



ARCH Hospice

ARCH Hospice Newsletter
Summer 2018

Table of Contents

Upcoming Events	3
From our Hearts to Yours	4
Past Events	6
The Hospice Golf Classic	8
The Great Bucket List Cycle	9
Volunteer Information	10
Comfort Notes	11
ARCH Retreat and Our Supportive Services	14
Inspiration	15



"Please accept our deep gratitude for your unforgettable words of condolences. We are so very grateful to everyone at ARCH. I really don't know what I would have done without all the support I received. Thank you from the bottom of my heart for your sensitivity and compassion."

- A Hospice Family

Upcoming Events

We are so grateful for our community's support in order to provide our care + services. We require more than \$750,000 each year in donations and fundraising to provide our care and services to our community. Supporters, just like you, help us raise these funds by organizing bake sales, lemonade stands, tournaments, dress down days and countless other fundraisers. Check out some of the great events we have coming up!



When: Friday, September 7 @ 8:30am
Where: Sault Ste. Marie Golf Club

Golfers will play 18 holes and be treated to three delicious meals, prizes and a special golfers' gift for participating.

Register at: archhospice.ca/golf

When: Friday, September 15 @ 10am
Where: St. Joseph Island

Cyclists will enjoy the beauty of St. Joe's Island, starting from Centennial Grounds and travelling the 100km around the Island.

To register: email premoj@archhospice.ca



When: Saturday, September 29 @ 6:30pm
Where: Kinsmen Park

Join us for the third annual Hiawatha Moonlight Fall Walk! Enjoy the beauty of autumn in Northern Ontario.

Register at: archhospice.ca/moonlight



When: Sunday, November 4 @ 9am
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.

Tickets available late August



When: Friday, May 31 @ 6:30pm
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!



From our Hearts to Yours

Sharing the Magic that Happens at Hospice

Alice Lariviere: La joie de vivre, pizza gang & stadium signs

Alice always looked on the bright side of life demonstrating "la joie de vivre". Her courage, determination and strength of character inspired those who knew her. Her unconditional love for her family was felt by all. During her stay at ARCH, Alice participated in numerous activities: a drum circle, movie-trivia, and card games, just to name a few. She enjoyed homemade blueberry pie in the garden, and had a wonderful time hosting her own dinner party.

For years, Alice would gather with the same group of family and friends on Friday evenings for pizza and socializing. The event became such a staple in their social calendar that they named themselves The Pizza Gang. Even though their tastes throughout the years moved to many other meals, they always remained The Pizza Gang. When Alice moved to ARCH and could no longer attend the gatherings, her friends came to her. Hosted by none other than herself, Alice chose her pink blouse, matching floral scarf, lipstick, and was "off to the ball".

Alice always admired her daughter Denise and son-in law David. One day she shared how she had always wanted to give David a sign that said "Stadium" for his garage, which was often a gathering place for their family. A phone call to Diana Petainen at Creative Nest got the ball rolling and shortly after, Alice was choosing the size of the wooden sign, the stain, the font, and the colours. When the sign was presented to Alice, the delight in her eyes shone like a starry night.



The Power of a Warm Smile



Joe and the Butterfly

It didn't take long to realize that Joe had a lasting effect on everyone he met. His smile lit up a room, his laughter was contagious, and his eyes were always warm and friendly. Joe spoke profound words of wisdom about life and death. We at ARCH are so thankful to have been blessed with his presence. His love of family was apparent in their gatherings here at ARCH. We are still smiling with fondness.

The small things he appreciated in life, like his morning coffee with his wife Linda, and the butterfly tattoos his daughters had done in honour of their dad, were heartwarming and taught many of us to stop and enjoy even the simplest moments in life. Thank you Giuseppe for the gift of you.

Past Events

Thank you the staff at Gateway Casinos Sault Ste. Marie for purchasing more than three dozen butterflies at our 4th annual Butterfly Release Day for ARCH! Over 330 butterflies were released.

Thank you to Parkland Baptist Church for supporting Hospice at their first garage sale held in late July. Pastor Dan and members of the church raised \$1,002 for Hospice.

Mark's Breakfast Plus in the Market Mall donated \$1.50 from each "Rose Omelette" they sold this summer, for a grand total of \$240! Wow. Thank you!

Long-time ARCH supporter Sally Toivonen donated \$232 from her book launch "A Mason Built Family". We are cheering you on Sally, very appreciative!

Students from St. Mary's stopped by ARCH with a donation of \$1,500 from the Art's Festival held in early Spring. We are smiling bright!

Thank you to the Downtown Association for putting on another



ARCH volunteers Jamie and Lara cheer on at the Rotary Community Day Parade.



Erin and Liam dropping off their lemonade stand donation of \$120.52 for Hospice.



Over 500 runners of all ages participated in the 20th Annual Run the Great Lakes.



One of our volunteers holds a Monarch from the Butterfly Release at Bellevue Park.

amazing Queen St. Cruise. The two-day event raised \$3,995! With the help of beautiful weather, many participants made the 20th Annual Run The Great Lakes, the best run yet! More than 500 runners gathered in support of Hospice raising \$14,900.

Students from Willowgrove United Church Sunday School are great example of kids helping Hospice. They raised \$187 for Hospice - thank you!

Our very first Great Bucket List Challenge and Bucket List Ball were huge successes. We couldn't have done it without the generous donations from a variety of local vendors, together raising over \$37,770!

Arauco continues to show their support. This summer they put together a BBQ that raised \$342! The team is tremendously kind, thank you!

Thank you to the team at Quattro for Supporting ARCH Hospice at the fourth annual Quattro Rabbit Dinner raising \$2,500 for Hospice. The food was great and the evening was especially meaningful as they dedicated the night to Travis Turcotte, a long-time chef at Quattro.



ARCH Hospice Julie and Katherine smile along side Gateway Casino.

In early May, we held our annual Flower Basket Sale, selling more than 1000 baskets. In total, \$7,128 was raised. Thank you to everyone who purchased flower baskets and to our amazing volunteers who helped pick-up day run smoothly.

Holy Family Catholic Women's League held a prayer service in early May and donated \$122 to ARCH Hospice. Algoma Traditional Music and Dance group held a trivia night Fun-raiser raising \$200. Thank you!

Queen Elizabeth Public School held a Freezie Day with their donation of \$422. Way to go Queen E - not only did you cool down, but you also honoured our residents. So much gratitude!

Algoma Fallen Motorcycle Riders donated \$225 from their Fallen Riders Memorial Run they held earlier this summer. Thank you for honouring those individuals and helping our community.

The Superior Heights Interact Club donated \$1,000 from bake sales and fundraisers they organized throughout the year - they were inspired by our Paediatric Program. Many thanks!



The Reptiles keeping the crowd dancing as they play at the first Bucket list Ball.

The Women's Hockey League donated \$860, collected throughout the regular season from shoot outs, to ARCH. We love your big hearts!

Thank you Searchmont Resort for the extended ski day held in early April! Your skiing enthusiasm raised \$2,000, thank you!

A very special thank you to Donna Mansfield and her students for putting together such a fun community-driven event. The CYC WALK raised \$5,311 for ARCH! Thank you!

Molly \$122 (age 9), Theo \$375 (age 2), William \$345 (age 9) and Colton \$200 (age 7) had inspiring birthday wish ideas. Instead of asking for toys, they wanted to donate money to ARCH! Our hearts overflow with joy!

The 3rd annual Pancake Breakfast hosted by the Machine Shop raised \$11,368! Thank you to everyone who came out and enjoyed the delicious pancakes, french toast, and fresh sausage. We look forward to the amazing experience next year!



Long-time ARCH volunteers Myrtle and Lucy stopped to smile at the Flower Sale.



ARCH volunteers Dona and Jackie enjoying a laugh at Jackie's event Lillies in Bloom.

15th
Annual

The Hospice GOLF CLASSIC



September 7th
— 2018 —



8:30am shotgun start | SSM Golf Club | \$150 per golfer
18 holes with cart | three delicious meals | golfer's gift | prizes
Four person team scramble - prizes for everyone
Three divisions: Men's, Women's and Mixed

ALL PROCEEDS SUPPORT:



If you would like to sponsor a hole or register a team, contact
Katherine at williamsonk@archhospice.ca or 705-942-1556 ext. 237

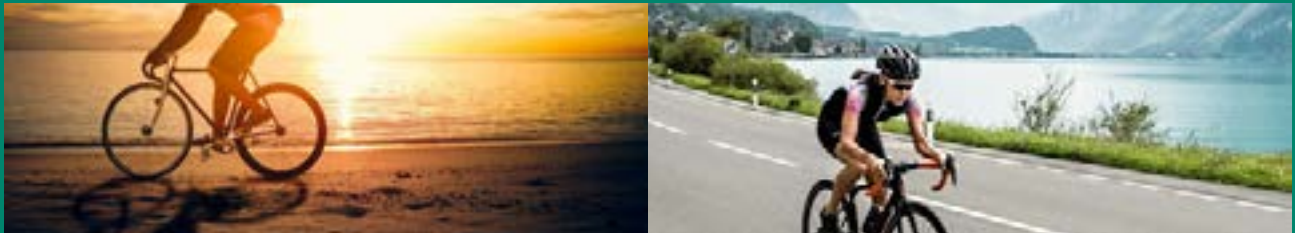
THE GREAT BUCKET LIST CHALLENGE CYCLE

100 KILOMETERS PEOPLE PLEDGES

SATURDAY, SEPTEMBER 15 | ST. JOSEPH ISLAND | CENTENNIAL GROUNDS



PREREGISTER ONLINE | REGISTRATION & LOOT @ 9AM | CYCLE @ 10AM
TO REGISTER, DONATE OR RAISE PLEDGES FOR A MINIMUM OF \$1/KM



ARCHHOSPICE.CA/CYCLE

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



Volunteer Information



Our volunteers are kind souls 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! Your love is a warm blanket! 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 always 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

The Drifting Process

The grief journey is non-linear. It may take weeks, months, or even years to travel through your emotions. Every journey is different and the uncertain destination may create a conflicting frame of mind.

Grieving may involve drifting aimlessly between emotions without direction or purpose. You may find that society expects your journey to follow a universal template, meeting expectations on schedule to become "normal" again. Please understand there are no timetables for the grief process. Your grief will exist as long as it does.

Everyone responds differently to grief. Most people will experience the greatest sorrow between four to eight months after the loss of someone they loved. Some individuals may require 18 to 24 months in order to regain balance in their lives. Finding hope and inspiration to move forward may take even longer.



"There is no right way to grieve - there is just your way."

- Rusty Berkus

Lamps to Light your Journey

- **Accept the grief.** Dive in headfirst. Crying is not a sign of weakness. Be patient.
- **Talk about it.** Share your grief with family, friends, or anyone else who will listen without judgment.
- **Keep busy.** Get out of the house. Occupy your mind, body and soul with purposeful work.
- **Take care of yourself.** Your health is important. Though you may not feel valuable, take care of yourself - you will be thankful during the healing process.
- **Eat well.** You may not feel hungry, but your body needs good nourishment to heal from the emotional and physical distress.
- **Exercise regularly.** Even walking daily can lighten your mood. Sleeping may become easier with consistent exercise.
- **Get rid of imagined guilt.** Nobody is perfect, we all make mistakes. You did the best you could at the time, given the circumstances. Let go of those unrealistic expectations.
- **Acknowledge the death.** There are likely no acceptable answers to your longing questions. Take your understanding of the death one step at a time.
- **Record your thoughts.** Writing, typing, or recording your voice are great ways to free your mind of burden and view to progress you've made.
- **Turn grief into creative energy.** Express yourself in a positive way. Help someone else in need of compassion or write a tribute to your loved one.

"And it is still true that no matter how old you are, when you go out into the world, it is best to hold hands and stick together."

- Robert Fulghum

- **Postpone major decisions.** You may regret moving or changing jobs if you're not in a clear frame of mind.
- **Invest in your spirituality.** Consider reading literature relevant to the religion of your choice. You may rediscover the faith you lost.
- **Join a grief support group.** Find some people who have been through your experience. Listen to their stories and reflect upon your own journey. While it may be difficult to talk about your thoughts, respond with complete honesty.
- Take things one day at a time, or even ten minutes at a time if need be.

Thoughts on Paper

Many people find journaling to be helpful in difficult times. Writing your thoughts on the past, present, and future provides creative reflection in the grieving process. We hope the following ideas inspire you to kickstart the experience:

- Write in a notebook that feels special to you
- Write from the beginning. Start with your loved one's birth, or the moment you met each other.
- Find pictures of celebrations or moments over the years mentioned in your writing.
- Share with friends and relatives memories of your loved one.
- Remember your loved one truthfully, recording both the good and the bad memories.
- Write from the soul, without worrying about style, spelling or grammar.
- Keep your notebook handy. You never know when you'll feel inspired to write another page.
- Write when you feel angry, guilty or sad, especially when you have trouble sleeping.
- Express your feelings and unresolved issues with a letter to your loved one.
- Be creative. Draw pictures and write poetry - make the journal yours.



Grief Readings

Bozarth-Campbell, *Life is Goodbye, Life is Hello; Grieving Through All Kinds of Loss*

Therese Rando, *How To Go On Living When Someone You Love Dies*

Writing a Coping List

At its worst, grief can feel unbearable. If you can, try to plan ahead for those suffocating moments where you feel the weight of the world. Write down a list of coping mechanisms in a handy location to deal with those unpleasant times. We've listed a few ideas below:

- Names and phone numbers of people you can talk to
- Places to find peace, comfort, and relaxation
- Your favourite therapeutic or energizing songs
- Your favourite prayers or meditations
- Books you would like to read
- Enjoyable physical activities
- Beginning steps to do-it-yourself projects you'd like to start
- Exciting hobbies you would like to explore
- Your favourite movies, or ones you would like to watch
- The names of your favourite foods and restaurants

Grief Support for You

- Grief and Loss Support Groups are designed to provide the opportunity to share your feelings with others who are experiencing grief. Information about the grief process, what to expect, and how to cope is presented. 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.



*"Mourning is
the constant
reawakening that
things are different."*

- Stephanie Ericsson



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.



Inspiring Kindness

To inspire a kinder community, what would you like your community to look? Take part in one of our kindness initiatives.

Being kind is a powerful act.

Help someone carry their shopping bags

Share your favourite inspirational song

Let someone else go first in line

Ask someone about their day

Let someone know what it is you appreciate about them



Pay it forward with coffee

Compliment a stranger

Donate your used clothing to a shelter

Hold the door for a stranger

Cut your neighbours lawn

Leave sticky notes with kind words on them for others to find

Share your act of kindness with us to inspire others!

Please email your act of kindness, picture or video to marketing_intern@archhospice.ca

Kindness means different things to different people. Do you have a story of when you've given, received or witnessed kindness? We'd love to hear about it. We'll be featuring different stories in our next newsletter.



ARCH Hospice creates space for living. We provide 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. Kind-hearted 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.