

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,

I hope that you are enjoying the summer and finding ways to stay cool on the hot days. The start of summer marks the end of a very

busy spring both at the Thrift Store and the Supportive Care Centre, a huge thank you to our incomparable staff team and volunteers for their endless dedication and compassion.

We are grateful for our community and their incredibly generous donation of items to our Thrift Store and for our volunteers and staff who make the store such a success. There are many summertime items and treasures to be found so make sure you stop by to check them out! Our store is a destination for many "thrifsters" and those looking for one of a kind items.

Springtime saw the return of our Cooking Together group, which was appreciated by those who attended. Our Cooking Together group builds skills for cooking nutritious meals while also providing grief support and socialization, led by our talented and specially trained volunteer team.

We started a new program, Yoga Group, which allowed participants to physically work through emotions while promoting health and wellness. This group will be returning in the fall along with our Mindfulness Group, Grief Support Group, Cooking Together, Friends Helping Friends Camp for Grieving Children, and our Good Grief Teen Education Program. Our Monthly Drop In Grief Support Group, Men's Group and the Walking Group are ongoing through the summer.

...continued on page 3

Upcoming Programs & Events

Hospice Hula:

Saturday, Sept. 16th
Hazelmere Golf & Tennis Club

Ticket sales are now open! See page 4 for more information.

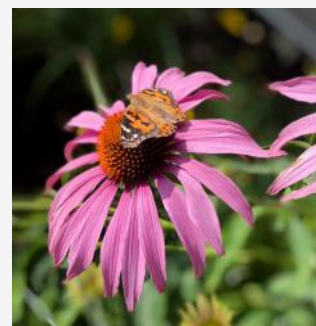


Third Party Event:

Butterfly Release

Saturday, July 22nd

See page 5 for info on how to register!



Grief Support Groups:

The following groups will be starting in the Fall. Please call 604-531-7484 for more information.

Adult Grief Group

Cooking Together

Children's Grief

Support Camp

Good Grief Teen Training

Mindfulness Meditation

Self-Compassion: You Are Worth It!

By Marnie Goldberg,

Masters Student in Counselling Psychology at City University who completed her internship at PAHS



Grief is the natural response to loss yet the inclination of our society and those around us is to rush us through it. We are led to believe that grief is something to get through and if we are not doing that then there is something wrong with us. We get weighed down by self-judgment and self-criticism about whether we are grieving in the correct way. Maybe our friends are telling us it is time to move on, maybe we are unsure of what is “normal”, and we get worried about getting “stuck” in our grief. This collective attitude toward grief is detrimental to our grief process and our ability to reconcile and integrate with our new reality. The way we grieve is unique to each one of us. There is no set time, or correct rules for grieving. Whichever way grief shows up for us is the right way.

Kristin Neff writes that self-compassion has three components; self-kindness, recognizing that part of being human involves losses and grief so that we are not alone in our experience of it, and finally, mindfulness which involves observing our thoughts and feelings in a nonjudgmental way, showing understanding to ourselves, and comforting ourselves.

Dr Alan Wolfelt says that being self-compassionate helps you to integrate the loss of a loved one into your heart and soul. It is important to nurture ourselves physically, emotionally, socially and spiritually. We need to pay attention to what our body is telling us, listen to our emotions and accept what they are saying, and find comfort in supportive people around us or in our spiritual beliefs.

Turning inward and giving ourselves the compassion and kindness to know that we are doing what we need to do, experiencing the emotions and pain while trying to figure out this new and changed life ahead is hard and takes time. We are better equipped for this work when we accept ourselves as the humans we are. It is a fact of life that we will experience difficult times, so let’s remember to give ourselves a break while doing the work that is required. Gather the tools of self-compassion and wrap yourself in the comfort of it all. You are worth it.

We Are Here For You



“To the staff and volunteers at Peace Arch Hospice Society—thank you! Your dedication to help others has made my life a little brighter each day.”

“Thank you for the amazing care and compassion you gave my husband in his last days, followed up by the concern and guidance I received, which was the lifeline in getting me through those dark days. I had no family or support system, but you gave me one. I am ever grateful.”

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

Executive Director's Message Continued...

Not to rush the summer months away, but we are very excited about our newly themed Fall Dance: *Hospice Hula* taking place on September 16, 2023 at Hazelmere Golf and Tennis Club. This event will be a Polynesian-inspired evening filled with fun including dinner, performances by Paul Tavai-Latta Polynesian Dancers & Co., DJ Storm, and many other surprises. Tickets are on sale now, be sure to grab yours quickly as our event last year sold out weeks in advance!

As always, thank you for your continued support of our Society. We could not do the work we do without each of you. Wishing you all a safe and enjoyable summer and I look forward to seeing you all very soon.

Sincerely,
Amanda McNally
Executive Director

Sweet Potato Chickpea Buddha Bowl

Ingredients:

Vegetables:

- 2 Tbsp olive, melted coconut, or avocado oil
- 1/2 medium red onion (sliced in wedges)
- 2 small sweet potatoes (halved)
- 1 bundle broccolini (large stems removed // chopped)
- 2 big handfuls kale (larger stems removed)
- 1/4 tsp each salt + pepper

Chickpeas:

- 1 (15-ounce) can chickpeas (drained, rinsed + patted dry)
- 1 tsp cumin
- 3/4 tsp chili powder
- 3/4 tsp garlic powder
- 1/4 tsp each salt + pepper
- 1/2 tsp oregano (*optional*)
- 1/4 tsp turmeric (*optional*)

Tahini Sauce (*optional*):

- 1/4 cup tahini
- 1 Tbsp maple syrup
- 1/2 medium lemon (juiced)
- 2-4 Tbsp hot water (to thin)



Directions:

1. Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.
2. Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper.
3. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.
4. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.
5. Once hot, add 1 Tbsp oil (amount as original recipe is written // use half of total amount if altering batch size) and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect.
6. Once the chickpeas are browned and fragrant, remove from heat and set aside.
7. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
8. To serve: slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas + tahini sauce.
9. Best when fresh, though leftovers will keep for a few days in the fridge.

Get your floral prints and hula skirts ready for our Hospice Hula!

Imagine an evening with Polynesian dance performances, live DJ music, drinks, dinner, and a night filled with dancing and aloha spirit...you're not on the beach in Hawaii, but at our Hospice Hula fundraiser!

This year, our Fall Dance is inspired by Polynesia's vibrant cultures. We are excited to provide a memorable evening with a buffet dinner at Hazelmere Golf & Tennis Club, performances by Paul Tavai-Latta Polynesian Dancers & Co., and tunes spun by DJ Storm. Our silent and live auction items are set to make this evening truly unforgettable.

But it's more than just a fun-filled night. Your participation helps us give back in the most meaningful way. All proceeds raised from this event will directly fund our mission and allow us to continue to provide our professional grief and palliative support programs and services to our community, completely free of charge.

We believe that compassionate support should be accessible to all, but to continue providing these much-needed programs and services, we rely on the generosity of people like you—our community of supporters.

Together we can make a difference.

Are you ready to say Aloha, enjoy an evening of tropical fun, all while making an impact in our community? Get your floral prints and hula skirts ready and join us on September 16th, 2023! Tickets are on sale now.



Peace Arch Hospice Society

Hospice Hula

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

Individual Ticket: \$100
**Discounts for table purchases*
Doors Open: 5:30pm
Please arrive by 6:00pm

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

peacearchhospice.org/hospice-hula or 604-531-7484

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

www.peacearchhospice.org/hospice-hula

604-531-7484

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.

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What's happening at the Thrift Store?

JULY

We are excited to announce that we will be launching a new and improved point of sale system very soon!

AUG 14-19

CELEBRATE NATIONAL THRIFT STORE DAY!

August 14th-19th
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.

SEPT 11-16

JEWELRY DONATION DRIVE

September 11th-16th
For every donation of jewelry you bring into the store during the above dates, you will receive a 10% off coupon for one item (or for your entire purchase of regular priced items) to use in our store.



Volunteers Needed!

We're looking for volunteers to help out behind the scenes at our Thrift Store in the receiving department to accept, sort, and price items.

Why volunteer for us? We asked our volunteers...

"To interact with the lovely staff, volunteers, and customers, and because it's fun!"

"It keeps me connected with the world today."

"I initially volunteered here because the Hospice Society was so good to my mom during her illness and subsequent death. After which, my dad and I got wonderful support and counselling as well. I stay because of the people and I still love to 'give back' 10 years later!"

Call **604-538-7600** or email thriftstore@pahospicesociety.org for more information about volunteering.



Facebook:

Peace Arch Hospice Society Thrift Store



Instagram:

@pahospicesocietythriftstore

Store Hours: Mon to Sat: 10am-4pm, Sun: Closed

Donation Hours: Mon to Sat: 10am-3pm, Sun: Closed

Programs & Services Update

From April to June 2023:

- Our Counsellors saw **147** Clients of which **65** were new.
- Our Counsellors held **349** individual counselling sessions.
- **97** Clients attended our Group Programs.
- Our organization served **1,330** individuals through Community Education & Outreach opportunities.
- Our Supportive Care Centre answered **1,441** phone calls during office hours.

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



1 in 5 children will experience the death of someone close to them by age 18. Childhood bereavement can have a significant impact on a child's emotional and cognitive development. Without proper grief support, children may struggle and experience mental health challenges and have difficulty coping with death in the future. That is why we offer our 2-day Children's Grief Support Camp 2-3 times per year.

Our 'Building Bridges' Camp took place on May 5 & 6, which was based off the movie, "Bridge to Terabithia". Our team of compassionate and creative counsellors and specially trained volunteers created a safe, welcoming space for the children to share their thoughts and feelings about their loved one and their grief. They made crafts related to the movie, including painting a wood plank in honour of their special person that created a bridge when they were all put together, which the children each took a turn walking over to symbolize their journey through grief. They also went on an adventure to Centennial Park where our volunteers took them through a journey through "Terabithia" where they met different characters and participated in various games and activities.



Key takeaways from our Children's Grief Support Camp:

"Grief isn't just sadness, it's a whole swirl of emotions."

"I learned that we can still feel happy even when we're sad."

"That it's okay to cry and everyone grieves differently."

Programs & Services Update



Our Cooking Together program started up again in May, with one session every month since then. Participants in this program are able to share their feelings and thoughts related to their grief experience while enjoying cooking and eating together in a safe and open environment. Everyone works together to prep, cook, and clean, and if there are any leftovers, they get to take some home with them.

We ran our first Yoga Group, an 8-week program which introduces participants to the concepts and techniques of chair yoga to promote personal well-being. A qualified instructor leads the participants towards relaxation through breathing and gentle movement. This peaceful program offers a comfortable way to move the body and focus on the present moment to find a place of balanced acceptance for those struggling with loss, terminal illness, anticipatory grief, or the challenges of being a care partner to someone with a terminal illness.



We also ran another Good Grief Teen Training throughout April and May where grade 11 & 12 students learned how to support a grieving friend, what to say and not to say, how to talk about difficult subjects, and more. They all received certificates for their resume and are now able to volunteer for certain programs and events for our organization.

Good Grief Teen Training Program Participant Testimonials:

"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."

"I have learned how to communicate with someone who has just experienced a loss. I have gained a new communication skill, that will help me in the future."

"Having the pop quizzes for a prize, trivia, activities and having snacks made the program fun and engaging. I had a great time learning new information in the Good Grief program and now I want to do volunteer work for the Peace Arch Hospice Society."

Sharing Cultural Perspectives on Spirituality at the Dying to Learn More Event



Was it curiosity that drew them to the event? Or was it their own personal commitment to spiritual growth that they hoped to further nurture? On the longest day of the year, this year's Summer Solstice, a group of curious members of the community gathered at an event presenting on the topic of how humans use spirituality during times of grief and at end-of-life. It was part of the Dying to Learn More public education series, provided to the community to aid in matters related to death and bereavement.

Drawing on his 10 years of experience as Spiritual Care Provider in the Intensive Palliative Care Unit of Calgary's Foothills Medical Centre, David Morrison spoke about how spirituality is integral to the human experience and can be defined and expressed in many ways. His definition of spirituality was refreshing and opened everyone to understanding that they have indeed been practicing spirituality in ways that they were perhaps unaware of.

As the panelists stepped onto the stage later that afternoon, it was clear that the audience was about to be greeted by a variety of religious perspectives on the topics of suffering and loss. On stage were representatives of Islam, Christianity, Buddhism and Hinduism.

While Dr. Rachel Lewis may have earned her PhD in physics from Yale University, her acceptance of things ephemeral and untouchable by science was gently presented to the audience. She succinctly described how Buddhism invites the practitioner to accept and attune with the unknowable aspects of existence, thereby finding acceptance with suffering. Dr. Lewis invited the audience to join in a Buddhist chant that this tradition uses to express acceptance of the impermanence of life.



Tejaswita Mohan shared her personal story of loss and how Hinduism helped her navigate through the pain and sorrow of grief to a place of acceptance and adjustment. She described how Hindus believe in the one Absolute Being, a singular force that joins all of existence together and how they practice their belief through following their dharma, aligned with the law of cause and effect called karma.

Dr Rishi Ranjan, who belongs to the 'Senia Maihar Gharana' the oldest traditional school of Indian Classical Music, provided a beautifully serene piece of music on his sarod that sonically linked the audience to ancient traditions of India, serving as a cherished, non-verbal form of spiritual expression of the Hindu faith.

Dr. Farhan Haque, Lead Physician for Geriatric Psychiatry in Long Term Care and Assisted Living and clinical instructor at UBC, described how the followers of Islam find structure and support through submission to the will of God. Clearly, his extensive experience working with elderly patients has given him an enhanced understanding of how essential peace and compassion are in the world as a response to suffering.

The Rt. Rev. Peter Klenner, Bishop of the Anglican Mission in Canada, shared the concepts of how Christianity provides nourishment for the soul and how we are all in this together to both endure the suffering and celebrate the joys of life. He did so with a sense of humour that was greatly appreciated among the audience.

Peace Arch Hospice Society is very grateful for the generosity of these five speakers who offered their perspectives with sincerity, openness and humility. It is rare to have the opportunity to share a range of spiritual perspectives and as members of the community gathered on this Summer Solstice Day, they celebrated the richness of diversity, individual learning and collective sharing that happens when there is a blending of our cultures.

Special Thanks to our Legacy Circle & Hearts for Hospice Supporters

A special thank you to our Legacy Circle:

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

Our Legacy Circle is a group of special supporters who have left Peace Arch Hospice Society in their will. To notify us about a gift in your will to our organization or if you have any questions about our Legacy Circle, please contact Amanda McNally at **604-531-7484 ext. 106** or visit www.peacearchhospice.org/legacy-circle.

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

- Terri Baker
- Leslie & Sheelagh Bennett
- Dorothy Blandford
- Liz Brear
- Doreen Bruce
- Diana Carlisle
- Barbara Carmichael
- Dave Chesney
- Jackie Crux
- Jean Dutton
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- Tamara Veitch

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

Thank You to our Donors

*We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from April 1st - June 30th 2023, to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.***

- Allison Alexander
- Ataija Alexander
- Avriel Alexander
- James Alexander
- Kiara Alexander
- Amica White Rock
- Dorothy Anderson
- Sandy Andrus
- Anglican Church Women of St. Marks
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- Robert Burrows
- Mary Burt
- Joyce Byrne
- Diana Carlisle
- Barbara Carmichael
- BJ Chapman
- Sandeep Cheema
- Dave Cherry
- David Chesney

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

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- Dexter Chia
- Peninsula Village Chiropractic
- Linna Chow
- Traci Christenson
- Nancy Christopher
- Edward Chubb
- City of Surrey
- City of Surrey
- City of White Rock
- City of White Rock Recreation & Culture
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- COBS Bread Bakery (Semiahmoo)
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- Betty Legge

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

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- Caroline Les
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- John Myring
- Igor Neelov
- Gail Nielsen
- Charlene Norman
- Cliff Noth
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- Valerie Russell
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- Saje Natural Wellness
- Salt Wellness Centre
- Sheena Sargeant
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- Diane Street
- MLA Elenore Sturko
- Christel Taylor
- TB & Co Merchandise

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

Thank You to our Donors

We would like to thank the following **individuals, organizations, companies, and foundations** who have generously made donations from April 1st - June 30th, 2023, to help support people in our community as they face terminal illness or bereavement. **Together we can make a difference.**

- Shirley Terrace
- The Angel Cross Foundation
- The Gold Room Jewellers
- Jeni Thom
- Charlene Thompson
- Denice Thompson
- Chris Thornley
- Tisol (South Surrey)
- Ken Toal
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- Donna Woolridge
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- Kenneth Wright
- William Xie
- Joan Y
- David Young

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In Memoriam

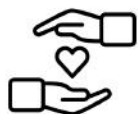
Peace Arch Hospice Society recognizes the loss of the following people and is grateful for the contributions that were made in their memory. April 1st - June 30th, 2023.

- Ken Anderson
- Gus Butow
- Peter Caruso
- Ken Duncan
- Leo Gagnon
- Robin Janjua
- Nicole Johnston Von Keutz
- Lisa Kouroupis
- Wayne Mitchell
- Gerry Newton
- Jacqueline Robison
- Lakhwinder Singh Gill
- Derek Traylor
- David Webb

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

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Make a difference
in our community.



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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.

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Surrey, BC V4A 1T2
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Interested in Volunteering?

Whether volunteering directly with clients, helping out at the office, assisting at events, or volunteering at our Thrift Store, Peace Arch Hospice Society volunteers are at the heart of everything we do. Our volunteers provide an invaluable service to our community. Become a volunteer for our Society and discover a special kind of joy that comes from helping those in a time of need.

If you are interested in volunteering, please contact our Coordinator of Volunteers at **604-531-7484** or email cov@pahospicesociety.org.

*Volunteers are the
Heart of Hospice*



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

Summer 2023

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Please accept my **one-time** donation of \$ _____ OR Please accept my **monthly** donation of \$ _____

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☐ YES, include additional \$20 to become a member/renew my membership of Peace Arch Hospice Society (valid Jan 1—Dec 31)

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