



ARCH Hospice

ARCH Hospice Newsletter
Fall 2018

From our Hearts to Yours

Chef Tom is a loving, creative and inspiring man. He generously wishes to share his reflections on life and

*The neighbours you
never talk to,*

*The parks you never
walk through.*

The signs you never read,

The seeds you never sowed.

The paintings you never paint,

The sights you never saw.

The movies you've never seen,

The places you've never been.

The trees you never climbed,

The bells you never chimed.

The songs you never sang,

The friends you never rang.

The books you never read,

The words you never said.

The trips you never took,

*The "second look"
you never took.*

The foods you never ate,

The times you were too late.

The foolish things you bought,

The wasted time on thought.

The cages you never rattled,

The battles you never battled.

The flowers you never picked,

The balls you never kicked.

The music you never played,

The crafts you never made.

The path you never wandered,

The hours you just squandered.

*The times you should
have, but didn't,*

The times you shouldn't, but did.

The sunsets you never watched,

The beauty you never touched.

The cars you have never driven,

The gifts you have never given.

The summits you never reach,

The lessons you never teach.

The chances you never have taken,

*The times you thought
you were mistaken.*

The grudges you had to hang on to,

*The groups you have
never belonged to.*

The drinks you never have tasted,

*The time , that so lightly
you wasted.*

*The meals you could have
shared with your friends,*

*The sadness that
seemingly never ends.*

The longing for better days,

The striving for better ways.



and the importance of moments and the many blessings throughout our lives.

*The risks you never took,
The hands you never shook.
The lakes you never swam,
The races you never ran.
The jackpots you never won,
The opportunities that have come & gone.
The flowers you never smelled,
The babies you never held.
The riches you never achieved,
The accolades you never received.
The sides that you never took,
The times you didn't "set the hook".
The locks that were never opened,
The hope against all hoping.
The country songs that tell your story,
The many times you said "I'm sorry"
The love that was lost and found,
The feet standing on the shaky ground.
The kindness, the love, and the laughter,
The best thoughts that always came "after".
The love of a husband or wife,
The joy of contentment in life.*



*The happiness of family and children,
The emotions only they can render.
The memories that are shared,
The love that is declared.
The goodness that is in us all,
The broken down fences and walls.
The great feeling you get from a hug.
The comfort of good coffee in your mug.
The warmth of a cozy fire,
The friendships that will never expire.
The secrets you guard with great care,
The ones you are willing to share.*

Hospice Happenings

Bereavement Support

Grief is a process as individual as a fingerprint. It is a journey toward acceptance and peace. As part of our holistic care approach, we offer a variety of grief and bereavement services. Visit our website archhospice.ca or call Natasha at 705-942-1556 extension 224 for more information on grief support at ARCH, complementary therapies, and family services at ARCH.



Please join us on November 20, 2018 from 7:00 p.m. - 9:00 p.m for Coffee & Conversation in our Garden Room at ARCH Hospice. In honor of National Bereavement Day, the evening will provide the space to reflect on the loss of a loved one.

ARCH Connect

Advanced Care Planning (ACP) involves having discussions with your loved ones regarding your wishes for end of life and future health care decisions. These discussions are important as they inform your loved ones of your values and preferences that you would like honoured in the future. Please visit our website if you would like more information on ["The Talk"](#)



Please join us on January 15, from 11:00 a.m.-1:00 p.m. in our Garden Room at ARCH Hospice to learn about the fundamentals of The Talk. To register please contact marketing_intern@archhospice.ca or call (705) 942-1556 ext 223.

Need Resource Support?

Are you or someone you know coping with a life limiting illness and living at home? We can help. Anyone can make a referral to our ARCH Connect Program. Call Lisa. at 705-942-1556 ext 236.

Family Dynamics

When a family member dies, families often begin to feel the strain of changing relationships. This sense of change often begins prior to the death and continues in the period following the death. All family members struggle to regain the sense of balance they once felt. Some family members may begin to try to fill the roles and responsibilities once held by their loved one. All this leaves families in a state of unrest and sometimes with strained relationships.

Understanding that roles are shifting and the family is now different can be helpful. It is also important to recognize that these shifts within the family and in ourselves may take considerable time. It helps to be patient with this period of unrest. To illustrate the impact that a death has on a family, we will share some examples. While every family is different, the following examples contain generalizations that may help you gain some understanding of your particular situation.

Grieving in the Family

- Accept and respect every family member's unique grieving style, including their needs for time and space to reflect on their own.
- Avoid blaming one another when communicating your feelings. For example, say "I'm feeling sad today; I just need you to listen," rather than "You're making me feel worse."
- Grief has no time frame. Respect everyone's different rates of progress.
- Initially, strained relationships are to be expected.
- There should be a consensus among family members about disposing personal items belonging of the loved one who has died.
- Take time to react. Hasty decisions may lead to regret.
- Give time for both younger and older family members to express their feelings over the loss.

Grief Readings

Stephen Levine, *Who Dies?*

E.A. Grollman, *Bereaved Children and Teens; A Support Guide for Parents and Professionals*



“It is important to be ever so gentle, kind, loving and giving to yourself right now and to let others to be ever so gentle, kind, loving and giving to you.”

- Rusty Berkus

When a Spouse or Life Partner Dies...

It's time to learn how to function as a single person again. If you have young children, your adjustment to life as a single parent will impact your relationship with them. Be prepared to share your grief with your children whose lives have also been dramatically changed. At some point, you must find meaning in life again. Be patient - joy may come from unexpected places.

When a Parent Dies...

With the loss of one parent, your relationship with the other may change dramatically. Not only will you grieve for the parent who passed, but you will worry for the life of your remaining parent. After the death of both parents, you may feel orphaned and suddenly thrust into the role of primary family caregiver. This change, along with adult responsibilities of work, often prevents one from effectively dealing with their own loss.

When a Child Dies...

The loss of a child dramatically impacts the family dynamic. You may feel the least prepared for the death of a child, considering the young are supposed to live to grow old. It is normal for your spousal relationship to become strained in the aftermath. Seeing how children and other adults experience the grief may help you deal with any surviving children you may have in this difficult transition period.

When a Grandchild Dies...

Grandparents are called upon to be strong in their sorrow to support their own adult child's pain. They may feel powerless in comforting their family. Grandparents may feel two separate losses: the first being their grandchild and the second being the pain shared by their child's loss. Grandparents will need people who will listen to them grieve in their own time. They will often take this time to share special memories that can lighten a room in the darkest of times.



Adolescent Grief

Children may require additional help in grieving. They may demonstrate some of the following behaviours after a loss. Use your own intuition as to whether your child is experiencing grief within a normal range of emotion.

- Extreme guilt, denial, disbelief, anger, fear, panic, or despair
- Negative view of self and the world
- Continued hostile reaction to deceased or putting deceased on a pedestal
- Dramatic drop in concentration and/or grades
- Marked changes in personality
- Significant increase or decrease in appetite or sleep
- Fear of illness or being abandoned
- Releasing anger in unhealthy ways towards self or others
- Frightened to go to school
- Unable to talk about deceased person
- Continual state of panic or self-isolation
- Sudden actions of delinquency, stealing, drug involvement
- Embarrassment, shame, and reframing the story

Helping your Children

A common question is "How can we, as adults, help our children cope with the death of a loved one?" Here are some ideas:

- All children grieve. It's impossible to protect them from the pain of loss. Learn to express grief together as a family.
- Don't sugarcoat death. Do not compare it to sleep or vacation.
- Children have wild imaginations. Reassure them that they did not cause the death by being bad or thinking bad thoughts.
- Read books to your children about grief. It may also develop a stronger bond between you during this difficult time.
- Let them choose special ways to remember their loved one.
- Children cope only as well as the adults around them. Get help for your own grief.
- Contact your child's teacher and school counsellor to seek additional support.

"Silence is no certain token that no secret grief is there. Sorrow, which is never spoken is the heaviest load to bear."

- Frances Havergal

Children's Reading

Preschool Age:

J. Viorst, *The Tenth Good Thing About Barney*.

Early Elementary:

J.L. Wunsch, *After the Funeral*.

Elementary:

T.A. Barron, *Where is Grandpa?*

Pre-Teen and Young Teen:

J. Kremintz, *How it Feels When a Parent Dies*.

Teen:

E.A. Grollman, *Straight Talk About Death For Teenagers*.

All Ages:

P. Schwiebert & C. Deklyer, *Tear Soup*

M, Lyons, *I Will Always Love You*

"A sorrow shared is halved.
A joy shared is doubled."

- Frances Havergal

ARCH Supportive Care

- Grief and Loss Support Groups create space to share your feelings with others who are experiencing grief. Information about the grief process, what to expect, and how to cope is explored. Groups provide a place for sharing that is safe, trustworthy, and supportive.
- Volunteer support is available to those who wish to have regular contact from someone trained to be a supportive listener.
- Education sessions are held periodically on a variety of topics. Look for a listing of our programs and events at www.archhospice.ca or call 705-942-1556 extension 224 for information.
- All programs are offered at no cost to families and friends of ARCH Hospice. Most groups and educational programs are open to the public. Groups are scheduled throughout the year and are offered at varying times. Please call for more detailed information.

ARCH Retreat

A day away for you and your caregiver

Tuesdays: 9:30 a.m. - 2:30 p.m.

ARCH Retreat is a new program that serves individuals facing a late-stage disease and their loved ones. We provide compassionate support in a home-like environment.

Call us today to register as limited spots are available.

We offer:

- A delicious, homemade lunch
- Rest and relaxation
- Friendship and conversation
- A chance to share thoughts, feelings and stories
- Musical performances
- Reiki, massage and pet therapy
- Art, crafts and writing
- Guest speakers

Contact us and our Nurse Coordinators will meet with you to discuss your expectations and determine if ARCH Retreat is right for you.



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.

DID YOU KNOW...

We must raise more than \$750,000 each year.

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.

Volunteer Services



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 140 volunteers who are committed to helping Hospice. Our volunteer opportunities include: administrative support and reception, baking and kitchen assistance, music, fundraising and event support, grounds keeping and maintenance.

There are numerous ways to create a meaningful difference.

We are seeking volunteers for the following areas:

Kitchen

Palliative

Fundraising

Housekeeping

ARCH Retreat (new)

If you are interested in volunteering, please contact Julie Premo, ARCH Manager of Support Services at:
Email: premoj@archhospice.ca Phone: 705-942-1556 ext. 261

Upcoming Events

We are so grateful for our community's support. Thank you!

When: Sunday, November 4 at 9 a.m.

Where: Bellevue Park Bandshell

Join us for this fun run, complete with hot cocoa & toppings bar! Run, walk or wheel for \$10/child, \$20/adult or \$35/family.

To register visit: www.canadahelps.ca



When: Saturday, November 24th at 6:00 p.m.

Where: Northern Grand Gardens North

The 5th Annual Krush Fashion Gala, a fun night out, an amazing meal, and discounts on exclusive items in their trunk show the evening of the show!



When: Friday, May 31 at 6:30p.m.

Where: The Machine Shop

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

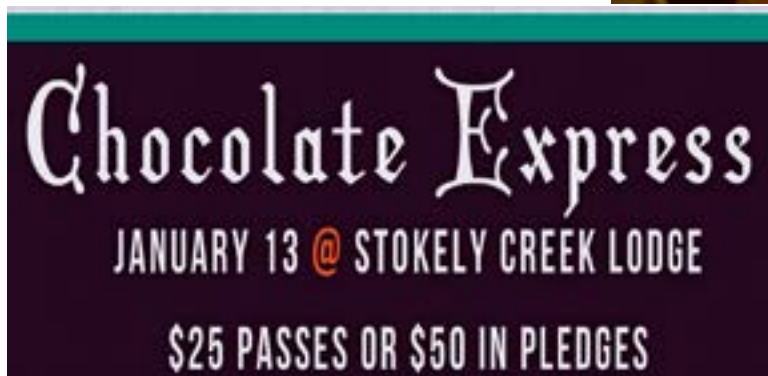
Buy tickets:



When: Sunday, January 13, 2019 at 12:00-5:00 p.m.

Where: Stokely Creek Lodge, Pickard Rd, Goulais River

Skiers & snowshoers of all ages and skill levels are invited to enjoy an unforgettable chocolate experience! Chocolate treats will be available at stations throughout the ski and snowshoe trails. Bring your appetite!



Fundraising events help us to reach our annual fundraising needs. If you would like more information on how you, your business or your organization can help, please contact Katherine at 705 942-1556 ext. 237 or williamsonk@archhospice.ca

A Look at Our Recent Events



Volunteers gather around at the Hiawatha Moonlight Walk.

Thank you to everyone who attended the Hiawatha Moonlight Fall Walk! We had an amazing evening raising \$4,700 for Hospice! We can't wait until next year.

We extend our gratitude to Bethel Bible Chapel for hosting another amazing concert, and Maitland Ford Lincoln having donated a portion from each ticket sold in support of ARCH Hospice. It was an amazing concert and we can't say thank you enough for the support!

During the Smile Cookie Campaign in September were heart warmed by the support of Tim Hortons and the citizens of Sault Ste. Marie, for raising \$20,455 for both ARCH Hospice and The Twinkie Foundation respectively, during this weeklong campaign.

Wow 11 year old Kayleigh Roe stood outside Mom's Restaurant selling baked goods for ARCH Hospice, raising \$1,000 for Hospice. Way to go Kayleigh!

Our first annual Great Bucket List Cycle raised more than \$25,000. The turnout was phenomenal. We are very thankful and humbled by the support of participants, volunteers and our entire community.



Cyclists ready to head out on St. Joseph Island to complete the 100Km route.

The ARCH Hospice Golf Classic was a beautiful success on a beautiful day! What an amazing way to spend a Friday. We want to thank our sponsors, prize donors, volunteers and individuals who participated. In total \$30,000 was raised this year. We can't wait to see everyone next year!

We appreciate the kindness and creativity from Natasha Rinaldi & James O'Brien who volunteered their time hosting outdoor Vinyasa Flow Yoga this summer. The classes were held at Bellevue Park and raised more than \$500 for Hospice. Thank you!



Members of Bethel Bible Chapel & Maitland Ford pose with ARCH team member Rodney.



Vinyasa Flow Yoga classes at Bellview Park hosted by Natasha, James and Justin.



Staff gather for a photo at our Annual Golf Classic.



Kayleigh Roe raised \$1000 from her bake sale for Hospice.

This past August, the Rizzo Family held their 5th Annual Golf Tournament in memory of Aaron Rizzo. Thank you to everyone who attended the golf tournament for Mr. Rizzo and donating \$1,800 to ARCH Hospice!

Larry Cachagee from Ontario Aboriginal Housing stopped by ARCH with a donation of \$1,140 from a fundraiser they held during their golf tournament. This donation was in memory of their late Executive Director, Don McBain. Your love shines.

On August 18th, Reggies West gathered over 150 bikers together and traveled to ARCH as part of the 2018 Ride for ARCH. A tremendous thank you Reggie & Christine Daigle, Marcy Catherine, Alex Dettorre, Kerry Mackan Marshall and everyone else involved in making this such a wonderful day. Together, you raised \$18,000 for hospice - incredible!

Recently residents of Upper Island Lakes held Paddles & Pints! More than 100 paddlers raised \$1,800 in support of ARCH Hospice! We are still smiling and are grateful to all of the dock owners and participants in this fun-filled event!

Thank you to the players and coaches of the Sault Minor Football League ARCH Hospice Dragonflies! They played each game with a smile on their face your support is appreciated. We are so lucky to be supported by such a wonderful group!

We love our gardens at ARCH Hospice and we were generously gifted flowers from New North Greenhouses to help make them beautiful for our residents and families to enjoy.



NOVEMBER 4 @ BELLEVUE BAND SHELL

Run, Walk or Wheel @ 10:00am

Registration @ 9:00-9:45am

\$10/Child \$20/Adult \$35/Family

Register at ARCH Hospice or online by October 20
to receive one buff per registration

CALLING ALL CHOCOHOLICS!

A cup of decadent hot chocolate and treat awaits every participant
at the finish line! A cozy fall experience for the whole family!

WWW.ARCHHOSPICE.CA/2018-COCOA-RUN



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 Day Hospice Program, 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!

ARCH
hospice



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www.archhospice.ca

