



Summer 2013

ARCH Newsletter Committee:

Lee Skinner - Paige Linklater - Brendan Cullen - Anne MacGregor

ARCH Summer Newsletter

Summer is on its way and things are finally getting back to normal. We’ve had a busy past few months preparing and attending various events. Catch up on all the latest ARCH news and be sure to enjoy the weather while it lasts. All of us at ARCH wish you a safe and happy summer.

Please click CTRL and click on each article’s title to be directed to the story and pictures. Enjoy!

If you have ideas for content, articles, questions, or concerns, please contact Lee Skinner, Fundraising and Community Relations Coordinator at skinnerl@archhospice.ca or 705-942-1556x222.

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Message from the Executive Director – Diane Hilderley

As an interim executive director I cannot adequately express my high regard for the staff and volunteers at ARCH. It is indeed a pleasure to come to work each day and be greeted by your smiling faces. People treat one another with respect, and the warmth and kindness is contagious amongst everyone. It is a beautiful place for residents and their families to gather during this important time of their lives.

We have been experiencing palliative residents, who after their acute needs are met, become noticeably long term care individuals. As you may be aware, the long term care wait list moves slowly, where individuals are relocated to a local nursing home. As a result, these residents time at ARCH becomes prolonged. Our intake team is vigilant to assess new referrals carefully so as not to fill our beds with long term care residents while other acute palliative individuals are awaiting admission to ARCH.

We have observed a growing community awareness of ARCH and an increased interest by younger citizens who participate in fundraising at their school. This is exciting to think of the next generation also interested in supporting their local residential hospice.

Our community partnerships are increasing and their generosity and enthusiasm is heartwarming and encouraging.



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Busy Times ahead for ARCH

Recently ARCH held its annual Spring volunteer meeting and many new changes were brought forth. ARCH will be undergoing a few structural changes in the upcoming months to better service our residents, families, volunteers and staff.

Currently office space is at a premium with multiple staff compressed in a small area. A proposal will be put forward for the following changes:

- Expansion of the Building
- Expansion of the Medication room
- Expansion of the Parking lot

The parking lot can be very full at times and to ease the situation a proposal has been drafted to expand the lot by five spots. This will allow for increased visitors during our busy times.



New Resource at ARCH *by Shaunagh Gravelines*

By now most of you may have noticed the display stand of Care Notes in the Family room.

We are introducing this resource on a trial basis as one way of extending support to those in need who might not otherwise seek out face-to-face direct support. These notes focus on before-death feelings and emotions, anticipatory grief and communications among family, friends and our current Residents.

These resources are intended for our Residents and families to browse, borrow, take, and perhaps return when finished. These Care Notes will be an ongoing expense for ARCH so any unused copies left around are asked to be returned to the stand. I will monitor regularly to see which ones need to be replenished. Many other titles are available so you may notice changes in them based on need.

If you become aware of needs for brochures on post-death grief and bereavement more titles are available in my office upon request as part of our Bereavement Services. Volunteers and Staff are free to browse and read but please return when finished.



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Reiki (Ray-Kee)



ARCH plans in the near future, to introduce Reiki to our residents, and eventually to staff and volunteers.

What is Reiki??

Reiki is an energy-based balancing process. In use since the early 1900's, it is a discipline with ties to traditional Japanese and Chinese medical theory. It has no religious affiliation or doctrines, and is an ancient balancing method, whereby energy is transmitted in love, through the hands of a fully-trained practitioner.

The client lies on a treatment table, fully clothed and aware, and in a relaxed state. Balance and vitality are restored, by the release of physical and emotional stress. Reiki is always safe, and is supportive of all other medical and therapeutic methods a client may be using.

A Second Caution!!

While the residents, staff, and volunteers at ARCH normally delight in our rural surroundings, a few recent incidents remind us that we share that environment with others – WILDLIFE. (And they were there first!)



We do not wish to deter anyone from visiting ARCH, but do suggest that caution be exercised upon entering and exiting the site. When necessary, a horn is available at our nursing station. Please be conscious of leaving lunch wrappers and food articles behind.



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A Hospice Family Story *by Shaunagh Gravelines*

March 1st, 2012 ARCH Hospice was graced with the arrival of the lovely Tracy Family. The tall, stately Donald Tracy was our newest resident arrival that day.

With beloved wife Louise and adult children and sons-in-law close by his side the ARCH community welcomed this family with always-open arms. Described by one of our PSW's as a "very sweet man", all were very touched who got to know Don and his family. Don led an interesting life, heroically serving overseas with the Royal Canadian Signal Corps during World War II. Meticulous and orderly, Don made sure all his affairs were in order, always a gift to loved ones left behind. Keen about community service, Don was a long-time member of the Lions Club International. Don wasn't with us a long time, but certainly he and the entire family made an impression on us with their calm, dignity, and grace.



A year later I had the chance to speak with Don's widow Louise who had a chance to reflect on her family experience at ARCH Hospice.

"Arch was a very nice experience for our family during Don's final days. We shared 65 years of married life together and Don couldn't have been at a lovelier place. We felt so welcome and the staff were so nice. He enjoyed recounting war stories to our minister who would drop by regularly, especially the adventures in Holland while on R & R.

Don was well enough to join us as we celebrated my 90th birthday in the lovely formal dining room. Our grandchildren joined us included 18 month old Owen who gobbled up the whipped cream on the cupcakes. We sang, took lots of pictures, and laughed so much. We made lots of memories; Don was quite happy to be there, and we were happy for him too. It was just lovely at ARCH."



"Being Happy doesn't mean that everything is Perfect. It means that you've decided to look Beyond the imperfections."

-Anonymous



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In the Kitchen with ARCH

Brendan has a long and rich history as a hospice volunteer. His commitment to hospice palliative care dates back to early development days before Algoma Residential Community Hospice was incorporated. Brendan played a key leadership role in early days of our hospice Board of Directors for 7 years. He has a caring and compassionate presence and is also our longest serving volunteer. He can often be found working Thursday evenings at the Reception desk and always greets you with a smile and cheerful hello. We wanted to feature a great summer time BBQ recipe for this issue and Brendan's is one of the best!

Brendan's Devilled Eggs

6 Hard-boiled eggs
½ tsp dry mustard
3 tbsp Salad Dressing (your choice, enough to moisten)
Salt
Pepper
Nutmeg

1. Shell Eggs, cut in half length wise
2. Remove yolks and mash with fork, along with salt, pepper, mustard and dressing until smooth
3. Spoon egg mixture into egg whites (large scoops)
4. Dust each egg with nutmeg

- Great summer appetizer and BBQ starter

Recipe from Brendan Cullen



Warm greetings from Supportive Care Services



Last issue we said spring had sprung! Mother Nature blest us with her own agenda as our spring struggled along. As in life, many things are out of our control, but we make the best of what is available to us. As things change we may learn our hope changes; we may appear to be operating from place of fear and dread, but beneath those feelings, at our very foundation, when we pause to reflect, we may find remarkable strength and perseverance within us. Becoming aware of the beauty and blessings around us and perhaps letting go of our expectations,

we may note the bountiful beauty around us. In spite of the recalcitrant spring, we are still blessed with the spectacular flowering crab trees on our grounds! Nature is not to be outdone, speaking with her own resilient and reliable voice. William James, the 19th century American philosopher and one of the early fathers of psychology famously noted: “our experience is what we agree to attend to.”

While eager for full blossoming of summer, let’s reflect on what Hospice can mean. Wiki tells us: Hospice care is a type and philosophy of care that focuses on the palliative care of a terminally ill or seriously ill patient’s pain and symptoms, and attending to their emotional and spiritual needs.

Of course, here at ARCH Hospice we are always ready and willing to respond to any questions or concerns, but for those who like to dig a little deeper on their own, this site includes a plethora of all things Hospice: Articles, videos, discussion forum, “Ask a Professional” feature, an opportunity for sharing of stories (yours and others), a place for the curious, the fretting, and the seekers in our midst.

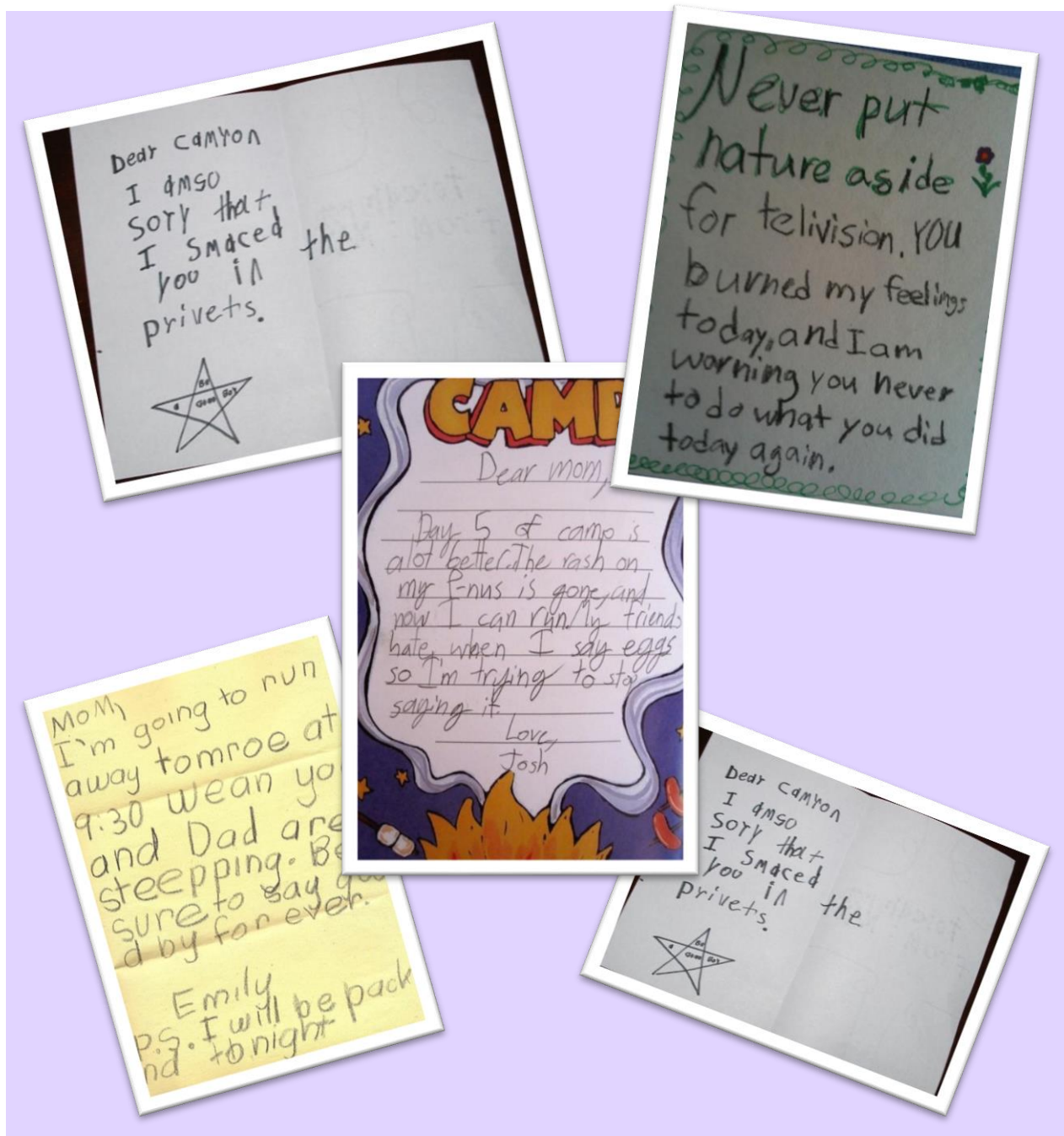
Among the topics include:

- ❖ What is Palliative Care?
- ❖ Emotional Health
- ❖ Spiritual Health
- ❖ Symptoms
- ❖ Providing Care
- ❖ Communication
- ❖ Decisions
- ❖ Financial Assistance
- ❖ Final Days



Feel free to share the bounty of information found here with anyone wishing to explore all things Hospice!

Children's Hilarious Writing's *submitted by Anne MacGregor*



Bereavement Services *by Shaunagh Gravelines*

No Matter the time of year, grief and bereavement spares no one. Can there ever be a world without grief? As long as we have love in the world, there will be grief, a normal part of our human experience. In fact grief specialists say the intensity of grief can mirror the degree of love one harbours for the loved one.

Dr. Alan Wolfelt reminds us that “each person’s grief is uniquely his or her own. It is neither predictable nor orderly. Nor can its different dimensions be so easily categorized. We only get ourselves in trouble when we try to prescribe what grief and mourning experiences of others should be-or when we try to fit our own grief into neat little boxes.”

Over the last few newsletters we have been exploring and dispelling a series of five commonly-held myths about grief as described in Grief by Alan D. Wolfelt, Ph.D.

“Many people have a real desire to learn more about the experience of death and grief. Without a doubt we have witnessed an upsurge in interest in bereavement caregiving. However, many well-intentioned, yet misinformed people are still victims of widely held myths regarding grief.”

The purpose of this article is to identify, describe, and dispel five common myths about grief. Providing quality care to bereaved people requires that we as society work to dispel these myths outlined below. People who have internalized these myths become supportively encourage them to broaden their understanding of the complex experiences of grief and mourning.

Today we examine in more detail as described by Dr. Alan Wolfelt:

Myth #3: It is best to move away from grief instead of toward it

“Many griever’s do not give themselves permission or receive permission from others to mourn. We live in a society that often encourages people to prematurely move away from their grief instead of towards it. Many people view grief as something to be overcome rather than experienced. The result is that many of us either grieve in isolation or attempt to run away from our grief. People who continue to express grief outwardly – to mourn – are often viewed as “weak”, “crazy” or “self-pitying.” The common message is “shape up and get on with your life.” Refusing to allow tears, suffering in silence, and “being strong”, are thought to be admirable behaviours. Many people in grief have internalized society’s message that mourning should be done quietly, quickly and efficiently. Such messages encourage the repression of the griever’s thoughts and feelings. The problem is that attempting to mask or move away from grief results in internal anxiety and confusion. With little, if any, social recognition of the normal pain of grief, people begin to think their thoughts and feelings are abnormal. “I think I’m going crazy,” they



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often tell me. They're not crazy, just grieving. And in order to heal they must move toward their grief through continued mourning, not away from it through repression and denial."

ARCH is pleased to offer a year-round Bereavement Support Group in 8-week sessions, a program based on "Understanding Your Grief" by Alan Wolfelt, Ph.D. We are now sending out invitations for our next group starting Wednesday August 7, 2013. All are welcome to receive Bereavement Services in our Algoma District, whether you have lost a loved one at home, hospital or ARCH or anywhere. Willingness to engage in serious grief work both in a group and on one's own is essential. Criteria for entry to the program require interested individuals to pre-register and attend an intake/assessment interview with our staff. Believe it or not, we do find room for light and laughter! There has been some interest expressed in having a Walking Bereavement Group that might suit the style of some mourners more so than group sharing. Whatever the needs, we are here to support you. If you have lost a loved one recently and think you or someone you know may benefit from Bereavement Services, please be in touch with Shaunagh for an appointment either by phone (705) 942-1556 ext. 224 or by email: graveliness@archhospice.ca. Looking forward to seeing some familiar faces!



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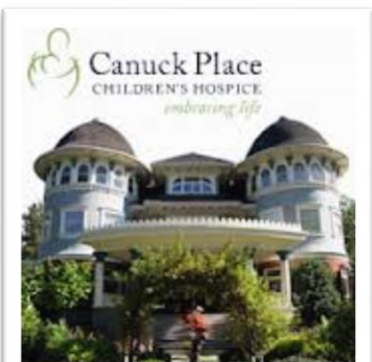
Did You Know? *by Paige Linklater*

There are many misconceptions about hospices and the services they provide. It is estimated that 2 out of every 5 people will have to take care of someone in their own home. Ontario is trying to ease this burden with operation of residential hospices, currently there are 98 independent facilities with over 13,300 dedicated volunteers.

The hospice association began in 1989 with a focus on achieving comfort, reducing suffering and improving quality of life. When you wonder what more you can do for your loved one, hospice is the something more, it is based on comfort, it's considered another form of therapy.

The most frequent question that is asked about hospice services is, how much will it cost to stay there? And the answer is NOTHING, all hospice services including residential are free to the residents. The hospice however does have fees they need to cover. The average hospice stay is 23.6 days, and when you compare the cost of a daily bed in the hospital, at \$850 per day to that of the hospice at \$439 per day, the hospice provides more individual care at a lower cost.

The government provides annually to the hospice in the way of a monetary supplement however the hospice is still required to fundraise. The hospice must raise an estimated total of \$75,000 each month in order to stay open and provide care.



Currently Canada has over 200 palliative physicians who refer 34% of hospice residents from the hospital. 70% of hospice residents suffer from a form of cancer and 75% of palliative deaths occur in hospital or long term care facilities.

A few years ago a study was conducted comparing the number of beds used by palliative residents in both the hospital and hospice. 622 patients used 14,829 days in hospice care costing \$6,509,931, if they had stayed in the hospital it would have cost \$12,604,650.



Hospice care is not only provided to adults but also to children. There are currently four dedicated children's facilities in Canada: Canuck Place (Vancouver),

Rotary/Flames House (Calgary), Roger's House (Ottawa) and Emily's House (Toronto). These facilities provides the same care along with special activities and therapies related to children.



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First Hospice Opened



African Hospice

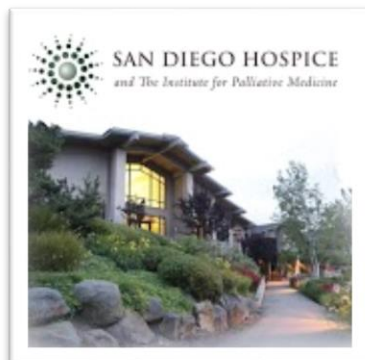


Hong Kong Hospice

- ❖ Hospice Care first began in the 11th Century around 1065
- ❖ United Kingdom – 1967
- ❖ Poland – 1970
- ❖ Canada – 1970
- ❖ United States of America – 1980
- ❖ Africa – 1980
- ❖ Japan – 1981
- ❖ Israel – 1983
- ❖ China – 1988
- ❖ Taiwan – 1990
- ❖ Hong Kong – 1992
- ❖ Russia – 1997



Russian Hospice



USA Hospice



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Volunteers *by RaeLyn Hojem*

New North Greenhouse has come on as community garden partner! We would like to give a big thank you to them! They are going to be donating at least \$500 worth of goods each year, be sure if you are in at New North you let them know how much it's appreciated. Our gardens are "looking great."

We are currently seeking volunteers for the following areas:

- Palliative Volunteers – Evenings and weekends
- Maintenance/Grounds keeping volunteers – Mornings and Afternoons
- Kitchen Volunteers – 12-4pm on Tuesday, and bi-weekly on Thursdays
- Reception Volunteers – Weekends
- Fundraising/Special Projects Volunteers – Various days/hours

If you are interested in joining our team as a volunteer, please contact RaeLyn Hojem (705-942-1556 ext. 261) or email at hojemr@archhospice.ca.

Reception & Office Volunteers:

Answer and direct incoming phone calls, answer the door, take donations, assist office staff with paper work, and other administration duties. Shifts are 3-4 hours, and can be any day of the week.

Palliative Volunteers:

Provide companionship to residents, assist with meals and preparation, and assist with activities of daily living. Shifts are typically 4 hours and are throughout the day.

Fundraising & Special Projects Volunteers:

Assisting with fundraising-related activity, which can include day-of-event volunteering, manning tables, selling tickets, putting up posters, etc. The time commitment for these volunteers can vary widely and is flexible.

Kitchen Volunteers:

Prepare meals, baking, maintain cleanliness of kitchen, check expiry dates, organize pantry, and other kitchen-related items. Shifts for kitchen volunteers are 12-4, 3-5 days a week.

Housekeeping Volunteers:

Cleaning and maintaining the common areas. Those who have taken the palliative course can assist with cleaning resident's rooms. Volunteers can come in anytime to do housekeeping, there are no set shifts.

Maintenance, Gardening, Groundskeeping Volunteers:

Maintaining the outdoor beauty of ARCH. This can include raking, shovelling, sanding, weeding, watering, grass cutting, seeding, fertilizing, planting etc. Usually volunteers come a morning a week for approximately 3 hours, but shifts are flexible.



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Spotlight Volunteer: Lucy Boston *by Anne MacGregor*

Talented Artists among ARCH Volunteers

ARCH is fortunate to have a good number of dedicated volunteers, many of whom are multi-talented. One such example is Lucy Boston. Visitors to ARCH may not be aware that the beautiful quilted hanging of dragonflies which is situated on the wall outside the “Sacred Space” is Lucy’s work.

Lucy’s early childhood was spent in Italy and, while attending Kindergarten at a convent, the Nuns introduced her to embroidery. Her mother was also a gifted seamstress, first in Europe and then Canada. The nuns and her mother’s encouragement started her on a lifelong love of creative fabric arts.



Lucy has always had a deep interest in nursing and cites her reasons for getting involved in the hospice movement as her desire to give back to the community and help people. Her first experience with hospice Sault Ste. Marie was when she volunteered at the ARCH office on King Street before the building was open, and at the Algoma Day Hospice sewing programme. She describes Day Hospice as having a family atmosphere where people were able to get away from the stresses of living with serious disease and draw strength from their fellow participants.

When ARCH opened Lucy, who had already trained as a palliative volunteer while at Day Hospice, put her name down for palliative volunteering and work in the office. Due to a very busy schedule, she has settled into volunteering in the office on a regular basis. She also volunteers at SAH one day a week, and plays duplicate bridge twice a week. An award winning artist, Lucy carefully selects 100% cotton/batiks for her wildlife and country quilts, Raggedy Ann/Andy dolls. She is busy preparing for the forthcoming “Arts at the Dock” in Hilton Beach in July, and the “Sylvan Circle Tour” in September.

Lucy and her husband Bill have four children, and five grandchildren. They enjoy travelling and family visits. ARCH is lucky to be the beneficiary of Lucy’s computer and creative skills.



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HPCO Conference Overview

During the last weekend of April 2013 four ARCH staff members (Diane Hilderley, Jennifer McLeod, Rae-Lyn Hojem, and Judi McLeish) and volunteer Brendan Cullen travelled to Richmond Hill, Ontario to attend the annual **Hospice Palliative Care Ontario Conference**. All local attendees were very positive and enthusiastic about their experience at the conference. Everyone appreciated his or her own opportunity to customise their own experience by attending sessions of their choice. Each person felt it valuable to have an opportunity to meet and interact with their counterparts at other hospices in Ontario. The following comments reflect the view of all attendees:

- learned a lot about how we can improve upon what we do,
- learned that ARCH is a very well run hospice; how can it be improved?
- enjoyed the different therapy sessions which were offered and attended,
- as a result of the above ARCH is now exploring the use of Reiki in its facilities,
- learned about children's palliative care and how it differs from that of adults.

Another highlight of the conference was the June Collwood awards. The June Callwood Award was established to acknowledge and thank outstanding hospice volunteering throughout Ontario. The award was named in honour of the late June Callwood, the Award Patron, and longtime advocate of hospice, community activist, author and recipient of the Order of Canada. This year Brendan Cullen was the recipient from ARCH.

All ARCH attendees expressed their pleasure with the sessions/lectures which they attended and agreed that they came away with a stronger knowledge of palliative care.



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Upcoming Meetings & Events!

Annual General Meeting

June 24th

ARCH will be hosting its Annual General Meeting Monday June 24th at Superior Heights beginning at 5pm. Parking is located in the North Parking lot off North Street. You enter through the front entrance from that parking lot. The meeting will take place in the library (glass wall, can't miss it) which is located on the right as soon as you enter the building. If you have any questions please feel free to contact us at 705-942-1556.



Hospice Golf Classic

September 6th

Although September is still a few months away we are busy prepping and planning for our 10th Annual Hospice Golf Classic. The event will be held Friday September 6th at Silver Creek Golf Course with dinner once again to follow at Grand Gardens. Tee off is 9am and this year we'll have many new and exciting events planned throughout the day. Registration has begun and spots fill up quickly. If you haven't already reserved your spot, you better hurry, you wouldn't want to miss out an amazing event. For more information please visit our website www.archhospice.ca, where you'll find all sponsorship and registration information or call Lee Skinner at 705-942-1556 ext. 223.



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Past events and Fundraisers!

Sault College Forgoes Graduation, to Donate!

April 9

Thursday April 9th, 201 Sault College Personal Support Workers held a Pasta Dinner Fundraiser in support of ARCH. The PSW class decided as a whole to forgo their graduation party in help raise funds for ARCH. The dinner dance was held at the Verdi Hall raising a total of \$3712.



Knights of Columbus #7999 generously donate!

April 11

April 11th, 2013 the local Sault Ste. Marie council, #7999 of the Knights of Columbus generously donated \$1000 to ARCH on behalf of its members.

USW LOCAL 2724 Donates!!

United Steel Workers Local Union 2724 graciously donated \$500 to ARCH on behalf of its members.

GWRRA donates to ARCH!!!

April 13

Saturday April 13th, 2013 at the Station Mall the Goldwing Road Riders Association collected donations during their Bike Show. They raised a total of \$778.



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Esquire Club makes generous donation!

April 13

Numerous weekends throughout the year the Esquire Club puts on a porketta dinner on Saturday and Sunday Afternoons. You play for your food – each participant is given bingo cards and you win your dinner by filling in your bingo card. Saturday April 13th the Esquire Club generously donated their profits – a total of \$7000.

They Shoot, They Score!

April 19-21

This year's Charity Hockey Classic in support of ARCH raised a whopping \$25,620.25 the weekend of April-21st! Sixteen teams competed – eight men's and eight women's – for trophies and bragging rights. In the Women's Fun Division White Oak Paint faced off against the Hockey Bags – the final score was 1-0 for Hockey Bags. The Hockey Bags were also the top fundraising women's team bringing in a total of \$2,124 in pledges. From White Oak Paint, Stephanie Frasier was the top fundraising woman raising \$950 in funds for ARCH – winning a pair of Graf hockey Skates from Sports Gold. In the Middle Division, Shut Yer 5'ole defeated Roadhouse 2-1 with a late goal in the final 20 seconds of the game for the win. On the men's side Madison's Pub/Pizza King took on the Sault Ste. Marie Firefighters. The Sault Ste. Marie Firefighters came out on top, winning 4-2. Tournament Organizer and Madison's Pub play Albert Williams raised a fantastic \$1037 in pledges to support the Hospice. Madison's Pub/Pizza King was also the top pledge-earning team, raising \$2,563.80 in memory of Lester Buckler. This year, approximately \$5000 will also be going towards building a park at the end of Marconi Street. So in the end, the community came out to shoot some pucks, and the community scored big time!



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Open Ice 3 On 3

April 25-28

The weekend tournament consisted of teams from all over Ontario and Michigan. This year brought in the largest number of registrations in the tournament's history. Players of all ages (from 6-60) were on the ice at 7am through 1am. The tournament has grown so large and successful, that next year we are booking an additional rink. The tournament this year was a massive success – 4 days, 4 ice surfaces, and more than 180 teams came together for this fun and frenzied weekend helping us raise a net total of more than \$20,000 for hospice services.



evening Bruce McLeish one of our volunteers played “Amazing Grace” on the bagpipes while memorial balloons were released. IT was a very emotional end to a wonderful day.

This was the first year we were joined by RBC, the RBC branches around town came out to support ARCH and the hike in excess of 50 staff members including famed Sault Ste. Marie curler Brad Jacobs. The day was a huge success bringing over \$25,000 for ARCH.

RBC Hike for Hospice

May 4

On Saturday May 4th ARCH held the annual RBC Hike for Hospice at Kinsmen Park (Hiawatha), it was a terrific summer-like afternoon. The hike began with the new memorial trail, where we recognized all the past residents of ARCH since we opened our doors in September 2008. After all this excursion we had a celebration of life: food, music, and fun! At the conclusion of the



Hanging Flower Baskets

May 11

May 11th ARCH held its annual Hanging Flower Basket fundraiser. This year we brought in extra support in the efforts to raise more funds; the local school boards were approached to participate in the sale. In our first year collaborating with the school board we had the participation of two high schools, White Pines and St. Basil's. The event was a success bringing in \$6,000 for ARCH despite the rough weather conditions in the month leading up to the sale; we are only now finally seeing weather appropriate for flowers.



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Evita – Superior Heights Theatrical Performance!

May 22

On Wednesday May 22nd, members of the ARCH staff attended a wonderful theatrical performance of Evita put on by the students of Superior Heights. The students ranged from grades 7-12 and the performance was directed by

Anthony Aceti, a teacher at Superior Heights. The night was planned as an open dress rehearsal with all proceeds going to ARCH, it brought in \$1504 through donations at the door. Congratulations on a great performance and wonderful night for ARCH.



Youth Empowerment Council – Superior Heights Challenge!

Many congratulations to Superior Heights for its excellent Car Wash which helped bring in \$675 for ARCH. The high school students were challenged by the United Way and the Youth Empowerment Council to raise funds for the charity of their choice while also participating in a fun rivalry between schools, all six local high schools participated in the challenge. Superior Heights also won an award for best overall fundraiser.



St Basil's Supports ARCH through Art and Graduation

June 12

St. Basil Secondary School generously donated \$1000 towards ARCH June 12th. The donation was a joint effort by the Art council and Graduation Committee donating \$500 each.



Comfortable end-of-life journeys.

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Comfort Stones *by Shaunagh Gravelines*

Hospice can mean many things but have we ever thought of Hospice as “gift”?

Gift is exactly the way a good friend of mine described her experience with Hospice after losing a dear friend – *“hospice is such a gift for the family and for our friend.”*

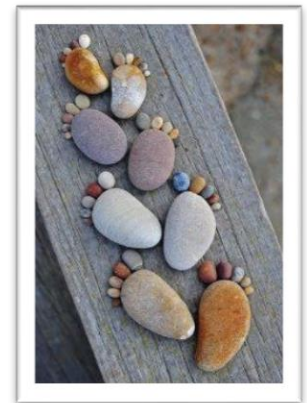
NEW!! - Speaking of gifts, each new resident is warmly welcomed with a one-of-a-kind palm-sized polished gemstone known as a Comfort Stone. Engraved with our new dragonfly symbol it is a tangible sign of strength, comfort, and hope. Offering the solid integrity of stone each comes with heartfelt promise of our commitment to quality, compassionate care through end-of-life. As each resident arrives with their own unique story, having walked their own journey with all life’s up and downs; this small but powerful gesture recognizes a stop along a journey for unique life of great consequences and meaning, the stone holds the continuity of that journey as it unfolds; representing for family as well, the remarkable endurance and permanence of memory.



The dragonfly image etched on our comfort stones has great significance to our hospice community. Many families and visitors notice staff and volunteers wearing dragonfly pins and that we have dragonfly motif visible in several areas. We are often asked about the significance of this emblem. Some hospices have chosen the butterfly as their emblem and others use the dragonfly. Both the dragonfly and the butterfly are symbols of transformation from world

to another. There is a children’s story to illustrate the symbolism. It starts by describing a little colony of busy water bugs living happily at the bottom of a pond far away from the sun. It describes how the water bugs noticed that some of their number would move up toward the surface and be seen no more. They wondered where their companions were going and why they chose to leave their home.

“All of us within ourselves have the necessity to come to grips with the truth, to find something, some principle in our lives that is absolutely reliable, that is certain, something that is worthy of our confidence. All of us feel this necessity somehow or other to make contact with rock-like reality.” – John Main, “Anxiety to Peace”



Have a restful summer and stay in touch!



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“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 dignity and 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.”



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