

The Rotary Club of Tsawwassen provides \$5,000 grant to Heron Hospice Society of Delta



Members of the Rotary Club of Tsawwassen joined Heron Hospice Society representatives to celebrate this year's \$5,000 grant.

From left: Blake (Rotary Club of Tsawwassen), Keara (Heron Hospice), Shannon (Heron Hospice), Judy (Rotary Club of Tsawwassen), Yvonne (Rotary Club of Tsawwassen) and Jordon Miller (Heron Hospice).

Continued on following pages



The Rotary Club of Tsawwassen has generously awarded a \$5,000 grant to the Heron Hospice Society of Delta. Dedicated to enhancing the lives of older adults, Rotary's grants focus on initiatives that improve quality of life, reduce isolation, and help seniors age safely and well. In awarding the grant, the Club commended Heron's compassionate approach to grief and mental health, noting that our programming provides meaningful opportunities for connection and healing.

We are incredibly grateful for the Rotary Club of Tsawwassen's continued support. This grant will go a long way in sustaining our Bereavement Bags and Yoga After Loss, which mean so much to those we serve.

Providing Tools for the Grief Journey

Both programs are designed to provide tangible tools for individuals walking through difficult times. Our Bereavement Bags offer comfort items and resources to help people process their grief in its early stages, while our specialized yoga sessions offer a safe space to move through the physical tension that grief often leaves in the body.

The impact of these programs is best expressed by the participants themselves. One attendee highlighted "the calmness and gentleness of the room and instructor," adding that the program serves as "a great adjunct to other grief/loss issues, like group work and personal therapy." Another participant simply noted, "It's a great program, I hope it continues."

Heron Hospice Society is proud to be a grant recipient of the Rotary Club of Tsawwassen, and we extend our deepest gratitude to the many club members whose efforts and generosity made this grant available.

From all of us at Heron: thank you for standing with us, year after year.