

Mission Statement:

A Volunteer-based organization 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

***"We don't heal in isolation,
but in community."***



Dear Members, Donors, Clients,
Volunteers & Friends,

Our clocks have gone back and it's darker and cooler these days. I hope you all find ways to stay cozy. There is also a tremendous amount happening in the world right now, and it often seems impossible to wrap our heads around. These are the times that remind me how grateful I am for our community, we support each other. It reminded me of the quote by S. Kelley Harrell – *"We don't heal in isolation, but in community"*. Please remember that if you, or someone you know, is in need of grief or palliative support, we are here for you.

Fall is off to a busy start. We held our AGM at the end of September, thank you to all who attended. We are excited to welcome two new members to our Board of Directors, Bonita Thompson and Caroline Povey.

Our staff and volunteers at the Supportive Care Centre have been very busy. This fall we started another Cooking Together Group. We've also hosted A Mindfulness Day of Gratitude in September, a 9-week Mindfulness Meditation program, Mindfulness Drop-In (hybrid), our Yoga Group, a Children's Camp – 'Jungle Journey' (Oct 20 & 21), and an Adult Grief Group. All of our regular drop-in groups continue. Thank you to our staff and volunteers for their time and dedication in supporting our community.

...continued on page 3

Upcoming Programs & Events

Celebrate a Life

**December 1st-23rd
Semiahmoo Shopping
Centre**

See page 4 for more
information.



Living with Grief During the Holidays

**December 5th
6:30-8pm**

Supportive Care Centre

See page 5 for more
information.



We are here for you.

Call **604-531-7484** or visit
peacearchhospice.org for
more information about
our free, professional
grief and palliative
programs and services.

The Invisible Line

By Teagan Chambers, Practicum Student



When we are infants, we rely on our caregivers for support, safety and love. We cry when we need security, we reach when we need connection or nuzzle when we want comfort. This bond creates an invisible line between ourselves and our caregiver that stays with us forever. It is called our attachment bond.

Our attachment bond creates a template that we use to navigate the world. It teaches us what to expect from others, whether it is safe to explore and it informs us of our self-worth and identity.

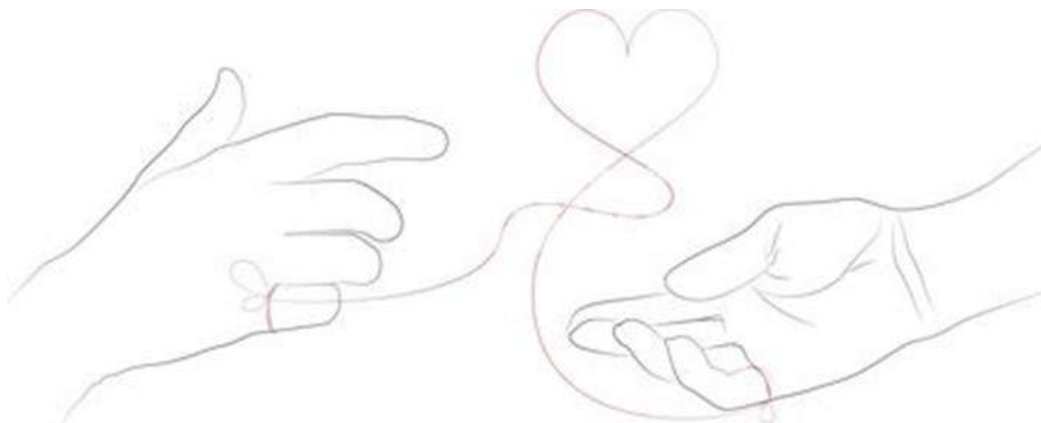
As we get older, the invisible line extends from our caregivers to other important people in our lives. These relationships often mirror the same relationship of that between an infant and their caregiver; you hold this person when they are in pain, they soothe you when you are sad and without them, we feel helpless.

When someone we love has died, their physical being is gone however, the invisible line between us and them remains. In fact, our brain is unable to recognize that this person is gone and so, will continue to search, reach and rely on the person at the end of the invisible line.

As we move through grief, we rewire the brain by learning to accept the reality of the loss, we adapt and create a new type of relationship with our loved one, where we remain connected and can honour the person.

This may include cooking their famous lasagna, learning to garden, because they loved to garden or talking to them out loud while you watch the show you two used to watch.

This person is always with you. By love, you are always bound by the invisible line.



We Are Here For You



"I had no expectations when I joined. I was shattered and just knew I needed help. I have come to expect it as a place to be when there is no other place to go."

- Men's Grief Group Participant

We are here for you. Call **604-531-7484** or visit **www.peacearchhospice.org** to learn more about our free, professional grief and palliative support programs and services including counselling with a Registered Clinical Counsellor, grief groups, children's grief support camps, relaxation sessions, tea service, pet visiting, vigils, and more.

Executive Director's Message Continued...

Christmas has arrived at the Thrift Store. The elves (aka, our talented staff and volunteers) worked hard to transform the store. If you are in need of any décor or gift ideas, be sure to stop by.

I am also thrilled to share an update on Peace Arch Hospice Society's commitment to equity, diversity, and inclusion (EDI) as the work has begun. Thank you to our board, staff, and volunteers for their participation thus far. I'm proud to work for an organization committed to this and to expanding our capacity to meet the needs of our diverse community. To support our process, we have been hosting lunch and learns on various topics such as Metis Nation BC, and Death and Dying in the Queer Community. Most recently we hosted a full day Indigenous Cultural Safety workshop in September for Board and Staff facilitated by Harley Eagle. This work continues and we look forward to sharing more with you soon.

Take good care of yourselves as we head into the holiday season. I wish you all the very best for whichever holiday you are celebrating.

Sincerely,
Amanda McNally
Executive Director

Lasagna Soup Recipe

Ingredients:

- 1 large yellow onion
- 3-4 garlic cloves
- 2-3 tablespoons olive oil
- Few pinches of salt
- Fresh cracked pepper
- 1 tsp oregano
- 1/2 tsp chili flakes
- 1lb ground beef
- 15oz can tomato sauce
- 32oz bone broth
- Pasta of choice
- 1/3 to 1/2 cup cream
- 1/3 cup shredded parmesan
- 1/3 cup shredded mozzarella
- 1 to 2 tbsp ricotta cheese

Directions:

1. Finely dice a large yellow onion and dice up 3-4 garlic cloves.
2. Bring a pot to medium heat, add 2-3 tablespoons olive oil, and sauté the onion and garlic until translucent. Then add a few pinches of salt, fresh cracked pepper, 1 tsp oregano, 1 tsp thyme, and 1/2 tsp Calabrian chili flakes.
3. Add 1lb of ground beef, then mince it up until browned up and cooked through, about 8-10 minutes.
4. When its cooked through, add 1 15oz can of tomato sauce and 32oz of bone broth.
5. Cover and bring to a simmer, this should take about 6-10 minutes.
6. Then, add in your pasta of choice and for the time according to it's packaging instructions.
7. 2 minutes before the pasta is done, add 1/3 to 1/2 cup cream, 1/3 cup shredded parmesan, 1/3 cup shredded mozzarella, and 1 to 2 tbsp ricotta cheese.
8. Mix well, taste, and adjust.
9. This is best served right away. Serve in bowls, top with anything you want, or eat as is. Could top with a touch more cheese, fresh basil, and more chili flakes for heat.

**If making this in advance, leave the pasta out until you are ready to eat.*



From @shredhappens on Instagram:

<https://www.instagram.com/reel/CxrF9s1OeL3/?igshid=MzRIODBiNWFIZA%3D%3D>

Peace Arch Hospice Society

Celebrate a Life

Honouring memories for over 40 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 continue to offer our professional grief and palliative programs and services **free of charge** to our community.

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:



U-LOCK
MINI STORAGE



Buchanan
Printing & Signs



Peace Arch Hospice Society

Living with Grief During the Holidays

Tuesday, December 5th
6:30 - 8:00 pm
Supportive Care Centre
15435 - 16A Avenue

Pre-registration is required.
To register, please call our office at
604-531-7484 or email us at
contactus@pahospicesociety.org
by Monday, December 4th.

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



Peace Arch Hospice Society Thrift Store



Join our team!

Looking for a meaningful way to give back to your community and have fun while doing it? We invite you to become part of our dynamic volunteer team at the Thrift Store!

604-538-7600

thriftstore@pahospicesociety.org



Peace Arch Hospice Society Thrift Store

Shop Local this Holiday Season

WITH A COUPON FOR 50% OFF ONE ITEM OF CHOICE!

VALID NOVEMBER 20TH-25TH, 2023 ONLY

Cannot be combined with any other discounts.
One coupon per family per day.

Cut out the coupon below and bring it with you to the Thrift Store to redeem. We hope to see you soon!

Store Hours:	Donation Hours:
Mon-Sat: 10am-4pm	Mon-Sat: 10am-3pm
Sun: Closed	Sun: Closed

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

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

Peace Arch Hospice Society Thrift Store

Shop Local this Holiday Season!

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

50% OFF ONE ITEM OF CHOICE!

VALID NOV 20TH-25TH, 2023 ONLY

Cannot be combined with any other discounts.
One coupon per family per day.

NL

JEWELRY DONATION DRIVE



DECEMBER 11TH-16TH, 2023

For every donation of jewelry you bring into the store during the above dates, you will receive a 10% off coupon for one item (or for your entire purchase of regular priced items) to use in our store.

Stay tuned for announcements about our exciting December special sale on Christmas items! You can find updates on in-store posters, our social media channels, and in the Peace Arch News.



[Facebook:](#)

Peace Arch Hospice Society Thrift Store



[Instagram:](#)

@pahospicesocietythriftstore

Programs & Services Update

From July to October 2023:

- Our Counsellors saw **110** Clients of which **78** were new.
- Our Counsellors held **421** individual counselling sessions.
- **141** Clients attended our Group Programs.
- Our organization served **507** individuals through Community Education & Outreach opportunities.
- Our Supportive Care Centre answered **1,770** phone calls during office hours.

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



In September we held "A Mindfulness Day of Gratitude" for individuals who have completed our Mindfulness Meditation program. This was a follow up day with the goal to review, renew, and re-energize their Mindfulness practices where they creatively explored gratitude as the gift that is continually available and unwrapped simply through being appreciative of what you are experiencing. Even during difficult times, a richer understanding and experience of gratitude reveals it to be a robust attitude to cultivate.

Participants shared Mindfulness experiences and how to problem solve challenges, explored and experienced gratitude through guided meditations and exercises, and created a personal art piece using a collage technique.



We have continued to offer our services at the Melville Hospice Home including tea service, pet visiting, one to one visits with our specially trained volunteers, and more. We also have been filling the halls with the sounds of music for patients, their families, and friends to enjoy. We're lucky to have talented volunteers who can provide this service, free of charge.

As part of our commitment to Equity, Diversity, and Inclusion (EDI), our staff and board have been participating in lunch and learns on various topics including Metis Nation BC, and Death and Dying in the Queer Community. Most recently, we had Indigenous Cultural Safety Consultant, Harley Eagle, facilitate a full-day workshop where we learned about and explored an Indigenous perspective on Colonization and addressing systemic racism and trauma-informed practice. It was an eye-opening and educational day that helped us gain a deeper understanding of Indigenous Cultural Safety.



Programs & Services Update



Our 2-day Children's Grief Support Camps provide the opportunity for kids to learn how to cope with their grief in a healthy way, while participating in games and activities with peers who are going through similar experiences, all while having fun and making friends.

During our recent "Jungle Journey" themed camp on October 20th & 21st, they watched a movie, participated in sharing circles, made masks, created stars representing their special person, had relay races and scavenger hunts, visited the park, and much more. They also took part in a workshop led by Kunda African Culture Music & Dance where they got to experiment with and learn to play a variety of traditional African percussion instruments and dance movements.



A huge thank you to our creative, compassionate, and talented Children's Camp team of volunteers, our Practicum Student, Teagan, and Counsellor, Eliezer, who put in many hours of work to make this camp a huge success and for making a difference in these children's lives.



Hospice Hula—Thank You!



Our Hospice Hula fundraiser took place on September 16th and was a huge success thanks to our sponsors, donors, guests, and volunteers. We couldn't have done it without their support!

Paul Tavai-Latta Dancers & Co. were the highlight of the night, with unforgettable performances that added a cultural richness to the event. Then DJ Storm made his debut towards the end of the evening and his music got everyone on the dance floor!

We also shared the story of our supporter and former client, David Webb, who passed away at Melville Hospice Home on May 1, 2023. His final wish that he shared with us was, *"to help Peace Arch Hospice Society continue providing great care to those who need it as much as I have"*, so he left us a generous donation that he wanted us to try to match. We have split this donation between different fundraising initiatives, including an upcoming direct mail campaign, to give our community opportunities to double their impact and help fulfill David's final wish. On the evening of our Hospice Hula, we did this through a donation drive, and we are thrilled to announce that we matched \$20,000 of his contribution. In David's own words, *"together we can all show our appreciation of Peace Arch Hospice Society's services and help to make the world a better place"*. Our community came together at our Hospice Hula and did just that. Thank you to everyone who contributed.

Peace Arch Hospice Society

Hospice Hula

Thank you for your support!

Thank you to our sponsors, donors, guests, and volunteers who made our Hospice Hula 2023 such a success. We couldn't have done it without your support!

Title Sponsors:

Butterley Family Foundation

Bronze Sponsors:

U-LOCK MINI STORAGE

In-Kind Sponsors:

- Akoya Nails Spa
- Scott Angus & Lori Ishikawa
- Ardour Wellness
- Art Knapp
- Ashberry & Logan Floral Design
- Wayne & Kim Ayotte
- Baby Doh's
- Backyard Vineyards
- Big Feet
- Blue Frog Studios
- The Boathouse White Rock
- Costco (Langley)
- Jackie Crux
- Dahlia Ridge Farm
- Donna's B&B
- Five Corners Vietnamese
- Glass House Estate Winery
- GS & Company
- Devin Hacquard & Emiko Angus
- Hair Art Academy
- The Hills at Portal Golf Club
- Home Depot
- Innovative Fitness
- IRIS
- Kitchen Therapy
- Lauren Roegele
- Tracy Logan
- Marilyn Trenchard Photography
- Menchie's Morgan Crossing
- Amanda & Chris McNally
- Nail Studio
- Nomad Gallery
- Ocean Promenade Hotel
- Origin Health
- Penticton Lakeside Resort
- Pristine Hair & Beauty Studio
- Saje Natural Wellness
- Salt Wellness Centre

Silver Sponsors:

SCHILL INSURANCE West Coast Gardens

Community Sponsors:

BC UNITED
Elizavete Sparks
Trevor Halford

Elkay
Drinking Fountains Ltd.

HUGH & McKINNON
EST. 1961

Every Detail Remembered Dignity
VICTORY MEMORIAL PARK FUNERAL CENTRE

Media Sponsors:

- Buchanan Printing
- Ian Palmer (Photography)
- Peace Arch News
- White Rock Sun

Entertainment:

- Paul Tavai-Latta Polynesian Dancers & Co.
- DJ Storm

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



Special Thanks to our Legacy Circle & Hearts for Hospice Supporters

A special thank you to our Legacy Circle:

- Nigel Argent
- Scott Baldwin
- Dorothy Blandford
- Doreen Bruce
- Barbara Carmichael
- Jackie Crux
- Marilyn Desmarais
- Robert Flowers
- Gordon Hogg
- Sandra Knights
- Candy Ogden
- Tammy Ritchie
- Jean Walker

Our Legacy Circle is a group of special supporters who have left 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 at **604-531-7484 ext. 106** or visit www.peacearchhospice.org/legacy-circle.

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

- Terri Baker
- Leslie & Sheelagh Bennett
- Dorothy Blandford
- Liz Brear
- Doreen Bruce
- Diana Carlisle
- Barbara Carmichael
- Dave Chesney
- Jackie Crux
- Jean Dutton
- Lorne Ebenal
- Marcy Ekholm
- Stanley Fryer
- Brenda Harrison
- Eleanor Holton
- Teresa Hotell
- Brian & Karen Hoven
- Joan Hunter
- Paulette & Robert Keith
- Beth Kish
- Deirdre Lane
- Fausta Magee
- Kathy McIntyre
- Susan McLellan
- Amanda McNally
- Marjorie Mooney
- Laura Moore-Dempsey
- Joyce Poley
- Joanne Post
- Marge Ramos
- Erica Ritchie
- Tammy Ritchie
- Randall Shaw
- Bonita Thompson
- Stephanie Traylor
- Karel Vanturenout
- Tamara Veitch

For more information about **Hearts for Hospice** and our **Legacy Circle**, visit www.peacearchhospice.org/ways-to-donate

Thank You to our Donors

*We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from July 1st - October 31st, 2023, to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

- Elizabeth Abbott
- Akoya Nails Spa
- The Angel Cross Foundation
- Scott Angus
- Maureen Annable
- Linda Annis
- Sereshteh Arbabian
- Ardour Wellness
- Ashberry & Logan Floral Design
- Norman Attridge
- Wayne & Kim Ayotte
- Baby Doh's
- Backyard Vineyards
- Terri Baker
- BC United (875 - Surrey-White Rock)
- Karen Beaman
- Leslie & Sheelagh Bennett
- Big Feet
- Dorothy Blandford
- Laura Block
- Blue Frog Studios
- The Boathouse Restaurant
- Lise Boughen
- Elizabeth Brear
- Sheila Brew
- Karin Brown
- Doreen Bruce
- Buchanan Printing
- Barbara Buchsbaum
- Julie Burns
- Sandee Butterley
- Butterley Family Foundation
- Sherry Cameron
- Bruce Campbell
- Canucks Sports & Entertainment
- Diana Carlisle
- Barbara Carmichael
- Stan Carter
- Wendy Chapman
- Chartwell Crescent Gardens Retirement Community
- David Chesney
- Elaine Cheung
- Sharon Clayton
- Costco Wholesale Canada Ltd.
- Rebecca Coulthard
- Wendy Crane
- Crescent Gardens Gardening Team
- Jacqueline Crux
- Margaret Curiston
- Dahlia Ridge Farm
- Brant Darling
- Lewis Day
- Anne Denholm
- Andrea Devooght
- Harjit Dhesi
- Patricia Dick
- Dog Wood Awards & Engraving
- Randy Doherty
- Steven Doherty
- Donna's B&B
- Sean Drescher
- Clifford Duke
- Jean Dutton
- Lorne Ebenal
- Marcy Ekholm
- Wendy Emanuels
- Raywyn Erickson

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

Thank You to our Donors

We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from July 1st - October 31st, 2023, to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.**

- MP Kerry-Lynne Findlay
- Fitness World (Semiahmoo)
- Robert Flowers
- Yvonne Fraser
- Joan Friar
- Stanley Fryer
- Louise Gagnon
- Joanne Giannattasio
- Beryl Gibbings
- Kuldeep Gill
- Sarbjit Gill
- Gini Health Inc.
- Glass House Estate Winery
- Go Auto Corporate
- Caroline Goode
- Dawn Goodman
- S. Jane Goundrey
- Al Grass
- GS & Company
- Devin Hacquard
- Marianne Hacquard
- Mike Hacquard
- Hair Art Academy
- MLA Trevor Halford
- Brenda Harrison
- Melinda Hart
- Jim Hartt
- Scott Harvie
- Hazelmere Golf & Tennis Club
- Bill Hennessey
- Ann Higgins
- Eileen Hill
- The Hills at Portal Golf Club
- Nancy Hirschhorn
- Laverne Hogg
- Linda Holmes
- Eleanor Holton
- Teresa Hotell
- Brian & Karen Hoven
- Fern Hugh
- Hugh & McKinnon Realty Ltd.
- Joan Hunter
- Innovative Fitness
- IRIS
- Lori Ishikawa
- I-XL Building Products
- Jennie Jacob
- Andrew Janzen
- Nancy Jensen
- Susan Jivung
- Manjit Johal
- Leah Jones
- Marlane Jones
- Carmel Joy
- David Judt
- Ramona Kaptyn
- Paulette Keith
- Ritu Khanna
- Pamela Kinvig
- Dennis Kirkley
- Beth Kish
- Robert Kish
- Kitchen Therapy
- Kristina Knowles
- Eileen LaHaie
- Kathleen Lane
- Bill Lawrence
- Sylvia Leskiw
- Florence Ling
- Rose Lussier
- Michele MacKenzie
- Kristy MacKinnon
- Catherine Maffin
- Fausta Magee
- Josephine Maiuri
- Elena Mann
- Jill Martyniuk
- Kathy McIntyre
- Louise McKnight
- Susan McLellan
- Katherine McManus
- Amanda McNally
- Chris McNally
- Edna Monk
- Marjorie Mooney
- Brent Moore
- Laura Moore-Dempsey
- Caitlin Morrison
- Fred Murray
- Nail Studio
- Kim Neufeld
- Astrid Neumann
- Nomad Gallery
- Ocean Promenade Hotel
- Colleen O'Keefe
- Helen Olenick
- Jackie Olive
- Origin Health
- The Estate of John Page
- Lisa Palmer
- Michele Partridge
- Pattison Sign Group
- Scott Pearson
- Lucinda Pellant
- Marlene Penner
- Penticton Lakeside Resort
- Joyce Poley
- Joanne Post
- Rick Post
- Caroline Povey
- Pristine Hair & Beauty Studio
- Glenn & Iana Rabuka
- Margaret Ramos
- Ronald Reimer
- Erica Ritchie
- Tamra Jaye Ritchie
- Lauren Roegel
- Gudrun Rohatgi
- Lyle Rosenau
- Joy Rosengarten
- Rotary Club of Semiahmoo (White Rock)
- Deborah Rumley
- Mary Lou Rust
- Alicia Sabarre
- Schill Insurance Brokers
- Rhonda Scholz
- Corrin Scialdone
- Scotiabank
- Randall Shaw
- Rosemary Shumka
- Susan Shumka
- Gaiety Simpson
- Olga Skrinnikoff
- Janet Slaght
- Barbara Soutar
- South Rock Resale
- Blake Stewart
- Merron Strang
- MLA Elenore Sturko
- SummerGate Winery
- Bonita Thompson
- Denise Thompson
- Elizabeth Thompson
- Stephanie Traylor
- Marilyn Trenchard
- Christopher Trevelyan
- Tracey Valente
- Karel Vanturennot
- Vayusha Yoga Studio
- Tamara Veitch
- Julie Venables
- Victory Memorial Park Funeral Centre
- Katarina Vlasic
- Anthony Wagemakers
- Jean Walker
- John Wall
- Leslie Welch
- Mary West
- West Coast Gardens
- Jackie Wharton
- White Rock Firefighters Association Charity Fund
- White Rock/Surrey ULock Mini Storage
- Wild Birds Unlimited
- Diane Wood
- Lindsay Young
- Harmoni Z

For secure, online donations visit www.peacearchhospice.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. July 1st - October 31st, 2023.

- George Agnew Jr.
- James Ashdown
- Ronald Budworth
- Gus Butow
- Gordon Curiston
- Gordon Dams
- Vernon Denholm
- Mel Dick
- Charlie Ferraby
- Leo Gagnon
- Lakhwinder Gill
- Pat Gillis
- Yvie Gillis
- Robert Gray
- Merv Lutes
- Mary Elizabeth Mullin
- Dorothy Nicoll
- Susana Sulit Perez
- Kay Sanford
- Robert Shumka
- James Shumka
- Lynn Sigouin
- Sidney Stallard
- Derek Traylor
- Robert Wyborn

*Always loved,
forever missed,
never forgotten.*



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 need our support.

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

Peace Arch Hospice Society

**Create a lasting impact
in our community.**

**Leave a gift
in your will.**



"Good estate planning is not about the stuff you leave behind, it's about the legacy you leave behind. It is about the people in your life and how they will remember you, and the causes that were important to you and how you can continue to support them after you are gone."

To learn more about leaving a gift in your will to Peace Arch Hospice Society, 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

*Give the gift of compassionate care
and support this holiday season.*

Your generosity has the power to make a significant impact on individuals in our community who are going through the most difficult time in their lives. We provide free, professional grief and palliative support programs and services to everyone in South Surrey and White Rock, free of charge. With your donation, we can continue to provide this essential support to those who need it most.

Peace Arch Hospice Society

15435 - 16A Avenue

South Surrey, BC V4A 1T2

604-531-7484

www.peacearchhospice.org/donate-online

Donations of \$20.00 or more must be
received or postmarked by December
31st to receive a 2023 tax receipt.



Charitable Registration # 11929 7513 RR0001

Interested in 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 contact our Coordinator of Volunteers at **604-531-7484** or email **cov@pahospicesociety.org**.

*Volunteers are the
Heart of Hospice*



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

Fall 2023

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 ☐ #: _____ / _____ / _____ / _____

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