

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.

"Grief can feel especially heavy during the holidays, and we're honoured to provide a space for our community where they can leave a heartfelt tribute to remember and celebrate their loved ones."

~ Amanda McNally, PAHS Executive Director

CAL 2024 Stats:

- **\$24,873.22** in donations
- and sponsorship
- 68 volunteers took shifts
- 435 total volunteer hours between shifts, setup/takedown, cutting doves, and scheduling
- 452 paper doves placed on our tree in memory of loved ones



PAHS QUARTERLY NEWSLETTER

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

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 Alison Orth Secretary Krista Matthews Treasurer Jas Dhesi Director Tanmo Ejoor Director Gary Mullins Director **Caroline Povey** Director Stephanie Traylor Director

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Thrift Store Supervisor

Rosita Ornelas Garcia

Thrift Store Supervisor

Joan Hunter

Thrift Store Supervisor

Cindy Rhodes

Thrift Store Supervisor

Executive Director's Message

By Amanda McNally



Dear Members. Donors, Clients, Volunteers and Friends,

The leaves have changed

and fallen, and the clocks have gone back once again. We are quickly approaching the end of 2025. We are extremely proud to be a part of the South Surrey and White Rock community and the support we've been shown this past year. Our supporters, volunteers, donors, and staff make the work we do possible. We could not do this work without you!

We held our AGM in September and shared our thanks with our resigning Board Members -Tracy Logan, Brenda Harrison, and Brant Darling. We are tremendously grateful for all of their contributions over the years. We also welcomed Krista Matthews, Stephanie Traylor, and Tanmo Ejoor to the Board and look forward to the many ways they will help drive the mission of the Society.



We are grateful and honoured to

have been acknowledged as

- **Trade Business Excellence** Awards Non-Profit Organization category -**FINALIST**
- Peace Arch News Readers' Choice Awards Best Non-Profit Organization, Mental Health Provider, and Thrift Store -WINNERS!
- Charity Village Awards Best Non-Profit Employer Volunteer Program - SEMI FINALIST

I wish you all the best through the holiday season and look forward to continuing to work together for our community.

Best, Amanda







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.

Day at the Legislature

On Tuesday, November 18th, in recognition of National Grief and Bereavement Day, **BC** Hospice Palliative Care Association (BCHPCA) was at the BC Legislature alongside several board members and hospice leaders to advance a unified message on behalf of the sector. Our Executive Director, Amanda McNally, was in attendance representing Peace Arch Hospice Society and in her role as a BCHPCA Board Member. Pablita Thomas (ED at BCHCA), Donna Flood (ED at Prince George Hospice Society) and Teri Henderson (CEO at Victoria Hospice) were also in

The Day at the Legislature provided the opportunity for meetings with MLAs, Parliamentary Secretaries, and senior Ministry of Health officials to highlight:

attendance.

- The essential role Hospice Societies play in communitybased grief and bereavement care
- The need for equitable funding pathways and stable provincial investment
- The importance of integrating grief and bereavement care across health, mental-health, education, and social-care systems
- The unique pressures facing rural and remote communities, where Hospice Societies are often the only source of accessible support.





Teri Henderson, Donna Flood, Parliamentary Secretary for Seniors' Services and Long Term Care - Susie Chant, Amanda McNally, Pablita Thomas

These meetings provided space to increase visibility of the vital grief and bereavement supports that Hospice Societies have been providing for over 40 years. Hospice Society programs throughout the province ensure that care is accessible close to home, delivered with dignity, compassion, cultural awareness, and grounded in the unique realities of each community served.

Throughout BC, Hospice Societies support more than 85,000 people each year through one-to-one counselling, support groups, specialized bereavement programs, education, caregiver supports, and community grief-literacy initiatives.







Posing at the Legislature BuildingPablita Thomas, Donna Flood,
Teri Henderson, and Amanda McNally.

Our Quiet Companions A Hospice 'Just Breathe' Message

By Dorothy Blandford



How quickly the days are moving towards this year's closure! Do you see this time as akin to

turning the pages of the next chapter of your life, or the next happening, or as a book with a new title and focus? My vision, while built on the shoulders of its predecessor years, is that of being on a bridge, with reflections of the amazing experiences and learning curves of prior years, along with anticipatory wonderment about the one emerging - and some reality checks!

Awake in the pre-dawn and opening a favourite book, The Christmas Blessing by Donna VanLiere, seguel to her bestseller, The Christmas Shoes, a memory drifted into my mind about books being quiet companions. A later search identified it as being part of the March 22, 2014 insertion in that year's The Friendship Book - A Thought for Each Day. Continuing annually to the present, the first book was published in 1939 as The Friendship Book of Francis Gay.

The author asked the reader to name one object that was a constant companion, a source of advice, and a teacher that could be carried wherever we go. The answer was: A book! The paragraph continued with words by Dr. Charles W. Eliot, distinguished president of

NOVEMBER 2025 FALL EDITION

Harvard University from 1869 to 1909: "Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers."

While Dr. Eliot's words do carry truth, not all of life's experiences are quiet or patient, and if we had it our way, the story would be different. Perhaps one of the advantages of this time of year, with its longer and darker evenings, is that we can indulge in reflections for our hopes and dreams, and the values we hold close to our hearts. May I share ones that speak to me?

Kindness: Last year a friend gifted me with a tiny angel that now hangs on my wall. It has a heart-shaped mirror, and the slogan: Give kindness away today. Mark Twain referred to kindness as: a language that the deaf can hear and the blind can see.

Intentions: Goal-setting and intention lists remain a constant in my life. Desperate to free up space and cease 'burning the midnight oil', I recently listed what I thought of as my current priorities; 17 in total. A review identified each one was important, but after adding a code from 1 to 10, four were tagged as the top commitments, with others as pleasurable or of lesser importance. So far, fingers crossed, my days are more focused and manageable!

The Present Moment: Despite the importance of intentions, goals and visions, perhaps we can agree that their starting point is always with the present moment. Opening my pleasurable and current colouring book, gifted by a Hospice friend and former Coordinator of Volunteers, I read words written centuries ago by Omar Khayyam, 1048 to 1131: Be happy for this moment. This moment is your life. A good 'reality check', for me!

BREATHE~

Memories: In my early thirties a sage client advised me to create meaningful experiences so that later in life I could turn the pages of my Memory Book and revisit them. It was wise advice. A recent one was during a rainy day at my local park, when a gentleman of similar age kindly said I would get wet; I assured him in Ireland it was known as liquid sunshine! We then exchanged laughing pleasantries before continuing our journeys. Let's be open to creating rich experiences in unexpected moments!

May my personal insights bring up ones of your own, or unearth buried dreams tagged someday. I wish you good health, peace in your heart, many moments of laughter and new adventures that bring you joy; and may you have quiet companions that provide inner strength whenever you need it.

~Dorothy Blandford, PAHS Volunteer, 23 years Drop-in Meditation Team



Donor Stories

Chartwell Crescent Gardens

We're deeply grateful to Chartwell Crescent Gardens Retirement Residence for hosting their 3rd Annual Butterfly Release Fundraiser in support of PAHS. Thanks to their incredible community, they soared past their \$10,000 goal, raising over \$12,000 for our FREE grief and end-of-life programs and services.

Peace Arch Hospice Society

Living with Grief

During the Holidays

Tuesday, December 2nd 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 1st.

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

From the touching butterfly release and uplifting entertainment to the generosity of donors, sponsors, and attendees, it was a truly magical day, and we are honoured to have been a part of it.

Thank you for helping us make a meaningful difference in our community!





Aloha & Appreciation Amanda McNally and Emiko Angus receive the cheque of funds raised from Simone Paler at Chartwell's 3rd Annual Butterfly Release.



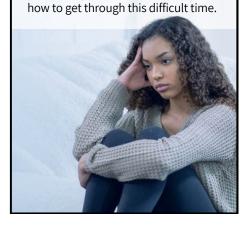


Representing the PAHS Booth Michelle, Caroline, and Sherry of Victory Memorial Park join Emiko and Amanda for a group photo — a lovely moment that highlights the partnership and shared compassion that make events like this so special.

Victory Memorial Park Funeral Centre

A heartfelt thank-you to Victory Memorial Park Funeral Centre (Dignity Memorial) for hosting their wonderful Health & Wellness Expo in September and for supporting PAHS through this event. We were honoured to participate, share information about our organization, and connect with so many community members. They have generously raised over \$1800 for PAHS, helping us continue offering comfort, care, and connection to those we serve.









~JUST BREATHE~

What the Forest Knows: A Reflection from the 'Nature of Mourning'

By Brittany Borean



When Trevor and I sat down to create the Nature of Mourning, it was our hope to offer

opportunities for grievers to slow down, get outside, and notice how the earth can hold us. Nature of Mourning is a six-part grief group, offering unique nature-based activities including gardening, bird watching, mindful forest and labyrinth walks, equine-assisted healing, outdoor yoga, and nature mandala creation.

As I sit here, months later, reflecting on this group, there are many moments that have stayed with me. The first came on our very first day - a day filled with nerves, as grievers gathered, many unsure of what to expect, walking into a group of relative strangers. Outside in the small garden, as we got our hands in the dirt, a misaimed hose soaked one of the participants, and laughter burst out in the sunshine. In that moment, it felt like we all exhaled - the tension lifted, and any lingering nerves were released, given back to the earth beneath our fingernails.

The following week we had the opportunity to join an expert from the Vancouver Avian Research Centre for a birdwatching walk on and around Blackie Spit. As a bird nerd myself, it was so moving to watch the excitement on everyone's faces as they spied a bright yellow American Goldfinch, the royal violet Purple Martin, and the incredible craftsmanship of a Bushtit nest made from spider webs and plant material. Week after week, participants remarked on how they began to notice birds (and their song!) in their day-to-day lives.

Another particularly moving activity was walking the Eagles Nest Labyrinth at Kwomais Point Park. Admittedly, this was the week I was most curious about - would people enjoy this walking meditation opportunity? Would it be over in a quick 15 minutes? It turned out I had nothing to be concerned about. Participants took such time in considering their intention before entering the Labyrinth, walking slowly and mindfully, and sharing their reflections. One griever shared how her intention came to her through the sighting of eagles, while another shared how the park itself held significance to her and her husband. These insights and reflections were so beautiful to witness as everyone held space for one another.



By the end of the six weeks, everyone remarked on how fast the time had flown! Participants shared how this group became something they looked forward to each week, and how for days after each session, there were more reflections that arose. NaTure of Mourning was even more incredible than we had anticipated, and we are so excited to continue to offer this group.

It feels fitting to end with a few lines from a poem, as we did each week in our group. From the poem 'Lost' by David Wagoner:

"If what a tree or a bush does is lost on you, You are surely lost. Stand still. The forest knows Where you are. You must let it find you."



ON

Peace Arch Hospice Society
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NOVEMBER 2025 FALL EDITION

Programs & Services Update

- Our Counsellors saw 148 Clients of which 77 were new.
- Our Counsellors held 208 individual counselling sessions.
- 755 Clients (175 unique) attended 42 Group Program Sessions.
- Our organization served 555 individuals through Community Education & Outreach opportunities.
- Our Supportive Care Centre answered 1886 phone calls during office hours.







July 15, 2025 to Nov 15, 2025



Web of Memories Children explored creative activities at our October Children's Grief Camp, finding connection and space to remember.

Drop-In Groups

- Drop-in Grief Group (Biweekly)
- Men's Grief Group (Biweekly)
- Mindfulness Group (Biweekly)
- Walking Group (Weekly)
- Living with Loss and Life Transitions drop-in groups at retirement residences (Monthly)

Current/Upcoming

- Good Grief Teen Training (Oct 21-Nov 25)
- Adult Grief Group (Oct 27-Dec 1)
- Yoga Group (Oct 30-Dec 18)
- HeARTtFelt Mourning: A 4 Part Art Series (Nov 12-Dec 3)
- Cooking Together (March 2026)

Completed Groups

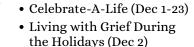
- Friends Helping Friends Children's Grief Camp 'Web of Memories' (Oct 24/25)
- Nature of Mourning: Nature-based Grief Support Group (Oct 20)
- Yoga Group (Oct 16)

23rd ANNUAL



savethedate!

Sunday, May 3rd, 2026 9am to 12pm Blackie Spit Park, Crescent Beach



• Hike for Hospice (May 3, 2026)

Mark Your Calendar

Pre-registration is required.

Call (604) 531-7484 for more info or to register for our upcoming events and programs.

Peace Arch Hospice Society
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FUNdraising Events





We are deeply grateful to everyone who helped our Anchors Away Gala on October 4th set sail in success. From our amazing volunteers to our generous sponsors, donors, and guests, your support made waves for our free grief and palliative programs.

IN-KIND SPONSORS

Afghan Kitchen Air Canada Foundation Animus Health & Performance Art Knapp Backyard Vineyards Jane & Dave Bellringer Black Bond Books Browns Socialhouse Buchanan Printing **Buena Vista Massage Therapy** Stan Carter City of White Rock City of White Rock Recreation & Culture Costco Wholesale Canada Ltd. Jasvinder D.
Docksteader Source for Sports
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London Drugs

Lululemon Becky M. Maktub Wellness Mello Spaces Morgan Creek Golf Course Nature's Fare Markets Newlands Golf & Country Club Nomad Gallery Ocean Park Flowers Ocean Park Nails Ocean Park Panago Ocean Park Pizza Peace Arch News Peninsula Liquor Store Salt Wellness Centre Sheila's Catering The Shops at Morgan Crossing Skoah Soma MD Source Office Furniture South Rock Resale The Spa at Nita Lake Lodge Splashes Auto Care Cody Stewart Surrey Eagles Township 7 Winery
Tugboat Annie's Liquor Store
Vancouver Giants
Vancouver Whitecaps Sandy W. West Coast Centre for Learning West Coast Golf Group White Rock Beach Beer White Rock Footcare Clinic White Rock Museum White Spot Restaurant Wild Birds Unlimited Wine Cellar Depot Wolfe Langley Mazda You Move Me Yuk Yuk's Surrey



Peace Arch Hospice Society

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Anchors Away Gala Makes Waves for Compassionate Support

By Danielle Perina | Marketing & Communications Coordinator



Peace Arch Hospice Society hosted our Anchors Away Gala 2025, on Saturday, October 4th,

at Hazelmere Golf & Tennis Club. The sold-out, nautical themed fundraiser welcomed nearly 200 guests for a memorable evening of fine dining, live entertainment, and community spirit – all in support of keeping PAHS's professional grief and palliative programs free to residents of South Surrey and White Rock.

Guests enjoyed a three-course plated meal and participated in various raffles and auctions throughout the night. The décor was spectacular and created a true maritime experience. Entertainment was provided by The CREW: Ultimate Yacht Rock, whose smooth harmonies and nostalgic soft-rock kept people on the dance floor, but the true heart of the evening came from 14-year-old guest speaker, Grady Murphy-Bateman, a former child client of Peace Arch Hospice Society who shared his personal journey of grief, support, and gratitude.

"A week before my eighth birthday, one of my moms passed away from lung cancer," he shared.

"After her passing, my other mom reached out to Peace Arch Hospice Society for counselling support for both of us." "Hospice really helped me process my feelings and live my life even with grief."

Grady attended one-to-one counselling with a PAHS Registered Clinical Counsellor and participated in our Society's 'Friends Helping Friends: Children's Grief Camp'.

"It was quite a new experience being around other kids who experienced similar events in their lives. But eventually I realized it was comforting to know that I wasn't alone. Come grade seven, when we were planning our 'Young Entrepreneurs Fair', I knew I wanted to give back."

Grady spent three weeks crafting handmade wooden art blocks that he sold at his school's fair, donating half of his earnings to our organization.

"It felt really good to give back to a place that helped me so much through my hard times," he said. "I hope I've shown you where your donations go and how much they can do for a person."

His words left a lasting impression on everyone in the room – a powerful reminder of how community support allows Peace Arch Hospice Society to walk alongside people of all ages as they navigate loss.

"His courage and compassion reflect the very essence of what we do," said PAHS Executive Director, Amanda McNally.



"He reminds us that grief, while deeply personal, is something that no one should have to face alone."

For more than four decades, PAHS has been a trusted source of compassionate, professional support for individuals and families in the South Surrey and White Rock area who are facing grief or the end-of-life journey. The Society offers a variety of free grief and palliative programs, including professional individual and family counselling with Registered Clinical Counsellors, and a range of grief support groups, education-based programs for children and teens, and an array of compassionate palliative services including vigils, tea service and more.

Peace Arch Hospice Society extends a heartfelt thank you to everyone who helped make Anchors Away Gala 2025 a true success, including our generous donors, sponsors, community supporters, and our dedicated staff and volunteers. Thanks to their support, we not only met but exceeded our fundraising goal by 48%, raising \$148,230.84 — our most successful event to date!

"The generosity shown at this year's Gala truly reflects the compassion of our community and how deeply people care about the work we do. We can't thank everyone enough for their support," said Emiko Angus, Fund Development Officer.



What's In-Store? Thrift Happenings

Fresh Faces

We're excited to share that two new staff members have recently joined us, bringing experience, enthusiasm, and warm community spirit to the store. Their support will help our volunteers, strengthen daily operations, and keep the shop welcoming for everyone who walks through our doors. We know our community will make them feel right at home. Welcome to the PAHS Thrift team, Rosie and Donna!



Rosie joins our team with 16 years of management experience at Tim Hortons and Winners, bringing a strong passion for customer service and creating memorable experiences.

She enjoys cooking, salsa dancing, and karaoke, and loves working on our window and front-of-store displays.



Donna joins our team with extensive experience in thrift store operations and a background as a Realtor. She already has a soft spot for our stationery and purse displays, and she's especially looking forward to chatting with customers and organizing office supplies and throw cushions. Outside of work, Donna loves spending time with her dogs and unwinding with YouTube.

Volunteers

In the End Zone

Sharon has been a devoted PAHS volunteer ever since she met our founder, Teresa Hotell, who first introduced her to hospice and the concept of dying with dignity; "I was so impressed and had a desire to learn more, be part of something wonderful, and take all the training I could!" Sharon brings a wealth of experience with her background in Therapeutic Touch, Death Doula training, and 25-years as a Senior Officer with the Canada Border Services Agency (CBSA). And just for fun, in 1974, Sharon tried out and made the BC Lions Cheerleaders!



Once a Cheerleader, Always a Cheerleader! Sharon revisits Empire Stadium at a recent BC Lions alumni event.





Handcrafted with Care Ian (PAHS Volunteer) spent 37 hours cutting wooden doves for our upcoming Celebrate A Life annual fundraiser starting December 1st, 2025. We are so grateful for your help, Ian!

Special Thanks to our Legacy Circle and Hearts for Hospice Supporters

July 15, 2025 to Nov 6, 2025

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

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

Leslie & Sheelagh Bennett

Dorothy Blandford

Elizabeth Brear

Doreen Bruce

Dorceri Brace

Kelly Butler

Diana Carlisle

Barbara Carmichael

David Chesney

Jacqueline Crux

Marilyn Desmarais

Gautam & Jasneet Dhillon

Jean Dutton

Lorne Ebenal

Bonita Findlay

Stanley Fryer

Inge Harris

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Gary Mullins

Joyce Polev

Joanne Post

Juanne Pust

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

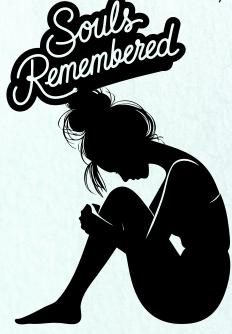


Peace Arch Hospice Society recognizes the loss of the following people and is grateful for the contributions that were made in their memory.

Min

"What we have once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us."

~ Helen Keller



Thank-you to Our Donors

We would like to thank all individuals, organizations, companies, and foundations who have generously made donations from July 15, 2025 to Nov 6, 2025 to help support people in our community as they face terminal illness or bereavement. Together we can make a difference.

Mark Anderson Richard Briand Sandee Butterley Lorne Gair Tom Harris Barrie Jackson Robert Kay Traude Loewen Mary Mallinson Margit Mikelsons Ev Morris Craig Ormerod Morris Prystie Jerry Rhyason Aileen Robbins Gerald Seeley Elfrieda Taylor Derek Traylor Adam Walker Dr. David Zayonc



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 2025 tax receipt.

Charitable Registration # 11929 7513 RR0001

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

Peace Arch Hospice Society



Want to Make a Difference?

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 www.peacearchhospicesociety.org or call us at 604-531-7484.



Donating

| Peace Arch Hospice Societya special kind of ca | ring Fall 2025 Ph: 604-531-7484 www.peacearchhospice.org |
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| ☐ YES, include additional \$20 to become a med ☐ My donation is in memory of | vsletter, I would like to be contacted via: Email Mail Email Mail Mail Peace Arch Hospice Society (valid Jan 1—Dec 31) |
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