

ARCH Hospice

2019 Spring Newsletter



Sharing, in their own words



"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."

Team members share what their service means to them.

"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."



"People will forget what you said.
People will forget what you did.
But people will never forget how you made them feel."



"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."

Hospice Stories

Comfort Calls

"Twice a year, ARCH Hospice holds a Memorial Service which recognizes those who have recently passed at the Hospice. I call family members and let them know of the date, time and location of the Memorial Service months in advance so that out of town family can also make arrangements to attend. At this time, we check in with family and let them know about the one-on-one Grief Counselling Sessions which are available, as well as the Drop-In Grief Support Group that is offered at ARCH every Friday from 2 to 3 pm. It is very rewarding during this difficult time in their lives to know people are touched that their loved ones will be remembered in a beautiful and reverent ecumenical service and that ARCH offers them ongoing support." - Joanne Mantha-McConnell, ARCH Volunteer



Would you like to share your Hospice story?
We would love to hear from you.

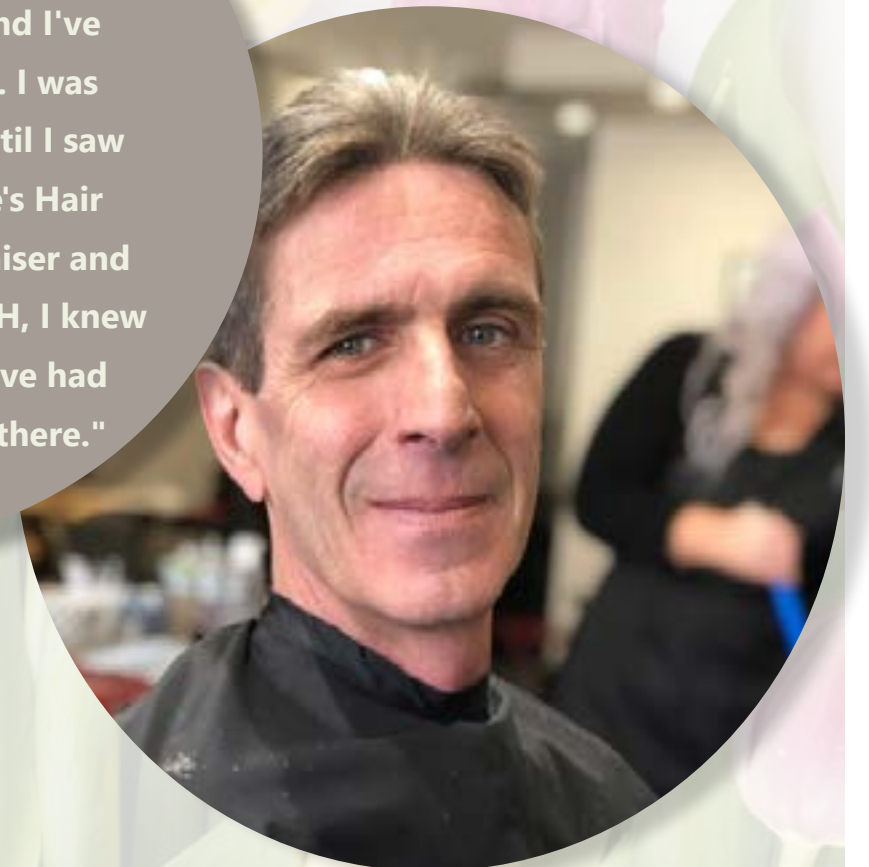
Contact Bree at 705 942 1556 ext. 223 or
marketing_intern@archhospice.ca

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Sault Ste., Marie, ON P6A 0B5
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**"Happiness doesn't
result from what
we get, but from
what we give."
— Ben Carson**

"The last time I cut my hair was five years ago. My kids all made fun of me for how short it was, and I've been growing it ever since. I was too scared to cut it again until I saw in the paper that Catherine's Hair Styling was holding a fundraiser and donating all proceeds to ARCH, I knew I had to get myself there. I've had so many close friends stay there."



How to help a friend who is grieving...



Many people want to help a friend or family member who is experiencing a loss. Often, words fail us, especially in times like these, leaving us stammering for the right thing to say. Some of us may feel so afraid to say or do the wrong thing, leading to doing nothing at all. Doing nothing at all is certainly an option, however here are a few additional options that might be helpful.

How you might be able to support someone in their grief:

- Just be there
- Acknowledge their loss in an honest way
- Be a good listener
- Share fond memories of the deceased
- Avoid saying you know how they feel
- Admit when you aren't sure what to say
- (I'm not sure what to say but want you to know I care)



Additional helpful tips.

- Bring food, bake cookies, hand it to them in person, with a hug
- Offer to clean house for them
- Spend an evening playing cards, doing puzzles, or art projects
- Offer to help with organizing sympathy cards - including writing thank you cards
- Take care of their children
- Take person out for a walk, listening and letting person talk
- Help them take care of everyday tasks such as paying their bills etc.
- Help them make a 'to-do' list for upcoming weeks
- Tell them your bringing dinner and then do it
- Offer a big hug and let them cry on your shoulder - you don't need to do or say anything
- Help them get professional support if needed/required – if person having difficulty coping, using drugs & alcohol, or if you're concerned with their overall mental health
- Go with them to appointments related to death or to their own appointments that may seem too difficult to do now that their love one has died
- Help with grocery shopping - making list, doing shopping
- Cut lawn, rake leaves, wash their car
- Share a sympathy letter, even if you have already done other things
- Send or deliver in person a thoughtful sympathy gift
- Continue to be involved with your friend later in bereavement

Volunteer Services

We are seeking volunteers in the following areas: Complementary Therapies, Housekeeping, Fundraising, Palliative, and Kitchen.



Our volunteers are wonderful people 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 very 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 assistants, music, fundraising and event support, and grounds keeping and maintenance.



If you are interested in volunteering, please contact Julie at premoj@archhospice.ca or 705-942-1556 ext. 261.

Thank you for keeping
ARCH Hospice in mind.

We are always amazed by the generosity of
our community, as we rely on donations for
more than half of our operating costs.

We are immensely grateful to be able
to offer our services free of charge.

Thank you!

DID YOU KNOW...

We must raise more than \$750,000 each year
for our care and services.

ARCH Hospice is partially funded for nursing and
personal support worker care and services.
We must fundraise for all other care,
utility and equipment needs.



To help us continue to provide comfort, please consider
supporting our events, volunteering, or making a donation.

Upcoming Events

When: May 5th @ 9:00-1:00 pm
Where: The Machine Shop

The third annual Pancake Breakfast fundraiser is almost here! Enjoy pancakes, sausage, milk, juice, coffee & tea for only \$10 for adults, and \$5 for kids under 12. Tickets are available at ARCH Hospice, The Machine Shop as well as at the door!



When: May 11th @ 10:00-12:00 pm
Where: Station Mall - Dennis St.

Our annual Flower Sale is almost here! Flower baskets make a great gift, especially for Mother's Day, or to brighten up your home after a long winter. For only \$20.00, you'll have the choice of a fuchsia, geranium or mixed basket!



When: May 31 @ 6:00 pm
Where: The Machine Shop

Save the date! Enjoy a multi-course meal, a fabulous silent auction, live performance by The Reptiles, & engage in live, onsite bucket-listing at our Bucket List Ball.

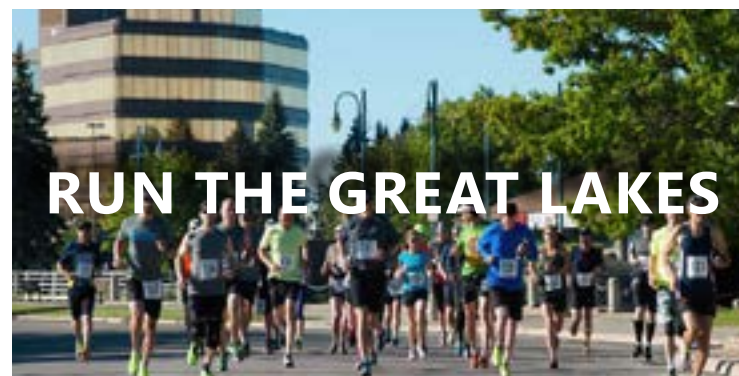
Buy tickets: www.thegreatbucketlistchallenge.com/ball



When: June @ 9:00 am
Where: Delta Hotel

Join us in our 21st year at Run The Great Lakes sponsored by Great Lakes Honda, for a 5K or 10K & run, walk or roll in support of two local organizations: ARCH & SAHF.

Register here: www.runthegreatlakes.com/register



When: July 18 @ 6:00-8:30 pm
Where: Bellevue Park Bandshell

Join us for our 5th annual Butterfly Release Day. Purchase one butterfly for \$30 or four for \$100. Rain or shine, the release will begin at 6:00 pm. Visit our Facebook page for more information.



When: August 17 @ 10:00 am
Where: Reggies West

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 West and ARCH Hospice.



When: September 6 @ 8:30 am
Where: Sault Golf Club

Golfers will be playing a scramble style tournament with prizes awarded at Grand Gardens Downtown during a celebratory dinner!

Register at: www.archhospice.ca/golfclassic



When: September 14 @ 9:00 am
Where: St Joseph Island

Cyclists will enjoy the beauty of St. Joe's Island, starting from Centennial Grounds and travel around the island - a 40k, 70k and 100k trail are all options for cycling.

Register here: www.archhospice.ca/cycle



Hospice Happenings

Wellness Wednesdays

Time for Caregivers

One hour dedicated to caregivers with self-care, anticipatory grief and connecting with other caregivers.

Every Wednesday beginning March 20, drop in between 2:00 - 3:00 p.m. at ARCH Hospice. No registration required. For more information, please contact: 705-942-1556 ext. 224 or rinaldin@archhospice.ca

Grief & Bereavement Support

Support Services

Grief is a normal human reaction to loss. Suffering the loss of a loved one can feel unbearable and life may seem hopeless and set one adrift.

At ARCH, we are happy share our grief and bereavement programs. If you have any questions or would like to schedule a one-on-one appointment with our Supportive Care Coordinator.

Please contact Natasha at 705-942-1556 ext. 224 or rinaldin@archhospice.ca



Meditation Mondays

Guided Meditation

Join us! These sessions improve relaxation, reduces internal stress, and improve mindfulness.

Drop in Monday's at ARCH Hospice from 1-2:00 p.m. No registration required.

For more information, please contact Natasha at 705-942-1556 ext. 224 or rinaldin@archhospice.ca



Becoming Comfortable with the Uncomfortable

Advanced Care Planning Seminar

Making health care decisions for yourself or someone who is no longer able to do so can be overwhelming.

Join us April 17, at 5:30 p.m. to discuss how you can initiate "The Talk" to learn an easy approach to advance care planning conversations and explore key communication strategies.

Our intention is that you leave feeling more comfortable knowing the available options and resources to share your health care wishes.

For more information, please RSVP with Bree: 705-942-1556 ext 223 or marketing_intern@archhospice.ca



DROP IN GRIEF PEER SUPPORT GROUP

A JOURNEY TOWARD ACCEPTANCE AND PEACE

ARCH HOSPICE-229 FOURTH LINE W

NO REGISTRATION REQUIRED
FRIDAYS 2-3 PM
705-942-1556 EXT 224

THE GREAT BUCKET LIST BALL

FRIDAY MAY 31, 2019 @ THE MACHINE SHOP
ALL PROCEEDS SUPPORT ARCH HOSPICE



DELICIOUS MULTI-COURSE MEAL
BUCKET LIST SILENT AUCTION
LIVE MUSIC WITH THE REPTILES

FORMAL OR FUN ATTIRE
6PM RECEPTION | 7PM CELEBRATION BEGINS



EXPERIENCE LIVE BUCKET LISTING
ALL NIGHT! TAROT READING OR HOLD
A BUG! SUSPENSION YOGA AND
SPECIAL GUEST APPEARANCES

THEGREATBUCKETLISTCHALLENGE.COM



GET YOUR TICKETS NOW!
TICKETS \$60 | TABLES \$600
INCL. \$250 TAX RECEIPT

GENEROUSLY SUPPORTED BY:



A Look at Our Recent Events



Team member Norie enjoying fresh baking donated by Superior Home Bakery with ARCH Family.

Superior Home Bakery donated delicious, decadent donuts for our residents and families to enjoy. Thank you for thinking of our us!

The ladies from the Women in the Wind motorcycle club raised \$3,500 in sales from their 2019 calendar 'Northern Curves of Steel.' A special thank you to everyone who made this fundraiser possible and the generous donations from numerous sponsors, models, and purchasers. Thank you for supporting Hospice!



Women in the Wind motor cycle club dropped off their check for \$3,500 from their calender fundraiser.

Sault Ste. Marie Innovation Centre (SSMIC) held a bake sale earlier this year and raised \$160 for Hospice! Thank you to the organizers and everyone who purchased the tasty treats.

Greenwood Public School held a bake sale that raised \$800 for hospice care - we are so grateful for your support!

Thank you to OPSEU Local 605 for their donation of \$200 towards quality, compassionate end-of-life care. Your continued support is heartwarming.

Ida Chiarello stopped by ARCH with her donation of \$257.70 from the santa hats she made at Christmas. She put them at a variety of businesses across the city during the holidays and just asked for donations in return! Thank you so much, Ida!

The hardworking ladies from Catherine's Hairstyling & Barbershop held their 12th Annual Cuts for the Cause fundraiser. From the incredible haircuts and baked goods, a



Team member Rodney and Bree Join Vernon Bailey and John McClenaghan with donation of \$4,400 from their show "Life on a farm."



Allan and Roger from Fallen Riders raised \$3,000 from their Fallen Riders Bike Run.

total of \$2,550 was raised for Hospice! Thank you to each of these amazing ladies and to everyone who stopped in!

Mulligans Irish Pub opened their doors for the community on St. Patrick's Day, to celebrate the luck of the Irish and showcase their exciting new location and menu. As a result, they donated \$580 to ARCH Hospice! Thank you to all of the staff and attendees who celebrated!

From the Fallen Riders Bike Run, Allen Stobie stopped by ARCH with a donation of \$3,000. Thank you so much for your support!

Vernon Bailey and John McClenaghan performed whimsical music and the poetry of Charlie Smith in the fundraiser "Life on the Farm." The fun nights raised a total of \$4,400 for Hospice. Thank you to both of these wonderful men and everyone who helped out for all their handwork, dedication and talent!



Owners of Mulligans Irish Pub dropped off donation of \$580 from the opening of our communities newest pub located on Queen Steet.

Sault College Public Relations and Event Management class raised \$3,600 from their third annual Bowl for ARCH! What an amazing night. Thank you the students and community for making the night such a success.



Catherine's Hairstyling and Barbershop staff pose with Bree from their 12th Annual Cuts for the Cause.

Thank you!

Did You Know?

All of our programs and services are provided at no cost to individuals living with a life limiting illness.

Anyone can make a referral to our Community Hospice Care programs, Early Resource Support and Grief Services. For more information or to make a referral call 705-942-1556.

Residential Hospice Care is available to individuals who are within the last three months of life. Please contact one of our Nurse Coordinators to learn more.

Like us, follow us, engage with us.



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Thank you for believing in the work we do together.