

Eternal Echoes

Perspectives on Life, Death & Hospice Society Happenings.



2025 WINTER EDITION

Mark Your Calendars!



Hike for Hospice

SAVE THE DATE:

- Sunday, May 4, 2025
- Blackie Spit Park, Crescent Beach



Gala 2025

SAVE THE DATE:

- Saturday, October 4, 2025
- Hazelmere Golf & Tennis Club



Theme to be announced at a later date

CAL Thank-You

Last December's 'Celebrate A Life' fundraiser was our most successful to date! Together, we honoured loved ones, celebrated memories, and raised vital funds in support of our free grief and palliative programs and services.

Some highlights that speak to the effort and love that goes into CAL:

- **68 volunteers** dedicated **435 hours** across **143 shifts** to make this event possible.
- **452 paper doves** adorned our tree, each representing cherished memories.
- **176 handcrafted wooden and ceramic doves** were gifted to donors.

A heartfelt thank-you to our incredible sponsors, donors, volunteers, and local artists for your generosity and dedication. From crafting the beautiful doves to ensuring everything ran smoothly, we couldn't have done it without you!



Return-It PAHS Fundraising

Support **Peace Arch Hospice Society** by recycling your empty beverage containers. No sorting needed!

Turn your empties into compassion!  

- 1 Put your empty beverage containers into clear or transparent plastic bags (up to 90L in capacity).
- 2 Visit your closest Return-It Express location:
 - Semiahmoo Bottle Depot: #28 - 15515 - 24th Ave
 - White Rock Return-It Depot: 3221 - 140th Street
- 3 **At the kiosk, enter our account code 604-531-7484** (our phone number). Print your bag labels and attach them to your bag(s).
- 4 **Scan your bag labels** at the drop-off window and leave them in the designated area.
- 5 Return-It will do the sorting, and the funds from your returns will go directly to Peace Arch Hospice Society.



Mission Statement

Peace Arch Hospice Society is dedicated to supporting everyone facing grief, and the end-of-life journey, or experiencing the loss of a person.

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Thrift Store Supervisor
Cindy Rhodes
Thrift Store Supervisor

Executive Director's Message

By Amanda McNally



The new year is well underway. I am enjoying the bright and crisp days we've been having, and

I hope you are too. Happy Lunar New Year to those celebrating the Year of the Snake. Wishing you all a prosperous year ahead.

We are extremely grateful for the support we received from our community in 2024 from our volunteers, donors, supporters and partners. The collective support allowed us to provide our programs and services free of charge. Thank you!

Our staff have been busy planning for the coming year. Many of our programs and groups are back in full swing. Hike for Hospice is taking place on Sunday, May 4th and we hope to see you there. We have our Level One Volunteer Training starting on February 1st.

We also have plans for upcoming events to educate and bring our community together. We look forward to sharing more soon!

Our Thrift Store was bustling over the holiday season, and we had one of our most successful months. We are truly grateful to our community for the generous donations, our customers who love to thrift, our dedicated staff team and our outstanding volunteers, this is what makes our store so successful.

I hope you enjoy this edition of our newsletter, until next time, please take good care of yourselves and each other.

Best,
Amanda



We are here for you.

Call 604.531.7484 or visit peacearchhospice.org for

more info about our free, professional grief and palliative programs & services.

Being Alone

By Gordon Wallace, PhD



Have you ever noticed how the same situation can feel so different? For instance, riding a

roller coaster can be a thrilling adventure, or it might make your heart race with fear. Similarly, giving a presentation can be a wonderful opportunity to showcase your knowledge and skills, boosting your confidence, or it might stir up a host of nervousness. Relocating to a new city might evoke feelings of isolation or spark an exciting adventure. And watching a horror movie? That can be a roller coaster of its own—either giving you exciting chills or leaving you feeling a bit scared!

Being alone is a similar experience as it can evoke a rich tapestry of emotions, differing from one person to another, shaped by individual events and the passage of time. The writer Paul Tillich tells us: “Our language has wisely sensed these two sides of man’s being alone. It has created the word ‘loneliness’ to express the pain of being alone. And it has created the word ‘solitude’ to express the glory of being alone.” Loneliness and solitude are two sides of the same experience of being alone.

To lose someone you love is to experience the painful absence of that person. Even with the gift of others physically surrounding you in a supportive manner, there is the unwanted and

unmistakable reality that your loved one is gone – that someone is missing, which means that you are more alone.

And as we all know, this absence often brings a tsunami of emotion! Feelings of sadness, pain, fear, anger, emptiness, confusion, disbelief, and so many others bubble just below the surface and frequently erupt in torrents of tears and anguish – often unbidden and out of the blue when you least expect them! As Paul Tillich told us, we have a word to describe the painful aspects of this experience of being alone, and it is loneliness – a reminder of the bittersweetness of life and loss.

But Paul Tillich also reminds us that loneliness is just one aspect of being alone – it doesn’t have to be the only experience. Just because you’re alone doesn’t mean you have to feel lonely!

There is another face or aspect of being alone, and that is solitude, which is a more accepting and positive experience. Yes, you are still alone, but the experience can feel very different. Tillich tells us: *“In daily life these words (loneliness and solitude) are not always distinguished; but we should do so consistently, thus deepening the understanding of our human predicament.”*

Experiencing solitude is definitely quite different from feeling loneliness, despite both stemming from the shared condition of being alone. Solitude allows you to meet yourself honestly, to be yourself with no outside influences or expectations.



Being Alone Cont'd

By Gordon Wallace, PhD

As the late “60 Minutes” TV commentator Andy Rooney concludes: “If you smile when you are alone, then you really mean it!” Or as actress Ellen Burstyn found out, “What a lovely surprise it was to finally discover how unlonely being alone can be.”

Clark Moustakis, a psychologist who has extensively studied being alone, characterizes solitude like this: “In contrast to the powerful experience of being lonely, solitude contains basically tranquil tones and themes and inevitable feelings of dreams and memories, of desires and imaginings. In solitude, there is peace and a sense of the eternal rhythms of life, a natural beauty that grows and expands, quietly, like the peaceful movements of a stream, and then the person is in touch with life and the mystery in the universe.”

Solitude offers you a refuge a sanctuary to recharge your batteries, to renew and collect your energy. Spending some quality time alone—whether it's taking a peaceful walk, diving into a good book, enjoying your favourite music, daydreaming, reminiscing about cherished moments, exploring the beauty of nature, or simply being present in the moment—can really help ‘fill your bucket,’ as my grandkids would say. It’s a wonderful way to take a breather from the hustle and bustle of social interactions and the pressure to constantly do more.

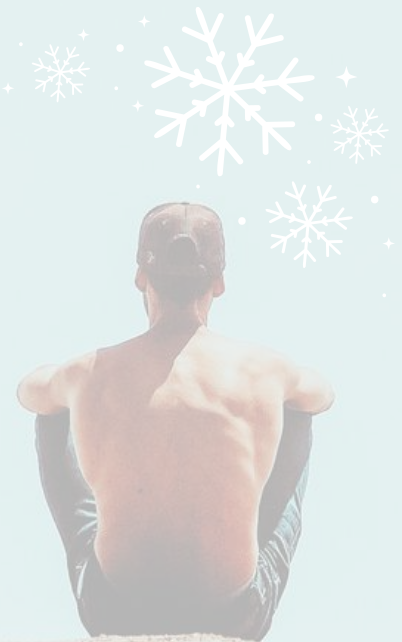
The Romantic poet William Wordsworth knew this benefit of solitude way back in the 18th century: “When from our better selves we have too long,/ Been parted by the hungry world, and droop,/ Sick of its business, of its pleasures tired,/ How gracious, how benign is Solitude.”

Alongside recharging your batteries - your energy - solitude proves to be an essential condition during which you also have the opportunity to understand yourself better. The psychologist Dr. James Hollis concludes, “Solitude can be defined as learning that we are not alone when we are alone. When we are alone, we are still with someone; we are with ourselves. The question is, HOW are we with ourselves?”

Solitude offers a marvelous opportunity to reflect, explore your imagination, dream big, and discover more about who you truly are. After losing a loved one, it’s completely natural to have questions about yourself and where you fit in the world. These feelings often linger and can be challenging to resolve, but embracing solitude provides a valuable opportunity for reflection and a genuine curiosity toward emerging questions, thoughts, and insights. Understanding its true imperative reveals that solitude is fundamentally benevolent; one of its key purposes is to connect with yourself and foster a strong friendship with who you are.

The author May Sarton sums it up nicely: “Loneliness is the poverty of self; solitude is richness of self.”

Developing a healthy relationship with being alone does not, of course, mean that you will NEVER again experience loneliness. The truth of being human is that solitude and loneliness will always be two aspects of being alone, either of which can occur in moments of physical isolation. Embracing this reality enables you to face these situations with increased understanding, generosity, and self-kindness. It provides a chance to strengthen your friendship with yourself. The 14th century philosopher, Michel de Montaigne says it best: “The greatest thing in the world is to know how to belong to oneself.”



Donor Stories

Peace Arch Stamp Club

Society Kudos to Peace Arch Stamp Club for their generous donation of \$1,000 in support of our FREE grief and palliative care programs within our South Surrey/White Rock community.

Peace Arch Stamp Club is a truly charitable group, having donated over \$35,000 to local charities and organizations within our community.

Their unwavering commitment to making a difference is inspiring, and we are deeply grateful for their thoughtful gesture and support!

Chartwell Retirement Residences

This amazing group of giving gals from Chartwell Crescent Gardens Retirement Residence came together to knit fashionable winter wear, which they sold in their building, raising an incredible \$1,500 for our organization!

We are so touched and humbled by your generous spirit. Thank-you so much, ladies—you've truly made a difference to those in our community seeking grief and palliative support.



Warm Hearts, Winter Generosity: Left to right pictured here are Shirley Setter, June Koster, Diane Johnson, and Barbara Lutes. (Rene Betts was part of this incredible team too, though not present in the photo.)



Cheque Presentation: Amanda McNally (PAHS Executive Director), Steve M, Jim M, Terry Leishman, and Emiko Angus (PAHS Fund Development Officer).



Zine-Making



Memory Bracelets



Alcohol Ink Art



Grief Collages



Programs & Services Update

HeARTfelt Mourning: A 4-Part Art Series

At Peace Arch Hospice Society, we believe in the healing power of art. This March, our practicum student Brittany is leading a new PAHS program, a special four-part art series to support participants in exploring and expressing their grief through arts-based mediums.

Art is a powerful tool for release, reflection, and emotional connection. These projects provide meaningful ways to process emotions, honour loved ones, and find relief through self-expression.

Creativity allows us to connect with our grief in profound and personal ways, reminding us that healing can take many forms.

Programs & Services Update

November 15, 2024 to February 1, 2025

- Our Counsellors saw **116 Clients** of which **86 were new**.
- Our Counsellors held **240 individual counselling sessions**.
- **248 Clients** attended **27 Group Program Sessions**.
- Our organization **served 712 individuals through Community Education & Outreach** opportunities.
- Our Supportive Care Centre **answered 1338 phone calls** during office hours.



Clinical Team Farewells: Sophia Murray, Eliezer Moreno, Leigh Kankewitt, and Trevor Josephson gather for a photo on Leigh's last day.

Current Groups

Drop-in Groups (every 2 weeks):

- Adult Grief Support
- Mindfulness Meditation
- Men's Grief Support
- Walking Group (Fridays)
- Yoga Group
(8 Sessions) (Jan 9-March 27)
- Adult Grief Group
(6 Sessions) (Jan 30-March 6)

Completed Groups

- Adult Grief Group
(Sept 19-Oct 24, 2024)
- Good Grief Teen Training
(Nov 6-Dec 4, 2024)
- Cooking Together
(Oct 3, 2024-Jan 9, 2025)

Upcoming Events

- Hike for Hospice (May 4)
- Gala 2025 (Oct 4)

Upcoming Groups

- Friends Helping Friends: Children's Grief Camp 'Inside Out' (Feb 21/22)
- **NEW:** HeARTtFelt Mourning: A 4 Part Art Series (March 6)
- Mindfulness Meditation
(9 Weekly Sessions) (April 1)
- Cooking Together
(4 Monthly Sessions) (TBD)
- Adult Grief Group
(6 Sessions) (TBD)
- Good Grief Teen Training
(5 Sessions) (TBD)

Call (604) 531-7484 for more info or to register for these or our other upcoming events and programs.



Hugging it out: Eliezer, Emiko, Theresa and William wish Leigh well.

What's In-Store? Thrift Happenings

Savings & Cheers for 17 Years!

On February 13, 2025, we will be celebrating 17 wonderful years of serving the community! Since opening its doors, our Thrift Store has been a cornerstone of support for Peace Arch Hospice Society, providing quality secondhand treasures while funding essential grief and palliative services and programs and services. This milestone wouldn't be possible without our dedicated volunteers, generous donors, and loyal customers—thank you for being part of our journey.

To mark the occasion, we'll be hosting a one-day sale on February 13th, where every customer will have the chance to draw a surprise discount at the cash register, with savings from 10% to 50% off their purchase. We will also feature a draw for PAHS Thrift Store gift certificates - \$5, \$10, and \$25!

Join us in celebrating 17 years of community impact—shop, save, and help us continue making a difference in our community.

Let's Celebrate
**surprise discount at till*



Volunteers Sheila and Pattie model items from our 'Glitz & Glam' event.

In Seasonal Swing

From Thanksgiving weekend to the end of the year, our store was filled with holiday magic, selling an incredible 12,327 holiday items! Thanks to our amazing donors, shoppers, volunteers, and staff, festive treasures found new homes, spreading joy and supporting compassionate care in our community. Your support makes a difference—one ornament, one sweater, one holiday trinket at a time!

It's Been Eventful Holiday Volunteer Party 2024

We celebrated our 2024 annual Volunteer Holiday Party at Semiahmoo Fish & Game Club on November 26, 2024. Fun, festive and FULL is what we all were after we feasted upon the epic spread Sheila's Catering prepared for us! We forged on with prize draws and dessert to the soothing sounds of Larry Edward Music.



Thank-you to our sponsors for making this event possible:

- **Photobooth:** Team McKnightReal Estate
- **Entertainment:** Victory Memorial Park Funeral Centre
- **Floral:** Oceana Parc
- **Food:** Amica White Rock
- **Food:** Chartwell Retirement Residences



Special Thanks to our Legacy Circle and Hearts for Hospice Supporters

November 15, 2024 to February 1, 2025

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

A special thank-you to our Legacy Circle:

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

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

Leslie & Sheelagh Bennett	Stanley Fryer	Susan McClellan
Dorothy Blandford	Inge Harris	Amanda McNally
Elizabeth Brear	Brenda Harrison	Marjorie Mooney
Doreen Bruce	Eleanor Holton	Laura Moore-Dempsey
Kelly Butler	Teresa Hotell	Gary Mullins
Diana Carlisle	Brian & Karen Hoven	Joyce Poley
Barbara Carmichael	Joan Hunter	Joanne Post
David Chesney	Paulette Keith	Margaret Ramos
Jacqueline Crux	Deirdre Lane	Erica Ritchie
Marilyn Desmarais	Fausta Magee	Tammy Ritchie
Jean Dutton	Gereth McCaskill	Randall Shaw
Lorne Ebenal	Anita McClelland	Stephanie Traylor
Bonita Findlay	Kathy McIntyre	Karel Vanturennot
		Tamara Veitch

How to Contribute

Our Legacy Circle is a group of special supporters who have included 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
604-531-7484 ext. 106 or visit
peacearchhospice.org/legacy-circle

Hearts for Hospice

Interested in Donating Monthly? Why? To pay it forward by providing reliable funding, to make a difference in our community, and because it's easy and convenient.

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 in need of our support.

For more information about becoming a Hearts for Hospice Monthly donor, call **604-531-7484** or visit 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.

November 15, 2024 to February 1, 2025

*"For in the mountain's call we hear,
The echo of a love so dear.
And though you may have said goodbye,
Your spirit soars through snowy skies."*

~ The Mountain Calls by Mark Gregory

Andrea & Paul	Bill Hewson	Lisa Lunson
Merrily Abbott	Ruth Homan	Craig Ormerod
Robert Guterres	Eve Keates	Patricia Reed
Gail Hardy	Elizabeth Koehler	Devre Sharpe
		Derek Traylor

Thank-you to Our Donors

We would like to thank all **individuals, organizations, companies, and foundations** who have generously made donations from **Nov 15, 2024 to Feb 1, 2025** to help support people in our community as they face terminal illness or bereavement. Together we can make a difference.

Peace Arch Hospice Society *Celebrate a Life 2024* Honouring memories for over 40 years.

We would like to thank all of our **Sponsors, Donors,** and **Volunteers** for making this year's **Celebrate a Life** event a success once again. All funds raised will be applied to our professional grief and palliative support programs offered free of charge to our community. We are here to help.

We are truly thankful to the local **Artists** who contributed their time and talents to craft and paint the beautiful one-of-a-kind wooden and ceramic doves.

We are grateful to our many **Volunteers** who generously gave of themselves to represent the Society from December 1st to 23rd. Your participation has been crucial to making this event a reality and we couldn't do it without you!

Semiahmoo Shopping Centre
1701 - 152nd Street, South Surrey
December 1st-23rd

604-531-7484
peacearchhospice.org

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

Thank You to our Sponsors:

Every Detail Remembered | Dignity
VICTORY MEMORIAL PARK FUNERAL CENTRE

bp Buchanan
Printing & Signs

U-LOCK
MINI STORAGE

SEMIAHMOO
SHOPPING CENTRE

Want to Make a Difference?

November 15, 2024 to February 1, 2025

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

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 visit our website at www.peacearchhospicesociety.org or call us at 604-531-7484.



Jean Walker (PAHS Volunteer) with Teresa Hotell (PAHS Founder)

Donating

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

Winter 2025

15435—16A Avenue, South Surrey, BC V4A 1T2 Ph: 604-531-7484 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.