

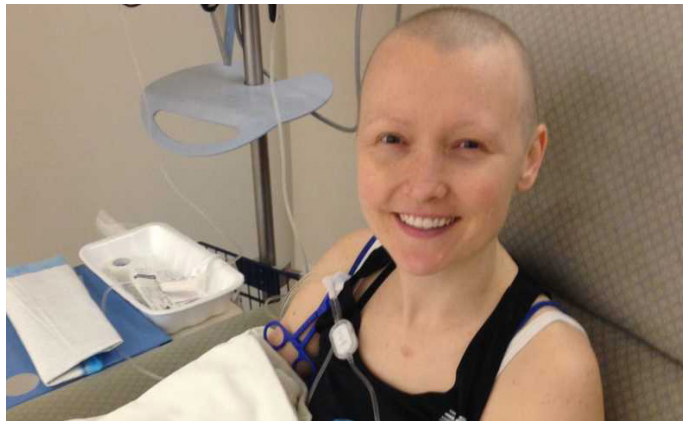
The background of the entire page is a photograph of bare, dark tree branches. Interspersed among the branches are numerous out-of-focus, warm-toned circular lights, creating a bokeh effect. The overall color palette is soft, with warm yellows and oranges from the lights contrasting with the cool greys and blues of the branches.

ARCH Hospice

Winter Newsletter
2019

Giving Your Loved Ones a Roadmap

The best day for Christa Wilkin was also her worst day, when, at 32 years old, she became a new mom and cancer patient. With no warning signs, she was diagnosed with Stage 2B cervical cancer that had already spread to her lymph nodes. The tumor was discovered when she went into early labor with her son at 33 weeks, who ultimately saved her life.



"Where would you want to be if you were dying? It's a morbid question, and emotionally laden, but it's one that may be asked when you are diagnosed with cancer. When I picture palliative care, I imagine an old man, confined to a wheelchair, with thick wrinkles and scraggly grey hairs that stick out of his chin, being spoon fed Jell-O that jiggles as the spoon is lifted to his mouth.

I also think of grandparents who gift you their antique china sets or dining room tables when they die. Maybe it's something you've always wanted, or maybe you have to tip toe in response, 'It's beautiful but we don't have room' or simply agree and stash it in the basement, never to see daylight again. It feels like I'm too young to ask myself these questions, such as who will receive my possessions, but it saves my family the grief from having to ask for me.

Then there are questions about who will take care of the kids, or pets, or both the kids and the pets. I found these to be the harder questions because I was forced to think about what would be best and put aside hurt feelings that might arise from loved ones who aren't chosen as caregivers. Ultimately, your job is to do what's best for your family and not make decisions to try to please others. Making a will is important whether or not you have cancer. It answers these hard questions

and saves your loved ones a lot of grief if you are gone. But it goes beyond making a will. It's thinking about where you would want to be if you become sick (or sicker). At first, I fantasized about being somewhere warm. Maybe by a beach. There, I would hear the crisp splashes of the ocean, smell the salty breeze, and feel the warm sun as it lights up my face. But living in Canada, with winter being what feels like half the year, it wasn't a very practical idea.

The bigger question is not so much where I want to be, but who I want to be with. My family. My friends. But not everyone. There are some people who take care of you and others who you always find yourself taking care of them. I want to surround myself with those who take care of me. It's about thinking about whether you want a funeral. Personally I have a hard time with funerals. They are just so sad. I would prefer a celebration of life where there is a crap ton of alcohol and people swapping amusing stories, and a few tears, about me. Oh and music. Good music.

It's thinking about what will happen to your body when you're gone. I reckon a lot of people have considered whether they want to be buried or cremated. I always wanted to donate my organs or tissue to save someone else's life, but once cancer metastasizes, donation is no longer an option, which makes sense. I wouldn't want to

give anyone cancer because they received a kidney donation from me that had microscopic cancer cells.

The scientist and teacher in me loves the idea of donating my body to students in science. Maybe my body will help medical students hone their skills so that they can save someone's life in the future. Or maybe my body will help us better understand cancer or spur advances toward finding better treatments, or at least treatment that seems less barbaric.

Donating my body to a university puts me back in the driver's seat to decide what I want to do with my body and makes me feel like someone still benefits from my loss. It's not all for naught.

It's about putting money aside so that your family isn't left with hard decisions about where you will live, should you be unable to care for yourself, and how they will find the money to care for you. We save up for important things such as buying a house or going on a vacation. Saving up for the 'after life' is also something to consider.

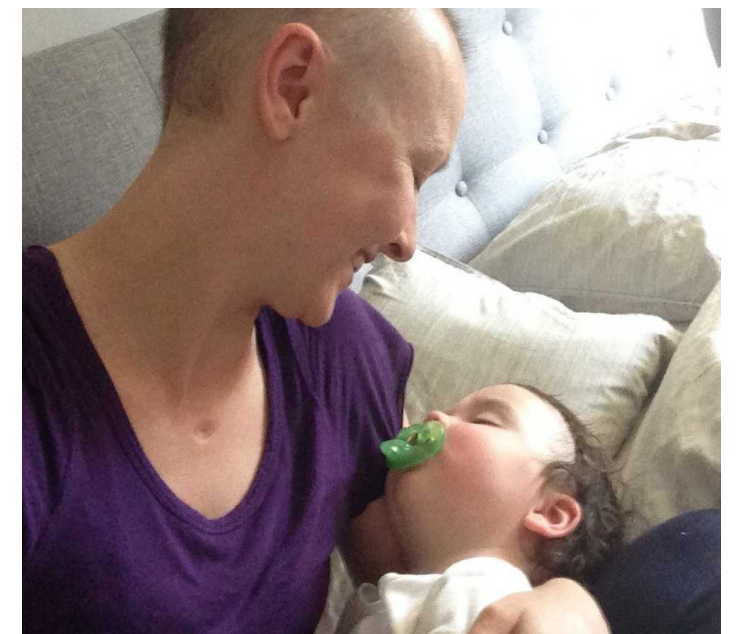
It's about giving your loved ones a roadmap. Writing a eulogy is one example. I always feel bad for those tasked with writing a eulogy after someone passes. There is so much pressure to find the perfect words to capture who this person was and what that person meant to you.

Last year when I had time to myself, well I wasn't really alone because I was among a hundred other strangers on a flight back from a wedding, I used that time to write my own eulogy. Sure, I drew some looks as tears spilled down my cheeks while I wrote, but the process was so cathartic for me. It forced me to think about what I would want my husband to say if he spoke about me. He doesn't have to use the eulogy I wrote. He could use his own words, or not even speak at all. But it's easier to edit a draft once it's written, rather than trying to start something from scratch. I wanted to give him that option.

All of these questions, and more, are part of the palliative care process. We don't often talk about death in our society. Even the word death, I find, is hard to say. We say euphemisms like, he 'passed away' or my sister is 'deceased.' We assume that we have time to ponder these questions, and for many of us, we do. We will contemplate questions about our care, years in the future, when we have more grey hairs on our heads (and chins).

But asking yourself these questions now is such a loving thing to do for yourself and others. You don't have to wait for a life-limiting illness. You can take control over an outcome, that, for all of us is inevitable but seems less scary when you take the time to plan for it.

** Written by Christa Wilkin, 34, of Toronto, Ontario, Canada. To learn more about Christa and her journey, www.everthelessshepersisted.ca**



Creative Inspirations - Challenge Chef Tom



Norie's Noodles

If you haven't met Norie, know that in addition to her innate kindness, she creates a beautiful dish called "Norie's Noodles" enjoyed by many of our residents, families and team. Fussy toddlers have also been known to eat Norie's Noodles too! We invite you to try the sublime noodles!

Ingredients

- 1 pkg. dried rice noodles (vermicelli)
- 2 tbsp. vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 c. diced, cooked chicken breasts
- or pork/beef
- 1 ½ c. green beans, thinly sliced
- 1 big carrot, thinly sliced
- Handful of snow peas
- 1 c. savory cabbage
- ¼ c. soy sauce
- 1 tsp. ground saffron or turmeric
- 1 ¼ c. chicken broth or water
- 1 chicken or beef bouillon cube
- 2 green onions, thinly sliced
- ¼ tsp. pepper

Procedure

1. Place rice noodles in a large bowl and cover with warm water. When soft (about 2 to 3 minutes), drain and set aside.
2. Heat oil in a wok or large skillet over medium heat. Sauté onion and garlic until soft. Stir in chicken, green beans, carrots, snow peas, pepper and soy sauce. Cook until carrots and green beans begin to soften, about 5 minutes. Add broth. Reserve 2 tablespoons of vegetable mix. Toss in noodles and cook until heated through, stirring constantly. Transfer to a serving dish; place reserved vegetable mix on top of noodles. Sprinkle with green onions and garnish with quartered lemons.
3. Serves 5 to 6

Our Favorite Chocolate Chip Cookies

Every kitchen needs a gold standard recipe for chocolate chip cookies. This one is our house favourite! We promise countless licked spoons, spilled vanilla and recommend extra chips in the batter. These chewy cookies will be hard for your friends and family to resist.

Ingredients

- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup (1 stick) butter, softened
- 1 cup brown sugar
- 1 tablespoon corn syrup
- 1 egg
- 1 teaspoon pure vanilla extract
- 1 cup chocolate chips



Procedure

1. Preheat your oven to 375°F.
2. Whisk the flour, baking powder and salt together and set aside.
3. Using a stand mixer or a food processor, cream the butter and sugar together until smooth. If you don't have a stand mixer, beat vigorously by hand in a large mixing bowl.
4. Add the corn syrup, egg and vanilla and continue beating until well combined. Scrape down the bowl and gradually add the flour mixture, beating just until combined. Stir in the chocolate chips.
5. Using a spoon, scoop out a ball of the dough, roll it for a moment in your hands and then drop it onto a lightly greased cookie tray. Slightly flatten the balls but leave lots of room in between to allow the cookies room to expand.

* For a soft, chewy cookie, bake for exactly 12 minutes. For a cookie with a bit of crispy crunch, bake for exactly 15 minutes. Cool for 2 minutes on the cookie sheet and then remove and cool further.*

Variation

- For a richer chocolate flavour, add 1 tablespoon of cocoa powder to the dry ingredients.
- For an extra special treat, substitute M&M's for the chips.

Hospice Happenings

Children's Grief Groups

Nutritional Breaks Included

Certified Facilitators

ARCH Hospice - Garden Room



For children and youth, losing someone close to them can be confusing and extremely difficult.

This group will offer education, relationship building, and sharing to help the children and youth feel more connected with their own feelings, as well as to feel connected with others with similar experiences.

Grief is a natural ongoing response to the loss of someone you love, and everyone grieves differently.



Refreshments & snacks provided.
Garden Room @ ARCH Hospice
Please RSVP: Natasha @ E: RinaldiN@archhospice.ca | P: 705-942-1556 Ext 224



Becoming Comfortable with the Uncomfortable

Presenters: Bob Dumanski - Laidlaw, Paciocco, Dumanski, Spadafora & Johnson LLP
Tom Murray - CPA, CA - BDO Sault Ste. Marie

Financial Planning: Wills & Estate Planning & Tax Planning

Bob and Tom will share their insights on benefits of estate planning.

We invite you to join us February 21 at 5:30 p.m. at ARCH to explore the options that will leave you feeling prepared and ready for your future.

Refreshments & snacks provided.
Garden Room @ ARCH Hospice 5:30 PM. Admission by donation.
Please RSVP to Bree: Email: marketing_intern@archhospice.ca
Tel: 705-942-1556 Ext. 223



DROP IN GRIEF PEER SUPPORT GROUP

A JOURNEY TOWARD ACCEPTANCE AND PEACE

ARCH HOSPICE-229 FOURTH LINE W

NO REGISTRATION REQUIRED
FRIDAYS 2-3 PM
705-942-1556 EXT 224

THE GREAT BUCKET LIST BALL

FRIDAY MAY 31, 2019 @ THE MACHINE SHOP



DELICIOUS MULTI-COURSE MEAL
BUCKET LIST RAFFLE & PRIZES
LIVE MUSIC WITH THE REPTILES

FORMAL OR FUN ATTIRE
6PM RECEPTION | 7PM CELEBRATION BEGINS



LIVE BUCKET LISTING ALL NIGHT
TAROT READING OR HOLD A BUG!
VIRTUAL REALITY FLY OR SCUBA!

ALL PROCEEDS HELP HOSPICE



GET YOUR EARLY BIRD TICKETS NOW!
BEFORE MARCH 31: TICKETS \$50 | TABLES \$500
AFTER APRIL 1: TICKETS \$60 | TABLES \$600

THEGREATBUCKETLISTCHALLENGE.COM



Hospice Wedding Program



Are you in the midst of planning your wedding? Are you looking for something fun and meaningful to incorporate into your special day?

Our Wedding Program is a great way to thank your guests with something memorable while still giving back. For a recommended minimum donation of \$2 per person, we will provide each of your wedding guests with a customized wedding favour filled with your favourite herbal tea, chocolate, or whatever you'd like! We want to make your special day EXTRA special! To learn more, visit: www.archhospice.ca/wedding-program



We appreciate 6 weeks notice to ensure you get your favours with plenty of time to spare before your special day!

Thank you for keeping ARCH Hospice in mind.

We are always amazed by the generosity of our community, as we rely on donations for more than half of our operating costs.

We are immensely grateful to be able to offer our services free of charge.

Thank you!

DID YOU KNOW...

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

ARCH Hospice is partially funded for nursing and personal support worker care and services.

We must fundraise for all other care, utility and equipment needs.



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

Volunteer Services



Our volunteers are wonderful people who make a meaningful difference in the lives of our residents and their families. Thank you for sharing your enthusiasm, generosity, and time with families at ARCH! We are very fortunate to be supported by more than 140 volunteers who are committed to helping Hospice. Our volunteer opportunities include: administrative support and reception, baking and kitchen assistance, music, fundraising and event support, grounds keeping and maintenance.

We are seeking Volunteers
in the following areas:

Kitchen

Palliative

Fundraising

Housekeeping

Complementary Therapies

If you are interested in volunteering, please contact Julie Premo, ARCH Manager of Support Services at: Email: premoj@archhospice.ca phone: 705-942-1556 ext. 261

Upcoming Events

When: Friday May 31 at 6:30 p.m.

Where: The Machine Shop

Save the date! Enjoy a multi-course meal, fabulous raffle prizes, live performance by The Reptiles, & engage in live, onsite bucket-listing at our Bucket List Ball.

Buy tickets: www.thegreatbucketlistchallenge.com/ball



When: May 11 from 10:00 a.m. -12:00 p.m.

Where: Station Mall

The annual flower sale is right around the corner! They make a great gift, or a perfect way to brighten up your home after a long winter. For only \$20, you'll have the choice of a beautiful Fuchsia, Geranium or Mixed basket!



When: July 18 at 6:00 p.m.

Where: Bellevue Park Bandshell

Join us for our annual Butterfly Release. Purchase one butterfly for \$30 or four for \$100. The release is set to begin at 6 p.m. Don't forget to bring your lawn chair or blanket.



Fundraising events help us to reach our annual fundraising needs. If you would like more information on how you, your business or your organization can help, please contact Katherine at 705-942-1556 ext. 237 or williamsonk@archhospice.ca



Barry Kelly with dog Dance and ARCH Hospice Team after visiting residents and families.

On behalf of all of us at ARCH Hospice, thank you The Royal Canadian Legion and the Ladies Auxiliary for donating \$24,848 towards our Paediatric Program back in March of 2018. We are grateful for your generosity.

We acknowledge Constable Barry Kelly and our favourite little reindeer Dance who recently visited with our residents, staff and volunteers. Together they put smiles on many faces.

The ladies from ODSP dropped off hot chocolate and cinnamon buns as part of their volunteer day, thank you for your love and support!

The staff at Pioneer Construction, Asphalt Plant held their annual Christmas party and potluck and donated \$1,600 to ARCH Hospice! We thank your generous staff for thinking of us!

Thank you to everyone who participated in this year's Steel City Hockey Tournament - to all of the talented teams who travelled to Sault Ste. Marie for a beautiful, fun-filled weekend of great hockey. We extend our appreciation to Mike Miket for organizing another great weekend of hockey and to all the volunteers for your help!

We are excited to announce that The Dragonfly Shop located at 454 Queen St. E. (beside Reggie's Downtown) has officially opened on. The shop is open Monday to Saturday from 10 am to 5 pm. We invite you to see the heartfelt dedication and love Christine, Reggie and their remarkable team put into this shop.

The A&W Team, including Rooty (The Great Root Bear), presented us with a donation of over \$2,300 from a Classic Car Show held in September. We are still smiling and so grateful for your kindness!



The Royal Canadian Legion & the Ladies Auxiliary for donating \$24,848.02 towards our Paediatric Program



Pioneer construction, Asphalt plant presented Hospice with \$1,600 from their Christmas party and potluck back in December.



The ladies from ODSP dropped off hot chocolate and cinnamon buns as part of their volunteer day.

Krista and Raven are loving their puppy therapy visits with our residents and families. Krista started volunteering in honour of her late husband John who loved animals! We're so lucky to have them, and the joy they bring!

Thank you to all the volunteers who took the time during this Holiday season to gift wrap at the Station Mall. We appreciate you! Together we raised \$3,000 for Hospice. We appreciate you!

Sault Rotaract made a donation of \$1,000 from their Let's GLOW Wild event towards for our Paediatric Palliative Care. We are inspired your support!!

Our 3rd Annual Cocoa 5K & Marshmallow Mile was another success! A huge thank you to RBC for providing volunteers along the routes, Family Dentistry On Bay for donating toothbrushes for all participants, to all of our amazing volunteers for helping throughout the morning and to Rico and Romina Fata from Tim Horton's on Boundary for donating the delicious hot chocolate!!



Mia and Freddy dropped off items from our wish list in lieu of Mia's birthday presents. Thank you!



Participants having a laugh at Stokely Creek during ARCH Hospice's Chocolate Express January 2019.

Thank you to everyone who helped support ARCH Hospice through your fundraising initiatives.

Did You Know?

All of our programs and services are provided at no cost to individuals living with a life limiting illness.

Anyone can make a referral to our Community Hospice Care programs Day Hospice Program, Early Resource Support and Grief Services. For more information or to make a referral call 705-942-1556.

Residential Hospice Care is available to individuals within the last three months of life. Please contact one of our Nurse Coordinators to learn more.

Like us, follow us, engage with us.



229 Fourth Line West,
Sault Ste. Marie Ontario

705-942-1556

www.archhospice.ca

Thank you for believing in the work we do together.