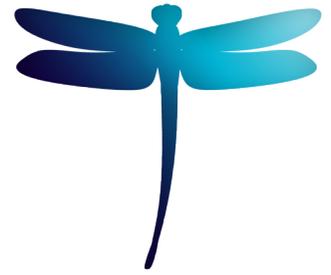




ARCH
hospice



Hospice Happenings



ARCH Hospice Newsletter

Summer 2015

Table of Contents

Every Summer Has its Own Story.....	2
News	3
Hospice Heroes.....	4
Upcoming Events.....	5
Wedding Program.....	6
A Hospice Family Story.....	7
Daily Funnies.....	9
Volunteer Information.....	10
Past Events.....	11

Every Summer Has its Own Story

The summer season is a time to embrace exploration and travel, innovation and opportunity. This summer is a particularly exciting summer for ARCH. This summer signifies many new adventures for the hospice and with each new adventure comes an exciting story!

In order to fulfill our mission to offer quality, compassionate care through end-of-life, and our vision of comfortable end-of-life journeys for all, we must continue to raise awareness and educate our community about the value of our palliative and hospice services.

Palliative and hospice care are proven models to provide expert care and support to residents and families during a serious illness at the end of life. Palliative care is appropriate at any stage of a serious illness, whatever the diagnosis. Once the decision is made to forgo curative treatment, hospice care becomes an invaluable option, and an integral part of the continuum of care.

This is the time for a positive shift in the way we think about the future of our health care system. Rather than palliative and hospice care being considered options when “nothing more can be done”, these specialized areas of care and support must be better integrated into the entire care continuum – to enhance the overall quality of care and patient experience while adapting to the changing landscape of healthcare.

Join us, as we embark on the next chapter in our story here at ARCH. Contained within the following pages are the highlights of the past quarter and the upcoming events that we are thrilled to share with you.

Theresa Mudge
Executive Director

News

The recent launch of the Algoma Palliative Care Team will further improve care connections and service coordination for each person from the earliest onset of their palliative care diagnosis. Working with patients, care providers, and health agencies, this Team is pivotal in ensuring that each person will be informed of their care options and supported in their location of choice. This model of care has been a great success in other regions of Ontario and we are very thankful to Dr. Sharon Buehner for her leadership in bringing this to fruition for our district.

ARCH Hospice staff are playing a leadership role in district, regional and provincial planning and delivery of palliative care to enhance overall care coordination and continued service quality.

The recent launch of our pediatric palliative pilot project will provide a home away from home for children and their families who wish to have hospice care as part of our commitment to provide expanded options for palliative care, locally.

Our decision to proceed with national accreditation this year affirms our commitment to high standards of care and practice, along with fulfilling our stewardship and accountability to our community.

During the last twelve months, the Governance Committee of the ARCH Board has also built on our corporate by-laws, developing a comprehensive set of governance policies that are recognized as best practice in governance. This has been quite an undertaking, but has been very important, as it assures stability and positions our Board strongly to lead in these times of change and to advance our strategic goals and objectives.

As we look ahead to 2015-16, we will be reconfirming our Strategic Plan, continuing to expand our community partnerships, and our quality improvement efforts.



We would like to welcome to the ARCH team Sheila Spooner, Part-Time Registered Practical Nurse. Sheila has 11 years of nursing experience. Married and a mother of 5 (three boys and two girls, all under the age of 15) she enjoys walking, hiking, painting, and reading on the rare occasions when she has time to spare.

Hospice Heroes

Each year we are proud to recognize exceptional individuals who make an outstanding contribution to our community. Hospice Heroes embody ARCH Hospice values and are leaders who inspire positive change. We are very grateful to our Heroes for their exemplary efforts.



Staff: Kathy Wilson

A hero is someone who is extraordinary, be it from exceptional qualities or from outstanding contributions to the greater good. Kathy Wilson is the definition of a Hospice Hero.

Kathy began caring for ARCH residents and their families over six years ago. Her outstanding dedication to excellence and quality is evident in everything she does. She provides care with a unique human touch, ensuring everyone around her feels safe, valued, and respected. Kathy is a compassionate individual, consistently finding ways to make things better for our residents, families, staff, and volunteers.

Kathy is passionate about safety for all, addressing issues promptly, teaching, and leading by example. She is held in high regard by her colleagues as someone who embodies ARCH Hospice values in her everyday work. Kathy goes above and beyond the requirements of her role, always striving for that extra measure of comfort for our residents. She serves effectively and conscientiously, by using her great diplomacy and collaborative skills. As staff put it: "Kathy is an ARCH treasure, someone to whom we would all entrust our loved ones."



Volunteer: Jack Denny

The happiest people are not those getting more, but those giving more. The author of this quote, H. Jackson Brown Junior, must have had Jack Denny in mind when he penned this famous line. Jack is a dedicated maintenance and grounds keeping volunteer who brings his many skills and positive demeanour to help Hospice.

Jack adds special qualities to the ARCH experience. From his gentle way with everyone he meets, to his diligence in maintaining our facilities and grounds, no task is too big or too small for Jack. He helps make ARCH feel more like home for our residents and families. Always thoughtful of the needs of others, Jack has a gift of making connections with people in a way they feel valued and comforted.

Jack brings out the best of what community hospice means. ARCH is fortunate to have the rare combination of his ever-helpful presence along with his deep sense of caring and genuine kindness toward others. We are honoured to have Jack, not just a Hospice Hero, but a community champion, in our midst.



Partner: RBC Royal Bank

Supporting local non-profits creates rich communities. A long-time ARCH supporter, the RBC Royal Bank has invested in Algoma District's prosperity by helping Hospice provide comfort and care to local families.

RBC and their employees go above and beyond; volunteering, educating, participating, and contributing to ARCH Hospice initiatives. Collectively, over 90% of local RBC employees have helped Hospice in some capacity. They share their ARCH experiences with coworkers, friends, and family. They are strong advocates for ARCH Hospice, the care we provide, and the mission we stand by. RBC works to garner local support and ensure ARCH Hospice can serve the community long into the future. Echoing our own, RBC Royal Bank's values include service, collaboration, integrity, responsibility and innovation.

RBC Royal Bank and its subsidiaries have supported ARCH and its initiatives since we welcomed our first resident in 2008. We are proud to recognize them for their exceptional community leadership and support. Although lacking a mask and cape, RBC Royal Bank and local RBC employees are Hospice Heroes through and through.

Upcoming Events

Butterfly Release Day



Date: Thursday, July 16, 2015

Come out and celebrate with ARCH Hospice by releasing your very own monarch butterfly at Bellevue Park Bandshell at 6:15-7:30pm. This event is a unique way for our community to support ARCH Hospice along with the endangered monarch population. Receive 1 butterfly for \$30 or 4 butterflies for \$100.

The deadline to order for this year's event was July 9th. Be sure to join us next year if you've missed the deadline!

Hot Dog Sale for ARCH

Date: All summer long

Huddy's Fish n Chips and More is donating \$2 of every hot dog sale to support ARCH Hospice. Their goal is to sell 1000 hot dogs so be sure to take a drive down to 440 Frontenac Street this summer and treat yourself to a hot dog... or two!

Shell Grand Re-Opening



Date: Thursday, July 23, 2015

Shell Gas Bar, on the corner of McNabb and Pine Street, is having a grand re-opening celebration to showcase its newly renovated gas bar and convenience store. The M&M BBQ will provide free hamburgers and hot dogs to patrons, beverages will be available by donation to ARCH Hospice. All donations to ARCH will be matched by Shell, up to \$700!

PUC Golf Tournament

Date: Saturday, July 25, 2015

The PUC is hosting its first annual Charity Golf Tournament this summer and has generously chosen ARCH as the beneficiary of the proceeds.

USW Rejuvenation Project



Date: Tuesday, August 18, 2015

USW District 6 has partnered with ARCH, providing a unique opportunity to rejuvenate the outside of our building. Projects include expansion of the patio and walkway, garden revitalization, and new outdoor furniture.

With the help of nearly 100 volunteers, the transformation will provide added beauty and comfort for our residents and their families.

The 12th Annual Hospice Golf Classic



Date: Friday, September 11, 2015

This year's tournament will be held at the Sault Ste. Marie Golf Club. The fee to register is \$150 per golfer, or participants can raise \$200 each in pledges. Registration includes 18 holes of golf, a cart, three exquisite meals, golfer's gift, and a prize. The tournament will be played in a scramble-style format, beginning at 8:30am. Following the tournament, golfers will move on to Downtown Grand Gardens for an evening of exciting games, activities, prizes, and a delicious meal.

This prestigious event has raised funds to support ARCH Hospice for eleven consecutive years.

Get your team together by August 29 and join us on the golf course! Contact Alex Mantha at 705.942.1556 ext. 223 or marketing_intern@archhospice.ca for more information.

Upcoming Events (cont'd)

Maitland Ford Lincoln's Driven To Give Event



Date: Saturday, September 19, 2015

Help us raise \$10,000 in one day! We need 200 people to test-drive a Lincoln at Maitland Ford Lincoln. For every test-drive, \$50 will be donated to ARCH. Pre-registration will open soon. If you are interested, contact Alex Mantha at 705.942.1556 ext.223 or marketing_intern@archhospice.ca.

Up to \$10,000 can be raised in just one day so be sure to join us for a drive at 1124 Great Northern Road!

Join us at one of our many events this summer!

Your continued support allows ARCH Hospice to provide quality compassionate care to our residents and their families at no cost.

Wedding Program

Just recently, ARCH introduced our new Wedding Program. For a recommended minimum donation of \$2 per guest, ARCH will provide each wedding guest with a customized wedding favour.

Favours can be filled with a favourite herbal tea, a package of wild flowers, or tree seed. ARCH will customize the favours to suit each individual wedding theme.

In addition, ARCH can also provide a "Kiss for a Cause" jar and frame that allows guests to get involved, not only in the wedding celebration but also in the community. Simply display the jar and frame at the head table and have the newlyweds kiss any time a donation to ARCH is made! We have different styles and custom options to choose from to best suit the special day.

A nominal donation can also be made in the guests' honour in support of ARCH. If this option is more fitting, ARCH will provide the newlyweds with a personalized and framed sign to display on their welcome table or with their escort cards.



A Hospice Family Story

On February 19, 2015 we brought my brother, Michael Butt, at the young age of 53 to Sault Area Hospital. We knew something was wrong but did not know what. He wasn't eating, wasn't drinking his usual coffee, soft drinks or chocolate milk and wasn't even smoking. These were sure signs that he was not well. Unfortunately, after doing a number of tests my brother was informed, with his family members by his side, that he had Stage IV Lung Cancer which had metastasized to his liver and bones. He was told he was in imminent risk of death within a 3 to 4 month period. My brother spent 2 weeks in Sault Area Hospital and his cancer progressed very aggressively.



Thanks to a number of parties involved, my brother was transitioned into ARCH for what would be the final two weeks of his life. My brother was settled comfortably into his new room and we "as a family" were greeted and settled in as well. There were so many beautiful people that made us feel welcome upon our arrival and for the remainder of my brother's stay at ARCH. These people were made up of employees and volunteers that just knew how to ease our fears yet validate the reality of what was yet to come.

Tom, the chef, catered to my brother's requests by providing him with French toast and bacon in the mornings, and my request for beef & barley soup. We even had a turkey dinner with all of the trimmings.

The employees had amazing compassion and very appropriately timed humour. They were professional yet very down to earth. They made you feel as though ARCH was your home not only for your ill family member but the family as a whole. Never did we feel as though we were a burden when asking for any needs to be met on behalf of my brother.

“ Absolutely no words can express my gratitude for the care and compassion we received towards my brother and our family. ”

The care that my brother received during his final days was beyond superior. He was showered daily.

Although he was weak, ARCH had the proper chairs to allow him to sit and be showered and always had adequate staff on hand to do the job. There were great safety measures in place for my brother in the event he got restless or confused and tried to get out of bed. The staff would compete with each other, trying to get my brother to say they made the best milkshakes - "everybody won!"

A Hospice Family Story (cont'd)

When we needed one-on-one support with our fears of the unknown, ARCH was there. When my brother was expressing his fear of the unknown, ARCH was there. ARCH did everything to ensure my brother's needs were met on a physical, mental, emotional and spiritual level. Comfort measures were in place throughout his short journey. The spiritual care and meditation that was available as needed was very therapeutic. The staff and volunteers were very attentive to our family's needs, on all levels.

ARCH Hospice is a very beautiful, serene place that made it so easy to visit without the complications of having to pay for parking and walking long distances. It has the most amazing common room with natural light coming in, and a fireplace. My brother sat with me the first day and said to me with tears rolling down his eyes, "this is the most amazingly beautiful place, there is no way I ever want to leave here, they are going to have to evict me or kick me out". I too had tears rolling down my cheeks knowing we both got our wish. He was given the most incredible dignity and comfort for his final days.

The kitchen was available to us 24 hours a day for a cup of a tea or a snack or a meal. Staff and volunteers were always close by to assist.

The staff provided us ongoing support as needed and provided us privacy and space as well. They just had this sixth sense of knowing when they were needed. They were always available to make up a bed, provide blankets and pillows, and make our family comfortable for the long nights. ARCH even welcomed our family pets to come in and visit.

Absolutely no words can express my gratitude for the care and compassion we received towards my brother and our family. The people at ARCH became part of our family and they

hold a special place in our hearts for the care they provided my brother. I hope to always make an effort to give back to ARCH by participating in their Annual Hike for Hospice. The services provided by ARCH come at no expense to the resident or family and ARCH relies heavily on donations and fundraising. I always want to be a part of this.

Upon my brother's last breath, the staff and volunteers gathered in our room, draped a beautiful quilt over my brother's body and said a final prayer. If it wasn't for ARCH staff and volunteers, I would not be doing as well as I am. Knowing all of my brother's needs were met in his final days with exceptional dignity gives me and my family the strength to go forward.

I would like to provide kudos to Dr. Mary Wilson, the palliative physician, who not only treated my brother but our entire family. She was so kind, compassionate, down to earth, and took the time to explain everything and answered any questions. She made our loss a positive memory in which we have no regrets, but only positive experiences to share.

I am now presently participating in the 8 week Bereavement Group offered through ARCH to continue to work through my own personal grief. I am so thankful for this additional service.

Thank you to each and every one of you!

Sincerely,

Hospice Family
Aka - Michael's Angels
Terri Vaillancourt, Eileen Doyle,
Mae Butt, and Jennifer Cottrell

Daily Funnies



"Chutzpah" is a Yiddish word meaning gall, brazen nerve, effrontery, sheer guts plus arrogance; it's Yiddish and no other word, and no other language, can do it justice. A little old lady sold pretzels on a street corner for a dollar each. Every day, a young man would leave his office building at lunchtime and, as he passed the pretzel stand, he would leave her \$1.00 - but never take a pretzel .



This offering went on for more than 3 years. The two of them never spoke. One day, as the young man passed the old lady's stand and left his dollar as usual, the pretzel lady spoke to him for the first time in over 3 years. Without blinking an eye, she said, "They're \$1.25 now."



Volunteer Information

A warm welcome to our new volunteers!

Kim Hankinson
Crystal Barill
Barbara Gallagher

Cathy Netherton
Kathryn Abernot
Matt Davies

Theresa McMillan
Sierra Betournay
Rodney Smith

Rodney Barill
Darlene Wilson
Dorothy Coad-Shier
Michelle Charbonneau

Our volunteers are exceptional men and women who make a meaningful difference in the lives of our residents and their families. Thank you for sharing your enthusiasm, generosity, and time with ARCH!

Become a Volunteer

There are numerous ways that you can be of service and support our community hospice. Our greatest need Volunteer types are:

- Housekeeping
- Kitchen
- Fund Development Events
- Palliative Volunteers
- Donor Recognition (new!)
- Historical Committee (new!)

If you are interested in learning more about our volunteer program, visit our Volunteer Page on our website or contact Julie Premo at 705.942.1556 ext. 261 or premoj@archhospice.ca.

“

The meaning of life is to find your gift. The purpose of life is to give it away.

- Pablo Picasso

”

“

Thank you so much for the wonderful care you gave my mother. It really does feel like a home-away-from-home. Your staff are so compassionate.

- Hospice Family

”



When visiting ARCH we ask that you please be aware there are bears and other wildlife in the area. Do not leave food out or in your vehicle and please do not feed the wildlife.

Past Events

Thank you to the organizers, participants and volunteers who made the following possible:



The team from Arauco came out to play hard at this year's Charity Hockey Classic.

The annual Charity Hockey Classic netted an amazing \$19,754.51 for ARCH Hospice! Thank you Albert Williams, for organizing this event every year!

Quattro Hotel Conference Center and Chop House hosted a Rabbit Dinner fundraiser for ARCH. Participants were able to enjoy a delicious dinner and dance. The event raised \$2,500! Thank you to Quattro Hotel Conference Center and Chop House for the amazing hospitality, and to everyone that purchased tickets.

To celebrate St. Patrick's Day, the Knights of Columbus hosted their annual St. Paddy's Pub Nite to raise funds for ARCH. Thank you to Bill O'Donnell and the Knights for putting together such a wonderful evening! In total, \$1,530 was raised.



Volunteer Mickey Leung receiving her 5-year pin at this year's Hospice Hero Dinner.

April 16th was a joyous celebration of all the amazing people at our annual Hospice Heroes Dinner! Congratulations to all of our award winners and to all of our volunteers, staff, and community partners... you are all heroes! Special congratulations to our volunteers that received their 5-year pins, recognizing their commitment to ARCH. Thank you to The Grand Gardens North and Eugene Gassi for making the night so glamorous and special!

ARCH was at this year's 5th Annual Bridal Extravaganza at Bush Plane Museum to launch our new Wedding Program. We are happy to announce that we've already had two wonderful couples who have donated to ARCH and received their own custom wedding favours!



Fund Development Coordinator Lee Skinner and Executive Director Theresa Mudge with Wayne Lee and his colleagues from Community First Credit Union.

With thousands raised offline and over \$500 raised online, 2015 Open Ice 3-on-3 Fundraising Face Off was a great success! In total Open Ice raised \$30,000 for the hospice! The Top Fundraising Team, with a total of \$2,730.81 raised for ARCH Hospice, were The Warriors! A heartfelt thank you to everyone who participated in this year's Open Ice Fundraising Face Off. Your fundraising has helped local families!

The Madonna Optical and Scotiabank coin drive experienced great success, with total donations of \$6,745.76 for ARCH! Thank you to everyone that contributed to this event!

Wayne Lee was awarded the Gary Gillian Award by Community First Credit Union and chose to donate a portion of his winnings to ARCH Hospice. Thank you Wayne!

Past Events (cont'd)



Executive Director Theresa Mudge, and Fund Development Coordinator Lee Skinner with some of the highest fundraising ADSB principals that rallied their students to make the Flower Basket Fundraiser such a success!

Our Annual Flower Basket Fundraiser, held on May 23, was a tremendous success. We experienced record sales, exceeding 1,800 flower baskets. Many of our local public schools participated in selling baskets, contributing more than \$20,000 in gross sales. ARCH earned a net profit of \$8,480! Thank you to everyone that purchased baskets. Your unwavering support allows ARCH to continue to provide services to our residents and our community. Preorders for next year will begin in the Spring.

The PSW students from the Progressive Training College of Business and Health held a charity carwash with 100% of the proceeds donated to the RBC Hike for Hospice. In total, over \$500 was raised!

On May 30 Store Your Stuff hosted the Sault's largest garage sale. In lieu of rental fees, vendors were asked to make a donation to ARCH Hospice. Once donations were tallied, Brian Gallagher and his staff matched the total and presented ARCH with a cheque for \$750! Thank you so much to Brian, his staff, all of the vendors that donated, and everyone that came out to support the event!



RBC mascot Leo the Lion, leading hikers as they began the 5km Hike for Hospice.

RBC's annual Hike for Hospice netted \$27,862.66 for ARCH this year! The RBC team came out to support the event, contributing more than \$17,000. Thank you to everyone that participated, volunteered, and helped to make the event such a success.

Krush's sold-out "Find Your Krush Fashion Gala" raised \$3,800 for ARCH! Thank you to everyone that helped with this event: Kristina Koprash, the lovely models, the team at Jade Wellness Studio, the always amazing people at The Grand Gardens, Katrina Mcmeeken Photography, the ladies at Shampoo Alley and Blush, and everyone else that helped to make this event a success!



Fund Development Coordinator Lee Skinner, (left) and Executive Director Theresa Mudge (right) with Kristina Koprash, (center) owner of Krush.

This May, ARCH received a wonderful surprise from Mike Fabbro and UIWMC Ontario Unit 786. His unit generously donated their "Shabby's Memorial Run" proceeds to the hospice. Thank you to Mike and his unit for their kindness and thoughtfulness!

In May Agero presented ARCH with a cheque for \$3,000, thanks to successful internal fundraisers, including bake sales, grilled cheese sales, hot dog sales, and dress down days. Annually, Agero raises thousands of dollars for ARCH and continues to be one of our many key supporters. Thanks Agero!

Past Events (cont'd)



Fund Development Coordinator Lee Skinner gives a big thumbs-up to Mike Fabbro and his unit for generously donating to ARCH!

On June 13, the Saultlicious tour hit the town! This moveable feast took foodies to five local venues, providing delectable foods and savory wines. The Grand Bazaar finale took place at the Machine Shop where tour-goers had the chance to socialize, dance, and shop! The event raised more than \$5,000 each, for ARCH and Algoma Conservatory of Music! Thank you to Mary Ledlow, her committee, and sponsors for all of their hard work and support!

On June 7, 306 runners took part in the annual Run the Great Lakes. These runners braved the rain and helped to raise funds for ARCH, The Lung Association, and Sault Athletics Association. Thank you to The Shoe Fits and the Richardson family for your dedication!



Fund Development Coordinator Lee Skinner, accepting a cheque from Agero.

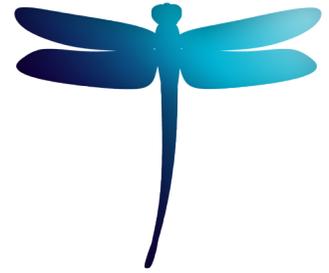
The Sault Ste. Marie Insurance Brokers Association held its 9th annual Charity Golf Day in June. Special thanks to Pam Sullivan at SIBA, for choosing ARCH Hospice as the charity to receive the proceeds.

Once again we thank everyone for their continued support!

Thank You!



ARCH
hospice



ARCH Hospice provides 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. Dedicated 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.