

Eternal Echoes

Perspectives on Life, Death & Hospice Society Happenings.



2024 SPRING EDITION

21st ANNUAL

register now!

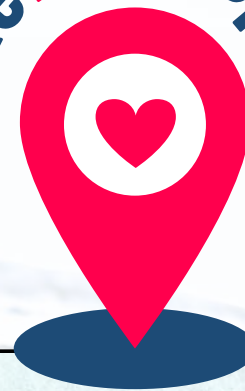
peacearchhospice.org/hike

or call 604-531-7484

\$20/person (12 & under free)

- Family-Friendly (Dogs Too!)
- Prizes • Hot Dogs • 50/50 Raffle
- Music & More

hike for hospice



Bronze
—sponsors—

Every Detail Remembered™ | Dignity™
VICTORY MEMORIAL PARK FUNERAL CENTRE

Community
—sponsors—

Sunday, May 5th, 2024

9am to 12pm • Rain or Shine

Blackie Spit Park

Crescent Beach, 3136 McBride Ave



PLEASE JOIN US AT 9AM!

9am Registration Opens

9:30am Welcoming Remarks

9:45am Warm Up

10am Hike Starts

11:15am Prize Draws/Awards

Join us as we walk/run to raise funds and awareness for Peace Arch Hospice Society and our free professional grief and palliative support programs and services.

THANK-YOU 2024 SPONSORS!



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.

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Thrift Store Supervisor
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Thrift Store Supervisor
Cindy Rhodes
Thrift Store Supervisor

Executive Director's Message

By Amanda McNally



Last year, as part of the Board of Directors' strategic planning session, we identified how

important it is for everyone to feel welcome at our Supportive Care Centre and our Thrift Store, including our staff, volunteers, clients, donors, customers, and community partners. Following that session we have embarked on a journey towards equity, diversity and inclusion. We are at the beginning of this journey and believe that this will increase our capacity to serve and meet the needs of our changing community. We are extremely proud to work in the communities of White Rock and South Surrey and look forward to learning from, and working with, our community members.

Peace Arch Hospice Society's EDI Commitment Statement

Peace Arch Hospice Society is a caring and compassionate organization that supports people at the end of their life and supports all of those in our community experiencing grief. Peace Arch Hospice Society is committed to ensuring our programs and services are accessible to all and inclusive of diverse backgrounds, beliefs, and experiences. We will, with humility, continue to learn from our community and evolve our services to meet its needs.

If you have any questions about this work, please do not hesitate to contact me.

Best,
Amanda



Get on Board

Join Our Board of Directors!

Peace Arch Hospice Society is looking for passionate individuals to join our Board of Directors. Are you hoping to make a difference in our community? Do you want to share your experience to help others? This is a wonderful opportunity to serve in a leadership position in a vibrant organization looking to grow its community impact. For more information, visit our website www.peacearchhospice.org under "News and Events".



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.



Good Grief

By Amanda Myring



We live in a society that is averse to talking about death and dying. Thanks to

medical advancements, we are living longer, healthier lives and have less desire or necessity to think about the end of life.

Historically, death visited most homes before it should with statistics showing that up to one fifth of children born in Canada a hundred years ago did not live to their fifth birthday. Because loss was unavoidable and ever present, there were communal practices and mourning rituals to turn to in times of grief.

While many of these rituals had roots in religious practices, others arose intuitively with the understanding that grief was too big to carry alone.

Unfortunately, this common understanding - and the societal support associated with it, has in many ways become lost in our modern society.

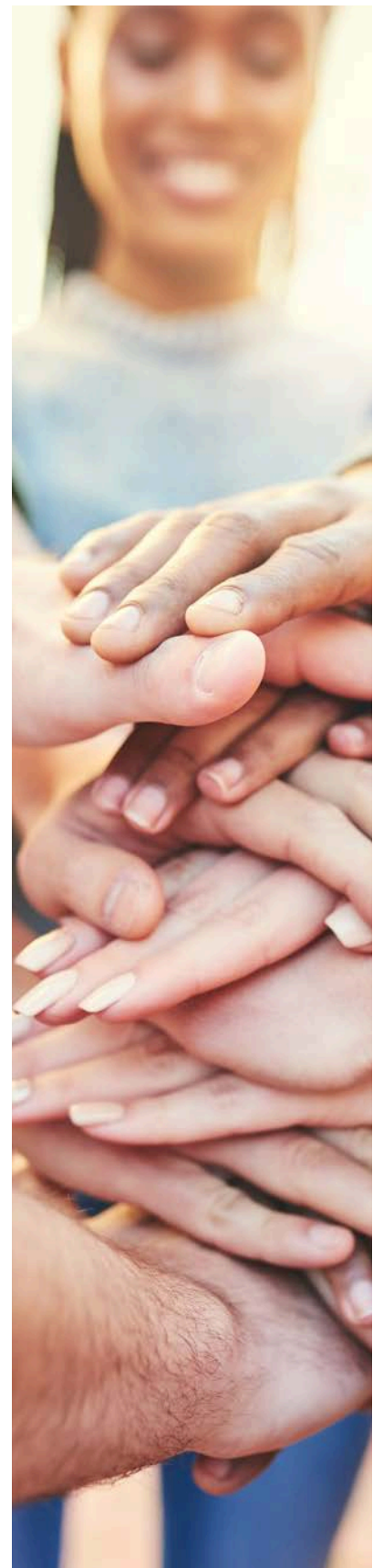
With the loss of these communal rituals of mourning, the bereaved often find themselves alone in their grief. We are a society that is not generally well-versed in how to support someone who is grieving. The fear of saying the wrong thing can lead to saying nothing at all leaving the bereaved feeling increasingly isolated. At Peace Arch Hospice Society we aim to provide a community in which those who are grieving feel supported and able to share the weight of their grief.

By opening the conversation about death and dying more broadly within our community we hope to help shift societal norms and expectations related to loss.

The “Good Grief” Teen Training Program is one of the ways in which we are working toward this initiative.

“Good Grief” is a 5-week volunteer and educational program designed for youth in grades 11 and 12. Over the course of this program, we break down some of the societal expectations related to grief by; exploring cultural differences and practices, challenging common biases and expectations, and teaching empathic listening and communication skills. Furthermore, we work to normalize the grieving process in order to create a more common and realistic understanding of how we as human beings respond to loss.

By teaching our youth how to express empathy, validate the experiences of those who are grieving and become more comfortable having difficult conversations related to death and dying, we hope to encourage a more communal and open response to loss. Grieving was never meant to be done alone, and it is our hope that we can return to a society where, instead of avoiding death, we can find purpose, community and beauty living alongside it.



Sarb's Story

Interviewed by Daniëlle Perina



Sarb Basra has been a social worker for years, beginning her career path back in 1993

when she worked with the Ministry of Children and Family Development. Sarb attained her master's degree in 2000 and from then on she was employed in the healthcare industry, working in several areas.

Today, Sarb works with Fraser Health Hospice Palliative Care Consultation Team in South Surrey and White Rock, working with Melville Hospice Home and with White Rock Home Health community. Melville Hospice Home is a facility in South Surrey that Peace Arch Hospice Society has a very close partnership with in order to support the comfort needs of residents and families. Peace Arch Hospice Society provides supports including terminal illness counselling and grief and palliative care programs within this hospice and the greater South Surrey/White Rock community. Sarb often refers clients and families to PAHS for our services, sharing an intimate working relationship with our organization and our team members.

This past winter, Sarb met an unthinkable and heartbreaking challenge - her mother whom she loved dearly was degenerating from Parkinson's disease, having been admitted to hospital due to complications with her medication.

Remaining in hospital for several weeks, Sarb advocated for more appropriate care for her mom's illness. Growing more concerned for her well-being, Sarb spoke with numerous medical professionals to ensure her comfort and care were being well-managed. When her mother's health started to decline further, she advocated for her to be transferred to Melville Hospice Home where she knew her exceptional colleagues were going to provide excellent care for her mom and her family. Sarb was there to welcome and comfort her mom when she arrived.

It was a complex situation as Sarb transitioned from caretaker roles, shifting her headspace from "Social Worker Professional" to "Loving Daughter and Family Member", taking leave from her role temporarily to spend time with her Mother in residence.

Over the course of a week, Sarb stayed by her mom's side, day to night, every day, including her sister and brother-in-law in many video calls while keeping her father and brother updated on her condition. As her mother's breathing began to change further, Sarb facilitated the family to sit vigil, providing ongoing support for her mom's comfort and for her family as both a palliative social worker and a grieving daughter.

And then, early in the morning on December 19th, Sarb saw and heard her mother's last breath, peacefully passing on. She and her family spent this sacred time being with her mom for several hours including her sister who remained on their video call.



It was a warm December and beautiful pink roses were blooming outside her mother's hospice room window. Sarb had picked a few just days prior and had beautifully arranged them in the room. Sarb lovingly placed a rose in her mother's hair and a family photo on her chest so that she would go into the next world knowing how incredibly loved and cherished she was.

Through her profound loss, Sarb has gained greater insight and perspective as it pertains to her role in healthcare. She has expressed deep feelings of gratitude and humility, blessed by the level of care her mother and family received from her colleagues in Melville Hospice Home, and the compassionate grief and palliative care she and her family received through Peace Arch Hospice Society. "It's a wonderful partnership".

Our heartfelt condolences to Sarb and her family. Thank-you for sharing your story with us.



Flowers Sarb placed near her mom's room to honour her and thank staff



Programs & Services Update

February 1st, 2024 to March 31st, 2024

- Our Counsellors saw **99 Clients** of which **54 were new**.
- Our Counsellors held **165 individual counselling sessions**.
- **319 Clients** attended our Group Programs.
- Our organization **served 275 individuals through Community Education & Outreach** opportunities.
- Our Supportive Care Centre **answered 942 phone calls** during office hours.

Adult Grief Group

Our 6 Week Adult Grief Group completed on March 14th. We hope this program was helpful and healing for all of our attendees. The next group will begin on on April 24th.

Participating in a grief support group allows you to share feelings, feel supported and learn valuable coping techniques. We provide a safe, confidential and supportive environment in which to share feelings and thoughts.

- Gain a better understanding of the grieving process.
- Find a connection with others who are grieving.
- Develop an increased awareness of personal strengths.

Our Adult Grief Groups are co-facilitated by a counsellor and specially trained volunteer and are held throughout the year at our Supportive Care Centre.



Mindfulness Group

Our 9 Week Mindfulness Meditation Group wrapped up on March 24th.

This group introduces participants to the concepts and techniques of mindfulness meditation through 9 weekly sessions and is available to people who are grieving. This program promotes personal well-being, encourages an increased sense of 'here and now' self-awareness and helps participants to explore how to adjust to a new, post-loss environment.

For those interested in attending our Mindfulness Group or for more information, give our office a call at 604-531-7484.



Programs & Services Update

February 1st, 2024 to March 31st, 2024

Friends Helping Friends Children's Grief Support Camps

On March 22nd and 23rd our Supportive Care Centre was transformed into a Charlotte's Web themed environment for our Friends Helping Friends grief support camp for children.

Our 2-day day camps provide the opportunity for kids to learn how to cope with their grief in a healthy way, while participating in games and activities with peers going through similar

experiences, all while having fun and making friends. Children's Grief Camps are for ages 6-12 and are scheduled several times a year coinciding with Surrey School District Pro D Days.



“
I learned that I don't have to feel sad all of the time but that I can be happy too.
~ 9 YEAR OLD BOY
”



my mom was a very kind woman she always helped people when they needed it and also my mom was like a friend to me

**FRIENDS HELPING FRIENDS
CHILDREN'S GRIEF SUPPORT CAMP**



Programs & Services Update

February 1st, 2024 to March 31st, 2024

Yoga Group

Our last installment of the Yoga Group ran for 8 weeks and recently concluded sessions on March 14th. This group introduces participants to the concepts and techniques of chair yoga to promote personal well-being. A qualified instructor leads the class towards relaxation through mindful breathing and gentle movement.

Offering solace and support in times of profound loss, yoga cultivates resilience, helping individuals find strength and stability amidst turbulent waves of sorrow. With emphasis on presence and acceptance, yoga gently guides participants towards a deeper understanding of their grief, fostering self-compassion and facilitating their journey towards healing.



DREAM TEAM! Our 3 staff and 2 practicum counsellors pictured together. (Left to Right; Teagan, Amanda, Leigh, Trevor and Eliezer)



Jan's orchid she rescued/nursed back to good health.



SAVE THE DATE!

An elegant dress-up gala, mark your calendar and prepare to totally twinkle!



Current Groups

- Drop-in Grief Support Group
- Walking Group
- Cooking Together Group
- Drop-in Men's Grief Group

Upcoming

- Web of Memories: Friends Helping Friends Camp for Grieving Children (May 3/4)
- Community Memorial (May 23)
- Dying to Learn More: Preparing for the End While Living in the Now (June 12)

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

Volunteers



Group Facilitation Training (Level 3)

Group Facilitation Training sessions were held at the Supportive Care Centre on both April 9th and April 11th. This specialized training is tailored for volunteers who have already successfully completed both our Basic (Level 1) and Advanced (Level 2) Palliative and Bereavement Support who have an interest in co-facilitating support groups within the Hospice Society. Congrats to all the volunteers who dedicated their time and energy to successfully complete this program. We deeply appreciate your dedication to providing compassionate support within our community.

National Volunteer Week

April 14-20th is National Volunteer Week.

The theme for 2024 is “Every Moment Matters”. It highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever. The sharing of time, skills, empathy, and creativity is vital to the inclusivity, strength, and wellbeing of our communities.

Let's recognize and celebrate every volunteer and each contribution they're making to strengthen inclusivity and wellbeing in our communities. Now more than ever, Every Moment Matters!

We are so grateful for the work our Supportive Care Centre and Thrift Store Volunteers do in our community and we want to take this opportunity to celebrate and acknowledge them.

To our amazing Volunteers – We can never thank you enough!



Donor Stories

DC Krew

Local hair mavens, Sandra and Madi, co-owners of DC Krew Hair Company present our Fund Development Officer, Emiko with a cheque for \$595.00 DC Krew hosted a 50/50 raffle at their salon throughout December, with 50% of the proceeds benefitting our organization. Sandra and Madi love making change in their community by giving back to other local causes and they wanted to help those close to home who may be dealing with grief and loss.

“We are so excited to be supporting such an amazing organization that does important work in our community and we are so happy to fundraise to give back to such an amazing cause!”



Wolfe Mazda

Wolfe Mazda, Langley recently donated \$1000 to our Society. We appreciate their unwavering support over the years. There have been many ways they have given to our cause whether it be through sponsorship, in-kind

gifts or monetary donations such as this one. We are so grateful for their dedication to making a positive impact in our community - contributions like this make a huge difference and we thank-you.



Janet Ellis Peninsula Productions

Thanks to Janet Ellis of Peninsula Productions for donating two tickets to the feature play, Jewel. Lynn and Kim (below), our awesome volunteers were the lucky recipients of our draw.



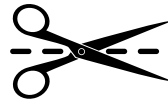
What's In-Store? Thrift Happenings

Spring is Sprung!

Spring is sprung and not a minute too soon as we put away our monochromatic winterwear and we welcome the sunny disposition the new season brings with it...that, and a good 50% off sale such as our magnificent March Madness event — our first half-off sale of the year! And madness it surely was as dedicated staff and volunteers hurried at a steady pace week-long, redeeming an impressive 400+ customer coupons, all said and done, WOW!

Thank-you to our generous community donors who continue to support the store and our Society. Your donations are always of such outstanding quality and good-taste, keeping our store with continuous donations and an overflowing, never-ending trove of unique and compelling treasures.

Extra special thanks to our hardworking volunteers, who alongside staff, help make our store unique and exciting in so many ways. You keep things operating seamlessly, every day and we can't thank-you enough. National Volunteer Week April 14th to 20th reminds us of your strength and devotion to helping others and we recognize, honour and extend our heartfelt appreciation to all of our volunteers — you truly are “The Heart of our Hospice Society” and our community blooms, because of you.



**MARCH
MADNESS 50% OFF
SALE**

400+ COUPONS COLLECTED!

Volunteers Needed!

Our Thrift Store is looking for volunteers to help out behind the scenes in the receiving department to accept, sort, and price items.

Why volunteer for us?
We asked our volunteers...

“To interact with the lovely staff, volunteers, and customers, and because it’s fun!”

“It keeps me connected with the world today.”

“I initially volunteered here because the Hospice Society was so good to my Mom during her illness and subsequent death. After which, my Dad and I got wonderful support and counselling as well. I stay because of the people and I still love to ‘give back’ 10 years later!”

Call 604-538-7600 or email thriftstore@pahospicesociety.org for more info on how to help.

Special Thanks to our Legacy Circle and Hearts for Hospice Supporters

February 1st, 2024 to March 31st, 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
Tamra Jaye Ritchie
Jean Walker

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

Terri Baker	Bonita Findlay	Amanda McNally
Leslie & Sheelagh Bennett	Stanley Fryer	Marjorie Mooney
Dorothy Blandford	Brenda Harrison	Laura Moore-Dempsey
Elizabeth Brear	Eleanor Holton	Joyce Poley
Doreen Bruce	Teresa Hotell	Joanne Post
Kelly Butler	Brian & Karen Hoven	Margaret Ramos
Diana Carlisle	Joan Hunter	Erica Ritchie
Barbara Carmichael	Robert & Paulette Keith	Tamra Jaye Ritchie
David Chesney	Kathleen Lane	Randall Shaw
Jacqueline Crux	Fausta Magee	Stephanie Traylor
Jean Dutton	Gereth McCaskill	Karel Vanturennot
Lorne Ebenal	Kathy McIntyre	Tamara Veitch
Marcy Ekholm	Susan McLellan	

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, 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

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.



Thank-you to Our Donors

We would like to thank all **individuals, organizations, companies, and foundations** who have generously made donations from **February 1st to March 31st, 2024**, to help support people in our community as they face terminal illness or bereavement. Together we can make a difference.

February 1st, 2024 to March 31st, 2024

Like scattered seeds, Memories bloom forever.

Kerry Cranfield
Pat Cowburn
Devre Sharpe
Harley Garneau
Kerry Ann Sorensen
Dianne Swansburg
Derek Traylor

Peace Arch Hospice Society
Leave a gift in your will.

Create a lasting impact in our community.



A Gift for the Future

When you include Peace Arch Hospice Society in your will, you leave a legacy that will help provide compassionate care and support to those who are dying or grieving the loss of a loved one for generations to come.

For more information please call our Executive Director at 604-531-7484 or visit www.peacearchhospice.org/legacy-circle

15435 - 16A Avenue
Surrey, BC V4A 1T2

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

Want to Make a Difference?

February 1st, 2024 to March 31st, 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 www.peacearchhospicesociety or call us at 604-531-7484.



Donating

Peace Arch Hospice Society...a special kind of caring	<i>Spring 2024</i>
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 \$ _____	
I would like to receive my tax receipt via: <input type="checkbox"/> Email <input type="checkbox"/> Mail	
For other communications like the quarterly newsletter, I would like to be contacted via: <input type="checkbox"/> Email <input type="checkbox"/> Mail	
<input type="checkbox"/> YES, include additional \$20 to become a member/renew my membership of Peace Arch Hospice Society (valid Jan 1—Dec 31)	
<input type="checkbox"/> 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 <input type="checkbox"/> CASH <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> #: _____ / _____ / _____ / _____	
Expiry Date: _____ / _____ Card Validation Digits: _____	
Name on card (please print): _____ Signature: _____	
Registered Charitable #: 11929 7513 RR0001	<i>Tax receipts will be issued for memberships/donations of \$20.00 or more.</i>