

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

“Where flowers bloom, so does hope”. – Lady Bird Johnson



Dear Members, Donors, Clients, Volunteers & Friends,

Spring is here and I am sure many of you will share our feelings of gratitude for the sunshine, the warmer weather, and longer days. If you had told me a year ago that we would still be navigating this pandemic today, I am not sure I would have believed you. The pandemic has taught us how to be creative and adaptive, sometimes at a moment's notice.

Last year, we canceled two of our fundraising events, Hike and Hoedown, due to COVID. We did not want to go another year without these events, in part because of the crucial funds they raise, but also because these events are important to our community. Our first ever virtual event, our Virtual Hike for Hospice, is taking place on May 2nd and we are excited to see how our community of supporters gets creative and active. We are grateful to our sponsors for stepping up to the plate and helping to ensure this event happens this year. If you'd like more information or if you'd like to register, please visit www.peacearchhospice.org/hike or call **604-531-7484**.

Throughout the pandemic, our focus has always been on finding ways to continue to support our community. We are open and many of our programs and services are still offered (following all of the COVID safety protocols). Individual counselling sessions are available in person, by phone or via Zoom. Many of our groups have continued to meet via Zoom. We recognize the need for these services and our priority is to ensure we are able to continue to provide our professional services, free of charge. Thanks to all of you - our incredible sponsors, supporters, volunteers, and donors - we have been able to. We are so grateful for our incredible community.

Take care, stay safe and I look forward to seeing you all soon.

With gratitude,

Amanda McNally

Intuitive Expressions Bring Meaning to Mystery

By Trevor Josephson, Manager of Clinical Services, Counsellor



Words are powerful. The spoken utterances that arise from our mouths are capable of describing detailed ideas and explaining abstract concepts. Our verbal conversations link us with one another and help us to better understand ourselves. Yet, so often, our words fail to completely convey the fullness and depth of our experience and we are left struggling to communicate our inner realities to others, even to ourselves, in a comprehensible way.

This limitation is likely due to the fact that many of our experiences arise from a place of deep complexity that is difficult to understand or express verbally. Language draws from the left hemisphere of the brain which is often tagged as the analytical or logical side. It works in a methodical, sequential way as it maps out a plan of action we may choose in response to life events. It works very well for some things and not as well for others.

In contrast, creative expression is associated with the right hemisphere of the brain and is involved in daydreaming and imagination. This is the intuitive aspect of knowing and is best accessed through imagery, music or symbolic representations. By nature of how it bypasses intellectual reasoning, the 'right brain' has the potential to open our knowing to the mysterious

aspects of human experience in a way that purposeful, rational thinking does not.

Now, just consider how many situations and events in life cause us distress and seem to escape the pursuit of verbal or intellectual understanding. Especially when those experiences and impressions are complicated and deeply seated in the unconscious. Struggling with a life-threatening illness or grieving the death of a loved one are certainly high on that list, if not at the very top. Consider how the mental and emotional strain of loss can disrupt our lives and unbalance our well-being. Talking about it with someone will certainly help, but sometimes there are areas that remain untouched due to the limitations of the left brain's rational approach to fully and deeply navigate the inner reaches of the unconscious.

Many people have turned to art therapy as a way of understanding their experience of loss. Recently, Joy sought grief support at the Peace Arch Hospice Society after the death of her husband. The art therapist she worked with witnessed the expression of her inner thoughts and feelings as she moved colours of paint across a page, blending them and letting them flow and transform in a seemingly random pattern.

She would revisit the work periodically until eventually it took the form of a meaningful expression. In her own words: "Flower Music, a collage, was created in two stages. First step was a page of watercolour marks made in a grief counseling session about three months after my husband's unexpected death. I painted abstractly. Keeping my hands busy helped focus and calm me while I talked about Dennis.

"I took the incomprehensible painting home and would stare at the chaos of colour until one day, about 4 months later, I thought maybe I could see a vase of flowers in the paint. The second stage was done in an afternoon. Pulling out an image from the unfinished painting was satisfying for reasons I do not understand. My Dennis loved bright colours and old hymns and I felt close to him as the painting almost created itself."

Words are powerful, but art can be more powerful. Joy found meaning in the chaos of her grief by intuitively exploring her experience of loss in a non-intellectual manner using paint and collage. The Peace Arch Hospice Society has qualified art therapists who offer art therapy to individuals experiencing end-of-life or to those who are grieving for the loss of a loved one. No one need ever walk the journey alone and what better way to do so than through the playful use of colours, shapes and textures.

Artwork by Joy, PAHS Grief Support Client



Virtual Hike for Hospice Sunday, May 2nd, 2021

Peace Arch Hospice Society

VIRTUAL **Hike for Hospice** Sunday, May 2nd, 2021

Join us for our 18th Annual Hike for Hospice event!
Walk, run, hike, cycle, swim, dance, and more!
We encourage you to get creative and be active in
support of Peace Arch Hospice Society.

To register and pledge, visit:
peacearchhospice.org/hike
or call our office at 604-531-7484

Registration is \$20.00 per person (ages 12 and under are free).
Event kits available to paid participants while supplies last.
Please follow the current Provincial Health Guidelines while participating.

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*Even though we can't walk
together this year, every step
still makes a big difference ♥*



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

Wisdom from the Men's Support Group about the Pandemic & Grief

By David Morrison, PAHS Volunteer



Ted¹ is a member of the Support Group for Men² sponsored by the Peace Arch Hospice Society: a remarkable group of fellow travellers on the journey of grief. At a recent meeting he observed, "Just when I thought that we were past the worst of this Covid business, and about to get back to some sort of normal, WHAM, the third wave hits and we are back into the middle of things again." Then he added, "It's kind of like grief."

"It's kind of like grief!" It reminded me of many conversations the group has had over the previous year and of at least four areas that we have talked about where grief and Covid-19 overlap. I'll call them Pervasiveness, Disruptiveness, Endlessness, and Loneliness.

Pervasiveness:

The lead story on the evening news is always the Covid-19 case numbers. The morning news is just the same. Like grief the pandemic hangs over us. It is always there; complex, multi-layered, intertwined. Robert, another group member observed, "My last thought as I go to sleep is of how much I miss her. My first thought when I awake is that she is not here." Grief is pervasive.

Perhaps unsurprisingly, the men find it helpful just to say things like this to a small group of listening friends who know how it feels.

Disruptiveness:

During Covid-19 some were disallowed being with their loved one as they died, and traditional rituals of mourning were denied them. Comforting contact with family and friends was curtailed. Even the services of an organization like the Peace Arch Hospice Society were cut back.

How can one quantify the disruption to a life when one's partner dies? Bill commented one evening. "She was my friend, my lover, my companion, my confidante, my fellow traveler, the mother of our children, the only witness to the life we shared. I lost all these things and so much more when I lost her."

By denying people traditional rituals and resources of comfort and connection Covid has disrupted our normal way of doing things. Some families have found creative ways to do things differently, including holding Memorial Services virtually. Not a few have been surprised by the eloquence, intimacy and reach of these new ways of honouring and remembering.

The grief group has viewed some of the video tributes prepared for these Services and have been touched by the artful creativity and loving care that they express.

Endlessness:

In grief and in this pandemic every day seems the same as the day before and the week before and the month before. Time itself seems somehow to be derailed. There are times we may feel like we are making progress. We might enjoy a sunny day, or a laugh with a friend and feel that things are getting better, then WHAM it is back to sadness and confusion all over again.

Progress is elusive and time itself a mystery. Grief is not a course of several months' duration. It is not measured by the ticking of the clock or the turning of the calendar page.

Wisdom from the Men's Support Group about the Pandemic & Grief (continued)

By David Morrison, PAHS Volunteer

It may be more helpful to think of time as the meaningful moment or the significant occasion. It is the opportunity to act according to our truest selves, our best wisdom and our highest values. The goal then is not “to get over it” and “get back to normal” because that “normal” is gone.

James, a relative newcomer to the group commented, “I find I have to take each day as it comes. If I am sad, I am sad. If I feel happy, I take it. I sometimes feel like I am falling apart but I try not to rush, not to judge myself and to take my time.”

Loneliness:

But I think the heart of Ted's lament, (and this topic comes up every meeting) is loneliness. For long stretches of the pandemic, we have been confined to lonely places. “The house seems so empty and I have nowhere else I can go!”

Jack, whose wife died several months before Covid struck, got out of the house as much as he could in the beginning. He golfed, he danced, he joined groups and even took a couple of cruises. But the pandemic brought all that to a halt. You might say that the pandemic *brought grief home* (both literally and figuratively).

Prevented by the pandemic from doing otherwise, increasingly the men have been coming home to their grief. By accepting the uncomfortable feelings and difficult questions³ that swirl, the fellows are choosing, as best they can, to honour authenticity over image, engagement over distraction, connection over withdrawal and the expression of emotion over avoidance and rationalization.

“We Are All in This Together”

During the Covid Crisis people have often said, “We are all in this together”. This also holds true for people in grief. We all face death eventually; the death of people we love and our own mortality. As a member of the Men's Grief Support Group, I am grateful that we are not alone and that we are truly, sincerely, in this together.

The text is written in a cursive, handwritten style. The words 'we're all' are on the top line, 'IN THIS' is in the middle in all caps, and 'together' is on the bottom line. The lines are connected, giving it a fluid, personal feel.

¹Whenever I refer to an individual, I change names and other details in order to protect their privacy.

²With good reason many generalizations about gender are questioned today but the members of the Men's Grief Support Group agree that they have learned valuable lessons from their grieving female friends. There is a consensus in the group that for reasons psychological, social and cultural women tend to model better ways of grieving. More than one fellow joined the support group because their late spouse specifically told them before she died that they should do so.

³Questions such as “What has been the meaning of my life?” “What matters most?” “What do I do now?” “What can I do with my regrets?” “How can I carry forward what I have learned since my partner's passing into the rest of my life?”

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15562 - 24th Avenue

South Surrey, BC

604-538-7600

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Instagram:

@pahospicesocietythriftstore

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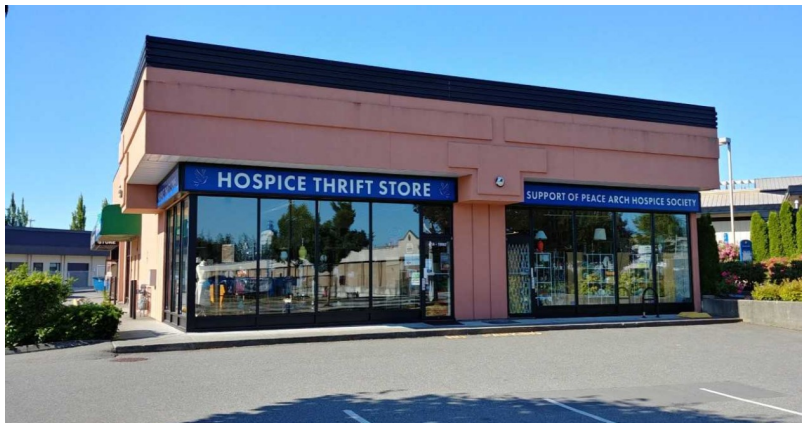
Sun: Closed

Donation Hours:

Tues-Fri: 9am-4pm

Sat: 10am-3pm

*Starting May 3rd, donations will also be accepted on Mondays from 10am-



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Mixed Bean Chili with Corn Recipe

Mixed Bean Chili with Corn

Ingredients:

- 2 tbsp oil
- 2 cups chopped onions. (Coarse)
- 2 cups carrot
- 1 tbsp crushed garlic
- 1 cup celery
- 2 tbsp Chili powder
- 1 1/2 tsp salt
- 1 1/2 tsp paprika
- 4 cups various cooked beans....
Kidney, Pinto, Black
- 2 cups zucchini
- 2 cups bell peppers
- 6-8 cups fresh tomatoes (can use canned with tomato paste)
- 2 cups corn

Directions:

In a large pot, sauté onions, carrots, garlic. 10- 15min.
Add celery, chili powder, paprika, salt and simmer another 5 min
Add remaining vegetables, except corn, and simmer for 30-45 min
Just before serving add corn and simmer for 5 min.



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



Volunteer Spotlight

Heather Sadoway, PAHS Volunteer



How did you become involved with Peace Arch Hospice Society?

My oldest son had left home for university and I found that I had more free time on my hands. I worked locally for Sandy Wightman, co-owner and manager of Rescon Construction and Sunshine Coast Holdings. Sandy thought I would be a good fit for the job because his current employee was moving to Alberta and she was a Pisces, his wife was a Pisces, and he noted that I too was also a Pisces. I thought it was amusing logic for a P.Eng.

I knew I was in the right place when he told me on my first day on the job... "I want you to understand that my family is most important to me and I know that your family is most important to you. If you ever need to leave the office because of a family emergency, and I am not here, just lock the office door and go." I felt comforted knowing that my personal values were welcome at work and fortunately, there was only one time that I needed to follow through on Sandy's procedure, but that is another story...

Through my work with Sandy, I learned so much about the community I lived in. Sandy was a member of the Board of Directors of Peace Arch Hospital, and his wife Mary-Lou was a PAH Hospital Auxiliary member. One day I saw an ad in the paper that the Hospice Board was looking for members. I was curious. I contacted Roy Cammack whose name was on the ad. Not knowing what Hospice was about, I asked him for details. He let me know how the White Rock Hospice Society supported people at end-of-life and asked if I was interested in becoming a Board Member for the Society. I said no, but I think instead I would like to apply to be a volunteer for the Society. I knew right away that I wanted to be a frontline volunteer and that I would be comfortable walking people through their end-of-life. I did not have a lot of experience with people dying in my family, though I felt an instinctual awareness that death was not something I would need to fear.

I took the Level 1 and 2 training courses and I soon became a Vigil Volunteer, taking middle of the night shifts because I worked during the day. I knew how important it was for a dying person to have a support person at their bedside and how the middle of the night shifts were often the hardest to fill. I also started working with 1-1 bereavement clients.

Sandy was so supportive of my hospice work. He often said that I should take a couple of hours to sleep in the morning after a vigil shift, but I never did. I found I could go to bed at 7:00 pm, wake up at 2:00 am and be at bedside for the 3:00 am shift. I found I did not need a nap before going to work.

How have you maintained your commitment to hospice volunteering over the last 18 years?

I always found it a privilege to do this work. I see dying as a most sacred and precious time of life. It is an important time, when people are leaving their histories that have made up their lives. It is the 'circle of life'.

Do you have a story that you would like to share?

Recently I had the opportunity to companion a friend who was dying. Her adult son felt uncertain that he could be at his mother's bedside. I volunteered my support to him. We went together to his mother's bedside and spent many hours that lasted almost two weeks, doing our vigil, before she died. Together we witnessed her death. Since her passing her son has shared with me more than once, that the time with his mother was such a special time and that he was grateful to me for being able to support him too.

I am blessed to be a member of our Hospice Society and my volunteer work fills my heart with joy and purpose.

Debbie Nedelak Direct Mail Campaign



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

This campaign was part one of a three part series. In honour of Mother's Day, Jody is sharing treasured memories of his mom and how she was his biggest supporter through our upcoming Mother's Day Direct Mail Campaign.

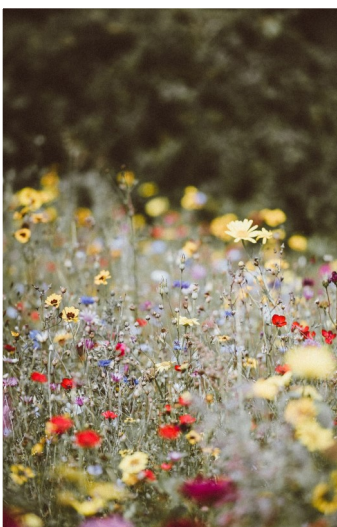
To learn more about this campaign, please read below.

Of all the aspects of life a mother aims to prepare her child for, the excruciating emotional journey following her loss and navigating the new landscape of daily life in her absence are unavoidable. In late 2019, Jody Nedelak lost his mom 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.



This Mother's Day, consider giving a gift in honour of the moms in your life.

After receiving such exceptional compassionate care and grief support during the most difficult time in their lives, Jim and Jody Nedelak have contributed the money they have raised through the Debra Nedelak Memorial Fund to Peace Arch Hospice Society. By generously donating, your gift will help families like the Nedelaks by ensuring our professional programs and services remain **free and accessible** for all of those facing this challenging time now and into the future.



Give a gift in honour of the moms in your life this Mother's Day and Peace Arch Hospice Society will send them a card and a small bag of wildflower seeds to acknowledge your gift. If you give a gift in memory of someone, PAHS will send you a small bag of seeds to plant in their memory.

The first several 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.

To donate to this campaign, please visit our website at 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 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. December 1st, 2020 - March 31, 2021.

- Christiane Berner
- Carol Berry
- Terry Blaker
- Henry Block
- Peter Charles
- Sandro Colasacco
- Janie Creighton
- Johan de Koning
- John Dixon
- Vibeke Doerger
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- Bill Mann
- Isabelle Marie Bracken
- Mary Maydanyk
- Phyllis McDonald
- Ray Peltó
- Trevor Phillips
- Robert Pieper
- Julia Scoten
- Rod Scott
- Robert Shumka
- Srecko (Lucky) Stipanov
- Halina Struser
- Dorothy Taylor

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.



Honour your
loved one.

Give a gift in their memory.

peacearchhospice.org
604-531-7484

Did You Know?



From December 2020 to March 2021:

- Our Counsellors saw 237 Clients of which 61 were new
- Our Counsellors held 417 individual counselling sessions
- 30 Clients were supported by our Volunteers
- 208 Clients attended our Group Programs
- Our Supportive Care Centre answered 850 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, organizations, companies, and foundations** who have generously made donations from December 1st, 2020 to March 31st, 2021 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

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- Nancy Honeywell
- Greta Hopkins
- Dianne Hoskins
- Teresa Hotell

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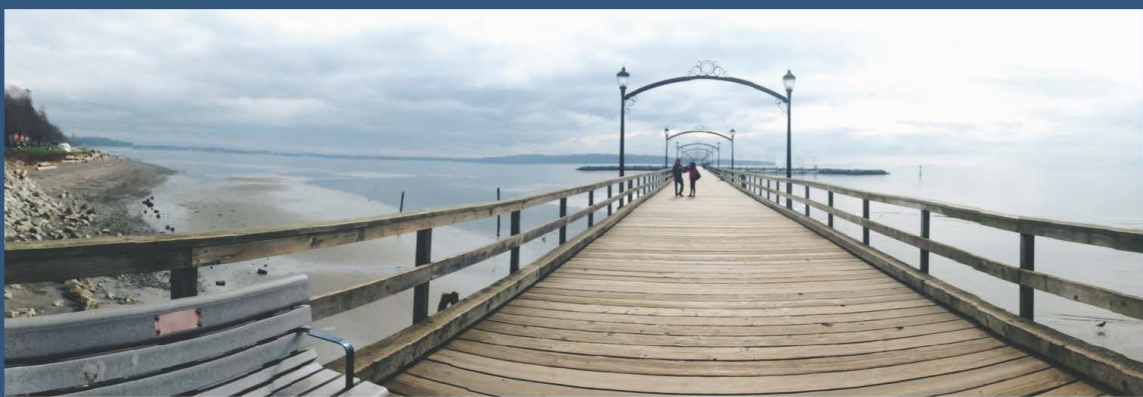
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*We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from December 1st, 2020 to March 31st, 2021 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

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