



Spring 2013

ARCH Newsletter Committee:

Lee Skinner - Paige Linklater - Brendan Cullen - Anne MacGregor

ARCH Spring Newsletter

Happy spring everyone! Spring has sprung and ARCH is busily getting ready for the upcoming fundraising season. Enjoy reading about some of our new staff, volunteers and our current fundraising endeavours.

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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Spring has Sprung & So has Baby! *By Lee Skinner*

That's right – ARCH has a new baby! Alexander Brian Mudge was born April 1st at Sault Area Hospital at 4:30pm. Weighing in at a whopping 9 pounds and 2 ounces, and measuring an amazing 23 inches long, proud mama Theresa and papa Nathan are happy that Alexander finally decided to grace the world with his presence. Everyone here at ARCH wishes the whole family all of the best ...and lots of rest.

And while our Executive Director Theresa is on maternity leave, please welcome our Interim Executive Director, Diane Hilderley. Diane is well known to ARCH and has been a director on the ARCH Board of Directors for three years. She has been very involved specifically on the Quality Committee, which ensures quality, compassionate care is consistently being delivered to ARCH residents and their families. Diane is a Registered Nurse with a diverse background in hospital nursing, public health nursing, as well as teaching nursing at Sault College, and in case management within NECCAC (North East Community Care Access Centre). ARCH warmly welcomes Diane to the team!



Diane Hilderley
Executive Director

You also may have noticed another new addition – the dragonfly on the cover of the newsletter. Many wear the dragonfly around their neck, on their coats, or decorate their homes with them to show their connection to ARCH. Even more connect with the story of the dragonfly that closely parallels the emotional, spiritual and psychological journeys that many take during the death of a loved one. As the dragonfly already holds so much meaning, we have launched a new logo to accompany our growth and development as a non-profit organization. ARCH Hospice is taking flight and we hope you will all join us on this exciting new journey!

The Story of the Dragonfly

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions. Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened, their friend was dead, gone forever. Then, one day, one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top. When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying. So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed. Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended. But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So, he raised his wings and flew off into his joyous new life!



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Meet Some New ARCH Team Members!



Wendy Upton

Intake Coordinator

Hello everyone! As Intake Coordinator I do assessments for admission to ARCH. These assessments are often done in the person's home or the hospital as needed. As a registered nurse I sometimes assist the staff with nursing care for our residents.

I have been with ARCH from the beginning in 2008. The goal of providing excellent palliative care for our residents is what attracted me to ARCH and my time here has been extremely rewarding. Our care is for our residents but also extends to their families throughout the end of life journey.

My extensive nursing experience enables me to do the work of ARCH in a caring and compassionate way.

My husband and I live in the country and I spend much of my personal time gardening and enjoying the outdoors. Our six grandchildren also take up a large part of our lives.



Paige Linklater

Marketing and Events Intern

I am one of the newest member of the ARCH team, and am looking forward to the wonderful experience ahead of me. After spending a few years in Southern Ontario I was looking forward to returning to the North.

Originally from Sault Ste. Marie, I attended Laurentian University (Algoma Campus) and received a Bachelor of Arts degree, majoring in Political Science and History. I most recently received a Post Graduate Certificate in Corporate Communication and Public Relations. I have done marketing and events work with both the Parkinson's Society of Southwestern Ontario and a semi-professional soccer team part of the Canadian Soccer League.

Before moving to Southern Ontario I was part of the Sault Ringette Association for over 18 years as a player, coach and volunteer. In my spare time you will most likely find me at a local sporting event, whether it be as a participant or spectator. I love to read, bake, cook, enjoy exploring new languages and can always be found checking the sports scores.

I am looking forward to my time at ARCH, learning, exploring and creating life long memories.



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A Hospice Family Story *by Anne MacGregor*

In late 2011, a dearly loved only son and brother, who had been living in western Canada for some considerable time, and had been receiving chemo treatment for lymphoma cancer, was informed that nothing further could be done and his case was terminal. At that time, October 2011, Paul decided to come back to Sault Ste. Marie to be nursed by his family. Paul had heard about ARCH and expressed the wish that, when the time came, he spend his final days in the hospice.

In April 2012, during a regular visit from his palliative care physician, Paul was informed that there was a bed available at ARCH. Paul entered ARCH on April 28, 2012 where he received loving tender care from staff until June 23, 2012, the day of his death. During this time his family visited him regularly and appreciated ARCH's amenities. They expressed particular gratitude for being able to enjoy many lunches and snacks in the kitchen with Paul as a family. On a few occasions, such as the birthdays of family members they had celebratory dinners in the dining room which Paul had been able to attend and all of them appreciated the relaxed informal setting.

One particular aspect of Paul's care which was greatly appreciated was the respect given to him by staff and volunteers as he conducted his daily spiritual devotions. These formed an integral part of Paul's life and were vital to his spiritual and emotional well-being. This was recognised by ARCH staff and volunteers and Paul's devotions were always honoured.

Since Paul's death, the Cyr family has expressed its appreciation for the wonderful care given to their son and brother. Recently Paul's sisters visited ARCH to drop off some donation cheques which they had received and view Paul's name on the donor wall in the reception area. To quote one sister she said "seeing the familiar faces of the caring and compassionate staff and volunteers brought back so many special memories and emotions for us. It was like walking into our 'second-home' and meeting up with family." Other comments of appreciation specified ARCH's peaceful setting and how respectful staff and volunteers are to residents and their families. The family appreciated the opportunity to be with Paul at any time of the day or night and particularly the privacy and dignity made available to Paul and his loved ones as his life drew to a close. The family felt privileged and honoured to be there at those time.



*"Find a place inside where there's joy,
And joy will burn out the pain."*

-Joseph Campbell



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NEW! - In the Kitchen with ARCH

Lena Finlayson was ARCH's first resident when we opened our doors in September of 2008. A skilled cook, she would regularly give the PSWs helpful hints in the kitchen, sometimes teaching them entirely new recipes. Her family brought in one of her most famous recipes – Lena's Famous Italian Meatballs. This celebrated recipe has been framed, on the wall in ARCH's kitchen, for the past 4 years. For the first recipe in this new column, we wanted something special with a fantastic story behind it, and we're sure that you will enjoy this one!

Lena's Famous Italian Meatballs

2 ½ lbs ground beef or 1 lb ground beef with ½ lb ground pork or veal
1 ½ cups grated parmesan cheese
1 cup water
1 cup bread crumbs
4 eggs
3 tsp salt
Garlic powder, black pepper and parsley to taste

1. Mix all ingredients together and roll into 2 inch balls
2. Meatballs can be cooked in sauce or baked in oven at 350 for 20-30 minutes

Helpful Tips:

- Meatball mixture can also be used for Stuffed Peppers and Cannelloni's
- Meatballs freeze well for up to 3 months

Recipe from Lena Finlayson



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Radha's Workshop *by Shaunagh Gravelines*

Warm greetings from Supportive Care Services

With ARCH committed to the highest standards of excellence for resident and family care, we are always looking for ways to improve. Investing in our staff is one way to ensure that our quality and standards continue to grow. February was a busy month as staff enjoyed a very special professional development day called "MAKING A DIFFERENCE AT ARCH" the tangible takeaways included:

- New ways of fostering meaning in our work
- Explored the power of positive attitude in creating a positive work environment
- Identified new ways of providing outstanding Resident care
- Learned about our personality style & strengths
- Discovered optimal ways of relating with different types of people

The time was well-spent, as staff came away with lots of tools, education, and great self-awareness of making the team at ARCH the best it can be. Reports are it was fun, engaging with lots of learning and team-building! Staff report a boost in morale, greater feelings of camaraderie, and a sense of empowerment as well as ongoing interpersonal learning.



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We hear from some of our dedicated PSW's:

"I really liked the group sessions. We seldom get to mingle with our co-workers due to shift work so it was just great to see them in a different light and get to know them beyond the roles we have at work...what a great idea to have the administration staff joining in for the whole day with the frontline staff...I loved the True Colours session! I understand colleagues better now."

- Kathy

"It was just awesome! We really needed something to lift our spirits. Thanks for putting it on!"

- Brenda

"I found the day inspirational, enlightening, and empowering!"

- Jody

"It was so fun. Loved the group interactions! Motivated me to want to participate."

- Nathan

As a relatively new hospice organization, we see developing, educating and enriching our staff a key priority in delivering exemplary resident care. The workshops provided loads of fun and engaging opportunities for learning, enriched with very substantive content. Our facilitator's delightful style of delivery with her wit, wisdom, and creativity allowed our group rich discoveries of inner wisdom, self-awareness, and enlightenment.

"We feel that it is important to provide hospice care to the people in Sault Ste. Marie and the Algoma District. The hospice program is comforting to the people who are wrestling with the day-to-day struggles of living with a terminal illness. The participants are able to enjoy a place where they receive the comfort and support they need."

-Words from a donor



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Chuckles: Kids' Perspectives on Love *submitted by Anne MacGregor*

HOW DO YOU DECIDE WHOM TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming.

- Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

- Kristen, age 10

WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then.

- Camille, age 10

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids.

- Derrick, age 8

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids.

- Lori, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.

- Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date.

- Martin, age 10

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich.

- Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that.

- Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do.

- Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

- Anita, age 9

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there?

- Kelvin, age 8

HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck.

- Ricky, age 10



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Bereavement Services *by Shaunagh Gravelines*

Spring has sprung! The snow is fast disappearing. We can hardly wait for the tree buds to grace us with their glorious appearance. Yet not all of us may feel like celebrating the change of seasons, especially if we have lost a loved one recently.

Many of us have heard of Elizabeth Kübler-Ross' 1969 iconic book *On Death and Dying* which describes her famous hypothesis, or model, of the stages of grief which those with a terminal illness may go through. Inspired by her work with terminally ill patients, Kübler-Ross discovered that when a person is faced with the reality of impending death he or she may experience a series of emotional stages: denial, anger, bargaining, depression, and, acceptance (the more easily remembered acronym is known as DABDA).

We now know that this model is not the case for everyone, and if these stages do occur, it may not be in any particular order. At <http://grief.com> David Kessler currently writes:



The stages have evolved since their introduction and they have been very misunderstood over the past three decades. They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss as there is no typical loss.

Our grief is as individual as our lives. The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live with the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief. Not everyone goes through all of them or in a prescribed order. Our hope is that with these stages comes the knowledge of grief's terrain, making us better equipped to cope with life and loss.



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In our last newsletter issue we began five-part grief series dispelling myths as developed by Alan Wolfelt, PhD. Last time we looked at Myth #1: Grief and mourning are the same experience; In this issue we look at another myth:

Myth #2: There is a predictable and orderly progression to the experience of grief.

Stage-like thinking about both dying and grief has been appealing to many people. Somehow the "stages of grief" have helped people make sense out of an experience that isn't as orderly and predictable as we would like it to be. If only it were so simple!

The concept of "stages" was popularized in 1969 with the publication of Elizabeth Kubler-Ross' landmark text *On Death and Dying*. Kubler-Ross never intended for people to literally interpret her five "stages of dying." However, many people have done just that, not only with the process of dying, but with the processes of bereavement, grief, and mourning as well.

One such consequence is when people around the grieving person believe that he or she should be in "stage 2" or "stage 4" by now. Nothing could be further from the truth.

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 the grief and mourning experiences of others should be - or when we try to fit our own grief into neat little boxes.

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 April 10, 2013. This group is open to the public, not just to those who lost a loved one who resided at ARCH. 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. It's gentle and invitational and it's not all doom and gloom. Believe it or not, we do find room for light and laughter! 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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Joe Rusico: Supporting ARCH through Tax Returns *by Paige Linklater*

Every spring, there is one thing that is for certain, taxes. It's a fact of life that all working individuals eventually must file their tax return. In an effort to bring awareness and raise money for ARCH hospice, Joe Rusico has kindly offered to forgo charging for his services in return for a donation to the ARCH.

An active community member, Joe is involved with his church and is a member of Sault North Rotary. Roughly five years ago Joe wanted to get even more involved and began offering his tax services to raise funds for the St. Vincent Place.

Joe became familiar with ARCH when he came to visit a loved one over the Christmas Holidays. He described, "I became aware of how much ARCH really counts on fundraising from year to year, and how significant they are in the community. I realized how important fundraising is to operating and providing the great services that they do." This year, he had decided to start offering the same fundraising opportunity to ARCH.

As Joe's area of expertise, it's where he felt he could contribute the most. The donation can be in the amount of your choosing, Mr. Rusico suggests gauging it by what you have paid to file your taxes in the past. "I ask the community to use their own discretion and look into their own conscience as to what to donate."

Joe also partnered up with ARCH this past January to help facilitate our storage needs. He donated a much-needed storage unit where we keep supplies, holiday decorations, and equipment. "I'm in a position to help. I think it's best to help however you can – we all have the capacity to help in different ways- no matter the scale."

To help the hospice by having Joe file your tax return, contact Joe Rusico Professional Corporation, Accounting, Assurance and Taxation 705-949-1221. Mention that you would like him to file your taxes for ARCH Hospice.

Ruby Community Partners
\$10,000+ Annually



RBC Royal Bank



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Volunteers *by RaeLyn Hojem*

Volunteer Appreciation Dinner - Save the date!
Wednesday April 24, 2013 at the Grand Gardens at 6pm.

We are currently seeking volunteers for the following areas:

- Palliative Volunteers – Evenings and weekends
- Maintenance/Grounds keeping volunteers – Monday and Friday mornings and afternoons
- Kitchen Volunteers – 12-4pm on Tuesday, Wednesday 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.

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.

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.

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.

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.

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: Eunice King *by Anne MacGregor*

This new addition to the newsletter features a long-standing volunteer and gives you some details on what wonderful things he or she does at ARCH, why they choose to volunteer at ARCH and a little bit about themselves.

*"There are some persons whose great gift, in a dark age,
is simply to maintain a candlelight of humanity and so to guarantee
that darkness should not have the final word."*

- Robert Ellsberg

Proud to be an ARCH Volunteer

The above saying accurately describes ARCH's palliative volunteers, who possess compassion, kindness, gentleness, tenderness to name a few attributes. One such volunteer is Eunice King from Echo Bay who became an ARCH volunteer as a result of having viewed at first hand ARCH in operation.

A number of years ago Eunice undertook a training course with the VON and became a palliative volunteer in the Echo Bay area. When a client and friend of Eunice was admitted to ARCH to spend his final days Eunice was a regular visitor and closely observed everything which went on during her visits. As a result of this, Eunice applied to ARCH to be a volunteer, and was accepted. Initially Eunice served on the Reception desk until she had completed ARCH's Palliative Volunteer training. For the past few years Eunice has been an invaluable twice weekly volunteer.

Eunice is always smiling and is much loved by her clients. She goes out of her way to provide a service of loving care. One example was when a recent resident expressed to Eunice her love of birds, especially cardinals. Eunice then proceeded to obtain some serviettes with cardinals on them especially for her client.

Eunice has spent many years of her life in the area. She has four children, eight grandchildren, and seven great grandchildren. For a number of years Eunice and her sister-in-law owned and ran the bakery in Echo Bay. Her butter tarts are renowned at ARCH as she frequently brings some in for treats and special occasions and always provides some for fundraisers. Thank you very much Eunice for your devotion to ARCH, your loyalty and the loving care you give to your clients.



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Upcoming Events & Fundraisers!

Sault College Pasta Dinner

April 11

Sault College student Kassie Peloso and her classmates from the Personal Support Worker program will be putting on a Pasta Dinner fundraiser for ARCH on Thursday April 11th at 6:00pm at Verdi Banquet Hall. If you would like to attend, please give Kassie a call or email at 705-941-1754 or kassie_peloso@hotmail.com.



CHARITY HOCKEY CLASSIC
PROCEEDS SUPPORT ARCH HOSPICE
APRIL 19-21 2013 JOHN RHODES

Charity Hockey Classic

April 19-21

The annual tradition continues with this fun tournament organized by Albert Williams. With both Men's and Women's Divisions, 16 teams will face-off for this event that supports ARCH and the construction of a local city park for families.

Last year the event raised over \$18,000!



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3 On 3 Hockey Tournament

April 25-28

The 13th Annual Open Ice 3 on 3 Tournament takes place April 25, 26, 27 and 28 of 2013. Open Ice games will be played at John Rhodes, Soo Pee Wee, Rankin and Essar Arenas in Sault Ste. Marie, Ontario. For more information or if you'd like to volunteer for this event please contact Lee Skinner at 705-942-1556 ext. 222, skinnerl@archhospice.ca or visit openice3on3.com.



Volunteer Appreciation Dinner

April 24

Save the date Wednesday April 24th, 6pm at the Grand Gardens. Please RSVP to RaeLyn Hojem at 705-942-1556 ext. 261 or hojemr@archhospice.ca by April 19th.



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Hike for Hospice

May 4, 2013 📍 1:30-6:30 📍 Kinsmen Park

RBC Hike for Hospice

May 4

The RBC Hike for Hospice will kick off at a new location this year with many new additions!

Join us on Saturday, May 4th at Kinsmen Park (Hiawatha) for an afternoon of hiking and celebration! The Hike will begin with the new **Memorial Trail**, where we will recognize residents of ARCH since we

opened our doors in September 2008 through to January 2013. The Hike is family and dog friendly, so be sure to bring all of your loved ones! Afterwards, join us for a **Celebration of Life**: food, music and fun! We will be having a delicious barbeque, fun kids' activities including a bouncy house, live band and live entertainment for all ages! The evening will end with a memorable **Balloon Release**.

Registration is \$25 per participant or \$100 per family, and includes a balloon to release during the Balloon Release. Participants who raise \$100 receive an ARCH Hospice t-shirt. Raising above and beyond is encouraged, as every dollar helps bring comfort and compassion to local Algoma families requiring ARCH Hospice services. You can find the pledge form on our website or on page 18 of this newsletter.

Registration will be at Bible Fellowship Church at Hiawatha from 1:30-3:00pm and will include coffee, tea, and cake. If you would like more information, please contact Lee Skinner, Fund Development Coordinator at ARCH Hospice at skinnerl@archhospice.ca or 705-942-1556 ext. 222.



Hanging Flower Baskets Fundraiser

May 11

It's that time of year again, hanging flower baskets will once again be made available just in time for Mother's day. This year's campaign will begin on April 8th and the final day to submit orders will May 3rd. Flower basket pick up is scheduled for Saturday May 11th from 11-2pm at the Dennis St. court in the Station Mall. For more information or if you'd like to order a basket please contact Paige at 705-942-1556x223 or marketing_intern@archhospice.ca.



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Past events and Fundraisers!

Agero – Giving Back!

March 26

Recently ARCH gratefully accepted a generous donation from Agero. Over the course of the past year at Agero, team Bedard and team Taylor (groups of employees) have had several bake sales and special food event days raising a total of \$1136.00. This was generously matched by corporate resulting in a total of \$2272.00. These are regular fundraisers the teams put on to raise money over the course of a year, going to the organization of their choice.

Alison Taylor, Tammy Flammia, ARCH's Lee Skinner, and Cory Bedard



City Staff donate to ARCH

March 21

The Civic Centre Fundraising Committee held a March for ARCH Luncheon – over 130 municipal employees participated on March 21st. The event was a great success, raising \$1,300 in support of the Algoma Residential Community Hospice.

Diane Hilderley, Executive Director accepting the donation from City of Sault Ste. Marie CAO Joe Fratesi

USW 2251 Donates Handsome \$1000.00!

United Steel Workers Local Union 2251 donated a handsome sum of \$1000 to ARCH Hospice this March. Longtime supporters, their contributions are received with warm and thankful hearts.

Lakeway Reunion Committee makes Donation

January 17

The Reunion Committee from Lakeway C & VS donated \$2,211.19 to ARCH. The committee decided to donate the funds after hearing about the wonderful experience a member had at ARCH while her mother was a resident.

Sharon Siegfried, Lori Armstrong, Lorri Bass, Chris Dunn, Marcy Strachan, Vicki Marcil and Kim Morin.



Comfortable end-of-life journeys.

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May 4, 2013 1:30-6:30 Kinsmen Park

Please return all collected funds and pledge forms prior to hiking on May 4th, 2013 at 3:00pm. Submit pledge packages at the registration desk in Bible Fellowship Church (Hiawatha) on May 4th from 1:30pm to 3:00pm.

ARCH Hospice Pledge Form

FEEL FREE TO COPY

Please consider providing an email. Email receipts will help us allocate more funds to providing quality compassionate care through end-of-life.

Mr. Mrs. Ms. Dr. Other First Name:

Last Name:

Address: Apt: City: Province: Postal Code:

Email:

Team Name:

Home Tel: Bus Tel: Other Tel:

Receipts will be issued for all donations of \$20 or more if donors name and address are complete and legible.

Please make cheques payable to "ARCH".

First Name	Last Name	Home Address	City	Prov.	Postal Code	Office Use	Type	Amount	Receipt
1							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
2							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
3							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
4							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
5							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
6							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
7							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
8							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
9							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No
10							<input type="checkbox"/> Cheque <input type="checkbox"/> Cash		<input type="checkbox"/> Yes <input type="checkbox"/> No

By signing this form, I hereby remise, release and forever discharge ARCH Hospice, RBC Royal Bank and any other organizers, sponsors, staff, volunteers, and participants of and from any liability associated with the annual Hike for Hospice. It is expressly understood and agreed that there are risks with voluntary participation in The Hike. It is further expressed and understood that hiking can be dangerous and that, by participating in the Hike for Hospice I am placing myself at risk of injury. I therefore agree to assume all risks of every kind and nature whatsoever arising out of my participation in the Hike for Hospice. I further acknowledge that my participation and attendance at or during the Hike for Hospice constitutes permission to be photographed for possible publicity, promotional, or other purposes, and constitutes a waiver of any and all claims for compensation from all sponsoring agencies.

Participant's Signature

Date



MINIMUM REGISTRATION:
\$25 PER PARTICIPANT - OR - \$100 PER FAMILY
INCLUDES BALLOON FOR BALLOON RELEASE

FOR OFFICE USE ONLY

Received \$
Non Received \$
Total Collected \$



\$20.00 / Basket

**Think
Spring!**

**Algoma Residential
Community Hospice**



Hanging Flower Basket Fundraiser 2013

**Thank you for
Helping Hospice**

10 Inch - Hanging Baskets: geranium, petunia and fuschia

Delivery Date: Sat. May 11, just in time for Mother's Day

**Pick Up: Station Mall - Dennis Street Court,
11:00 AM - 2:00 PM (No Early Birds)**

**\$20.00
Basket**

A variety of colours will be available - first come - first choice

NEW THIS YEAR - Credit Card orders will be taken by phone - 705 942-1556 x223

or baskets can be pre-ordered and pre-paid (cheque or cash) from

- | | | |
|--------------------------------|---------------------------|-------------------------------------|
| 1. ARCH - 229 Fourth Line West | \$20.00
Basket | 3. Hess Jewellery (Churchill Plaza) |
| 2. The Station Mall Office | | 4. Postal Kiosk - Market Mall |

Contact Paige at ARCH if you can take group orders. Tel: 942-1556 x223

ORDERS MUST BE RECEIVED BY FRIDAY, MAY 3, 2013.



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Reflective Moment *by Shaunagh Gravelines*

Shaunagh stumbled upon this quiet reflection from a blogger. She feels it captures well her experience at ARCH Hospice. Shaunagh sought out and received permission to share this from Philip Chircop who writes daily reflections at www.philipchircop.com



GIVING AND RECEIVING COMFORT

A good friend graciously sent me this card. It set me thinking.

Giving and receiving are two movements in the ever unfolding symphony of life. Giving and receiving are like the exhale which must necessarily be followed by an inhale if one is to live. It is the exhaling and inhaling in equal measure that makes life a beautiful gift. It is the tango dance of giving and receiving that transforms our life into the generous gift of Presence.

Personal reflection | philip chircop

Photo | Robert Langham III, a postcard by the Borealis Press



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June Callwood Award: Brendan Cullen *by RaeLyn Hojem*

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 long-time advocate of hospice, community activist, author and recipient of the Order of Canada. This Award is presented each spring at the Hospice Palliative Care Ontario Conference and at the annual Volunteer Recognition event at Algoma Residential Community Hospice (ARCH).

Criteria for the Award

- Provides outstanding contribution to ARCH
- Serves as a volunteer at ARCH
- Demonstrates on a strong commitment to teamwork
- Committed to Hospice philosophy
- Committed to ARCH values of service, compassion, collaboration, respect and excellence

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. From writing for our newsletters, playing cards with residents and greeting our families. Brendan's care for others is manifested in the way he lives his life and looks beyond his own needs. He demonstrates that life is lived to the fullest when you serve others.

Thank you Brendan!



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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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