PAHS QUARTERLY NEWSLETTER – Eternal Echoes Perspectives on Life, Death & Hospice Society Happenings.

2024 FALL EDITION Peace Arch Hospice Society Celebrate a Life 2024 Monouring memories for over 40 years. 604-531-7484 | peacearchhospice.org Control Co

VICTORY MEMORIAL PARK FUNERAL CENTRE

Celebrate a Life Fundraiser

The holidays are a time to celebrate with family and friends, yet it can be challenging as we remember loved ones who are no longer with us.

Our Hospice Society Volunteers invite you to pay tribute to those you may be missing by adding their name(s) to our Celebrate a Life Tree in Semiahmoo Shopping Centre, free of charge.

Donate \$20 (or more) and you'll be gifted a hand painted wooden or clay dove—a keepsake as unique as the life you are honouring. Your contribution helps us to provide our grief and palliative support programs to our community, for FREE.



Mark Your Calendars!

SAVE THE DATE:

- Sunday, May 4, 2025
- Blackie Spit Park, Crescent Beach

Gala 2025

- SAVE THE DATE: • Saturday, October 4, 2025
 - Hazelmere Golf & Tennis Club
- Theme to be announced at a later date



May 4

Oct 4

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Mission Statement

Peace Arch Hospice Society is dedicated to supporting everyone facing grief, and the end-of-life journey, or experiencing the loss of a person.

Board of Directors

Steve Doherty President Bonita Thompson Vice President Brenda Harrison Treasurer Alison Orth Secretary Brant Darling Jasvinder Dhesi Tracy Logan Gary Mullins Caroline Povey

Society Staff

Amanda McNallv Executive Director **Emiko Angus** Fund Development Officer **Kristy McKinnon** Coordinator of Volunteers **Trevor Josephson** Manager of Clinical Services. Registered Clinical Counsellor Sophia Murray Registered Clinical Counsellor **Eliezer Moreno** Counsellor Leigh Kankewitt Practicum Student **Brittany Borean** Practicum Student Danielle Perina Marketing Communications Coordinator Laura Salimian Board & Executive Assistant Theresa Robson Administrative Assistant Jan Stadnyk Director of Administration William Xie Financial Administrator

Thrift Store Staff

Tracey McCormack Interim Thrift Store Manager Astrid Obersat Thrift Store Assistant Manager Lindsay Barck Thrift Store Supervisor Joan Hunter Thrift Store Supervisor Carla Magnus Thrift Store Supervisor Cindy Rhodes Thrift Store Supervisor

Executive Director's Message

By Amanda McNally



Dear Members, Donors, Clients, Volunteers and Friends, As we start to wind

down 2024,

I wanted to take this opportunity to thank you for your continued support of Peace Arch Hospice Society. Whether you are one of our amazing volunteers who donates their time and talent, a donor who believes in the value of the work we do, a supporter, or a client who trusts us to walk alongside you during difficult times, we are grateful for you. It really is the people who make this work so special. Thank you.

In September, we held our Annual General Meeting. It was bittersweet as four of our Board Members completed their terms. We said thank you (but not goodbye) to Kathy McIntyre, Tammy Ritchie, Diana Carlisle, and Manjit Johal. We are excited to welcome two new members to our Board of Directors, Gary Mullins and Jasvinder Dhesi.

We are grateful and honoured to have been acknowledged as Award Finalists this year for a few awards. These awards help to raise our visibility in the communities we serve and are an important recognition of the incredible work our staff and volunteers provide to our community.

South Surrey White Rock Chamber Awards

Non-Profit Organization
 category: FINALIST

Surrey Board of Trade Business Excellence Awards:

Non-Profit Organization
 category: FINALIST

Peace Arch News Readers Choice Awards:

- Best Non-Profit
 Organization: FINALIST
- Best Thrift Store: WINNER

Charity Village Awards:

• Best Non-Profit Employer Volunteer program: SEMI FINALIST

Take good care of yourselves as we head into the busy holiday season. I wish you all the very best for whichever holiday you are celebrating and look forward to seeing you all in the New Year.





We are here for you. Call 604.531.7484 or visit peacearchhospice.org for

more info about our free, professional grief and palliative programs & services.

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

Pregnancy and Infancy Loss

By Sophia Murray



The death of a loved one is universally understood to be one of the most harrowing aspects of

the human experience. However, one's feelings of grief and ability to cope with the loss can be improved by the presence of personal and professional support; the availability of mourning rituals; and the acknowledgement of the loss within one's community and the broader sociocultural context. Unfortunately, those grieving a pregnancy or infant loss often do not receive the recognition or resources they need to support them in what they are going through.

Many of those who have experienced a miscarriage tend to prefer the words "baby" or "child" over medical terminology such as "fetus" or "product", since the latter fails to convey the significance of the relationship or the gravity of the loss. Sadly, many healthcare providers do not provide the compassionate care needed to adequately support this population. Similarly, survivors are commonly bombarded with insensitive vet well-intentioned platitudes from friends, family, or other members of the community such as, "your baby's in a better place" or "you can always try again". which minimizes their emotional experience and the impact of the loss.

This population refers to children that are born after a pregnancy or infant loss as "Rainbow babies" due to how much they are cherished after so much past pain. But the arrival of these children do not tend to take away the grief from previous losses and survivors typically develop feelings of anxiety during the pregnancy (e.g., fears of what could go wrong), struggles with guilt once the child is born (e.g., not wanting to forget or to replace their baby that had died), as well as other potential challenges that frequently go unrecognized.

Our society stigmatizes these types of losses and creates a culture of silence due to a pervasive discomfort around how common they are (e.g., up to one in four pregnancies in Canada end in miscarriage) and how they tend to go against our belief in the natural order of things (e.g., that a parent should not bury their child). This stigma also contributes to the overall lack of mourning rituals available for infant loss, but even more so for pregnancy loss (especially when there is not a body to bury or a life lived to celebrate). All of these factors can contribute to a survivor's experience of disenfranchised grief.

Peace Arch Hospice Society (PAHS) is currently working to fill this resource gap and to spread awareness of this issue by piloting a Drop-in Pregnancy and Infant Loss Support Group at our centre in the South Surrey/White Rock area.





Pregnancy & Infant Loss Support

One-to-One CounsellingSupport Group

Helping you navigate the emotional journey of miscarriage. Learn more: **604-531-7484 contactus@pahospicesociety.org**

This PAHS group will be co-facilitated by a staff counsellor and a trained volunteer and is anticipated to be offered on a weekday evening on a monthly or bi-weekly basis. Registrants must be 18 years or older to join. The primary goal of this group is to provide a safe space for participants to explore their loss and grief with the support of their peers and specialized professionals. The educational content and discussion topics for each session have been developed through research and consultations with professionals from various organizations specializing in pregnancy and infant loss as well as general bereavement care. If you think that this service may be a good fit for yourself, a friend, or family member, please reach out to us at (604) 531-7484 or at contactus@pahospicesociety.org It would be an honour and a privilege for us to walk alongside you in your healing journey.

Mindfulness Musings from our Clinical Team

~JUST BREATHE~

Transience By Trevor Josephson



What Lasts Forever. In reference to the title of this article, I submit a disclaimer that I'm not

about to make any statements claiming to know what lasts forever or even to know what forever means.

The word transience emerges in the English language in the 1600s, meaning "transitory or not durable." It originates from the Latin word transire which is two words joined together: trans which means "across or beyond" and ire which means "to go" so we end up with a word that means going or moving over, through or across something. By the 1680s it was used to mean "passing through a place without staying".

Are we not all doing just that? To not be in a state of movement would mean inert stagnation and lack of growth. While we may resist, fear or be disgruntled by change, without movement we could not fully experience the stuff of life, including ourselves. We would not be able to fully connect with and know who we are, for what we are is always in a state of movement.

Some of you may be saying to yourselves, didn't he ask us in the last newsletter to consider the benefits of stillness? Now he's asking us to go in the opposite direction and focus on movement. I never suggested we live in a world of definite dualities. We are gifted with a complex world that offers many different ways of experiencing ourselves.

For example, in the Spring we enjoyed the sweet smell and splendid beauty of the cherry blossoms as they punctuated the blue sky with clusters of vivid pink flowers. In a place of stillness, our awareness of the existence of these pretty little blossoms was comforting and pleasing. Then we watched as the wind and rain pulled them from the branches and covered the ground with a gorgeous pink blanket. Finally, we noticed these blossoms as they dried and changed to a brownish colour until they finally disappeared. But they didn't really disappear, did they. Rather, they continued their movement through this world, for they are transient.

The story by Leo Buscaglia called 'Freddie the Leaf' describes the transience of one leaf as he sprouts from the top of the tree, looks around and observes the changes that come with the choreography of the seasons, eventually feeling the crisp Fall air and the early morning frost.

He asks another leaf named Daniel what is happening. "It's what happens in the Fall," Daniel answers. "It's the time for leaves to change their home...We first do our job. We experience the sun and the moon, the wind and rain. We learn to dance and to laugh. Then we die." Daniel explains that everything dies, even the tree that they have grown on. But there is something stronger even than the tree. It is Life. Life, Daniel says, lasts forever and we are all a part of Life.



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Mindfulness Musings from our Clinical Team

Transience Cont'd

By Trevor Josephson

Freddie ponders this factual statement. "Then what was the reason for all of this?" he asks. "Why were we here at all if we only have to fall and die?"

Daniel answers in a matter-offact way. "It's been about the sun and the moon. It's been about happy times together. It's been about the shade we gave to the old people and the children. It's been about colours in Fall. It's been about seasons. Isn't that enough?"

Freddie watches as other leaves one by one let go of the tree they are attached to and gently drop to the forest floor. One day he too does the same and as he gently falls, he sees the whole tree for the first time. He felt good about being part of its life. Finally, he found himself laying on a soft blanket of snow. In this new position he was more comfortable than he had ever been. He closed his eyes and fell asleep.

But this isn't the end of his journey. There is no beginning or end but it is one continuous circle of experience. For as his leaf structure breaks apart, the tiny particles of himself still vibrating with energy, sink into the earth where they are absorbed as nutrients by the tree's roots, pulled up through the large solid trunk, out through the stretched branches and pushed into the bright sunny Spring air as a new leaf.

~JUST BREATHE~

As you experience the everevolving changes of your physical self and the thoughts and feelings in your mind, you may find some sensations pleasant while others are unpleasant, Consider how these sensations, thoughts and feelings are impermanent, always in a state of flux and change. Recognize that they are not you but are expressions of you. Simply let them be experienced. Let them pass through without attaching to them or striving against them.

Passing through a place without staying, within the stillness, we experience our transience.

Peace Arch Hospice Society

Living with Grief During the Holidays

Tuesday, December 3rd 6:30 - 8:00 pm Supportive Care Centre 15435 - 16A Avenue Pre-registration is required. To register, please call our office at 604-531-7484 or email us at contactus@pahospicesociety.org by Monday, December 2nd.

Surviving the holidays after the death of a loved one can be one of the most painful issues to deal with.

This **free evening workshop** will provide support and education on how to get through this difficult time.







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PAHS Introductions

We're excited to welcome Brittany Borean as our new practicum student at PAHS. Brittany brings six years of experience supporting grieving youth and young adults. She's passionate about creating spaces for people to explore their grief, using storytelling and bodybased approaches that connect the emotional, mental, spiritual, and physical self. Welcome to the team, Brittany!

A Night of Giving: Peace Arch Hospice Society's Starry Night Gala 2024 Shines Bright By Danielle Perina

On September 14, 2024, Peace Arch Hospice Society (PAHS) hosted their "A Starry Night Gala" at the elegant Hazelmere Golf & Tennis Club. The sold-out event welcomed guests for an unforgettable evening of celebration, remembrance, and community, in support of the Society's professional grief and palliative care programs in South Surrey and White Rock. Filled with live music, auctions, and heartfelt moments, the glittering affair reflected the organization's mission: supporting everyone facing grief, and the end-of-life journey. As the Society's largest fundraising event of the year, the annual fall dance is crucial in sustaining its no-cost services.

This year's first-ever formal theme shimmered. Throughout the night, attendees-many of whom had personally benefited from Peace Arch Hospice Society's services-mingled and shared heartfelt stories of the profound impact the organization has had on their lives. "We are truly honoured to be trusted to walk alongside individuals in our community as they experience some of the most difficult times of their lives" said Amanda McNally, **Executive Director, PAHS.**

Among the guests were the friends and family of Shane, whose story resonated deeply

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with Peace Arch Hospic Society's mission. Shane had spent his final weeks under the compassionate care of Fraser Health's Melville Hospice Home. Alongside the medical care from Fraser Health, PAHS provided the emotional, spiritual, and practical support through their professional staff and specially trained volunteers, free of charge to patients, their families, and friends. Mourning his recent passing, Shane's loved ones chose to honour his memory by purchasing two full tables at the gala and making a grand arrival in a limousine, a touching gesture organized by his parents to make the occasion extra special. Not only did Shane's group attend with bells on, they also donated silent auction items and made numerous contributions to the Society in Shane's memory, adding big heart to the evening's success.

Deanna, Shane's partner of 35 years, spoke about how A Starry Night Gala felt like the perfect way to honour him. "I thought the Gala would be a wonderful way to honour him, as he was all about paying it forward and spreading love and laughter," she said. For Shane's mother, Kerry, the evening was a continuation of her son's legacy of generosity. She shared that even in his final days, Shane had found a way to give back by donating his wheelchair to another hospital resident in need. "It was so good to celebrate Shane the way our family celebrated every occasion —good food, good music, a dance floor, and great friends. We cannot thank Peace Arch Hospice Society and everyone at the Hospice enough for making our time with Shane so special.

Peace Arch Hospice Society ...a special kind of caring As difficult as his journey was, he was surrounded by love, laughter, and incredible caregivers. We still cry but are gradually laughing through our tears. He was an amazing, compassionate man who worried more for us than himself."

Shane's story, though deeply personal, is symbolic of the countless individuals and families touched by Peace Arch Hospice Society's work. PAHS's care extends beyond Fraser Health's medical support by offering not only grief and palliative support, but also connection, community, and hope.

As the Gala came to a close, Shane's family and friends were the last on the dance floor, closing out the evening in a way that mirrored Shane's vibrant spirit.

Peace Arch Hospice Society once again brought the community together not only to raise funds but to celebrate life, remember loved ones, and support each other through difficult times.

"Our heartfelt thanks go out to everyone who contributed to making this Gala our most successful yet," said Emiko Angus, Fund Development Officer, PAHS. "Their support and generosity made this evening truly sparkle and, most importantly, will allow us to continue providing care to those who need it most."

For Shane's family, and for so many others, Peace Arch Hospice Society offers more than care—it offers hope, compassion, and a reminder that, even in loss, love continues to shine.

A Night of **Giving:** Peace **Arch Hospice** Society's Starry Night Gala 2024 * Shines Bright By Danielle Perina

Left to Right: Renee Zolinski-Ward, Deanna Scott (Shane's Partner), and Jamie C. Brown celebrate and pay tribute to Shane's memory, together, with his closest family and friends.

The Hills at Portal

Kitchen Therapy London Drugs Neil M.

Perfect Shine Cleaning Services

Right at Home Canada Tammy Ritchie Saje Natural Wellness

Salt Wellness Centre

Science World British Columbia

South Rock Resale

Tugboat Annie's 🛔 Liquor Store

Jli's Restaurant

WestJet

Vancouver Canucks

White Rock Museum

White Spot Restaura Vild Birds Unlimited

Wine Cellar Depot

uver Symph

cotiabank Sheila's Catering Co.

Skoah Soma MD

Home Depot Innovative Fitness



Afghan Kitchen Akoya Nails Spa Ardour Wellness Art Knapp Mick B. & Trevor M. **Backyard Vineyards** BC Lions Jane & Dave Bellringer Black Bond Books Blaze Pizza Blue Frog Studios Browns Socialhouse uchanan Printing The Cabin Carla's Creations Club 16 Trevor Linden Fitness & She's FIT! Costco Wholesale Can **Crescent Wines** Jackie Crux Jackie D & Kevin I Donna's B&B **Everything Wine** Fairmont Chateau Whistler Five Corners Vietnamese Restau Paulette & Ken H. Hair Art Academy elmere Golf & nis Club

Helijet International Inc

~ F U N D R A I S E R

PEACE ARCH HOSPICE SOCIETY PRESENTS:

We are so grateful for the support we received on Saturday, September 14th at our 'A Starry Night Gala' fundraiser at Hazelmere Golf & Tennis Club. A huge thank you to our volunteers, sponsors, donors, and guests for making this evening truly sparkle with their generosity and for helping make this event a shining success!

) • C SPONSORS) • C BIG DIPPER Splashes Wash Lodge Sutton Premier Realty Elkay UTTLE DIPPER Every Detail Ren " Dignity PHOTOGRAPHY PROTOSTAR . + PHOTOBOOTH + DECOR CURTAIN CALL (A) Alishakhan 1



Buy your DC Krew 50/50 Tickets in support of our Peace Arch Hospice Society (PAHS).

50% of proceeds go to PAHS, the other 50% to one lucky winner! Draw happening Dec 23.

Purchase 50/50 Tickets at: **DC Krew Hair Salon** 1538 Foster Street Suite 101, White Rock, BC V4B 3X8



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It's Been Eventful PAHS AGM

We held our AGM on September 23rd with a full house-thank you to all who attended! Congratulations to our Board of Directors in their new and continuing roles, and heartfelt thanks for all your hard work.

We acknowledged Dr. Gordon Wallace with a Lifetime Membership. Gordon has been volunteering with Peace Arch Hospice Society for the past six years. He specifically created a Mindfulness Meditation program for us to the benefit of our clients. He facilitates this program 2-3 times a year, as well as running the Mindfulness Meditation Drop In every two weeks. It is truly a gift to our clients and community that Gordon chose our organization as the program he created is inclusive to all participants regardless of ability, age, or heritage.

We also recognized two of our dedicated Volunteers, Jane Bellringer and Linda Gronert for their phenomenal 25 years of service. We can't thank you enough for your support.



SSWR Chamber & PAHS Joint Mixer

On July 23rd, the South Surrey & White Rock Chamber of Commerce mixer was hosted at our Supportive Care Centre. Many thanks to the Chamber for featuring our organization at this networking event - we hope everybody who attended enjoyed touring our space and learning about how we serve the South Surrey/White Rock area through our essential and FREE grief and palliative programs.



Grizzlies Golf Tournament

Thanks to local sports team, Grizzlies Rugby Club for giving us the opportunity to set up our awareness table at their golf tournament fundraiser held on August 21st, 2024 at The Hills at Portal Golf Club. We had a fun time meeting new people and spreading the word about our organization and its programs. Wishing them much success in their next season!







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Society Kudos

SBOT Business Excellence Awards

Peace Arch Hospice Society was nominated a finalist in the Non-Profit category at the <u>Surrey Board of Trade</u> Business Excellence Awards this year!

It was an incredible honour to be recognized alongside so many inspiring organizations. Congratulations to all the finalists and winners we were in good company.



Peace Arch News Readers' Choice Awards

Peace Arch Hospice Society was nominated a top 3 finalist in TWO categories in this year's Peace Arch News Readers Choice Awards!

A huge thank-you to everyone who voted for us and for everybody who continues to support our mission. A big thanks to our top notch Staff, Volunteers, Board Members, Donors, and Community Supporters. Congratulations to all the finalists and winners!



PAHS at SBOT Awards: Laura Salimian (Board & Executive Assistant), Kristy McKinnon (Coordinator of Volunteers), Emiko Angus (Fund Development Officer), Bonita Thompson (Board Vice President), and Jasvinder Dhesi (Board Director).





Winner – Best Thrift Store: Thank you to our amazing community for making us your top choice in South Surrey/White Rock! Special thanks to our dedicated volunteers and staff who create a welcoming, unique and fun shopping experience.



Second Place – Non-Profit Organization: We're deeply honoured to be recognized for the compassionate work we do, offering grief and palliative support to those in our community who need it most, free of charge.



Donor Stories Volunteer Spotlight

PAHS Volunteer Tammy, and our Coordinator of Volunteers, Kristy, cozy up amongst 18 beautiful blankets that Tammy crocheted for our recent Friends Helping Friends: Children's Grief Camp, where every child received their own unique blanket. Each blanket took a total of 12 hours to make—that's an incredible 216 hours of love and care!

Tammy's creativity shines through not only in her crocheting, she also bakes delicious treats for Melville Hospice Home's Tea Service and has recently joined our Reception Team.

Thank-you Tammy, for sharing your amazing talents with PAHS, we are so grateful for you.





LemonAID Stand

We are beyond touched by the thoughtful donation we received from a dynamic brother-sister duo, Hudson and Olivia. After running a successful summer lemonade stand, these two decided to donate 10% of their profits to support our work amounting to \$65.10 that they contributed to our cause.

Acts of generosity like this remind us of the power of community and the impact of giving, no matter the size.

Thank you, Hudson and Olivia, for your kindness and for inspiring us all.



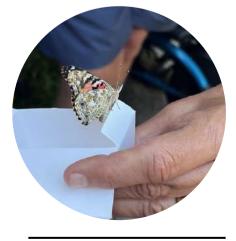
Emiko Angus, PAHS Fund Development Officer, Hudson and his Grandfather present their donation.

Chartwell Butterfly Release Fundraiser

Heartfelt gratitude to <u>Chartwell</u> <u>Crescent Gardens Retirement</u> <u>Residence</u> and everyone involved in making their Butterfly Release fundraising event on August 3rd such a tremendous success. Thanks to their incredible efforts, they fundraised an impressive \$8,444 for our organization! Thank-you to everyone who helped make this event so successful. Because of good people like you, we are able to continue helping others in our community through our FREE professional grief and palliative support programs.



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Programs & Services Update

- Our Counsellors saw 168 Clients of which 130 were new.
- Our Counsellors held 435 individual counselling sessions.
- 145 Clients attended 547 Group Program Sessions.
- Our organization served 714 individuals through Community Education & Outreach opportunities.
- Our Supportive Care Centre answered 1612 phone calls during office hours.



Halloween Hyjinx: Our staff brought all the feels, each channeling a different emotion from the movie Inside Out 2!



Current Groups Completed Groups

- Drop-in Adult Grief Support Group
- Drop-in Mindfulness Meditation Group
- Drop-in Men's Grief Support Group
- Walking Group
- Cooking Together
- Yoga Group

- Mindfulness Meditation Group (Sept 17)
- Adult Grief Group (Sept 19)
- Friends Helping Friends: Children's Grief Camp 'Ocean Buddies' (Oct 25/26)
- Good Grief Teen Training Program (Nov 6)

Upcoming Events

- Celebrate a Life Fundraiser (Dec 1-23)
- Living with Grief During the Holidays - Free Workshop (Dec 3rd)

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What's In-Store? Thrift Happenings

Falling Into It

Happy Fall to ALL. We can't believe how quickly the seasons changed over. We have been in somewhat of a transition throughout the summer months, with some much-needed ongoing upgrades at our store. One of the more exciting changes has been the addition of our brand new A/C unit, which will make those hot summer months, much more tolerable— NOW THAT IS SUPER COOL! Other notable updates are our new storage room stairs that we couldn't be more pleased with as the safety and comfort of Peace Arch Hospice Society Staff & Volunteers is our #1 priority.

A special thank-you to our talented Volunteer, Jo who made us some beautiful new hand sewn change room curtains that are perfectly PAHS and on brand with their matching dove motif.



Jo and her fab handmade curtains! GREAT JOB!





Welcome Carla to PAHS Thrift Store!

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Sandy, Barbara and Lynda rocking Halloween on the Thrift Store floor!

New Faces

As always, the store is in constant evolution as we offer best wishes and farewell to some of our Staff & Volunteers and we welcome new faces to our team, including Carla Magnus who has joined our Staff recently as Thrift Store Supervisor, Welcome, Carla.

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Well-Deserved Recognition!

Thank-you to our hardworking Thrift Store Staff and Volunteers for their incredible dedication, and a big thank-you to our community for your support, whether shopping or donating with us, we are truly grateful.

Interesting in becoming a PAHS Thrift Store Volunteer? Contact us at 604-538-7600 or email at <u>thriftstore@pahospicesociety.org</u> We'd love to hear from you!



Carla & Cindy test out our new stairs!

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Special Thanks to our Legacy Circle and Hearts for Hospice Supporters

July 15th, 2024 to November 15th, 2024

For more information about our Legacy Circle or Hearts for Hospice, visit peacearchhospice.org/ways-to-donate

A special thank-you to our Legacy Circle:

Nigel Argent Scott Baldwin Dorothy Blandford Doreen Bruce Barbara Carmichael Jacqueline Crux Marilyn Desmarais Robert Flowers Gordon J. Hogg Sandra Knights Tammy Ritchie Jean Walker Terri Baker Leslie & Sheelagh Bennett Dorothy Blandford Elizabeth Brear Doreen Bruce Kelly Butler Diana Carlisle Barbara Carmichael David Chesney Jacqueline Crux Jean Dutton Lorne Ebenal Bonita Findlay

A special thank-you to our

Hearts for Hospice Monthly Donors:

Stanley Fryer Sonia Gardose Brenda Harrison Eleanor Holton Teresa Hotell Brian & Karen Hoven Joan Hunter Paulette & Robert Keith Deirdre Lane Fausta Magee Gereth McCaskill Anita McClelland Kathy McIntyre

Susan McClelland Amanda McNally Marjorie Mooney Laura Moore-Dempsey Joyce Poley Joanne Post Margaret Ramos Erica Ritchie Tammy Ritchie Randall Shaw Stephanie Traylor Karel Vanturennout Tamara Veitch

How to Contribute

Our Legacy Circle is a group of special supporters who have included 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 604–531–7484 ext. 106 or visit peacearchhospice.org/legacy-circle

Hearts for Hospice

Interested in Donating Monthly? Why? To pay it forward by providing reliable funding, to make a difference in our community, and because it's easy and convenient.

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 in need of our support.

For more information about becoming a Hearts for Hospice Monthly donor, call 604–531–7484 or visit peacearchhospice.org/ways-to-donate

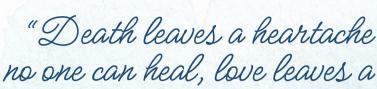


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In Memoriam

Peace Arch Hospice Society recognizes the loss of the following people and is grateful for the contributions that were made in their memory.



memory no one can steal."

July 15th, 2024 to November 15th, 2024

Mark Anderson June Austin Norma Bearblock Kerry Cranfield Bryon Cranston Mel Dick Shane Fortune Lakhwinder Singh Gill Rice Honeywell Genevieve McNeil Erin Messer Craig Ormerod Lornell Ridley Bonnie Rothe Devre Sharpe Kerry Ann Sorensen Vivian Spangehl Cindy Talarico Derek Traylor Grace Sophia Williams-Skelton Brian Woznikoski



Give the gift of compassionate care and support this holiday season.

Thanks to your generosity, **Peace Arch Hospice Society** offers professional grief and palliative support programs and services to residents of South Surrey and White Rock, completely free of charge. Your donations mean so much to those facing the hardest moments of their lives, offering care and comfort when they need it most.

peacearchhospice.org/donate-online

Donations of \$20.00 or more must be received or postmarked by December 31st to receive a 2024 tax receipt. Charitable Registration # 11929 7513 RR0001

15435 - 16A Avenue South Surrey, BC V4A 1T2 604-531-7484 | peacearchhospice.org Peace Arch Hospice Society



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Thank-you to Our Donors

We would like to thank all

individuals, organizations,

companies, and foundations who

have generously made donations

from July 15th to Nov 15th, 2024,

community as they face terminal

illness or bereavement. Together we

to help support people in our

can make a difference.

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Want to Make a Difference?

July 15th, 2024 to November 15th, 2024

For secure, online donations visit peacearchhospice.org/donate-online

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 visit our website at <u>www.peacearchhospicesociety.org</u> or call us at **604-531-7484**.

PAHS Volunteer Receptionist Team 2024

Donating

| Peace Arch Hospice Societya special kind of caring 15435—16A Avenue, South Surrey, BC V4A 1T2 Ph: 604 | -531-7484 www.peacearchhospice.org |
|--|---|
| 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 \$ |
| My donation is in memory of | ew my membership of Peace Arch Hospice Society (valid Jan 1—Dec 31) \$ amount will be included in the acknowledgement) |
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| | y Date:/ Card Validation Digits: |
| Name on card (please print): | Signature: |
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