



ARCH Hospice

2019 Summer Newsletter

Callas's Story



Calla is a busy single mother who is currently working on her PhD. and is the Chairperson for the Canadian Centre for 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 it's 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 was able to come home to Sault Ste. Marie. It was also crucial for Calla to go home as she needed to be a part of Debbie's palliative journey to find her 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. She was creating the group 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 beautifully.

Volunteer Services



Daily, we see humanity in its purest form through the work of our volunteers. We are lucky enough to be supported by more than 140 volunteers who graciously donate their time to do any number of things from sitting with our residents and sharing stories, to baking cookies and doing laundry. They are essential members of our team who bring such incredible energy to the Hospice. They always remind us to enjoy every moment and give what you can, when you can, because even the simplest gestures can have a tremendous impact. We are so fortunate to have such a dynamic, compassionate team of volunteers.

They are also champions, advocating for ARCH Hospice in the community, helping to keep our outdoor spaces beautiful, fixing odds and ends, and participating in fundraising events.

- Volunteering can help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide you with a sense of purpose.
- The smallest tasks can make a difference. Baking or helping plant fresh flowers has an immediate effect – the smell of fresh baking floods through the halls and brings people to our kitchen where they are able to sit and enjoy another's company; beautiful gardens provide a space where residents and their loved ones can enjoy colorful sights and natural sounds.
- Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. It allows you to be a part of something bigger than yourself.

If you are interested in volunteering, please contact Julie at:

Email: premoj@archhospice.ca
Phone: 705-942-1556 ext. 261



Hospice Happenings

Grief Support

All are welcome to join our Peer Support Grief Group that runs every Thursday from 2:00-3:00 p.m. There is no registration required; simply come if you wish. Our group leader always has a theme and activity planned each Thursday. If you have any questions or would like to schedule a one-on-one appointment with our Supportive Care Coordinator, please email or call Natasha at 705-942-1556 ext. 224.



Children & Youth Grief Support

ARCH Hospice will be holding two Children and Youth Grief Groups, on Tuesday, July 16, for ages 9-12 and Friday, July 19, for ages 13-16. Both groups will run from 9:00 a.m. until 12:30 p.m. These support groups will offer relationship building, memory sharing, and interactive activities to help children and youth feel more connected with their emotions, as well as feel connected with others who share similar experiences. Our Child and Youth Care Worker, Jenna also offers one-on-one sessions to the adolescents in our community. If you have any questions, please email or call Jenna at 705-942-1556 ext. 245.

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 is designed for individuals caring for a loved one with a terminal illness. They meet every Wednesday at ARCH from 2:00-3:00 p.m. facilitated by Natasha and her colleague Donna Mansfield.

Aromatherapy

After careful research and discussion with other Hospice's, ARCH has begun utilizing essential oils as a complimentary therapy. Residents can diffuse a scent in their room, receive a foot or hand massage, or with an individual roller ball be self-directed.



Therapeutic Use of Music

Members of our Supportive Care Team attended a music care training in the fall of 2018 and have since been working with our team. We host weekly singing, piano playing, and even individual resident serenades. Since July 2018, ARCH invites community members for monthly drum circles in our Garden Room. Many residents, families and volunteers have benefited from this powerful, healing music.

Meditation

Every Monday from 1:00-2:00 p.m., guided meditation is offered to residents, families, staff, volunteers and any members of the community who are grieving the loss of a loved one or caring for a loved one with a terminal illness. No registration is required. Please email or call Natasha at 705-942-1556 ext. 224 for more information.

Self-Care Wednesdays

Every Wednesday ARCH is offering complimentary holistic self-care services for you and or your caregiver to access, including drop-in Caregiver Support Groups, One-on-One Counselling, Esthetician Services, Aromatherapy, Meditation, and Reiki. Please reserve your spot by contacting Natasha 705-942-1556 ext. 224. We are pleased to extend our invitation to any caregivers wanting support for their loved one while they are receiving a wellness service. If you are interested in finding out more, please contact one of our Nurse Coordinators Alisha 705-942-1556 ext. 235 or Lisa 705-942-1556 ext. 236. Our care team provides quality support to individuals who have a terminal illness, while their caregiver enjoys rest and relaxation generously offered by community volunteers and Hospice team members.



Executive of the Year!

Influential Women of Northern Ontario 2019

We thank Theresa for the hard work and dedication that continues to make our workplace what it is today. We are very proud.

When Theresa moved to Sault Ste, Marie, Ont., she had no idea the six months she planned to be here would turn into 16 years. Originally from Nova Scotia, Theresa and her husband Nathan, were brought to Sault Ste Marie when her husband accepted a short-term contract. Shortly after arriving they both fell in love with what they now call home, Northern Ontario.

With a background in Health Administration, Theresa was motivated to have her career in health care. "I researched grant funding opportunities and presented a portfolio to the vice-president at Sault Area Hospital," said Theresa. "That interested him. He was surprised I'd take the initiative." She later started as a corporate planning analyst, and within two years, started working in operations management, corporate planning, and governance management. After ten years at the Sault Area Hospital, Theresa came into her current role at ARCH almost unexpectedly. After a friend directed her to a posting stating; "Theresa, I saw this. I think you'd be perfect." He was right!

Theresa fell in love with the beauty and level of appreciation that hospice care holds. She declares it is second to none. Our Director Theresa has always been drawn to helping others; however, credits her Grade 5 teacher, Mrs. Reid for her current success professionally and personally. "She was one of the most pivotal people in my life because she believed in me, "I look back at my life and have so much gratitude for her because I wouldn't be where I am today had I not had that influence," says Theresa.

"I don't think we ever truly know the ripples we create in our lives," said Theresa. "But the idea that we can all make them gives me great joy." - Theresa Mudge.



Our 2019 Hospice Heroes!

We are so honoured to serve along with you!

Cheryl Schultz *Staff of the Year*



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 in all she does.

Jackie McEwen *Volunteer of the Year*



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're in awe of Jackie and the love she puts in the details.

A Look at Our Recent Events



Karen and Roger from Algoma Fallen Riders with ARCH team members Jackie and Julie.

Karen and Roger from Algoma Fallen Riders stopped by ARCH Hospice with a donation of \$600 from the fallen riders memorial gathering. We can't thank them enough for thinking of us! We are so appreciative of all the riders, families, and friends for the monetary donations.

On May 10 and 11, No Frills held their Hauler Aisles of Glory contest. Joe and his fantastic team at No Frills asked individuals to pay \$2 to guess the total value of groceries in the cart. The top winner received a \$250 PC gift card and chose for the proceeds from the contest to go ARCH Hospice. During both of these days, they were able to raise \$1,738! Thank you to everyone at No Frills and the winner of the Hauler days for picking ARCH Hospice!



Kevin Hogan from OSSTF District 2 Algoma Teachers with Team member Jackie.

Kevin Hogan from OSSTF District 2 Algoma Teachers stopped by last week to drop off the generous door prize donation of \$600 from their 100th Celebration! Wow! We can't thank them enough for thinking of us.

The Machine Shop held the ARCH Hospice 3rd Annual Pancake Breakfast. Thanks to the unbelievable support and dedication from everyone at The Machine Shop and the community. The event was a huge success and raised \$13,439 for ARCH Hospice!



Participants crossing the finish line at Run The Great Lakes event.

Thank you to Northside Toyota for sponsoring the Supermarket Sweep, the City of Sault Ste. Marie for picking ARCH Hospice as their charity of choice and to Pino's Get Fresh for hosting! A HUGE thank you to our very own Julie Premo and Jasmyn Rowley from Sootoday.com for helping to fill our cart! The \$500 grocery shopping spree will help fill the tummies of our residents and their loved ones!



Terri Vaillancourt with Julie Premo with her Pennies for Love donation in honor of past loved ones.

Thank you to OPSEU Local 605 for their donation of \$200 towards providing quality, compassionate end-of-life care to Algoma District



ARCH Team with 2019 BscN students with their Club Chapter donation.

families at no cost. We appreciate your support! The Sault College Public Relations and Event Management Program stopped by with a donation of \$3,760 from The 3rd Annual Bowl For ARCH Event held in early April! Thank you to each of these amazing students for all their hard work and for organizing a fun and memorable evening!!

Thank you to everyone who attended the Second annual Great Bucket List Ball! Your contribution helped us raise \$26,520. Such a fun night out with live music by the Reptiles, live bucket listing, and delicious meal by our gracious host at the Machine shop!



ARCH Team members with Widows Sons Algoma East Chapter local riding group.

Terri Vaillancourt is back, and shes brought a large number of pennies with her! Terri would like to thank everyone who donated their pennies to help her reach her goal. In total she raised \$350 in pennies! She also graciously collected and brought in \$200 from her family reunion, in honor of past loved ones. Way to go Terri! We are so grateful for her.



Mason & Kayla with their birthday money in lieu of gifts in honor of their mom.

Mason and Kayla decided this year they wanted to raise money to give back to the place that helped their mom during her end-of-life journey. Thank you, Mason and Kayla, who stopped by to donate their birthday money in place of gifts.

A big thank you to the Batchewana First Nations Obadgawan Sewing Group for the beautiful handmade quilt they generously dropped off! We are so grateful for this donation. Our residents will love this!



Peter Corbett at the Queen St. Cruise posing with his 1925 Ford pickup truck.

Wow! The amazing organizers of Run the Great Lakes dropped off to ARCH more than \$15,000 in support of ARCH Hospice! It was such a fun event and ARCH is truly honoured to have been able to receive the proceeds. Thank you to everyone who helped out!

Thank you to all of our fantastic supporters; we appreciate your support!

Upcoming Events



When: July 18th at 6:00 p.m.
Where: Bellevue Park Bandshell

Join us for our 5th annual Butterfly Release. Purchase one butterfly for \$30 or four butterflies for \$100. The release is set to begin at 6 pm. Don't forget to bring your lawn chair or blanket.



When: August 17, at 10:00 a.m.
Where: 306 Korah Rd.

Reggie's West is hosting their 5th annual Ride for ARCH! Christine and Reggie are proud to bring another great ride. They will be collecting donation and prizes for the event. Join us on Saturday, August 17th at Reggie's West. To learn more, visit [here!](#)



When: October 19 at 6:30 p.m.
Where: Hiawatha Highlands

Walk under the fall moonlight with family and friends and later enjoy some delicious homemade soup and bread. Be one of the first 100 people to buy a ticket and you'll get to choose your very own pottery bowl handcrafted by the local Pottery Guild.



When: October 27, at 10:00 a.m.
Where: Bellevue Park Bandshell

Join us on Sunday, October 27, 2019 at the Bellevue Park Bandshell for a little exercise and a lot of chocolate! Walk, run, wheel - whatever it takes for you to indulge in chocolate without the guilt!



THE GREAT BUCKET LIST CHALLENGE CYCLE

ARCH GRAN FONDO ST. JOSEPH ISLAND

NORTHERN ONTARIO RIDE. SEPTEMBER 14 2019.
A SCENIC CHARITY CYCLE IN SUPPORT OF ALGOMA RESIDENTIAL COMMUNITY HOSPICE.



PREREGISTRATION ONLINE OR CONTACT JULIE PREMO
PREMOJ@ARCHHOSPICE.CA | 705-942-1556 EXT. 261

JOIN THE CYCLE AT WWW.ARCHHOSPICE.CA/CYCLE



MEDIA SPONSOR:



Hospice Stories

Drumming Circle

ARCH Hospice is blessed to have drum circles held monthly for our residents, family members, volunteers, and staff to access. The drum circles have been happening for over a year, and every circle is unique.

Liz Fera, while visiting her family member was invited to join in on one of the drumming circles. She had never been a part of anything like this and was not sure how it would impact her. Liz enjoyed her experience so much, she bought herself a drum and has been drumming ever since. She has created her own rhythms and beats and says it has helped her during this difficult time.

"I enjoyed being a part of the circle; I found the drumming vibrations very healing and the women very welcoming. We are so lucky to have the drumming circle at ARCH to help people going through a struggle. The drum is a very ancient instrument used by many cultures, and anyone and everyone can play it. The healing benefits are immense; it makes you very mindful, and you can meditate to the vibrations. I plan on playing my drum every day, and I am so thankful for this program." Thank you, Liz, for sharing this inspiring story with us. We extend our gratitude to the drummers who choose ARCH as a place to gather! Your kindness is invaluable.



Hospice Stories

Pet Therapy

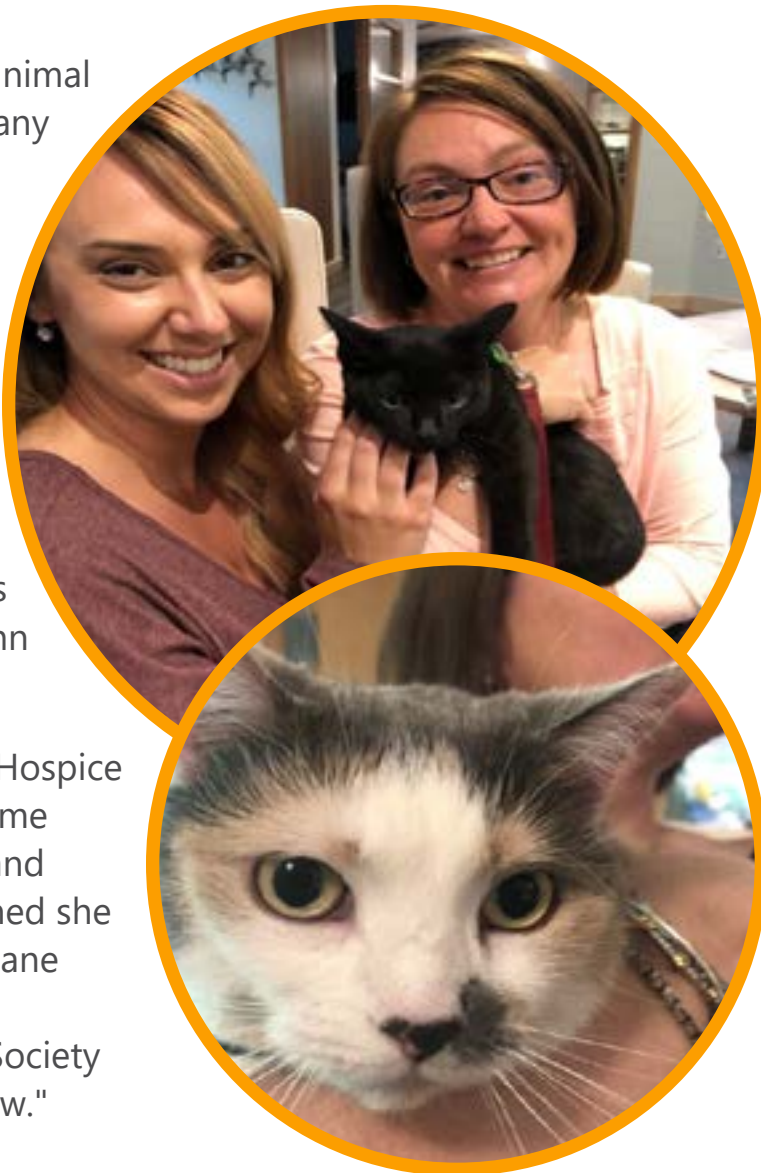
My husband, John Myles, and I are both animal lovers. Over the years, we adopted our many pets from the Sault Ste. Marie Humane Society. John was a dedicated volunteer on their Board of Directors for years.

When John was in ICU after suffering a major stroke, I brought in friendly visitors for him. The Humane Society graciously lent me one of their cat for visiting John in intensive care. I also brought in one of our cats several times. The friendly visits brought so much joy and comfort to John and I during a difficult time.

In the Fall, I began volunteering at ARCH Hospice with my puppy Raven, hoping to bring some joy, happiness, and comfort to residents and their families. When one resident mentioned she preferred kitties to dogs, I asked the Humane Society if they had a suitable kitten with a calm demeanor to borrow. The Humane Society generously loaned their little "Jack Sparrow."

Jack fondly snuggled up to the resident purring and sleeping away while she was petting him for roughly an hour. It was very heartwarming and rewarding to see, and I hope it brought some happiness to the resident. I've also brought my cat, Flashy, to visit as well. I am grateful and honored to be able to bring my pets to ARCH and hopefully bring some joy during our visits to the residents and families.

- Krista Ryall.



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.

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.

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 ARCH Connect, 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.



229 Fourth Line West,
Sault Ste. Marie Ontario
705-942-1556

www.archhospice.ca



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Thank you for believing in the work we do together.