



ARCH Hospice

2019 Winter Newsletter

A Warm Welcome To Christianne



What Hospice means to Christianne...

“Compassionate and quality care at the end of our journey allows for those nearest & dearest to LOVE and celebrate the LEGACY of one another; while ARCH’s expert caregivers & volunteers support all other needs... ”

- Executive Director, Christianne Monico

DID YOU KNOW...

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

ARCH Hospice is partially funded for nursing, personal support and outreach services.

We must fundraise for all services and programming, facility, utilities, equipment and enhanced care needs.



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

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 our 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.

Volunteers 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 support 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 make a huge 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 may also lead to new friends! It allows you to be a part of a community; bigger than oneself.

If you are interested in volunteering, please contact Julie by email: premoj@archhospice.ca or 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. Each week our group leader always has a theme and activity is planned. If you have any questions or would like to schedule a one-on-one appointment with Supportive Care, please contact Natasha at rinaldin@archhospice.ca or 705.942.1556 ext. 224.

Children & Youth Grief Support

ARCH Hospice is excited to announce our new Compassionate Kids PD Day Grief Camp. This day camp is for children ages 9-12 who have experienced the loss of a loved one. Reserve a spot in the camp of your choice!

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, offers one-on-one sessions to the adolescents in our community of any age. If you have any questions, please email or call or email Jenna at 705.942.1556 ext. 245 or polutanovichj@archhospice.ca.

Death Discussions

These sessions will be hosted at ARCH Hospice to encourage healthy and open conversations a typically uncomfortable topic, "Death." Two time options are available: 12:00-1:00 p.m. or 5:30-7:00 p.m. in the ARCH Garden Room. Please RSVP to Natasha at rinaldin@archhospice.ca or 705.942.1556 ext. 224 to reserve your spot.



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 serenades for residents. Since July 2018, ARCH has invited community members into our home for monthly drum circles in our Garden Room. Many residents, families and volunteers have benefited from the power and healing of music.

Care Giver Support Group

Every Wednesday from 2:00-3:00 p.m. ARCH offers a drop-in group for caregivers and other loved ones to join as a community to share, interact, and learn from each other in a safe, supportive environment. No appointment necessary, just join us!

Give A Mile

Give A Mile is a group of dedicated volunteers who believe strongly in the power of visits from loved ones for people in palliative or critical conditions. Ask our Supportive Care Team for more details about this special program. Please contact Natasha at rinaldin@archhospice.ca or 705.942.1556 ext. 224. Give a Mile is looking to connect your loved ones for a free flight!

A Wish Come True

At ARCH we like to fulfill wishes. Our staff and volunteers help to fulfill the wishes and requests of our residents. Mostly, our magic wands work best for the little things. Such as enjoying a favourite meal, or spending a few hours just looking at something beautiful. If you are interested in helping us fulfill wishes please contact Julie at 705.942.1556 ext. 261 or premoj@archhospice.ca.



A Look at Our Recent Events



Allie, Sydney, Lyla and Claire with their lemonade stand donation of \$469!



The McLeod Brothers posing for a photo at the fifth annual Golf Classic on the first hole!



21st Eastside Algoma Country Troop with The Ideal Landscapers planting tulips!



The Rizzo and Lortie gang stopped by after their golf tournament, donation of \$1,673 to ARCH Hospice

We were so happy to share that ARCH Hospice was selected as charity recipient for the 2019 Tim Horton's Smile Cookie campaign alongside the Twinkie Foundation! September 16-22, the \$1 dollar from each Smilie Cookie sold went to help us both receive funding. This year over \$20,000 was raised for each organization. Our sincerest thanks to the owners, staff, and customers of the local Tim Horton's restaurants for their continued support.

Shout out to our amazing volunteer, Shelley, as she supported ARCH and the Great Bucket List Cycle by biking 90Km around town by completing 4-loops of the hub trail. We are so proud of you!

Big thank you to the team at Tenaris for donating us a day of service to make our grounds look fantastic, they have never looked better! Way to go, we appreciate your hard work and enjoyed all the laughs.

We are excited to announce that a total of \$7,328 was raised through No Frills Give a Little, Help A Lot campaign. A big thank you to Janice and Joe, as well as our fantastic community for the very generous donations. All proceeds help famlies and residents at ARCH to enjoy comforting meals during their time spent at hospice!

We are thankful for Danny at Trevisanut's Barbershop and everyone who stopped in to receive a haircut back in August. Over \$1,700 was raised in support of ARCH Hospice!

Allie, Sydney, Lyla, and Claire are four amazing and thoughtful young ladies who donated \$469 from their lemonade stand proceeds held this summer in support of ARCH. What an inspiration! What a brilliant example of kids helping hospice.

Presley and Carter Rome stopped by ARCH to donate \$300 from their 8th birthday gift money! Another fantastic and heartwarming example of kids helping hospice!

The Upper Island Lake Paddle Run organizers and



Upper Island Lake participants from the Paddle Run raising \$4000 for hospice!



Sydney & Alex dropping off beautiful cupcakes they baked on their day off school!



Janice & Joe with their \$7,328 donation raised from No Frills Give a Little Help A Lot campaign.



Danny Trevisanut's Barbershop fundraiser raising over \$1,700 in support of Hospice!

participants would like to thank everyone, from the property owners that hosted the start and finish line, to the six dock stops who patiently handed out cards, as well as the prize donors for their generous donations and prizes. The hard work and effort made by the volunteers and businesses made the day enjoyable. With everyone's generosity, over \$4000 was donated to ARCH Hospice!

On Thursday, July 18, James Wishart from Camera Craft held a Downtown Show and Shine Car Show as a part of the Downtown Street Party! With everyone's help, over \$1,000 was raised in support of ARCH Hospice! Thank you to both Camera Craft and the Downtown Association SSM for putting on another great event!

A big thank you to everyone who came out to our Fourth annual Hiawatha Moonlight Fall Walk! The evening was amazing! Our fantastic team of volunteers, community supporters, and participants this year blew us away!

Mario and Barbara stopped by ARCH with a donation of \$3,000 from The Soo's Got Talent! Thank you so much to everyone who was involved in the organizing of this event, to all the contestants and to everyone who came out to the shows!

The lovely ladies from the Red Hats of Sault Ste. Marie stopped by ARCH with a donation of \$400 from their lunch and shop. On October 19th, the Red Hats sold Melva Witty's precious belongings as well as other contributions to donate honour of Melva. This was Melva's wish, she was a strong supporter of hospice and wanted to give back in her own way!

A big thank you to the Echo Bay Elks Lodge # 535 for their very generous donation to ARCH last week! Proceeds were divided between three local charities, thanks to the Echo Bay Elks #535 Catch The Ace fundraiser. Exalted Ruler, Jane Russell presented a total of \$5,000 to ARCH Hospice, we can't thank them enough for thinking of us!

Upcoming Events



When: January 12, 2020

Where: Stokely Creek Lodge

Join us on Sunday January 12, 2020 at Stokely Creek Lodge for our ski & snowshoe event that is sure to have you indulging in plenty of chocolate! See page 13 for more detail!



When: April 30, 2020

Where: Grand Gardens North

A night to celebrate the wonderful volunteers, staff, physicians and community partners who serve and support Hospice. Please RSVP to Julie at premoj@archhospice.ca



When: May 29, 2020

Where: Machine Shop

Tickets for our third annual Bucket List Ball are available for \$60 each or a VIP table of ten for \$600 that includes two bottles of wine come January 1, 2020. Contact Bree or Katherine for more details!

Delivery of our services is made possible through the support of a small dedicated staff, many volunteers and generous donors. With only 60% of our funding being provided by the government, we need to raise the rest, over \$750,000 annually, to ensure our programming continues. Please consider making a donation or supporting one of our upcoming special events.

The Great Bucket List Challenge

Check out our amazing Bucket Lister James O'Brien who was apart of our 2019 Great Bucket List Challenge! James decided to walk the pilgrimage climb in Spain for 21 days in support of ARCH. Here are a few photos he shared with us during his adventure!

"End of the road. I was surprisingly emotional when I came up out of the tunnel and into the plaza to complete my Camino walk there were hundreds of others gathered. Right on cue the rain which had held off all day began to pelt down minutes after I arrived."

I knew right then and there it was time to remember that I was inspired to complete this Camino (456 km this year and 877km in total) as a Bucket List Challenge for ARCH Hospice. If my journey inspires you to donate and support ARCH please contact James or check out the ARCH Hospice website. This campaign is active until the next Bucket List Ball on May, 29th."

Thank you, James! You are a true example to the ARCH team of "Dream It, Do it, Repeat".



ARCH HOSPICE
COMPASSIONATE KIDS
PD DAY GRIEF CAMP

EACH DAY CAMP WILL BE FILLED WITH RELATIONSHIP BUILDING, MEMORY SHARING, AND INTERACTIVE ACTIVITIES. EACH CAMP WILL BE UNIQUE WITH A SPECIAL GUEST ACTIVITY TO PROMOTE SELF CARE AND EMOTIONAL EXPRESSION.



THIS CAMP IS DESIGNED FOR CHILDREN AGES 9-12 WHO HAVE EXPERIENCED THE LOSS OF A LOVED ONE..

October 21 2019
November 22 2019
January 31 2020
April 24 2020

Special Guest: Drumming Circle
Special Guest: Pet Visit
Special guest: Yoga & Meditation
Special Guest: Art Expression

8:30 am - 3:30 pm

PLEASE RSVP TO JENNA AT POLUTANOVICHJ@ARCHHOSPICE.CA
OR 705-942-1556 EXT 245 FOR MORE INFORMATION.

Chocolate Express

chocolate ski chocolate snowshoe chocolate ski chocolate

JANUARY 12 @ STOKELY CREEK LODGE

♥ SUPPORT ARCH HOSPICE ♥

\$25 PASSES OR \$50 IN PLEDGES
CHOCOLATE STATIONS THROUGHOUT TRAILS

MORE INFO & PLEDGE FORMS ARCHHOSPICE.CA/CHOCOLATE

EQUIPMENT RENTALS AVAILABLE
CALL STOKELY AT 705.649.3421
FIRST COME - FIRST SERVE



ONLINE TICKETS & PLEDGE FORMS
EVENT STARTS AT 1:00PM
FRIENDS & FAMILY FUN



CHOCOLATE
SNOWSHOE
SKI



TRAILS
SPONSORED BY

Maitland
Ford LINCOLN

PRIZES FOR
THE TOP 3
FUNDRAISERS

BUY YOUR
TICKET BEFORE
DECEMBER 28
AND RECEIVE 1
FREE BUFF

Become a part of our story...

When you donate to ARCH Hospice you give the gift of comfort. Your donation stays local and provides services free of charge to over 200 residents and their families every year. This is what your contribution supports:

- Residential, paediatric and bariatric palliative care
- Grief services, early resource services, and family support services
- Complimentary therapies including reiki, yoga, pet therapy and legacy building
- Resident food and care supplies
- Building maintenance and equipment

Joanne appreciated the little things...

When my dad John "The Coach" Kovich, was admitted to ARCH, none of us had experienced hospice before. That night when he first left, many tears of fear and loss were shed among us all. It was an amazing transformation when we realized my father began showing signs of himself again just after a few days. We were able to smile with my father, share stories, laugh, and enjoy all of the moments that we thought would be lost forever upon entering those front doors. As an avid footballer and coach, many of his friends, former students and family members came to enjoy a Super Bowl party at ARCH. Dad experienced his first pedicure and enjoyed his many visits with friends and family, his late evening snacks in the kitchen, his breakfasts generously prepared each morning and tea in the family room by the fire. We enjoyed watching hockey games, movies and playing cards together most days.

These were all things that we didn't expect to ever enjoy with him again. You see, the amazing staff cared for my father so we could just love him and enjoy him. And enjoy him we did. We enjoyed his final weeks, and he did as well. So you see, ARCH brought us together again. This is not a place where my father died. This is a place where he lived his final moments. So yes, hospice care for us means peace, joy, laughter, love and of course sadness.



Where compassion meets community

A commitment made to ARCH today helps to provide comfort to local families tomorrow. Your support will assist us in providing quality, compassionate care through end-of-life.

Make supporting a compassionate community your legacy...

Have you considered supporting the future of ARCH Hospice by:

- Leaving a bequest in your will
- Gifts of securities and stock
- Gifts of life insurance
- Gifts of registered funds and tax free savings accounts
- Gifts of charitable gift annuities
- Donations of estate



Daniel believes it's important to share his Family's experience...



Since the grief work, Mason and Kayla have wanted to engage in other ways: both children decided they wanted to raise money for ARCH instead of presents this year. In July, the family released butterflies for ARCH.

Amanda, Daniel's beloved wife and mother to their two young children, Kayla and Mason, passed early in 2018. Daniel looked for support and services the children needed to deal with the loss of their mother. "Your kids are always the priority, it's a real struggle as a parent when you're looking, and you can't find the support you need." When he found out ARCH had a new program for children experiencing loss, he had mixed feelings. He was flooded with memories of Amanda's final days spent at Hospice.

"I don't know if I would have gone back through those doors if it was for myself, but for the kids, I could. It felt different than expected.

I felt comfortable, welcomed, and supported; the negatives had disappeared. It was a positive moment. ARCH has created a family atmosphere that the kids really open up to and look forward to revisiting. There are lots of emotions I wasn't able to articulate myself, and the kids can talk about what they're experiencing during their visits. It was very empowering for them to express and normalize their feelings. They even talk with their friends about their therapy sessions. I call them my 'mini-mental health advocates.'

Knowing the kids are being supported is helping my healing as a parent.



What we've learned as a family is end-of-life is a part of life. ARCH takes some of the weight off your shoulders, letting you focus on your loved ones. Without the support of our community, there is no ARCH, so we decided to support it as a family, as a part of our whole journey."

Honour someone special this season...

Celebrate someone special this holiday season by making a donation to ARCH Hospice in lieu of a holiday gift!



I want to make a donation in lieu of a holiday gift

Don't forget to fill out the "In Honour of" section below so we know who to send your holiday card to!

Registered Charity Number: 863953766RR0001

Donor Information:

Name _____ Address _____ Apt _____ City _____ Prov _____ Postal Code _____
 Phone _____ Email _____ Yes, please email my receipt

Donation Information:

Donation frequency: One time only Monthly Monthly donations help us further by ensuring we can provide our services far into the future

I would like to make a donation of: \$250 \$100 \$50 \$20 \$10 \$5 \$2 \$1 Other \$ _____ Yes, please send a card on my behalf

Visa Mastercard Cheque Credit Card # _____ Exp _____ / _____

Please make cheques payable to ARCH Hospice and include this slip with donation. Monthly donations are credit card only, please call to cancel at any time.

I would like this gift to be In Memory of: _____ In Honour of: _____

Name _____ Address _____ Apt _____ City _____
 _____ Prov _____ Postal Code _____ Phone _____

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.

To find out more about residential Hospice Care and Nurse Outreach please contact one of our Nurse Coordinators at 705-942-1556 Ext 236 or 235.

Like us, follow us, engage with us.
Become apart of our family!



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.