

## 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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*Administrative Assistant*

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*Director of Administration*

## Thrift Store Staff

**Alannah Klassen**

*Thrift Store Manager*

**Lindsay Barck**

*Thrift Store Supervisor*

**Joan Hunter**

*Thrift Store Supervisor*

**Astrid Obersat**

*Thrift Store Supervisor*

**Salwa Shami**

*Thrift Store Supervisor*

## Executive Director's Message

*By Amanda McNally*

*"Giving is not just about making a donation, it's about **making a difference.**" – Kathy Calvin*



Dear Members, Donors, Clients, Volunteers & Friends,

As summer comes to an end, I wanted to take this moment to reflect and thank you for being a supporter of Peace Arch Hospice Society. This past year and a half has been mentally and financially challenging for individuals, businesses, and non-profits. I am very grateful our organization has been able to continue serving our

community throughout this pandemic thanks to our amazing donors, Thrift Store, volunteers, and staff.

With the health and safety of our supporters, volunteers, staff, and community at the forefront of what we do, we have made the decision to once again cancel our in-person Hospice Hoedown fundraising event this Fall. Our fundraising events allow us to offer our professional palliative and grief support programs and services, *free of charge* to our community, so we are excited to announce that instead of our in-person Hoedown this year, we will be running a **Hospice Hoedown Online Silent Auction & 50/50** starting **November 1, 2021**. Stay tuned for more details!

We are still looking for both in-kind and monetary sponsors for these fundraisers. If you're interested in supporting our *Hospice Hoedown Online Silent Auction & 50/50*, please contact our Communications and Fund Development Coordinator, Emiko at [emi@pahospicesociety.org](mailto:emi@pahospicesociety.org) or **604-531-7484 ext. 113**.

We are also continuing to offer our professional palliative and grief support programs and services in-person, over the phone, or via Zoom. If you or someone you know is in need of support, please call us at **604-531-7484**.

*We are here for you.*

With gratitude,  
Amanda McNally

# The Word “Should”

By Amanda Myring, Registered Clinical Counsellor



We live in a society with a clearly defined concept of how one should respond to loss. We value a solution-oriented model of resiliency which tells us to rise above our loss, in a timely manner, as a better and stronger person. We are driven to find solutions and alleviate pain at all cost. Without even realizing it, many of us have internalized this messaging about grief as part of our own belief system. We carry a hypothetical idea of how we would feel, what we would do and how we should respond. The only problem is how we thought we would respond and feel often bears no semblance to our actual experience.

Our society operates in denial of the fundamental truth that we will all face the death of someone we love. This has left us unprepared to cope with or support others through the unfixable nature of loss. Instead, we are left to contend with an inner - and often outer - critic telling us that we “shouldn’t” feel the way we do. Consequently, our ability to process the emotional, psychological, and physical responses to loss can become inhibited by these social constraints. Grieving is the hardest work we will ever do and carrying the judgment implied by the word “should” only adds to suffering. Our mind, body and soul are reacting to a profoundly painful loss in the way in which they were designed.

We would all benefit if, as a society, we could shift our perspective and messaging around grief and bereavement. The solution-oriented, rising above loss model, when applied to the natural process of grieving, can do more harm than good. Instead, we could approach loss with empathy and understanding by bearing witness to what is irreparably broken rather than trying to fix it. Grief is a natural and normal response to loss and your grief is unique to you alone.

Only you truly understand the depth of your grief and know how profoundly your life has been changed. How might it feel to give yourself permission to respond to how you do feel instead of how you think you should feel? If we could reframe our thinking from the idea that we should recover from our loss to the understanding that we must live alongside it, what would healing look like for you?

*“In order to empathize with someone’s experience you must be willing to believe them as they see it and not how you imagine their experience to be”*

- Brené Brown

# Client Interview with Marlene



## How has Peace Arch Hospice Society impacted you?

“My husband had a stroke on December 6<sup>th</sup>, 2020, then had COVID-19 in March 2021 and passed away on July 30<sup>th</sup>, 2021 from lymphoma. At first you think you’re strong enough to handle it, but it doesn’t work that way. You can be in this situation, and you don’t realize there is help for you, but Peace Arch Hospice Society is there to help.

I reached out to the Hospice Society and the grief counselling was wonderful. They offer telephone support, in-person counselling, and a variety of grief support groups, and I attended them all. I still meet with all the same people from one of the grief groups every Wednesday. You can make lifelong friends who are going through the same situation and understand each other. The Counsellors and Volunteers are all soft-spoken, wonderful people and we are very blessed to have them. Please reach out to them if you need help, they are there for you. Thank you Peace Arch Hospice Society.”



## What motivated you to raise funds for our recent Virtual Hike for Hospice?

“I first saw the Virtual Hike for Hospice event in the local paper and I thought, ‘I can do that, and I’m going to!’. I phoned Peace Arch Hospice Society and they set me up for the event. I felt very strongly about supporting the Hospice Society because they give so much to us, so why can’t we give to them? They are wonderful people and are here to help us without charging us anything.”

# Thank You to our Hike for Hospice Sponsors, Participants & Donors!

Peace Arch Hospice Society

Thank you to our  
**Hike for Hospice**  
Sponsors, Participants, and Donors!

We are overwhelmed with the support of our amazing community. While we couldn't walk together this year, our sponsors, participants, and donors still made this event a big success. There has been so much uncertainty this past year, but we are certain about one thing: our supporters have the biggest hearts! Thank you to everyone for your generosity!

**Title Sponsor**

Every Detail Remembered<sup>®</sup> | **Dignity<sup>®</sup>**  
Victory Memorial Park Funeral Centre

<b>Gold Sponsors</b>	<b>Silver Sponsor</b>	<b>Bronze Sponsors</b>
 <b>RE/MAX Colonial Pacific</b> <small>Real Estate</small>	 <b>U-LOCK MINI STORAGE</b>	 <b>MIKE GRAHAME REALTY</b> <small>COMMERCIAL REAL ESTATE</small>
 <b>West Coast Gardens</b>	 <b>HOMELIFE</b> <small>HIGHER STANDARDS</small>	
<b>Community Sponsors</b>		
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**In-Kind & Media Sponsors:**

7Rooms Home Decor & Gifts	The Jitterbug Studio
Ambiente Gifts, Decor & Design	Kaffina Coffee
Buchanan Printing	Nature's Fare Markets
Buena Vista Massage Therapy Clinic	Peace Arch News
City of White Rock	The Shops at Morgan Crossing
Everything Wine	Skoali
Five Corners Vietnamese Restaurant	White Rock Beach Beer
HoneyHeart Co.	White Rock Sun

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



# Welcome to our New Staff!



**Alannah Klassen**  
***Thrift Store Manager***

Alannah joined Peace Arch Hospice Society as Thrift Store Manager on August 16th. Ever since she was young, she has had a passion for thrifting. Her love for scouring flea markets and garage sales led her to work in the Thrift Store industry for many years, with most of her experience from Value Village. Alannah is so excited to spend her time giving back to the community and helping support the Hospice Society and their wonderful volunteers.

Alannah was born and raised in Winnipeg, Manitoba and recently moved to White Rock in February with her husband, Joshua and her two cats, Ghost and Dust. In her free time you can find Alannah sketching, making jewelry, and practicing weightlifting.

Please join us in welcoming Alannah to our team. We are lucky to have her as our Thrift Store Manager!



**Tracy Reid**  
***Coordinator of Volunteers***

Tracy began her career working for the North Vancouver Chamber of Commerce and following that, more than 15 years of Business Development within the Corporate world. She also volunteered as Division Manager for various sport clubs as well as PAC President. In early 2020 she made the decision to change her career path and took some time to revisit her passions in life. *"To my great fortune, that brought me to PAHS. I am thrilled to be back within the grass roots of community, learning along side of volunteers and to be giving back to the community that I live and raise my family in."*

On the personal side, Tracy enjoys her time camping, cooking, hiking and spending time with her 4 children; Brittney and Jeremy who are grown and living the dream and Alicia and Mathew who are at home and still learning to live the dream. As well, they have a 9 month-old black lab named Oakley.

Please join us in welcoming Tracy to our organization. She has been a wonderful addition to our team!



**Theresa Robson**  
***Administrative Assistant***

Theresa joined Peace Arch Hospice Society this past August 3<sup>rd</sup> as Administrative Assistant. This was a real homecoming of sorts, as she worked for the Society in other roles starting back in 2012.

She is thrilled to be back, and to join the compassionate and caring group of staff at the Society, that provide such important and much needed care in our community.

Theresa lives in South Surrey with her husband Bruno, and they both feel blessed to be, "Gramma and Papa", to their lovely 7 year old granddaughter Eden.

You'll find Theresa at our Supportive Care Centre reception desk in the mornings, so please give her a warm "welcome back" when you see her. We are grateful to have her back!

# Peace Arch Hospice Society Thrift Store



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

**STORE HOURS:**  
Mon-Sat: 10am-4pm  
Sun: Closed

**DONATION HOURS:**  
Mon-Fri: 10am-4pm  
Sat: 10am-3pm  
Sun: Closed

*We gratefully accept gently used household items, home décor and clothing. We hope to see you soon!*

If you're interested in volunteering, please contact  
cov@pahospicesociety.org

Peace Arch Hospice Society Thrift Store  
**THE HIDDEN GEM OF SOUTH SURREY** 

Looking for new treasures and great deals? Stop by our boutique style Thrift Store with high quality fashions, vintage and rare collectibles, as well as fabulous home décor at great prices. Definitely worth a visit!




All proceeds go towards providing professional palliative and grief support, free of charge.



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

## Follow Us!

 **Facebook:**  
Peace Arch Hospice Society Thrift Store

 **Instagram:**  
@pahospicesocietythriftstore

## Helping our Community

### Buy a Gift Card | Help the Hungry

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

## Best Ever Cornbread

*Holly Hock Recipe*

### Step One:

#### Ingredients:

- 2 cups finely diced onions
- 1 cup diced red bell pepper
- 2 cups fresh or frozen corn
- 1 seeded minced jalapeno
- 1 tsp black pepper
- 1 cup fresh parsley

In a large frying pan sauté above ingredients until tender and set aside.



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

### Step Two:

#### Ingredients:

- 1 cup soft butter
- 1/2 cup brown sugar
- 5 eggs
- 1 cup Shredded Monterrey Jack Cheese

Preheat oven to 350. Cream butter and sugar. Whisk in eggs and cheese.

### Step Three:

#### Ingredients:

- 1/2 cup whole wheat flour
  - 1/2 cup unbleached white flour.
  - 1 1/2 tbsp baking powder
  - 1/4 tsp salt
  - 1 cup cornmeal
- Combine dry ingredients in a separate bowl.

Gently combine dry ingredients to the wet ingredients with a wooden spoon and mix batter placing batter in 9 x 13 baking dish. Bake for 30-35 min. Allow to cool.



# Volunteer Spotlight

*Dolores Grant*



Recently, our Coordinator of Volunteers had the pleasure of sitting down with one of our long-time volunteers, Dolores Grant. She had come in to let us know that she would be retiring her volunteer services, and while we were sorry to say *Good-bye* to such an esteemed volunteer, hearing about Dolores' experiences with the Hospice Society over the years was truly inspiring!

Dolores started as an Office Volunteer. She grew into a number of volunteer roles over the years and developed lasting relationships with others who have stayed connected to the Society as well. The Walking Group, Relaxation Group, Tea Service Team, Baking Team and Pet Visitation Team are areas in which she donated her caring heart and hands.

Dolores remembered the first time she co-facilitated the Walking Group and reflected on what a unique and meaningful experience it was to be welcomed into a person's grieving process. She knew that she was making a difference to the people of the group and providing a service that was deeply needed.

However, it was volunteering in the Pet Visitation Team, with her husband and fellow Hospice Volunteer, Jack, and their son's Golden Retriever, Cooper, that brought her the most joy. She remembered receiving a request to visit a hospital patient on another unit. When she, Jack and Cooper arrived at the patient's room Cooper almost instantly jumped upon the patient's bed! Dolores was shocked and immediately concerned that the dog might injure the patient! To the contrary, the patient was delighted and assured Dolores that she was unharmed. Still, knowing that the regulations did not allow Visitation Dogs on patients' beds, Dolores began to call the dog down onto the floor. But Cooper was not moving, not if the patient could help it. In no uncertain terms, the patient told Dolores that she would speak to the nurse, if there were any questions asked. So gentle and affectionate was Cooper's nature, he was a natural caregiver and the ideal medicine any dog lover could receive while in the hospital.



*Dolores, Jack & Cooper*

***"I learned so much throughout the course of my 23 years as a volunteer with hospice and I will carry with me this knowledge as I move through personal situations in my own life."*** - Dolores Grant

## Volunteer Service Awards

*Volunteers are the Heart of Hospice*

### 34 Years:

Joanne Hart

### 25 Years:

Kathleen Tubbs

### 21 Years:

Grace Terpstra

### 5 Years:

Joyce Poley

### 3 Years:

Norm Ralph

### 29 Years:

Sharon Darlington

### 24 Years:

Doreen Bruce

### 10 Years:

Mary Mallinson

### 5 Years:

Lyn Reynolds

Diane Thornquist

Jean Walker

Annelieke Smeulers

Dianne Tompkins

Judie Tomcheck

### 27 Years:

Nancy Christy

### 23 Years:

Sharon Clayton

### 5 Years:

Lee Beran

### 3 Years:

Estelle Bogoch

Betty Legge

Dolores Grant

Jackie Crux

Shelagh Bouttell

### 26 Years:

Stanley Fryer

### 22 Years:

Jane Bellringer

Wendy Hazel

Margie Chapman

Diana Post

Linda Gronert

Karen Hoven

Peggy Dolman

Tanja Levesque

Pam Lipshultz

Pat Nagy

David Morrison

Candy Ogden



## 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. April 1, 2021 - August 31, 2021.*

- Helen Alexander
- Inge Andrews
- Grace Baker
- Rae Bell
- Henry Block
- Jim Cambrey
- Carol
- Doreen Coates
- Aubrey Copp
- Doug Craig
- Beverley Cutler
- Johan de Koning
- Terry Dilworth
- John Dixon
- Richard & Barnaby Dolman
- Tony Edward Elliott
- Sharon (Bell) Filuk
- Craig Fairbairn
- Peter Franchi
- Enid Gillis
- Karen Glass
- Paul Gronert
- Marcia Hadden
- Geoff Herbert
- Laurence Trevor Holloway
- Janet
- Irma Karsenbarg
- Dennis Kirkwood
- Kit & John
- Mary
- Mary Maydanyk
- Phyllis McDonald
- Janis Mitchell
- Roberta Mueller
- Debbie Nedelak
- Miu Ying Ng
- Bonnie Lynn Nikkel
- Wayne Piper
- Kristina Podgursky
- Don Rathborne
- Bill Reid
- Robin
- Lorne Schemmer
- Diane Shaw
- Robert Shumka
- Halina Struser
- Dianne Swansburg
- Aidan White

### *In Loving Memory*

Your presence we miss,  
your memory we treasure.

Loving you always,  
forgetting you never.

## Community Memorial Service



We recently held our Community Memorial Service on August 5th, amid the beautiful surroundings of Victory Memorial Funeral Park for individuals, families, and friends to honour their loved one(s) who passed away during the pandemic.

*"I would like to thank everyone involved with the Community Memorial Service. Our family members who were able to attend found it to be a lovely evening and very personal. I think it was exactly the kind of service that my husband would have liked, but that we were unable to have in his honour. It felt very profound to share the experience with others who were on this same journey – grieving the loss of a beloved, family member." - Community Memorial Service Attendee*

## Did You Know?



### *From April 2021 to August 2021:*

- Our Counsellors saw 129 Clients of which 72 were new.
- Our Counsellors held 466 individual counselling sessions.
- 8 Clients were supported by our Volunteers for a total of 30 sessions.
- 325 Clients attended our Group Programs.
- Our Supportive Care Centre answered 1074 phone calls during office hours.

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

## Special Thanks

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

- A & A Consulting
- Alejandro Acosta
- Ken Alexander
- Ambiente
- Karli Anderson
- Barbara Andrews
- Dorothy Angus
- Emiko Angus
- Scott Angus
- Arlene Assman
- Valerie Austring
- Kate Avery McDermott
- Robert Bailey
- Betty-Ann Bainbridge
- Sheena Ball
- Gail Barber
- Beth Barkey
- Morag Baron
- Chip Barrett
- Lana Batcheller
- Elizabeth Baur
- Joseph Baxfield
- Patrick Beirnes
- Anne Bell
- Jane Bellringer
- Leslie & Sheelagh Bennett
- Ian Bird
- Harold Birston
- Alexandria Bishop
- Lori Bishop
- Bev Blackmore
- Dorothy Blandford
- Laura Block
- Rose Block
- Cathy Botkin
- Dan Bouillet
- Gayle Boutilier
- Karen Bowes
- Judith Brandon
- Laurel Lynn Brauer
- Elizabeth Brear
- Glen Bridal
- Michelle Briggs
- Sue Brooks
- Shawna Brotherston
- Lynda Brown
- Doreen Bruce
- Linda Bryan
- Buchanan Printing
- Ronald Budworth
- Buena Vista Massage
- Aliza Burden
- Sasha Burden
- Stephen Burden
- Kathryn Burkell
- H el ene Cameron



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- Brian Canfield
- Lloyd Capistrano
- Diana Carlisle
- Barbara Carmichael
- Evelyn Carter
- Jan Chadburn
- Nancy Chappell
- Dave Chaulk
- Dave Chesney
- Edward Chubb
- City of White Rock
- Kathryn Clark
- Linda Clay
- Lynn Cockrill
- Marion Colby
- Wendy Collingwood
- Judith Cook
- Bruce Copp
- Shelley Coppendale
- Gary Corbett
- Sandra Cornell
- Rosario Cristiano
- Jacqueline (Jackie) Crux
- Wendy Cuff
- Judith Cumming
- Nigel Cutler
- Louise Davison
- Maria De Camillis
- Melissa Di Biase
- Dolores Diachok
- Elizabeth Dilasser
- Linda Dilworth
- Joan Dixon
- Bruce Docking
- Dale & Jennifer Doerksen
- Marguerite (Peggy) Dolman
- Richard Dolny
- Nancy Downey
- Sandy Drummond
- Jean Dutton
- Lorne Ebenal
- Brenda Eggen
- Janis Emberly
- Bryan Emsley
- Dennie Eng
- Patrick and Gillian English
- Everything Wine
- Marilyn Fairbairn
- Irvine Fairley
- Suzanne Fehlauer
- Nancy Fenton
- Betty Fenwick
- Anne Ferris
- Bonita Findlay
- Peter Foggin
- Louise Foreman
- David Franklin
- Kim Franklin
- Fraser Heights Animal Hosp.
- Joan Friar
- Jena Friedrich
- Cecilia Friedt
- Brandy Friesen
- Stanley Fryer
- Denise Fuchko
- Marie Louise Garneau
- Lesley Geoghegan
- Beryl Gibbings
- Bonnie Gillis
- Dave Glass
- Arlene Goldney
- DeeDee Goudreau
- Clare Gould
- Mary Grant
- Elizabeth Gray
- Linda Gronert
- Cathy Guarasci
- Derril Gudlaugson
- Edward Gudlaugson
- Patricia Gudlaugson
- Jennifer Gushuliak
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- Davey Lahteenmaa
- David Lahteenmaa
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- Sandra Lee
- Ross Leeder
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- Hsueh Kun Liao
- Sharilyn Lindsay
- Ethan Littler
- Walter Lowry
- Dennis Lypka
- Barbara MacCarthy
- June MacLean
- Dulcie MacPherson Davies

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

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- Macular Degeneration Low Vision Support Group
- Cathie Maffin
- Peter Markwick
- Gordon Mason
- Claudia Maydanyk
- Brian McCombie
- Dena McGratten
- Kathy McIntyre
- Susan McLellan
- Kari McLennan
- Amanda McNally
- Erin McNally
- Gail McNally
- Alison Miller Bruchet
- Christina Mills
- Bev Milne
- Marjorie Mooney
- Brent Moore
- Virginia Moore
- Arlene Morris
- Frances Morris
- Joan Morrison
- Bonnie Moy
- MTO Friends
- Marilyn Murphy
- Amanda Myring
- Al Narvanen
- Jim Nedelak
- Mary Nedelak
- Lorraine Nedelec
- Cathie Nesbit
- William Neville
- Astrid Obersat
- Wen-Chih O'Connell
- Liza Ogura
- Kelli O'Halligan - Harman
- Alison Orth
- Carole Orth
- Robert Orth
- Elaine Pallister
- Cheryl Palmer
- Michele Palmer
- Sylvia Palmer
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- Rick Post
- Joan Pretty
- Deryl Priest
- Warren Priest
- Sandy Purves
- Jody Pusic
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- Marnie Radersma
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- Tim & Jo Lee Rau
- Angelo Rea
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- Carol Redhead
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- Todd Zanatta
- Gail Zbuk

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

# Peace Arch Hospice Society



Peace Arch Hospice Society  
Introducing our Monthly Giving Program:

*Hearts for Hospice*

*Do you have a heart for Hospice?*

Monthly donors help us provide *a special kind of caring* every day of the year. By donating monthly, rather than annually, members of **Hearts for Hospice** create a continuous impact year-round.

Any amount is greatly appreciated.

For more information call 604-531-7484  
or visit [www.peacearchhospice.org](http://www.peacearchhospice.org)



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

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

Summer 2021

15435—16A Avenue, South Surrey, BC V4A 1T2 Ph: 604-531-7484 [www.peacearchhospice.org](http://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 an *emailed* tax receipt and give Peace Arch Hospice Society permission to contact me via email.
- 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): \_\_\_\_\_ Phone #: \_\_\_\_\_

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)