------|--------------------------|-----------------|
| ♥ Patricia Cambrey     | ♥ John Gordy        | ♥ Anne Littleson Coleman | ♥ Gerald Price  |
| ♥ Celia Chaikin        | ♥ Leslie C. Hemsall | ♥ Alec Parlin            | ♥ Roger Shelly  |
| ♥ Halina Cowan         | ♥ Laurence Holloway | ♥ Olga 'Sunny' Phillips  | ♥ Nadia Vasicek |
| ♥ Frances (Blan) Ertel | ♥ Kenneth Lahaie    | ♥ John Gerald Plul       | ♥ Tamara Walton |
| ♥ Donald Findlay       | ♥ Sheila Leeder     |                          |                 |

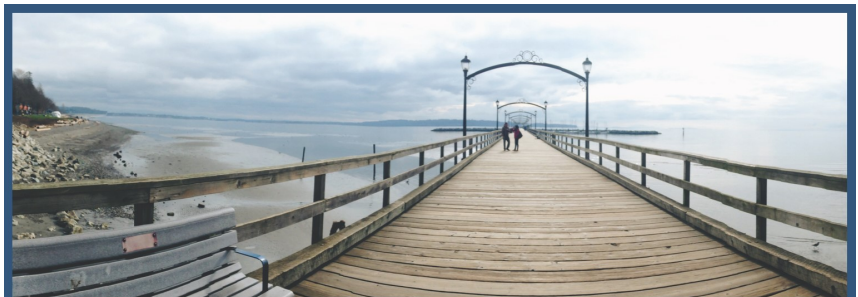


### Did You Know....

*In July, August & September 2019:*

- Our Counsellors saw 124 Clients of which 67 were new
- Our Counsellors held 336 individual counselling sessions
- 52 Clients were supported by our Volunteers
- 217 Clients attended our Group Programs
- There were 8 Vigils our Volunteers attended for a total of 143 hours
- 118 Community Members attended our service talks and/or debriefings
- Our Supportive Care Centre answered 667 phone calls during office hours
- We offered 26 Tea Services with home baked goodies in the Hospice Residence

*\*\*Please note that this is only a partial list of PAHS programs, services and activities.*



Peace Arch Hospice Society  
Introducing our Monthly Giving Program:

*Hearts for Hospice*

*Do you have a heart for Hospice?*

Monthly donors help us provide a special kind of caring every day of the year. By donating monthly, rather than annually, members of **Hearts for Hospice** create a continuous impact year-round.



Any amount is greatly appreciated.

For more information call 604-531-7484  
or visit [www.peacearchhospice.org](http://www.peacearchhospice.org)

Peace Arch Hospice Society  
*...a special kind of caring*

**JOIN OR RENEW YOUR  
MEMBERSHIP TODAY!**



**BECOME A**

**MEMBER**

JOIN TODAY!

Membership is valid from  
Jan. 1st - Dec. 31st.

Visit [peacearchhospice.org](http://peacearchhospice.org)  
or fill out the form  
on page 8.

*Death is not the opposite of life, but a part of it.*

Haruki Murakami



## Continued from Page 1

of individuals across the peninsula. We continue to experience a significant spontaneous flood of individuals raising their hand to be a Hospice Volunteer, far surpassing any previous volunteer recruitment attempts. Hospice speaks to them about people in need who may not have family and desire to feel at **home**. We look forward to welcoming our first residents in April and anticipate reporting on positive outcomes in future annual updates. **Home** is in everything – and everything we do comes back to that one word. The history of the Peace Arch Hospice Society has always been framed by **home** and providing choice. Whether it's the desire of a client to remain at **home** or the development of a residential hospice **home**, however defined, the feeling of **home** is a part of our fabric- appearing in everything we do.

Without the financial support received from local Hospice supporters, PAHS wouldn't have the capacity to deliver some of our programs to the community. The Board of Directors is grateful for your support along with the generous support of our corporate and individual donors who have invested in our future.

When we were building our new Supportive Care Centre, where all of our grief support programs and volunteer

trainings occur, we received a generous donation of over \$700,000.<sup>00</sup> from long time volunteer Maggie Rodgers. This transformational gift enabled us to support the long-term sustainability of Peace Arch Hospice Society. Maggie Rodgers lost her battle with cancer, but we continue to offer our heartfelt gratitude for her most generous gift, which was the gift of her **home**.



As we celebrate our 37th anniversary year, from the first care team made up of volunteers that congregated in the basement of the White Rock United Church to where we are today, the people who deserve the greatest recognition are our volunteers.

*"Home is not a place...it's a feeling."*

I'd like to also thank the staff who have contributed to the organization to make it what it is today. They are innovators and respected leaders in the Hospice palliative care community. Today with a staff of 13 and over 300 volunteers, the organization provides services to over 1000 individuals annually, and will continue to do so.

With gratitude,  
Beth Kish



PEACE ARCH HOSPICE SOCIETY ...a special kind of caring  
15435 - 16A Avenue, South Surrey, BC V4A 1T2 Ph: 531-7484 www.peacearchhospice.org

Fall 2019

Name: (Please print) \_\_\_\_\_

Street Address: \_\_\_\_\_

City/Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Please accept my donation of \$ \_\_\_\_\_

☐ My donation is for the Society to use at their discretion.

☐ My donation is in memory of \_\_\_\_\_

Please send notification of my memorial gift to (no \$ amount will be included in the acknowledgment):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

VISA ☐ MASTERCARD ☐ #: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry date: \_\_\_\_\_ - \_\_\_\_\_ Card Validation Digits: \_\_\_\_\_

(on back of card)

Name on card: (Please print) \_\_\_\_\_ Phone #: \_\_\_\_\_

☐ YES, I would like to become a member/renew my membership of Peace Arch Hospice Society (formerly WRSS Hospice Society). Membership in the Society is \$20.00 (Jan. 1<sup>st</sup> – Dec. 31<sup>st</sup>)

Registered Charitable #: 11929 7513 RR0001

Tax receipts will be issued for memberships/donations of \$20.00 or more.