CHILLIWACK HOSPICE SOCIETY Centre for Grief Support NEWS & STORIES



Fall Issue | 5 November 2025

Workshops and memorial events bring connection and comfort

Educational opportunities include advance care planning, end-of-life preparation



Keepsakes coasters were created as part of the activities to remember pets that have died at our Rainbow Bridge Remembrance Day Memorial, August 21. Photo by Deanna Fedorkew.

Throughout this year, Chilliwack Hospice Society's Community Education Manager, Deanna Fedorkew, has facilitated a series of memorial gatherings, workshops, and wellness activities designed to support people navigating grief, dying, and end-of-life planning.

Special opportunities for rituals and remembrances included the Mother's Day Memorial on May 9 and the Father's Day Memorial on June 13. Both events offered safe spaces for those grieving a parent or parent-figure to share memories and find comfort in community. On August 21, Fedorkew, alongside Jennifer Dacre and Kaylee Lovesy, co-facilitated the Rainbow Bridge

Remembrance Day Memorial, offering a time of reflection for those grieving the loss of a beloved pet or caring for a dying animal. The day included storytelling, expressive arts, and community support.

"Grief touches each of us in different ways, but it is something no one should have to carry alone," said Fedorkew. "These programs create spaces where people can honour their stories, find comfort, and remember that community can hold us through the hardest seasons."

Educational opportunities have included advance care planning workshops on July 15 and 17, and September 5 and 8, covering end-of-life care

planning, temporary substitute decision makers, representation agreements, and advance directives.

On June 19, Planning with Purpose: A Conversation on Death, Dignity and Diverse Traditions was presented in partnership with Tammy Miller of Woodlawn Mt. Cheam Funeral Home, helping participants explore funeral planning, cultural traditions, and essential considerations before and after a death. In September, Planning Ahead: An Introduction to Wills, Enduring Powers of Attorney Representation Agreements, presented by Aatif Nanji of Simpson Notaries, provided practical guidance on preparing for the

New wellness and connection were programs introduced. Gentle Mat Yoga, led by Emmy Kerr, was offered weekly once outdoors through August, blending movement and mindfulness as a way to nurture body and spirit in grief. Fedorkew also launched Craft and Chat, held the second Friday of every month, creating a welcoming space for participants to connect and process grief through creativity.

Throughout the year Chilliwack Hospice Society hosts a variety of educational workshops and presentations for the community. Educational workshops are provided for free thanks to the generosity of individual donors and businesses in our community.

DECEMBER 6–23



CELEBRATE A LIFE ALSO AVAILABLE AT THRIFTY BOUTIQUE





MEMORIAL CELEBRATION

hilliwack Museum & Archives 45820 Spadina Avenue

Melanie Green elected Chilliwack Hospice Society board president

Miller, Mueller, Mumford join 2025–26 board of directors

Chilliwack Hospice Society held its Annual General Meeting on June 16, welcoming new and returning members to its Board of Directors and reflecting on a year of community impact and growth.

Executive Director Sue Knott presented the 2024–25 Annual Report, highlighting the Society's continued commitment to providing compassionate care, education, and support for individuals and families experiencing dying, death, and grief. The full Annual Report and presentation are available online.

During the meeting, members elected three new directors to the board: Tammy Miller, Thomas Mueller, and Jared Mumford. Each brings a wealth of experience and community engagement to

the Society. Their full biographies can be read on our website.

The board also announced Melanie Green as its newly elected president. Green recently celebrated her 25th anniversary with ROGERS Sports & Media, where she serves as Sales Manager for STAR 98.3. With more than 35 years in media — from on-air announcer to operations manager — she brings a deep understanding of leadership, relationship building, and community connection.

"I'm so proud to be a part of the Chilliwack Hospice Society — a caring, community-driven non-profit that gives back in such meaningful ways," said Green. "All of our services are offered at no cost, and the impact our team members have on individuals and families during

full some of their hardest d on moments is truly powerful."

Green has served on the board for several years and was recognized for her dedication to advancing the Society's mission.

Mike Olson, who served as president for the past two terms, now transitions into the role of past president.

Olson's final report as president with an overview of the Society and Thrifty Boutique's accomplishments during his term can be found in our Annual Report online.

The Society expressed gratitude to all directors — past and present — whose leadership ensures Hospice Society programs and services continue to grow in response to community needs



Melanie Green

SAVE THE DATE December 2nd, 2025



Annual memorial brings community together

Free event Nov. 18 marks National Grief and Bereavement Day with a time for remembrance, reflection and connection

Chilliwack Hospice Society invites community members to join in a time of remembrance and reflection at its annual Memorial Celebration on Tuesday, November 18, 2025, at the Chilliwack Museum and Archives (45820 Spadina Ave.). The event begins at 6 p.m., with doors opening at 5:30 p.m.

Held on the third Tuesday of November, the date coincides with National Grief and Bereavement Day, recognized by the Canadian Hospice Palliative Care Association and organizations like Chilliwack Hospice Society. The awareness day aims to increase Canadians' grief literacy and encourage open conversations about grief,



Cristal Biela, MA, RCC

loss and support.

The Memorial Celebration offers an opportunity for individuals and families to honour their loved ones, find comfort in community and experience the quiet strength

of shared understanding. The event is open to anyone who is grieving — whether the death occurred recently or many years ago.

"Our Memorial Celebration provides a safe and meaningful space for people to come together, honour their loved ones and feel supported by others who understand what they're going through," said Sue Knott, Executive Director. "Moments like this remind us that grief is a shared human experience, and no one needs to face it alone."

This year's program features guest speaker Cristal Biela, and a musical performance by singer-songwriter Jennifer Victor.

Guests are encouraged to bring a framed photo of their loved one to display during the evening. Light refreshments will be served.

Guests are asked to RSVP by calling (604) 795-4660. Street parking and elevator access are available. There is no smoking on the premises.

All Chilliwack Hospice Society programs and services are offered free of cost thanks to the generosity of local donors and businesses.

For more information about memorial events at Chilliwack Hospice Society, please contact Deanna Fedorkew, Community Education Manager, at (604) 795-4660.

Russ Walsh Memorial golf tournament raises \$55,000 for Society in its second year

The second annual Russ Walsh Memorial Golf Tournament, held September 11 at Meadowlands Golf and Country Club, raised \$55,000 in support of Chilliwack Hospice Society programs and services.

The event brought together 120 golfers and numerous sponsors in honour of the late Walsh. Committee chairpersons Gerry Enns and Kim Percy, both close friends of Walsh, helped guide the tournament alongside event manager Sharilyn Jackson.

Prospera Credit Union returned as the presenting sponsor, while local business Guerilla provided for lunch barbecue participants. Volunteers from

Meadowlands both and Chilliwack Hospice Society played a vital role in ensuring the day ran smoothly.

"We are so grateful to the sponsors, volunteers who made this day possible," said Sue Knott, executive director. generosity of our community continues to carry forward Russ's legacy and support the care we provide."

The Society extended special thanks to Jo-Ann Thompson of Meadowlands Golf and Club Country for assistance in hosting

Next year's tournament is scheduled for September 10, 2026, at Meadowlands.



Chilliwack Hospice Society vice-president Chris Emery (left) and a team from Murray Auto Group. Photo by Carolyn

Vintage vibes and vibrant generosity

flair, fashion, and community spirit on Saturday, May 10, as Thrifty Boutique hosted its 7th annual Fashionista Fashion Show in support of Chilliwack Hospice Society. With record-breaking ticket sales and more than 300 models, volunteers in attendance, the evening was a resounding success - raising \$13,760 in support of Hospice Society programs and services.

Themed 'Vintage Vibes', the event brought together the best of thrifted fashion and timeless style. Thirty volunteer models walked the runway, each showcasing three carefully curated outfits complete with accessories and footwear - all sourced from Thrifty Boutique. From modern casual to retro chic, the looks celebrated the creativity and sustainability of second-hand fashion.

"This event is such a beautiful

Evergreen Hall was filled with expression of what Chilliwack can do when the community comes together with heart and purpose," said Executive Director Sue Knott, who emceed the evening. "It's more than just a fashion show it's about compassion, connection, and making a meaningful difference for people facing death, dying, and grief."

> Attendees enjoyed more than just the fashion. The evening also featured a pop-up shop, penny social, silent auction, and mystery treasures — all made possible by generous donors who support Thrifty Boutique throughout the year. Each item was repurposed and reimagined into beautiful gift baskets and one-of-apackages, allowing guests to shop for a cause and take home something special.

> "This event is a celebration of sustainability," said Sandy Parker, Thrifty Boutique store



Models take a final walk down the runway at the annual Thrifty Boutique fashion show. Photo by Vickie Legere.

manager. "Everything seen on the runway – every outfit, every accessory — started as a donated item. With creativity and care, secondhand becomes one-of-akind. Volunteers truly outdid themselves - not only as models on the runway, but also behind the scenes preparing appetizers, setting up, and making the evening unforgettable."

A special highlight of the night included a vintage runway presentation from Chilliwack Players Guild, featuring authentic costumes

from the 1800s to the 1980s, adding theatrical flair and a touch of history to the show.

The success of the event was made possible by the generosity and dedication of many. Devry Greenhouses provided greenery and floral décor. Scott Hrusik of RE/MAX Nyda Realty donated a cube van to transport supplies, with Palmer, a longtime volunteer, taking the wheel. Vickie Legere provided photography for the evening, Jolly Miller Pub and generously donated the wine.



New fridges support grief programs, volunteer comfort

At Chilliwack Hospice Society, small comforts can make a big difference. Through a generous \$1,500 grant from the Chilliwack Foundation in fall 2024, the Society recently purchased and installed new fridges at both its main office on Vedder Road and at Thrifty Boutique, the Society's social enterprise thrift store. These upgrades are already making a meaningful impact — both for people navigating grief and for the volunteers who give their time so generously.

At Chilliwack Hospice Society, the new fridge enhances the experience of participants in grief support groups by making it easier to prepare and share meals. Whether it's a pot of soup, a tray of sandwiches, or snacks and refreshments after a support session, food often plays a quiet but powerful role in creating connection and comfort.

"Grief can feel incredibly isolating, but when people gather to cook or share a meal, it becomes easier to talk, to listen, and to simply be together," said Sue Knott, Executive Director. "These fridges may seem like a small upgrade, but it has already deepened the sense of community and care we strive to create in every one of our free programs."

already program benefitting is the Men's Cooking Group, held the last Saturday of each month from 5-7:00pm. Open to men who are grieving the death of someone in their lives, this casual, confidential evening of cooking and conversation participants connect with others who are on their own grief journey.

Whether you're an experienced cook or looking to learn new skills, you're welcome. To join the men's cooking group or learn more, contact Lucy Fraser, MSW, Director of Programs, at (604) 795-4660 or lucy@chilliwackhospice.org.



The fridge at Thrifty Boutique was purchased specifically for volunteer use. Volunteers play a vital role in the Boutique's daily operations — from sorting donations and merchandising to assisting shoppers. With a dedicated space to store lunches, beverages, and treats, the new fridge is helping make their time at the store more enjoyable and comfortable.

Chilliwack Hospice Society extends heartfelt thanks to the Distribution Committee of the Chilliwack Foundation for making these purchases possible and for its ongoing support of the Society's work over the years.

Palliative companioning, caregiver support offers vital compassionate care in community

At Chilliwack Hospice Society, palliative patient visitation plays a vital role in delivering compassionate care. Specially trained volunteers and professional staff provide one-on-one companionship individuals receiving palliative care — offering a comforting presence Cascade Hospice Residence, Chilliwack General Hospital, Bradley Centre, in care facilities, at the Hospice Society, and in private homes

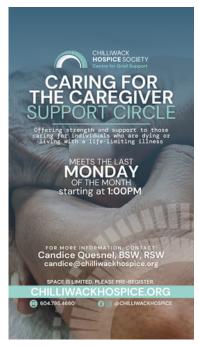
"Palliative care improves the quality of life by addressing the person as a whole - not just the illness," says Candice Quesnel, Palliative Services Manager at Chilliwack Hospice Society. "We are here to walk alongside people wherever they are in their journey. It's never too early to consider palliative care. Our provides comfort, support, and human connection every step of the

Another essential program offered by Chilliwack Hospice Society is the Caring for the Caregiver Support Circle — a monthly peer support group designed specifically for those caring for a dying loved one. Caregivers are invited to share experiences, explore anticipatory grief, learn from one another, and access resources in a compassionate, understanding space.

"Caregiving can be both beautiful and challenging," Quesnel notes. "This group provides emotional support and helps caregivers feel less isolated. It's about creating a community where people feel heard, seen, and supported."

Chilliwack Hospice Society provides these and many other palliative care support services at no cost and without the need for a referral.







Lucy Fraser attended the Blush Baby & Bridal market, May 30-31, to raise awareness of pregnancy and infant loss supports available.

Pregnancy and infant loss supports

At the Society, we recognize that the death of a baby—whether through miscarriage, stillbirth, abortion, ectopic pregnancy, or in the early stages of infancy—can be an incredibly painful and isolating experience. This year, Lucy Fraser, Director of Programs, has worked to raise awareness and understanding of pregnancy and infant loss, while offering gentle spaces for connection.

Those who are grieving are invited to access one-to-one grief support or join our monthly drop-in support

group, held the last Monday evening of each month from 5:30–7:30. These sessions provide a compassionate environment to share stories, honour loss, and find comfort among others who understand.

On Saturday, Nov. 15, from 10 a.m.-3 p.m., Fraser and Deanna Fedorkew will cofacilitate a Pregnancy and Infant Loss Wellness Day—a day of reflection and renewal featuring a Circle of Connection, expressive arts, a memorial ritual, and a shared lunch



Karlee Gross (left) and Kaylee Lovesy represented the Society at a resource fair for Chilliwack School District #33 parents, October 15.

Gentle support for grieving families

Chilliwack Hospice Society's Child & Youth Program offers safe, caring spaces for young people who are grieving.

We're pleased to welcome Kaylee Lovesy and Karlee Gross as our new program managers. In recent months, they have provided in-school grief supports for students, facilitated many one-to-one sessions, and created opportunities for connection tailored to each child or teen.

Youth are invited to our monthly drop-in for grieving

teens on the first Tuesday of each month at 3:00 p.m. This supportive group offers a compassionate place to share, learn coping tools, and feel understood among peers.

We're also hosting a Family Movie Night for grieving children and their families on Friday, Dec. 12, at the Society, featuring the family-friendly comedy Elf (2003). Come enjoy hot chocolate, popcorn, and time together in community—pajamas welcome.





Basic Hospice Training: Spring 2025 cohort completes 35-hour course

Chilliwack Hospice Society celebrated the completion of its Spring 2025 Basic Hospice Training, which concluded on May 24.

The 35-hour program prepared a new group of volunteers to support individuals and families facing dying, death, and grief in our community.

This foundational training introduces participants to hospice philosophy,

communication skills, grief and bereavement, family dynamics, and more—building the knowledge and compassion needed to walk alongside those in need of care and comfort.

The next Basic Hospice Training course will be held in early 2026. For more information, contact Deanna Fedorkew, Community Education Manager.

Dogwood Monarch Lions Club donates \$20,000 to support hospice care

Chilliwack Hospice Society has received a generous \$20,000 donation from the Dogwood Monarch Lions Club in support of local grief and palliative programs.

On October 8, Executive Director Sue Knott attended the club's evening meeting to share an update on the Society's work over the past Following year. her presentation, members of the Dogwood Monarch Lions Club surprised the Society with a commitment to donate \$20,000 toward hospice programs and services.

Knott later joined the club on October 23 during their

weekly livestream bingo night for an official cheque presentation.

"We are deeply grateful to the Dogwood Monarch Lions Club for their incredible generosity," said Knott. "Their support helps us continue providing compassionate care and programs for individuals and families in our community who are living with dying, death, and loss."

Chilliwack Hospice Society extends its sincere thanks to the Dogwood Monarch Lions Club for their ongoing dedication to serving the community.



Sue Knott (centre) attended 'bingo night' on October 23 where the Dogwood Monarch Lions Club made their official cheque presentation to Chilliwack Hospice Society.



'Hospice Heroes' Sue Knott, Deanna Fedorkew, Kaylee Lovesy and Sharilyn Jackson participated in the Rally 'Round The Chilliwack Foundation Scavenger Hunt, September 14.

Recognizing the often disenfranchised grief of a sibling's death



November is Worldwide Bereaved Siblings Month, a time to recognize the unique and often overlooked grief that follows the death of a brother or sister.

Sibling grief is one form of disenfranchised grief — the kind of grief that society too often fails to acknowledge or Siblings "the sometimes called forgotten mourners," as their loss can be overshadowed by attention given to parents, partners, or children of the deceased. But the bond between siblings is one of the most significant and enduring relationships in life — and the grief that comes from its loss can last a lifetime.

Earla Legault, co-author of Living with Sibling Grief: Imagining a Way Forward, and Chilliwack Hospice Society volunteer, says, "Sibling grief is one of the least acknowledged forms of grief, despite siblings often being our longest and most formative relationships. Greater awareness through publications and social media in the realm of grief education

and the need for establishing peer grief groups are essential supports needed for navigating a sibling's unique and enduring bereavement."

There is no hierarchy in grief. While the death of a sibling may be viewed by some as "lesser" than other losses, the pain can be immense. Many adults assume their brothers or sisters will always be there — a steady presence through milestones and change. When that expectation is suddenly broken, the result can be deep sorrow, disorientation, and even guilt for surviving.

Siblings who are grieving often need to self-advocate for their emotional needs. At home, in friendships, and at find they themselves setting boundaries seeking or understanding environments where their loss not easily recognized. Taking time for rest, creative expression, or quiet reflection can help create space for healing.

Continue reading online at ChilliwackHospice.org



Thrifty Boutique celebrates its 16th year of community, compassion and sustainability

It's been a season full of compassionate programs and connection, and purpose at Thrifty Boutique a reflection of the generosity and heart that make our store such a special part of Chilliwack. From creative community events to meaningful recognition, every moment this year has reminded us how shopping, donating, and volunteering with purpose can truly make a difference.

We kicked off spring with our Closet Cleanout for a Cause on Earth Day, April 22, inviting the community to clear out their closets and drop off pre-bagged textiles to help "fill the truck." Volunteers worked tirelessly to keep clothing and fabric out of the landfill, and every pound recycled helped fund the

services of Chilliwack Hospice Society.

Just a few weeks later, Evergreen Hall was filled with flair, fashion, and community spirit for our 7th annual Fashionista Fashion Show on May 10. With record-breaking ticket sales and more than 300 guests, volunteers, and models in attendance, the evening was a resounding success — raising vital funds to support hospice care, bereavement support, and education in our community.

Summer brought one of our biggest events of the year the National Thrift Shop Day Celebration Sale on August 17. Shoppers lined up early to enjoy 50% off everything in store, with 466 customers



Thrifty Boutique curated an impressive display for the Vintage Barn Market, Oct. 31-Nov. 2.

purchasing 2,718 items in a single day. The celebration was a joyful reminder of the power of thrifting to build community, promote sustainability, and sustain local hospice programs all year long.

This fall, Thrifty Boutique brought its signature style to the Vintage Barn Market at 2025, held Christmas October 31 to November 2 at Chilliwack Heritage Park. The Thrifty team curated a festive display of vintage décor, fashion, and holiday treasures that inspired shoppers to "shop with purpose." It was a wonderful opportunity to meet new faces, share our and celebrate sustainable giving during the holiday season.

Our work has also been recognized beyond the shop floor. Thrifty Boutique was proud to be nominated for Inclusive Employer of the Year at the inaugural Inclusive Employer Awards – Fraser Valley East on October 28, hosted by WorkBC, Rotary at Work, Inclusion Chilliwack Society, and Bethesda. The nomination acknowledged our commitment to creating a welcoming, accessible, and

inclusive environment volunteers and staff of all abilities. We were also honoured receive to for nomination Community Impact Award at the Chilliwack Chamber of Business Commerce Excellence Awards, to be held January 31, 2026.

As we look ahead, the team at Thrifty Boutique extends heartfelt thanks to our incredible volunteers, donors, and shoppers. Your continued support ensures that every purchase, every donation, and every act of kindness helps Chilliwack Hospice Society provide compassionate care and support for individuals and families community.

Pick-up a Win & Wander Holiday Passport and stamp your way to a holly, jolly good time in Chilliwack!

Explore. Collect. Win. November 14-December 24



For full details, go to: tourismchilliwack.com/hollyjollychwk





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Rare 'medieval' artifacts found in **B.C.** thrift store donated to SFU for study

The remarkable discovery of rings and medallions, thought to date from medieval or Roman times. made in a was Chilliwack thrift shop where they were being sold for \$30

The collection is now in the care of SFU's Museum of Archaeology and Ethnology and will form part of a new archaeology course, where students will get to analyze the designs and materials with a view to identifying where and when the items originate from.

"This is an incredibly exciting donation and an amazing opportunity for students here at SFU," says Sabrina Higgins, associate professor, global humanities and archaeology.

"It will take at least a semester - if not longer - to piece together the origins of these artifacts. We're fortunate to have access to cutting-edge research technologies within our department to properly study these objects, so it promises to be a rewarding journey for students.

The artifacts were found at the Thrifty Boutique, which provides vital financial support for the Chilliwack Hospice Society.



The full set of eleven rings and two medallions. Photo by SFU/Museum of Archaeology & Ethnology.

customer with an archaeology background alerted the store's volunteers potential the archaeological significance of items. They then approached SFU experts for their assessment.

"It's a privilege for Chilliwack Hospice Society to contribute to the continuing story of these artifacts," says Sue executive Knott, director, Chilliwack Hospice Society.

"Thrifty Boutique offers an upscale thrift shopping experience where you can discover unique new and preloved items, many of them treasures - metaphorically and, as it turns out, quite literally.'

"This story is a beautiful reminder of how every donation carries meaningful and unknown history potential."

Higgins was the first SFU expert to take a look at the items as she specializes in Rome and late antique archaeology. She believes the artifacts most likely date from the medieval period.

"I think they most likely originate from somewhere within the boundaries of what was once the Western Roman Empire," says Higgins.

"The shapes, designs and construction make me think that these are medieval, as the Romans typically used slightly different materials and techniques."

The artifacts are being cared for at SFU's museum on its Burnaby campus.

Read more at SFU.ca or scan QR code the below.



Connect with us

Chilliwack Hospice Society 7112 VEDDER RÖAD CHILLIWACK, B.C. V2R 3T6

HOURS: Monday-Friday 9:00-4:00 PHONE: 604.795.4660 WEB: chilliwackhospice.org EMAIL: info@chilliwackhospice.org

Registered Charity #867303232RR0001

Chilliwack Hospice Society is a community-based organization that helps individuals and families dealing with dying and death through support, education, and programs that promote wellness and healthy grieving.

We are privileged to live and work on the Stó:lō unceded traditional territory of the Pilalt and Ts'elxwéyeqw tribes.

Make a donation

There is no cost to our clients for our services.

These programs and services are made possible by the generous contributions of individuals and businesses within our community, and through support of Chilliwack Hospice Society fundraising events and the Thrifty Boutique.

To make a one-time donation, become a monthly donor, or contribute securities, stocks or mutual funds, go to:

Donations of \$20 or more are eligible for a charitable tax receipt.