



welcome to our

# Spring 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)

# Inside this issue

- Welcome Page: Pg. 1
- Message from the Executive Director: Pg. 2
- Message from the President: Pg. 4
- Grief support: Pg. 6
- Poem, by Andrew Bexson: Pg.9
- Spring activities & grief: Pg. 11
- Holidays with grief: Pg. 12
- Community support: Pg. 13
- Events: past, present, and upcoming Pg. 16
- Message from the Volunteer Coordinator: Pg. 29
- Community Thrift Store: Pg. 32
- Seeking Board members: Pg. 35
- Donation Form: Pg. 36



## A Message from the Executive Director

Dear Friends and Supporters

As we embrace the arrival of spring, there is a sense of renewal and hope in the air—a reminder that, no matter the challenges we face, brighter days are always ahead. This spring, I'm particularly filled with gratitude and pride as I reflect on the unwavering support our community continues to offer. In times like these, it's heartening to know that when we come together, we are at our strongest.

Like so many organizations, the Surrey Hospice Society is facing difficult financial times, and yet, it is during these moments of hardship that we find great inspiration in the compassion of our supporters. Whether it's through the care we provide for those nearing the end of life, or the critical support we offer to grieving families, we could not do this important work without you. Your generosity fuels our ability to serve the most vulnerable members of our community, and for that, I am deeply thankful.

I'm excited to share a few upcoming events that will help us continue our mission. First we are thrilled to announce our Charity

Golf Fundraiser, taking place on June 25th at Hazelmere Golf Course. This event promises to be a fun-filled day of friendly competition, great company, and, most importantly, a chance to raise much-needed funds for the Society.



Rebecca Smith, Executive Director





## Continued..

Whether you're an avid golfer, a casual player or just love a fantastic dinner in good company, we invite you to join us and show your support for a cause that touches so many lives. In addition to the golf tournament, we're looking forward to our Annual Memorial Butterfly Release, happening on July 26th. This beautiful event offers an opportunity to honour and remember loved ones in a peaceful and meaningful way. As butterflies take flight, we symbolically release our grief and celebrate the lives of those who have touched our hearts. We are also delighted to continue our monthly Full Moon Healing Harmonics Crystal Bowl Concerts, which offer a soothing and meditative experience for all who attend. These concerts have become a beloved part of our offerings, providing an opportunity for healing and reflection in a tranquil setting.

And let's not forget about our Monthly Online 50/50 Draws! This ongoing fundraiser is a fun and easy way to support the Hospice while having the chance to win some exciting prizes. Your participation helps fund our programs and services, which continue to provide comfort and solace to those in need.

As we look ahead to the remainder of the year, we have many more plans in the works to raise funds and continue our vital work. But we cannot do it alone. We are deeply grateful for the continued generosity of our supporters, and we encourage everyone to stay connected, engaged, and inspired to help us navigate these tough economic times.

In closing, I want to remind you that, as Canadians, we have always been at our best when we support one another. It is in times of adversity that we truly see the strength of our community. By lifting each other up, we create a lasting impact that extends far beyond what we could achieve alone.

Thank you, as always, for your continued support. Together, we can face the challenges ahead and continue providing compassionate care for those who need it most. We are – as ever – your Companions for the Journey.

With heartfelt gratitude,

Rebecca Smith,  
Executive Director Surrey Hospice Society







## Good grief – what next!

Letter from the President of the Board

by Shara Nixon

In an ever-changing uncertain world, we can become numb with shock, with anger, with disappointment and with fear.

Now more than ever, self-care becomes a crucial part of the fight back to normal. We are not designed to be angry all the time. We are not designed to be in fight mode all the time. We need to give our bodies the tools it needs to weather what is going on around us.

Self care takes many forms. For some it is being in nature, the smells, the quiet noisiness of bird song and leaves in the wind. For others it is enjoying time with friends. For others it is enjoying the company of a pet. In most cases, some part of self-care involves connection with others.

One of the most common regrets heard at a deathbed is wishing they had spent more time with their family or friends. We have made a religion out of being busy, productive, always on the treadmill of activity that robs our precious time. As the saying goes, “your job opening will be posted before your obituary is” and there is truth to that.





## Continued..

Don't put off spending time with those you love. Make it a priority. The dishes can wait but spending time at the table with your children cannot. Time spent with anyone we love has a beginning and an end date. You will have to say goodbye for the last time at some point so rather than obsess about the loss you will feel, make time today to connect with people you love. Tell them what you love about them. Tell them how they have impacted your life. Don't wait for the eulogy or your time at the mic at a memorial, say it now. Send your flowers now. Look at how you spend your time now and move some things around, cancel some things, make time for connection with those you love.

My new resolution is to never say no to an invitation with a friend. Make it happen, change the date if you must but make it a priority. Today counts and self care counts and we need each other now. And here is a unique suggestion...find a friend you love and bring them to the Surrey Hospice Sound Bath held every full moon. It takes self care to a new level and helps support Surrey Hospice at the same time.

At what other fundraiser can you wear your most comfortable snuggly clothes, bring your pillow (and a close friend) and snuggle together while you are guided into a deep and relaxing meditation. You don't have to dress up. You don't have to talk to strangers. You just get assistance to take you into a deep relaxation experience.

Take care of yourself. The world needs you. Do whatever you need to do to protect your peace of mind. Be mindful of negative energy around you. Remember, to let your light shine, you have to plug it in sometimes. Take time to plug into what gives you energy, peace and joy. Sending big hugs from everyone at Surrey Hospice Society to you and yours today.

Together we can stand strong. Together.





# 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.



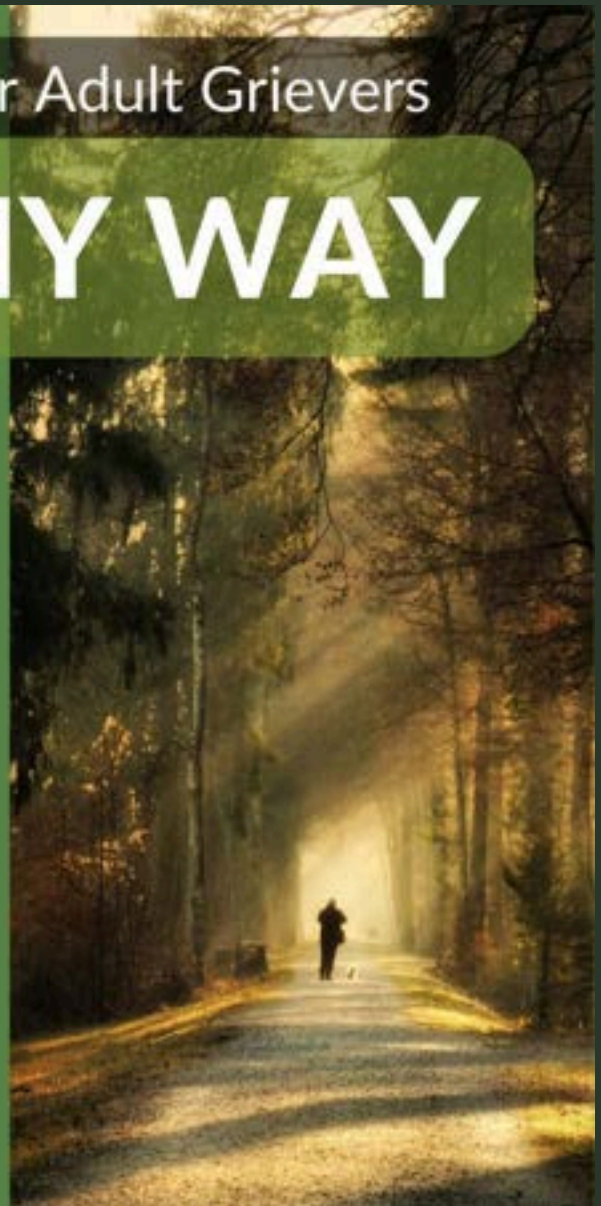
## An Online Grief Group for Adult Grievers

# FINDING MY WAY

**May 22nd to June 26th 2025**  
**6:00pm to 8:00pm**

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.

- (one Thursday evening per week)
- 6 week program
- this group is free
- curriculum-based
- led by practicum students
- online through Zoom





# Grief support

## Andrew Bexson RPC, MPCC-S

Andrew will be leading this group, he 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.



Surrey Hospice Society

Nature's  
*Amble*


A Thursday walking group for those  
who are bereaved

**Bear Creek Park,  
13750 - 88th Ave.  
Surrey B.C.**

**May 15 – June 19, 2025  
and running for six weeks**

Walking time is for one hour, from  
6:00 pm – 7:00 pm

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



Nature's Amble walking group is open to those who are grieving the death of  
a significant person in their life.

It is a time to be with others who are grieving - sharing experiences and  
supporting one another, while reaping the benefits of fresh air and exercise.

There is no charge to participate in Natures' Amble, however we do ask that  
interested individuals please pre-register.



# Grief Groups



## Child/Parent Group July to Aug 2025

In person occurring one Thursday evening per week. Registration is required. You will need to commit to participation for the entire program. Space is limited so register early at our office at 604-584-7006 or send us a email  
intakes@surreyhospice.com  
dates & time to be announced



## Substance Loss Group

**Oct 2nd to Nov 6 2025  
6:00pm - 8:00pm**

Through Zoom occurring one Wednesday evening per week. Registration is required. You will need to commit to participation for the entire program. Space is limited so register early at our office at 604-584-7006 or send us a email  
intakes@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 week programs
- groups are free
- curriculum-based
- led by counselors
- online through Zoom



# 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 counsellor

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

Page 8

# Andrew Bexson, **Whisper**

RPC, MPCC-S

Grief & Bereavement Counsellor  
Surrey Hospice Society



*The bond between a  
pet and a human is a  
sacred one, and when  
a pet is gone, a part of  
us goes with them.*



Whisper sat on the window sill  
Refreshed by the morning chill  
He loved to watch the mist rise  
If a critter moved, he'll leap to surprise

He was absorbed by a rain fall  
Undistracted by his play fall ball  
A tin of cat food opened quietly  
A Sudden boost of hunger anxiety

Critters dancing, a view to behold  
Whisper jumping, what will unfold?  
Crows' caws, deafening to the ear  
Squirrels climbing, nothing to fear

A photo here, a photo there  
They don't take away my despair  
But they do remind me of crazy times  
Whisper hanging from Grandma's chimes

Whisper, Spring is on its way  
You would have known the day  
Losing you was a painful experience  
Losing you reminds me of my existence

Your playful things are cherished  
Your old wicker bed has been embellished  
I'm grateful for your every moment  
Even when you brought home a rodent

You had so much fun with that fluffy rabbit  
Chasing ... until it shot under a blanket  
Other games made you jump  
Coming down with a mighty thump

Whisper, I know your spirit is here  
I can feel your presence ever so near  
You are in my heart every day  
So close you will never go astray



You are not alone in this journey.



Surrey Hospice Society

# Finding Peace After Losing a Pet

GRIEF GROUP FOR 6 WEEKS  
THURSDAY EVENINGS  
6:00 - 7:00PM.

DATES:

FEB 27TH, MARCH 6TH,  
MARCH 13TH, MARCH 20TH,  
MARCH 27TH, APRIL 3RD

THE PURPOSE OF THE GROUP  
WAS FOR ATTENDEES TO  
COME TOGETHER, SHARE  
STORIES OF THEIR LOST  
ANIMALS.

Register:

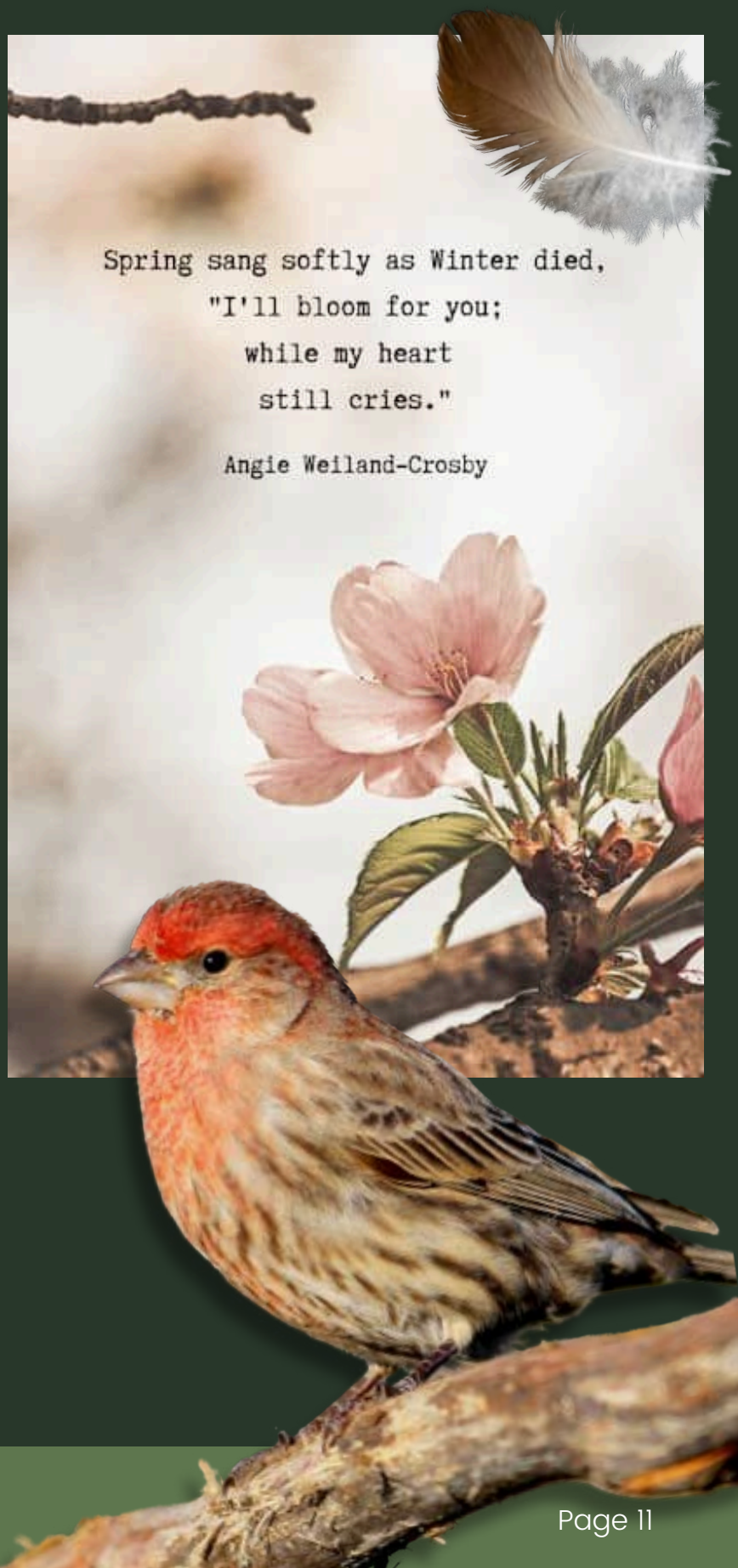
[info@surreyhospice.com](mailto:info@surreyhospice.com)

# Spring activities to help with grief



After years of assisting families with grief and bereavement and drawing from our own encounters with loss, we have observed how certain activities can offer solace during times of grief. Healing involves adapting and coping with loss in a way that is beneficial for you, rather than simply "moving on." Consider these Spring activities as a starting point:

- **Gardening:** Engaging in activities like tending to vegetables, weeding, or planting a memorial tree in memory of your loved one can have extensive benefits. Research indicates that individuals who garden tend to have better sleep patterns, improved mood, reduced anxiety levels, and even aid in stress recovery.
- **Kite flying:** Although it may have been some time since you last flew a kite, the windy spring weather in the lower-mainland offers ideal conditions. Watching your kite soar can be surprisingly enjoyable, and with numerous parks and grassy fields in the city, you can have a fun-filled afternoon. For a more leisurely experience, grab a coffee, head to the beach, and witness kite enthusiasts, both seasoned and beginner – in action.
- **Bird watching:** This peaceful activity is scientifically proven to reduce stress and enhance mental well-being. In BC, various bird species migrate through the area from late March to early June. Explore locations such as Mud Bay Park, Blackie Spit Park, and Serpentine Wildlife Management Area. To learn more of nature's wonders and find tranquility through bird watching visit:
- [www.discoversurreybc.com/explore/the-great-outdoors/for-the-birds](http://www.discoversurreybc.com/explore/the-great-outdoors/for-the-birds)





# Holidays with grief

Surrey Hospice Society

Grieving can be an unpredictable journey where you may shift from feeling fine one day to experiencing despair the next, and this fluctuation is completely normal. It's essential to allow your emotions to simply exist and stay curious about your emotional, physical, and mental state. With time, you will develop coping mechanisms to navigate grief in a less disruptive and traumatic manner. Significant life events, anniversaries, and holidays like Easter can be particularly challenging moments.

These emotions may be triggered by memories associated with individuals or things no longer present in our lives. It's crucial to set realistic expectations for how you will manage during these periods and plan self-care activities around unavoidable yet emotionally intense events.



It is crucial to be present during moments of loss, regardless of how the holidays unfold. These occasions are integral to the grieving process and should be embraced fully. While they often bring sadness, there may be fleeting moments of contentment or even laughter. Especially now, prioritize self-compassion. Only engage in activities that resonate with your soul, honor your loss, and uphold the significance that remains within you.



**Just Remember, holidays are clearly some of the roughest terrains we navigate after a loss. Finding meaning in the loss is as individual as we are. We often say a part of us died with them, but finding meaning is also realizing a part of them still lives within us.**

# 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.

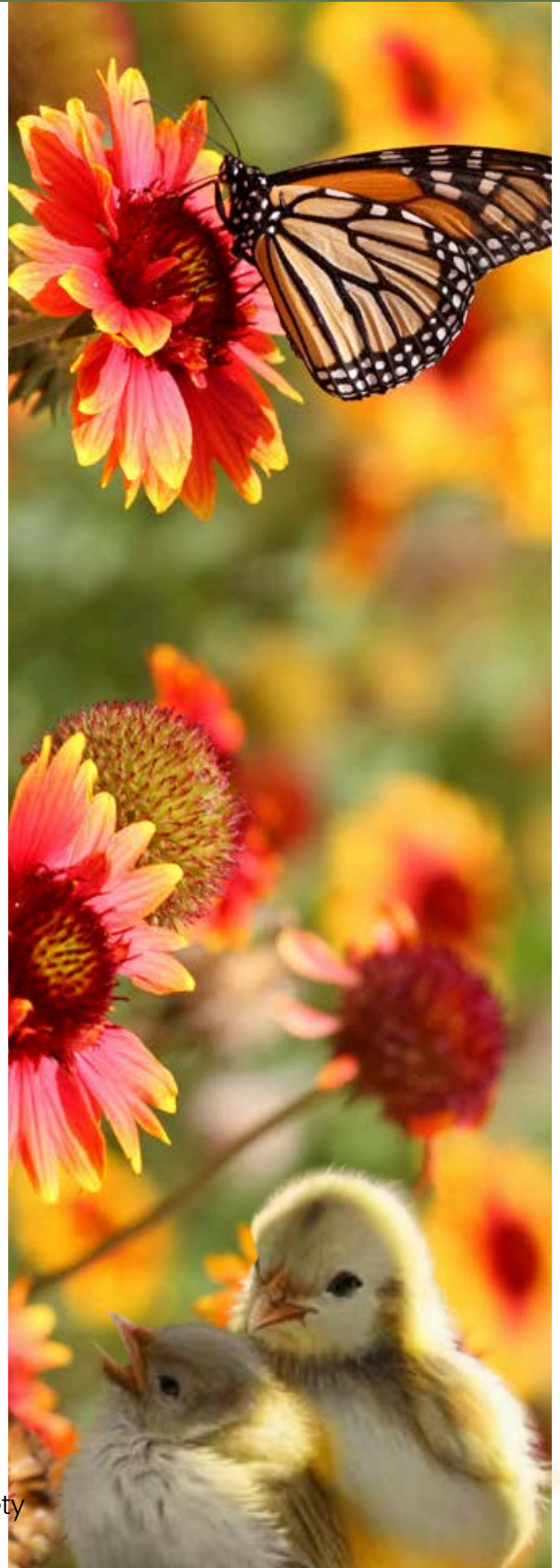
A volunteer at Surrey Hospice Society is someone who believes in our philosophy and goals. They lend some of their energy, time, and skills to provide support for others who need it. Their skills are shared and they are provided with opportunities for ongoing learning.

To learn more visit  
[www.surreyhospice.com/volunteer](http://www.surreyhospice.com/volunteer)  
or [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.

- 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 Twitter: @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>





# Events: past, present and upcoming



## The Beginning of a Conversation

### COMMUNITY FORUM

Kwantlen Polytechnic University  
Conference Center  
12666 - 72nd Avenue, Surrey, BC

**SATURDAY  
JANUARY 25th 2025  
9:30 AM - 4:30 PM**



January 27th 2024 - The Beginning of a Conversation was a free Public Forum and an annual event. It was 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.

This community forum is 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.

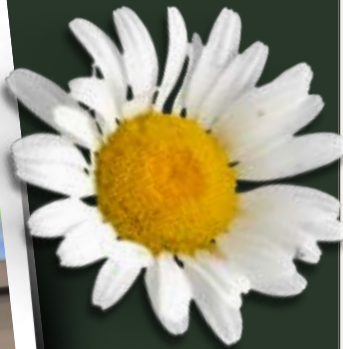
[www.surreyhospice.com/conversation](http://www.surreyhospice.com/conversation)





This was an ideal opportunity reach out, to educate and market to the public who are concerned with and seeking information for themselves and their families. We look forward to next year and to make this a rewarding event for everyone involved

To sponsor, present & exhibit next year contact us:  
[info@surreyhospice.com](mailto:info@surreyhospice.com)



KPU Conference Center



Jan 25th 2025



## BRONZE SPONSOR



## MEET OUR SPONSORS



CHARTwell

Chartwell Langley Gardens is an established continuum of care retirement residence with a warm, family feel and a strong reputation in the North Langley community. We offer multiple levels of care under one roof—from independent living and assisted living to Memory Living and long term care. We are an attractive choice for couples with differing care needs, and you'll find we boast an engaging population of residents as a result!

## BRONZE SPONSOR



## Heritage Gardens

A Sustainable Cemetery

Heritage Gardens was created to provide families-and communities- with affordable, sustainable, eco-friendly burial space. Our commitment is to serving the bereaved with dignity and compassion; preserving the natural beauty and integrity of the land; and producing outstanding memorials that capture the essence of the life lived.







**Everest Funeral Concierge** We are a funeral concierge service rolled up into a life insurance plan. We are there to guide families through a very emotional, complicated and confusing time in their lives. We have combined on-demand, personalized service, technology and consumer advocacy to revolutionize traditional funeral planning.



**Surrey Hospice Society** Our Society's Volunteers provide practical and emotional support and companionship to palliative patients and their loved ones. We also provide bereavement and grief counselling to individuals and families.



British Columbia  
Therapeutic Touch  
Network Society

**The British Columbia Therapeutic Touch Network Society** is a non-profit organization that promotes and supports its members, and sets the standards for the practice and teaching of Therapeutic Touch®. The BCTNS website provides information on education, practice groups, membership, research, Therapeutic Touch-related articles and conferences.



CHARTwell



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Heritage Gardens  
*A Sustainable Cemetery*



**Heritage Gardens** was created to provide families and communities with affordable, sustainable, eco-friendly burial space. Our commitment is to serving the bereaved with dignity and compassion; preserving the natural beauty and integrity of the land; and producing outstanding memorials that capture the essence of the life lived.

McQuarrie



**McQuarrie** is an established Surrey-based, multi-practice law firm optimally equipped to serve businesses, individuals, and institutions in the Lower Mainland and across British Columbia. Since 1967



**One Caring Human** We offer compassionate presence, therapeutic touch, social inclusion, advocacy, and community connection to the elderly and the dying in residential care, hospice, and in the communities of the Lower Mainland of BC, support caregivers, raise awareness with research and education.

moving  
forward  
FAMILY SERVICES



**Moving Forward** offers a wide range of counselling, social work, and mental health services. Our unique model allows us to complement existing services instead of competing with them, thus reducing overall pressure on our healthcare industry. Our services are provided by Clinical Counsellors, Social Workers and supervised interns.



Bakerview  
Memorial Cemetery

**Bakerview Memorial Cemetery** Surrounded by trees and set amongst the Coastal Mountains, Bakerview Memorial Cemetery is Metro Vancouver's newest cemetery. We are committed to ensuring all Lower Mainland residents will always have a place for their loved ones.



# FUNDRAISING FOR HOSPICE

Hello my friends!

Who wouldn't like a bit of extra money for spending? Surrey Hospice Society is having another monthly 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 dates are monthly. 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.

WILL YOU BE CHOSEN?



50/50  
Surrey Hospice Society

up to \$10,000







50/50 Monthly Raffle, you could win up to \$10,000  
 Tickets for the next draw are on sale now! Winner  
 will be drawn

at 1:00pm

Monthly 50/50 draw dates:

- March 31 2025
- April 30 2025
- May 30 2025
- June 30 2025
- July 31 2025
- August 29 2025
- September 29 2025
- October 31 2025
- November 28 2025
- December 19 2025
- January 30 2026

Winner will be drawn by electronic selection by  
 Raffleboxthrough the Surrey Hospice Society  
 Office (#209 8236 -1278 St, Surrey BC) Winner will  
 be notified by phone within 24hrs.

#### Rules Of Play

Must be 19+ to play. Please remember to play  
 responsibly. Lottery Licence Number: # 158003. If  
 you have any questions or technical difficulties  
 with purchases pertaining to the 50/50 raffle  
 please contact the Surrey Hospice Society Office  
 604-584-7006 [info@surreyhospice.com](mailto:info@surreyhospice.com)

#### Ticket Packages

A: 1 ticket for \$10

B: 3 tickets for \$25

C: 8 tickets for \$50

D: 20 tickets for \$100



CONGRATULATIONS to our 50/50 Winner T. Gagner!!  
 Drawn Dec 13th 2024 at 8:30pm. You take the half of \$2,710  
 we raised!!

CONGRATULATIONS to our 50/50  
 Winner K. Kilbride!!

Drawn January 13th 2025 at 1:00pm.  
 You take the half of \$1,180 we raised



CONGRATULATIONS to our 50/50  
 Winner D. Costanzo!!

Drawn February 28th 2025 at  
 1:00pm. You take the half of \$335  
 we raised!! THANK YOU to  
 everyone who participated! You  
 are so appreciated!

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.



# FULL MOON

## Healing Harmonics Crystal Bowl Sound Bath

### RELAXATION & 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



### Monthly Sessions 7:00pm - 8:30pm

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

- 13th of January
- 12th of February
- 14th of March
- 13th of April
- 12th of May
- 11th of June
- 10th of July
- 9th of August
- 7th of October
- 5th of November
- 4th of December







# 3<sup>rd</sup>

Annual Charity Golf Tournament

Surrey Hospice Society & Cloverdale District Chamber of Commerce

**Wednesday, June 25th 2025**

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


**Registration Time: 10:30 am - 1:00 pm**

**Lunch 12:00 - 1:00 pm**

**Tee-Off Time: 1:00 pm**

**Dinner Reception 5:00 pm**

How you can help:

- BECOME A SPONSOR
  - REGISTER TO GOLF
  - DONATE A PRIZE
  - ATTEND AS A DINNER GUEST
- 





**CLOVERDALE**  
Business Improvement Association  
A good place to grow, since 1891

Sponsors, thank you for your Support!



Surrey Hospice Society & Cloverdale District Chamber of Commerce  
Charity Golf Tournament, June 25th 2025



Prize Donors, thank you for your Support!





This event is inspirational and meaningful as we share some time together remembering and honoring our loved ones. Butterflies are released in honor of loved ones, by all ages, in celebration, and in memory – all in support of Surrey Hospices Society's grief programs.



## MEMORIAL BUTTERFLY RELEASE

SATURDAY JULY 26TH 2025 10:00AM-12:00PM

*A wonderful way to honor your loved one*



Surrey Hospice Society

Bill Reid Millennium Amphitheatre  
17728 - 64 Ave, Cloverdale B.C.

Refreshments and Treats Sponsored by:





Community Thrift Store

# Recycle the Love

Sept 27nd 2025, 10am-2pm

Raising funds to help our  
community (and our planet)

## Shred

Clean the clutter, shred & destroy your sensitive documents on site with Urban Impact & in compliance with privacy laws. The Surrey Fire Fighters will be on hand to help and assist

## Return

Bring in your empty bottles, unsorted in a clear plastic bag and we take them to the depot as a donation. No sorting, no fuss, no limits!

## Donate

Bring in your new or gently used clothing to donate to our Thrift Store. When you donate, you give items back into the community to someone in need and keep things from filling up our landfills.

## Reuse

Visit in our store 9:30am -5pm, June 22nd for our Annual Customer Appreciation Event! Wonderful prizes & deals!

Surrey Hospice Society &  
Surrey Fire Fighters Charitable Society  
7138 King George Blvd. Surrey BC

REUSE  
REDUCE  
RECYCLE



Surrey Hospice Society



URBAN  
IMPACT  
recycling at work



# Halloween Howl Fundraiser

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

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

We have 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 go 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. Visit



Pub Night Fundraiser

## HALLOWEEN HOWL

FRIDAY, OCTOBER 26TH 2025 AT 6:00-8:00 PM  
Rusty's Neighbourhood Pub  
17770-56 Ave, Surrey, BC  
[www.surreyhospice.com/halloween](http://www.surreyhospice.com/halloween)

JOIN US IF YOU DARE FOR, BURGERS, DRINK, CONTESTS & PRIZES





# Memorial Dove Release



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 open to the public, and happens 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 have paper doves where you can write a special message to your loved one and hang on our Hope Tree. Beverages and snacks are provided.







**YOUR DONATION CAN MAKE A DIFFERENCE! DONATE YOUR EMPTY RECYCLABLES TO ANY EXPRESS RETURN- IT DEPOT ACROSS B.C.**

**ALL PROCEEDS WILL GO TO SUPPORT OUR NO CHARGE SERVICES AND PROGRAMS FOR THE RESIDENTS IN OUR COMMUNITY.**

**NO SORTING NECESSARY, USE A CLEAR BAG, JUST PRINT A LABEL AT THEIR KIOSK, STICK IT ON THE BAG, DROP AND GO!**

**PLEASE USE OUR PH.NUMBER FOR THE ACCOUNT: 604-584-7006  
FOR MORE INFO VISIT: <https://www.surreyhospice.com/recycle>**



**WE HAVE MADE IT EASIER THAN EVER TO SUPPORT SURREY HOSPICE SOCIETY**



# 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)







## A message from the Volunteer Coordinator

by Linda Szentes

2025 has started with good impetus in the volunteer department! an increasing number of green vested, smiling volunteers can be seen calmly walking from room to room, offering coffee/tea to visiting families and companioning residents and patients at Laurel Place and n52, the palliative tertiary unit at surrey memorial. we can attribute this to two things: a high percentage (%80) of participants in our last training session decided to become volunteers; there was a flurry of onboarding and paperwork November and December. currently, we have approximately 30 volunteers between the two sites. in 2024, these volunteers contributed 1,800 hours of their time serving residents at laurel place (20 beds) and n52 (10 beds); thank you to each and every cherished volunteer for your diligent service! thanks especially to those volunteers who helped to buddy shift the new volunteers; Angela Stotyn, Easha Grewal, Ishaan Bopari, Sanjana Singh and Crystal Su at Laurel Place – thank you! Pam Bulpin and Beerinder Tatla at n52; thank you!

our spring training class will be held from April 13 – may 14 and the class list is full. training will now include tours of both n52 and laurel place as volunteers will be encouraged to volunteer at both sites. if we get a similar number of participants to continue with volunteering, we will be within arm's reach of our pre covid numbers.

regular weekly activities at laurel place include Wednesday tea and Saturday tea. thanks to Janice Denby and Cecelia Wilson/ Julia Ham for Wednesday tea and music; thanks to Mirana Nguyen and Marcelo f Reinaldo for consistent tea service on Saturday afternoons. Pam Bulpin has been holding down the tea service at n52, and she is now “branching out” and filling a service gap at LP. thank you, Pam, for being flexible! meanwhile, Leah Tayolor, who has been baking up a storm on Tuesdays at LP with her delicious cookies has offered to teach the daughters of a resident how to bake cookies on her regular Tuesday shift! hopefully there will be some leftovers..

The highlight of our first quarter was our valentine's art cart. Ishaan Bopari, one of our faithful Friday volunteers, asked me “what’ up for valentines? how about some cards?” with the expert help of our “artist in residence,” Jude Campbell, we put together an art cart with three different levels of activities ranging from pre-made cards to make it yourself card kits. with water color pencil crayons.

**"The best way to find yourself is to lose yourself in the service of others."**

Mahatma Gandhi



# Continued..



ART CART – THREE LEVELS



QUICK VALENTINE WISH!



Linda Szentes

Alice Ma, a new volunteer from the fall 2024 training cohort, created some beautiful hand made cards: see two samples of her work below. we have more than one artist in our midst!



We also made heart shaped ornaments that can be hung up with colored ribbon (left). You can open up the heart and put colored beads inside; and/or you can make a wish for your loved one and put it inside! Thanks to Jude Campbell for putting this together!!!! The nurses loved it!



Special mention goes to Sanjana Singh, a volunteer who has been with us for about half a year and has already made her impact felt. Sanjana crocheted some beautiful valentines hearts to give to residents at LP and to SHS staff members. she also secured a donation from her workplace for continued comfort care at hospice. thank you Sanjana!!we greatly appreciate your efforts!







# 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**



# A message from our Community Thrift Store



Hello Thrift Store Customers,

Surrey Fire Fighters Association IAFF Local 1271

After 20 years of serving the community, the Surrey Hospice and Surrey Fire Fighters Charitable Society Thrift Store was ready for a refresh. A dedicated team of community volunteers and off-duty Surrey Fire Fighters came together to revitalize the store in preparation for our 21st year.

We announced our reopening on Saturday, January 4. Visit us at 7138 King George Blvd, open Monday to Saturday from 9:30 AM to 5:00 PM. All proceeds support Hospice Care and the Surrey Fire Fighters' charitable initiatives across Surrey. Thank you for your continued support.

Our next event will be on Sat. April 27 – Shoe and Purse Event. It also has a wonderful supply of choses for you to buy.

- April 26 – Shoe and Purse Event(a wide assortment of adult & children's shoes & purses)•
- June 28 – Recycle the Love, Shredding for Charity & Customer Appreciation Day! Door Prizes, Surprise Sales•
- July 26 – Active wear & LuLuLemon Event(a wide assortment of athletic clothing and athletic shoes)

We are looking forward to spring and having our doors open and letting the fresh air into the store. We hope to see you at the store and enjoying all our wonderful items we have to sell.

Thanks to all who share my days,  
Pam  
Store Manager





# Volunteers Needed

Community Thrift Store



## Ask Yourself

1.

Would You Like To Learn New Skills?

We offer training, like customer service, cashiering, sorting and merchandising.

2.

Would You Like To Help Your Community?

You will be involved with two charities that serve the public alongside other great volunteers

3.

Are You Available For 4 Hours A Day?

We have flexible work hours, and a fun engaging atmosphere

If you answered "yes" to any of these questions, then this is the place to come!

For more information,  
please call us at (604) 599-9930  
or go to [www.shscommunitythriftstore.com](http://www.shscommunitythriftstore.com)





# 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.

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

**DONATE**

Surrey Hospice Society

Surrey Fire Fighters' Charitable Society

**Clothing Bank**

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

**CLOTHING  
LINEN  
BOOKS**

**Seniors receive 20% discount on the last Thursday of every month**

**Seniors also receive 10% off everyday**

Community Thrift Store  
7138 King George Blvd. Surrey





# 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 <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/>		
Credit Card No. _____		
Name on Card: _____		Expiry date: MM ____ YY ____ CVC ____
One time donation <input type="checkbox"/> Monthly donations <input type="checkbox"/>		
<b>*Monthly Donors:</b> 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: _____







# STAND TOGETHER

*One last message. Canada first. Unapologetically.*

# *Canada* STRONG

