Langley Hospice News

Volume 35 Issue 1 20660 48 Avenue, Langley, B.C. V3A 3L6 March 2026

Langley Hospice Society, a community-based, non-profit organization, provides compassionate care and support to help people live with dignity and hope while coping with grief and the end of life.

A message from our Executive Director…

As Spring arrives, here at the Langley Hospice Society, we continue to be thankful for the incredible support we receive from the caring and compassionate community we're a part of.

Over the past year, we've really leaned in to support our staff and volunteer team as we continue to expand the support and services we offer in-house through our Supportive Program Centre, and the Doug and Fran MacDonald Langley Hospice Residence, and the growing number of staff and volunteer-led outreach programs we offer through local schools and throughout the community.

Our board of directors initiated a dynamic staff and board planning event; that allowed us to really lean into the success and challenges of the last year and determine a meaningful path forward that allows us to respond to the increase needs we are seeing for palliative and bereavement care and support as our community continues to grow.

Our plans include reducing waitlists for intake and one-to-one support for all programs; expanding our peer support programs for children and teens; building capacity through training and support for staff and volunteers; and ensuring that we play a role in ensuring equitable access to information, support and services, as we walk alongside community members as they navigate their palliative and bereavement journeys.

As we approach our fourth Anniversary of operations in the Doug and Fran MacDonald Langley Hospice Residence this May, we remain grateful for the way that our amazing team of Langley Hospice Society staff and volunteers, and Fraser Health's palliative care team, work together to ensure wrap-around care and support for end-of-life patients and their families.

Over the last year, the Langley Hospice Society has received tremendous support from donors and the community to assist us with our goal to add three cuddle beds, and replace aging beds in the hospice residence. We are incredibly close to making this a reality and hope you will stay tuned in the coming months for some important updates about these impactful new additions.

We know that it's because of the generous support we receive from our staff, volunteers, donors and supporters. that we are able to show up for our community in meaningful ways and continue to hold space for individuals and their families, when they need it most. Thank You.

~ Shannon Todd Booth, Executive Director

Second Story Treasures Thrift Store has flipped…

Our store staff and volunteers worked tirelessly over the last month and more to get ready for their **Annual Spring Flip** on March 13th and 14th at their busy location in Walnut Grove.

This is one of our most popular events of the year, and saw record results in sales this season.

The work this remarkable team does year round, with the leadership of managers, Kimberly Glover and Rita Tateyama and an army of engaged volunteers, makes a monthly contribution of more than $25,000.00 to support the operation our Supportive Program Centre in Langley & the delivery of palliative and bereavement programs and service for our growing community.

Our Thrift Store continues to grow, and our team wants you to know they are always looking to add to their incredible volunteer pool, with a variety of roles from cashier, clothing sorting, merchandising, furniture & décor set-up. For more information reach out to our Volunteer Coordinator, Cameron MacKay via email at: volunteer@langleyhospice.ca

~ Rita Tateyama & Kimberly Glover, Managers—Second Story Treasures

An Update from Our Adult Bereavement Team…

Our Adult Bereavement Program continues to hold space for those who are grieving through a broad range of services including one-on-one bereavement sessions, outreach support, and community-based programming.

The adult bereavement team hosted a Valentine's afternoon potluck this past month, creating a supportive space for individuals to come together, share a meal, and connect through shared experiences of loss. These kinds of social and recreational peer support activities serve as a reminder that even in grief, there can be moments of togetherness and understanding.

We are busy planning for the Spring and Summer ahead. These seasonal offerings will include NEW Derby Reach meet-up events; a NEW Sibling Loss Drop-in group offered monthly; Seeds of Remembrance—a memorial workshop for planting Spring bulbs, and the addition of evening dates for drop-in coffee groups at our Supportive Program Centre.

These programs will build on the support already offered through our Men's Group (monthly); the Bereaved Mom's Coffee Group (bi-weekly); Parent & Child Dinners (monthly); and our ongoing Drop-In Coffee Groups in Langley City, Walnut Grove and Aldergrove, that offer additional opportunities for peer support and connection in informal settings.

These programs all contribute to building a compassionate, supportive community for those experiencing loss, ensuring that individuals have the resources and connections they need.

~ Stephannie Rosencrans, Bereavement Coordinator

Grief & Self Care

Self-care during grief is essential for navigating the physical, emotional, and spiritual exhaustion of loss. Walking through grief can be overwhelming. We encourage those who are grieving to prioritize basic needs like eating, hydrating, and resting and to be compassionate with yourself, allowing emotions without judgment, setting boundaries, and seeking support when needed.

Self-care too is a personal journey, and it's important that you explore what works for you—here's a quick self-care check in that can help you take a moment to figure out what you need:

Self-Care Check In

- *Mind: notice the emotions you're feeling. A few may come up at the same time and all of them deserve your attention.*
- *Body: notice the sensations that you're feeling. Is there tension in your neck? Calmness in your chest as your breath? Take note of what is happening physically*
- *Now take a few deep breaths, reaching deep into your belly. Inhale through your nose, exhale through your mouth*
- *Take a moment to gently stretch out any tension you're feeling*
- *Try saying an affirmation: "I can do hard things" ; "I am prioritizing my needs and recognize that they're important"; or "I don't have to be perfect to be loved and accepted by others"*
- *Finally, remind yourself to be present in the moment. What do you need right now? A walk, or a moment outdoors to hear the birds chirp, smell the crispness in the air? A quiet moment with a cup of tea? A good visit with a close friend? Find what resonates with you and lean into it.*

SPRING REFLECTIONS..."As we move toward spring, many people notice subtle shifts in their grief. Changes in light, weather, and the rhythm of daily life can bring both moments of renewal and reminders of loss.

Programs such as **Cooking Together** (monthly) and our **Yoga offerings** (weekly) continue to provide gentle opportunities for connection, movement, and reflection alongside others who understand the experience of grief. These spaces allow people to gather in a supportive environment where conversation, shared activity, and quiet presence can all be part of the healing process. We are grateful to the volunteers and community members who help make these programs possible.

As the weather warms and the days grow longer, spending time outside can be a gentle way to connect with memories of someone who has died. One simple activity we often suggest is a **Reflection Walk**, where you might choose to:

- notice something in nature that reminds you of your loved one;
- pause for a moment of reflection & breathe with intention;
- choose a small stone, leaf, or flower to keep as a reminder.

Grief often shifts and changes over time, and small rituals like this can create space for reflection and connection.

~ Areesha Lal, Adult Bereavement Support Worker

A Child & Youth Bereavement Team Update…

Our Child and Youth Program Staff and Volunteers are busy preparing for our upcoming Spring Break Camp—Seeds of Hope, March 23 to 25, and are excited to be welcoming 19 campers for this interactive day camp program for grieving children/youth, hosted at our Supportive Program Centre in Langley.

Our monthly **Girls Group**, which is a closed group for girls 10-13 years, continues with themes and activities that have included: self care, journal writing, and grief valentines, allowing these girls to connect over shared experience, and navigate important conversations about grief and loss with support from our team.

Our Volunteer-led, **Kids Connect Program** continues bi-weekly on Tuesday afternoons, and provides an informal environment for kids to come together for activity-based programming and connection, and we have an exciting NEW Spring offering, **Baking Together**, a program for children to walk through memories of baking with loved ones and trying their recipes.

Community outreach continues to grow in the Child and Youth Program, with a recent workshop presentation for SD35 at the Odyssey event at Peter Ewart Middle School and a recent Grief and Loss Presentation for grade 5 classroom at one of our local schools. Our team offers workshops like these to provide an opportunity for service providers, educators, school support, counselors, and the community to gain more information about supporting grieving children and teens with interactive offerings that outline grief responses through different ages and stages, what our program can offer, and helpful skills and resources for support.

~ Shannon Flannery & Sarah Laverock, Child & Youth Program

Langley Hospice Society
Child & Youth Bereavement
Spring 2026 Events and Activities
langleyhospice.ca

Weekly/Monthly Events	Dates
Kids Connect (3:30-5:00pm) Supportive Program Centre , 20660—48th Avenue, Langley Drop-in peer support and play group.	March 3, 17 April 7, 21 May 5, 19
Parent/Caregiver & Child Dinners (6:00-7:30pm) In collaboration with our Adult Bereavement Program. Supportive Program Centre , 20660—48th Avenue, Langley	March 18 April 28 May 20
Girls Group (Closed Group) Supportive Program Centre , 20660—48th Avenue, Langley	March 11 April 8 May 13
Drop-In Groups & Other Offerings	**Dates**
Seeds of Hope Spring Break Camp (9:00am-3:00pm) Supportive Program Centre at 20660—48th Avenue, Langley, BC Registration is required.	March 23, 24, 25
Mother's Day Memorial Brunch (10:00am-12:00pm) Supportive Program Centre at 20660—48th Avenue, Langley, BC Registration is required.	May 9

Please note: All program offerings require an intake with one of our program staff prior to participation. If you would like more information, or to register for any of these programs, please reach out via email at: s.flannery@langleyhospice.ca or call

Spring Plant Pot Activity:

Supplies:

- Clay pot
- Hammer
- Hot glue
- Sharpies/markers

Instructions:

Step 1 - Place pot on a safe surface area. Carefully, break into pieces using hammer.

Step 2 - On the inside pieces of the pot, instruct the child to write or draw the feelings that they have experienced since the death.

Step 3 - On the outside pieces of the pot instruct the child to write or draw their sources of support. This could include grief support groups, friends, music, or family.

Step 4 - Using a hot glue gun, glue the pieces of the pot back together to make a "whole" pot again. Whole again—but forever changed, and with it's own beauty.

Community Engagement & Special Events

Save the Dates...*Our Community Engagement team has been busy preparing for another year full of fun and meaningful events! We're excited that tickets are now available for our two signature events this summer:* ***Plates and Glasses*** *and the* ***Butterfly Release.*** *Our 2nd Annual* ***Langley Hospice Spring Tea*** *is on April 12th is now SOLD OUT, this event is presented by NEW Event Sponsor,* ***My Alternatives****, and will feature curated tea boxes from* ***Well Seasoned*** *and* ***Krause Berry Farms****, sparkling beverages from* ***Township 7 Winery & Vineyards*** *and* ***KIS Consulting****, musical entertainment with Robert Davies, guest speakers, a basket raffle, and more.*

Thank You's to*...Cam Bates and the team at* ***Cloverdale Crossing Save On Foods*** *for ongoing support of our Child & Youth Program; to* ***CIBC*** *who has joined us as a SILVER Sponsor for Plates & Glasses this year; and to Henderson's Langley with* ***Dignity Memorial*** *for their ongoing printing sponsorship of our quarterly newsletter.*

~ Steven Cooper, Community Engagement & Donor Relations

For more information, or to purchase tickets for one of our upcoming events, please check our events page, or feel free to contact us by phone or email!

- **April 12th**—Langley Hospice Spring Tea:
- **July 18th**—Plates and Glasses on the Farm
  WWW.LANGLEYHOSPICE.CA/EVENTS/PLATES-AND-GLASSES
- **August 8th**—Butterfly Release at Krause Berry Farms
  WWW.LANGLEYHOSPICE.CA/EVENTS/BUTTERFLY-RELEASE
- **October 23th**—Glass Half Full Event at Harrison Pointe
  November 17th—Walk to Remember, at the Derek Doubleday .

Langley Hospice Society
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Langley Hospice Society & Foundation

will be holding their Annual General Meeting on Monday, June 15, 2026

- **Check in at 6:30pm**
- **AGM will begin at 7:00pm**

This year's AGM will be hosted in person at the Langley Hospice Society's Supportive Program Centre:

20660 – 48 Avenue, Langley, BC V3A 3L6

If you would like to attend, please register by email at:
info@langleyhospice.ca

Phone: 604.530.1115 | www.langleyhospice.ca

Palliative Support for patients and Families...

Our palliative program staff and volunteer team continues to provide support and services for end-of-life clients and their families.

Over the last few months, we have been giving additional focus to the expansion of our Vigil Outreach Team, where our trained volunteers are available by request, to sit vigil with individuals, throughout their last days and hours of life, in hospital, in long term care residences, and in hospice.

We have also seen growth in the anticipatory grief support we offer through trained volunteers, for clients at home, and through our Supportive Program Centre. All of our client and hospice volunteers participate in our 12-Week, Hospice Training Program, which is offered twice annually. We recently welcomed 15 new volunteers, in a variety of areas and continue to increase our capacity to facilitate these types of training through the expansion of the facilitator roles with trained volunteers.

Our staff accompanied six (6) of our palliative program volunteers to a Legacy Workshop with Dr. Pippa Hawley, from UBC, hosted by our friends at Crossroads Hospice, which highlighted the important impact of legacy conversations and projects for palliative patients and families. This learning has helped shape one of our priorities for the coming season, for development of a Legacy Program for residents and families at our Doug and Fran MacDonald Langley Hospice Residence. This would include volunteer-supported journaling questions and recording, and the potential to have interactive projects like hand or fingerprint casting onsite.

Other offerings in the coming season include our Advance Care Planning Workshop on April 23rd, and the expansion of the comfort care fund for the residence to include items like pajamas, and accessible clothing and other personal items and equipment that maximize comfort for our residents.

Donor-funded programs like our salon services that provide residents with a shave, or haircuts, nailcare and massage therapy continue to provide comfort; and the weekly **Soup Sundays** create important opportunities for caregivers to connect with others walking a similar path.

For more information about our palliative program offerings, please reach out via email at: **angela@langleyhospice.ca** or call us at 604-530-1115.

~ Angela Elemans, Palliative Support Coordinator

JOIN US on July 18th, from 3:30pm to 8:30pm for...

Plates & Glasses on the Farm...

in support of the Langley Hospice Society

Join Us on Saturday, July 18, 2026 for our #perfectpicnic at the home of Quiring Trucking and Gravel Sales in South Aldergrove

This is a fabulous afternoon/evening of fun and fundraising in support of the Langley Hospice Society, welcoming all ages, and features fine locally sourced food and beverages, live musical entertainment, a Potter's Market, silent auction, interactive activities and so much more...

- FEATURING A MULTI-COURSE PICNIC — prepared by the fine chefs of Well Seasoned ~ A Gourmet Food Store, & enjoyed at your beautifully preset table on the grounds
- YOUR CHOICE OF PAIRING — BC based wine (red, white, rose), cider or craft beer, or alcohol-free options, provided by Lynette Faye of KIS Consulting
- KIDS MEAL ADD-ON (UNDER 12 YEARS, $20.00 PER) - with a scrumptious, kid-friendly meal

PURCHASE TICKETS : www.langleyhospice.ca/events/plates-and-glasses

Quiring Trucking and Gravel Sales | Well Seasoned | CIBC | Langley Advance Times | Cascades Casino Langley | JD Farms Specialty Turkey | KIS Keep It Simple Consulting | Surrey Fleet Festival | 1 Fish 2 Fish Fresh Seafood Market | Fraser Valley Potters Guild

Fine Food & Beverages | Musical Entertainment | Fun Activities for All Ages | Silent Auction | Potters Market | and More...

"Volunteers are at the heart of everything we do. Whether it's providing grief support programs & services through our Supportive Program Centre; palliative care and support in the community, or through our Doug & Fran MacDonald Langley Hospice Residence; the operations of our Second Story Treasures Thrift Store; our community engagement team, reception & office volunteers; our garden teams; or our Society & Foundation Board of Directors—the ongoing support & engagement of the more than 300 volunteers who choose to give us their gift of time— is one of the reasons that the Langley Hospice Society can continue to meet the increasing palliative & bereavement needs as our community continues to grow."

Thank You Volunteers

Volunteer (vol-un-teer)

noun / ˌvälənˈtir/

A special person who gives the precious gift of their time. A doer. Someone who offers care and support, and helps where they can. Someone who listens, and holds space for others.

See also: Super Hero, Magician, Ninja, Handyperson

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A VOLUNTEER PROGRAM UPDATE...

Our Langley Hospice Society and Foundation Volunteers are truly extraordinary, and have incredible impact across the organization, with integral roles at our Supportive Program Centre in Langley City; the Doug and Fran MacDonald Langley Hospice Residence in the Township of Langley; outreach in the community; and through our Second Story Treasures Thrift Store in Walnut Grove.

More than 300 volunteers give us the gift of more than 42,000 hours annually — that's the equivalent of 20 full-time staff in hours alone.

With April approaching, which marks Volunteer Appreciation Month each year—we want to ensure we take the opportunity to ***Thank Our Volunteers!***

We continue to have engagement across the community, and we are truly grateful for the support we receive from our volunteers and their tremendous gifts of time and talent.

Our Second Story Treasures Thrift Store has now surpassed 160 volunteers and shows no signs of slowing down at their busy Walnut Grove location.

Our 12-week hospice training is offered twice annually, for those interested in volunteering with our palliative and bereavement support programs. The training has a significant waitlist, and we are looking at condensed training options for other support related roles.

LHS hosts two gardening teams, and this time of year we are actively looking for additional support at the hospice residence (Thursdays) and via our Supportive Program Centre (Tuesdays).

Our Second Story Thrift Store is always looking for dedicated, customer-focused volunteer team, who like to have a great time while volunteering. Opportunities are available for am and pm shifts, Monday through Saturday, in a variety of roles.

Huge thanks to our amazing volunteers for all you do to help ensure we can continue to meet the palliative and bereavement needs of our growing community.

~ Cameron McKay,
Volunteer & Special Events Coordinator

December 1, 2025 to February 28, 2026
Donations Made in Memory and in Honour of:

A.V. Rao
Clive & Wanda Atkinson
John Baker
Emily Bale
Marie-Luise Berryman
Irina van Betuw
Bradley Robert Bogie
Diane Boyd
Cheryl Buchanan
Mark Butler
Kelsey Carignan
Walter & Helen Clark
Louisa Cowen
Connie Davey
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Dereck Millar
Kelly O'Neil
Craig Ormerod
Marci Osborne
Desiree Paiva
Philip Malcolm Perkins
John Riedweg
Dolores Robertson
Wayne Rourke
Alexander Scott
Julie & Nestor Sereda
Thornton Smith
Randy Stafford
Duane Stammers
Eric Stepto
Barry Vaughn
Louise Vyse
Alan Wightman
John Wildman

Second Story Treasures Thrift Store

...the little department store in Walnut Grove

Please consider donating your gently used clothing, furniture, small appliances, household items, toys and books, and help the Langley Hospice Society provide important palliative care & grief support programs and services for our growing community.

STOP BY OUR THRIFT STORE IN WALNUT GROVE:

#4, 8948—202nd Street, Langley , BC | PHONE: 604.513.9319

HOURS OF OPERATION: Monday—Saturday, 10am to 5pm

DONATION HOURS:
- Monday — Saturday from 10am to 4pm,

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Corina Castronuovo, Vice President
Susan Regan, Treasurer
Anne Pilgrim, Secretary
Bonnie Greenlee
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www.langleyhospice.ca

BRITISH COLUMBIA
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Langley Hospice Society

Adult Bereavement Support Programs- April & May 2026

langleyhospice.ca

SUPPORTIVE STEPS WALKING GROUP	MARCH/APRIL/MAY
Wednesday Mornings (9:30am to 11:30am) at McLeod Park (Meet in CLA Parking Lot) 21277—56th Avenue, Langley, B.C	March 4, 11, 18 & 25 April 1, 8 , 15, 22 & 29 May 6, 13, 20 & 27 (Donna and Nancy)
DROP-IN GRIEF SUPPORT GROUPS & OTHER OFFERINGS	**MARCH/APRIL/MAY**
WEDNESDAY MORNING COFFEE DROP-IN (10.30AM TO NOON) Supportive Program Centre at 20660—48th Avenue, Langley, BC Informal Program. Open to all adult bereavement participants	March 4, 11, 18 & 25 April 1, 8 , 15, 22 & 29 May 6, 13, 20 & 27
Walnut Grove—Alternating Tuesdays (6.30pm to 8pm) Walnut Grove Community Centre—8889 Walnut Grove Dr, Langley Twp, BC	March 3, 17 &31 April 14 & 28 May 12 & 26 (Wendy & Sarah)
Aldergrove—Alternating Thursdays (6.30pm to 8pm) St. Dunstan's Anglican Church- 3025 264 St, Aldergrove (St. Alban's Room)	March 5 & 19 April 2, 16 & 30 May 14 & 28 (Brenda & Cassie)
Langley—Alternating Fridays (1:00pm to 3:00pm) Supportive Program Centre at 20660—48th Avenue, Langley, BC	March 13 & 27 April 10 & 24 May 8 & 22 (Wendy & Sarah)
MEN'S COFFEE DROP-IN GROUP— ONCE PER MONTH (1:00PM TO 3:00PM) Supportive Program Centre at 20660—48th Avenue, Langley,	March 20 April 17 May 15 (Frank & Harvey)
PARENT/CHILD DINNER—FOR PARENTS WHO HAVE LOST A PARTNER (6pm - 7:30PM) Supportive Program Centre at 20660—48th Avenue, Langley, BC	March 18 April 28 May 20
MOM'S GROUP—Alternating Friday Mornings (10:00am to Noon) Supportive Program Centre at 20660—48th Avenue, Langley, BC	March 6 & 20 April 17 May 1, 15 & 29 (Stephannie & Donna)
FRIDAY MORNING YOGA FOR GRIEVING ADULTS (9:30am to 11:00am) in Person—or Via ZOOM Supportive Program Centre at 20660—48th Avenue, Langley, BC	March 6, 13, 20, 27 April 10, 17 & 24 May 1, 8, 15, 22 & 29 (Lindsay & Nova)
COOKING TOGETHER—MONTHLY (5:00PM TO 8:00PM) **Registration in advance is required. $10 fee for supplies.** Supportive Program Centre at 20660—48th Avenue, Langley, BC	March 27 April 24 May 29