



ARCH Hospice Happenings



ARCH Hospice Newsletter

Fall 2017

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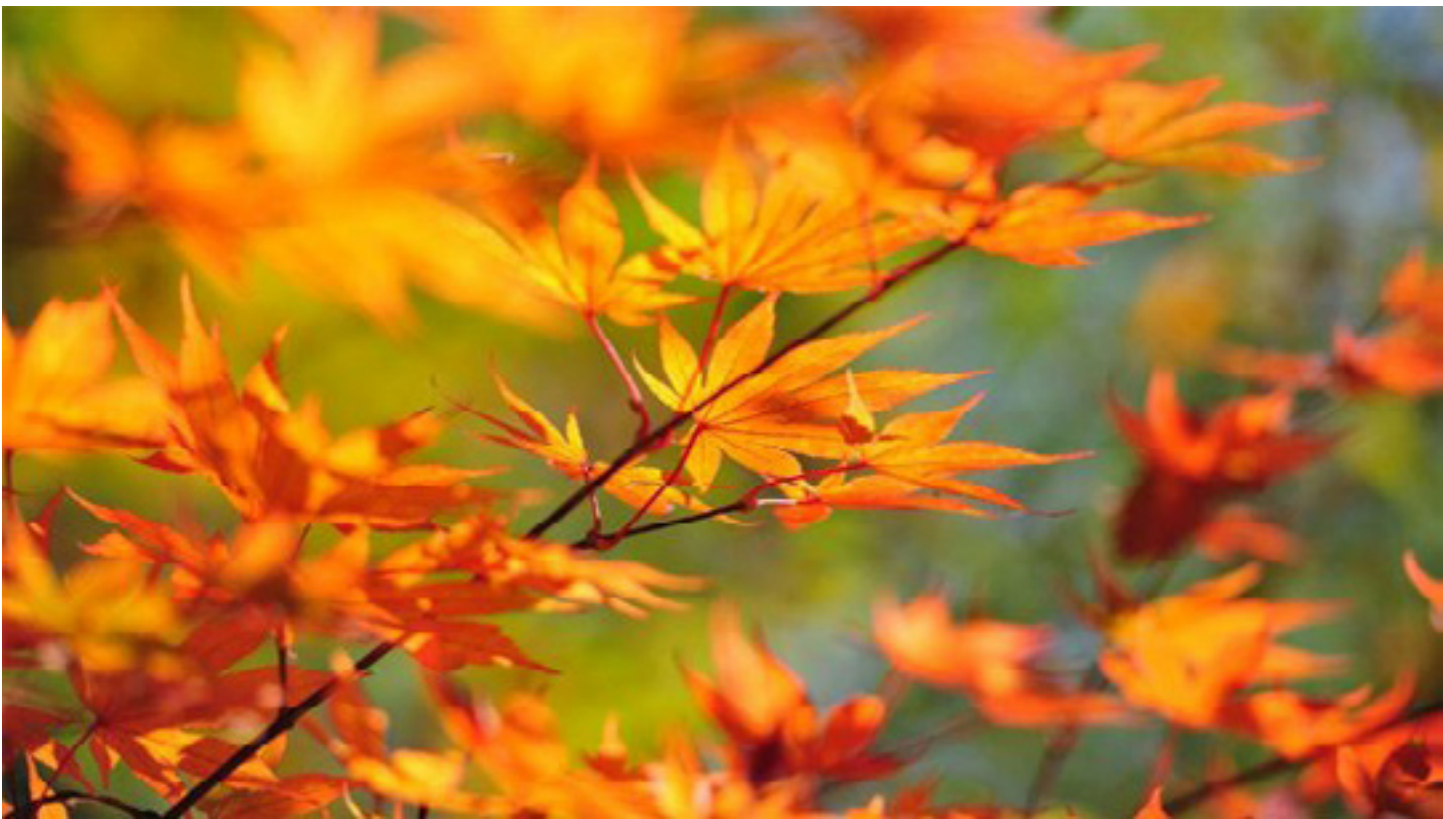
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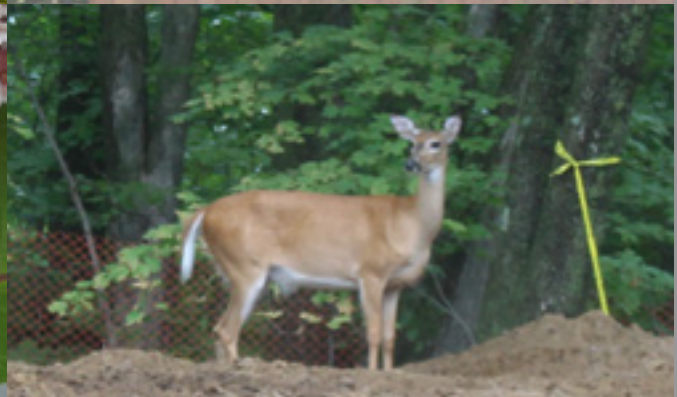
We are grateful for the splendor and beauty of the autumn season. Expansion is progressing well, and we continue to marvel at the craftsmanship of the teams who are so diligently hard at work!

This fall, we're excited to announce our new fundraiser, [The Great Bucket List Challenge](#)! More information is available on page 14. We invite you to think about what matters and to pursue something on your bucket list, supporting Hospice along the way.

For daily Hospice updates, be sure to like us on [Facebook](#)!

Wild Summer

Throughout the warmer months, many animals stopped by ARCH to say hello to our residents, families, and staff.



Welcome New Team Members

We're delighted to welcome new team members to the ARCH family!



Melanie Dale

ARCH Connect - Nurse
Coordinator



Erica Wright

Registered Nurse



Heidi Pearce

Personal Support Worker



Stephanie Shoenauer

Registered Nurse



Janice Streich

Registered Nurse

Upcoming Events



When: Sunday, January 14, 2018

Where: Stokely Creek Lodge

Skiers and snowshoers of all ages and skill levels are invited to enjoy an unforgettable chocolate adventure in the beautiful Sault Ste. Marie winter landscape. Chocolate treats will be available at stations throughout the trails. Remember to bring your sweet tooth!

There will be a 2.5km snowshoe trail and 2.5km, 5km, and 10km cross-country ski trails to choose from.

For more information about this event, please contact Katherine Williamson at williamsonk@archhospice.ca or 705-942-1556 ext. 237.

Tickets will be available December 1st for \$25.00 at ARCH, Madonna Optical and on our website. Follow us on Facebook for any future updates on this event.



Hospice Expansion

Since our groundbreaking ceremony on June 13, construction on our expansion has been progressing well. Eighteen weeks have passed, and we've witnessed an incredible transformation. We thank Jobst Construction and the wonderful sub-contractors for their efforts in making our dreams of growing our services and care a reality.



WEEK 1 | JUNE 19-23

Excavators begin digging and trees are removed.

WEEK 2 | JUNE 26-30

The site is being prepared for the foundation.



WEEK 3 | JULY 3-7

Even massive rainfall hasn't slowed production.

WEEK 4 | JULY 10-14

Footings are placed and the first foundation is poured.



WEEK 5 | JULY 17-21

Foundation wall frames are ready for placement.

WEEK 6 | JULY 24-28

Concrete walls are poured into foundation.



WEEK 7 | JULY 31-AUGUST 4

Foundation walls are finished.



WEEK 8 | AUGUST 7-11

Dirt is poured to begin levelling the floor.



WEEK 9 | AUGUST 14-18

Concrete floor is poured and finished.



WEEK 10 | AUGUST 21-25

The first expansion walls are assembled and raised.



WEEK 11 | AUGUST 28-SEPTEMBER 1

The roof begins to take shape.



WEEK 12 | SEPTEMBER 5-8

Work continues on the roof.



WEEK 13 | SEPT 11-15
Outdoor walkways are built.



WEEK 14 | SEPT 18-22
Bricks are laid and walls are ready to be covered.



WEEK 15 | SEPT 25-29
The Garden Room arch is in place.



WEEK 16 | OCT 2-6
The first windows are installed and walls are covered.



WEEK 17 | OCT 9-13
Lights are hanging inside as work begins indoors.



WEEK 18 | OCT 16-20
The outer walls are almost completely covered.

Construction is expected to be complete in the spring of 2018. For more updates, check our Facebook and Instagram pages. We look forward to sharing this next chapter of our history with those who made it possible - you, our supporters!





Over the last twelve months at ARCH, we've witnessed a dynamic youth movement in our community. Kids in Sault Ste. Marie and the surrounding Algoma District have been helping Hospice with incredible dedication.

This past spring, our Cartime Karaoke Challenge was a social media phenomenon across the city. Kids caught wind of the crosstown-traffic shenanigans hosted by Leo Moore and joined in to provide their own energetic entertainment. F.H. Clergue Public School's grade 3 choir filled a school bus to perform a joyful rendition of Pharrell Williams' "Happy", while Morgan Smith celebrated her birthday in an SUV with friends chanting "Call Me Maybe" by Carly Rae Jepsen. Winning the award for "Best Youth" performance, Holy Family Music Club delivered a beautiful Frozen mashup while dressed as their favourite characters from the movie.

On Dragonfly Day, a fun zone of inflatables and games welcomed children in Sault Ste. Marie to make memories with family and friends. Between the princess castle, the pirate ship, gladiator jousting, and face-painting, many good laughs were shared in support of Hospice.

In early June, the Soo Pee Wee Hockey League Atom Major Selects banded together for a car wash featuring a barbeque and yard sale. With 50% of the proceeds donated to ARCH, the young team raised \$920.65 towards end-of-life care for their community.

Later in July, over 300 indigenous butterflies were released for our 3rd Annual Butterfly Release Day. Dozens of children came with their families to enjoy the ceremony. The wonder sparkling in their eyes was priceless as butterflies rested in their hands before fluttering away into nature.

Then in August, two young boys showered us with support in their own unique ways. For his 5th birthday, Logen asked for money to donate for Hospice rather than toys and games. He presented ARCH with \$625 at the end of the month to help residents. In the same week, Harley raised funds by selling ice cream sundaes to staff and customers at Prouse Chevrolet. In just a few short days, he reached his personal goal of \$1,000.

In September, Sammy and Lily worked a lemonade stand together in support of Hospice, raising \$125. Weeks later in October, Allie, Sydney, Lyla and Clairra also provided a lemonade stand featuring candy and popcorn, donating \$540 with their efforts.

Although runners battled harsh weather in the Cocoa 5k & Marshmallow Mile, kids of all ages participated in the fun run. After crossing the finish line and receiving their chocolate medals, it was clear the cold weather couldn't stop their warm hearts from helping Hospice.

Support from our youth brings many smiles. A ten-year-old girl who was touched by her experience at ARCH after losing a loved one has decided to begin designing handcrafted cards. All proceeds will go directly to Hospice care.

We want to express our gratitude to all children and youth for helping Hospice and the inspiration their acts of kindness brings to our community. We look forward to seeing more youth rising up, setting goals and putting in the effort to achieve something they can be proud of.



Past Events



Kelsey Hroch (left) and ARCH's Julie Premo (right).

Kelsey Hroch was one of several Canadian youth to receive \$150 from the Royal Bank of Canada to celebrate our country's 150th year. Kelsey spent her money on movies, toys, card games, and colouring books for the upcoming paediatric suite. Thank you for your inspiring dedication!

Thank you to RE/MAX for serving ice cream weekly throughout the summer with Scoops for ARCH. Our community enjoyed tasty treats while supporting a great cause!

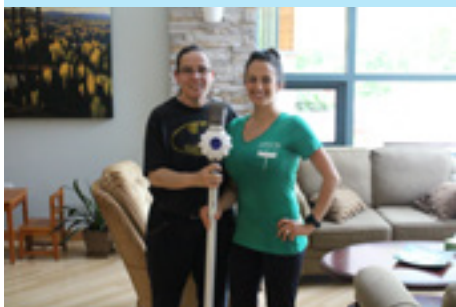
Our residents thank Thompson Strawberry Farm for donating so many strawberries this summer. Your generosity is greatly appreciated!



SSM Construction Association presenting ARCH a cheque for their Project Dragonfly Campaign.

McFadden's Acres Certified Organic Farm and LopLops teamed up with Cindy Clouston for a fun-filled event where a portion of ticket sales went towards purchasing organic, fresh produce that came directly to our kitchen.

The Royal Canadian Legion Branch 25 invited the public to their annual car show on a gorgeous summer afternoon in support of Hospice. Thank you to everyone involved for your continued support!



ARCH's Trudy (left) and Marina (right) with Doug the Dyson.

The Sault Ste. Marie Construction Association rallied Project Dragonfly, raising \$41,726 for paediatric palliative care. We can't thank the construction community enough for your incredible support!

Over 300 butterflies were released in July for our 3rd annual Butterfly Release Day. Together we raised over \$6,000 for hospice care. Thank you Community First for your generous support as our sponsor!

An anonymous donor checked an item off our wish list, dropping off a brand new Dyson vacuum! Thank you for making cleaning a breeze.



ARCH's Alex Mantha (right) accepting a quilt from Linda Reynolds (left).

Our residents will be cozy this winter thanks to Linda Reynolds who donated a beautiful handmade quilt. The project was started by Ella Stevens who passed away in 2001 before the Cloudslee United Church Ladies finished the job. Over 600 hours of hard work went into the details. We can't thank you ladies enough for the magnificence of your efforts!



One hundred and fifty motorcycles lined the streets at this year's Reggie's Ride.

The 3rd Annual Reggie's Ride saw over 150 riders raise \$18,400 for Hospice. Thank you to Reggie, Christine, Marcy, Alex and all the bikers for your incredible support!

Longtime ARCH volunteer Jackie McEwen welcomed the community to her personal garden tour in August, raising \$1,039 for ARCH. Thank you Jackie for your endless efforts to support Hospice!



Teams had a blast at our annual Hospice Golf Classic.

Our 14th Annual Hospice Golf Classic gathered 144 golfers together for a lighthearted day of laughter and sport. Overall, the tournament raised over \$36,000! Thank you to everyone.

This year, ARCH Hospice and The Algoma Autism Foundation were chosen as recipients of the proceeds for the Tim Horton's Smile Cookie Campaign. From September 11-17, every \$1 cookie purchased raised \$0.50 for each organization. In the end, \$19,615 was raised for ARCH! Thank you everyone for indulging your sweet tooth and supporting us!

In September when Chef Erik was buying groceries for our residents and their families, a kindhearted woman noticed his ARCH shirt. Moments later she paid for his entire grocery bill. Thank you to this kind stranger - our community is incredible!



ARCH and The Algoma Autism Foundation selling Smile Cookies.

Our Burgers and Beers event with Outspoken Brewery and Shabby Motley was a great success. Tickets sold out quickly as members of the community gathered to witness the introduction of The Great Bucket List Challenge.

A&W held a car show on September 23 in support of Hospice, raising over \$4,000 for our Paediatric Program in a few short hours! Thank you car enthusiasts for your endless dedication.



Burgers and Beers at Outspoken Brewery.

Eddie Corelli delivered a \$300 donation from the Knights of Columbus Council 11608. Thank you for your continued generosity.

The 5th Annual Algoma U Colour Dash was held on September 30. The exciting morning supported Hospice with a five kilometer run where participants were splattered with paint. Thank you to the students, runners, and Algoma University for continuing to support Hospice.

Throughout August and into September, No Frills supported Hospice through their "Give A Little, Help A Lot" campaign. Shoppers were asked to donate to ARCH at checkout. Our community raised \$10,000 in total! Thank you to our supporters and the No Frills family for your kindness!



The A&W car show displayed a variety of gorgeous antique vehicles.

Ann Bell, Ann McHale and Fay McClelland from the Desbarats Women's Institute popped in to donate children's books, blankets and teddy bears for our residents and visitors. Your kind generosity is very much appreciated.

The Great Bucket List Challenge



At ARCH, we learn so much from the people and families we serve – it is an honour for us to do what we do! We see how precious time is and how doing things with love can make a meaningful impact in our lives. The life lessons are so rich and they inspire us to live well. In this vein, we are asking you to join us in our quest, to live the life of your dreams – if you dream it, wish it – do it! We encourage you to step out of your comfort zone if you've been holding yourself back, be mindful that sometimes later becomes never, and do what matters most now.

With this spirit, we've created The Great Bucket List Challenge and we want you join to us!

Whether it's letting everyone know what they've meant to you, getting into the best shape of your life, speaking or performing in front of a large group, learning to play music or travelling, the intent is to not wait for the opportunity – create it and do it now!

As you do so, we invite you to have fun and consider fundraising for Hospice along the way! We will work with you to do so, share your photo or video journey should you be so inclined, and we will create a custom pledge form to share with your family, friends and co-workers to support Hospice. When you raise \$100, you will receive a personal T-shirt featuring your choice of four inspirational quotes, four colours, and your bucket list item.

Several members of our community have already taken the plunge. One young gentleman travelled to Iceland to honour the memory of his father. A woman is learning to play the drums in order to perform live on stage. Another finished her dream of running The Las Vegas Marathon for her uncle.

For more information and to join us:

Phone: 705-942-1556 ext. 223

Email: marketing_intern@archhospice.ca

Visit online at:

thegreatbucketlistchallenge.com



Our Wedding Program



Looking for a memorable way to thank your wedding guests while supporting your community?

For a recommended minimum donation of \$2.00 per person, we will supply you with a wedding favour for each of your guests. Whether it's your favourite herbal tea, package of wild flowers, chocolate treats or tree seeds, we will create an experience to suit your wedding theme and decor.

Our "Kissing Jar" allows your guests to get involved, not only in your wedding celebration but also in supporting Hospice. Simply place the jar and personalized frame at your head table and kiss when a donation is made! Another option includes making a nominal donation in your guests' honour. We will provide a personalized frame for display.

Our wedding program is also perfectly adaptable to support baby showers. If you want to offer your guests something special to commemorate your baby shower, we're here to help!

For anyone interested in participating in the ARCH Hospice Wedding Program, please give us at least six weeks notice. This gives us enough time to make sure the favours are ready well before your special day.

For more information, or to register for our Wedding Program, please contact our Events Coordinator at 705-942-1556 ext. 237 or email williamsonk@archhospice.ca.

Just for Laughs

I didn't fall. The floor was lonely so I gave it a hug.

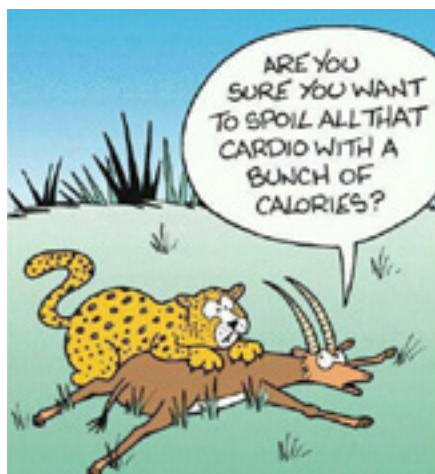
How fall is expected



How fall turns out



SO YOU'RE TELLING ME



Fall Fashion

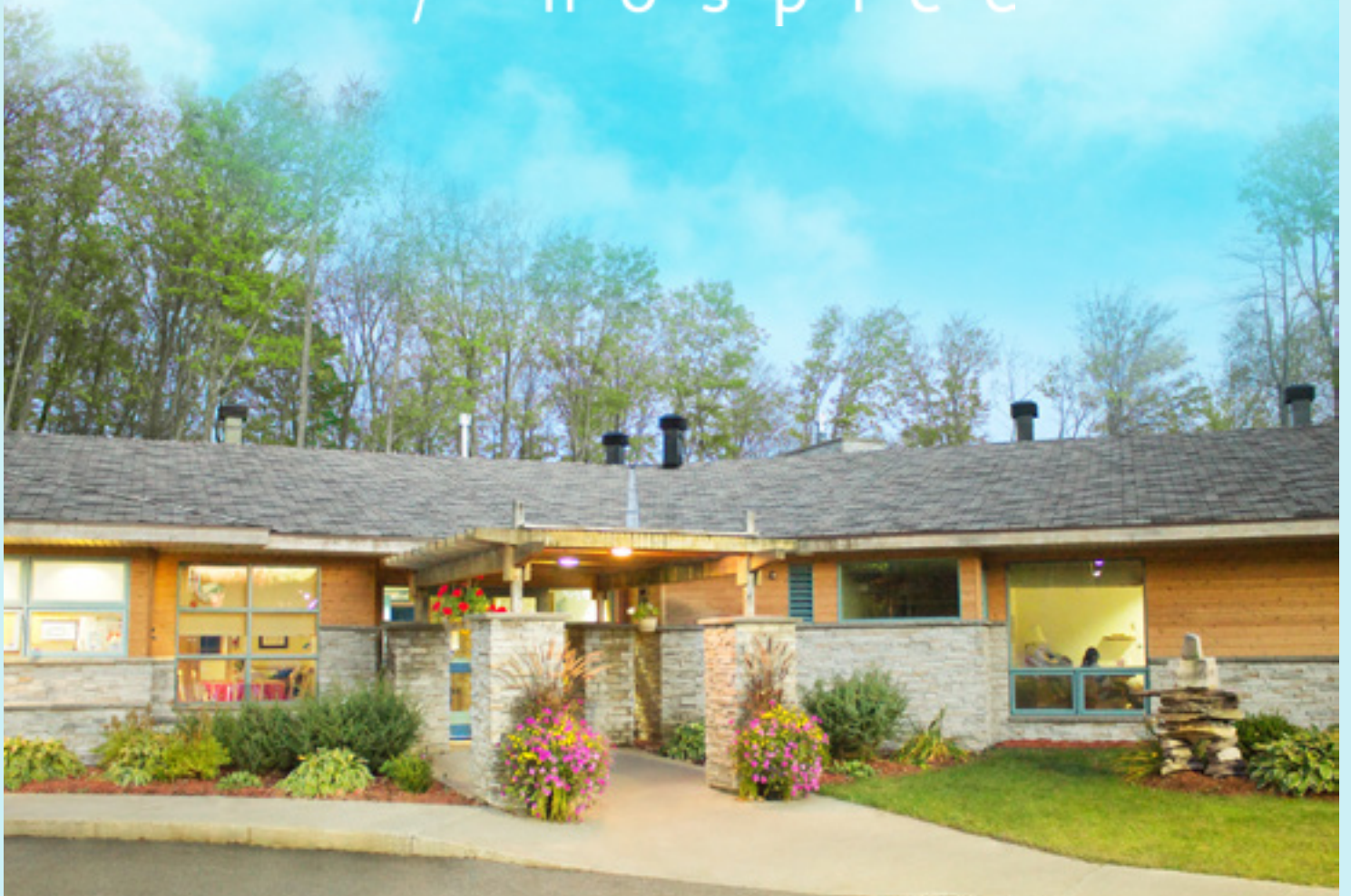


There are numerous ways that you can serve and support Hospice. We are always seeking volunteers for the following areas:

- If you are interested in volunteering, please contact Julie Premo, ARCH Manager of Support Services at:

Phone: **705-942-1556** ext. 261





ARCH Hospice provides palliative, end-of-life care to Algoma residents and their families. ARCH is committed to the belief that life is meant to be lived fully with comfort to the end. Dedicated staff, volunteers and community partners provide compassionate care to meet the physical, emotional, social, and spiritual needs of those we are privileged to serve. ARCH is partially government funded, requiring \$750,000 annually in external funding, as well as the generosity of nearly two hundred dedicated staff and volunteer members to provide its services to the community.

Please visit our website at www.archhospice.ca, our [Facebook page](#), or call ARCH at 705-942-1556 to learn more or make a donation.