

A love story and a life. forever in our hearts



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



Dear Neighbour,

During these unprecedented times, we hope you and your loved ones are keeping well. With donations from our generous community and our partnership with the *Debra Nedelak Memorial Fund*, we have been able to continue providing our professional palliative and grief support programs and services, *free of charge*, to our community throughout this pandemic. In the past fiscal year:

- Our Registered Clinical Counsellors saw **498** adult clients and **52** children clients for a total of **929** sessions.
- **6** children attended our one (2-day) Children's Grief Support Camp.
- In total, our various grief support groups had **689** attendees.
- Our organization touched the lives of **208** individuals in our community through educational support.

As we embrace a new season, we continue to celebrate life as we remember Debra Nedelak in the eyes of her husband Jim, and her enduring motto -

"live, love, laugh."

THE COURAGE TO LOVE. THE COURAGE TO GO ON.

If love is the true meaning of life, Jim and Debbie Nedelak made every moment of their time together count. Following their wedding day on Friday, September 21st, 1979, their lasting love story spanned four decades before Debbie's passing at Peace Arch Hospice Residence on Wednesday, November 6, 2019 at the age of 63. Full of devotion, friendship and laughter, the Nedelak's proudly shared in all of life's adventures including their beloved son Jody. The onset of Fall was always the couple's favourite and most celebrated time of year. And for many, this season marks another beginning and a new outlook to the time ahead.

LOVE AND LOSS.

Love in the face of death is nothing short of courageous. Standing by your spouse as they lose their life following a lengthy battle with cancer is anyone's worst fear. "I can't recall ever knowing someone who was so kind and compassionate, yet tough as nails, and with such a sharp wit, other than Deb," lovingly remembered Jim. "Every room was instantly brighter and forever better, marked with endless laughter," he fondly shared.

Navigating the emotional journey after loss is something no one looks forward to enduring. Grief-stricken and depleted, accessing the resources to work through this delicate time takes courage and perseverance. "The support that was available to our family throughout Deb's time at Peace Arch Hospice Society was immensely helpful for Jody and I, and greatly contributed to our healing process," expressed Jim. "We are both extremely grateful to have had access to their network and services to help us through this very difficult time."

(over, please)

Name _____

Address _____

City/Prov _____

Postal Code _____

Phone Number _____

Email _____

Donation Amount \$ _____

VISA MC CHEQUE (payable to Peace Arch Hospice Society)

Card # _____

Expiry Date ____ / ____ Card Validation Digits ____ ____

Name On Card _____

Signature _____

I would like to receive an *emailed* tax receipt and give permission to Peace Arch Hospice Society to contact me via email.

I would like to receive a *mailed* tax receipt.

To donate online, please visit www.peacearchhospice.org/donate-online and select the *Debbie Nedelak Direct Mail Campaign* from the dropdown on Step 2. **Please note tax receipts are only issued for \$20 or more and cannot be issued to anyone other than the person named on the cheque or the credit card.**

“Deb leaves a massive hole in our family, and our community at large, but her strength and courage remain with us always to carry on with her joy for life.”

- Jim Nedelak

THIS GIVING SEASON, PLEASE CONSIDER A DONATION TO PEACE ARCH HOSPICE SOCIETY.

By generously donating, your gift will allow us to be there for families like the Nedelak's and to continue to provide compassionate care and support, free of charge, for those we serve. Thank you once again for considering our organization throughout this giving season.

PROGRAMS AND SERVICES

PALLIATIVE

- Individual and/or Family Counselling
- One to One Support
- Hospice Residence Visiting
- Tea Service
- Relaxation Sessions
- Pet Visitation (*Friends with Fur*)
- Vigil Service

BEREAVEMENT (GRIEF)

- Adult Grief Group
- Bereavement Walking Group
- Children's Grief Support Camp (*Friends Helping Friends*)
- Drop-In Grief Support Groups (*Adult, Men's, Young Adult*)
- Individual and/or Family Counselling
- Mindfulness Meditation for Clients
- Mindfulness Meditation for Clients Drop-In
- One to One Grief Support
- Relaxation Sessions

If you are in need of palliative or grief support – we are here to help.

Please call **604-531-7484** or visit our website at **www.peacearchhospice.org** for more information.

Thank you in advance for your consideration.

Sincerely,



Amanda McNally
Executive Director
Peace Arch Hospice Society



In Memoriam of Debbie Nedelak
1956 - 2019

PEACE ARCH HOSPICE SOCIETY IS LOOKING FOR VOLUNTEERS!

Whether volunteering directly with clients, helping out at the office, assisting at events, or volunteering at our Thrift Store, Peace Arch Hospice Society's Volunteers are at the heart of everything we do, and they provide an invaluable service to the community.

If you're interested in volunteering, please contact our Coordinator of Volunteers at **cov@pahospicesociety.org** or **604-531-7484 ext. 102**.

You can also learn more about volunteer opportunities by visiting our website at **www.peacearchhospice.org/volunteering**.



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