

Eternal Echoes

Perspectives on Life, Death & Hospice Society Happenings.



2026 WINTER EDITION



New Digital Grief and Loss Library

We are excited to announce the launch of our new grief and loss E-Library (OverDrive), made possible by the collaboration within our Federation of Fraser Region Hospice Societies.

An e-library is a digital collection of books, audiobooks, and other resources that you can access anytime, anywhere. Our e-library is available through the Libby app, a free digital reading platform that lets you borrow e-books, audiobooks, and magazines on your desktop, smartphone, or tablet.

You'll find a wide range of titles, including general grief, specific types of loss, and self-care resources.

To access the e-library, please call us at 604-531-7484 or email us at contactus@pahospicesociety.org.

SAVE THE DATE

May 3

Hike for Hospice

- Sunday, May 3, 2026
- Blackie Spit Park, Crescent Beach

May 14

Dying to Learn More

- Thursday, May 14, 2026
- Gracepoint Community Church

May 21

Community Memorial

- Thursday, May 21, 2026
- Victory Memorial Park Funeral Centre

May 29

Grief & Giggles Comedy Night

- Friday, May 29, 2026
- Victory Memorial Park Funeral Centre

Oct 3

Gala 2026

- Saturday, October 3, 2026
 - Hazelmere Golf & Tennis Club
- Theme to be announced at a later date*



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

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Executive Director
Trevor Josephson
*Director of Clinical Services,
Registered Clinical Counsellor*
Hanif Ladha
Director of Operations
Jan Stadnyk
Director of Administration
Emiko Angus
Fund Development Officer
Brittany Borean
Registered Clinical Counsellor
Leigh Kankewitt
Registered Clinical Counsellor
Kristy MacKinnon
Coordinator of Volunteers
Sophia Murray
Registered Clinical Counsellor
Danielle Perina
*Marketing Communications
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Theresa Robson
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Thrift Store Manager
Carla Magnus
Thrift Store Assistant Manager
Tracey McCormack
Thrift Store Assistant Manager
Lindsay Barck
Thrift Store Supervisor
Donna Bissessar
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



I must admit that the world feels a little heavy right now. If you're feeling this too, please

know that we choose and value community and connection. I believe that we are stronger together and I am grateful for the community we have. Please be kind and give yourselves grace during this time.

Our Society had a successful 2025, thanks in large part to all of our supporters.

Our Thrift Store Staff and volunteers closed out 2025 strong, surpassing sales records, and now planning for store improvements to the workspace and to increase efficiency and productivity are underway.



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.

Our staff have been busy planning for the year ahead. Hike for Hospice is taking place on Sunday, May 3rd and we hope to see you there. We have our Level One Volunteer Training starting on April 11th. We also have exciting plans for Hospice Month in May to educate and bring our community together. We look forward to sharing more soon!

We are excited to share that Hanif Ladha joined our organization in January as our new Director of Operations. This new position will have shared oversight for the Supportive Care Centre and our Thrift Store and support the strategic direction of our Society. Following our Community Needs Assessment last year, we have identified a three-phase roadmap designed to move Peace Arch Hospice Society from insight to action. The first phase focuses on strengthening the foundational structures needed to support growth and adapt to community change and increasing community needs.

I hope you enjoy this edition of our newsletter, until next time, please take good care of yourselves and each other.

Best,
Amanda



Grief & Self Compassion

“If nothing else works, it’s probably ok to try kindness”

By Leigh Kankewitt



When grief comes along and knocks us to our knees, we might hear many unhelpful words that

make us feel like we aren’t doing grief “right” or just aren’t healing “fast enough.” The saying “time heals all wounds” can feel like an insult. Along with the outer-world, our inner-critic – the internal voice that can be hard on us, gets louder. Some of the most difficult emotions that surface during grief include anger, regret, guilt, fear, and despair. You may beat yourself up for thinking that you could have done or said things differently when your loved one was alive. This cloud of muddled feelings can overshadow all the love, and positive experiences that you have shared. Many people feel exhausted with having to mask this internal fluctuation and hide some of the feelings that are harder to process. For this reason, grief is often a lonely and isolating experience. We are ripped open, vulnerable, and more emotionally fragile than ever before. Being gentle at this time can be a saving grace.

While we can’t get into a time-machine and go back to the past – we can try to meet the self-critic in the present moment with compassion. What is self-compassion? It is kindness by being warm and gentle to your inner experience. Self-love feels like a foreign concept, and many

of our life experiences have pushed us away from it. Sometimes, it feels easier to give love and empathy to others, rather than giving it to ourselves. But, in grief, we need it most. It is granting yourself permission to fall apart, to be messy, and to set boundaries with others by giving yourself the time and space that you need. Your “grief-bursts” (uncontrollable crying at unexpected times) and “grief-brain” (where did I put my keys again?) are nothing to be ashamed of or apologetic for.

There is a metaphor in self-compassion work called “The Two Friends.” Imagine that your self-talk is a friend on your journey. What kind of friend do you want by your side? Greet the critic inside of you that judges your grief experience with compassion, listen to it, and create a dialogue with it. This reduces the negative voice in your mind and changes it to a kinder, gentler voice. Self-kindness sounds like: “Today is going to be hard, but I got you.” or “It is ok, to not be ok.” Tending to our grief and holding it like a cherished friend requires mindfulness or presence. Being in the here-and-now, exactly as we are, as painful as it is – summons compassion and kindness to cushion your heart like a warming blanket.

Grief is a bodily-physical experience, formulating a sympathetic (danger) response in our nervous system before we can ever put words to it.

When we start to sit with suffering and difficult feelings, it is not about making them go away, because once our nervous system is activated, we can’t stop it. It is about acknowledging our pain, observing the self-talk in our minds, and noticing sensations and feelings in our bodies. It is a practice of learning to become comfortable with being uncomfortable and being kind and gentle to that experience.

Gentleness can look like:

- Crying in bed with a weighted blanket on you
- Using an eye pillow (heated or cold) – to soothe your face after a good cry
- Hugging big pillows with essential oils on them to comfort you
- Baths and water – hot tubs, swimming pools, lakes, and the ocean
- Putting in headphones and listening to a self-compassion meditation
- Keeping a self-compassion grief journal
- Inviting close people whom you feel safe with over to your home to cook with, or watch your favourite show together

References

Harris, R. (2022). Trauma-focused act: A practitioner’s guide to working with mind, body, and emotion using acceptance and commitment therapy. New Harbinger Publications.

Neff, K. (2023). Self-Compassion. <https://self-compassion.org/>

Donor Stories

Midway Mazda

We are deeply grateful to have been selected as a recipient of Mazda's Local Legends Program by Midway Mazda. Their generous \$2,500 donation to our organization is a heartfelt acknowledgement of the compassionate work we do every day and of the incredible dedication shown by our volunteers.

This support helps ensure we can continue offering professional grief and palliative support programs and services, free of charge, to individuals and families in South Surrey and White Rock when they need it most.

From our hearts to yours, thank you to Midway Mazda for standing with our community and helping us continue this important work.



Emiko (Fund Development Officer) and Adam (Midway Mazda) present Mazda's generous donation at our Supportive Care Centre.



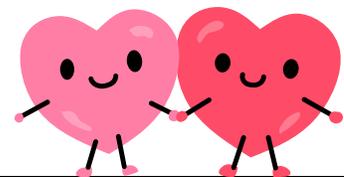
Representing the PAHS Booth Holly (PAHS Volunteer) and Amanda (PAHS Executive Director) represented our remembrance table where attendees wrote loved ones' names on paper doves to hang on a memorial tree.



Victory Memorial Park Funeral Centre

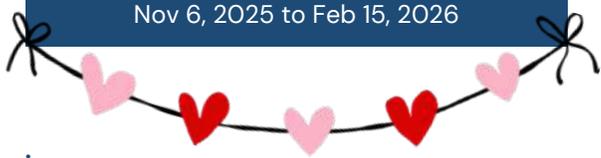
We were honoured to be invited by Victory Memorial Park Funeral Centre to take part in their annual Candlelight Memorial in November. This special gathering offered space for reflection and comfort during the holiday season, bringing community together to remember loved ones through music, shared stories, and a candle lighting ceremony.

Victory also sold personalized ornaments, generously donating \$250 to our organization. We are so grateful for this meaningful partnership, thank you!



Programs & Services Update

Nov 6, 2025 to Feb 15, 2026



- Our Counsellors saw **155 Clients** of which **112 were new**.
- Our Counsellors held **406 individual counselling sessions**.
- **400 Clients (289 unique)** attended **48 Group Program Sessions**.
- Our organization **served 311 individuals through Community Education & Outreach** opportunities.
- Our Supportive Care Centre **answered 1417 phone calls** during office hours.



Nature of Mourning A new PAHS nature-based program connects clients with the outdoors as a meaningful part of their grief journey.

Drop-In Groups

- Drop-in Grief Group (Weekly)
- Men’s Grief Group (Weekly)
- Walking Group (Weekly)
- Mindfulness Group (Biweekly)
- ‘Living with Life Transitions and Building Hope’ drop-in groups at select retirement residences (Monthly)

Current & Upcoming

- Cooking Together (Jan 8-Jun 4)
- HeARTfelt Mourning Group (Feb 17-Mar 24)
- Friends Helping Friends Children’s Grief Camp ‘Circle of Life’ (Feb 20/21)
- Adult Grief Group (Mar 12-Apr 16)
- Mindfulness Meditation (Mar 31-May 26)

- Volunteer Level 1 Training (Apr 11-May 5)
- Good Grief Teen Education Program (Apr 13-May 11)

NOTE: All group attendees must be assessed by a Clinical Counsellor previous to program placement.

Mark Your Calendar

- **May 3:** Hike for Hospice
- **May 14:** Dying to Learn More
- **May 21:** Community Memorial
- **May 29** Grief & Giggles Comedy Night
- **Oct 3:** Gala (Theme TBA)

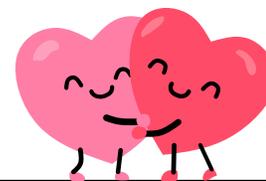
Call (604) 531-7484 for more information about our upcoming events & programs.

23rd ANNUAL



save the date!

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





PAHS Introductions

Hanif Ladha joins Peace Arch Hospice Society as Director of Operations, bringing over 20 years of experience spanning the not-for-profit, corporate, and community sectors. He offers a strong track record in financial stewardship, operational leadership, and strategic planning, with a people-centred approach to supporting staff and volunteers in doing their best work.

His career includes leadership roles such as General Manager at Fraser River Funeral Home, as well as senior positions supporting community-based initiatives with organizations including the Immigrant Employment Council of BC and the Burnaby Intercultural Planning Table. He has also owned and operated his own business, giving him a practical, hands-on perspective on organizational management.

Deeply aligned with Peace Arch Hospice Society's mission of compassion, dignity, and community care, Hanif is excited to work alongside staff, volunteers, and partners to support the important work happening every day and to help strengthen the organization for the future.

Into the Heart of Presence

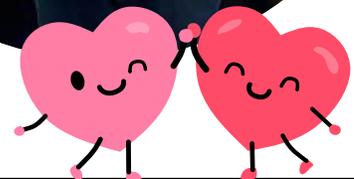
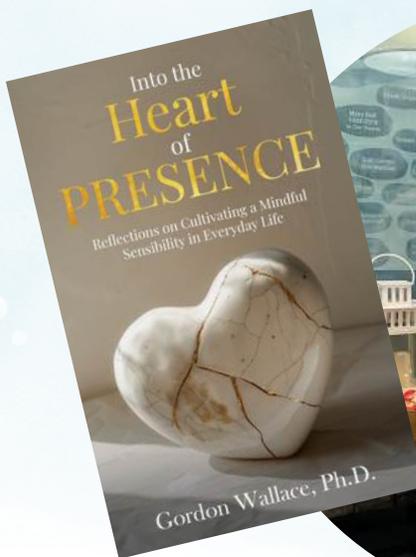
We are honoured to share that Dr. Gordon Wallace, who developed our Mindfulness Meditation program and continues to facilitate it, has authored a beautiful new book: *Into the Heart of Presence: Reflections on Cultivating a Mindful Sensibility in Everyday Life*.

Rooted in his work with clients in bereavement and palliative care, this collection offers gentle reflections on meeting life as it is – with clarity, tenderness, and presence. These writings are not about fixing what hurts, but about learning to be with it, moment by moment, in both the messy and miraculous parts of everyday life.

The book is thoughtfully dedicated to the clients of Peace Arch Hospice Society, honouring their courage and willingness to meet life mindfully. We are proud to make this title available through the PAHS Supportive Care Centre Library, where community members can explore resources that support reflection, healing, and connection.

Gordon's work also reflects the heart of our Mindfulness Meditation program, one of our most popular grief support groups that supports those navigating loss with compassion and presence.

Visit our Supportive Care Centre and explore our library of grief resources. Call 604-531-7484 to learn more about our Mindfulness Meditation program or visit our website at www.peacearchhospice.org.



Friends Helping Friends (FHF): Children's Grief Support Camp

By Sophia Murray



Peace Arch
Hospice
Society's
Friends
Helping
Friends -
Children's
Grief
Support

Camp is a staple program that had been developed in recognition of the need for free children's grief support resources in the lower mainland, which is a client population that has been historically underserved. Director of Clinical Services, Trevor Josephson, reformed the existing children's grief support program in 2012 to include a variety of theme-based activities that give children the opportunity to express their thoughts and feelings about their loss in ways that are best suited for them.

These two-day support camps are open to children ages 6-12 and are offered three times per year in October, February, and May, corresponding with a Friday Pro-D Day in the Surrey School District and a Saturday. Each camp has a different theme centered around a selected film with grief and loss-related subject matter. Our rotations have traditionally included the movies *Fly Away Home*, *Bridge to Terabithia*, *Charlotte's Web*, *Inside Out*, *Lion King*, *Finding Nemo*, and *Up*, with the most recent addition being *Moana*, which I had created as a staff counsellor and lead facilitator of the May 2025 cycle.

In addition to PAHS Staff, The camp support team is comprised of a mix of Master of Counselling practicum student interns as well as adult and teen volunteers with specialized training. I am grateful for and continually amazed by the team's dedication and heart-driven focus. I have seen firsthand how powerful the positive impact can be for the dear children we serve in this vulnerable period in their early lives.

These camps are designed with the children's developmental stages of emotional processing in mind and we ensure to give them the space necessary to "puddle jump" between time for grief/reflection and play/connection. The activities include partaking in sharing circles, watching the themed movie, making crafts, participating in games, and special guest visits. Past guest performances have included magic shows, hula dance workshops, educational animal presentations, drum circles, zumba, and yoga. These activities not only help to normalize that it's ok for people to be sad, scared, or angry in their grief, but also that it is equally valid to be excited, adventurous, silly, or joyful!



PROGRAMS & SERVICES



At the end of the camp, the participants are given the opportunity to continue contact with peer connections they've made, thereby supporting their building of meaningful post-loss relationships and support systems.

The leading staff counsellor also offers parents or guardians follow-up support in navigating questions or challenges that may come up for the children regarding their grief in the weeks or months after the camp. By providing meaningful bereavement support to children and families, we believe that these ripples of care and kindness can build stronger and healthier communities.

If there is a child in your life that you think may benefit from this program, if you are interested in volunteering, or if you would like to donate, please reach out to us at (604) 531-7484 or at contactus@pahospicesociety.org. We are committed to helping those in need and appreciate any contribution - however big or small - that assists us in our mission.

What's In-Store? Thrift Happenings

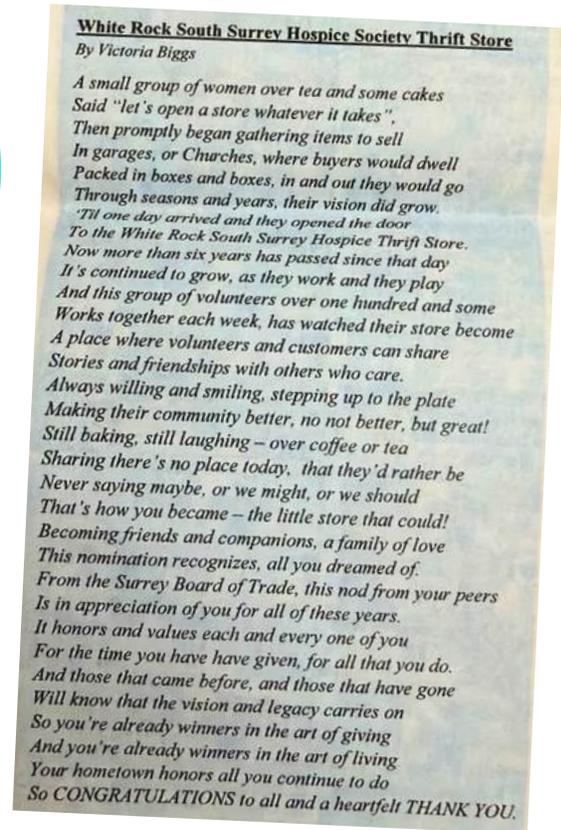
Three Cheers for 18 Years!



This year, we celebrate the anniversary of a little store that could – and did! What began as a simple idea shared over tea and cake grew into something truly extraordinary. A small group of determined women gathered donations from garages and churches, working tirelessly to open the doors of what would become the Peace Arch Hospice Society Thrift Store; built on community, compassion, and heart.

Over the years, the Thrift Store has become more than a place to shop. It is a welcoming space where volunteers and customers connect, share stories, and support one another. With more than 150 volunteers dedicating their time and creativity, the store continues to fuel the Society's free grief and palliative programs. Because of this community, the "little store that could" keeps growing – and continues to keep giving.

Blast from the Past (Left:) Retro store awning when we first opened in 2008. (Below) A wonderful poem on the origins of PAHS Thrift Store by Victoria Biggs.



Volunteers

CAL 2025 Recap

Our volunteers incredible dedication was on full display once again at Celebrate A Life 2025. The care, creativity, and teamwork behind this meaningful event reflect the impact volunteers make across our entire organization, from the Supportive Care Centre to the Thrift Store.

We look forward to our upcoming Volunteer Appreciation Brunch in April, where we will formally recognize and thank PAHS volunteers for their hard work and the difference they make every day in our community.



Palling Around PAHS Volunteers pose for a group photo outside of our Celebrate A Life booth in Semiahmoo Shopping Centre.

75 Volunteers 160 Shifts 465 Total Volunteer Hours

This work includes shifts, scheduling, setup/takedown, cutting the wood doves). This does not include the countless hours that our volunteers and community artists spend hand painting and creating the wood and ceramic doves.

Doves:

**113 Wood 103 Ceramic
512 Paper Doves (hung on our tree)**

Joyce, PAHS Volunteer, and winner of our CAL 2025 Volunteer Draw.

Thanks again to GS & Company for donating the beautiful lantern.



Special Thanks to our Legacy Circle and Hearts for Hospice Supporters

Nov 6, 2025 to Feb 15, 2026

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
Juliana Dewinetz
Robert Flowers
Gordon Hogg
Sandra Knights
Tammy Ritchie
Jean Walker

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

Leslie & Sheelagh Bennett	Brenda Harrison	Susan McLellan
Dorothy Blandford	James & Lauren Hartt	Amanda McNally
Elizabeth Brear	Eleanor Holton	Eleanor Mohabir
Doreen Bruce	Teresa Hotell	Marjorie Mooney
Kelly Butler	Brian & Karen Hoven	Joyce Poley
Diana Carlisle	Joan Hunter	Joanne Post
Barbara Carmichael	Susan Hunter	Margaret Ramos
David Chesney	Paulette Keith	Erica Ritchie
Jacqueline Crux	Deirdre Lane	Tammy Ritchie
Gautam & Jasneet Dhillon	Fausta Magee	Randall Shaw
Jean Dutton	Krista Matthews	Stephanie Traylor
Lorne Ebenal	Gereth McCaskill	Karel Vanturennout
Stanley Fryer	Anita McClelland	Tamara Veitch
Inge Harris	Kathy McIntyre	

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

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

Nov 6, 2025 to Feb 15, 2026

*"Like a bird singing in the rain,
let grateful memories survive
in time of sorrow."*

~ Robert Louis Stevenson.

- | | | |
|--------------------|---------------------|-------------------|
| Mary Bell | Bill Hewson | Craig Ormerod |
| Richard Briand | Charles Holmes | K.S. Pattar |
| Shirley Brooks | Jerry | Gerald Rhyason |
| Donald Bruce | Joanathan | Michelle Righetti |
| Catherine | John | Alan & Kevin Thom |
| Sandro Colasacco | Kelly Jones | Derek Traylor |
| Anne Denness | Irene Kasbrick | Wendy |
| Bernie DeWynter | Marion McDonald | Sandy Wiens |
| Eleanor Lynn Evans | Thomas Melski | David Zayonc |
| Gay Hahn | Neville & Bersaglio | |



Thank-you to Our Donors

We would like to thank all **individuals, organizations, companies, and foundations** who have generously made donations from **Nov 6, 2025 to Feb 15, 2026** to help support people in our community as they face terminal illness or bereavement. Together we can make a difference.

Peace Arch Hospice Society

Celebrate a Life 2025

Honouring memories for over 40 years.

We would like to thank all of our **Sponsors, Donors,** and **Volunteers** for making this year's **Celebrate a Life** event a success once again. All funds raised will be applied to our professional grief and palliative support programs offered free of charge to our community. We are here to help.

We are truly thankful to the local **Artists** who contributed their time and talents to craft and paint the beautiful one-of-a-kind wooden and ceramic doves.

We are grateful to our many Volunteers who generously gave of themselves to represent the Society from December 1st to 23rd. Your participation has been crucial to making this event a reality and we couldn't do it without you!

Semiahmoo Shopping Centre
1701 - 152nd Street, South Surrey
December 1st-23rd
604-531-7484
peacearchhospice.org

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

Thank You to our Sponsors:

Want to Make a Difference?

Nov 6, 2025 to Feb 15, 2026

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.

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



Lydia, PAHS Volunteer, gets picture perfect at the 2025 Volunteer Holiday Party photobooth,

Donating

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

Winter 2026

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 <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

Tax receipts will be issued for memberships/donations of \$20.00 or more.

