

welcome to our

# Winter Newsletter



Rooted in the community and branching out to those in need, we provide social, emotional, and spiritual support for individuals and their loved ones as they face a life limiting illness, and on-going grief support programs for children, teens and adults.

We believe that no one need face a life-limiting illness alone, and no one need be alone with their grief.

All our services are free of charge.

“companions for the journey”



## Contact Us

For more information about our services and programs

Surrey Hospice Society #209-8236 128th Street Surrey, BC V3W 4G2

Tel: (604) 584-7006, Email: [info@surreyhospice.com](mailto:info@surreyhospice.com)

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## A Message from the Executive Director

Dear Friends and Supporters,

As we approach the end of 2024, I want to take a moment to reflect on the year that has been—a year filled with resilience, community spirit, and unwavering dedication. Despite the challenges of rebuilding in the wake of the pandemic, Surrey Hospice Society has made significant strides in continuing to provide essential services to individuals and families navigating end-of-life journeys.

Our team has worked tirelessly to meet the growing demand for grief and palliative care support, offering compassionate services free of charge, including bereavement counseling, palliative care volunteer support, and end-of-life planning resources. We have witnessed firsthand the power of community as we collaborate with local partners to ensure no one faces these difficult moments alone. Your generosity and involvement have been a lifeline for so many, and we are deeply grateful for your continued commitment.

Looking ahead to the remainder of 2024, we are excited about our upcoming fundraisers: The full Moon Healing Harmonics Crystal Bowl Sound Bath which is scheduled for December 15th is our second of what will be regular Full moon concerts. These concerts are set in a small, residential and intimate setting



Rebecca Smith, Executive Director



which allows for a deeply meditative, restful and healing experience. I find these events to be so incredibly de-stressing and revitalizing; I hope you will join us to discover the beauty and peace that a sound bath provides.

We are also excited about our end-of-year online 50/50 draw. What an awesome way to both support our important work, but also to potentially start the new year with a pocket full of cash!! As always, we will be offering our supportive programming that is so needed at this time of year. For those of us who have lost loved ones, the holidays can be especially difficult; these support programs – offered on December 2nd, the 8th and the 9th are a very important way to find resources, connection and guidance that will help. You are not alone: Surrey Hospice Society is always your companion for the Journey. We know that the upcoming events will continue to strengthen the ties within our community. every gathering provides an opportunity to remember, honor, and support those who have walked this journey with us. These events remind us of the importance of community and the shared responsibility we have to care for one another during times of loss and transition.

However, as we approach the close of this year, we face a critical financial challenge. The pandemic years left a lasting impact on our resources, and while we have worked hard to recover, we still need to rebuild to ensure our services remain strong and accessible. Our goal is to raise \$30,000 by December 31st to secure our services for the year ahead. These funds are essential to ensure we can continue to offer our programs at no cost to those who need them most, and to meet the ever-increasing demand for our services.

We are, at our core, a community-based organization built by the community to serve the community. Without you—our volunteers, donors, partners, and supporters—none of this would be possible. We ask that you continue to stand with us, as companions for this important journey. Together, we can continue to provide the compassionate care and support that our community deserves.





## Continued..

As we look to 2025, we are filled with optimism. With your continued support, we will rebuild, expand, and strengthen the services we offer. The road ahead is bright, and we are excited for what we can achieve together in the coming year. We are already looking forward to our annual Conference, known as “The Beginning of a Conversation” on January 25th at the Kwantlen Conference Centre. We are also looking forward to our Annual Golf Tournament fundraiser which has been scheduled earlier in the summer on June 25th instead of September. We have many other events in the planning and we would love to have you join in this planning. If you are interested in working with our event planning committee, I would love to hear from you! Please email me and let’s chat more! Our events and programs are so much fun and I just know we will enjoy both the journey and the event itself – together!

On behalf of the entire Surrey Hospice Society team, thank you for your generosity, your compassion, and your unwavering support. May the rest of your year be filled with peace, hope, and love.

Rebecca Smith,  
Executive Director  
Surrey Hospice Society



## A Message from the President Shara Nixon

It is the time of year when we think of those who are less fortunate than ourselves. While we are counting our blessings, we are well aware of those who may be alone this Christmas. It is especially hard for someone who has lost their significant other or god-forsaken a child. The holidays have so many expectations around family harmony and time to spend together and for someone still in grief, it is lonely to be alone, and overwhelming to be with people, and no matter where they look there is the reminder of what they have lost.

Surrey Hospice Society works very hard to help people through the holidays, and the intense emotions that rise during these times. If you are considering a donation to a charity this year, please consider donating to Surrey Hospice Society. Your support will go a long way to help families who may be spending this Christmas in hospice.

Thank you to everyone who attends our events, buys our online 50/50 and supports us by volunteering both at the hospice and the thrift store.

Thank you on behalf of the board to all our staff. Your resilience during this challenging, transitional year has been inspiring.

It is my wish for all of you, a safe, happy, warm, and inviting Christmas and my 2025 be our year of peace and stability.



# Grief support



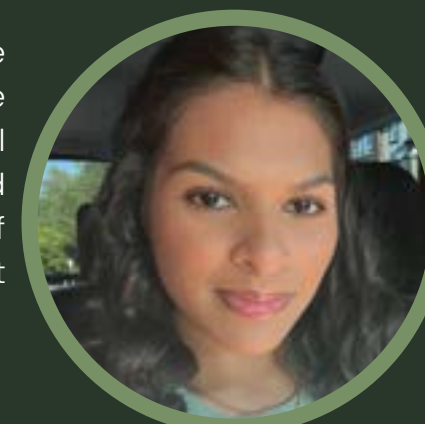
## Manisha Cheema, RSW

A registered Social worker, she holds a Bachelor of Social Work degree. Not only has she volunteered for us as a grief companion in the past, But she also did her practicum work at Surrey Hospice Society . She is well versed in grief and bereavement work thru this experience as well as a great deal of education and training. We are so glad to have her as a principal member of our bereavement team.



## Sheela Veloo

I am a 4th year Bachelor of Social Work student from the University of the Fraser Valley. I will be completing my practicum at the Surrey Hospice Society between Jan.-April 2024. I will be working closely with the social workers in bereavement and grief groups and will offer 1-1 support and companionship. I completed a Social Services Diploma at the University of the Fraser Valley in 2019 and have been working as a recreation therapist at an Adult Day Program for seniors with dementia ever since.



Kira is our current practicum student who will be with us until April.



# Nicole Parekh

RCC, RCAT, DVATI

Registered Clinical Counsellor,  
Registered Canadian Art Therapist



Hello! My name is Nicole Parekh, and I am pleased to say that I am joining the SHS team as a part-time Grief and Bereavement Counsellor. I am a Registered Clinical Counsellor, Registered Canadian Art Therapist, expressive arts practitioner and visual artist. Alongside SHS, I work as an instructor of art therapy for post-graduate students, and have a small private practice where I offer sessions to clients of all ages. I also have more than ten years' experience working at a non-profit therapeutic community with adults living with chronic illness, trauma, substance use disorder, grief and loss and other complex health needs. I am now honoured to be able to offer support to those who reach out for it at SHS.

I am excited to share my passion for art therapy and the expressive arts with SHS, and strongly believe that engaging with the creative process is healing and life enhancing. Grief is a very difficult experience that touches every human life at some point, and at times it can feel like there are no words to describe the pain of loss and bereavement. It is in those moments where words aren't enough that the arts can be helpful as a way of expressing how we are feeling and allowing us to be present and connected with our own inner journey. The arts have been a lifeline for me in my own difficult moments of personal loss, and I have also witnessed time and again how engaging with the arts in community can meaningfully connect people with each other.



## Meet our counsellors

[www.surreyhospice.com](http://www.surreyhospice.com)

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# Andrew Bexson RPC, MPCC-S

## Registered Professional Counsellor Master Practitioner in Clinical Counselling- Supervisor

Andrew is a registered professional counsellor, a master practitioner in clinical counselling-supervisor, family mediator, instructor, and facilitator with over 10 years of experience supporting children, youth, adults, and seniors in their grief and loss journeys.

Through his work with Canuck Place, Friends for Life, Moving Forward Family Services, and his private counselling 'practice' Andrew is highly skilled and knowledgeable in grief, loss, and bereavement, and he has garnered positive feedback that his empathic, caring, compassionate and sensitive approach has instilled hope and a new sense of purpose to those he has worked with.

Andrew is inspired by anyone who has been able to find strength to overcome their personal challenges, and those who are interested and willing to support others. He finds the work of the Dalai Lama inspiring, specifically, his messages that emphasize focusing on others with affection, rather than with anger. Andrew is also intrigued by Thomas Merton's thoughts on racism, social justice, love, and compassion. Andrew believes that learning is infinite, and he regularly participates in professional development opportunities so that he can impart informed knowledge to others, with the goal of contributing to their success.

In his spare time, Andrew enjoys hiking, walking by the ocean, fixing, and riding vintage motorcycles, writing, reading, and painting. Andrew is well-travelled, spending over two years travelling the world in his youth and utilizing opportunities to support a variety of poverty-stricken communities.



## Meet our counsellors

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# Christmas Grief

Visit our Holiday Grief Tool Box for Helpful Tips



Surrey Hospice Society

[www.surreyhospice.com/holidays-grief-tool-box](http://www.surreyhospice.com/holidays-grief-tool-box)



## SURREY HOSPICE SOCIETY 4 Part Virtual Webinar

Register by calling (604) 584-7006 or email [intakes@surreyhospice.com](mailto:intakes@surreyhospice.com)

### NOVEMBER 18

#### Topic: Self Care

Join us for 1 hour at 6pm to learn self care strategies for those experiencing grief.



### NOVEMBER 25

#### Topic: Rituals and Remembrances

Join us for 1 hour at 6pm to learn ways to honour loved ones who have died through rituals and remembrances.



### DECEMBER 2

#### Topic: Secondary Losses

Join us for 1 hour at 6pm to learn ways to cope through secondary losses.



### DECEMBER 9

#### Topic: Coping Through The Holidays

Join us for 1 hour at 6pm to learn strategies to navigate the holiday season while grieving the loss of a loved one.



### Seasonal Affective Disorder (SAD)

- Feeling sad and depressed
- Losing interest in activities you used to enjoy
- Changes in appetite (usually eating more)
- Changes in sleep (usually sleeping more)
- Daytime sleepiness (despite extra sleep)
- Low energy and excessive fatigue
- Trouble concentrating
- Feeling guilty or hopelessness
- Anxiety and/or irritability
- Social withdrawal
- Thoughts of death or suicide



Nicole Parekh, RCC, RCAT, DVATI



# **My winter love**

**Andrew Bexson**

Grief & Bereavement Counsellor  
Surrey Hospice Society

**The cold days linger  
Shivers to my bones  
The days get longer  
My aching moans**

**We hiked the Grouse grind  
The outdoors was our  
release  
Climbed until we dined  
Thank goodness for the  
fleece**

**Nature was our connection  
Wind, rain and sun  
Movement and reflection  
We had so much fun**

**The holidays were our time  
Gifts and appreciation  
But he was taken in his  
prime  
I miss our conversation**

**Why did he have to leave?  
Our time was golden  
Why no reprieve?  
His time was stolen**

**Yet I'm grateful I just wanted  
more  
An extra week, day, hour...  
Oh, how I long to hold him  
now  
I'll go to the tallest tower**

**There is a warmth in my  
heart  
That keeps me connected  
There is a shining bright star  
That keeps me protected**





# Grief Groups



## Traumatic Loss

**Jan. 21st – March 18th 2025**  
**6:00pm – 8:00pm (8weeks)**

Through Zoom occurring one Tuesday evening per week. Registration is required. You will need to commit to participation for the entire eight weeks. Space is limited so register early at our office at 604-584-7006 or send us a email [info@surreyhospice.com](mailto:info@surreyhospice.com)



## Spousal Loss

**Feb 5th to March 19th 2025**  
**6:00pm – 8:00pm (6 weeks)**

Through Zoom occurring one Wednesday evening per week. Registration is required. You will need to commit to participation for the entire six weeks. Space is limited so register early at our office at 604-584-7006 or send us a email [info@surreyhospice.com](mailto:info@surreyhospice.com)



## Online Grief Groups for Adult Grievers

The death of a loved one is often one of the most stressful experiences in life. Grief affects everyone in their own way. For some people, connecting with others and sharing their stories helps them process their loss.

- 6 & 8 week programs
- groups are free
- curriculum-based
- led by counselors
- online through Zoom

# Traumatic Loss

## An Online Grief Group for Adult Grievors

*The death of a loved one is often one of the most stressful experiences in life. Grief affects everyone in their own way. For some people, connecting with others and sharing their stories helps them process their loss.*

**January 21st to March 11th 2025**

**6:00pm to 8:00pm**

**(one Tuesday evening per week)**

- 8 week program
- this group is free
- curriculum-based
- led by counselors
- online through Zoom



**Manisha Cheema**

-Registered Social Worker (RSW)  
-Bachelor of Social Work (BSW)

**Sheela Veloo**

-Bachelor of Social Work from  
the University of the Fraser  
Valley  
-Social Services Diploma from  
the University of the Fraser  
Valley



Registration is required. You will need to commit to participation for the entire seven weeks. Space is limited so register early at: [info@surreyhospice.com](mailto:info@surreyhospice.com)





# Spousal Loss

## An Online Grief Group for Adult Grievers

*The death of a loved one is often one of the most stressful experiences in life. Grief affects everyone in their own way. For some people, connecting with others and sharing their stories helps them process their loss.*

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-Registered Social Worker (RSW)  
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**Sheela Veloo**

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# Holiday

## CHRISTMAS CRAFT



**DECEMBER 8TH 2024**

*10:00 pm - 2:00 pm*

Come spend some time with us, creating a meaningful craft to honor your loved one and your journey through grief while coping through the holidays. Join us in person for a small gathering. This is a free, family 4 hr event, led by counselors and practicum students. Supplies & refreshments provided

RSVP [intakes@surreyhospice.com](mailto:intakes@surreyhospice.com) or 604-584-7006





## 64 Reminders if your filled with Holiday Dread



*"The holidays are times spent with our loved ones." This has been imprinted on our psyche from a young age.*

*Holidays mark the passage of time in our lives. They are part of the milestones we share with each other and they generally represent time spent with family. But since holidays are for being with those we love the most, how on earth can anyone be expected to cope with them when a loved one has died?*

*For many people, this is the hardest part of grieving, when we miss our loved ones even more than usual. How can we celebrate togetherness when there is none?*

**By: Wendy Boggs, MS/G, Intern**

It's not just you dreading the holidays. The holidays after a loss are always hard. Holiday dread (or at least holiday ambivalence) is incredibly common. You have survived other hard days. You will survive this hard day. It might be ugly. That's okay. It might be a lot less ugly than you think. That's also okay. Even though the holidays are always hard after a loss, they can simultaneously be filled with moments of comfort. When it feels impossible to finish the sentence, "I'm grateful for . . ." this holiday season, try finishing the sentence "I have . . ." instead. Remember, grief can create tunnel vision on almost exclusively what's been lost. You might have to work ten times as hard to also see what you still have. It's worth the extra work to mine the good stuff, no matter how deeply it is buried. Holidays are the breeding ground of painful comparisons. This just makes holiday dread worse. Hard as it is, resist the urge to compare your holidays against the past or against anyone else's. You'll do the best you can with what you have, because that is the best you can do. There is no 'right' or 'wrong' way to do a holiday. Together or alone, traditions or no traditions, try to let go of the shoulds and embrace what feels best for you. You have permission to change your mind about plans, take breaks, leave early, and prioritize taking care of yourself.



## Continued..

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- You have survived other hard days.
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- Even though the holidays are always hard after a loss, they can simultaneously be filled with moments of comfort.
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- Remember, grief can create tunnel vision on almost exclusively what's been lost. You might have to work ten times as hard to also see what you still have. It's worth the extra work to mine the good stuff, no matter how deeply it is buried.
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- There is no 'right' or 'wrong' way to do a holiday. Together or alone, traditions or no traditions, try to let go of the shoulds and embrace what feels best for you.
- You have permission to change your mind about plans, take breaks, leave early, and prioritize taking care of yourself.



# Continued..

- Even though it feels like every holiday song is merry and bright, there are plenty of griefy holiday songs to make you feel a little less alone.
- No one can tell how anyone else actually feels from their social media posts. More people are having a hard time than you think.
- If social media is increasing your holiday dread, you can take a break.
- You are not the person you used to be, and that's hard but okay.
- Unfortunately, not everyone in your life will intuitively understand that you are not the person you used to be. That will be hard at first, but it will also be okay.
- There is always an exit or a way to take a break, even when you don't think there is, even if you're hosting.
- Take a walk.
- Hide in the bathroom.
- Drive separately.
- Call an uber.
- You can always skip traditions and revisit them next year.
- You can also create new traditions (that last forever or for just this year).
- You are not responsible for anyone else's holiday wants at the expense of your own mental health. You might disappoint people, but people will survive disappointment.
- People might disappoint you, but you can also survive disappointment (let's be honest, you've survived worse).
- Children can still have a magical holiday even when it isn't perfect.
- Boundaries are self-care.
- It's also okay to flex on your boundaries. That doesn't make you a boundary-failure.
- You can be alone and not feel lonely.
- And you can also be surrounded by people but feel painfully lonely.
- There is nothing wrong with every last item on your holiday table being store-bought and not homemade if it helps cut down on that holiday dread.
- Or just go out to eat - from Starbucks to Benihana to Del Taco to Chart House, there are plenty of options at all price points.
- Found family (the family we choose) are just as important as blood family (sometimes more important), so make an effort to connect with the people who mean the most to you - whoever they are. Even if it is just a quick text.
- A surprising number of movie theaters are open on holidays, so take advantage if you don't want to do traditional holiday things but still want to get out.
- The holiday movie releases look \*pretty\* great this year.
- Not a movie person? Don't worry, the 'best podcasts of 2024' lists are up in all the major outlets, so you can binge your day away.
- You can break a 'culture of silence' in your family. If your family hasn't done a good job of talking about the person or people who've died and that bothers you, let them know. It's easier than it sounds - promise. "Hey all. It makes me sad that we don't talk about John more. I know it's hard, but I propose we all share something that's made us think about him recently - big or small. I'll start".
- New Year's resolutions are fully optional. Surviving and finding reasons to get up each morning is accomplishment enough in grief, so cut yourself some slack.
- If you don't want to spend the holiday alone, don't assume you're the only one you know without holiday plans. Ask around, and post on social. You might find a pal to spend the day with.
- If you're unapologetically spending the day alone, you can still plan for it to be exactly what you want it to be.
- Just because people are traveling more for the holidays again doesn't mean that all those virtual holiday tips we all learned during COVID can't still come in handy.



- If your drinking is getting a little carried away in grief, the non-alcoholic beer, non-alcoholic wine, and non-alcoholic spirits market has grown by leaps and bounds. There are plenty of options for sober holiday toasts!
- People we don't know can still help us feel connected. It's worth chatting with the cashier at 7-11 while you check out and or stopping for a coffee at Starbucks just to be around other people if you're feeling isolated.
- The story of a Hanukkah is one of finding oil that burned a light in wreckage, against all odds. If that isn't a holiday story for grievers, we don't know what is.
- A full day of good books, good movies, and delicious snacks is a perfectly respectable way to spend the day.
- Go outside. For 5 minutes, for 5 hours, whatever.
- Winter solstice marks the shortest day of the year and the longest night in the Northern Hemisphere. As of December 22nd, if you're in the Northern Hemisphere the days are now getting longer.
- Christmas decorations aren't all-or-nothing. If you didn't have it in you to pull them out because you were dreading the holidays, you can still pull out one or two items. Or buy yourself one decoration that you love.
- If you want to include your loved one in the holidays there are plenty of ways, even at the last minute:
  - Make a donation in their memory.
  - Sign up to volunteer somewhere where they volunteered or that meant something to them.
  - Create a memorial ornament for your tree.
  - Set their photo out next to your menorah.
  - Ask people to share a favorite memory of the person with you, in person, on social, or by text/email.
  - Fill their stocking with gifts you would have bought for them, then donate them to a shelter.
  - Buy yourself a gift that you think they would have bought for you.
  - Ask everyone to share one gift the person gave them that they will always treasure, physical or otherwise!
  - Make a list of the things you loved about them that you want to do more to embody in yourself or to connect with in the new year.
  - The holidays will never be the same again, but that doesn't mean they can't be happy and meaningful.
  - If you haven't bought yourself a gift this year and you like this list, we have the perfect gift idea for you!
  - You're allowed to love and enjoy the day.
  - It is normal to feel a bit guilty about enjoying the holidays without them.
  - Remember that your ability to find gratitude and make space for joy in a world without your loved one is not a betrayal. And is really can ease some of the holiday dread.
  - Your pain is not your connection to your loved one. Your connection to your loved one lives in your memories, in your love for them, and in the ways they live on through you.





# The Longest Night: Grief and the Winter Solstice



The winter solstice is upon us. Here in the Northern Hemisphere, it's the 24-hour period with the fewest hours of daylight all year. It's sometimes referred to as the 'longest night of the year', which is either the perfect metaphor for grief and/or the perfect title for an early-aught emo album.

Though I am someone deeply impacted by the darkness of the winter [she wrote, flicking on her S.A.D. lamp], there is something I have long found comforting about the idea of leaning into the winter solstice. Something is reassuring about celebrating the day when the planet seems most aligned with death, grief, and loss, all the while knowing that longer days and shorter nights lie ahead.

In *Les Misérables*, Victor Hugo famously wrote, "Even the darkest night will end and the sun will rise". What he doesn't mention is that it will get dark again. Even the brightest day will end and the sun will set, after all. Though perhaps that sounds depressing, I actually find an incredible comfort in it. We were never promised a life that would be all light or all darkness. It has always been days and nights, joys and pains, calm and chaos, growth and decay. The only constant is that the states are ever-changing, be it the darkness, the weather, the seasons, our bodies, or our emotions.

Well, that and that big box stores will insist on putting their holiday decorations out earlier each year. On the longest night of the year, in a season that finds you grieving, in a world that is filled with immense suffering and pain, it is weird to be surrounded by twinkle-lights, isn't it? The dissonance can feel too great. People we love are dead. Humans are suffering. What right do people have to hang twinkle-lights and be merry? What does it mean for us to hang twinkle-lights and be merry?

At the same time, we never ask what right the sun has to rise each morning. We know the night and day live side by side, doing their dance across each twenty-four span. They move up and down, across each season, longer and shorter, waxing and waning.

We've rambled more than enough about holidays and grief. We have dozens of articles about it on WYG. I'll spare you more musings and instead just send one hope your way: that you can lean into tonight's long night. Wrap it around your shoulders like a blanket, stay open to the dawn, appreciate the twinkle-lights if you can. And show yourself some kindness and compassion if you can't. It isn't easy. It's okay if you can't.

Perhaps that is the absolute best and absolute worst thing about grief at the holidays - it may not go the way you hoped or planned, but that's okay . . . the sun will keep rising, the darkness will keep falling, and it will come back around next year for you to try it again.

By Litsa, December 2023





# Hospice helps people in our Community

YOUR FRIENDS, YOUR FAMILY. TWO WAYS YOU CAN MAKE A DIFFERENCE

1

## FINANCIAL DONATIONS

Your support, large or small, will contribute to our Hospice's commitment to be a center of excellence that will help to provide our current programs and opportunities & to fund new ones.

As a donor, you can be assured that your generosity will go towards comfort services in hospice, grief counseling, support programs, education and training. Donations ensure Hospice's existing services and the ongoing presence of grief support to families.



## Surrey

HOSPICE SOCIETY

[www.surreyhospice.com](http://www.surreyhospice.com)



2

## VOLUNTEER

Few experiences in life are more fulfilling than volunteering to assist others. We could not exist without the ongoing support from our dedicated team of volunteers.

We are always looking for ways to improve and expand on what we have to offer the community, and as such we are always on the lookout for new volunteers. We would love you to join our team!

WE BELONG TO A COMMUNITY WHERE EVERYONE RECOGNISES WE ALL HAVE A PART TO PLAY IN SUPPORTING EACH OTHER DURING LIFE'S TOUGHEST EXPERIENCES, ESPECIALLY DURING TIMES OF HARDSHIP, ILLNESS, LONELINESS, DEATH AND GRIEF.

WE ARE ALL TOUCHED BY THESE CHALLENGES AT SOME POINT IN OUR LIVES.

WE  
ARE

A volunteer driven, community based, not for profit Society providing compassionate support to individuals and their loved ones of all ages and backgrounds, who are coping with end-of-life issues and bereavement all free-of-charge.

WE NEED YOUR HELP. GIVE A GIFT THAT COUNTS

#209 8236 - 128 ST  
Surrey, BC V3W 4G2  
(604) 584 - 7006  
[info@surreyhospice.com](mailto:info@surreyhospice.com)





# Coping With Grief in the Wintertime: Some Ways Harder, Some Ways Easier

Written By Jill S. Cohen, Family Grief Counselor



## Wintertime Grief — Is it Harder?

Here we are. The start of the new year, and we're also settling into wintertime. Some already feel the winter "blahs and blues." Here's what I start to see right about now in my grief counseling practice: Some clients say, "OH, it's so hard to be grieving in the wintertime." It's dark and dreary, often compounded by bad weather, making it harder to get motivated, to get out of bed, to have the energy to be productive, exercise or tackle a to-do list. Some clients say, "OH, it's a little easier to be grieving in the wintertime." It's easier to "hibernate" and "be alone" in the winter when other people too are spending more indoors than outdoors. Grievers don't feel they are expected to be as joyful as they might have to feel in the summertime when their friends and family are going to the beach, having barbecues, taking weekend getaways and playing outdoor sports. Whichever way you look at it, grief is hard in ALL FOUR SEASONS. But, for sure, grief in the wintertime is challenging.

## Why is Wintertime Hard for Grievers

I'm giving you lots of thoughts, ideas, and tips, to help you understand and cope with grief in winter, and ultimately, to make your way through the season. 8 reasons for wintertime being the worst for grievers.

1. Lack of sunlight. This leads to a lack of vitamin D and a drop in the neurotransmitter serotonin. Leaves you tired and "blue" and maybe even irritable.
2. Cabin Fever. Too much time spent indoors can lead to restlessness, depression, and irritability and too much time inside spend thinking difficult thoughts and emotions with little relief from it.
3. Social Isolations. If you're already prone towards isolating yourself while grieving, you'll be more prone to isolate during bad weather and shorter days. Being alone too much can impact negatively on your physical and emotional health.
4. Not moving enough. Even a small amount of physical movement can boost your emotional and physical health. In the winter, people are less inclined to do so given the bad weather, and poor road conditions. That's when it's even more important to try to join a gym or exercise with a YouTube video at home, just to move around even a little.
5. Poor eating. Yes, grief often equals comfort food. And it's known that in the wintertime, people indulge in food more. Be careful to not give yourself too much permission to overindulge during grief periods.

# continued..

6. It's cold.

7. You're sad. Winter starts with holidays that griever find sad, nostalgic and is closely followed by the winter blues (blahs) with a whole lot of cold, dark weeks ahead.

8. You're experiencing SAD. Seasonal Affective Disorder affects some more than others. It is a subtype of major depression and the symptoms occur in fall and early Winter and recede during the Spring. Having the SAD disorder naturally can complicate the griever's ability to cope during the winter months.

If winter is one of the hardest grieving periods for you, it's worth trying a few of these tips:

- Make sure to go outside once a day, even if only for 20 minutes or so. Fresh air and a change of scenery are helpful.
- If you're up to it and have indoor time to fill, try something productive like organizing a drawer, compiling a photo album, or organizing paperwork files. You'll feel productive and accomplish a lot.
- If you have children that are grieving too, play games this winter. Board games, or dollhouse or Doctor ... allow kids to act out their feelings in a helpful way. Or, work with the kids to make memory boxes, or dreamcatchers or masks, to encourage talking about their loved ones and their own grief.
- Watch funny movies. Laughter is the best medicine. And it can turn your head from heavy to lighter.
- If winter really gets you down, buy a lightbox to help with Seasonal Affective Disorder
- Sign up for an online class (check out [whatsyourgrief.com](http://whatsyourgrief.com) for some good classes online).
- Try to schedule regular get-togethers with friends for coffee or a meal. Just try. It will probably be very enjoyable.
- Spend some time learning to cook healthy meals, to learn something new, and keep your eating on track.
- Open your blinds during the day to let the light in, even if minimal.
- Keep to a good sleep routine, going to bed and getting up at the same time each day. It might prevent you from "sleeping in" too much.
- GIVE YOURSELF A BREAK. It's winter and winter will turn into Spring. And you will go from surviving to thriving. If you are not productive one day, you have another chance to try again the next day.





# Pet Loss

*For anyone grieving a pet, the pain can be overwhelming. Many pet owners view their companions as much more than an animal — to owners, pets are often members of the family. Losing your pet best friend is heartbreaking and can leave behind a profound sense of emptiness and loss.*

## Grieving the Loss of a Pet

Each person deals with grief differently, but that doesn't make death any less painful. Some people find it hard to express their feelings because not everyone around them understands the gravity of the loss, especially if they've never had a pet of their own. If someone has never experienced this kind of relationship, they genuinely don't know how important it is to those of us who have.

## Join a Pet Loss Support Group

When we're grieving a pet, what we hope for is someone who is compassionate, even if that person lacks the understanding of why we are mourning this loss. But, it is sometimes difficult to find that support. You are not alone, there are others who are feeling the same grief too. Here is some Facebook online support to start with:

### **"Grief and support for loss of a beloved pet"**

Public group with 95.4K members ([click here](#))

In addition to seeking support while grieving a pet, there are easy ways you can honor your beloved pet's memory:

- **Commemorate their life:** One of the best ways to find closure is to hold a memorial service. Whether you choose to bury your pet (check with your local by-law) or scatter his ashes in a place that holds special meaning, a memorial service gives you and your family the chance to say goodbye. Some people also find cremation jewelry to be meaningful.
- **Create a legacy:** Plant a tree or flowers in your pet's favorite spot. Name a star in their honor, or create a shadow box with their favorite items. Have a portrait painted, place a memorial stone in your garden, or get creative with your pet's photographs by making a scrapbook.
- **Start new traditions:** On your pet's birthday, acknowledge their life by volunteering at a local shelter or donate to an animal charity in his name, so please take a moment to look back on the joy, laughter, and unconditional love your pet brought to your life.

# Pet Loss



## Facing the Holidays After Pet Loss

by Kitty Walker, LMSW-ACP

Several years ago my canine soul mate, Kito, escaped peacefully from his prison of congestive heart failure. It was late September, the same time of year I had brought him home as a tiny Sheltie furball 10 years earlier. I was devastated. I had no idea I could hurt so deeply and still be alive. That winter was a blur of bereavement. Just as I thought I was starting to feel better, the season of holidays arrived with its usual tempo of frenetic activity and enforced merriment. I was clearly out of step and decidedly depressed.

Normally I was right in the middle of things, shopping, baking, spending time with friends ... always with Kito by my side. An enthusiastic tree trimmer, carol singer, turkey taster, and gift unwrapper, he adored this time of year and all of its rituals. Without him I felt empty inside, wishing only to be transported to a place in time beyond the "hollow days" of that first season without him. There is no time of year when it's easy to mourn a beloved pet. But as is the case with all kinds of losses, the winter holiday season can be especially brutal to those in bereavement.

A traditionally family time, it reminds us of whom—and what—we are missing. Our pets, who became treasured members of our families, have left behind a silent void. At a time when we're flooded with well-meaning encouragement to Feel Good, to have a Merry Christmas or a Happy Hanukkah, a Thankful Thanksgiving, and a Prosperous New Year, the contrast felt by those of us grieving a pet can sometimes be overwhelming.



## 10 HELPFUL TIPS

The following recommendations are meant as guides to surviving pet loss through the holidays, keeping in mind that every pet owner's grief process is individual.

1. Acknowledge that you are grieving, and that you might have some emotional difficulty during the holiday season. This sounds obvious, but cannot be overlooked. It usually doesn't work to pretend to be happy for days on end while a significant grieving period is going on.
2. Let yourself grieve. You might be surrounded by people trying to get you to feel anything else, especially those who have not gone through a loss of this kind. It is important to your emotional health to be true to your feelings as they arise. Don't worry about crying in front of others...it is not a time to please everyone else at the expense of yourself.
3. Share your feelings with someone you trust. It is a phenomenal burden to go through the grief process alone, or to seek support from someone who does not comprehend the pain of pet loss. If there is no one to turn to in your immediate family or circle of friends, consider consulting with a pet loss counselor or support group, in your community or on-line.
4. Cherish your memories. Retelling the story of her yellow lab stealing and devouring a fully stuffed turkey on the day of her mother's funeral helped a friend of mine get through her first Thanksgiving without him. Do not be afraid to remember happier times with your pet...this can be a source of comfort during a time of longing and sadness. Likewise, displaying a picture of your pet taken during a past holiday might bring a sense of solace, as well as a source of positive memories.



# Pet Loss



5. Do something symbolic. A gift to an animal shelter or other organization in honor of your pet is a tangible way to show respect. Other rituals people have shared with me include lighting a special candle, hanging a stocking or an ornament with the pet's name on it, and writing a special poem or story to post on an internet site designed for that purpose (like "Virtual Pet Cemetary").

6. Give yourself the gift of caring. The basics of self-care—sleep, nutrition, exercise—are critical to emotional well-being and physical survival. Grieving requires extra energy, and holidays can be emotionally and physically draining. Surviving the combination requires some extra self-nurturing.

7. Help someone else. This is a great opportunity to volunteer your time and energy to those in need. My community shelter has a pet food drive this time each year, with lots of options for volunteering. Non-animal-related options include feeding holiday meals to the homeless and other disadvantaged populations. Volunteering helps to maintain a balance of attention to yourself and your own needs with attending to some needs of others. Many find such service work rewarding and distracting.

8. Rely on your spiritual belief system. If you have a belief in a higher power, an afterlife, a divine order in nature, or other beliefs regarding life and death, it's a good time to reconnect with those beliefs and/or explore new ones.. Resist the temptation to get a new pet prematurely to fill the void left by the previous one. The holidays might be a very tempting time to do just that, but remember that a special relationship—whether human/human or human/animal—can never be duplicated. It's unfair to yourself, as well as the animal, and can backfire in ways you might never predict.

9. When is it time to get a new pet? Experts disagree on a specific period of mourning (from 3 months to over a year), but do agree that the person(s) should be emotionally ready to explore a totally new relationship.

10. Remember that the holidays are temporary. The first holiday season after a pet dies is usually the most difficult. After that you will have a sense of who and what helped you get through it. Affirm your survival a day at a time.

My best to all who are carrying pain through this season.



# Community Support

## Recyclable donations

We have made it easier than ever to support Surrey Hospice Society.

Just return your refundable recyclables to any one of these return depots and your refund gets credited to us to support our many programs and services offered to our community by Surrey Hospice Society.

### RETURN-IT EXPRESS (ALL LOCATIONS ACROSS BC)



How it works:

Put your unsorted containers in clear (black or white bags not accepted) sealed trash plastic bags. The Express system requires customers use clear or transparent bags for containers - they recommend using bags approximately 36 inches tall, 30 inches wide and around 72 litres in capacity. Go to one of the Return-It Express locations anywhere across B.C. At the kiosk (Express label stand) use our phone number [6045847006](tel:6045847006) to log in. One label per bag. Place a label on each of your bags and leave them in the bag drop area. They will sort your containers and credit Surrey Hospices account with your donation refund. For locations please visit [www.return-it.ca/locations](http://www.return-it.ca/locations)

## Third-party fundraising

Fundraising held by individuals, businesses and organizations benefits our programs throughout the year. These events support our community and greatly reduce our fundraising expenses. Third party fundraisers are a great way to give back to your community and support Surrey Hospice Society.

“Third party fundraising” is an activity or event organized by an individual, company or community organization that is not an official Surrey Hospice Society event but benefits the work we do.





# Community Support

## Continued..

Acting independently and with Surrey Hospice Society's approval, third party events are crucial in raising funds for our services and programs for the terminally ill, their caregivers and their loved ones. When you organize a third party event, you're not only raising money to support us, you are also raising awareness about us and the important work we do.

Examples include:

Craft fairs, Bake Sales, Concerts, Golf-Tennis-Ball-Hockey-Bowling Tournaments, Raffles, Art Shows, Pancake Breakfasts, Bingo Night, Barbecue, Dinners, Bottle Drives, Silent Actions, Gift Wrapping and Fitness challenges.

Take the initiative to help your community and raise funds for us. We are grateful if you decided to partner with us. It is people like you that make our community strong and vibrant.

If you are interested in organizing, hosting or volunteering for an event, please contact us. We can provide you our guide to download that will be able to assist you with ideas and how to lend a hand.

please contact

[info@surreyhospice.com](mailto:info@surreyhospice.com)

to request your pdf copy of the  
third party fundraising guide



## Third-party fundraising



# Community Support

## Continued..

### Volunteer

Lend a hand at our events, in our office, our thrift store, or directly at a hospice facility and make a difference today.

A volunteer at Surrey Hospice Society is someone who believes in our philosophy and goals. They lend some of their energy, time, and skills to provide support for others who need it. Their skills are shared and they are provided with opportunities for ongoing learning.

To learn more visit

[www.surreyhospice.com/volunteer](http://www.surreyhospice.com/volunteer)

or email: [linda@surreyhospice.com](mailto:linda@surreyhospice.com)

### Spread the word

Share us on social media and tell others about us so we can reach those who seek help. Click on icons.

- Like us on Facebook at  
<https://www.facebook.com/SurreyHospice>
- Check us out on Instagram: [surreyhospicesociety](https://www.instagram.com/surreyhospicesociety)  
<https://www.instagram.com/surreyhospicesociety>
- Follow us on X (Twitter): [@SurreyHospice](https://twitter.com/SurreyHospice)  
<https://twitter.com/SurreyHospice>
- Watch us at YouTube:  
<https://www.youtube.com/@SurreyHospiceSociety>
- Connect with us at LinkedIn:  
<https://www.linkedin.com/company/surrey-hospice-society>
- See us on Bluesky:  
<https://bsky.app/profile/surreyhospice.bsky.social>



Click on icon to visit us!



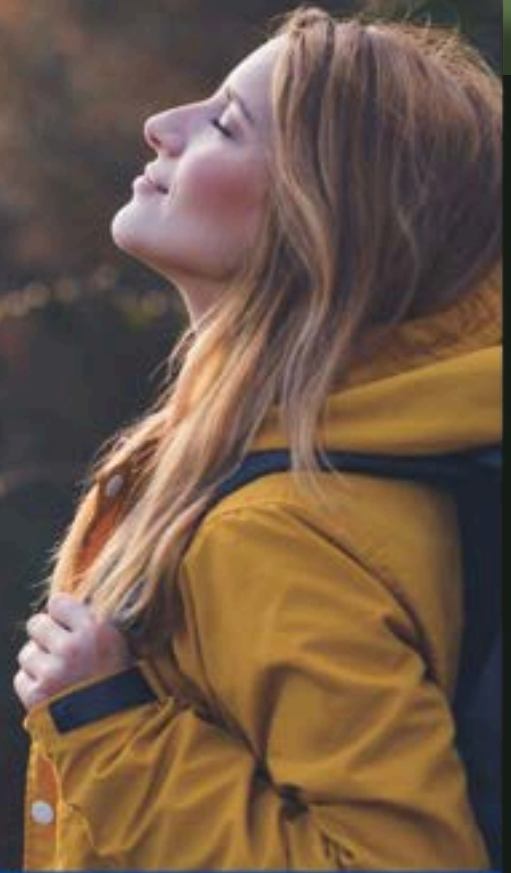


# EVENTS: past, present and upcoming..

Healing Harmonics  
Crystal Bowl Sound Bath

## FULL MOON

RELAXATION AND THERAPY



- reduces stress
- increases relaxation
- improves quality of sleep
- releases suppressed emotions  
clears emotional blockages
- relaxes the nervous system  
muscles and tissues to promote  
healing



**November 15th 2024**  
**7:00pm - 8:30pm**

\$55 per participant

\*please note presales only - not available at  
the door. Limited to 22 spots, reserve early

2791 Gordon Avenue Crescent Beach  
Surrey BC RSVP 604-584-7006  
[www.surreyhospice.com/healing](http://www.surreyhospice.com/healing)

You're invited to this unique monthly 60-minute sound bath to slow down, rest, and receive healing vibrations while immersing into a soundscape of Crystal Singing Bowls. Using the spectrum of sound and vibration, the brainwaves slow down, allowing the nervous system to reset realigning your energies and nurturing your spirit towards emotional and physical well-being. Some of the Benefits Of Sound Healing Therapy, It helps lower stress, blood pressure, cholesterol levels, and the risk of heart conditions such as artery disease and stroke, whilst improving sleep quality and overall well being.

it is important to remember that you need to take care of YOU too! & the added bonus is that your support will help Surrey Hospice to continue to exist, & to continue our programs & support for those facing the end of their lives as well as those who have lost a loved one.



# GIVING TUESDAY



SURREY  
HOSPICE  
SOCIETY

## GIVING TUESDAY

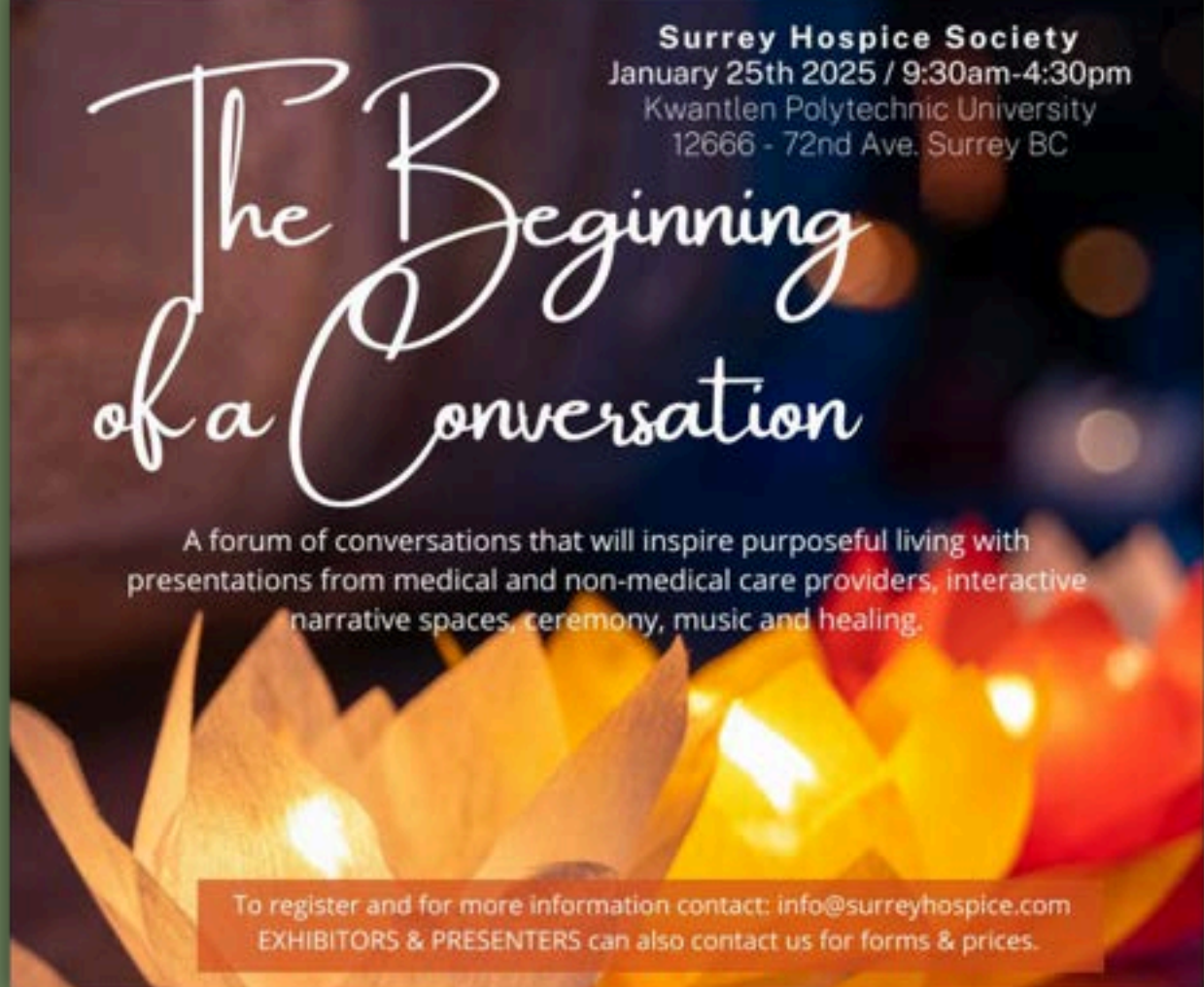
We rely on the generosity of others to help us continue to provide our programs and services at no charge to the residents of Surrey, as well as expand our services to meet the needs of our community. We offer support for those facing an end-of-life experience, as well as grief programs for children, teens, and adults – all free of charge. Please consider helping us today so we can help others.

On Giving Tuesday, December 3rd 2024 help us raise \$10,000 to use towards our grief and bereavement services and give hope and healing for more people. Your help is needed.



**visit: [www.surreyhospice.com/events](http://www.surreyhospice.com/events)**  
**Fundraising Support**





The Beginning of a Conversation Public Forum is the return of an annual event for the second time since the 2020 pandemic containment measures. It takes place at the Conference Centre of Kwantlen Polytechnic University in Surrey. It is a forum of presentations from end-of-life care providers, interactive narrative spaces, ceremony, music and healing. The purpose of the forum is to open new ways to increase awareness and dialogue around end-of-life matters, while respecting traditional cultural perspectives, it also invites new cultural directives that respond to current perspectives.

The Beginning of a Conversation is a free community forum designed to encourage a conversation between the public and professionals, as well as between individuals and their families and friends. Conversations about how they want their stories to end with, Palliative Care, Long Term Health Care, Bereavement Care, and other end-of-life services and supports. We are in the process of organizing our annual community forum that will be held at KPU Saturday, January 25th 2025. We are reaching out to organizations with an invitation to partner with us as a sponsor, presenter or exhibitor. This is an ideal opportunity to reach out, to educate and market to the public who are concerned with and seeking information for themselves and their families. We have had an average attendance of 200 - 500 people who attended this event in the past. Plus others who have accessed the information through our event promotions. This year, the presentations will also be available internationally as many of the presentations will be filmed and posted on our social media platforms. Please let us know if such a partnership would interest you. We look forward to working together to make this a rewarding event for everyone involved

**REGISTER NOW (click here)**

SURREY HOSPICE SOCIETY PRESENTS

# THE BEGINNING OF A CONVERSATION

**Saturday, January 25th 2025 9:30am-4:30pm**

**Kwantlen Polytechnic University 12666 - 72 Ave Surrey, BC**

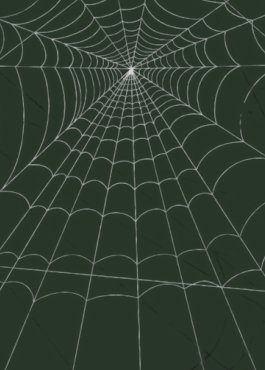
**EXHIBITORS & PRESENTERS WILL BE ON HAND THROUGHOUT THE DAY**

A free community forum of conversations that will inspire purposeful living. It is a forum of presentations from end-of-life care providers, interactive narrative spaces, ceremony, music and healing. The purpose of the forum is to open new ways to increase awareness and dialogue around end-of-life matters, while respecting traditional cultural perspectives, it also invites new cultural directives that respond to current perspectives.

Visit us at [surreyhospice.com/conversation](https://surreyhospice.com/conversation) for more details







## Halloween Howl Fundraiser – Oct 26 2024

Our highly anticipated event for costume-wearing grownups who love great music, terrifying haunted decor, all-night dancing, and so much more!

We had a Costume contest and prizes for best dressed! We also had a raffle, 50/50 and door prizes! Costumes were encouraged but not required.

We also had a wine and beer bar, and non-alcoholic beverages and snacks for sale during the dance.

We had a fun night with great music, and dance all while raising funds and awareness for the programs offered at Surrey Hospice Society!



Proceeds from the Halloween Howl event went to assist the Surrey Hospice Society to continue to deliver care free of charge to those facing their end-of-life and grief support to the bereaved in our community

**SULLIVAN HALL  
6306-152 ST SURREY BC**







# Memorial Dove Release



The Surrey Hospice Society's Memorial Dove Release is an annual event aimed at bringing our community together to honour and celebrate the life of your loved one by releasing a dove in a serenely beautiful, meaningful way. To symbolize hope that their departing spirit, may find freedom, peace, serenity and a new beginning. Releasing doves may be the perfect way to honor your loved one. It is perhaps in times of sorrow that the sight of a dove soaring against the heavens is most meaningful and awe-inspiring. Throughout the ages, in nearly every culture, a dove has been the quintessential expression of purity, spirituality, and everlasting love. Truly, there is nothing more touching than the sight of a beautiful dove winging overhead to the sky, winding their way towards the heavens.

In a time of grief and sadness, experiencing a dove release provides a breathtaking sight that is welcoming for the soul and a sweet consolation for the heart. All who witness this amazing sight feel a very special connection to their loved one, as a expression of love, respect, and admiration.

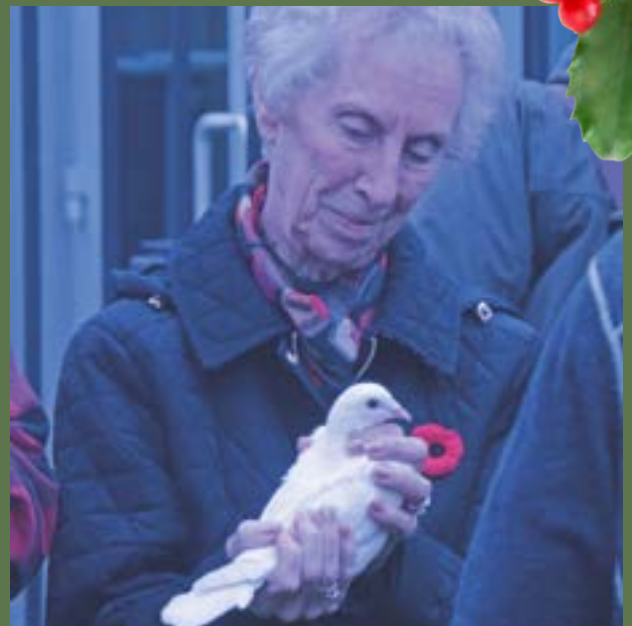
The event is was to the public, and happened at Bear Creek Park, in Surrey B.C. Participants seen doves take flight amongst the beautiful trees. You didn't have to purchase a dove to participate. In addition to the spectacular doves in flight, we had paper doves where you could write a special message to your loved one and hang on our Hope Tree. Beverages and snacks were provided.





# Memorial Dove Release

Saturday, Nov 2nd 2024





# Memorial Dove Release

Saturday, Nov 2nd 2024





Hello my friends!

Who wouldn't like a bit of extra money for Christmas spending? Surrey Hospice Society is having an online 50/50 fundraiser and would love for you to play along! It could be your lucky day but it will definitely be a generous and loving day!

Purchase your tickets now! Draw date Dec 18th 2024. You could win 50% of the proceeds! You can't win if you don't enter!

Feel twice as good about your purchase – the other 50% of the proceeds go to benefit & support local families. Hospice care focuses on comfort, quality of life, and supporting the precious moment's families will share with their loved one during their final days together. It is not as much about dying as it is about living – living each day and each moment to the fullest. We are there to help our hospice residents and their families live each day with dignity and honour by providing compassionate, end-of-life care in a home-like setting.



## FUNDRAISING FOR HOSPICE

WILL YOU BE CHOSEN?



50/50

Surrey Hospice Society

up to \$10,000







# GOLF TOURNAMENT 2025

**SUPPORT** THE SURREY HOSPICE SOCIETY  
& THE CLOVERDALE DISTRICT CHAMBER OF COMMERCE  
**ASK ABOUT SPONSORSHIP & DONATIONS**

- "FUN"-DRAISER, FOR SURREY HOSPICE
- CASUAL NETWORKING BBQ LUNCH
- EXCITING PRIZES & ON COURSE ACTIVITIES
- GOURMET DINNER & RECEPTION
- 18 HOLES OF SUPERIOR GOLF
- ALL LEVELS OF GOLFERS WELCOME

**JUNE 25TH  
2025**

**REGISTER NOW**

<https://www.surreyhospice.com/golf>



Hazelmere Golf & Tennis Club  
18150 - 8th Avenue Surrey, BC





A message from the Volunteer Coordinator  
by Linda Szentes

2024 HAS BEEN A YEAR OF GROWTH AND LEARNING IN THE  
VOLUNTEER DEPARTMENT.

Our volunteer numbers are growing steadily. We trained two classes of hospice volunteers this year with our wonderful trainer, Tama Recker. Our classes typically have 10-12 participants and are held once in the Spring, and once again in the Fall. Approximately half of our spring class is currently volunteering in hospice or is onboarding. 100% of our fall class has decided to onboard, which is great news for Laurel Place and N52 in the New Year.

We had two volunteer support events; once in March, and once in August. Our march check-in led by Rebecca Smith and Tama Recker at Chartwell Camellia gave volunteers a chance to ask some difficult questions as well as participate in structured learning. Thank you Chartwell for hosting us! Our August check-in was led by Jude Campbell, a retired art teacher and spring graduate, and myself. We met at Venvi Fleetwood villa on a Sunday afternoon for crafts, games and refreshments; volunteers learned how to use art in complementary care. They also learned about resources for children and families in the family room at Laurel Place.

**“No one is more  
cherished in this world  
than someone who  
lightens the burden of  
another. Thank you.”**

Joseph Addison



Thank You  Volunteers



## Continued..

In addition to formal opportunities for learning and support, informal ones also “popped up”. Last Friday Nov 22, onboarding volunteer Jude Campbell and I made lanterns for residents at Laurel Place. This idea stemmed from Jude; for years she participated in winter lantern festivals in Vancouver and she thought we could modify this idea for hospice. She was right; one resident and her daughter made their own lanterns at our pop up craft table while others gathered around us with suggestions as we created something beautiful and useful for the long winter nights. Thank you Jude! We will be making more lanterns on December 9, our volunteer appreciation event at Venvi Fleetwood Villa. Thank you Venvi for hosting us!




Thank You



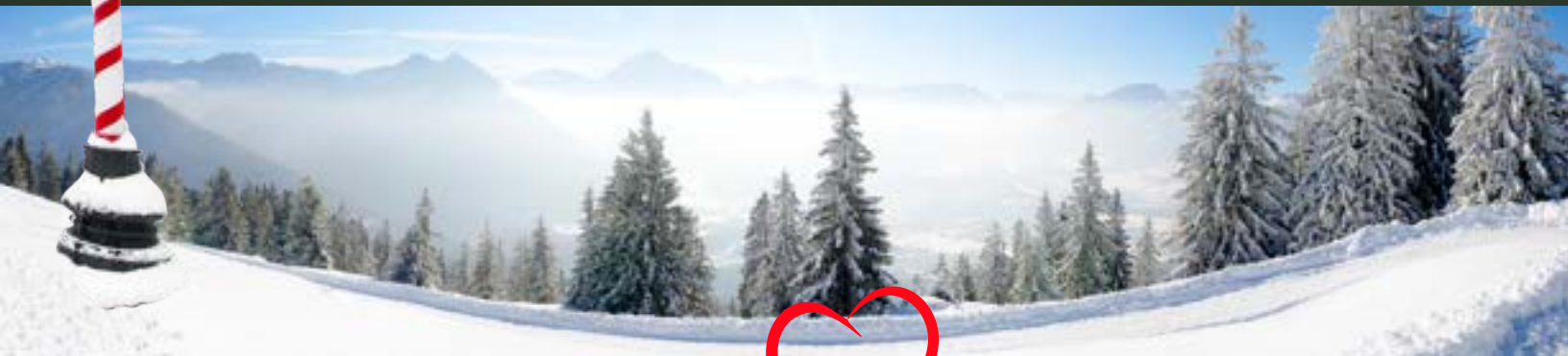
Volunteers

## Continued..

In 2024, we made progress in the technology department in the way we schedule our volunteers; we use a new electronic system called Signup. Volunteers who are regular are preassigned shifts; those who are casual can choose their own shifts from the remaining shifts. This system has proven to be efficient and useful; reminders are automatically sent and the uptake has been good – almost all volunteers are using the system. Thanks to Stephanie, our wonderful Administrative Assistant, for her help in researching this system and getting it up and running.



As we close out the year, thanks to all our volunteers for showing up for us in hospice and at N52, as well as our event volunteers and board members for your continued support. A special thanks to Simar Thukral at Divercity for supplying excellent volunteers for our Halloween Howl fundraisers at both Sullivan Hall and Kennedy Hall; we are looking forward to seeing you on December 9!



Thank You  Volunteers





# VOLUNTEERS NEEDED

Our society consists of a team of volunteers that visit daily on the Palliative Care and Tertiary Units at Surrey Memorial Hospital and the Laurel Place Residence. We augment the professional care and support provided by medical and hospital staff.

**OUR SOCIETY'S VOLUNTEERS PROVIDE PRACTICAL & EMOTIONAL SUPPORT AND COMPANIONSHIP TO PALLIATIVE PATIENTS & THEIR LOVED ONES.**



\*Although we work together with Fraser Health - Provincial Health Services Authority we are not involved in the housing, or the medical care of the patients.

For more information call  
(604) 584-7006 or email  
[info@surreyhospice.com](mailto:info@surreyhospice.com)

**Surrey Hospice Society**

Contact us today:

Volunteer Coordinator:  
[linda@surreyhospice.com](mailto:linda@surreyhospice.com)





### WHAT IS A HOSPICE VOLUNTEER?

THEY ARE PEOPLE JUST LIKE YOU! HOSPICE VOLUNTEERS COME FROM ALL WALKS OF LIFE, AGE, ETHNICITY, FAITH, GENDER, AND PROFESSIONAL BACKGROUNDS.

VOLUNTEERS UNSELFISHLY GIVE OF THEIR TIME AND TALENT TO HELP OTHER PEOPLE HELP THEMSELVES. A VOLUNTEER IS SOMEONE WHO BELIEVES THAT PEOPLE CAN MAKE A DIFFERENCE AND IS WILLING TO DEMONSTRATE IT.

[WWW.SURREYHOSPICE.COM/TRAINING](http://WWW.SURREYHOSPICE.COM/TRAINING)

## BECOME A *hospice* *volunteer*

- MAKE A DIFFERENCE IN  
YOUR COMMUNITY-



**VOLUNTEER**  
I CARE, I HELP  
I MAKE A  
**DIFFERENCE**

Contact us today:

Volunteer Coordinator:  
[linda@surreyhospice.com](mailto:linda@surreyhospice.com)  
(604) 584-7006





# Everyday **COMMUNITY HEROS**



The Surrey Hospice Society is looking to honor inspirational individuals throughout our Surrey Community.



Limited Quantity of 100

**Time to take care of them!**

Each Hero will be recognized and provided a new Vibra Pro Slim Reflexology M1 (valued at \$350).

Visit: <https://www.surreyhospice.com/communityheros>



# A message from our Community Thrift Store



Hello Thrift Store Shoppers;

Winter is upon us and we have already had some blustery days. The snow has arrived on local mountains and winter wear is finally in the store. Our annual Coat and Boot event, October 26th was well attended and more winter apparel is coming out daily. Scarves, gloves, toques, cozy sweaters and more.

The store had a decent final quarter with several events including our only evening event "Night on The Town", November 15th. This year we attracted a number of music enthusiasts who were looking to score big on our electric guitars. Other events included Shoe and Purse September 28th, and finally Christmas came to the store on November 12th. If you are looking for an artificial tree or lovely Christmas décor, come and check out the store, Monday to Saturday, from 9:30 am to 5 pm at 7138 King George Blvd.

One of the other events attended by staff and volunteers, past and present, was the 20th Anniversary of the store's operation. That's right, 20 years of being a pivotal part of the Newton Community and your "Go To" local, independent, neighborhood Thrift Store.





## Judy Hunt

*"..her bright smile, wonderful laugh and great sense of humor will be sorely missed.  
RIP dear friend"*



As always, we would like to thank our amazing team of dedicated volunteers. Without their support and hours of service we simply would not exist. And not to forget our wonderful customers and donors who continue to support our charities, Surrey Hospice Society and Surrey Firefighters Charitable Society.

At this time, I'd also like to comment on one volunteer that has left us recently. Judy Hunt (front) was a bright star in this store. She worked in many different areas of the store and was one of the very first volunteers to offer her talents and time to Surrey Hospice and Surrey Firefighters charities. This sudden loss has touched us all and her bright smile, wonderful laugh and great sense of humor will be sorely missed. RIP dear friend.

The Thrift Store is presently looking for additional volunteers, so if you would like to give back to give back to your community, or know someone that might be interested, the Thrift Store is a great place to do that. Contact the store for more information. Have wonderful Holiday season. I hope it is filled with joyful wonder and not too much snow.







Before I say goodbye, December brings our store to the end of an era. Donna Chubb, Manager of our Thrift Store family has decided to retire. We wish Donna a blissful, relaxing rest after 20 years of serving the Boards, volunteers and customers of the Surrey Hospice Society and Firefighters Charitable Society Community Thrift Store. Donna will be greatly missed and her shoes will be hard to fill.

Pam Cielen, Manager  
Community Thrift Storer





# Community Thrift Store



The Community Thrift Store is a joint project of the Surrey Hospice Society and the Surrey Fire Fighters' Charitable Society. The store is a treasure trove of gently-used merchandise that includes clothing, household items, books, electronic goods, art, linens, collectibles, and fashion accessories - all at bargain prices.



## Drop-off bins located at these fire halls

Hall 4 – 14586 108 Ave.  
Hall 6 – 9049 152 St.  
Hall 8 – 17572 57 Ave.  
Hall 9 – 14901 64 Ave.  
Hall 11 – 12863 60 Ave.  
Hall 15 – 18915 64 Ave.  
Hall 17 – 15329 32 Ave.  
Hall 18 – 8091 164 St.

**SUPPORT  
YOUR  
COMMUNITY**

**24 hr.**  
drop off

Have some items you no longer need?

Come drop them off at our store or one of our drop-off bins! We at the thrift store have seen possibly everything you can imagine.

When you donate, you give items back into the community to someone in need and keep things from filling up our landfills.

7138 King George Blvd, Surrey  
Mon-Sat: 9:30am- 5:00pm

**Seniors receive  
10% off everyday**

Seniors can also enjoy a 20% discount  
on the last Thursday of every month

Community Thrift Store  
7138 King George Blvd. Surrey





DECEMBER 14 - 23 2024



# Christmas Sale

50% off the entire store!

COMMUNITY THRIFT STORE

7138 KING GEORGE BLVD. SURREY





# COMMUNITY THRIFT STORE

*As we come to the end of 2024, we would like to take the time to thank all our volunteers.*

*Our volunteers are the backbone of the thrift store and We appreciate the hard work, dedication, and time that each and everyone gives to the store.*

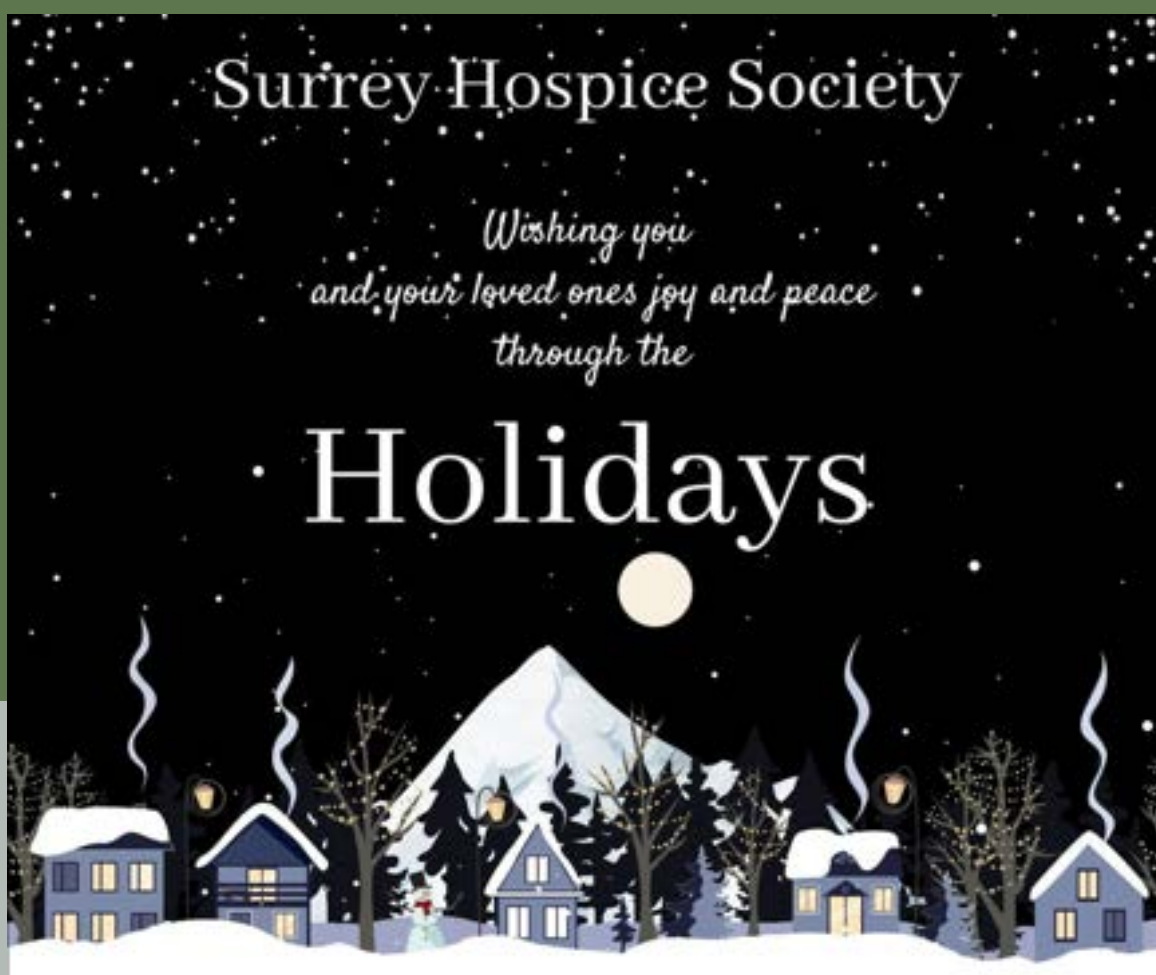
*Thank you to our customers and supporters, we look forward to seeing and serving you in the New Year!*

*See you in the new year!*

WE WILL BE  
**CLOSED**

24 DEC 2024 - 03 JAN 2025









**Surrey Hospice Society**

**2025**  
**Happy**  
**New Year**



*Wishing you and your loved ones joy and peace  
through the New Year*



# Board of Directors

Seeking folks who wish to join our Board of Directors:

Applicants must have an interest in leading and governing rather than being involved in how the Society operates on a day-to-day basis. If you are a visionary with a positive attitude, open to opportunity, a team player, and interested in making our community a better place through thoughtful consideration of and constructive contribution to board discussions, our Nominating Committee wants to hear from you.

Selected applicants will be interviewed and assessed on the basis of past governance experiences, interests in health care, and attributes required by the Board to fulfill its role over the next several years.

We follow a policy governance model designed to empower us to fulfill our obligation of accountability to our community. This allows us to focus on larger issues and to set and maintain a framework of delegation and internal control that ensures compliance with the Society's commitment to service.

Successful nomination and subsequent election would result in a one-year term, with eligibility to stand for re-election for a further six one-year terms.

Applications are invited throughout the year; however, a March submission deadline is generally published to allow for the necessary interview and selection processes to occur prior to the Annual General Meeting which typically occurs in April.

All nominations presented at the Annual General Meeting must come through our Nominating Committee. As there is an open invitation for potential candidates, nominations from the floor at the Annual General Meetings are not permitted.

To express your interest, please contact us for the "application for nomination to the board of directors". Your application or questions can be submitted by mail, or email to the: [board@surreyhospice.com](mailto:board@surreyhospice.com)

Application for nomination to the Board of Directors.

**"Life's most  
persistent  
and urgent  
question is,  
what are  
you doing  
for others?"**

Martin Luther King Jr.





# Help Us

To donate on-line please visit:

[www.surreyhospice.com/donate](http://www.surreyhospice.com/donate)

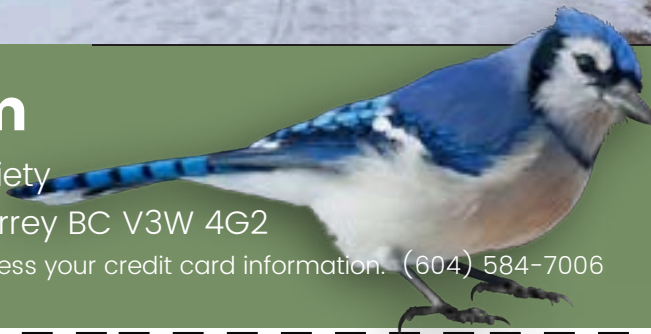
We rely on the generosity of others to help us continue to provide our programs and services at no charge to the residents of Surrey, as well as expand our services to meet the needs of our community. Please consider helping us so we can help others.



## Donation Form

Mail to: Surrey Hospice Society  
# 209, 8236 - 128 Street Surrey BC V3W 4G2

\*You can also call the office to process your credit card information. (604) 584-7006



Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Cheque ☐ Visa ☐ MasterCard ☐

Credit Card No. \_\_\_\_\_

Name on Card: \_\_\_\_\_ Expiry date: MM \_\_\_\_ YY \_\_\_\_ CVC \_\_\_\_

One time donation ☐ Monthly donations ☐

### \*Monthly Donors:

I hereby authorize Surrey Hospice Society to make automatic monthly withdrawals from my credit card. I understand that I may cancel this authorization at any time by notifying Surrey Hospice Society in writing. I will receive a tax receipt for the total amount of my monthly gift on an annual basis. I have provided my Credit Card information.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

