

## Executive Director's Message

*By Amanda McNally*



Dear Members, Donors, Clients, Volunteers, and Friends,

I am thrilled to introduce myself and am honored to have joined the Peace Arch Hospice Society (PAHS) in October as the new Executive Director. Thank you for the warm welcome! As you all know, I have very large shoes to fill as Beth Kish heads off to enjoy retirement. Have no fear, Beth has not gone far and will continue to support the Society, volunteering her time.

I am joining PAHS after working with the Canadian Cancer Society (CCS) for ten years. During my time with CCS I worked on a variety of portfolios including peer support, program management and annual giving. As I dive into this new role, I look forward to seeing how my experience will contribute to the important work of Peace Arch Hospice Society. I am excited to get to know you – our supporters, volunteers, and donors. In my short time here, it is already so clear to me what an incredible community we have, dedicated to supporting the work we do. I live in the South Surrey/Ocean Park area, with my husband and two children, and I am passionate about supporting the members of our community.

I know firsthand how important the work of PAHS is. One of my first experiences with grief was losing my mom when I was sixteen years old, she was just 43. After years of living with breast cancer, my mom passed away in hospice. I often think of how valuable it would have been for my family to have had the resources and services offered here and that is one of the many reasons I am so passionate about ensuring our community is aware of the work we do through our Supportive Care Centre. PAHS is dedicated to supporting all who are facing the end-of-life journey and for those who are grieving the loss of a loved one. The generosity we receive from our supporters like you, allows us to continue to offer these services free of charge. I come to this role with a shared passion of creating a community where no one dies alone, and no one is left alone with their grief.

As I am sure you'll agree, this year has been anything but normal and your support means so much as we know grief does not follow social distancing rules. The incomparable staff here at Peace Arch Hospice Society and our services are here for you now, after and always. We have had to be creative and thoughtful in how we operate in order to continue to support our community during this global pandemic. Most of our events this year were canceled but we are excited to say that we have a few ideas up our sleeves and look forward to sharing them with you soon. In the meantime, thank you for your continued support. I wish you and yours a happy and healthy holiday season.

With Gratitude,

Amanda McNally

Wishing you and your loved ones a safe and peaceful holiday season.  
From all of us at Peace Arch Hospice Society.



## Programs and Services



### Holiday Hours:

December 24-25: Closed

December 28-30: 9am-4pm

December 31: 9am-12pm

January 1: Closed

We will return to our regular hours  
of operation on January 4.

Crisis Line: 604-951-8855

Our Supportive Care Centre remains open to the public and we are still offering individual and family counselling in-person, over the phone, and via Zoom. With the new regulations set by our Provincial Health Officer, we decided to transition all of our groups back online until further notice.

If you or a loved one is in need of palliative or grief support, please call **604-531-7484**.

# Jan Stadnyk's 20th Anniversary



## 20 Years and Counting!

*By: Jan Stadnyk, Director of Administration*

### Synchronicity

It was early spring in 1996 when I had just walked our youngest daughter to school and decided to pick up a few things at the Semiahmoo Shopping Centre on my way home. In the mall I passed a table with two ladies selling raffle tickets for a quilt. I felt a great urge to go back and speak to them, so I turned around and found out they were volunteers with the White Rock Hospice Society. I had no knowledge of the Hospice Society and after a great conversation I decided that the 'pull' I felt meant I was to volunteer for the organization. I spent the next 4 ½ years as the 'Reception Desk Captain' at our Russell Avenue office as well as regularly serving tea and conversation to patients in the Hospice unit. I was, and still am, forever humbled by the graciousness of everyone I met. In 2000 I was offered a part time job as Receptionist and here I am, twenty years later!

The work done here is so important. No one likes to think or talk about death and dying, but it is inevitable...we will all face it one day. Words could never express the deep gratitude I have for the organization, which includes the Thrift Store. All of the Staff and amazing Volunteers, both past and present, contribute to the professional, practical, and heart-centered work that is done for our community through the Society. In one way or another, it benefits each and every one of us. For me, it was life changing .... and still is.



### **Congratulations Jan on 20 years with Peace Arch Hospice Society!**

Jan is an inspiration to work with and we feel so lucky to have her on our team. We admire her dedication to the Society and the kindness she exudes on a daily basis. Jan has a wealth of knowledge and history of Hospice that is absolutely priceless. Thank you Jan for your contributions over the past 20 years. You are an asset to this organization and are so appreciated.



## Celebrate a Life

Peace Arch Hospice Society

# Celebrate a Life

**Honouring memories for 38 years.**

The holidays are a time for joyful celebration with family and friends, but remembering those we have lost during this special season can be difficult.

It goes without saying that 2020 has been a very unique year. Although many events have been postponed or cancelled, we are very fortunate to be able to host our annual 'Celebrate a Life' event once again at Semiahmoo Shopping Centre from **December 1st - December 23rd**.

**Let our Hospice Society Volunteers help you honour a special person.** Stop by and write your loved one's name on a paper dove and hang it on our Celebrate a Life Tree.

With a donation of \$20 or more, receive a beautiful hand painted wooden or clay dove, your keepsake as unique as the life you are honouring. Your gift will also help us raise awareness of the important programs and services we offer in the community.

*If you are in need of palliative or grief support - **we are here to help**. Please call **604-531-7484** or visit our website at **[www.peacearchhospice.org](http://www.peacearchhospice.org)** for more information.*

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



# Children & Grief

*By Amanda Myring, Counsellor*



How do children grieve? One way of understanding children's grief is to imagine that children puddle jump, whereas adult grief is like a deep river. For adults, the river is an underlying presence in every aspect of our lives. Conversely, puddle jumping explains how children move naturally and frequently from grief and sadness to play and other emotions. Children have a limited capacity to tolerate emotional pain and when they need a break from the powerful emotions they experience while grieving they jump out of them for a while.

How do we talk to children about grief? Although we understand that children experience grief, it is human nature to want to protect them from the reality of death. This instinct to protect children from difficult and challenging times is rooted in our desire to preserve their innocence. However, children are more resilient than they are given credit for and shielding them from the truth can often do more harm than good. We also know that adverse experiences in childhood can lead to greater self-reliance, confidence, and resilience in adulthood.

So, what can we do? We know that the greatest protective factor for grieving children are supportive and trusting adults in their lives. Talking to children about their grief and answering their questions at a developmentally appropriate level allows them to feel safe and supported. Communicating with children about death and loss provides them with a safe space to share their feelings and express their emotions. However, we understand that this task can feel monumental, so the Peace Arch Hospice Society is here to help.

We are a community resource where bereaved children can come to receive the social support and connection that is so vital in helping them cope with loss. We offer individual grief counselling for children, as well as Children's Grief Camps throughout the year. These camps are facilitated by a registered clinical counsellor and our highly skilled, compassionate volunteers.

From our years of experience running these camps, we know that children benefit from this group counselling experience in a multitude of ways. A child-friendly, group environment enhances children's adaptive coping mechanisms, leads to improved understanding of their grief, and contributes to emotional healing.

Supporting a grieving child can make all the difference and we understand that, in the words of Alan Wolfelt, "any child that is old enough to love, is old enough to mourn." By supporting children in their journey through grief we can help them grow into adults who can live and love well.



Photos are from our recent Children's Grief Support Camp on October 23-24, 2020. The theme of the camp was "Jungle Journey".





# Peace Arch Hospice Society Thrift Store

**15562 - 24th Avenue**  
South Surrey, BC  
604-538-7600

**Facebook:**

Peace Arch Hospice Society Thrift Store

**Instagram:**

@pahospicesocietythriftstore

**Store Hours:**

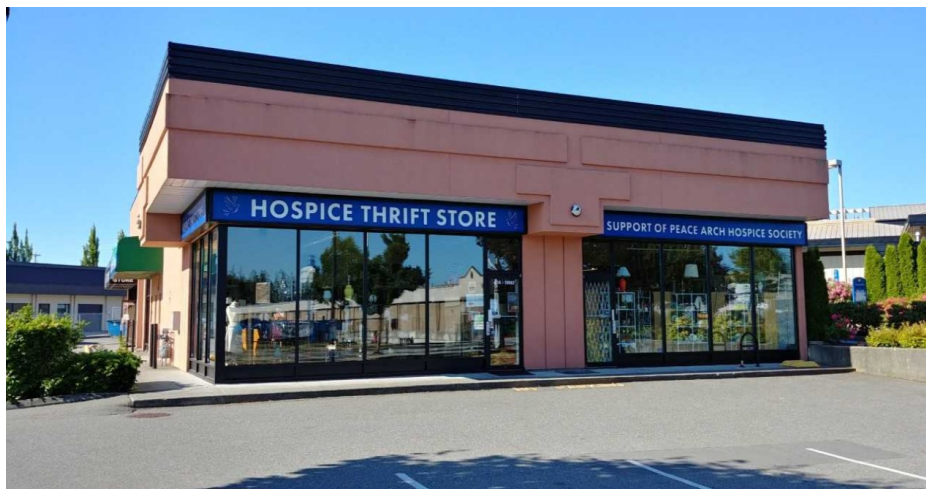
Mon-Sat: 10am-4pm  
Sun: Closed

**Donation Hours:**

Tues-Fri: 9am-4pm  
Sat: 10am-3pm

**Buy a Gift Card | Help the Hungry**

When you shop with a Rotary Save-On-Foods Gift Card at ANY Save-On-Foods store, 22% of the dollar value of the Gift Card will go to our local Food Bank - at NO cost to you! You can purchase your Save-On-Foods Gift Cards at our Thrift Store!



## Debbie Nedelak Direct Mail Campaign



Thank you to everyone who has donated to the Debbie Nedelak Direct Mail Campaign. We are so grateful for your support.

To learn more about the campaign, please read below.

Debbie Nedelak was a wife, a mom, a sister, and a friend to many people in our community. Her mantra was, “live, love, laugh”. She was passionate for life, always the life of the party, and had the innate ability to make anyone laugh. On Wednesday, November 6, 2019 at the age of 63, Debbie passed away at Peace Arch Hospice. This was following two diagnoses with breast cancer and a later diagnosis of brain cancer, all of which spanned two decades. Throughout those years, Debbie endured chemo, radiation and countless procedures as she courageously fought the disease. Deeply loved and respected by so many in this community and beyond, her legacy of unwavering spirit, generosity, kindness, and exceptional humour cannot be captured in a few words.

In honour of Debbie’s life, her husband Jim and her son Jody created the **Debra Nedelak Memorial Fund** and have raised over \$20,000.00 in the past year. Graciously, they are donating \$20,000.00 to Peace Arch Hospice Society after receiving such exceptional compassionate care and grief support during the most difficult time in their lives.

This giving season, we are seeking to match this generous donation by raising another \$20,000.00 to double the impact. By generously donating, your gift will help families like the Nedelaks by ensuring our professional programs and services remain **free of charge** and therefore accessible to everyone in our community.

The first 50 donors who donate \$200.00 or more to this campaign will be gifted a limited edition original numbered print of “**Generations of Hope**” signed by artist, Jim Nedelak. Jim wanted to do something to honour all women who have fought breast cancer and for those who continue to fight, so Debbie encouraged him to draw a picture. The result was his beautiful drawing titled, “Generations of Hope”, depicting three generations of a family – mother, daughters and grandmother. He chose to include a splash of pink on each of the ladies, and the faint pink ribbon in the clouds in honours of all women who have battled the disease.

To donate to this campaign, please visit our website at [www.peacearchhospice.org/donate-online](http://www.peacearchhospice.org/donate-online) and select the Debbie Nedelak Direct Mail Campaign from the dropdown on step 2, or you can call **604-531-7484** to donate over the phone.

If you have any questions, please email Emiko at [emi@pahospicesociety.org](mailto:emi@pahospicesociety.org) or you call her at **604-531-7484 ext. 113**.

## 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. August 1st, 2020 - November 30th, 2020.*

- Douglas Charles
- Mel Dick
- Leslie D. Ellery
- Wendy Hiney
- Norma Hoffman
- Tip (Gilbert) Jacobsen
- Catherine (Kay) Kent
- Matthew Love
- Isabel McAdam
- Livingston Mwazo
- Miu Ying Ng
- Ella Pahl
- Christine Pattison
- Donna Shell
- Bill Stockdale
- Dianne "Sissy" Swansburg
- Gordon Wittchen

### ***In Loving Memory***

Those we love don't go away,  
they walk beside us every day,  
unseen, unheard, but always near,  
still loved, still missed, still very dear.



### **In Memory of our Volunteers**



**Carol Berry**



## Did You Know?



*From August 2020 to November 2020:*

- Our Counsellors saw 175 Clients of which 40 were new
- Our Counsellors held 267 individual counselling sessions
- 60 Clients were supported by our Volunteers
- 302 Clients attended our Group Programs
- 263 Community Members attended our virtual service talks and/or debriefings
- Our Supportive Care Centre answered 821 phone calls during office hours

*\*\*Please note that this is only a partial list of our programs.*

## Special Thanks

*We would like to thank the following **individuals** who have generously made donations from August 1st, 2020 to November 30th, 2020 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

- |                             |                            |                               |                     |
|-----------------------------|----------------------------|-------------------------------|---------------------|
| • Rose Ackerman             | • Ronald Budworth          | • Maria De Camillis           | • Beryl Gibbings    |
| • Shari & Glenn Agnew       | • Hélène Cameron           | • Simone Di Tomasso           | • Patrick Good      |
| • Wayne Allan               | • Diana Carlisle           | • Leanne & Dan Drolet         | • Nancy Gray        |
| • Emiko Angus               | • Barbara Carmichael       | • Jean Dutton                 | • Dawn Gray         |
| • Pat Bailey                | • Ashley Chapman           | • Rita & Darryl Dyck          | • Linda Gronert     |
| • Shirley Barnes            | • Dave Chesney             | • Lorne Ebenal                | • Marianne Hacquard |
| • Jane Bellringer           | • Janet Compton            | • Maret Erickson              | • Keith Hanson      |
| • Leslie & Sheelagh Bennett | • Deborah Cottrell         | • Silvia Fassler              | • Robin Harper      |
| • Ann & Brian Bergum        | • Rick Crozier             | • Bonita Findlay              | • Brenda Harrison   |
| • Tracy Bernardi            | • Kristen & Connor Cruise  | • Eva Fontana                 | • Maureen Hartnell  |
| • Dorothy Blandford         | • Jacqueline (Jackie) Crux | • Bart Frith                  | • Ann Harvey        |
| • Elizabeth Brear           | • Victoria Da Silva        | • Stanley Fryer               | • Robert Hassan     |
| • Martha Brownlee           | • Miki Dawson              | • Heather & Tony Gamble-Boyce | • Keith Hilsinger   |
| • Doreen Bruce              | • Audrey & Lyle Dawson     |                               | • Lisa Hoben        |

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***Together we can make a difference.***

- Corinne Holowaychuk
- Eleanor Holton
- Teresa Hotell
- Teresa Hough
- Brian Hoven
- Al Hunt
- Glen & Pat Hunter
- Rita Johnson
- Paulette & Robert Keith
- Margaret Kirsebom
- Beth Kish
- Sandra Knights
- Michelle Kotler
- June & Sig Kristensen
- Sharon Kuntz
- Deirdre Lane
- Ron Langham
- Norina Leung
- Sharilyn Lindsay
- Pam Lipschultz
- Betty MacDonald
- Dean MacDonald
- Robert Madsen
- Pamela Mahony
- Claudia Maydanyk
- Ariel McGrath
- Ian & Glenda McIntyre
- Kathy McIntyre
- Amanda McNally
- Umberto & Charmaine Mezzarobba
- Irene Michaluk
- Greg Miller
- Christina Mills
- Bev Milne
- Kathy Molnar
- Mike & Shelly Mullin
- Fred Murray
- Amanda Myring
- Gary & Linda Nedelak
- Laura Nedelak
- Pearl Nodwell
- Anne Orr
- The Estate of John Page
- Jayne Pattison
- Ed & Irmie Pauls
- Tara Pedersen
- Joyce Poley
- Rick Post
- Ann Powell
- Bernice Prenovault
- John Regan
- Thomas Richardson
- Terry & Jane Richardson
- Tammy Ritchie
- Brent Rogers
- Monica Rogers
- Verne Rosenberg
- Stanley Rutledge
- Heather Sadoway
- Joan Santopinto
- Shirley & Gary Sarai
- Anthony & Clasina Schellekens
- Nellie Schwartz
- Randall Shaw
- Kim Sheppard
- Faye Singer
- Paul Slobodzian
- Patricia Smith
- Dennis Smith
- Edward Stadnik
- Jan Stadnyk
- Daniel Steward
- Sherrie Stockley
- Michele Stoltz
- Melanie Stoltz
- Brian Sullivan
- Linda Sutherland
- Martin & Kimberly Tammen
- The Estate of Aklaida Telder
- Kosta Theos
- Wing Tai (Peter) To
- Beryl Trimble
- Heather Tubman
- Karel Vanturenout
- Richard von Hehn
- Arva Walrond
- Edith Ward
- John & Amy Wasney
- Kim & Todd Waterfield
- Vic & Cathy Welch
- Kent & Fay Williamson
- Marilyn Wittchen
- Bert Wolfe
- Tom Yipp
- Sweelian Young

# Thank You!

## Special Thanks

*We would like to thank the following **organizations, companies, and foundations** who have generously made donations from August 1st, 2020 to November 30th, 2020 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

- BC Produce Marketing Cooperative
- CanadaHelps.org
- The Debra Nedelak Memorial Fund
- Fresh Direct Produce
- Freshpoint
- First West Foundation
- Krown Imports
- The Military and Hospitalier Order of Saint Lazarus of Jerusalem in Canada
- PARC Retirement
- PayPal Giving Fund Canada
- Peace Arch Hospital & Comm. Health Foundation
- The Produce Terminal
- Provincial Employees Community Services Fund
- Saint Mary's Health Foundation of New Westminster
- Splashes Wash Lodge Inc.
- TD Bank Financial Group
- Titan Innovations Inc.
- United Way of Greater Toronto
- Van Whole Produce
- Werner & Helga Hoing Foundation
- White Rock/Surrey ULock Mini Storage



If you're interested in donating, please visit our website at [www.peacearchhospice.org/donate-online/](http://www.peacearchhospice.org/donate-online/) or call our office at **604-531-7484**.