

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.

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Thrift Store Supervisor

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Thrift Store Supervisor

Executive Director's Message

By Amanda McNally



Dear Members, Donors, Clients, Volunteers & Friends,

What an eventful and busy summer we've had! We've been so grateful for the opportunity to host most of our programs and services, volunteer training, Annual General Meeting, and fundraising events in-person again.

On August 20th, 2022, we celebrated our 40th Anniversary of serving the South Surrey and White Rock community. This was a huge milestone that couldn't have been accomplished without our amazing and supportive donors, volunteers, and staff over the years. Thank you again to everyone who has contributed in any way to our Society over the past four decades.

Our **Hollywood Hoedown** was a huge success thanks to our sponsors, donors, guests, and volunteers. It was such a fun evening filled with great food, dancing, live music, and lots of fundraising. Thank you to everyone who supported this event. We are so lucky to live in a community with such kind-hearted, generous individuals!

Celebrate a Life will be happening again at Semiahmoo Shopping Centre from **December 1st to 23rd** where our volunteers will be helping individuals and families in our community honour their loved ones by writing their name on a paper dove and hanging it on our tree. We are excited to announce that in addition to this event, we will also be hosting a **Gift Wrap** fundraiser from **November 21st to December 24th** at Semiahmoo Shopping Centre. Throughout the holiday season, volunteers at this station will be wrapping gifts by donation to raise money for our much-needed professional grief and palliative programs and services.

To help with the health and safety of our staff and volunteers this fall, the Red Cross has generously provided us with COVID test kits that are available for our staff, volunteers, and community. If you would like to pick up a box of tests, they are available at reception.

We look forward to seeing you all soon!

Sincerely,
Amanda McNally
Executive Director

Upcoming Events

Dying to Learn More: Empowered Aging

November 23rd
10am-3pm
Gracepoint Community Church

Pre-registration is required for this free event. See page 4 for more information.

Gift Wrap Station

Save the Date(s)!
Nov 21 - Dec 24
Semiahmoo Shopping Centre

Celebrate a Life

Save the Date(s)!
Dec 1 - Dec 23
Semiahmoo Shopping Centre

Living with Grief During the Holidays

December 6th
6:30pm-8pm
Supportive Care Centre

Pre-registration is required for this free workshop. Call 604-531-7484.

Places of Memory

By Eliezer Moreno, Counsellor



We spend our days going from place to place. We leave our homes to get to work or school, a park, the temple, the grocery store. These places just become the location where we got work done, ate a meal, did our errands, or met a friend. They are the backdrop to our regular daily routines, fading into the background where our life is playing out.

After the loss of a loved one, the meaning of these places begins to change. Suddenly, these places reveal their significance, announcing that they have been holding memories for us all along. Our eyes become open to the idea that places interacted with our loved one's lives, creating space for their presence as they spent time there.

That theatre is where she had all her piano recitals. I was so proud of her!

He spent hours and hours fishing on the lake every summer.

This cafe was our favourite brunch spot. He always shared the eggs benny with me.

It is a very personal journey to visit a place of memory. For some, it allows a way to feel close to our loved ones, knowing the time they spent there made room for memories to be created. It becomes a space to pause and reflect on who they were and the unique relationship they had together, bringing appreciation for the life that was lived.

Others would rather not visit those places but create their own spaces to find a connection with their loved ones. Personal memorials can be made anywhere and everywhere, commonly placed in nature, within the home, and online. With personal touches like a photo, a piece of clothing, or a stuffed animal, these spaces are dedicated to those who left our lives too soon.

These spaces allow us to redefine our relationship. Rather than detaching from the person we've lost, we find meaning in memory while creating a new relationship with our loved one.

We Are Here For You

When you or a loved one are told the illness you have may end your life or when you are grieving, come to Peace Arch Hospice Society for information, resources, and people who can ease the pain and stress. We offer emotional, practical, and educational support to residents of South Surrey and White Rock who are facing terminal illness, grief, or end-of-life. All of our programs and services are **free of charge**.

If you or a loved one is in need of professional palliative or grief support, *we are here to help*. For more information, call **604-531-7484** or visit **www.peacearchhospice.org**.



"Thank you so much for your caring and compassion, making our last day with mom as good as it could be. You are all special people."

"I can't express enough my gratitude for how you've helped me after losing him. I remember how shattered I was, how I could barely breathe, let alone think coherently or act. Now I can actually look ahead and see possibilities."

Thank You for Supporting our Hollywood Hoedown Fundraiser!

Our Hollywood Hoedown fundraiser took place on Saturday, September 17th at Hazelmere Golf & Tennis Club and was a huge success thanks to our sponsors, donors, guests, and volunteers. There were two live bands, Backspin and March Hare Band, line dancing with Christy Fox, an online silent auction, a live auction, 50/50 sales, a photobooth, great food, and more.



The dance floor was packed all night long! We heard from many guests that the line dancing with Christy Fox was one of their highlights from the event.



Our Lone Star Title Sponsor, Sandee Butterley from the Butterley Family Foundation with her table of guests.



With a donation of \$50, donors were gifted a teddy bear, which sends one child to our Children's Grief Support Camp.

Peace Arch Hospice Society

Hollywood Hoedown

Thank you for your support!

Thank you to our sponsors, donors, guests, and volunteers who made our Hollywood Hoedown 2022 such a success. We couldn't have done it without your support!

Lone Star Title Sponsor

Butterley Family Foundation

Chuck Wagon Bronze Sponsor:

U-LOCK MINI STORAGE

Giddy Up Silver Sponsors:

SCHILL INSURANCE **West Coast Gardens**

Wild West Community Sponsors:

AMICA **Elkay** **HUGH & McKINNON**

McLeary's **Every Detail Remembered** **Dignity**

Canadian Made Quality Furniture & Mattresses Since 1979 Victory Memorial Park Funeral Centre

Thank you Wolfe Auto Group for a partial Wild West Community Sponsorship!

In-Kind Sponsors:

Ashberry & Logan Floral Design
Birdies & Buckets
Dorothy Blandford
Blue Frog Studios
The Boathouse White Rock
Canucks
COBS Bread Semiahmoo
Donna's B&B
Everything Wine
FeiArt Group (Art Couture Gallery)
Finlay's East Beach Cafe
Galaxie Craft Brewhouse
The Gold Room Jewellers

Hazelmere Golf & Tennis Club
The Hills at Portal
Home Depot
Innovative Fitness
Jose & Co Custom Jewellers
Joseph Richard Group
McLeary's Canadian Made Furniture and Mattresses
Menchies (Morgan Crossing)
Jim Nedelak
Nomad Gallery
Peggy O'Brien
Ocean Promenade Hotel

Debi Rumley
Saje Natural Wellness
Sandcastle Sea Shoppe
Gaiety Simpson
Skoah
Soma MD
Splashes Wash Lodge
Tammy Ritchie
Twiga
Delle Vaughn
Anne Walsh
Cam & Denise White
The Yoga Bar

Media Sponsors:

Buchanan Printing
Carolyn Burwell (Photos)
Peace Arch News
White Rock Sun

Entertainment:

Line Dancing by Christy Fox
Backspin
March Hare Band

Peace Arch Hospice Society
40th Anniversary
1982-2022

Upcoming FREE Community Education Event

Peace Arch Hospice Society presents

DYING TO LEARN MORE: *Empowered Aging*

Wednesday, November 23rd, 2022

10:00am to 3:00pm

Gracepoint Community Church

3487 King George Blvd

Free Event | Lunch | Community Resources

Join us for an enlightening presentation about Empowered Aging, which will include:

- Wills & estate planning
- Wellness component: nutrition & exercise
- A drama presentation showing one's experience from diagnosis to Hospice
- Travelling with a terminal illness
- Community resources
- Free lunch & refreshments

Pre-registration is required.

Register by Nov. 21st at **604-531-7484**
or **contactus@pahospicesociety.org**



Peace Arch Hospice Society Thrift Store



Peace Arch Hospice Society Thrift Store

Christmas
IS COMING TO
THE THRIFT STORE
TUESDAY, OCTOBER 11TH

Store Hours:
Mon-Sat: 10am-4pm
Sun: Closed

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

Store Hours

Mon to Sat: 10am-4pm
Sun: Closed

Donation Hours

Mon to Sat: 10am-3pm
Sun: Closed

604-538-7600

thriftstore@pahospicesociety.org



Thank you for your support!

All funds raised at our Thrift Store go towards helping our organization provide much-needed professional grief and palliative support programs and services, free of charge, to our community.

Follow Us!



Facebook:

Peace Arch Hospice Society Thrift Store



Instagram:

@pahospicesocietythriftstore



WANT TO GIVE BACK TO YOUR COMMUNITY?

Volunteer at Peace Arch Hospice Society Thrift Store! Why?

- To meet new people.
- It's fun!
- For a sense of belonging.
- To learn new skills.
- To make a difference in people's lives and support the Hospice Society.



Interested in volunteering?

Call 604-538-7600 or email
thriftstore@pahospicesociety.org.

15562 - 24th Avenue
South Surrey, BC V4A 2J5
www.peacearchhospice.org

Staff/Volunteer Spotlight

Joan Hunter



Joan (Joanie) Hunter, our Thrift Store Supervisor, began with Peace Arch Hospice Society as a Client Volunteer on the Hospice Unit of Peace Arch Hospital. She and her husband Wayne provided Pet Therapy with their Golden Retriever, Misty.

Joanie remembers how Misty would get right in bed with a patient (if that was what they wanted) and almost immediately, the love connection between the dog and the patient would begin to flow. This kind of attention not only supported the well-being of the patients, but also the staff. Often when Misty was visiting, nurses could be seen getting down on the floor to give Misty a full session of tummy rubs.

Joanie particularly enjoyed tending to the personal care of patients, by either brushing their hair or painting their nails. It was this kind of attention improved their sense of dignity, made them feel human again and want to be part of the world. And for Joanie, it was a delight to see *the small things* could make all the difference!

One patient Joanie will always remember, was a woman who wanted to continue learning as long as she was able. This woman asked her son to buy her a dictionary for the purpose of learning one new word everyday. When Joanie and Wayne came in to visit the woman, they were sure to receive a demonstration of her using her new word! As witnesses to her accomplishments, she will remain an inspiration they will never forget!

Boursin Chicken Recipe



Ingredients:

2 chicken breasts (cut in half lengthwise)
1/2 teaspoon garlic powder
Salt & pepper (to taste)
1 tablespoon olive oil
1 tablespoon butter
1/2 medium onion (chopped)
3/4 cup chicken broth
1 (5.2oz/150g) package Boursin Fine Herbs & Garlic cheese (softened)
1-2 tablespoons chopped parsley

Directions:

1. Cut the chicken breasts in half lengthwise to get 4 thinner pieces. Season them with the garlic powder and some salt & pepper.
2. Add the oil and butter to a skillet over medium-high heat and let it heat up for a few minutes. Cook the chicken for about 5-6 minutes/side or until cooked through, then transfer it to a plate.
3. To the skillet, add the onions and sauté for about 5 minutes or until softened and lightly browned. *If the pan seems dry, add a small splash more olive oil.*
4. Add the chicken broth and the Boursin cheese to the skillet. Stir until you've got a smooth sauce. Let it bubble for 5 minutes, then stir in the chopped parsley if using.
5. Add the chicken (and any plate juices) back into the skillet and let it warm through for a couple of minutes. The sauce should be thicker by now (you can always cook it a bit longer if need be). If it's too thick, you can add another splash of chicken broth.
6. Season with salt & pepper if needed (I find the sauce fairly salty when using regular broth) and serve immediately.

<https://www.saltandlavender.com/boursin-chicken/>

Did You Know?



The exterior of our Supportive Care Centre located at 15435—16A Avenue.



Our Hoing Room where we host our free individual and family counselling sessions, grief groups, our Children Grief Support Camps, and more.

From June to August 2022:

- Our Counsellors saw **122** Clients of which **56** were new.
- Our Counsellors held **315** individual counselling sessions.
- **79** Clients attended our Group Programs.
- Our organization served **325** individuals through Community Education & Outreach opportunities.
- Our Supportive Care Centre answered **1,128** phone calls during office hours.

*****Please note that this is only a partial list of our programs & services.***



Our group of new, recently trained volunteers outside of the Melville Hospice Home for their orientation.

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. June 1, 2022 - August 31, 2022.

- | | |
|--------------------|------------------|
| • Patricia Hamann | • Theresa Penner |
| • Jim Hubensky | • David Pope |
| • John | • Ron |
| • Lisa Kouroupis | • Anne Schmaltz |
| • John Maxwell | • Helen Siemens |
| • Nicholas McLaren | |

***Always loved,
forever missed,
never forgotten.***

In Loving Memory

*Those we love don't go away,
They walk beside us
every day.*

*Unseen, unheard,
but always near.*

*Still loved, still missed,
and very dear.*

~~~~~

# Special Thanks to our Legacy Circle & Hearts for Hospice Supporters

## *A special thank you to our Legacy Circle:*

- Scott Baldwin
- Dorothy Blandford
- Ron Bowman
- Doreen Bruce
- Barbara Carmichael
- Jackie Crux
- Marilyn Desmarais
- Robert Flowers
- Gordon Hogg
- Candy Ogden
- Tammy Ritchie
- Jean Walker

Our Legacy Circle is a group of special supporters who have left Peace Arch Hospice Society in their will. To notify us about a gift in your will to our organization or if you have any questions about our Legacy Circle, please contact Amanda McNally at **604-531-7484 ext. 106** or visit [www.peacearchhospice.org/legacy-circle](http://www.peacearchhospice.org/legacy-circle).

## *A special thank you to our Hearts for Hospice Monthly Donors:*

- Leslie & Sheelagh Bennett
- Dorothy Blandford
- Liz Brear
- Doreen Bruce
- Ronald Budworth
- Diana Carlisle
- Barbara Carmichael
- Dave Chesney
- Jackie Crux
- Jean Dutton
- Lorne Ebenal
- Bonita Findlay
- Stanley Fryer
- Brenda Harrison
- Eleanor Holton
- Teresa Hotell
- Brian Hoven
- Joan Hunter
- Paulette & Robert Keith
- Beth Kish
- Deirdre Lane
- Kathy McIntyre
- Susan McLellan
- Amanda McNally
- Marjorie Mooney
- Joyce Poley
- Joanne Post
- Marge Ramos
- Erica Ritchie
- Tammy Ritchie
- Randall Shaw
- Karel Vanturenout
- Tamara Veitch
- David Webb

For more information about **Hearts for Hospice** and our **Legacy Circle**, visit [www.peacearchhospice.org/ways-to-donate](http://www.peacearchhospice.org/ways-to-donate)

## Thank You to our Donors

*We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from June 1, 2022 - August 31, 2022 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

- Ellen Allan
- Amica White Rock
- Lorena Angus
- Scott Angus
- Carmen Apted
- Jamie Ascher
- Ashberry & Logan Floral Design
- Richard Bailey
- Joan Baldwin
- Leslie & Sheelagh Bennett
- Dorie Bethune
- Birdies & Buckets Family Golf Centre
- Dorothy Blandford
- The Block Charitable Foundation
- Boathouse Restaurant
- Elizabeth Brear
- Brella Community Services Society
- Shawna Brotherston
- Doreen Bruce
- Ronald Budworth
- Butterley Family Foundation
- Canucks Sports & Entertainment
- Diana Carlisle
- Barbara Carmichael
- CARP White Rock/Surrey Chapter 11
- Wendy Chapman
- David Chesney
- Elaine Cheung
- Stephanie Chmiel
- Yuhsin Chu
- Jessica Clark (Van kuyk)
- J. Alyson Clifton
- COBS Bread Bakery (Semiahmoo)
- Cosmos Greek Restaurant
- Mary Teresa Costello
- Dagmar Cox
- Helen Trish Creighton
- Jacqueline (Jackie) Crux
- Bev Cumiskey
- V.E. Dirks
- Donna's B&B
- Jean Dutton
- Lorne Ebenal
- Elkay Developments Ltd.
- Tolman Ellis
- Janis Emberly
- Everything Wine
- FeiArt Group
- Bonita Findlay
- Finlay's East Beach Cafe
- Iris Fischer
- Donald Fisher
- Kim Franklin
- Stanley Fryer
- Geoffrey Funke
- Michele Gadoury
- Galaxie Craft Brewhouse
- Marie Louise Garneau
- Eric Giesbrecht
- The Gold Room Jewellers
- Deborah Green
- Gerry Greenstone
- Mary Grinvalds
- MLA Trevor Halford
- John Halliday
- Brenda Harrison
- Jim Hartt
- Marilyn Harvey

For secure, online donations visit [www.peacearchhospice.org/donate-online](http://www.peacearchhospice.org/donate-online)



## Thank You to our Donors

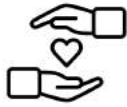
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- Hazelmere Golf & Tennis Club
- Edythe Heppler
- Kareen Hicks
- The Hills at Portal Golf Club
- Eleanor Holton
- Teresa Hotell
- Brian Hoven
- Hugh & McKinnon Realty Ltd.
- Joan Hunter
- Innovative Fitness
- Manjit Johal
- Christie Johnson
- Jose & Co. Custom Jewellers
- Joseph Richard Group
- Paulette Keith
- Doug Kester
- Simon Kibugi
- Shannon Kirschner
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- Sandra Knights
- Kathleen Lane
- Sandra Larose
- Duane Lefebvre
- Rita Lenard
- Theodore Lim
- Sharilyn Lindsay
- Tracy Logan
- Nancy Lord
- Rena Lyon
- Fiona MacDermid
- Jocelyn Macklem
- Jane MacRae
- Shelley Mare
- Jill Martyniuk
- Kathleen McAuliffe
- Donna McCredie
- Kristen McCredie
- Kathy McIntyre
- McLeary's Canadian Made Furniture & Mattresses
- Susan McLellan
- Amanda McNally
- Menchies Frozen Yogurt
- Luis Mendes
- The Estate of Kathleen Mitchell
- Marjorie Mooney
- Marjorie Mooney
- Eliezer Moreno
- Kara Morrow
- Kim Neufeld
- Robin Nielsen
- Shannon Nugent
- Peggy O'Brien
- Ocean Promenade Hotel
- Eric O'Dell
- Irene Olson
- Shirley Parel
- Ronnie Paterson
- Peace Arch Hospital & Community Health Fdn.
- Mia Pedersen
- Peninsula Retirement Residence
- Frank Pignoli
- Joyce Poley
- Tammy Pollon
- Joanne Post
- Rick Post
- Carol Prokop
- Traci Purdy
- Margaret Ramos
- Srinjoy Ray
- Susan Reid
- Retirement Concepts
- Erica Ritchie
- Tamra Jaye Ritchie
- Jennifer Roell
- Sheila Roell
- Christine Rowley
- Deborah Rumley
- Mary Lou Rust
- Saje Natural Wellness
- Sandcastle Sea Shoppe
- Schill Insurance Brokers Ltd.
- Randall Shaw
- Sicon Signs
- Rosemary Simituk
- Gaiety Simpson
- Skoah
- Andrew Smit
- Heather Smit
- South Rock Resale
- Splashes Wash Lodge
- Sherrie Stockley
- Simone Tait
- The Estate of Frances Thornton
- Audrey Town
- Etienne Townsend
- Laurie Triggs
- Carole Trueman
- Twiga Ethnic Adornments
- Randy Unger
- Tracey Valente
- Karel Vanturenout
- Delle Vaughan
- Tamara Veitch
- Victory Memorial Park Funeral Centre
- Jean Walker
- Mayor Darryl Walker
- Rosalin Wang-Foong
- Edith Weaver
- Lynda Weaver
- David Webb
- West Coast Gardens
- Cameron White
- White Rock/Surrey ULock Mini Storage
- Suzette Willetts
- Wolfe Auto Group
- Robin Wyss
- The Yoga Bar
- Jo Ysteboe
- Winston Zhou

thank  
you

## Peace Arch Hospice Society

### Become a Monthly Donor.



Pay it forward  
by providing  
reliable funding.



Make a difference  
in our community.



It's easy and  
convenient.

[www.peacearchhospice.org/donate-online](http://www.peacearchhospice.org/donate-online) or 604-531-7484

Help us celebrate our 40th Anniversary by becoming a monthly donor and joining our Hearts for Hospice Monthly Giving Program. Your monthly donation, no matter the amount, will make a difference in the lives of your friends and neighbours in the South Surrey and White Rock community who are grieving or at the end of life, and need our support. This includes being able to offer the following professional programs and services, free of charge.



15435 - 16A Avenue  
Surrey, BC V4A 1T2  
604-531-7484  
[www.peacearchhospice.org](http://www.peacearchhospice.org)

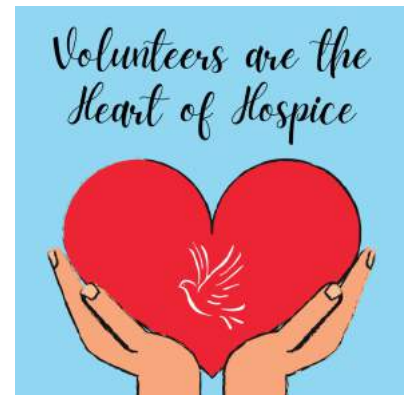
- Individual and/or Family Counselling with a Clinical Counsellor
- Children's Grief Support Camps
- Grief Groups
- Relaxation Sessions
- Tea Service at the Melville Hospice Home
- & More...



### Interested in Volunteering?

Whether volunteering directly with clients, helping out at the office, assisting at events, or volunteering at our Thrift Store, Peace Arch Hospice Society volunteers are at the heart of everything we do. Our volunteers provide an invaluable service to our community. Become a volunteer for our Society and discover a special kind of joy that comes from helping those in a time of need.

If you are interested in volunteering, please contact our Coordinator of Volunteers at **604-531-7484** or email [cov@pahospicesociety.org](mailto:cov@pahospicesociety.org).



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

15435—16A Avenue, South Surrey, BC V4A 1T2 Ph: 604-531-7484 [www.peacearchhospice.org](http://www.peacearchhospice.org)

Fall 2022

Name (please print): \_\_\_\_\_

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

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

Email Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

Please accept my **one-time** donation of \$ \_\_\_\_\_ OR Please accept my **monthly** donation of \$ \_\_\_\_\_

I would like to receive my tax receipt via: ☐ Email ☐ Mail

For other communications like the quarterly newsletter, I would like to be contacted via: ☐ Email ☐ Mail

☐ YES, include additional \$20 to become a member/renew my membership of Peace Arch Hospice Society (valid Jan 1—Dec 31)

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

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

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

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

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

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

Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Card Validation Digits: \_\_\_\_\_

Name on card (please print): \_\_\_\_\_ Signature: \_\_\_\_\_

Registered Charitable #: 11929 7513 RR0001

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

For secure, online donations visit [www.peacearchhospice.org/donate-online](http://www.peacearchhospice.org/donate-online)