

PAHS QUARTERLY NEWSLETTER

Eternal Echoes

Perspectives on Life, Death
& Hospice Society Happenings.

2024 SUMMER EDITION



PEACE ARCH HOSPICE SOCIETY PRESENTS:

A Starry
Night
gala

SPONSORS

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The Angel Cross
Foundation



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Dignity
VICTORY MEMORIAL PARK FUNERAL CENTRE



MIKE GRAHAME
Funeral Home
TYSON ANGUS
404.531.1111

SATURDAY, SEPTEMBER 14, 2024
Hazelmere Golf & Tennis Club

*Doors Open 5:30pm.
Please arrive by 6:00pm.

~ FUNDRAISER ~



Individual Ticket: \$125
Discounts for table purchases.

DINNER | DANCING | AUCTIONS
ENTERTAINMENT:

Larry Edward Music
Side One Entertainment

Raising Funds for Peace Arch Hospice Society

604.531.7484

www.peacearchhospice.org/gala

We are thrilled to host our newly themed Fall Dance, **A Starry Night Gala**, on **Saturday, September 14, 2024**, at Hazelmere Golf & Tennis Club. Join us for this elegant affair dedicated to fostering compassion and support, filled with food, performances by **Larry Edward Music** and **Side One Entertainment**, dancing, auctions, and more. Get ready to totally twinkle for this enchanting evening!

✨ **LIMITED VENUE SPACE** ✨ Get your tickets today, before they sell out!



SCAN ME

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

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Tammy Ritchie *Vice President*
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Brant Darling
Steve Doherty
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Tracy Logan
Alison Orth
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Executive Director
Emiko Angus
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Trevor Josephson
*Manager of Clinical Services,
Registered Clinical Counsellor*
Sophia Murray
Registered Clinical Counsellor
Eliezer Moreno
Counsellor
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Thrift Store Supervisor
Joan Hunter
Thrift Store Supervisor
Lynne Hutton
Thrift Store Supervisor
Cindy Rhodes
Thrift Store Supervisor

Executive Director's Message

By Amanda McNally



I hope this reaches you all while you are enjoying the summer. As we look ahead to fall, we are extremely excited about our upcoming "A Starry Night Gala" where we will be able to celebrate the Stars of our Society (donors, supporters, volunteers, clients) and raise important funds to support the work we do in our community. More details are included in this newsletter. We hope to see you there!



Peace Arch Hospice Society

Annual General Meeting

Monday, September 23rd
at 6:00pm

Supportive Care Centre
15435 - 16A Avenue,
South Surrey, BC

RSVP to 604-531-7484 or
contactus@pahospicesociety.org

At the end of June, Peace Arch Hospice Society was honoured to be named a Finalist at the South Surrey White Rock Chamber Business Excellence Awards in the Non Profit Organization of the Year category. We were in great company with Brella Community Services Society and Autism Support Network Society. Congrats to all of the finalists in our category and the many others.

Thank you for your continued support of our organization, take good care of yourselves and each other. I look forward to seeing you soon.

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.

Being Still

By Trevor Josephson



In a song called Beneath Still Waters, Emmylou Harris sings I "beneath

still waters there's a strong undertow. The surface won't tell you what the deep water knows." To me, these words suggest there is much more to life than we are immediately aware of and that by taking the time to explore the deep waters below the surface we will learn more about who and what we are. By stilling our hearts, minds and bodies, we can connect with a sense of relaxation, comfort and acceptance

Consider how much we value and invest in the industrial efforts of productivity, achieving goals, forward propulsion and physical activity aimed at changing the world we live in as though it's a given that it must be changed. We are taught that if you aren't moving, accumulating and increasing you are not doing what you're supposed to be doing. Guilt sets in if we find ourselves day dreaming, sitting in silent inertness or passively observing the world around us.

However, Alan Watts emphasized the importance of maintaining this balance as an internal experience when he said, "In the midst of movement and chaos, keep stillness inside of you."

It's not easy.

Stillness is seen as something to be avoided, as if it were a warning sign. After all, our culture greatly rewards change-making activity and heroizes fruitful enterprising. For some, stillness may equate with laziness, lethargy and stagnation.

Granted, we are not meant to be inert and unproductive. We must engage with one another, our community and see the results of our spent energy on those things that are needed for our survival, growth and fulfillment. However, there is a balance that is needed between stillness and activity that is beneficial to our well being and to the wellness of others.

Imagine how much we miss if we are constantly rushing to the next moment, never pausing to focus our senses on what is immediately in front of us. I'm reminded of a music video by Ringo Starr that portrays him dressed in a white tuxedo and top hat, clutching a long stem red rose as he sings these words:

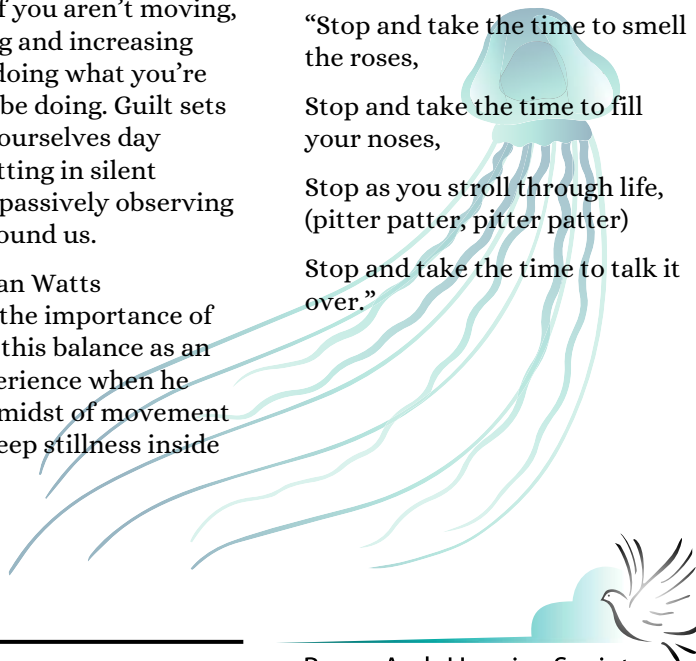
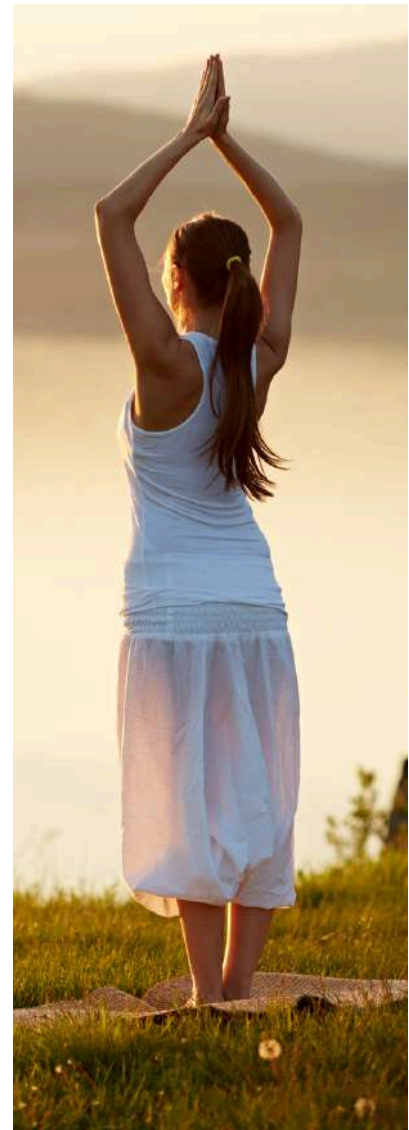
"Stop and take the time to smell the roses,

Stop and take the time to fill your noses,

Stop as you stroll through life, (pitter patter, pitter patter)

Stop and take the time to talk it over."

Stillness is a space wherein we stop and allow ourselves to become aware of our thoughts, feelings and bodily sensations in the moment. In stillness we create an opportunity for our minds to slow down and increase our awareness of what's happening in the moment without judgment, control or expectation. In stillness we can find peace, comfort and acceptance.



The Dance ~ Hospice Hula Fundraiser

By Bob Flowers, PAHS Supporter

"I should get out and go to the dance. I should push myself to socialize more."

That was a self-conversation last summer. The only good thing about self-conversation is that you'll never be wrong, no matter what side you're on.

The tickets were selling out fast. I had to decide.

My late wife, Gail, was a social butterfly. I am not, but not for lack of trying. For personal reasons, I have difficulty in large groups. It was a continual source of conflict. Gail would accept an invitation. I was expected to go along. The event would be a whole lot less enjoyable, if at all, for me.

Therein lay the conflict. And it was inevitable. Happened every time!

But then there is Vicarious Enjoyment. I subscribe to it. Give away what you might not like, but others really would. Going to the dance by proxy was my solution. I wouldn't have the wallflower feeling, (no play on my last name), knowing that other people were enjoying themselves because of something I did.

I love surprising the daylight's out of people with unexpected, sudden gifts. The look of utter shock and delight on someone's face is so worth it, so thrilling that I look for ways to do it more.

Buy the tickets, I thought. Give two tickets away. You're supporting PAHS, and you're giving someone a good time that might not want the expense. At once, the idea was perfect.

Fortunately I picked up some of the last tickets available.

Trevor Josephson, Manager of Clinical Services, got conscripted. He was happy to help. The plan was afoot. Recipients were his choice. And it happened. No idea who received the tickets, but Trevor assured me that the gift was very well received.

I was thrilled. An anonymous gift of joy!

I highly recommend this form of giving. This joy is difficult to contain.

So I didn't. On the night of the dance, I celebrated with pizza and beer. It was a beautiful evening. I had a terrific time!

No Wallflowering for this Flower! (Ahaha! Oh that was very good. I could be on the radio with that sort of thing).

Judging by the photos the dance was a success for others as well.

My only regret. I didn't buy two sets of tickets. But then, there's another dance this year.



Programs & Services Update

April 1st, 2024 to July 15, 2024

- Our Counsellors saw **156 Clients** of which **78 were new**.
- Our Counsellors held **363 individual counselling sessions**.
- **375 Clients** attended our Group Programs.
- Our organization **served 561 individuals through Community Education & Outreach** opportunities.
- Our Supportive Care Centre **answered 1141 phone calls** during office hours.



FULL HOUSE! A recent staff meeting where nearly all staff were present (a rare occasion) in the Supportive Care Centre.

Current Groups

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



Completed Groups

- Friends Helping Friends Children's Grief Support Camp - UP! (May 3/4)
- Cooking Together (May 2, June 6, July 4, Aug 1)
- Yoga Group (May 2 – June 20)
- 1-1 Orientation for Volunteers (May 28)
- Adult Grief Group (April 24 – May 29)
- Friends Helping Friends Children's Grief Support Camp - Castle Fun Park Adventure (July 10)

Upcoming Events & Programs

- South Surrey White Rock Chamber of Commerce Mixer (July 23rd)
- 2nd Annual Chartwell Crescent Gardens Butterfly Release (Aug 3rd)
- A Starry Night Gala Fundraiser (Sept 14th)
- PAHS AGM (Sept 23rd)
- Mindfulness Group Weekly Sessions (Sept 2024)

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



Programs & Services Update

April 1st, 2024 to July 15, 2024

Friends Helping Friends Children's Grief Support Camps



On July 10th, a group of children who have attended our children's grief camp previously were whisked away by our counsellors on a fun fieldtrip adventure to Castle Fun Park.

The day was filled with excitement, laughter, and a sense of camaraderie as the children explored the various attractions and activities that the park had to offer.

Play is essential for childhood development and a vital tool for helping children cope with grief. It provides a safe outlet for expressing emotions, fosters resilience, and aids in healing.



FRIENDS HELPING FRIENDS
CHILDREN'S GRIEF SUPPORT CAMP



21st ANNUAL

It's Been Eventful Hike for Hospice

Thanks to everyone who helped make our 21st Annual Hike for Hospice fundraiser on May 5th, a tremendous success! Special thanks to our volunteers, sponsors, donors, and participants, we are so grateful for your continued support.

Because of you, we managed to raise more than \$37,000!

135 participants, 20+ canine companions and over 45 volunteers pitched in more than 100 hours of work to make this fundraiser a reality.

Our top individual fundraiser was David Chesney, who raised \$1,975 while the team that raised the most was Oceana Parc, at \$4,790.

Many thanks to all who contributed their time and efforts to help us make Hike For Hospice an event we look forward to, every year.



thank you!
**TO OUR 2024
SUPPORTERS.**



The Finish Line!



Oceana Parc \$4,790



Dave Chesney \$1,975



THANK-YOU TO OUR 2024 SUPPORTERS!

IN-KIND & MEDIA SPONSORS:

Buchanan Printing
Buena Vista Massage
Therapy Clinic
City of White Rock
Cobs Bread (Semiahmoo)
Everything Wine
Fitness World (Semiahmoo)
Five Corners
Vietnamese Restaurant
Heavenly Paws Dog Massage
Home Depot
Nature's Fare Markets
PAHS Thrift Store
Peace Arch News
Penguin Meat Supply
Save-On-Foods
Skoah
Starbucks (Ocean Park)
Tisol (South Point)
Washington Avenue Grill



Hikers - May 5th, 2024

It's Been Eventful



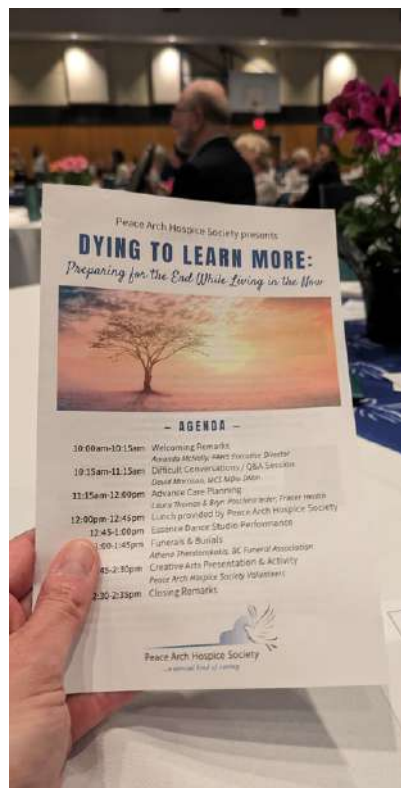
Community Memorial

It was a beautiful evening at our Community Memorial Service on Thursday, May 23rd, where attendees gathered to remember and reflect on their loved ones. Each person was invited to release a stone into a bowl of water after their loved one's name was read aloud. For many, this act symbolizes closure, a farewell, or a way to honor their special person. It was deeply moving to witness how much this service meant to everyone present. We hope it brought comfort and healing to everyone.



Dying to Learn More Series

Preparing for the End While Living in the Now



On June 12th, we hosted our 'Dying to Learn More' series, an informative and educational event that features different speakers on useful topics related to end-of-life care, grief and more. This session's topic; 'Preparing for the End While Living in the Now'.

Attendees heard from various presenters about having those difficult end-of-life conversations with loved ones, advance care planning, funerals and burials and they participated in a creative legacy arts project, a PAHS volunteer-led demonstration, showcasing a creative program we offer residents within Melville Hospice Home.

Thank you to our guest speakers: David Morrison (MCS MDiv DMin), Laura Thomas, Bryn Poschenrieder (Fraser Health), Athena Theodorakakis (BC Funeral Association), our very own PAHS Volunteers and staff, and Essence Dance Studio for their excellent and entertaining dance performance!

Shout-outs to our exhibitors; [Sadhana Kumar](#), [Aspira Retirement Living](#), [Dignity Memorial](#), [Right at Home Canada Fraser Valley](#) and [Valley View Funeral Home & Cemetery](#) for their support at the event.



It's Been Eventful

Chartwell Crescent Gardens Butterfly Release

Chartwell Crescent Gardens Retirement Residence is excited to host their 2nd Annual Live Butterfly Release fundraising event, benefiting our Society! Enjoy a fun-filled afternoon with:

- 🦋 Silent and live auctions
- 🦋 A Bake Sale
- 🦋 50/50 Raffle / Gift Basket Raffle
- 🦋 Musical Entertainment
- 🦋 The enchanting release of live butterflies.

Join us on August 3rd from 1-4 PM!
Reserve a butterfly for \$15 (payable by cash or cheque), call (604) 541-8861.

SATURDAY, AUGUST 3 • 1:00PM - 4:00PM



SCAN TO DONATE



Butterfly Release

Join us for our 2nd annual Live Butterfly Release fundraising event, benefitting Peace Arch Hospice Society. It's a fun-filled event with silent & live auction items, bake sale, 50/50 raffle, gift basket raffle, musical entertainment and of course the release of live butterflies.

Call (604) 541-8861 to reserve a butterfly. Cost is \$15 payable by cash or cheque.

CHARTWELL CRESCENT GARDENS
1222 King George Blvd., Surrey
778-736-0346 • CHARTWELL.COM





SSWR Chamber 25th Annual Business Excellence Awards

Out of hundreds of nominations, we are so honoured to have been selected as a top 3 finalist at the South Surrey & White Rock Chamber of Commerce Business Excellence Awards in the Non-Profit Organization of the Year category.

Many congrats to all the finalists and winners! We feel grateful to be part of this supportive community filled with such inspiring individuals and businesses.



25th Business Excellence Awards
Congratulations Finalists!



Amanda McNally and Emiko Angus, met Sophie Grégoire Trudeau, who was the keynote speaker at the Surrey Board of Trade's 15th Annual Surrey Women in Business Awards.

It's Been Eventful

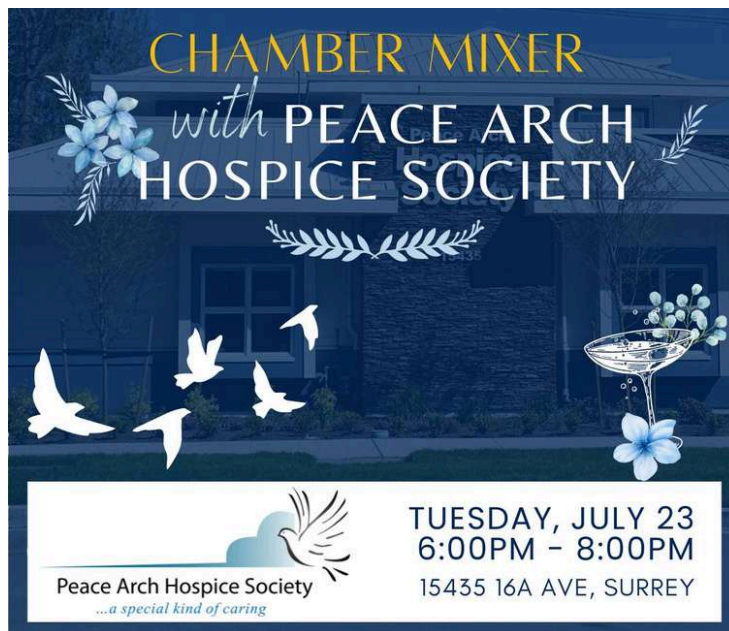
SSWR Chamber of Commerce Mixer

The South Surrey & White Rock Chamber of Commerce is having a mixer at our Supportive Care Centre July 23rd!

Come tour our space, learn about our essential programs and resources, and network with fellow chamber members. This is a wonderful opportunity to support vital local organizations and connect with our community.

The Chamber will provide some light snacks and there will be beer and wine available for purchase.

Scan the QR code to buy tickets: \$30 for Members, \$45 for Future Members.



May Mingler



Paul Taylor of Taylor Restorations was the lucky winner of our May Mingler gift basket draw.



On May 30th, we hosted our May Mingler meet and greet at the Supportive Care Centre, bringing together local businesses and individuals to learn about Peace Arch Hospice Society and how we support our community through our free grief and palliative programs and services. We had a fantastic time networking with the South Surrey/White Rock community, and we hope everyone found it both informative and fun!

A special thank-you to Sheila's Catering for providing the amazing charcuterie eats and thanks to Leon's Cafe for the scrumptious dessert pastries they dropped off the day after, a sweet gesture indeed

What's In-Store? Thrift Happenings

Hello Summer!

The store is heating up this summer with all kinds of fun sales including our Hello Summer 50% Off Coupon Sale happening from July 22nd-27th. Present your coupon during sale week dates to receive 50% off one item of your choice. This deal may not be combined with any other discounts and there is a limit of one coupon per family, per day. We hope to see you next week - let the savings begin!

Keep up-to-date on our sales throughout summer by following us on our social media accounts and don't forget that when you shop with us, you are giving back to your community. Whether you are shopping, donating or volunteering, your efforts ultimately help us to provide grief and palliative support to residents in our South Surrey/White Rock community, free of charge.

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.

Join our awesome team and find out for yourself why it really is "A Fun Place to Shop" and volunteer.

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



Peace Arch Hospice Society
Thrift Store
...a fun place to shop!

HELLO SUMMER

50% OFF COUPON SALE!

Valid JULY 22-27TH, 2024

- 50% off one item.
- May not be combined with any other discounts.
- One coupon per family, per day.

Clip and present this coupon and receive
50% off one item of your choosing!

15562 - 24th Avenue, South Surrey, BC V4A 2J5 | 604-538-7600

  @pahospicesocietythriftstore



1-800-GOT-JUNK?
THE WORLD'S LARGEST JUNK REMOVAL SERVICE

We are excited to announce 1-800-GOT-JUNK as our Thrift Store sponsor. Along with donating items to our store to divert them from landfill, they are also offering a 10% discount on their junk removal services in White Rock, Surrey, and Langley City/Langley Township when you mention Peace Arch Hospice Society when booking their services.



Special Thanks to our Legacy Circle and Hearts for Hospice Supporters

April 1st, 2024 to July 15, 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

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

Terri Baker	Stanley Fryer	Amanda McNally
Leslie & Sheelagh Bennett	Sonia Gardose	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	Paulette & Robert Keith	Tammy Ritchie
David Chesney	Kathleen Lane	Randall Shaw
Jacqueline Crux	Fausta Magee	Stephanie Traylor
Jean Dutton	Gereth McCaskill	Karel Vanturenout
Lorne Ebenal	Kathy McIntyre	Tamara Veitch
Bonita Findlay	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 **April 1st to July 15th, 2024**, to help support people in our community as they face terminal illness or bereavement. Together we can make a difference.

April 1st, 2024 to July 15 2024

*"Your presence I miss,
your memory I treasure,
loving you always,
forgetting you never."*

Mollie Brand	Viola Kish	John Milos
Kerry Cranfield	Irene Koeman	David Pope
Shane Fortune	Selina Koop	Kathleen Racey
Karen Glass	Mary Latka	Devre Sharpe
Robert Gray	Donald MacKay	Vivian Spangehl
Bob Harris	Craig Marr	Derek Traylor
Geoffrey Hayes	Ric McWilliam	Margaret Watson
Martin Hooper		

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?

April 1st, 2024 to July 15, 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.org or call us at 604-531-7484.



Donating

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

Summer 2024

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.

