



ARCH  
hospice



# Annual Report

April 1, 2018 - March 31, 2019







**Self-care is the priority.**

**Comfort for those we serve.**

**Leaders in compassion.**

**Build capacity.**

# Caring for our community.

ARCH Hospice is a leader in providing quality compassionate care to hundreds of individuals and families in our community each year. Supported by our many valued partners – including thousands of generous donors – we are able to fulfill our mission: to provide compassionate care through end of life, enhancing the quality of life for those facing advancing illness, death and bereavement through care, education and advocacy.

## Year in Review

Since its formation in 1999, ARCH Hospice has brought compassionate, pioneering care to persons living with terminal illness. With its roots in a holistic approach to end of life care, our organization has grown and branched across the decades, training volunteers, educating caregivers, and supporting those in grief.

The essence of our work is to bear witness to the suffering that accompanies difficult transformations, and to stay present even when we want to turn away.

It's an extraordinary place to gather and serve. 2018-19 was no exception. Over the past year we have focused continuously on our compassionate care. We conducted extensive engagement and analysis to inform our Strategic Plan 2020-2025. Our Supportive Care Services have blossomed into a core component of our care model from pre-admission to post death bereavement under the leadership of Natasha Rinaldi.

Throughout the year we continued to support continuous learning and knowledge sharing to ensure advanced practices in nursing and personal supportive care, alongside our physician partners. We also launched our Community Engagement Series "Getting Comfortable Talking About the Uncomfortable" and inspiration projects as part of our social innovation series and advocacy work around death and dying. Most importantly, we remain focused on creating space for living and honouring what matters most to each one of our residents.

Our loving, whole-person approach to care is made possible thanks to our community's ongoing and generous support. Donations fund almost half of our work and enable us to provide care at no cost to families. This is truly amazing to us and a gift to our community. We receive each gift with gratitude and remain committed to carefully allocating every dollar to provide patient and family care.

With all of this, we have a deepened sense of presence and compassion. Our roots are deep and ground us in our intention to serve.

On behalf of our Board of Directors and Leadership Team, we thank all of you for enabling us to provide loving, compassionate hospice palliative care services, education and advocacy to our community.

With gratitude and warmest regards,

Loretta O'Neill  
Chair, ARCH Board of Directors

Theresa Mudge  
Executive Director

# Engage. Inspire. Elevate.

Our priorities for the next five years are as follows:

## Self-care is the priority

Investing in the well-being and growth of our warm-hearted team.

As a social enterprise, we believe that by investing in the people who serve, encouraging their personal and professional growth, then and only then will we create the greatest potential for quality care and service to our residents and families. Our intention is to engage all employees and volunteers in growth through specialized training and self-care strategies. We will be the pre-eminent trainers and information facilitators in mindful caregiving (caregiver wellness) and holistic healing from grief. We will start first with our team and will expand this offering to family caregivers in the Algoma District and beyond.

## Comfort for those we serve

Caregiving is a significant and deeply human service: creating comfort is our purpose.

As a human service organization, we believe that through mindful, loving, compassionate care, we create comfort for those we serve. Our intention is to provide 100% comfort to those we serve. We also recognize that it is important for us to expand our reach throughout the Algoma District for early resource palliative services.

## Leaders in compassion

Daring to look at death directly as a way of embracing life fully.

We want to change the way we approach death and dying in our culture. We do this by supporting individuals in their end-of-life journey with mindful and compassionate care. Through conversation, we bring death out into the open. We dare to look at death directly and consider what we want for ourselves. We consider how we might prepare for not getting what we want when our time comes. At ARCH Hospice, we trust in the value in contemplating one's own death, as a way of embracing life fully. Our intention is to inspire others to have The Talk. We will do so through offering practical sessions to health professionals, our community at large, and beyond.

## Build capacity

Creating supportive infrastructure to serve.

Supportive infrastructure is a key enabler to advance our vision and mission. We acknowledge that we need to invest in several areas to enhance and sustain our services. Our intention is to elevate awareness of Hospice Palliative Care and to build capacity for growth in our supportive care programming. Through increased awareness, we believe we will augment our financial sustainability. Through creation of supportive care capacity building, we position ourselves to reach many others in the future.



# Our Board of Directors

Loretta O’Neill	Chair	Janice Beatty	Director
Jack Stadnyk	Vice Chair	David Ruscio	Director
Alison Oswin	Treasurer	Wendy Walker	Director
Harry Koskenoja	Secretary	Andrea Moraca	Director
David Oraziatti	Director	Theresa Mudge	Executive Director
Jennifer McFarling	Director	Dr. Sharon Buehner	Medical Advisor
Bonnie Ostroski	Director		

The Board of Directors is the governing body of ARCH Hospice and is responsible for exercising governance authority and setting policy direction. The Board is accountable to the Members of the Corporation for the effective governance and implementation of ARCH’s Mission, Vision and Values.

# Education

ARCH Hospice engages in education, training and development to develop evidence-based care practices to advance humanistic, compassionate palliative care. Physicians, nurse, pharmacists, social workers, personal support workers and other health care professionals look to ARCH Hospice to help them build basic and advanced skills in the field of palliative care. We are proud to report a total of 568 learners in 2018-19.

Internal Education & Training	No. of Learners
Cultural Awareness	15
Children’s Grief	25
Paediatric Palliative Care	25
Mental Health First Aid	22
Palliative Fundamentals	47
Safe Lifting	34
Clinical Skills Fair	15
First Aid, WHMIS, Patient Safety, Hand Hygiene, Fire Safety	44
Accessibility, Workplace Violence	44
Privacy Training	44
Conflict of Interest	58
Subtotal:	373
External Education & Training	No. of Learners
Practicum - Nursing	6
Practicum - Personal Support Worker	3
Practicum - Paramedic	17
Essential Conversations in Palliative Care	16
Delirium Recognition & Management	24
Dyspnea & Cough	14
Palliative Fundamentals	28
Advanced Care Planning	74
Learning Essential Approaches to Palliative Care	13
Subtotal:	195
TOTAL LEARNERS	568

## Heart In Service



"I didn't think I'd ever be working in Palliative Care when I was going through for Nursing. However, since I started here in 2017 I've loved every second of it. The personal aspect of this position is the whole reason I went into Nursing in the first place."

"What I love the most about working as a PSW at ARCH has a lot to do with being able to make our residents and their families feel like they are at home. Being here to welcome and comfort others during an otherwise difficult and stressful time is why I enjoy my job as much as I do."



"As much joy celebration goes into the beginning of life, I truly believe it also belongs in the final journey as well. Being able to provide that kind of love and care fills my soul. Palliative care is the holistic piece I've always searched for in my career."



# Care is the priority.



**10,713**

Grief, bereavement & supportive care sessions



**203**

Residents & their families served



**673**

Music care, reiki, meditation & pet therapy sessions



**7,322**

Donors help us serve the community



**100+**

Special events in support of ARCH



**237**

Outreach clients served

## Wellness

At Hospice we are focused on living well and living fully. Wellness starts with one's self and we are proud of the engagement of our staff and volunteers who develop and participate in monthly wellness challenges and events. For three years, our team has been motivating and supporting each other's wellness goals and inspiring others to do the same. This year, we focused on Mindful Caregiving as we recognize that in order to be truly present for those we serve, we must take time for ourselves and commit to the inner work needed as caring professionals. We are so blessed for our wonderful team and network!

## Fulfilling Wishes

Our human-centered model of care focuses on the wishes and needs of each person we serve.

We acknowledge the profoundly human process of dying and we honor each person's uniquely human experience of dying. From connecting loved ones, creating experiences to offering the comforts of food and compassionate presence, fulfilling wishes is at the heart of what we do. With our new Garden Room, we are able to fulfill larger wishes indoors – such as weddings, baptisms and larger family gatherings. It is very special to honour these important moments and very much appreciated by our families – thank you!



“Words cannot express our gratitude for the comfort and peace you provided my mom and our family during her final days.”

Thank you.

– A Hospice Family



## Our Volunteers

Volunteers play an essential role in the quality of our programs and services. We welcomed 18 new volunteers this year, many of whom came to learn about ARCH Hospice either through personal experiences or specific interactions with volunteers that inspired their interest in supporting us. This speaks volumes about the impact our volunteers have in this community.

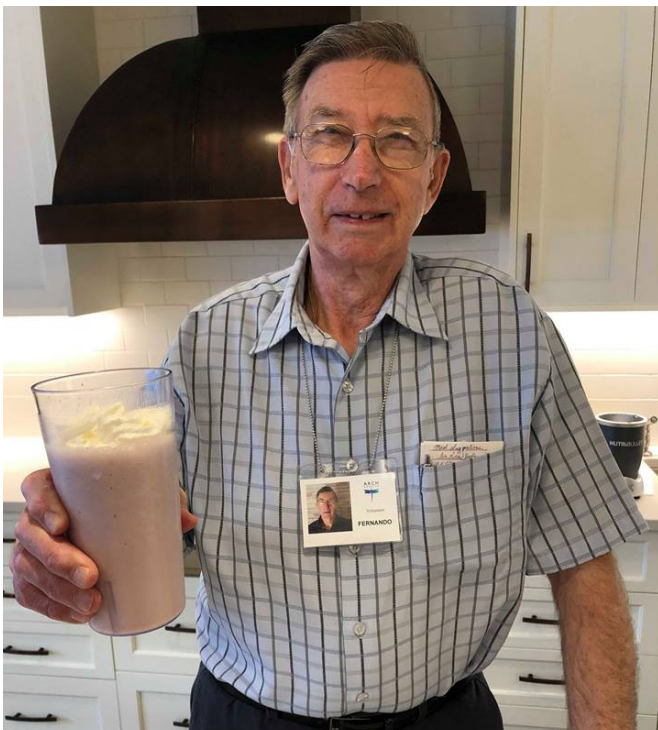
Our volunteers share the gift of caring and their free time, creating a ripple effect that is felt within and beyond Hospice. Our residents, their families and our community benefits tremendously from our volunteers. Simply put, we could not create the magic and extent of the love that exists at ARCH Hospice without our volunteers! The actions of our volunteers enable paid staff to provide enhanced services to hundreds of residents and their families in our community, playing an essential role in the success of our programs and services.

Wow...

15,032

Volunteer Hours

Thank You!



“We are so grateful for the care, compassion and kindness shown to our mom during her time at ARCH. You are an amazing group of people.”

– A Hospice Family

# Leaders in compassion.

## Congratulations to our 2019 Hospice Heroes!



### **Cheryl Schultz - RN**

There is a word in Finnish called 'sisu' that captures the spirit of Cheryl. While untranslatable in any other language, it refers to stoic determination, hardiness, courage, bravery, willpower, tenacity and resilience. In essence, it's an action-oriented mindset where you don't brag about having sisu; you just let your actions do the talking.

We honour Cheryl as our Hospice Hero. Wonderfully authentic, practical, kind, and creative, our families and entire team appreciate her down to earth nature. A natural teacher, she mentors nursing students, staff, and other health professionals throughout our community. A straight-shooter with an incredible sense of humour, we enjoy many laughs with Cheryl who makes others feel incredibly at ease. A deeply caring professional, we appreciate her humility and high sense of quality in all that she does.

Cheryl inspires us to find our inner strength, to be authentic, and kind. It is an honour and joy to serve alongside her.



### **Jackie McEwen - Volunteer**

The heart of a volunteer is not measured in size, but in the depth of commitment to make a difference in the lives of others. These words exemplify how Jackie McEwen has made an impact in our community, on those she loves, and on those she serves at Hospice.

Jackie shares her warmth as she welcomes all who visit Hospice. Her humility, grace, and unconditional love leave a lasting impression. She has a gift of making people feel special and can bring joy on a difficult day. It makes us smile as she shares her love of gardening and birds with all of us each year, inviting the community to experience her beautiful gardens as an ARCH fundraiser. We are in awe of Jackie and the love she puts in the details.

"The meaning of life is to find your gift, the purpose of life is to give it away." Jackie has found her gifts and shares them whole-heartedly within Hospice. Her energy and her actions are proof that small acts of love and kindness can transform first people, then the world. We honour Jackie as our Hospice Hero.

This year, our Community Partner Hospice Heroes winner requested to remain anonymous.

# Build capacity & capability.

## Volunteers, organizers, participants & donors

By supporting events, you help provide comfort to the community. Every event organizer, volunteers, participant, sponsor and donor makes caring for local families at ARCH possible. Our warmest thanks to you!

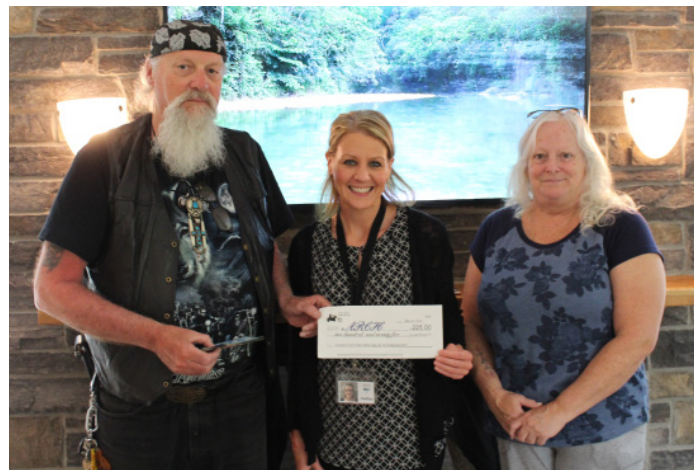
### Third Party Events Organized in support of ARCH Hospice

Tim Horton's Smile Cookie Campaign	\$20,456	Holiday Ornament Fundraiser	\$1,025
Reggie's Ride	\$17,000	Parkland Baptist Garage Sale	\$1,002
Run the Great Lakes	\$14,900	Algorithms Fundraiser	\$1,000
Pancake Breakfast	\$11,368	Kayleigh's Bake Sale	\$1,000
Queen Street Cruise	\$8,555	Let it Glow	\$1,000
Kelsey's Keychains	\$7,593	Northshore Vending Golf Tournament	\$1,000
Bethel Bible Concert	\$5,995	Rome's Grand Re-Opening	\$1,000
PUC Golf Tournament	\$5,917	Superior Heights Interact Club Fundraisers	\$1,000
CYW Walk	\$5,886	Westminster Presbyterian Choir Fundraiser	\$901
ReMax Fundraiser	\$5,755	WHL Shootout	\$860
Soo Greyhounds Jersey Auction	\$5,510	Donate A Car Canada	\$850
Tenaris Christmas Party	\$5,240	ADSB Hockey Fundraiser	\$835
CIBC Renovation Corporate Donation	\$5,000	Mark's Breakfast Fundraiser	\$810
Moonlight Fall Walk	\$4,875	Greenwood Public School Fundraisers	\$800
Life on the Farm	\$4,400	Call of the Wild	\$670
Krush Fashion Show	\$4,000	Sunset Shores Resort Fundraiser	\$658
Eat Perogies, Help ARCH	\$3,840	Johnson's RV BBQ	\$625
Women in the Wind Calendar Sales	\$3,500	St. Peters ACW Dinner Fundraiser	\$600
Bowl for ARCH	\$3,400	Mulligans Pub Grand Opening	\$580
Fallen Riders Bike Run	\$3,000	Hertiage Sessions	\$550
Gift Wrapping	\$3,000	Yoga in the Garden	\$529
Catherine's Hairstyling	\$2,610	Gail Gray Jewelry Sales	\$460
Rabbit Dinner	\$2,500	St. Francis Dress Down Days	\$450
RBC Charity of Choice Fundraiser	\$2,500	Freezie Day at Queen Elizabeth School	\$423
A&W Car Show	\$2,310	LCBO Fundraiser	\$407
Retired Teachers 50th Commemoration	\$2,000	Bocce Tournament	\$400
Searchmont Extended Season Day	\$2,000	Noel's Pickerel Dinner Fundraiser	\$395
Beta Fluid Power Golf Day	\$1,900	Holy Cross Bake Sale	\$372
Aaron Rizzo Memorial Golf Tournament	\$1,800	Marcello's Salon	\$363
Upper Island Lake Paddles & Pints	\$1,800	Lillies in Bloom	\$354
Pioneer Constuction Pot Luck	\$1,600	SMFL Fundraiser	\$350
Rona Heros	\$1,596	William's 9th Birthday	\$345
Project Dragonfly	\$1,545	Arauco BBQ	\$342
Halloween Party	\$1,520	Lions Team Challenge	\$318
Arts Festival	\$1,500	Agero Clothing Fundraiser	\$265
Elite Dance Force	\$1,400	Thirty-One Gifts Fundraiser	\$260
RV for Change	\$1,150	Vinyasa Flow Yoga in the Park	\$260
Golf Fun	\$1,140	Holiday Fundraiser	\$258
Steel City Tournament	\$1,047	River Rocks Gift Fundraiser	\$240

Book Launch "A Mason Built Family"	\$232
Fallen Riders Memorial Run	\$225
Algoma Trad Trivia Nite FUN-raiser	\$200
Holy Family Christmas Social	\$200
Willowgrove Sunday School Fundraiser	\$187
Carlie's Weightloss Journey	\$175
Zipper Pull Fundraiser	\$165
SSM Innovation Centre	\$160
East Korah Maxwell UCW- Change for Changes	\$140
Holy Family Prayer Service	\$122
Evans Lemonade Stand	\$121
East Korah Maxwell United Church Dinner	\$120
Dragonfly Store Fundraiser	\$101
Aaliyah's Workshop	\$100
Reggie's West Wild Hogs Fundraiser	\$100
Kaylee's Tasty Treats Fundraiser	\$75
Lethbridge Advent Calendar Fundrasier	\$71
Vintage Sales	\$63
Copper Country Roasters	\$62
Gerital Golf League	\$50
Courthouse Chili Cook Off	\$28

## ARCH Hospice Events

Bucket List Ball & Challenge	\$37,771
Hospice Golf Classic	\$29,716
Bucket List Cycle	\$26,754
Chocolate Express	\$14,090
ARCH Holiday Campaign	\$9,510
ARCH Flower Sale	\$8,088
Wedding Program	\$6,580
Butterfly Release	\$5,445
Cocoa 5K & Marshmallow Mile	\$3,917
Cartime Karaoke	\$1,919
ARCH Jean Days	\$255
Women's Circle at ARCH	\$110



## ARCH Hospice Events

John was my patient, and I was married.

Do you believe in love at first sight? You know, the kind in rom coms where the dreamy guy catches the eyes of a pretty girl across the street, and they make an instant connection, fall in love, get married and live happily ever after?

No? I didn't either. Until I met John.

John and I first laid eyes on each other in early 2014, and not necessarily in the most conventional way.

I was working in a busy, private oncology clinic. I was two years into a not so healthy marriage, going to school, and trying to convince myself my marriage and life wasn't falling apart.

John was a new patient to our clinic. He had recently been diagnosed with Metastatic Melanoma, and had been referred to the clinic for treatment. As I called him back to the exam room, I couldn't help but notice his sparkling eyes, and his nervous smile – one I would soon figure out would transfer into an enormous, squinty eye, full teeth smile that he was known for. Ask him about something he loved (his dog, the outdoors, or snowboarding) and be ready to be hit with that earth shattering smile. I knew he was a special human the first time we met. I just didn't know how much he would go on to impact my life.

Now, let me stop you right there for a second. John was my PATIENT, and I was married. We chatted from time to time in the clinic, but, I'm not some creeper who goes full Izzy/Denny and preys upon handsome young men I am caring for (Grey's Anatomy reference for those who aren't into medical dramas). I ensured that our patient/caregiver relationship was professional and safe.

Fast forward to summer of 2015. I had started a new job at a hospital, was divorced, and had just moved into a tiny little duplex within walking distance from work. I had made an online dating profile, and had been swiping haphazardly here and there. I was standing in my kitchen eating takeout from a box, when suddenly, a new profile popped up on my screen:



John W, 34. Puyallup.

And there was that earth-shattering grin staring right at me from the screen of my phone. I swiped right, he did too, and the rest was history.

John and I went on our first date. And our second. And our third; all within the same week. We quickly became inseparable. If we couldn't be together, we were texting, talking on the phone, dropping off lunches to each other. Anything we could do to be 'together.'

Remember that love at first sight thing? This was it. The real deal.

You must be thinking, 'John is free of cancer and found the love of his life! How sweet!' Only part of that is true. You see, when John and I first started dating he was deemed 'No Evidence of Disease' (NED) term that many cancer patients dream about. The thing is, when you have been diagnosed with stage IV cancer as John had been, even though there is no visual 'evidence' of cancer on his CT scans, it's still there. Microscopic little cancer cells just floating around waiting to settle down and start making

tumors. As John not so lightly put it, it's essentially like having a guillotine hanging over your head.

About 6 months into our relationship, John found out his cancer was back. He immediately started on immunotherapy and radiation. Just 6 weeks into this new treatment, we again learned he was NED. John was told he'd need to continue on the immunotherapy treatment for life. Thankfully it was a low side effect treatment, and we went on living the next year in bliss. We bought our dream



property, spent time skiing, working in the yard, preparing delicious meals to share on our patio, we were hopelessly in love. Life was perfect. So, freaking perfect.

John and I had an unworldly connection; It's hard to describe unless you have felt it. He was my soul mate, and I was his. We had the same thoughts, finished each other's sentences, and shared a unique, whole, pure love for one another. It was almost as if we lived in another realm before this, and our souls were old friends. It was a beautiful miraculous and rare thing. Something you are lucky to find even once in your lifetime. I remember laying next to him in bed one night and thinking about how much I loved him; how rare this love was. I had a fleeting terrifying thought that passed through my head completely uninvited: This love, this life, was too good to last forever.

In September of 2017, John began having concerning symptoms. He began vomiting and was unable to keep anything down. I rushed him to our local hospital. His mom met me there and took over so I could go home and pack some things for John. I'll never forget the phone call from his mom. 'Kelli, The cancer is back. He has a large tumor tangled in his intestines. They are transferring him to the university.' I sat on our bedroom floor and sobbed.

John was started on a new treatment. And aside from getting on a clinical trial, this was his last option for treatment. The hope was that this treatment would shrink the tumor enough that it could be safely removed by surgery within several months. John came home from the hospital. He couldn't eat, so every 12 hours I'd mix up his IV nutrition, hook up his IV, and set his pump. Good thing I was already practiced at this!

One afternoon we were sitting on the porch in silence after a hard follow up appointment with his oncologist. At the appointment, she sat down, and looked right at John and I. 'If this treatment doesn't work, this will likely be the end. I recommend you consider going on hospice.' It was sobering. We had never considered this journey would turn out any way but positive. Call us naive, but we were so in love, we just KNEW we could never be separated.

We sat on the porch holding hands, and just looking at each other. Beginning to process this may be the beginning of the end. With tears streaming down my face, I looked at John. 'Do you want to get married?,' I asked him. 'Of course,' he said. We held each other in the tightest hug, and just sobbed. Hard.

One week later, on October 8th, 2017, we got married in our beautiful yard in the shadow of Mount Rainier. It was hands down THE best day of our lives.

In January of 2018, John had a major 5-hour surgery to remove the tumor along with parts of his small intestine and large colon. Surgery was deemed a success, and again, John was declared NED. Our happiness and relief was

short lived, however. At a follow up CT scan in March, we learned the cancer was back, and this time, it was everywhere.

We traveled to Portland to enroll into a clinical trial. For this treatment, John was required to stay in the hospital. We spent our days snuggling in his hospital bed, watching movies, and just talking. As the days went on, I could see John getting weaker. I knew in my heart this treatment wasn't working. John's belief that he would beat this never once faltered. One night while sitting in his hospital bed with him, he said, 'I so badly want this to be our fairy tale. Our happily ever after. I have to beat this. For you, for us.'

In May, we learned the treatment didn't work. By this point John had lost 20lbs, and was too weak to walk out of the hospital by himself. We were sent home and John was told he needed to recuperate before he could be considered for any other clinical trials.

By June, he was hardly eating and was so weak he could hardly leave our bed. I never left his side. I bathed him, fed him, loved on him, and tried my hardest to make him feel so loved and appreciated.

One morning after a night of vomiting, I brought him to the hospital. The cancer had spread rapidly and there was nothing else that could be done. His doctor came into his room, held his hand and looked into his eyes with tears in hers. 'It's time, John.' John looked at me with his beautiful once sparkling eyes; now slightly dulled from the pain medication, and yellow tinged from the tumors



in his liver. I squeezed his hand hard, and while trying to stifle a sob, I just nodded in agreement with his doctor.



Let me tell you something about John. At age 18, he was paralyzed from the waist down in a snowboarding accident. He was told he'd never walk again. Guess what? He did. And snowboarded, and hiked, and coached CrossFit. He was quite possibly the most optimistic person I have ever met. He would set his mind to something and he would make it happen. He knew he was going to beat cancer; he KNEW it. And nobody, even his doctors, could tell him otherwise. He was MY rock. When I was sad, or scared of what was happening, he would hold me tight, smile and say, 'Babe, don't worry. We got this!'

It was my turn to protect John now. As we signed his DNR papers and spoke with the hospice coordinator, I reassured him this was not giving up. He told everyone he was going home to get stronger so he could get on another clinical trial and beat this, and I was his hype man; I put on my brave face and followed his lead. Though we both knew this was the end, neither of us wanted to admit it to each other; we had to protect each other's hearts.

We got home from the hospital and set him up in his new hospital bed. Our once shared bed was as close as physically possible to his hospital bed so I could still hold his hand, rub his back, and be ready at a moment's notice to get him anything he needed. We were surrounded by our beloved dogs, our families, and so much love. John was comfortable, he knew he was safe and loved. He was at peace.

June 17th, John drifted into a coma. I laid in his hospital bed all day; snuggled up as close to him as I could get. Smelling his hair, feeling his heart beat. Admiring his long eyelashes, his strong hands that could envelop mine. Our families drifted in and out of our room loving on John and telling him how much he impacted them.



Around 10:30 our families went to bed, and it was just John and I. I snuggled up to John and told him how much I loved him and how much I always would. I told him how much his family loved him; his brothers, his sisters, his parents. I thanked him for changing my life, for loving me and for saving me. As we laid quietly together in our dimly lit room, John took his final breaths and slipped quietly into eternity at 11:15 p.m.

John was an incredible human. At his standing room only memorial service, person after person came to the podium to share how John had changed their lives. How he never backed down from a challenge, and was the first person to help out anyone who needed it. John inspired me to be a better human. To never quit; even in the face of adversity. He taught me how to LIVE. And most importantly, love with my whole heart.

It has been 10 months since I had to say goodbye to John. In that time, I have taken up trail running and started riding horses again. These two passions have helped me survive. In July, I hope to make my first attempt at summiting Mt. Rainier. It's something John and I always talked about doing, and I want to do it for him. I started the hashtag #johnwoulddoit in attempt to record all of the epic things myself, as well as John's loved ones are doing in his honor. Because, well, if you challenged John to do anything, he'd probably do it!

I don't know what life has in store for me on this new journey. I'm not sure if I'll be in love again, stay in our house, or even in the same state. I still live my life day to day; sometimes moment to moment, as that is all I can manage. One thing I know for sure is that I'll carry John with me always. His spirit, his legacy and his love will never die. It is my duty to live in his honor."

This story was submitted to Love What Matters by Kelli Webber of Graham, Washington.



REAL PEOPLE.

REAL STORIES.

REAL HEART.

# Supportive Care

Supportive Care has delivered many new successful programs and offerings over the past fiscal year.

## Adult Grief Group Drop In

This peer support grief group has been running every Friday from 2:00-3:00 p.m. since June 2018 and continues to average 8-12 attendees each week. Registration is not required. There is always a theme and activity planned for each group and is well-received by participants.

## Children's Grief Group

Our first children's grief group took place in February and included children from the ages of 9-13. Ten children who lost a loved one attended the group facilitated by Natasha and Jenna, partaking in carefully researched play-based grief activities for their age, to normalize and identify their emotions. This offering acted as a trial for the children's grief support to be developed in the year ahead.

## Structured 8 Week Grief Group

Every Thursday from 2-3pm for eight weeks beginning September 13, 2018, five individuals committed to attend this closed, structured grief group facilitated by Natasha Rinaldi and her colleague, Donna Mansfield. This group was based on the book by author Alan Wolfelt: *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*. All members found the readings to be helpful and brought perspective to their own grief journey. In the event this group is offered again, we will look at alternative times in order to appeal to a wider span of losses and participants.

## Wellness Wednesdays

This weekly one-hour group is dedicated to helping caregivers with self-care, anticipatory grief, and connecting with other caregivers. This anticipatory grief group designed for individuals caring for a loved one with a terminal illness begins Wednesday March 20, 2019 and will meet every Wednesday at ARCH from 2-3pm, facilitated by Natasha and her colleague Donna Mansfield.



## Complimentary Therapies

**Aromatherapy** - After careful research and much discussion with other Hospice's, ARCH Supportive Care Team have begun utilizing essential oils as a complimentary therapy. Residents can partake via diffusing the scent in their room, receiving a foot or hand massage, or with an individual roller ball to be self-directed.

**Therapeutic Use of Music** – Two members of our Supportive Care Team attended a two day music care training in the fall of 2018 and have since been implementing their education at Hospice. ARCH continues to host weekly singing, piano playing, and even individual resident serenades. Over the Christmas holidays two choirs visited our space to perform and some of the staff even practiced and performed a bell choir of their own. Since July

2018, ARCH has been hosting a monthly drum circle in the garden room and many residents, families and volunteers have benefited from this powerful, healing music.

Meditation – Every Monday from 1-2pm. This offering began in the fall of 2018 and is growing. The guided meditation is offered to residents, families, staff and volunteers but has now opened up to include members of the community who are grieving the loss of a loved one or caring for a loved one with a terminal illness.

## Women's Circle

ARCH opened its space to allow for a monthly women's circle to be held in the Garden Room. Three circles ran throughout the winter. The circle was open to all staff, residents, families, volunteers, and community. Six to eight women attended each circle, coming together to support one another and find healing through ceremony and communication. Donations to ARCH were accepted and over \$100 was given.

## Amanda's Story

### A Miracle Weekend

Calla is a busy single-mother who is currently working on her PhD. and is the Chairperson for the Canadian Centre of Gender and Sexual Diversity (CCGSD) in Ottawa. Her mother, Debbie was recently admitted to ARCH Hospice, but it had been nearly a year since the two had last seen each other. Until the Give a Mile program worked their magic, both Calla and Debbie didn't think they'd have another opportunity to spend time together before Debbie's passing.

When Debbie and her wife, Jeanne, were offered the opportunity to apply for the Give a Mile's Mother's Day promotion they were ecstatic. Debbie had friends and family across the country whom she would love to have the opportunity to see one last time. Once the plethora of visitors had gone for the day, Debbie and Jeanne discussed whom Debbie might like to fly home. Debbie chose Calla.

Chandra, Debbie and Jeanne's younger daughter, believes her mother chose Calla because she knew how meaningful and uplifting it would be for the whole family if Calla were able to come home to Sault Ste. Marie. It was also important for Calla to come home, as she needed to be a part of Debbie's palliative journey in order to find her own peace. The family describes Calla's visit home as a miracle weekend that allowed Calla the opportunity to say goodbye.

It meant the world to Debbie to have her two daughters by her side, even if it was only for a short time. It was still enough time for Calla and Chandra, together at ARCH Hospice, to create a photo and video memory collection for their mother while she rested. Creating the collection provided the sisters an opportunity to connect and create a heartwarming slideshow for Debbie to enjoy with friends and family at this stage in her journey.

"Calla's visit gave everyone a role," stated her sister Chandra. "It brought us together."

Calla's visit also helped guide Chandra in how to be a support to her mother, Jeanne, and continue to be a loving presence for Debbie. Give a Mile was more than a flight - it was a reunion of sisters, a strengthening of relationships, a final goodbye made beautiful.



# Collaboration for quality.

All of us at ARCH Hospice are grateful for the generosity of our donors, staff, volunteers, board members, and community partners who make it possible to provide exceptional care to individuals and their families throughout Algoma District. It is because of this generosity that ARCH Hospice is able to offer services at no cost to families.

ARCH Partners are organizations that contribute year after year - whether they donate, give in kind, or organize events. We distinguish their donations so that their customers, and those that support ARCH, know of their outstanding contribution.

A big, warm thank you to all of the organizations that support us and bring comfort and care to local families.



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If you would like to join the Legacy Circle and ensure that caring continues for many years to come, please contact Theresa Mudge, Executive Director, at 705-942-1556 ext. 203.

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ARCH Hospice would like to express gratitude for the generous support of our donors whose gifts were received from April 1, 2018 to March 31, 2019.

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*\*Every effort has been made to assure the accuracy of donor names. If a name has been misspelled or omitted, please accept our deepest apologies and contact our Administrative Services Manager at 705-942-1556 ext. 202 so we can correct our records.*

**Thank You**  
**for your support!**



ARCH Hospice exists to support individuals and their families during one of life's most challenging, yet most meaningful, times. As serious illness progresses, individuals and their families enjoy life to the fullest of their abilities, helping them create more cherished moments and memories together. We honour individual needs, providing support to live each day with comfort, dignity and the opportunity to embrace living every moment.

In serving our community, we fully embrace the values of:

**Service**  
**Compassion**  
**Collaboration**  
**Respect**  
**Excellence**

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Comfortable end-of-life journeys

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