

Mission Statement

A Volunteer-based organization that is dedicated to supporting all who are facing the end-of-life journey, and that is committed to educating the community on dying and grieving.

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Executive Director's Message

By Amanda McNally



Dear Members, Donors,
Clients, Volunteers & Friends,

The leaves have fallen, and the clocks have been turned back. As we head into the final months of 2021, I wanted to take this opportunity to thank each of you for your support over the past year. We continue to navigate our way through the pandemic and the support from our community has been unwavering. The generosity shown by our supporters continues to ensure we are able to offer our programs and services free of charge to our community. Every day we are learning more about the challenges individuals are facing around grief and palliative care throughout the pandemic and we expect the demand for our services will increase. We are committed to continuing to adapt to the changing needs of our community.

In light of the pandemic, we made the decision to once again cancel our in-person Hospice Hoedown event. In order to engage the community and raise funds for the Society we are holding our first ever **Hospice Hoedown Online Silent Auction and 50/50**. Thanks to our incredible sponsors and donors we have fantastic prizes to be won. The Silent Auction will run until November 15th and the 50/50 Raffle is open until December 15th. Be sure to visit our website to place your bids and grab your raffle tickets today!

www.peacearchhospice.org/hoedown

Celebrate a Life will be happening again at the Semiahmoo Shopping Centre from December 1st to 23rd. A huge thank you to the volunteers who donate their time to manning the booth and to those in the community who have painted the doves. We look forward to welcoming you to our booth and helping you place a dove on our tree in memory of your special person.

...continued on page 5

Upcoming Events

Hospice Hoedown Online Silent Auction & 50/50

Scan the QR code
below for more
information:



SCAN ME

Celebrate a Life

December 1-23, 2021
Semiahmoo Shopping
Centre

*All proceeds from our
fundraising events go
towards providing
professional palliative and
grief support programs and
services, free of charge to
our community.*

Living with Grief During the Holidays

Thursday, Dec. 16th
6:30-8:00pm
Online: Zoom

Pre-registration is required.

**See page 3-4 for more
details about these
events.**

Finding Acceptance in Grief

A Bereaved Mother's Reflections on Her Journey

By Karen Durieux, Peace Arch Hospice Society Client



Although I still struggle almost daily with my grief, I have come to realize that some portion of my grief will be ever present as it sits along side my love for my son Brandon and our story of the love and lifetime we shared together. I know that some days (and hopefully those days will become fewer over time) the grief will continue to make me cry, feel sad and feel the intense horrible heartache of his loss. I am starting to accept that along with the love I have for Brandon, and to always hold my precious loving memories of him, a small bit of grief and loss has to be forever attached to our story.

Acceptance when referring to grief is a very tricky word for me. I was very bothered with the word when I first heard it in the grief support group that I attended. Quite frankly, I hated it. How could I ever “accept” the loss of my son in any way? For me it was an awful word to use when referring to the loss of a loved one and I didn’t see myself ever being able to ‘accept’ it.

But when I looked at the word beyond literal terms, I started to realize that the word acceptance, when it comes to coping with grief, is actually a *part* of grief and is not *separate* from grief because, even without us wanting it to, grief and some level of acceptance have to live together. You cannot have loving memories or grief without a small portion of acknowledging some acceptance of what has happened. Love, grief and some acceptance of what happened are all part of Brandon’s and my story and our lifetime together.

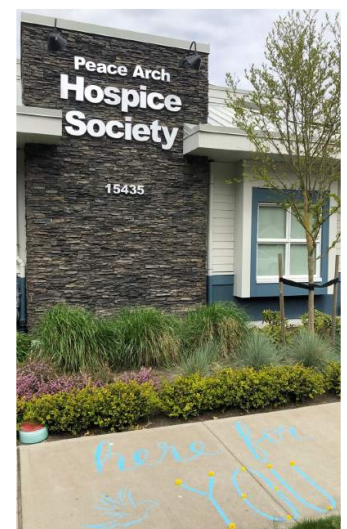
My journey with the Peace Arch Hospice Society began 2 ½ years after Brandon’s passing. A friend of mine who had been to group sessions at the Society recognized that I needed some very necessary understanding for healing to take place beyond anything I could do on my own. I am grateful for Hospice and my group sessions as they showed me that all of us who suffer with grief experience the same thing.

The power in being shown this and always being supported by the group in a safe place made me understand that I am no different than anyone else suffering from the loss of a very special loved one. I started to see that I should not judge my progress, that I was not crying more or thinking more or feeling my grief more than anyone else suffering from intense grief. Thanks to Hospice’s guidance, I also came to realize that each person’s journey is their own. There is no set time, no expected way, no mistaken way of going through each of our own journeys. No touching of trees, looking over possessions, painting or drawing are wrong on our journey.

Hospice knows that the only healing in grief is to try to accept and achieve some peace and calm with it, at least for a good portion of time. Through discussion with others and participating in the Mindfulness Program, I have learned some tools in how to work at dispersing some of those sad memories or thoughts and how to quiet them down by remaining in the present. Through the Relaxation Program, I learned that Brandon will always be all around me and with the people he loves. While this visualization made me cry, it was so enlightening that I felt calm, peace and relief with it.

I will always be thankful to have been a part of a caring and compassionate grief support group, for the dedication of all the Hospice volunteers and for having the opportunity to learn and be guided towards what I thought was impossible. Meeting with a counsellor and attending the support group meetings at the Peace Arch Hospice Society has been extremely instrumental in my moving forward and understanding my grief.

I would not be in the place am I now if it weren’t for their wonderful direction.



Upcoming Events

www.peacearchhospice.org/hoedown

Peace Arch Hospice Society
**Hospice Hoedown Online
Silent Auction & 50/50**

Online Silent Auction: November 1st-15th, 2021
50/50: November 1st - December 15th, 2021



Scan to check out our Online
Silent Auction & 50/50

We had to cancel our Hospice Hoedown event two years in a row due to COVID-19, so this year we are excited to announce that we are hosting an **Online Silent Auction & 50/50** fundraiser in lieu of the in-person event. All proceeds go towards providing professional palliative and grief support programs and services, free of charge, to residents of South Surrey and White Rock.

Chances are 1 in 4,000 (total tickets for sale) to win the 50/50 prize
BC Gaming Event Licence #129233
Problem Gambling Help Line 1-888-795-6111
www.bcreponsiblegambling.ca
19+ to play. Know your limit, play within it.

Silent Auction
Presenting Sponsor:



604-531-7484
www.peacearchhospice.org/hoedown



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

Upcoming Events

Peace Arch Hospice Society

Living with Grief During the Holidays

Thursday, December 16th
6:30 - 8:00 pm
Online: Zoom

Pre-registration is required.
Please call 604-531-7484 or email
contactus@pahospicesociety.org
with your email address by Tuesday,
December 14th.

Surviving the holidays after the death of a loved one can be one of the most painful issues to deal with.

This free evening workshop will provide support and education on how to get through this difficult time.



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



Celebrate a Life

Honouring memories for 39 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.

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.

Semiahmoo Shopping Centre
1701 - 152nd Street, South Surrey
December 1st-23rd

If you're interested in becoming a sponsor for this event, please contact Emiko at emi@pahospicesociety.org or call **604-531-7484 ext. 113.**

Executive Director's Message Continued...



In September, our volunteers were allowed to return to Melville Hospice Home. This is the first time our volunteers have been supporting the Residence since the new building opened in April 2020. Our team of volunteers have been attending Volunteer Refresher Training to aid in their return to the Residence. The Residence staff, patients and families at Melville Hospice Residence are grateful to have the volunteers return.

As we approach the holiday season, consider stopping by the Peace Arch Hospice Society Thrift Store for your gift giving needs. The store has a number of new items, as well as second-hand items, to help check off those on your "nice" list. All funds raised through the Thrift Store support the Society.

For those of you planning to make a year end gift, donations received or postmarked prior to December 31st will receive a tax receipt for the 2021 tax season. I wish you all the very best for the rest of 2021 and health and happiness for the New Year. We look forward to coming together in person again in 2022!

Sincerely,

Amanda McNally
Executive Director



Face Masks

We are excited to announce that we now have branded face masks for sale! Masks are available for purchase at our Thrift Store (15562—24th Avenue) and our Supportive Care Centre (15435—16A Avenue) for a **minimum donation of \$10.00**. They have adjustable straps and a wire nose-piece.

These face masks are a great way to spread awareness about our organization and are also the perfect stocking stuffer! All proceeds go toward providing professional palliative and grief support programs and services, free of charge to our community.



Peace Arch Hospice Society Thrift Store

Peace Arch Hospice Society Thrift Store

12 Days of Christmas

50% OFF

Wednesday, December 1	Jewelry
Thursday, December 2	Pictures, Mirrors, Frames
Friday, December 3	CDs, DVDs, Albums, Puzzles, Games
Saturday, December 4	Houseware, Decor
Monday, December 6	Collectibles
Tuesday, December 7	Ladies Apparels and Accessories
Wednesday, December 8	Footwear
Thursday, December 9	Men's Apparels and Accessories
Friday, December 10	Linens, Cushions
Saturday, December 11	Glassware, Crystals
Monday, December 13	One Item of Choice
Tuesday, December 14	Christmas



Store Hours:

Mon-Sat: 10am-4pm

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



Stop by the Thrift Store between December 1st-14th for our 12 Days of Christmas sale! 50% off select items everyday!

Store Hours

Mon to Sat: 10am-4pm

Sun: Closed

Donation Hours

Mon to Sat: 10am-3pm

Sun: Closed

604-538-7600

thriftstore@pahospicesociety.org

Follow Us!



Facebook:

Peace Arch Hospice Society Thrift Store



Instagram:

@pahospicesocietythriftstore



Peace Arch Hospice Society Thrift Store

Volunteers Needed!

Are you looking for a fun place to volunteer that allows you to give back to your community? Then our Thrift Store could be the right fit for you! We're looking for cashiers, floor help, and receiving volunteers.



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

For more information please email
thriftstore@pahospicesociety.org.



FREE GRIEF COUNSELLING

overdose CHILD Terminal Illness s
grieving u
HOSPICE all types of loss
MISCARRIAGE aunt expected death CANCER
White Rock BROTHER friend s
car accident GRIEF SUPPORT
all circumstances counselling GRANDPARENT U
LOSS sudden death parent UNCLE
traumatic loss ALL AGES e



FOR ALL CIRCUMSTANCES
604-531-7484

We are here for you.

Our professional palliative and grief support programs and services are available to residents of South Surrey and White Rock, *free of charge.*

For more information, please call our office at **604-531-7484** or visit our website at www.peacearchhospice.org.

Cream Cheese Lemon Dessert (No Bake)



Ingredients:

- 1 can sweetened condensed milk
- 1 can evaporated milk
- 1 pkg cream cheese (optional) for a richer dessert
- 1 pkg Maria or Arrowroot cookies
- About ½ cup of lemon juice (fresh or bottled)

Directions:

Mix milks (and cheese if using) in blender at high speed. Slowly add the lemon juice until mixture thickens to consistency of pudding.

In a large baking dish, arrange one layer of cookies, cover with the creamy mixture, and keep layering until you end with the cream.

Place in the refrigerator for about an hour before serving.

Leftovers can be frozen in a sealed container and can be served as a frozen dessert.



**Photos taken before COVID-19 at our Cooking Together program. This program is currently postponed until it is deemed safe to run again.*

Volunteer Spotlight

Doreen Bruce



What brought you to Peace Arch Hospice Society?

What brought me to volunteer at hospice was possibly my nursing background where I'd have an opportunity to be of help at the end of someone's life. I never wanted a person to be alone when they were making their transition.

I entered the door of hospice and was greeted with the warmest smiles and gentle voices expressing an amazing welcome. I knew I had come "home". To this day, the staff, and volunteers I met at that time are my dearest friends and I continue to meet new friends the longer I volunteer.

What has kept you engaged in volunteering?

I have been able to watch love in action with the staff's and volunteers' total respect, acceptance, and confidentiality in creating a safe place to be in every encounter with a client. Lives changed during our six-week grief, palliative and relaxation groups accompanied by the follow-up of devoted counsellors.

Can you share a meaningful experience?

As I reflected upon a meaningful experience since being a volunteer, thoughts of so many names and faces flashed before my eyes. I realized not one person could be focused upon as if each one were saying "Don't forget us." And it was true.

With each meeting of a hospice client, I was swept into a spiritual dimension of trust and bonding I would not have experienced with any other person.

By volunteering with Peace Arch Hospice Society my soul has been blessed so richly and my faith has grown in ways I could never have imagined.

Thank you for the gift of time to fulfill my heart's joy.

Children's Grief Support Camp

We held our Children's Grief Support Camp on October 22nd and 23rd, 2021. This camp's theme was "Weaving a Web of Memories" based on the movie, *Charlotte's Web*. Our Registered Clinical Counsellor and team of volunteers were joined by ten children ages 6-11, who had lots of "spider-themed" fun as we shared and learned about grief and loss.



"This camp is way funner than Day Care!"

"This camp was helpful because everyone at the camp has gone through the same situation I have."

"I learned that sometimes grown-ups cry even more than kids when someone dies and feeling sad and crying is normal"



Did You Know?



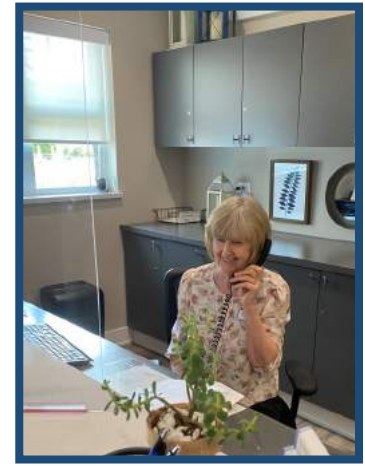
From September 2021 to October 2021:

- Our Counsellors saw 91 Clients of which 41 were new.
- Our Counsellors held 171 individual counselling sessions.
- 192 Clients attended our Group Programs.
- Our Supportive Care Centre answered 579 phone calls during office hours.

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



Gordon & Joyce, our wonderful Mindfulness Meditation volunteer facilitators



Our dedicated volunteer receptionist, Margie

Direct Mail Campaign in Memory of Debbie Nedelak



Thank you to everyone who has donated to our third and final Direct Mail Campaign piece in memory of Debbie Nedelak.

In late 2019, Jim Nedelak lost his wife Debbie, who for over two decades courageously battled two diagnoses of breast cancer and a terminal diagnosis of brain cancer. On Wednesday, November 6th at the age of 63, Debra Nedelak passed away at the Peace Arch Hospice Residence with her loving son Jody and husband Jim at her side.

“The support that was available to our family throughout Deb’s time at Peace Arch Hospice Society was immensely helpful for Jody and I, and greatly contributed to our healing process,” expressed Jim. “We are both extremely grateful to have had access to their network and services to help us through this very difficult time.”

This giving season, please consider a donation to the Peace Arch Hospice Society. Your donation will help to allow us to be there for families like the Nedelaks, continuing to provide compassionate care and support, *free of charge*, for those we serve. Thank you for considering our organization throughout this giving season.

To donate to Peace Arch Hospice Society, please complete the donation form on the last page of this newsletter or visit www.peacearchhospicesociety.org/donate-online.

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. September 1, 2021 - October 31, 2021.

- Isabelle Marie Bracken
- Wendy Busby
- Gordon Curiston
- Mary Lou Darlington
- Mel Dick
- Peter Franchi
- Gwen, Walter & Brett Garrett
- Yvette Gillis
- Robert Innis
- Patricia Meston
- Terry Pratt
- Lorne Schemmer
- Ralph Skaien
- Shirley
- George W. Van Meer

Special Thanks

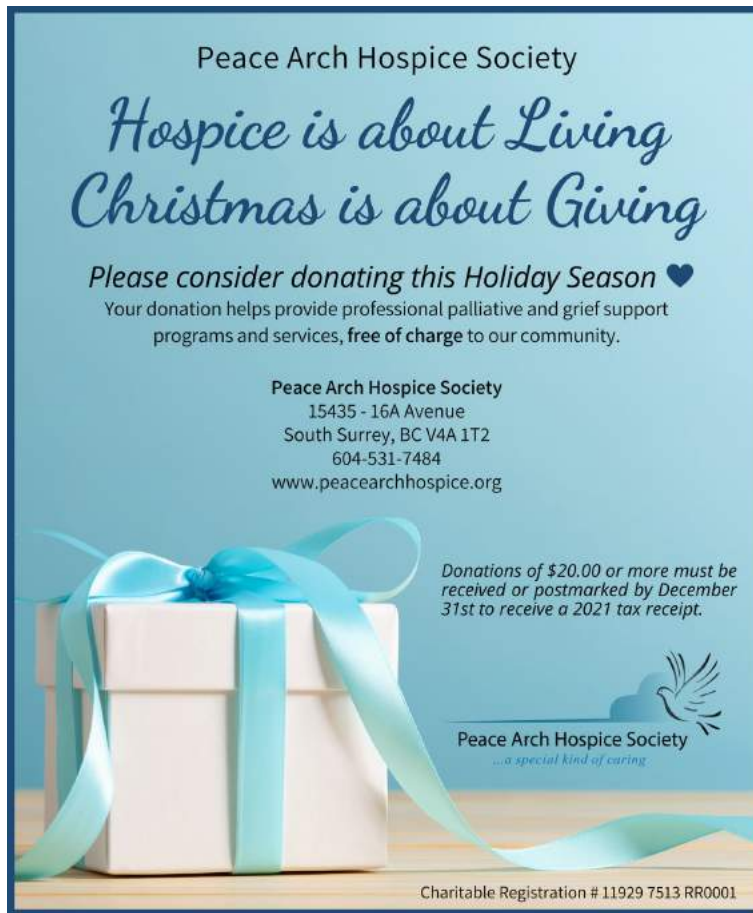
*We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from September 1, 2021 to October 31, 2021 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

- Leslie & Sheelagh Bennett
- Dorothy Blandford
- Dan Bouillet
- Edwin Bracken
- Doreen Bruce
- Barbara Buchsbaum
- Ronald Budworth
- Trent Carroll
- Diana Carlisle
- Barbara Carmichael
- Troy Charles
- Carol Chase
- Dave Chesney
- City of Surrey
- Darren Coen
- The Estate of Doris Lillian Copp
- Shelley Cox
- Jackie Crux
- Richelle Cummings
- Margaret Curiston
- Sharon Darlington
- Donna's B&B
- Jean Dutton
- Lorne Ebenal
- Elkay Developments Ltd.
- Everything Wine
- Doris Findlay
- Bonita Findlay
- Stanley Fryer
- Clayton Gall
- Christine Garrett-Charles
- Gerry Greenstone
- Marsha Harling
- Brenda Harrison
- Helijet International Inc.
- Wanda Hellbach
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- Teresa Hotell
- Brian Hoven
- Joan Hunter
- Donglin Jiang
- Malcolm Jones
- Joseph Richard Group
- Paulette & Robert Keith
- Rod Kerr
- Beth Kish
- Sandra Knights
- Deirdre Lane
- Duane Lefebvre
- Sharilyn Lindsay
- Tracy Logan
- Kathy McIntyre
- McLeary's Canadian Made Furniture & Mattresses
- Susan McLellan
- Amanda McNally
- Bruce Montador
- Marjorie Mooney
- Tracy Morrison
- David Morton
- Fred Murray
- William Neville
- Julian Padfield
- Edward Parker
- Jayne Pattison
- Peace Arch News
- Marlene Penney
- Joyce Poley
- Rick Post
- Joanne Post
- Ron Pratt
- Premier Brands
- Elizabeth Price
- Tamra Jaye Ritchie
- Gail Robertson
- Randall Shaw
- Janice Smithaniuk
- Splashes Wash Lodge
- Toko Sales Ltd.
- Randy Unger
- Karel Vanturennot
- Victory Memorial Park Funeral Centre
- Florence Wall
- White Rock Museum & Archives
- John Wiebe
- James Williams
- Wolfe Auto Group

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

- Leslie & Sheelagh Bennett
- Dorothy Blandford
- Doreen Bruce
- Ronald Budworth
- Diana Carlisle
- Barbara Carmichael
- Dave Chesney
- Jacqueline (Jackie) Crux
- Jean Dutton
- Lorne Ebenal
- Bonita Findlay
- Stanley Fryer
- Brenda Harrison
- Eleanor Holton
- Teresa Hotell
- Brian Hoven
- Joan Hunter
- Paulette & Robert Keith
- Beth Kish
- Deirdre Lane
- Sharilyn Lindsay
- Kathy McIntyre
- Amanda McNally
- Marjorie Mooney
- Joyce Poley
- Joanne Post
- Tamra Jaye Ritchie
- Randall Shaw
- Karel Vanturennot

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



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

Fall 2021

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.