

## Peace Arch Hospice Society Newsletter

June 2022 | Summer

### 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 .

### Board of Directors

**Jayne Pattison**

*President*

**Dennis Lypka**

*Vice President*

**Brenda Harrison**

*Treasurer*

**Marjorie Mooney**

*Secretary*

**Diana Carlisle**

**Tracy Logan**

**Kathy McIntyre**

**Alison Orth**

**Tammy Ritchie**

### Society Staff

**Amanda McNally**

*Executive Director*

**Emiko Angus**

*Communications and Fund*

*Development Coordinator*

**Trevor Josephson**

*Manager of Clinical Services,*

*Registered Clinical Counsellor*

**Kristy MacKinnon**

*Coordinator of Volunteers*

**Eliezer Moreno**

*Counsellor*

**Amanda Myring**

*Registered Clinical Counsellor*

**Theresa Robson**

*Administrative Assistant*

**Jan Stadnyk**

*Director of Administration*

**William Xie**

*Financial Administrator*

### Thrift Store Staff

**Alannah Klassen**

*Thrift Store Manager*

**Lindsay Barck**

*Thrift Store Supervisor*

**Joan Hunter**

*Thrift Store Supervisor*

**Lynne Hutton**

*Thrift Store Supervisor (Contract)*

**Tracey McCormack**

*Intake Supervisor*

**Astrid Obersat**

*Thrift Store Supervisor*

**Cindy Rhodes**

*Thrift Store Supervisor*

## Executive Director's Message

By Amanda McNally



Dear Members, Donors, Clients, Volunteers and Friends,

I hope this newsletter finds you well and looking forward to summer and the arrival of warmer weather. It has been an exciting and busy few months as we've

seen the return of in person events and restarted a number of our programs and services, which were on hold throughout the pandemic. It has brought all of us here at Peace Arch Hospice Society joy to see you again. I'd like to take a moment to thank each of you – our donors, volunteers, and supporters for all you've done to support us during the pandemic. We appreciate how you stood with us and helped to ensure we kept our doors open and available to support our community. Please join me in also thanking the incredible staff of the Society for their commitment to our organization, both at the Supportive Care Centre and the Thrift Store, and the work we do.

We were thrilled to host and toast our outstanding volunteers in April at our Volunteer Appreciation Event with a pancake brunch prepared by our staff. The energy in the room was palpable. We recognized the dedication of our volunteers and the heart and soul they put into the work they do for our Society. We are grateful to each and every one of them.

In May we saw our Hike for Hospice return in person and it was a huge success thanks to our participants, volunteers, donors, and supporters. It was a beautiful day down at Blackie Spit and it was heartwarming to see our community come together for this event. A special thank you to The Block Charitable Foundation and The Jeff and Jolene Foundation for supporting our Hike matching campaign. We also held our Dying to Learn More education event at the end of May, which focused on Aging Mindfully.

Over the last few months, many of our palliative and grief support programs that were on hold due to COVID resumed. Our Level 1 Basic Palliative & Bereavement Volunteer Training, in person Adult Grief Group, our Children's Grief Support Camp, and Good Grief Teen Training were all held with wonderful success. You can read more about these later in this newsletter.

## Upcoming Events

### Annual General Meeting

Tuesday, August 30th  
6:00pm  
Supportive Care Centre  
15435—16A Avenue

RSVP to **604-531-7484**.

### Community

#### Memorial Service

Thursday, September 8th  
7:00pm-8:00pm  
Victory Memorial Park  
Funeral Centre

Pre-registration is required.

Call **604-531-7484**.

### Hollywood Hoedown

**Save the Date** for our  
**Hollywood Hoedown** on  
Saturday, September 17,  
2022!



For more details, see  
page 4 of our newsletter.

Sponsorship opportunities are available for this event. We are looking for both monetary and in-kind sponsors. Please contact Emiko at [emi@pahospicesociety.org](mailto:emi@pahospicesociety.org) or **604-531-7484**.

...continued on page 3.

# The Waves of Grief

By Trevor Josephson, Manager of Clinical Services & Registered Clinical Counsellor



The wave that towered over the storm-tossed boat was like a dark wall of doom as it seemed to hover momentarily before smashing the vessel with startling ferocity. The wave slapped the stunned sailor into the churning ocean where she was pushed down into the cold darkness. Holding her breath, she felt her body sink into the roiling blackness until the sound of the pounding storm above was a muffled roar.

She came to rest in the dark depths of an unknown place, her knees and hands touching the bottom of a muddy morass. How long could she hold her breath down here? Would she ever find her way back to her boat? Fear and despair gripped her heart as she weighed the options: give up and stay here until she ran out of breath or try to return to the surface of that hostile ocean.

Her fingers closed on a small round object imbedded in the mud and she was compelled to clutch it tightly. At the same moment, she felt herself naturally floating upwards. She gasped for air as her head breached the surface of the water. The storm had abated. Her boat was no where to be seen, but to her surprise, she saw a nearby rocky shoreline. She desperately swam towards the land, her lungs burning with exertion. She eventually staggered onto land but was dismayed to discover that it was a barren desert, seemingly bereft of life. How was she going to survive here?

The analogy of grief being like a stormy ocean that one is tossed in, powerless to control the elemental impacts of nature, is one that resonates with many people who have had a loved one die. They feel overwhelmed and at the mercy of something so menacing, so powerful and so mysterious.

And once a wave of grief crashes over them and pushes them deep into the water, they wonder if they'll ever resurface. But the lone sailor in this story remembers finding a small round object at the bottom of the sea which she still clutches in her hand. In her palm sits a bright green seed which she can now plant in the new landscape of her life.

The waves of grief that repeatedly overcome her also take her to places deep within herself that she must visit, for only there can she find what she needs to bring to the surface and reconcile the reality of her loss. At times she goes so deep and it is so dark that she wonders if she'll ever survive. But each time, the natural process of healing has her float back to the surface.



And even now, she can choose to hide in a crevice in the rocks and not explore the new world that grief has thrown her into, or she can begin exploring one area at a time, mapping each section until she knows where the sources of water and refuge are, which areas hold benefits and which are not helpful to her adjustment. And in these wanderings, there are no mistakes, just learnings.

She learns to trust the storm and allow the waves to do their work. Over time, the gaps between the waves get longer, the depths she's pushed to are not as deep and the length of time she stays beneath the water's surface gets shorter. One day, she will find a garden growing from the seeds she brings to her new world. It won't be the same as the former garden she loved and tended so precious, but it will be nurturing and beautiful in a new way.

# Executive Director's Message Continued...

I'm happy to say that our Hospice Hoedown will be returning this fall. We have re-envisioned this event for this year as **"Hollywood Hoedown"**, as we have glammed it up in honour of the return of dancing, in person events and in celebration of our 40<sup>th</sup> Anniversary. Be sure to dust off your hat and shine up your cowboy boots. This will be an event you don't want to miss, so mark your calendars for **September 17<sup>th</sup>, 2022**.

As we move through the reopening following the pandemic, we acknowledge that many members of our community face difficult times and are grieving the loss of loved ones or dealing with a terminal diagnosis themselves. Please remember that we are here for you if and when you need us.

Wishing you all a safe and enjoyable summer and I look forward to seeing you all very soon.

Best,  
Amanda McNally

## Thank You!

**Peace Arch Hospice Society**

*Thank you to our*  
**Hike for Hospice**  
*Supporters!*

What a beautiful day we had on Sunday, May 1st for our 19th Annual Hike for Hospice fundraiser! Thank you to our volunteers, sponsors, donors, and participants who made this event a huge success. It was so nice to finally come together in-person again.

We would also like to give a big thank you to the **Block Charitable Foundation** and the **Geoff and Jolene Funke Foundation** for matching all Hike for Hospice donations up to \$20,000. We are thrilled to announce that we surpassed our goal to match this amount thanks to our generous community of supporters. Thank you to everyone who attended and supported this event.

**Title Sponsor**

*Every Detail Remembered™* | **Dignity®**  
VICTORY MEMORIAL PARK FUNERAL CENTRE  
A Division of Service Corporation International

**Gold Sponsors**

**RE/MAX** Colonial Pacific | **West Coast Gardens**  
Real Estate Services, Broker/RRP/Member

**Bronze Sponsors**

**coastcapital** | **Elkay** | **HOMELIFE**  
Development Ltd. HIGHER STANDARDS

**Community Sponsors**

**DMCL** | **oceanaparc**  
CHARTERED PROFESSIONAL ACCOUNTANTS

**MIKE GRAHAME** | **TEAM MCKNIGHT** | **U-LOCK** | **PROSPERA** | **WOLFE**  
Personal Real Estate Corporation 604.531.1111 Residential Real Estate MINI STORAGE CREDIT UNION AUTO GROUP

**In-Kind & Media Sponsors:**

Ambiente Gifts, Décor & Design	Five Corners Vietnamese Restaurant	Telus
Baked by Blondie	Home Depot	Tisol
Bentley's Retreat	The Jitterbug Studio	White Rock Sun
Buchanan Printing	Nature's Fare Markets	
Buena Vista Massage Therapy Clinic	Peace Arch Hospice Society Thrift Store	
Christmas Wishes	Peace Arch News	
City of Surrey	Penguin Meat Supply Ltd.	
City of White Rock	Save-On-Foods	
Cobs Bread (Semiahmoo)	Skoah	
Dipped Sweets by K	Smiling Child Designs	
Everything Wine	TB & Co Merchandise	

**Peace Arch Hospice Society**  
**40th Anniversary**  
1982-2022

Save the Date for our Hollywood Hoedown!

Peace Arch Hospice Society  
is rolling out the red carpet for our

*Hollywood Hoedown*

Hazelmere Golf & Tennis Club	SATURDAY <b>SEPT</b> <b>17</b>	Doors Open: 6:00pm Dinner: 7:00pm
------------------------------------	--------------------------------------	---

**SAVE THE DATE**

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

We're going glam for this year's Hoedown in honour of our 40th Anniversary, so shine up your boots and dust off your cowboy hat! More details coming soon. Yee Haw!

Peace Arch Hospice Society  
40th Anniversary  
1982-2022

We are still in need of monetary sponsors and in-kind sponsors (donations of gift baskets, gift cards, etc.) for this fundraiser. Please contact Emiko at [emi@pahospicesociety.org](mailto:emi@pahospicesociety.org) or call **604-531-7484** for more information.

# Cheddar Cheeseburger Meatloaf

## Ingredients:

### MEATLOAF

1/4 cup plain breadcrumbs  
1 tsp smoked paprika  
1/2 tsp garlic powder  
3/4 tsp salt  
1 large egg  
1/2 cup minced onion  
4 oz. sharp cheddar  
1 lb. ground beef (85/15)

### GLAZE

1/2 cup ketchup  
1 Tbsp brown sugar  
1 tsp yellow mustard  
1 tsp Worcestershire sauce



## Directions:

1. Preheat the oven to 350°F. In a small bowl stir together the breadcrumbs, smoked paprika, garlic powder, and salt. In a separate small bowl, lightly whisk the egg.
2. Finely mince the onion. Roughly chop the cheddar cheese so that it is in pieces about the same size as a small bean.
3. Add the ground beef, seasoned breadcrumbs, whisked egg, minced onion, and chopped cheddar to a bowl. Use your hands to mix the ingredients together until incorporated.
4. Place the meat mixture in a casserole dish or on a rimmed baking sheet and shape into a rectangle, approximately 7" long, 4" wide, and 1.5" thick.
5. To make the glaze, stir together the ketchup, brown sugar, mustard, and Worcestershire sauce. Spread the glaze over the unbaked meatloaf .
6. Bake the meatloaf in the preheated oven for 50-55 minutes, or until the internal temperature reaches 160°F. Remove the meatloaf from the oven, let it sit for 5-10 minutes, then slice into eight pieces and serve.



<https://www.budgetbytes.com/cheddar-cheeseburger-meatloaf/>

**Want your favourite recipe featured in our Newsletter?**

Email it to [emi@pahospicesociety.org](mailto:emi@pahospicesociety.org) or mail it to Emiko at Peace Arch Hospice Society: 15435 - 16A Avenue, Surrey, BC V4A 1T2.

## Volunteer Spotlight

*Stan Fryer*



### Why did you become a Hospice Volunteer?

Two reasons:

- 1) My philosophy is to help people live an abundant life while on the earth.
- 2) And to help them have a pleasant trip while leaving the earth.

That's why I took the Hospice Volunteer Training, to learn about how to help people as they are leaving. In fact, I think everyone should take the Hospice Volunteer Training. It's a very powerful education whether the participants go on to become hospice volunteers or not.

Through my 95 years I have seen how terrible dying can be and how peaceful it can be too. Helping people live a fulfilling life is the first half of dying in peace.

### What has kept you engaged over the years as a Hospice Volunteer?

I believe that the work of the Hospice Society is essential in people's lives. We have once to live and once to die. Most people are not prepared to die. Hospice helps people prepare.

# Volunteer Appreciation



We held our Volunteer Appreciation on Sunday, April 24th at the Semiahmoo Fish and Game Club. We celebrated and recognized all of our amazing volunteers with a delicious pancake breakfast that was made and served by all of our staff.

Can you believe that we handed out service awards as big as 30-40 years? We're so lucky to have such dedicated and committed volunteers. Thank you to each and every one of them. Whether they have been with us for 1 year or 40 years, they truly make a difference in our community.



*"We enjoy you all and your gracious manner whenever we pop into your thrift shop. From the beautiful smiles and greetings at the door that all the folks get on entering, the generous service while we shop, right to the cashier while getting tallied up at the end of our shopping adventure. Even that is quick and painless as your prices are very reasonable."* - Google Review

*"I am always humbled by the amazing volunteers we have and, with their insight, experience and wisdom, how they instill thoughtful, creative, positive change in those who are grieving. We are so blessed to have these people walk through our doors and want to volunteer."* - Jan Stadnyk, Director of Administration

## ***Interested in volunteering?***

Peace Arch Hospice Society: **604-531-7484** or **cov@pahospicesociety.org**

Peace Arch Hospice Society Thrift Store: **604-538-7600** or **thriftstore@pahospicesociety.org**

You can also visit our website at [www.peacearchhospice.org/volunteering](http://www.peacearchhospice.org/volunteering) for more information.

# 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-Sat: 10am-3pm  
Sun: Closed

If you're interested in  
volunteering, please call  
604-538-7600 or email  
thriftstore@pahospice  
society.org



*Thank you for  
shopping local.*

Peace Arch Hospice Society Thrift Store

## VOTED THE #1 BEST THRIFT STORE

in the Peace Arch News Readers  
Choice Awards.

Looking for new treasures and great deals?  
Peace Arch Hospice Society Thrift Store is the  
one-stop shop for all of your thrifting needs!

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

All proceeds from the Thrift Store go towards  
providing professional palliative and grief  
support, free of charge, to our community.



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

## Programs & Services Update



We held our **Children's Grief Support Camp** on May 6 & 7. There were 13 kids who attended because they are grieving the death of a loved one. They left our camp with strategies to cope with their grief, a new understanding and acceptance of their thoughts and feelings, and most importantly, new friends who are going through a similar experience.

We had a great turnout at our **Dying to Learn More: Aging Mindfully** presentation on Wednesday, May 25th. Fraser Health informed us on Advance Care Planning and Dr. Gordon Wallace taught us how to embrace aging mindfully using Mindfulness Meditation. Along with these presentations, participants were treated to a free lunch and had access to various community resources including Brella Society, CARP, Dignity Memorial—Victory Memorial Park Funeral Centre, Peace Arch Hospice Society, and Retirement Concepts.

Thank you to Sovereign Order of St. John Jerusalem and Surrey Cares for providing us with a grant that allowed us to host this event and upcoming Dying to Learn More presentations to our community, free of charge.



Our **Good Grief Teen Training Program** ran from March 30 - May 4. This unique program for grade 11 & 12 students teaches teens how to support a grieving friend, what to say and not to say, and how to talk about difficult subjects. After completing the program, participants have the opportunity to volunteer for our organization and receive a certificate for their resume.

Some of our recent graduates generously volunteered their time at our Hike for Hospice fundraiser as Route Marshals.

*"Thank you for conducting such an enjoyable and enlightening sessions for us. I honestly felt like I left each meeting having learnt something new that could help me, so thank you for that. Thank you for such an eye-opening program."*

- Good Grief Teen Training Participant



## Did You Know?



### ***From March to May 2022:***

- Our Counsellors saw 115 Clients of which 55 were new.
- Our Counsellors held 234 individual counselling sessions.
- 315 Clients attended our Group Programs.
- Our organization served 335 individuals through Community Education & Outreach opportunities.
- Our Supportive Care Centre answered 1,203 phone calls during office hours.

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

## Welcome to Our New Staff!



**Eliezer Moreno**  
***Counsellor***

Eliezer (pronounced Ella-zar) is delighted to join the Peace Arch Hospice Society staff. He began working in palliative care as a Care Aide and later volunteered as a grief group facilitator while pursuing his Master's in Social Work degree. Having practiced social work in the Okanagan, the Philippines, and the lower mainland, his most recent experience has been with the Palliative Care Consult Team at Fraser Health.

In his spare time, he enjoys being with his partner, Dorothy, and two young children, catching rays on the beach, belting out karaoke, making homemade ice cream, and hunting for thrift shop treasure.

We look forward to welcoming Eliezer as our newest Counsellor on June 27th, 2022.



**Cindy Rhodes**  
***Thrift Store Supervisor***

Cindy started her role as Thrift Store Supervisor on June 13th, 2022, but has been volunteering for the Thrift Store since 2019. She moved to South Surrey 3 years ago where she lives with her husband, Gord. Cindy brings 40+ years of experience in customer service in multiple different fields including hospitality, retail, and more.

In her free time, she loves to garden and enjoys using her creativity in a variety of different ways. She coins herself as an "interior designer wannabe".

Cindy is so excited to work for the Hospice Society and bring her many years of experience to our Thrift Store. She looks forward to meeting and working with all of the volunteers, staff, and customers. Please join us in giving Cindy a warm welcome as our new Thrift Store Supervisor!

# Special Thanks to our Legacy Circle & Hearts for Hospice Supporters

## *A special thank you to our Legacy Circle:*

- Scott Baldwin
- Dorothy Blandford
- Ron Bowman
- 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:*

- 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
- Joan Hunter
- Paulette & Robert Keith
- Beth Kish
- Deirdre Lane
- Sharilyn Lindsay
- Kathy McIntyre
- Susan McLellan
- Amanda McNally
- Marjorie Mooney
- Joyce Poley
- Joanne Post
- Marge Ramos
- Erica Ritchie
- Tammy Ritchie
- Randall Shaw
- Karel Vanturenout
- Tamara Veitch

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)

## 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. **March 1, 2022 to May 31, 2022.***

- Easa Tewfic Abed
- Heather Baldwin
- Elizabeth (Beth) Bauer
- Richard Calder
- Sandro Colasacco
- Grietje Grace deJong
- Margaret Ekins
- Peter Franchi
- Dolores Weathery Grimes
- Jim Hubensky
- Richard Hughes
- Ida
- Anna Leach
- Dianne Majer
- Jacquelyn McGeary
- Gail McKenzie
- Charlene Miles
- Christine & Ron Pattison
- David Pope
- Murray Roberts
- Helen Siemens
- Dianne Swansburg



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

# Thank You to Our Donors

We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from March 1, 2022 - May 31, 2022 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.**

- Lorraine Adair
- Philip Alcock
- Neil Allatt
- Caroline Alvarado
- Ambiente Gifts, Decor & Design
- Dorothy Anderson
- Barbara Andrews
- Sandy Andrus
- Emiko Angus
- Scott Angus
- Linda Annis
- Lynda Apolzer
- Tracey Arthur
- Avant Guard Gates
- Patricia Bailey
- Baked by Blondie
- Rose Ball
- Pat Balneaves
- Mary Banister
- Tom Barichello
- Janalee Barnes
- Susan Baxter
- Juilia Bazso
- Les Bazso
- Suzy Bazso
- Jane Bellringer
- Leslie & Sheelagh Bennett
- Arleigh Bennington
- Bentley's Retreat
- Christine Bigelow
- Irma Bijdemast
- Betty Bishop
- Dorothy Blandford
- Lori Blazso
- Estelle Bogoch
- Susan Bolton
- Bernard Bouchey
- Dan Bouillet
- Eric Boutilier
- Gayle Boutilier
- Shelagh Bouttell
- Amanda Branscombe
- Doris Braun
- Debra Breaks
- Kelly Breaks
- Teresa Breakwell
- Caroline Brear
- Domenic Brear
- Elizabeth Brear
- Matt Brear
- George Brear
- Shirley Brennan
- British Columbia Funeral Association
- Sue Brooks
- Coreen Brost
- Craig Brown
- Karin Brown
- Stephanie Brown
- Jenny Brownjohn
- Martha Brownlee
- Paige Brownlee
- Doreen Bruce
- Buchanan Printing
- Ronald Budworth
- Buena Vista Massage Clinic
- Lynne Bujak
- Aliza Burden
- Faith Burden
- Katherine Burden
- Sasha Burden
- Stephen Burden
- Mary Burt
- Butterley Family Foundation Inc
- Sheena Caddick
- Diana Carlisle
- Barbara Carmichael
- Romni Carrigan
- Glenn Chalmers
- Wendy Chapman
- David Chesney
- Elaine Chick
- Linna Chow
- Annie Christiaens
- Tyler Christiaens
- Jan Christilaw
- Christmas Wishes
- Edward Chubb
- City of Surrey
- City of White Rock
- Linda Colasacco
- Keith Connolly
- Deborah Cooney
- Toni Cormier
- Sandra Cornell
- Tihana Cote
- Susan Coulson
- Pauline Coulter
- Katherine Craig
- Alida Crowe
- Jacqueline (Jackie) Crux
- Bev Cumiskey
- Jean Curry
- Nicole Curtis
- Bernhard Dandyk
- Vickie Darts
- Leslie Davison
- Miki Dawson
- Vincent de Gaye
- Lydia De Santos
- Kelly Deboer
- Barbara & Henry DeJong
- Dolores Diachok
- Dieleman Promotional Sales Ltd.
- Elizabeth Dilasser
- Dipped Sweets by K
- DMCL Chartered Professional Accountants
- Bruce Docking
- Monica Donetti
- Janice Dunse
- Jean Dutton
- Lorne Ebenal
- Rhys Edworthy
- Brenda Eggen
- Helga Egger
- Marissa Endacott
- Darlene Evans
- Deborah Evans
- Everything Wine
- Marilyn Fairbairn
- Eng Family
- June Fedorchuk
- Bonita Findlay
- Jack Finnbogason
- Five Corners Vietnamese Restaurant
- Deborah Floden
- Gwendolyn Flynn
- Susan Freedman
- Robyn Freiheit
- Dea Freschi
- Cecilia Friedt
- Stanley Fryer
- Victor Funk
- Margaret Garrison
- Geoff and Jolene Funke Foundation
- Mickey Gibson
- Cindy Gieni
- Glenn Gillard
- Kathleen Gillard
- Lou-Ann Gillard
- Jean Gillespie

# Thank You to Our Donors

We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from March 1, 2022 - May 31, 2022 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.**

- Dave Glass
- Brooke Godin
- Deb Gojevic
- John Gojevic
- Deirdre Goudriaan
- Clare Gould
- Heather Graham
- Chris Gray
- Duke Greenstein
- William Greig
- Linda Gronert
- Mike Hacquard
- Bonnie Hardeo
- Irv Harder
- George Hardy
- Michelle Harper
- Robin Harper
- Brenda Harrison
- Jeffrey Harrison
- Maureen Harrison
- Emma Harvey
- Caroline Hauser
- Bill Hawke
- Joan Hawker
- Mahdi Heidari
- Mark Heide
- Toni Hepburn
- David Herridge
- Tina Herridge
- Donna Herringer
- Bob Hill
- Gordon J. Hogg
- Vince Holmes
- Shirley Holowaychuk
- Liz Holroyd
- Eleanor Holton
- Home Depot
- Homelife Benchmark Realty Corp: Tyson Angus & Mike Grahame
- Aaron Hotell
- Alan Hotell
- Teresa Hotell
- Terri Hough
- Brian Hoven
- Doreen Hubbick
- Terry Hubensky
- Joan Hunter
- Lynne Hurd
- Nicole Hurtubise
- Armida Hutt
- Lori Ishikawa
- Gert Janssen
- Moni Janssen
- Norma Janzen
- Ramona Kaptyn
- Terry Karhinen
- Maureen Kehoe
- Paulette Keith
- Dede Kidoo
- Susan Kinross
- Margaret Kirsebom
- Beth Kish
- Alannah Klassen
- Bruce Kleeberger
- Brenda Knowles
- Jacobus Koning
- Lynn Koyzan
- Christine Laborde
- William Lacoste
- Tina Landert
- Kathleen Lane
- Bernice Larmont
- Anette Larsen
- Danielle Lavallee
- Darren Lazaruk
- Lynne Lazzara
- Ross Leeder
- Sheldon Leeder
- Duane Lefebvre
- Betty Legge
- Andre L'Esperance
- Aileen Lew
- Cheryl Lightowers
- Theodore Lim
- Sharilyn Lindsay
- Sharon Loch
- Nancy Lord
- Dennis Lypka
- Phil MacAllen
- Alison MacDougall
- Myra MacKay
- June MacLean
- Pat MacNaughton
- Cathie Maffin
- Chris Magnus
- Lilianne Mahler
- G Al Majer
- Anthony Manning
- Aubrey Marantz
- Sandy Marantz
- Shelley Mare
- Darlene Marion
- Jan Marlow-Wild
- Steve Marsden
- Elaine Marshall
- Jill Martyniuk
- Iza Matsumoto
- Bernice McBeth
- Brian McCombie
- Andrea McCorkell
- Adam McDiarmid
- Ariel McGrath
- Ra McGuire
- Kathy McIntyre
- Louise McKnight
- Christine McLean
- Susan McLellan
- Amanda McNally
- Gail McNally
- Dulcie McPherson Davies
- Judith McRae
- Katharina Mehl
- Meridian Credit Union
- Myra Merkel
- Donald Mill
- Ched Miller
- Alison Miller Bruchet
- Marjorie Mooney
- Ann Morris
- Wendy Munn
- Muswell Group Inc
- Maureen Mylie
- Amanda Myring
- Nature's Fare Market
- Al Nemeth
- Ishbel Newstead
- Charlene Norman
- Ben Nuttall-Smith
- Astrid Obersat
- Reece Obersat
- Oceana PARC Retirement Living
- Alison Orth
- Robert Orth
- Michele Palmer
- PARC Retirement Living
- Patricia Parsons
- Jayne Pattison
- Peace Arch News
- Wendy Peckinpough
- Tara Pedersen
- Penguin Meat Supply Ltd.
- Marlene Penner
- Theresa Penner
- Maria Perry-Whittingham
- Marilyn Phillips
- Matt Phillips

For secure, online donations visit [www.peacearchhospice.org/donate-online](http://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 March 1, 2022 - May 31, 2022 to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.**

- Olive Pociwasczek
- Brian Pohlmann
- Joyce Poley
- Caitlin Pope
- Ken Pope
- Lesley Pope
- Shannon Pope
- Wendi Pope
- Joanne Post
- Rick Post
- Gail Poston
- Toni Potkins
- Nigel Potts
- Joan Pretty
- Heather Prizeman
- Mary Pronger
- Sandy Purves
- Diane Quan
- Sharlene Ramage
- Margaret Ramos
- Jennifer Ratzlaff
- Sujoy Ray
- Gary Read
- Remax Colonial Pacific Realty Ltd.
- Sandy Rhyason
- Rick Ridler
- Erica Ritchie
- Tamra Jaye Ritchie
- Sherry Roberts
- Ann Robinson
- Theresa Robson
- Monica Rogers
- Joyce Rossander
- Maureen Rossetti
- Beverley Rottluff
- Deborah Rumley
- Genisea Rush
- Mary Lou Rust
- Brenda Ryan
- Heather Sadoway
- Tom Saunders
- Save-On-Foods (Semiahmoo)
- Angela Scheibal
- Maureen Scherba
- Jill and Rick Scheves
- Joe Schuch
- Jane Schultz
- Janice Scott
- Lauren Scott
- Ross Scott
- Randall Shaw
- Monty Sheldan
- Nicole Shudo
- Leah Sims
- Ranjit Singh
- Skoah
- Judith Slota
- Frances Smith
- Mike Smith
- Nadine Smith
- Brock C. Smither
- Jan Stadnyk
- Starbucks (White Rock)
- Constance Stasiuk
- Sherrie Stockley
- Greg Stoddard
- Diane Street
- Ken & Catherine Sully
- Christel Taylor
- TB & Co Merchandise
- Telus Corporation
- Randy Terrace
- Shirley Terrace
- Deb Terry
- The Block Charitable Foundation
- The Jitterbug Studio
- Denice Thompson
- Gordon Thomson
- Chris Thornley
- Cathie Throneycroft
- Tisol (South Surrey)
- Diane Todosychuk
- Martin Todosychuk
- Sandra Tonack
- Alastair Toulmin
- Mike & Taryn Townshend
- Gabrielle Trouton
- Carole Trueman
- Kim Trueman
- Willa Tweed
- Ronni Ullmann
- Anibal Valente
- Anibal & Tracey Valente
- Marc Van Es
- Marcella Van Nes
- Frances Vandenberg
- Pati Vanderzalm
- Karel Vanturenout
- B. Venables
- Victory Memorial Park Funeral Centre
- Jennifer Wall
- Reta Walters
- Rob Warwick
- Washington Avenue Grill
- Michelle Watts
- Brad Weir
- West Coast Gardens
- Eric Westra
- Deirdre Whalen
- Cameron White
- Denise White
- White Rock Sun
- White Rock/Surrey ULock Mini Storage
- Sharon Whyte
- Gord Wiebe
- Jill Wilchek
- Joan Wild
- Suzette Willetts
- Leonida Williams
- Brian Wilson
- Lionel Wilson
- Frances Winteringham
- Wolfe Auto Group
- Mary Wright
- Angel Yao
- Edward Yee
- Patti Young

*thank  
you*

Peace Arch Hospice Society Thrift Store



**WANT TO GIVE BACK TO YOUR COMMUNITY THIS SUMMER?**

Volunteer at Peace Arch Hospice Society Thrift Store! Why?

- To meet new people.
- It's fun!
- For a sense of belonging.
- To learn new skills.
- To make a difference in people's lives and support the Hospice Society.



Interested in volunteering?  
 Call 604-538-7600 or email [thriftstore@pahospicesociety.org](mailto:thriftstore@pahospicesociety.org)  
 15562 - 24th Avenue  
 South Surrey, BC V4A 2J5  
[www.peacearchhospice.org](http://www.peacearchhospice.org)



When you or a loved one are told the illness you have may end your life, come to Peace Arch Hospice Society for information, resources, and people who can ease the pain and stress. We offer emotional, practical, and educational support - inclusive of all cultures, faiths, and beliefs - to residents of South Surrey and White Rock who are facing terminal illness, grief, or end-of-life. All of our programs and services are **free of charge**.

If you or a loved one is in need of professional palliative or grief support, *we are here to help*. 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**

Summer 2022

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 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.