

**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*



Dear Members, Donors, Clients, Volunteers & Friends,

The flowers are blooming, the days are longer, it seems Spring is in the air. My favourite springtime bloom is the magnolia, I find them stunningly beautiful but also fragile. The blooms only last a short time. It seems a metaphor for how I feel about life - attempting to soak up the beauty, be in the moment, and always wanting just a little more time.

I hope this newsletter finds you well. We are excited to share what the coming months will bring and look forward to spending time with you. The first few months of 2023 were very busy with our programs and services at the Supportive Care Centre. We've been busy offering our support groups - Mindfulness Meditation, Six Week Adult Grief Group, Men's Grief Group, and our Bereavement Walking Group to name a few. We are also starting and reinstating a couple of programs which we are excited about, more information is in this newsletter.

In February, we hosted an "Inside Out" themed Children's Grief Camp and were able to support 16 children. We are grateful to our counsellors and our incredible volunteer team who dedicate hours to planning and supporting the Children's Camps. Our counsellors are also busy with delivering our Cycle of Life Program and our Good Grief Teen Training. Our next Children's Grief Camp will be held on May 5<sup>th</sup> and 6<sup>th</sup>.

Volunteer Appreciation Week was April 16<sup>th</sup> - 22<sup>nd</sup>. We toasted and hosted our extraordinary volunteers at our Volunteer Appreciation Bruch on Sunday, April 23<sup>rd</sup> at the Semiahmoo Fish and Game Club.

*...continued on page 3*

## Upcoming Programs & Events

### **Hike for Hospice:**

**May 7th at 9am-12pm**

**Blackie Spit Park**

See page 4 for info on how to register!

### **Doris Day meets**

**Lady Gaga:**

**May 25th at 6:30-8pm**

**Supportive Care Centre**

See page 6 for more details.

### **Cooking Together:**

We are thrilled to announce that we are once again offering our Cooking Together program to clients. Call 604-531-7484 for more information.

### **Yoga Group:**

**Thursdays from**

**May 4 - June 22 at**

**10:30am-11:30am**

**Supportive Care Centre**

This new, 8-session program will introduce participants to the concepts and techniques of Yoga practice to promote personal healing. To register or for more information, please call 604-531-7484

### **Dying to Learn More:**

**June 21st, 2023**

Save the date!

More info coming soon.

# My Continuing Adventures with Terminal Illness

By David Webb, PAHS Client & Supporter



For those of you who had seen my presentation in November at Peace Arch Hospice Society's Dying to Learn More event, you will remember me telling you what I expected to do next regarding my travels. I was going to go to Williams Lake to spend Christmas with family. I was all set to head to the airport when I got a call from the airline saying the flight was cancelled due to weather. Thanks to the kindness and generosity of some neighbors, I was treated to a wonderful Christmas dinner.

The next planned adventure was going to Palm Springs in February. Yes, I did accomplish that one. However, I wasn't feeling my best and I did a lot of resting while down there. When I returned home, I saw my doctor and he thought I may have a condition called *pericarditis*, which is swelling and irritation of the thin, saclike tissue surrounding the heart.



After having tests done, I had a call from Surrey Memorial to go immediately to the closest emergency because I had suffered a heart attack. The damage done was quite

severe and with each additional test, the results and measurements got worse. Because of my condition, surgery was not possible. The best option for me was to move to the Melville Hospice Home and that's where I am right now as I write this article.



The staff here are wonderful. However, the food leaves much to be desired so I get friends to bring 'real' food in for me. But the staff have made it very comfortable and I expect to be here for quite some time. The staff are great and they allow visitors at any time and for some unknown reason I'm getting lots of them. I just take each day as it comes and I know I am in good hands here and hope to be here as long as possible.

I still believe it's all about how you look at it and in my case, just because I have liver cancer and an inoperable heart condition does not mean that I can't have a good quality of life now. I will just go on thinking about the full life I've lived and the wonderful trips I've made in the last few months, 25 flights since being diagnosed with a terminal illness. I am content with where I am. I guess you could say I am experiencing a sort of acceptance as I continue to believe that it's about fully living within the limits one has.

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All of us at Peace Arch Hospice Society are honoured to be acquainted with David and feel grateful to have him as one of our valued supporters. He is an inspiration to all. Below are a few testimonials from attendees at David's Dying to Learn More presentation on travelling with a terminal illness.



*"I got over the fear of travelling."*

*"What an inspiring presentation! Invaluable travelling guidance and fun."*

*"There's no excuse not to travel! Amazing presentation & very inspiring."*

*"My key takeaway: at any age—just 'go for it'."*

*"He gave me the motivation to travel more (with a walker)."*

## Executive Director's Message Continued...

During the brunch we celebrated and thanked all of our volunteers, and handed out service awards ranging from 3 years to 30+ years. It's amazing to see the dedication our volunteers have for our organization. Our volunteers are the heart of the Hospice Society and we can't thank them enough for everything they do for us.

Our 20<sup>th</sup> Annual Hike for Hospice will take place on Sunday, May 7<sup>th</sup> down at Blackie Spit Park. Registration is open now and we look forward to spending the morning with our community of supporters. We are also excited to announce that we will be hosting our Fall Dance on Saturday, September 16<sup>th</sup> with a new theme this year – Hospice Hula! More details are in this newsletter about these two fundraisers and other upcoming events.

As always, I look forward to seeing you soon. Please do not hesitate to reach out. Take care of yourselves.

Sincerely,  
Amanda McNally  
*Executive Director*

## Creamy White Chicken Enchiladas

### Ingredients:

- 2 cups boneless skinless chicken breasts
- 2.5 cups shredded Monterey Jack cheese Or Pepper Jack cheese
- 5 ounces cream cheese
- 2 teaspoon garlic powder
- 3 tablespoons butter
- 3 tablespoons flour
- 1 tablespoons taco seasoning
- 2 cups chicken broth
- 1 cup sour cream
- 4 ounces canned diced green chillies
- 10 soft flour tortillas

### Directions:

1. Cook chicken by preferred method, boil, bake, or using a rotisserie chicken.
2. Once chicken is cooked, preheat oven to 350 degrees. Grease 9x13 pan.
3. Add the cooked chicken to a bowl and shred with fork if it needs to shred. Add 3/4 cup shredded Monterey Jack cheese or Pepper Jack cheese, garlic powder and cream cheese to the bowl and mix well so everything is combined.
4. In a sauce pan, melt butter, stir in flour and taco seasoning and cook 1 minute. Add 2 cups of chicken broth and whisk until smooth. Add 1/2 cup of shredded cheese and heat over medium heat until thick and bubbly.
5. Stir in sour cream and chilies. DO NOT bring to a boil. Remove the pot from the heat.
6. In each tortilla shell add in some chicken and cheese mixture roll up and place in the baking dish.
7. Pour the sauce over enchiladas and top with remaining cheese.
8. Bake 22 minutes and then under high broil for 3 minutes to brown the cheese.



<https://www.midgetmomma.com/tasty-tuesday-white-chicken-enchiladas/>



# Hike for Hospice 2023

## Peace Arch Hospice Society 20th Annual **Hike for Hospice**

**Date:** May 7th, 2023  
*Rain or Shine*

**Time:** 9am-12pm  
*Registration at 9am  
Hike starts at 10am*

**Venue:** Blackie Spit Park  
*Crescent Beach  
3136 McBride Ave*

**Cost:** \$20/person  
*12 & under are free*

Join us for this family-friendly walk/run event to raise funds and awareness for Peace Arch Hospice Society. To register and pledge, visit [www.peacearchhospice.org/hike](http://www.peacearchhospice.org/hike), call 604-531-7484 or scan the QR Code below:



SCAN ME

*Your fundraising dollars go toward helping the people in our community who are grieving or are at the end-of-life. With your support, we are able to continue to offer our professional grief and palliative support programs and services, **free of charge**.*

Family-Friendly | Dog-Friendly | Draw Prizes | Hot Dogs | 50/50 Raffle | Music & More

### Silver Sponsor

*Every Detail Remembered™* | Dignity®  
VICTORY MEMORIAL PARK FUNERAL CENTRE

### Bronze Sponsors



**RE/MAX**  
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### Community Sponsors



**Thank you to  
our Sponsors!**



*McLeary's*  
Canadian Made Quality Furniture & Mattresses  
Since 1979

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



## Save the Date for our Hospice Hula

We are thrilled to announce the new theme of our 2023 Fall Dance!  
Stay tuned for more information on our upcoming Hospice Hula fundraiser.

The poster features a light blue background with a large, faint palm tree silhouette. In the bottom left, there is an illustration of a hula dancer with long black hair, wearing a white top and a green leaf skirt, standing next to a large orange surfboard. A small red crab is on the sand near a pineapple. In the bottom right, there is a small illustration of a white bird in flight.

Peace Arch Hospice Society

# Hospice Hula

**Saturday, September 16th, 2023**  
Hazelmere Golf & Tennis Club  
18150 - 8th Avenue

Dinner | Dancing | Performances by Paul Latta Dancers & Co.  
Auctions | 50/50 Raffle | Raising Funds for Peace Arch Hospice Society

## Save the Date

Mark your calendar for this year's Fall Dance! We can't wait for you to join us for this Polynesian-inspired evening of fun.  
More details coming soon.

[www.peacearchhospice.org](http://www.peacearchhospice.org)  
604-531-7484

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



**Calling all youth, seniors, and everyone in between!**

Peace Arch Hospice Society

**Doris Day**

meets

**LADY GAGA**

**Calling all youth, seniors, and everyone in between!**

Join us for an intergenerational gathering to learn about Peace Arch Hospice Society and how we support our community. There will be activities, refreshments, and snacks provided.

**Thursday, May 25th, 2023**

**6:30pm-8:00pm**

Supportive Care Centre

15435 - 16A Avenue

Surrey, BC V4A 1T2

Please RSVP by May 23rd  
to 604-531-7484 or  
[contactus@pahospicesociety.org](mailto:contactus@pahospicesociety.org).



## Third Party Event - Butterfly Release

**SATURDAY, JULY 22 • 1:30PM - 4:00PM**



# Butterfly Release

Join us in our courtyard garden and release a butterfly in honour and celebration of a loved one. Your \$15 cash donation will directly support the ongoing work of the Peace Arch Hospice Society. Auctions and bake sale will be ongoing throughout the event.

**Starting June 1st call 604-541-8861 to reserve your butterfly.**

#### **CHARTWELL CRESCENT GARDENS**

1222 King George Blvd., Surrey  
778-736-0346 • [CHARTWELL.COM](http://CHARTWELL.COM)



**CHARTwell**  
retirement residences

# Upcoming Discounts & Sales

APR  
17-22

## EARTH DAY

April 17th-22nd

No charge for \$0.25 reusable bags all week (not including our branded bags). On April 22nd ONLY – Earth Day itself – bring in your OWN reusable bag and receive 10% off your entire purchase!

MAY  
1-6

## 30% OFF SALE

May 1st-6th

Collectibles, Pictures, Frames, and Mirrors.

MAY  
15-20

## 50% OFF SALE

May 15th-20th

50% off one item of choice. Stop by the store the week before this sale to receive a coupon or look out for the coupon on social media and in the Peace Arch News. Cannot be combined with any other discounts. One coupon per family per day.



*Stay tuned for more information about a Linen Clothing Special coming up in the near future! Follow us on social media and visit our store, where we will post info about upcoming sales and promotions.*

### Store Hours

Mon to Sat: 10am-4pm

Sun: Closed

### Donation Hours

Mon to Sat: 10am-3pm

Sun: Closed

### Follow Us!



Facebook:

Peace Arch Hospice Society Thrift Store



Instagram:

@pahospicesocietythriftstore

### ***Thank you for your support!***

All funds raised at our Thrift Store go towards helping our organization provide much-needed professional grief and palliative support programs and services, free of charge, to our community.

### ***Looking for a fun place to volunteer?***

Call **604-538-7600** or email **thriftstore@pahospicesociety.org** for more information about joining our Thrift Store team of volunteers!



# One Youth's Story of Loss and How She Found Healing by Helping Others

*By Trevor Josephson, Manager of Clinical Services*

Elyse was doing what any eleven-year-old would be doing at home on a rainy December afternoon when she received an urgent call from her mother telling her that her uncle was on his way to pick her up and take her to her aunt's place. She sensed a veiled edginess in her mother's tone of voice. Once they were in the car, her intuition was further alerted by what her uncle was trying to say, or not to say. He was obviously trying to prepare her for something. When she entered her aunt's house, her heart started pounding when she saw her mother sobbing. Something very terrible had happened.



She never could've guessed what it was, nor could she ever have prepared herself for the dreadful news: "Your father has died." The words fell on her like a heavy stone. "It was an accident ..." she heard them say "... a car ..." She was enveloped by waves of shock and the immediate realization that her world had suddenly, entirely and irrevocably changed. Despite the tears now streaming down her face, it all felt so unreal.

She was in a daze as they drove to her grandparents where all the family were gathering to console one another. Not wanting it to be real, she tried to block it out and while doing so, it seemed as though she could feel his presence. The days that followed were filled with intense, emotional pain.

"I just wanted to feel normal again," reflects Elyse, now sixteen years old. "I found myself being pulled in two different directions. Feeling numb, seeing my mom in pain, seeing photos, hearing voice recordings ... it all made me cry."

After some time had passed, she noticed the shock and numbness wearing off. Her cousin came to visit and together they shared their grief.

"What helped me was doing normal things again from my 'old life' because it felt like my life had changed forever and I didn't like that feeling."

Something else that helped Elyse was attending the Peace Arch Hospice Society's Friends Helping Friends, Camp for Grieving Children. "When I heard about it, I didn't want to go" she comments. "I didn't want to face what had happened. I felt like I had already gone through so much already and I really didn't think the camp would be helpful."

Her mother encouraged her to attend and it turned out to be very beneficial for her. "Being with other children who were also grieving really helped me," Elyse recalls. "My friends didn't know what to do or say and it felt awkward being around them. But I felt like the children at the camp understood."

Elyse remembers the first day of camp being more fun than she expected. She and the other children enjoyed playing games, going on a treasure hunt, making art and Zumba dancing. She remembers seeing many emotions being expressed during the camp, especially during the sharing circles when the participants talked about the special people in their lives who died. Her heart ached hearing their stories as she so easily empathized with them.



"I didn't think it was going to be fun, but it actually was. In a weird way it felt comforting knowing that others were experiencing the same thing as me. I wasn't alone."

"The camp was flexible," she remembers. "No one had to do anything that they didn't want to do and the facilitators were super nice."

# One Youth's Story of Loss and How She Found Healing by Helping Others

*By Trevor Josephson, Manager of Clinical Services*

In the months that followed, Elyse found it challenging to enjoy activities that she used to share with her father. Almost everything seemed harder to do. She now had more responsibilities at home and simple tasks seemed to take so much energy.

"I had to learn to communicate better with my family," she shares. "Reaching out for support when I needed it has helped. My friends have been very kind and helpful."

Five years after her loss, Elyse heard about the Good Grief education program for teens at the Peace Arch Hospice Society. "Hey," she thought. "I remember that place."

She had reached a point in her grieving where she now wanted to help others and this program offered the opportunity to provide her with the training to do so. While some of the content of the program was at times emotionally challenging for her, she drew from her personal experience and offered authentic responses to the questions being asked of the class.

When the facilitator asked if any of the adolescent participants would be interested in volunteering at the next children's grief support camp, she was the first to raise her hand.

"I knew it was something I just had to do."

Since then, Elyse has volunteered at two camps, helping children in a very special way that only someone who has experienced the loss of a loved one at a young age can understand.

What is it like for her, being a volunteer at the camps?

"I love it!" she answers assuredly. "I know how hard it can be for children when they first arrive. I remember being one of those kids. So I think having someone like me there can help them. They open up to me and they definitely change in a way that I think is helpful for them."



Elyse has found that volunteering her time and talent in her community has also helped her in her healing.



"I want to use my time in a productive way and it feels good doing something that benefits others. It gives me confidence to test and explore."

Elyse's story is incredibly inspiring. As a child, she found the care and support that she needed at the Peace Arch Hospice Society. Now as she enters young adulthood, she is sharing her deep understanding and compassion with children who have also experienced what no child should ever have to endure, and she does so with sincerity and a generosity of spirit that is an example to everyone.

*For information about Peace Arch Hospice Society's free Children's Grief Support Camps or Good Grief Teen Training, please call our office at 604-531-7484.*

## Programs & Services Update

### *From January to March 2023:*

- Our Counsellors saw **140** Clients of which **65** were new.
- Our Counsellors held **392** individual counselling sessions.
- **89** Clients attended our Group Programs.
- Our organization served **247** individuals through Community Education & Outreach opportunities.
- Our Supportive Care Centre answered **1,291** phone calls during office hours.

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



Our Children's Grief Support Camp took place on February 24-25 where they watched "Inside Out" and participated in arts and crafts, and activities/games that related to the movie, helped them understand their thoughts and feelings, and learned about their grief and ways to cope.

It's amazing to watch the transformation from the beginning of this camp to the end and the difference it makes in every child that walks through our doors. We love being able to provide this safe space for them to share their feelings and talk about their grief with other children who are going through similar experiences.



Our staff took first aid training in February to better prepare us for any emergencies or incidents that happen and to keep our volunteers, clients, and staff safe.




This large group finished our Level 1 Basic Bereavement and Palliative Support Training in March and now have the knowledge and skills to volunteer for roles like Tea Service, Vigil Sitting, visiting with patients and their families at the Melville Hospice Home, and more.



## Thank you to our amazing volunteers!

Peace Arch Hospice Society

### Happy National Volunteer Week!



Our Thrift Store and Supportive Care Centre Volunteers are the heart of Peace Arch Hospice Society.

We are so grateful and proud of the work they do and the tremendous difference they make in our community, so we wanted to take this opportunity to recognize and celebrate them.

It's because of their compassion, hard-work, and dedication that we are able to offer all of our professional grief and palliative programs and services, free of charge, to residents of South Surrey and White Rock.

**Thrift Store**  
15562 - 24th Avenue  
604-538-7600

**Supportive Care Centre**  
15435 - 16A Avenue  
604-531-7484  
[www.peacearchhospice.org](http://www.peacearchhospice.org)

*To our amazing volunteers - thank you!*

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

## 2022 Volunteer Service Awards

### **41 Years:**

Teresa Hotell

### **36 Years:**

Joanne Hart

### **31 Years:**

Sharon Darlington

Jean Walker

### **29 Years:**

Betty Legge

### **28 Years:**

Stanley Fryer

### **27 Years:**

Kathleen Tubbs

### **26 Years:**

Doreen Bruce

### **25 Years:**

Sharon Clayton

### **24 Years:**

Jane Bellringer

Linda Gronert

### **21 Years:**

Lee Beliveau

Dorothy Blandford

Elizabeth Brear

### **20 Years:**

Heather Sadoway

### **15 Years:**

Helene Cameron

Sandy Rhyason

### **10 Years:**

Moti Bali

Laura Deckert

John Goodbrand

Sandra Marantz

Gail Nielsen

### **10 Years:**

Ellie Norris

### **5 Years:**

Barrie Boulton

Shelagh Bouttell

Margie Chapman

Betty Dickson

Marguerite (Peggy) Dolman

Pat Graffin

Joan Marleau

Kathy McIntyre

Helen Miller

David Morrison

Rhys Obersat-Rose

Elfie Silvertown

Carolyn Smith

Diane Thornquist

Judith Tomcheck

### **5 Years:**

Gordon Wallace

### **3 Years:**

Jeevan Basra

Tracy Bernardi

Jean Bethune

Akasha Bowes

Sasha Byelkova

Ray Cyr

Mary Jane Gordon

Brenda Harrison

Sheila Keating

Holly McNicol

Sharon Robinson

Delle Vaughan

Pat Wiseman

Barry Worsfold

# 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
- 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](http://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
- Ronald Budworth
- Diana Carlisle
- Barbara Carmichael
- Dave Chesney
- Jackie Crux
- Jean Dutton
- Lorne Ebenal
- Bonita Findlay
- Stanley Fryer
- Brenda Harrison
- Eleanor Holton
- Teresa Hotell
- Brian Hoven
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- Beth Kish
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- Joyce Poley
- Joanne Post
- Marge Ramos
- Erica Ritchie
- Tammy Ritchie
- Randall Shaw
- Karel Vanturennot
- Tamara Veitch
- David Webb

For more information about **Hearts for Hospice** and our **Legacy Circle**, visit [www.peacearchhospice.org/ways-to-donate](http://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 January 1st - March 31st, 2023, to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

- Thelma Alexander
- Neil Allatt
- Augusto Alves Lima
- Artists Standing Strong Together
- Terri Baker
- Leisa Bannerman
- BC Liquor Store (Semiahmoo)
- Jane Bellringer
- Leslie & Sheelagh Bennett
- Birdies & Buckets Family Golf Centre
- Robert & Cathie Blair
- Dorothy Blandford
- Elizabeth Brear
- Doreen Bruce
- Doreen Bruce
- Artist Bruemmer
- Linda Bryan
- Ronald Budworth
- David Calibaba
- Diana Carlisle
- Barbara Carmichael
- Stan Carter
- Holly Chapman
- Wendy Chapman
- David Chesney
- Judith Clifton
- Coast Capital Savings Credit Union - Head Office
- Janice Coates
- Barbara Collett
- Mary Teresa Costello
- Jackie Crux
- Norma Dacre
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- Teresa Hotell

For secure, online donations visit [www.peacearchhospice.org/donate-online](http://www.peacearchhospice.org/donate-online)

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- Brian Hoven
- Joan Hunter
- Ketty Jensen
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- Paulette Keith
- Pearlita Kersten
- Lothar Kiner
- Beth Kish
- Manfred Koehler
- Sandy Kowalski
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- Christina Stafford
- Stacey Stanton
- Kenneth Swansburg
- Deborah Terry
- The Block Charitable Foundation
- Linda Toniolo
- Karel Vanturenout
- Tamara Veitch
- Victory Memorial Park Funeral Centre
- Monica Von Kursell
- Jean Walker
- Vanessa Waterman
- David Webb
- Wolfe's Langley Mazda
- Brian Woznikoski

thank  
you

For secure, online donations visit [www.peacearchhospice.org/donate-online](http://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. January 1st - March 31st, 2023.

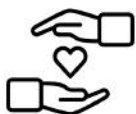
- Jim Forbes
- Maureen Kiner
- David Kitteridge
- Debbie Nedelak
- Lilly Roeske
- Robert Stelmach (Max Tell)
- Dianne Swansburg
- Derek Traylor
- Andrew von Kursell

***Always loved,  
forever missed,  
never forgotten.***



## Peace Arch Hospice Society

### ***Become a Monthly Donor.***



Pay it forward  
by providing  
reliable funding.



Make a difference  
in our community.



It's easy and  
convenient.

[www.peacearchhospice.org/donate-online](http://www.peacearchhospice.org/donate-online)

604-531-7484

When you join our Hearts for Hospice Monthly Giving Program, 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.

15435 - 16A Avenue  
Surrey, BC V4A 1T2  
604-531-7484  
[www.peacearchhospice.org](http://www.peacearchhospice.org)



### **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](mailto:cov@pahospicesociety.org).

*Volunteers are the  
Heart of Hospice*



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

15435—16A Avenue, South Surrey, BC V4A 1T2 Ph: 604-531-7484 [www.peacearchhospice.org](http://www.peacearchhospice.org)

Spring 2023

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.

For secure, online donations visit [www.peacearchhospice.org/donate-online](http://www.peacearchhospice.org/donate-online)