

Eternal Echoes

Perspectives on Life, Death & Hospice Society Happenings.



2025 SPRING EDITION

22nd ANNUAL

register**now!**

peacearchhospice.org/hike-2025

or call 604-531-7484

\$20/person (12 & under free)

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



thank**sponsors!**



Sunday, May 4th, 2025
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
11am 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.

Announcing Our 2025 Gala Theme!



Saturday, October 4, 2025
 Hazelmere Golf & Tennis Club
 Tickets on Sale: June 19, 2025

OCTOBER							2025
S	M	T	W	T	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		



Return-It PAHS Fundraising

Support **Peace Arch Hospice Society** by recycling your empty beverage containers. No sorting needed!

Turn your empties into compassion!  

- 1 Put your empty beverage containers into clear or transparent plastic bags (up to 90L in capacity).
- 2 Visit your closest Return-It Express location:
 - Semiahmoo Bottle Depot: #28 – 15515 – 24th Ave
 - White Rock Return-It Depot: 3221 – 140th Street
- 3 **At the kiosk, enter our account code 604-531-7484** (our phone number). Print your bag labels and attach them to your bag(s).
- 4 **Scan your bag labels** at the drop-off window and leave them in the designated area.
- 5 Return-It will do the sorting, and the funds from your returns will go directly to Peace Arch Hospice Society.



PAHS Introductions

We're excited to welcome Cindy Loepky, our most recent PAHS practicum student. She began her placement on March 5, 2025 and we're thrilled to have her join our team!

Please join us in giving Cindy a warm welcome when you see her around the Supportive Care Centre—we're looking forward to getting to know her and supporting her throughout her practicum journey.

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 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



When I looked out my kitchen window this morning, I noticed the blooms on my

neighbor's magnolia tree. A true sign of Spring. Seeing the blooms always reminds me of the line I read in a card once that says, "Life scattered seeds, memories bloom forever".

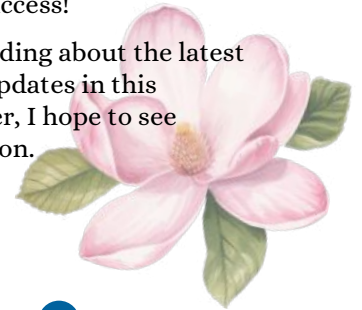
Spring will be a busy time for our Supportive Care Centre with our programs and services in full swing. We also have our Annual Hike for Hospice fundraiser that is just a few weeks away. I hope to see you all down at Blackie Spit on May 4th, registration is now open!

Our Thrift Store also has sprung into Spring with items such as clothing, gardening, and much more.

Be sure to stop by and check it out. Shopping at our Thrift Store is a great way to shop local. Peace Arch Hospice Society is proudly a Canadian based organization, and we are dedicated to supporting Canadian owned businesses and organizations. We are extremely grateful for our staff, volunteers, and customers who make our store a success!

Enjoy reading about the latest Society updates in this newsletter, I hope to see you all soon.

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.



Over the Rainbow and Back Again

By Trevor Josephson

~ JUST BREATHE ~



'The Wizard of Oz' dazzled its film audience when it premiered in 1939. When Dorothy steps out of

her black and white Kansas home into the technicolour Land of Oz, audiences gasped with delight. Dorothy had run away from Kansas, wanting to find something better, more fulfilling, somewhere over the rainbow.

Ironically, despite all the adventure, wonder and awe that Dorothy found in the Land of Oz, she desperately wanted to return to Kansas. A common human experience: to feel unsatisfied with our lives, ourselves. To gaze longingly at the greener grass on the other side. Striving to 'keep up with the Joneses' is an experience many of us are undoubtedly familiar with as we look around us with a critical eye, impatiently judging, tenaciously grasping and blindly following fictions without questioning their validity.

Mindfulness invites us to let go of these internal judgments that lack compassion and understanding. Mindfulness offers us a way through the loaded expectations and biased perceptions of life. A path through the muck and mire, the scraps and scrubs of the Kansas countryside with its misguided, sometimes mean inhabitants.

Like Dorothy, who travelled to a faraway place to learn that she really did appreciate home, mindfulness gives us a ticket to Oz so that we may broaden our view and embrace gratitude.

Dorothy, along with her compatriots, the Tin Man, the Scarecrow and the Lion, were filled with joyous expectation as they entered the Wizard's hall. They had travelled so far to ask the Wizard for that which they felt they were lacking. There before them loomed the Mighty Oz, a towering head of flashing light, his voice booming like a Titan.

While the others were focused on the Wizard's narrative, each eager to receive the gift they so desperately wanted from him, Dorothy's dog Toto pulled the curtain back to reveal the Wizard's ruse, all smoke and mirrors. Toto's intuitive knowing connected with the experiential nature of what was truly happening, all presumptions, expectations and desire aside.

"You are a very bad man," Dorothy said angrily to the Wizard, not taking responsibility for her own part in following an illusion that her own hunger had fed.

"Not true," defended the Wizard. "I'm a very good man, just not a very good wizard." He then revealed to each of them that they always had within what they each felt they lacked. Namely, a heart for the Tin Man, a brain for the Scarecrow and courage for the Lion.

Dorothy's request was to return to Kansas, something the Wizard couldn't provide. Glinda the Good Witch of the North appeared and said "You don't need to be helped any longer. You've always had the power to go back to Kansas. You had to learn this for yourself."

When asked what she had learned, Dorothy paused, looked into the faces of her friends and said "Well, I think that if I ever go looking for my heart's desire again I won't look any further than my own backyard. Because if it isn't there I never really lost it to begin with."

Glinda the Good Witch nodded her head. "That's all it is."

Glinda wisely affirmed that each of us are on our own journey that only we can follow. Others may offer guidance but they can never tell us what we truly need or how to find it. Dorothy discovered that over the rainbow was always right where she was.



Donor Stories

DC Krew

Styling Hair & Hearts! Sandra, and Madi of DC Krew Hair Company don't just create stunning hairstyles – they also shape compassion.

Their annual 50/50 fundraiser in December 2024 raised \$470 for PAHS, helping us to provide our grief and palliative support programs and services within our South Surrey/White Rock community, free of charge.

Huge thanks to DC Krew for always giving back and making a difference in our community—one great look and kind act at a time! We are so grateful for your ongoing support.



Cheque Presentation Sandra, Emiko Angus (PAHS Fund Development Officer) and Madi pose with their December 2024 50/50 fundraiser contributions.



Piece Arch Quilters showcase their talented work on two beautiful bird themed quilts they have lovingly crafted for Melville Hospice Home.

Piece Arch Quilters Guild

The talented women of the Piece Arch Quilters have crafted two beautiful quilts for Melville Hospice Home, dedicated in loving memory of Pat Haslop and Carol MacNamara. Their artistry serves as a heartfelt tribute, offering comfort, dignity, and respect to residents and their families.

Our own Amanda McNally (PAHS Executive Director) was honoured to join in celebrating this thoughtful gesture. We are so grateful for the kindness and care woven into every stitch.



Programs & Services Update

February 1, 2025 to April 15, 2025

- Our Counsellors saw **99 Clients** of which **64 were new**.
- Our Counsellors held **208 individual counselling sessions**.
- **366 Clients (122 unique)** attended **42 Group Program Sessions**.
- Our organization **served 231 individuals through Community Education & Outreach** opportunities.
- Our Supportive Care Centre **answered 1296 phone calls** during office hours.



Eliezer's Last Day PAHS staff get together for one last group photo with PAHS Counsellor, Eliezer (Bottom Right). We already miss you!

Current Groups

- Adult Grief Group Drop-in (Monthly)
- Mindfulness Meditation Drop-in (Biweekly, Wednesday)
- Men's Grief Support Drop-in (Biweekly, Wednesday Evening)
- Walking Group (Fridays)
- 9 Week Mindfulness Group (April 1-May 27)

Completed Groups

- Yoga Group (8 Sessions) (Jan 9-March 27, 2025)
- Adult Grief Group (6 Sessions) (Jan 30-March 6, 2025)
- Friends Helping Friends: Children's Grief Camp 'Inside Out' (Feb 21/22)
- HeARTtFelt Mourning: A 4 Part Art Series (March 6-27, 2025)

Upcoming Groups

- Good Grief Teen Training (5 Sessions) (April 22)
- Friends Helping Friends Children's Grief Camp 'Moana' (May 2/3)
- Adult Grief Support Group (6 Sessions) (TBD, Spring)
- Yoga Group (TBD, Spring)
- Cooking Together (TBD, Spring)

GOOD GRIEF TEEN TRAINING

A Unique 5-session program for Grade 11/12 students!

Grade 11/12 Students: Join our 5-session program to learn about grief support, build communication skills and explore future volunteer opportunities. Call Leigh: 604-531-7484 | leigh@pahospicesociety.org

TUESDAYS: April 22, 29, May 6, 13, 20
4-6pm (Snacks Provided!)

Mark Your Calendar

- Hike for Hospice (May 4)
- Community Memorial (May 22)
- Pregnancy Loss Talk (May 29)
- Anchors Away Gala (Oct 4)

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

Programs & Services Update

February 1, 2025 to April 15, 2025

Peace Arch Hospice Society

Pregnancy & Infant Loss Community Awareness Talk

Thursday, May 29th 7-8pm
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, May 28th.



For parents and families, perinatal loss can be one of the most devastating events in their lives. Despite how common and impactful these losses can be, survivors often do not receive the acknowledgement and support they need within their community, which can contribute to their experience of what is known as disenfranchised grief.

Here at Peace Arch Hospice Society, we believe that no one should have to go through perinatal loss alone.

All are welcome to join us for this free educational workshop, whether you are a parent, family member, healthcare provider, or just a caring member of the community.

Light refreshments will be provided.



Memory Bracelets



Grief Collages / Zines



Alcohol Ink Art



heARTfelt mourning: a 4-part art series

After four weeks of exploring grief through arts-based mediums, our first ever 'heARTfelt mourning' group has finished!

Eight amazing women came together and shared space, stories, and inspiration through incredible creations.

One participant shared, "I found every activity to be meaningful," and another was able to "find a sense of connection with myself through art."

Keep your eyes peeled for when this group is offered again!

What's In-Store? Thrift Happenings

Gratitude & Great Deals: 17 Years Strong!

A heartfelt thank-you to everyone who joined us on February 13th to celebrate PAHS Thrift Store's 17th Anniversary! Your support made our one-day sale a joyful success. From mystery discounts to excited raffle winners, the day was filled with community spirit and gratitude, and of course, some fab finds for you, the thrifter!

Congrats to our lucky gift certificate winners—and thank you shoppers, volunteers, staff and donors for your dedicated support which allows us to offer our grief and palliative programs and services, free of charge within our South Surrey/White Rock community.



Working It! Jackie S. (Thrift Store Volunteer) works the counter while showing off her gift \$10 certificate winnings at our One-Day Sale.

Straightening Up Cindy R. (Thrift Store Staff) fixes our balloons while Kristy M. (PAHS Staff) dons some fab sunnies she found in-store.

Volunteers

National Volunteer Week & Volunteer Appreciation 2025

April 27-May 3 is National Volunteer Week in Canada, a time to recognize and celebrate the heart of our organization—our incredible volunteers. This year's National theme, "Volunteers Make Waves," reflects the powerful and lasting impact that each act of service creates. Like ripples in the water, your time, care, and compassion spread far beyond the moment—touching lives, building community, and inspiring others to join the wave of positive change.

Heartfelt gratitude to our volunteers for all that they do (There is so much!). We will be celebrating their achievements soon at our *Annual Volunteer Appreciation Brunch* happening on Sunday, April 27th, hosted at *Semiahmoo Fish & Game Club*.

We look forward to celebrating the kindness and dedication our volunteers bring to Peace Arch Hospice Society and our South Surrey/White Rock community at large.



Coming up Daisies! Mary Pronger (Thrift Store Volunteer) takes home a centerpiece she won at our 2024 Volunteer Appreciation Brunch.

Special Thanks to our Legacy Circle and Hearts for Hospice Supporters

February 1, 2025 to April 15, 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 Hogg
- Sandra Knights
- Tammy Ritchie
- Jean Walker

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

- | | | |
|---------------------------|---------------------|---------------------|
| Leslie & Sheelagh Bennett | Stanley Fryer | Susan McClellan |
| Dorothy Blandford | Inge Harris | Amanda McNally |
| Elizabeth Brear | Jim & Lauren Hart | Marjorie Mooney |
| Doreen Bruce | Brenda Harrison | Laura Moore-Dempsey |
| Kelly Butler | Eleanor Holton | Gary Mullins |
| Diana Carlisle | Teresa Hotell | Joyce Poley |
| Barbara Carmichael | Brian & Karen Hoven | Joanne Post |
| David Chesney | Joan Hunter | Margaret Ramos |
| Jacqueline Crux | Paulette Keith | Erica Ritchie |
| Marilyn Desmarais | Deirdre Lane | Tammy Ritchie |
| Jean Dutton | Fausta Magee | Randall Shaw |
| Lorne Ebenal | Gereth McCaskill | Stephanie Traylor |
| Bonita Findlay | Anita McClelland | Karel Vanturennot |
| | Kathy McIntyre | 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.

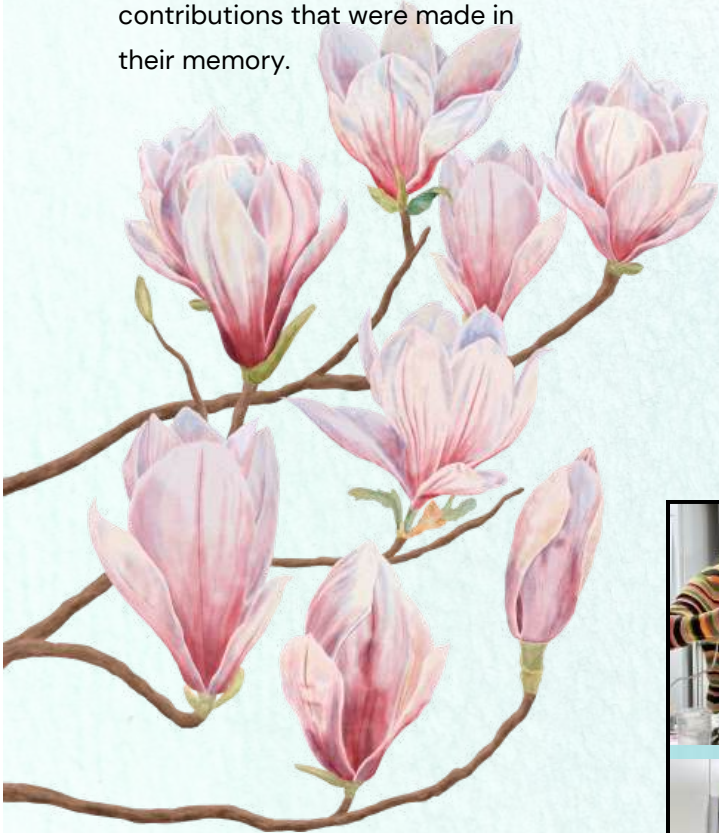
Your monthly donation, no matter the amount, will make a difference in the lives of your friends and neighbours in the South Surrey and White Rock community who are grieving or at the end of life, and in need of our support.

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

In Memoriam

February 1, 2025 to April 15, 2025

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



*“The world awakes, a vibrant hue,
But in my heart, the shadows stay,
Spring’s gentle touch, a somber view,
As grief refuses to fade away.”*

~ Anonymous

Maureen Devost
Gay Hahn
John Hamer
Gayle Hardy

Darcy Heald
Brian King
Craig Ormerod
Morris Prystie

Anthony Sarar
Devre Sharpe
James Keith Stuart
Derek Traylor

Thank-you to Our Donors

We would like to thank all **individuals, organizations, companies, and foundations** who have generously made donations from **Feb 1, 2025 to April 15, 2025** to help support people in our community as they face terminal illness or bereavement. Together we can make a difference.



***It’s about more than just food,
it’s about nourishing your soul.***

Our popular **Cooking Together** program offers comfort, connection, and a safe space to navigate life after loss. Participants come together to share stories, build community, and prepare simple meals —nourishing their mind, body, and spirit.

Learn more about our **FREE** grief programs at 604-531-7484 or visit www.peacearchhospice.org.



Want to Make a Difference?

February 1, 2025 to April 15, 2025

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 Society...a special kind of caring Spring 2025
 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: 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.