

ARCH
hospice



ARCH Hospice Happenings

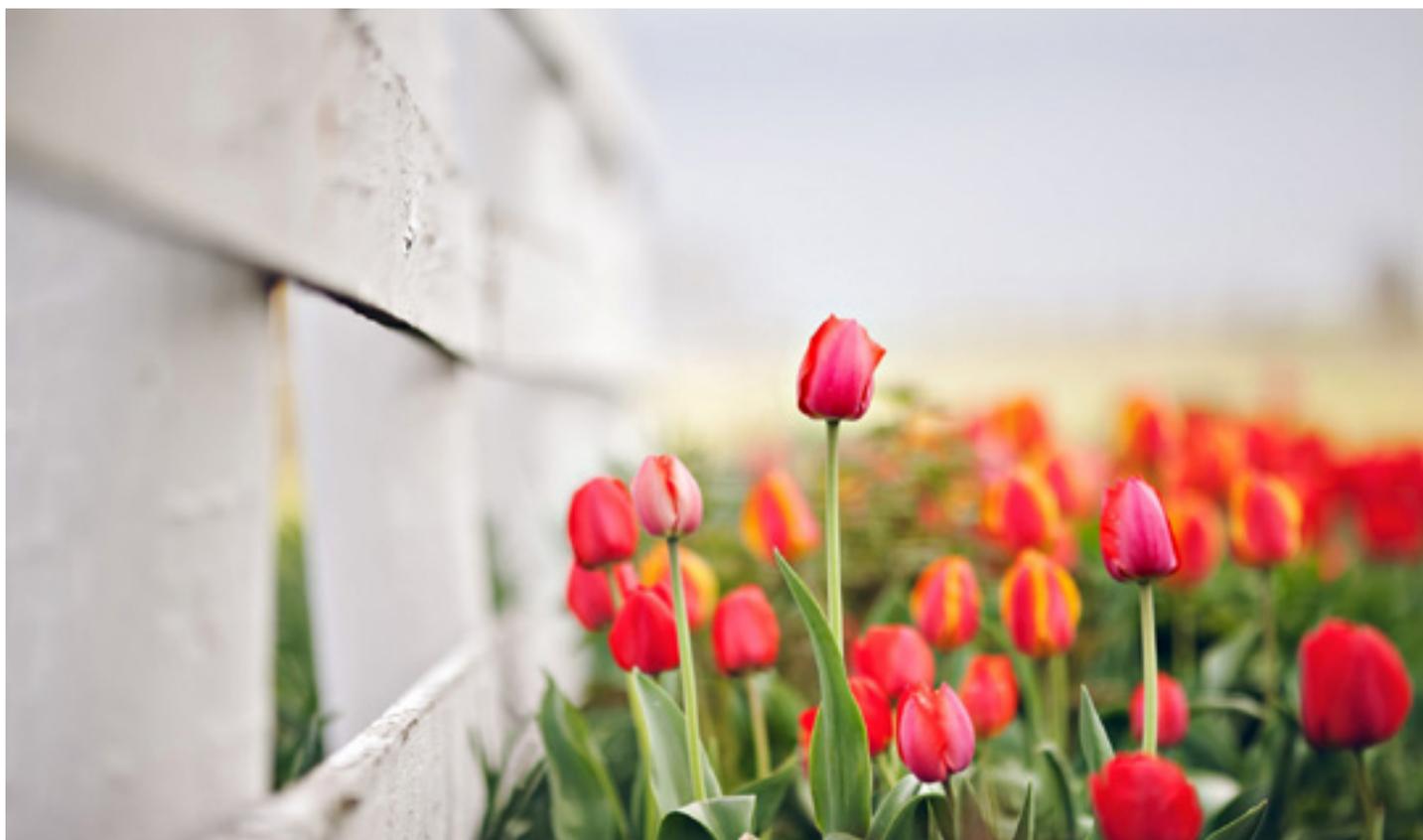


ARCH Hospice Newsletter

Summer 2017

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News

Warm weather brings warm tidings to ARCH Hospice. We hope everyone is taking the time to get outdoors, enjoy sunshine and nature.

We are thrilled to share that ARCH expansion is officially underway! Construction has begun with a projected timeline of 48 weeks until completion. The 4,800 square foot addition will allow us to grow our services and enable families to stay together at an important time.

We will keep you posted with any further developments through the summer. Check us out on [Facebook](#) for weekly updates!



We are pleased to welcome the newest Marketing & Events Associate to ARCH, Jake Meyermann. With a post-secondary education in English, communications, and technical writing, Jake is bringing a sharp eye for detail to the fundraising team at ARCH, is a key contributor to the newsletter, and is happy to help you with any inquiries regarding events at ARCH.

Wildlife Warning



With warmer weather here, please be aware that there are bears and other wildlife in the area. We request that you do not leave food out or in your vehicle and do not feed the wildlife.

Dragonfly Draw Winners



Dragonfly Draw winners Michelle McBride (left), grand prize winner Dale Burns (center), and Jill Nicholson (right) receiving their prizes.

ARCH's first ever Dragonfly Draw turned out to be a great fundraiser, selling over 3,000 tickets this spring. For only \$10 a ticket, entrants had the chance to win a decked out Polaris Sportsman 570 and an enclosed 6 x 12 Trailer or a cash prize of \$10,000. Second and third place winners received \$1,000 consolation prizes. Once again, we would like to thank Sault Ste. Marie Construction Association, Classic Signs Inc., Rivercity Motorsports, and Woody's Wheels for their generous contributions in support of this draw.

Congratulations to the grand prize winner Dale Burns who selected the ATV & Trailer Package over the cash prize, and to Jill Nicholson and Michelle McBride for winning the \$1,000 prizes. Thank you to all the ticket sellers, and we wish everyone good luck next time!

Upcoming Events

BUTTERFLY RELEASE

Where: Bellevue Park

When: Thursday, July 20

Join us for our third annual Butterfly Release at Bellevue Park. Purchase one butterfly for \$30 or four for \$100. Butterflies must be pre-ordered by July 12.

Pets are welcome to join as well... so long as they don't have an appetite for beautiful butterflies! Rain or shine, the release will begin at 6:00 p.m. Don't forget to bring your lawn chair or blanket!



3RD ANNUAL REGGIE'S RIDE FOR ARCH

Where: Reggie's West

When: Saturday, August 19

Join your fellow bikers in support of ARCH Hospice. Registration begins at 11:00 a.m. with the rally run happening at noon followed by an afternoon BBQ. Pledge forms are available at Reggie's, Reggie's West, and ARCH Hospice.

Contact: Christine Daigle at 705-253-1411



THE 14TH ANNUAL HOSPICE GOLF CLASSIC

Where: Sault Ste. Marie Golf Club

When: Friday, September 8

Golfers will be playing in a scramble-style tournament at 8:30 a.m. and will be treated to a light breakfast and a packed lunch on the course. Following the tournament, golfers will move to Grand Gardens Downtown for a delicious dinner and an array of prizes.

Registration is \$150 per player or you can choose to raise a minimum of \$200 in pledges. Hole sponsors are eligible for the reduced registration rate of only \$125 per player!

Contact: Katherine at williamsonk@archhospice.ca
Registration: archhospice.ca/2017-hospice-golf-classic



ARCH Expansion Groundbreaking

On June 13 at 2:00 p.m. we celebrated the expansion groundbreaking. More than one hundred local residents of Sault Ste. Marie and the Algoma District arrived to show their unwavering support of ARCH. The community rallied together, raising the \$3.1 million required for expansion - two years ahead of schedule. Thank you for your kindness and for supporting the care and comfort of local families!

EXPANSION FUNDRAISING BREAKDOWN

- \$2 million from community donations, fundraisers, and the “Why it Matters” campaign
- \$1 million from the Northern Ontario Heritage Fund Corporation
- \$51,400 from the Ontario Trillium Foundation

To commemorate the major milestone, ARCH Hospice Board of Directors, as well as Elected Officials, and Construction, Architectural, and Project Leads were handed golden shovels in the hospice garden.

ARCH’s expansion is projected to be completed over the course of 48 weeks.

EXPANSION BENEFITS

Pediatric Room, Bariatric Room & Family Vigil Space: At ARCH Hospice, we believe in keeping families together. A specialized paediatric room, outfitted with sleeper sofas, private family vigil space, child-friendly decor and furnishings will best provide families with quality moments. A bariatric room with a speciality bed will improve access to end-of-life care in a hospice setting, with ARCH being one of the first hospices in Ontario to provide this comfort.

Children’s Playroom: Kids need to be kids - especially when children and their families are experiencing the loss of a cherished loved one. A playroom will not only support siblings and peers of a paediatric resident, but also offer the comfort of play to the children and grandchildren of all of our hospice residents.

Garden Room: Magic wands don’t make wishes come true, but big hearts do. At ARCH Hospice we strive to fulfill wishes each and every day. Whether it’s enjoying a favourite meal, or leaving a legacy for your family, we believe positive end-of-life experiences are far too important to pass up. Big wishes sometimes need space to help fulfill them - especially when the family wants to experience them with the resident. The Garden Room will be a large multipurpose centre where we can fulfill wishes, invest in learning & development and offer grief and bereavement support.



(left) ARCH Hospice Board of Directors, Elected Officials, and Construction, Architectural, and Project leads share a ceremonial tribute before excavators officially begin expansion construction (right)



Why it Matters.ca

Keeping local families together.



The view of the expansion from the southeast shows the accessible pathways, landscaping, and cathedral windows of the Garden Room.



The Garden Room is an open-concept multifunctional space that accommodates up to 50 people. Ongoing learning & community palliative education programming, improved grief and bereavement support, as well as culturally supportive end-of-life care are some of the programs this space accommodates. Specific wishes of residents and family members, such as musical performances, weddings, reunions, and holiday parties will also be held in this space.



The Paediatric Suite (rendering) is situated in the current kitchen area: close to the Nursing Station so that care is never far away. At 395 square feet, this suite is designed for additional sleeping and family space for parents and siblings.

ARCH Across the World



Leo Moore (right) with the Jade Wellness team in one of several editions of Cartime Karaoke Challenge.

This spring ARCH launched a new fundraising campaign: Cartime Karaoke Challenge. Local Sault Ste. Marie establishments were challenged to healthy competition in support of ARCH Hospice. Teams enrolled in the challenge by donating to ARCH before hopping into a vehicle generously provided by Great Lakes Honda with the thrilling host, Leo Moore, in the driver's seat. Once inside the teams introduced themselves and announced their song selection. Upon embarking into traffic, teams were recorded on video singing their hearts out while driving around the city.

When the song ended, Leo would explain how teams were now officially entered into the final showdown of the Cartime Karaoke Challenge to occur on June 17 at Dragonfly Day. Each team was then invited to challenge three other organizations to join the competition.

What originally began as a simple fundraiser to engage our community caught like wildfire and became a Sault Ste. Marie social media phenomenon. Businesses, organizations, schools and individual families joined in goodwill and good spirit to support Hospice. To date, more than sixty organizations collaborated, supporting ARCH with an unprecedented source of entertainment for our community and beyond through Facebook videos. As of June 17 over 360,000 views have been accumulated, including audiences from France and New Zealand.

Cartime Karaoke exceeded our wildest expectations when a gentleman from Dublin, Ireland submitted his own video. Michael Sheedy sang the Irish classic, "The Orange and the Green" written by Anthony Murphy and challenged viewers around the world to participate and donate to their respective local hospice. From the beginning everyone involved with the challenge dreamed of worldwide participation in support of hospice, and thanks to Sheedy, their wishes came true.

Long after prizes were awarded at Dragonfly Day, our community is still registering teams to submit their own videos to support ARCH. This challenge created much great energy and showcased the creativity of everyone involved. Look forward to more videos and our second season of Cartime Karaoke in 2018!

Visit our [Facebook page](#) to view and share all our [Cartime Karaoke Challenge](#) videos in support of ARCH.



Michael Sheedy from Dublin, Ireland singing "The Orange and the Green"

Cartime Karaoke Challenge creator, Chelsie and host, Leo Moore awarding Holy Family Music Club for Best Youth (left), Case's Music for Best Overall (center), and The Breakfast Pig for People's Choice (right) on Dragonfly Day at the Sault Ste. Marie Canal.



DRAGONFLY DAY - CARTIME KARAOKE CHALLENGE FINAL SHOWDOWN & PRIZES

AWARD	TEAM	SONG	ARTIST
Best Youth	Holy Family Music Club	<i>Frozen Mashup</i>	Disney
People's Choice	The Breakfast Pig	<i>Proud Mary</i>	Tina Turner
Top Fundraising	Catalyst	<i>Can't Stop This Feeling</i>	Blue Suede
Most Heart	PHI Dental	<i>You're the One that I Want</i>	Grease
Best Overall	Case's Music	<i>Bohemian Rhapsody</i>	Queen



Jeannine Richard [left] and Leo Moore [right] performing Cartime Karaoke at Dragonfly Day in the provided Honda Civic

Dragonfly Day



On June 17, ARCH Hospice celebrated with Dragonfly Day. Collaborating with the RBC Hike for Hospice, Queen Street Cruise, and Locks Big Picnic, the event was a great success, raising almost \$34,000.

Located at the Sault Ste. Marie canal, ARCH welcomed over 2,000 people from around the community, providing entertainment for all families. The Kids FunZone featured an inflatable princess castle, pirate ship slides, facepainting, and a miniature rideable train that travelled around the park. Meanwhile, crowds gathered around the Adult FunZone for fun-filled sumo suit wrestling, gladiator jousting, giant tricycles and swinging wrecking balls. Vendors also lined the location, offering ARCH apparel, jewelry, and other memorabilia.

The feature event was the CarTime Karaoke Challenge Final Showdown. Participants assembled to celebrate as winners were awarded for their generous efforts in supporting ARCH Hospice. Host Leo Moore was on hand for the thrilling conclusion to this event.

RBC's Hike for Hospice invited pledgers to fundraise money for ARCH before taking the 5 kilometer journey through Whitefish Island and along the boardwalk. A motivation station was available for hikers with fresh snacks and beverages.



The Locks Big Picnic featured live music and entertainment, with vendors providing food and drinks for all. The public were encouraged to bring lawn chairs, blankets, and any outdoor games to enjoy a relaxing afternoon with family and friends.

Meanwhile, the second annual Queen Street Cruise was held in the downtown core, showcasing classic cars, trucks and bikes for a nostalgic blast from the past. Over two hundred drivers gathered from places as far as Thunder Bay in celebration of an era long passed. Queen Street welcomed local businesses to join in on the fun as live musicians played thunderous rock & roll that echoed down the street. Prizes were awarded to drivers in categories including "Most Unique" and "Best Representation of American Muscle".

On the same street, Northside Mazda presented a Community Test Drive event. Six of the latest Mazda vehicles were stationed downtown available for public test drive by any eligible drivers. For each participant, Mazda contributed \$20 in support of ARCH with a grand total of \$2,900 fundraised by the end of the day.

We are so grateful to all of you who helped by sharing your time and effort to make Dragonfly Day such a success! Together, we created an entertaining experience for families to gather, enjoy, and make memories.



Past Events



Proud painters show off their beautiful finished art on Paint Nite



The ARCH team competed with heart at Run The Great Lakes



ARCH's Katherine Williamson (left) and M&M's Deanna Fonzi (right)



Sault Optometry Clinic Presenting their Ready, Set, GROW! cheque to ARCH



The lovely ladies from Harmonies for Hope presented their winning cheque to ARCH

In early May, Harmonies for Hope from the Huron-Superior Catholic District School Board competed in the Soo Sings for Kids event, winning \$5,500 and a \$500 advertising gift certificate for the ARCH Paediatric Palliative Care Program. Bravo ladies, let's hear an encore next year!

Quattro Hotel and Conference Centre hosted a wonderful Paint Nite supporting ARCH Paediatric Palliative Care. Thank you to all the painters that participated in making gorgeous art for a wonderful cause.

100 Guys Who Care Sault Ste. Marie came together for their first official meeting raising \$6039 for ARCH. Thanks gentlemen!

In May the annual ARCH Flower Basket Sale in support of RBC Hike for Hospice sold over 2,500 baskets, raising over \$16,000.

Beautiful summer weather made the 19th annual Run the Great Lakes a smashing success, where over 300 runners gathered to run in support of ARCH Hospice.

Sally Toivonen hosted a magical Be Our Guest Birthday Bash in memory of her husband Robert Allen Toivonen towards the ARCH Paediatric Palliative Care Program. Beauties, beasts, and teacups were all in costume to celebrate in regal style, raising \$2,300. Be our guest? We'd be delighted!

Last November, Algoma University held their annual Colour Run, donating over \$1,300 in support of ARCH.

Ready, Set, GROW! hosted an afternoon of family fun at the Canadian Bushplane Heritage Centre, raising \$2,000 for ARCH. Thank you all for the support.

Last fall, the Atlas Golf Tournament raised \$1,125 in support of ARCH. Thank you to McFadden Farms and Katie Babcock!

Rand Logistics made a tremendous donation of \$20,080 - thank you for the fantastic support!

Grandview School Dance raised \$600. We can't thank local youth enough for their support!

Royal Canadian Legion Branch 25 held their 3rd Annual Car Show & BBQ, bringing in nearly forty stunning classic vehicles for a gorgeous July day.

Esquire Club hosted several delicious porketta nights in support of ARCH, totalling \$1696.94 in money raised.

Holy Family Catholic School raised over \$100 through their 12 Hour Prayer event. Thank you so much!



Be Our Guest Birthday Bash for Abigail and Bryce

The Utilities Department Retirees from Algoma Steel donated \$2,160 to ARCH. Thank you for your kindness!

Teen baker, Sarah Bug sold mugs filled with chocolate and candy to teachers and bus drivers as end of school year gifts in support of ARCH. Thank you Sarah for all of your ongoing support!



ARCH's Lee Rendell (center) accepting the S&T Golf Tournament donation

Staff and students from Our Lady of Lourdes Catholic School donated \$1,000 in honour of John Stadnyk's retirement. Thank you everyone involved in this endeavor!

Grade 5 Rosedale student Kye Taylor donated \$397.60 from a recent bake sale in support of ARCH. Thank you Kye for your thoughtful and inspiring actions!

Agero continues to support Hospice, donating \$2,815.50 to ARCH. Thank you to all members of the team for your tremendous contributions to our community and local families!



ARCH's Chef Erik, humbled by his new KitchenAid Mixer generously donated by Canadian Tire

Prouse Chevrolet stopped by to donate a brand new television for ARCH's family room in honour of Debra MacIntyre. Thank you from us for providing this comfort to our residents and their families!

M&M Food Market's Meet the New Neighbour BBQ raised \$1,010 for ARCH. Thank you Deanna Fonzi and your team for supporting our care!

32 teams gathered to compete at Crimson Ridge in the S&T Golf Tournament, raising \$21,000 for ARCH. Thank you to all who supported this event!

On June 10th, cadets participating in the Vimy Ridge Memorial March pledged over \$1,300 for ARCH before walking from Fort Creek to Bellevue Park. Thank you for braving the stormy weather!

The Sault North Rotary Club donated \$10,000 to our Paediatric Palliative Care Program. Thank you for supporting kids in our community!



ARCH's Lee Rendell (left) and Kye Taylor (right) presenting his cheque to ARCH

Lisa Villabrun and her Buzy Sewing Bee students presented a wonderful fashion show in support of ARCH. Well done everyone!

Canadian Tire graciously donated a KitchenAid mixer to ARCH. Chef Erik has been making great use of it, baking daily desserts for our residents.

The Westend Sunday Charity Piggy Bank raised \$236 for us. Thank you!

Thank you Root River Golf Club for raising \$900 in your wonderful ladies tournament!

A Hospice Volunteer Story



Shelley (left) and Joanne (right) enjoying some time in the hospice garden

When her mother was a resident at ARCH, Shelley learned firsthand of the compassionate care hospice provides to every family that walks through the door. During the life-changing experience, Shelley promised herself she would give back to ARCH and volunteer after retirement. A few years down the road, the conversation arose between Shelley and her dear friend Joanne to volunteer with ARCH Hospice. The decision was effortless and in 2016 the two were welcomed by staff and volunteers with open arms.

In a short amount of time, both women became invaluable in their service at ARCH. Working tandem in the kitchen, Shelley cooks and bakes while Joanne cleans dishes. They provide administrative help in the office, calling donors to thank them personally for their generous support, or greeting families at the reception desk. In the warmer months, Shelley spends her time outside, tending to our beautiful gardens. In the afternoon, they can be found in the family room, comforting residents with a half hour of song and music.

Another way Shelley and Joanne contribute to ARCH is through volunteering at events spread throughout the year. Most recently, they've been involved in the S&T Golf Tournament and at Dragonfly Day. The two women even participated in the Cartime Karaoke Challenge, with an immensely entertaining rendition of "My Favourite Things" popularized by the Broadway production, *The Sound of Music*.

"We wanted to be creative and we wanted to make it funny," Joanne explained. Both ladies were incredibly familiar with the song and they realized bringing props along for the ride to present as the music unfolded would be great fun and inventive. Generating nearly 4,000 views on Facebook, the video is thoroughly enjoyable as the women provide "doorbells and sleigh bells and schnitzel with noodles" leaving Cartime host Leo Moore speechless.

Shelley's favourite event so far has been the S&T Golf Tournament held at Crimson Ridge in early June. She and Joanne volunteered their time at one of the many holes around the course. They were tasked with watching for potential holes-in-one throughout the day, as players who achieved such a feat would be rewarded with fabulous prizes.

Although she professed not having any real golf knowledge, Shelley found great appreciation and entertainment in watching skilled golfers play their sport. She was also "blown away by Dragonfly Day" for the sheer collaboration necessary to plan such a large-scale event.

Joanne immediately remembered The Machine Shop's Pancake Breakfast in support of ARCH Hospice that happened on April 23. "The sheer volume of people coming to support ARCH was astounding," she said.

"The event clearly had a huge impact. There was great food, great venue, and the meals were quick and efficient. It all came together beautifully and we raised \$12,000 in a few short hours."

To those who are considering about volunteering for ARCH Hospice, both ladies are eager to address common misconceptions. "Many people think ARCH is a sad place, and maybe afraid of serving here" Joanne mentioned, "when in fact, it's a very joyful, positive place. ARCH is serene, not sad. It's a place to celebrate life. We're on the cutting edge of a whole new awareness about end-of-life. Death is considered taboo in our society, yet people seem blissfully unaware that in the next twenty years a much larger portion of our population will benefit greatly from the humanistic care at ARCH."

Like clockwork, Shelley finished her friend's thought, "People are so kind and happy here. I've never heard 'thank you' said so much in a single place in my life. Everyone is just so compassionate and appreciative."

Before volunteering at ARCH, anyone interested are invited to a friendly interview with ARCH's Manager of Support Services, Julie Premo, in order to learn what works best for each individual. Shelley explained



Shelley (left) and Joanne (middle) with Leo (right) in the Cartime Karaoke Challenge.

"In retirement you still want that feeling of contribution, of waking up in the morning and wanting to accomplish something. You come here and realize every single day your contributions matter." Joanne expressed.

Over 150 volunteers contribute to ARCH, providing 15,000 hours of service each year, the equivalent of eight full-time employees. "When I leave here at the end of the day, I feel like I was needed, and I'm proud of that." Shelley mentions, "You gain so much from being here. I look forward to coming here every day."

Shelley and Joanne spend a few hours every Wednesday volunteering for ARCH. They can always be found with smiles on their faces and a selfless determination to make ARCH comfortable for all.

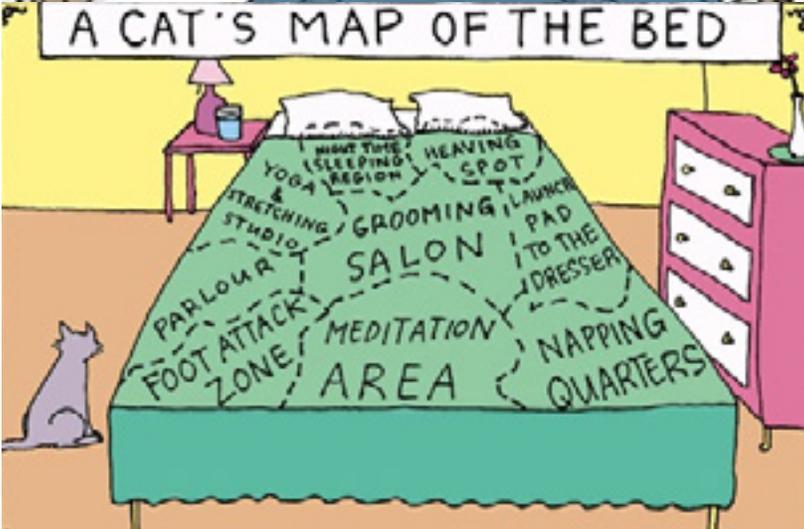
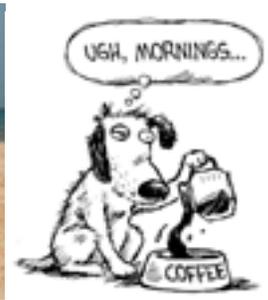
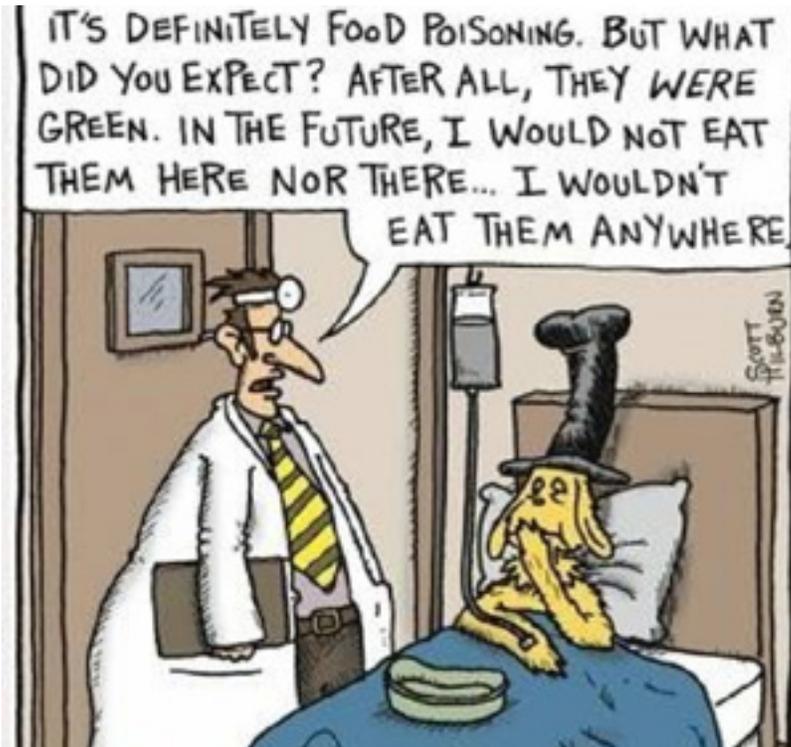
More ways to Help Hospice



The ARCH Hospice Wedding Program is a great way to thank your wedding guests with something memorable while giving back to your community.

For a recommended minimum donation of \$2 per person, we will supply you with a wedding favour for each of your guests. Be it your favourite herbal tea, package of wild flowers or tree seeds, we will customize your experience to suit you as a couple, your wedding theme, and your colours.

Just for Laughs



Volunteer Information



Our volunteers are exceptional individuals who make a meaningful difference in the lives of our residents and their families. Thank you for sharing your enthusiasm, generosity, and time with families at ARCH! We are fortunate to be supported by more than 150 volunteers who are committed to helping Hospice. Our volunteer opportunities include administrative support and reception, baking and kitchen assistance, fundraising and event support, groundskeeping and maintenance help.

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

- Kitchen
- Palliative Volunteers
- Fund Development Events
- Housekeeping



Anyone interested in volunteering should contact Julie Premo, ARCH Manager of Support Services at:

Email: premoj@archhospice.ca

Phone: [705-942-1556](tel:705-942-1556) ext. 261

TGA for ARCH



This summer, TGA for ARCH is back. Determined to teach young athletes the fundamentals of golf and tennis, TGA will be providing youth sports camps through July and August in support of ARCH Hospice. A portion of summer camp fees will be contributed to ARCH's paediatric palliative care program.

TGA stands for:

Teach
Grow
Achieve

"TGA introduces the life-long sports of golf and tennis at a young age through programs that provide a fun and enriching experience for children while being a convenient and affordable option for parents. Our dedicated coaching staff help students develop their skills and passion for golf and tennis while using sports as a vehicle for delivering curriculums that are loaded with educational concepts including STEM and life skills such as respect, honesty, perseverance, and sportsmanship."

- TGA

Finding Adventure in Death



Jason Friend (left) and Frank Hatch (right)

The end-of-life journey can be a time of deep reflection and understanding, both for those dying and their surrounding families. Each journey is unique, as some may come with peace and calmness while others may be filled with fear and uncertainty of the unknown. Regardless, this journey can be a sacred, life-altering experience for everyone involved, even days or weeks before death.

For more than two decades, Frank Hatch had lived fighting HIV, only to be diagnosed with terminal prostate cancer. Later in January 2012, his nephew Jason proposed a white water rafting trip through the Grand Canyon. With mountains of medication and his strength dwindling with each passing day, Frank regrettably refused.

Thankfully, within weeks before the trip, Jason finally convinced his uncle to join.

"You know when cancer hit, it was a really low blow, and this whole process of being sick for so long. I mean, if I had given up, I wouldn't have been on the Grand Canyon with you last summer." – Frank Hatch

Frank rafted down the Grand Canyon, not allowing the cancer to consume his life any longer. In an interview with his nephew, Frank recounted his exhilarating experience with revelation:

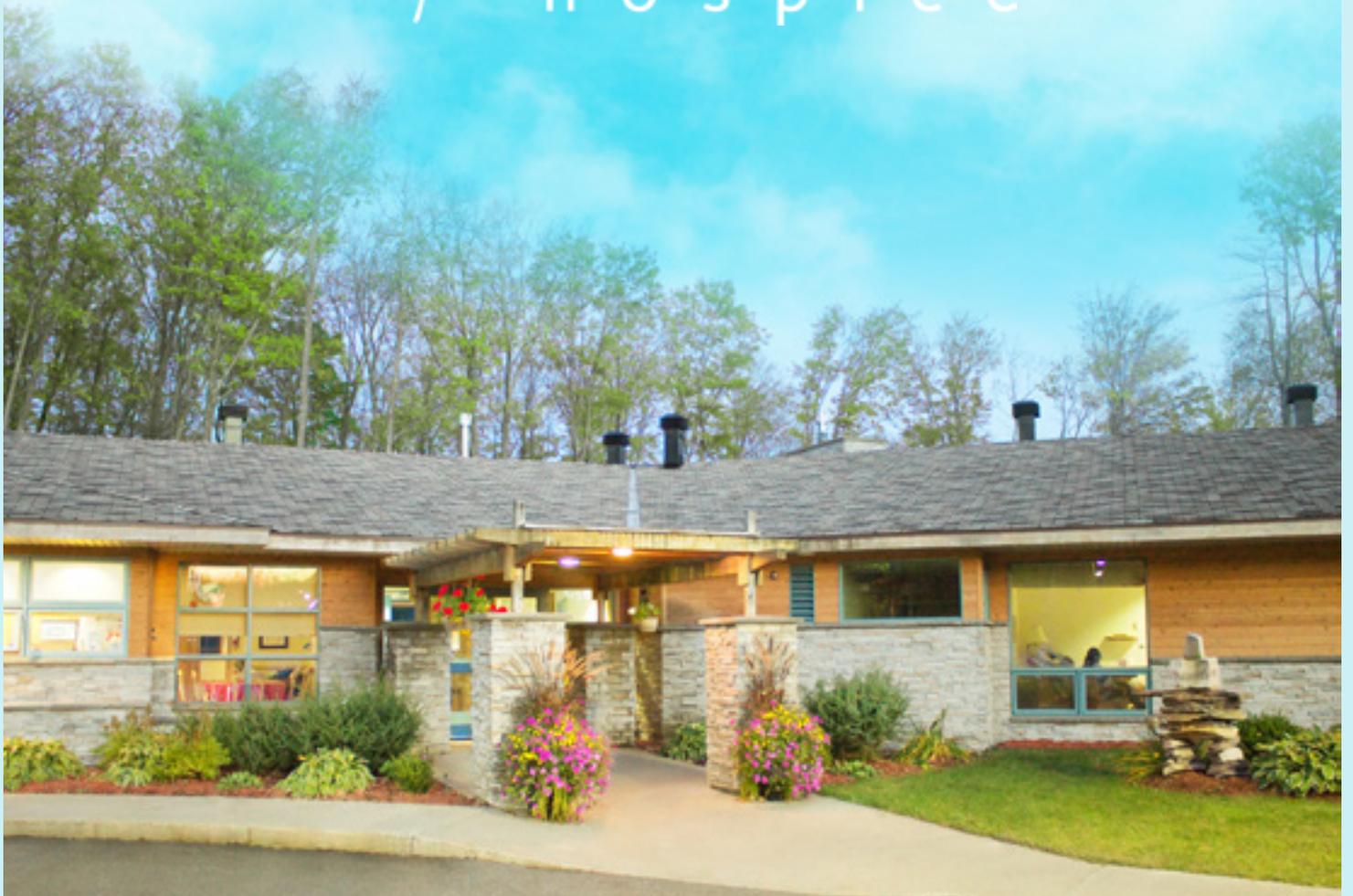
"By definition [life] is in the moment. So I think when we were in that crazy water, where we didn't even know which way we were facing, there is no time for fear, there is no place for fear. You're so present that there's no illness, there's no sickness, there's no weakness, there's no bad liver, there's no bad heart. You know, all there is, is us and that incredible beauty and that adrenaline, that feeling that you're just bigger than life, more than life, that we're so much more than we think we are." – Frank Hatch

Frank's response to the one thing he can truly appreciate and hold dearly from this experience speaks volumes about the wisdom his journey provided:

"What you do, the love that you give to people, the things that you show people, it goes on, and you'll never see it or know it in one sense, but it's kind of always with you." – Frank Hatch

**This story is a review of an interview conducted through the Zen Hospice Project in San Francisco.*





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.