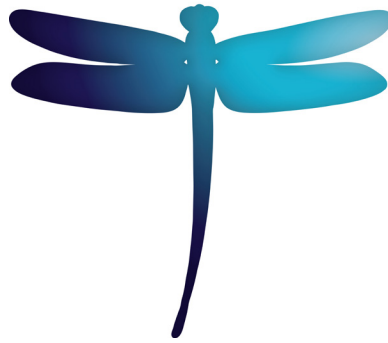
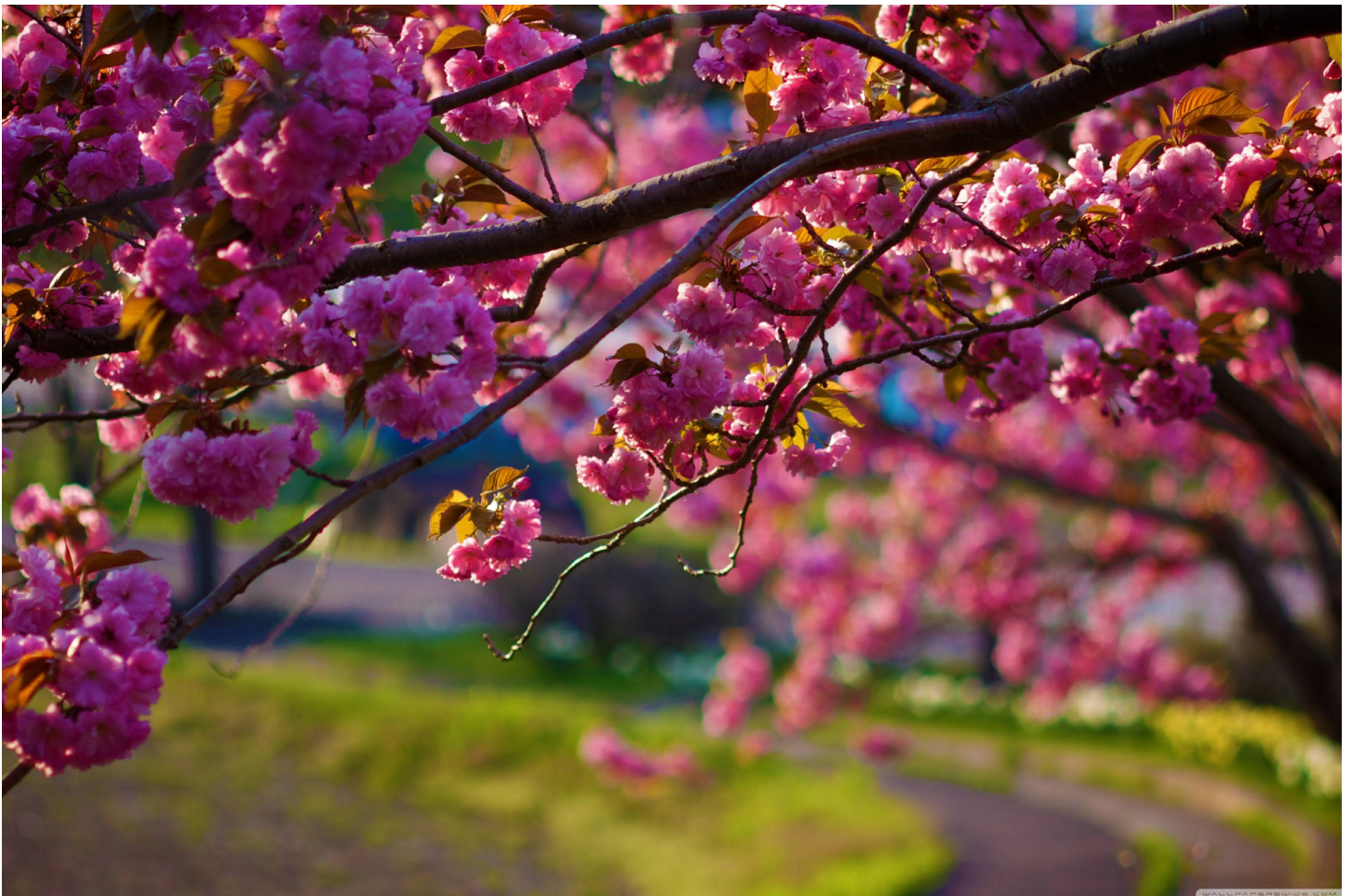


ARCH  
hospice



# ARCH Hospice Happenings



ARCH Hospice Newsletter

Spring 2018

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## News

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Spring is finally here, and with the change in season comes the completion of Hospice expansion! We give thanks to you for your kindness in creating new space for our residents and their families.

We invite you to follow our daily progress and inspiration on [Facebook](#), [Instagram](#), and our website at [www.archhospice.ca](http://www.archhospice.ca).



# Upcoming Events

We require \$750,000 each year in donations and fundraising to provide our care and services to our community. We feel blessed for our community's support which allows us to provide our services at no charge. Throughout the year, there are nearly one hundred fundraising events held by community members, businesses, and clubs. Thank you!



**When:** Sunday, June 10 @ 10:00 a.m.

**Where:** Delta Hotels by Marriott

Bring the whole family together for a fun day of running. All runners can challenge themselves to a 5 or 10 km course. There are 1 and 2 km fun runs available for the kids as well.

Register at [runthegreatlakes.com](http://runthegreatlakes.com)

**When:** Friday, June 1 @ 6:00 p.m.

**Where:** The Machine Shop

Enjoy a multi-course meal prepared by The Mill Steakhouse & Wine Bar, win fabulous raffle prizes, listen to a live performance by The Reptiles, and engage in live, onsite bucket-listing!

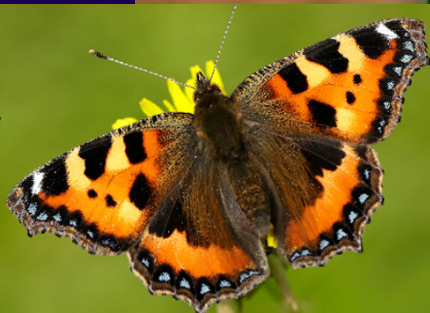
Buy tickets at:

[thegreatbucketlistchallenge.com](http://thegreatbucketlistchallenge.com)



## Butterfly Release Day

July 19 | Bellevue Park



**When:** Thursday, July 19

**Where:** Bellevue Park Bandshell

Join us for our fourth annual Butterfly Release Day. Purchase one butterfly for \$30 or four for \$100. Rain or shine, the release will begin at 6:00 p.m.

Visit our Facebook page for updates on preordering your butterflies!

**When:** Saturday, August 18, 2018

**Where:** Reggie's West

Join your fellow bikers in support of ARCH Hospice. Registration begins at 11:00 a.m. with the rally run happening at noon followed by an afternoon BBQ. Pledge forms are available at Reggie's West and ARCH Hospice.

Reggie's Ride for ARCH 2018



## Hospice Golf Classic

September 7 | SSM Golf Club



**When:** Friday, September 7, 2018

**Where:** Sault Ste. Marie Golf Club

Golfers will be playing a scramble-style tournament with prizes awarded at Grand Gardens Downtown during a celebratory dinner!

Register at: [archhospice.ca/2018-hospice-golf-classic](http://archhospice.ca/2018-hospice-golf-classic)



# THE GREAT BUCKET LIST

## BALL

FRIDAY JUNE 1 @ THE MACHINE SHOP

TICKETS \$50 TABLES \$500  
INCL. \$250 TAX RECEIPT



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  
GET A TATTOO OR HOLD A BUG!  
VIRTUAL REALITY FLY OR SCUBA!



ALL PROCEEDS HELP HOSPICE





# Kids Helping Hospice



Nothing shines brighter than a kind heart! Local children continue to inspire us as they support Hospice in creative ways. We truly can't believe the commitment we are seeing in our community's youth and the amazing stories behind why they want to give back at such a young age.

Shortly after the Christmas holidays, a group of young boys decided to donate \$160 to Hospice instead of exchanging gifts with each other. A week later, Carter, Aum, Logan, Jake, Nicholas and Josh raised \$98.05 in a bake sale with all proceeds to Hospice.

On Valentine's Day, Mme. Palumbo's Grade 5 Class at St. Francis Catholic School provided our residents and families with homemade cards and treat bags filled with chocolate, rather than exchanging cards with each other.

Last year, Logen Dahl donated his birthday money to Hospice. Following in his footsteps, his brother Maverick had big shoes to fill, but happily donated over \$600 of birthday money to us. Molly Walls-Gauthier continued the kindness, asking for "tweenies" on her 9th birthday instead of presents. She generously donated \$122 for Hospice care. The next week, William donated \$345 raised from his 9th birthday party, and Colton dropped off \$200 of his birthday money in honour of his friend who passed away earlier in the year.

The Mayor's Youth Advisory Council held its annual Youth Art Gala showcasing the musical and artistic talent of our community's youth in support of Hospice, raising \$1,000! The Superior Heights Interact Club raised another \$1,000 through multiple bake sales and fundraisers for ARCH.

We are in awe. From all of us at ARCH, thank you to all of our youth who are helping Hospice. Your dedication and compassion is making a positive ripple and a direct impact for our community.



# Hospice Heroes

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This April, we invited all staff, volunteers and major community partners to the third annual Hospice Heroes Celebration. Every year we congratulate and thank our wonderful supporters for everything they do for Hospice, and award those who truly go above and beyond!



## Holly Wickett

### *Volunteer of the Year*

*"I shall pass through this world but once; any good thing therefore that I can do or any kindness I can show to any human being, let me do it now, for I shall not pass this way again."*

These words by Stephen Grellet exemplify how Holly Wickett carries herself in this world. Holly is a woman who brings her whole self to Hospice and to the people she encounters.

What resonates with our residents and families is her loving presence and her easy way. Whether it's in a resident's room or over coffee in the kitchen, Holly is a wonderful listener and supportive companion. Always a champion, Holly advocates for us in the community, supports our residents and families and participates in ARCH fundraising events.

We honour Holly for her humility, grace and her enthusiasm. As Maya Angelou best said, "A hero is any person really intent on making this a better place for all." We are blessed to have a hero such as Holly living this every day and inspiring us with her actions!



## Norie Tapiru-Cormack

### *Staff of the Year*

To love what you do and to feel that it matters – how could anything be more joyful? Norie Tapiru-Cormack shares her positive spirit with all at Hospice. Her joy and laughter permeates Hospice, with residents, volunteers and staff, creating many wonderful moments and smiles each day.

Norie cares deeply and is willing to do anything to make others feel special. On paper she cares for residents and families as a personal support worker, but in reality we know her as much more. From cooking "Norie's Noodles" and tending to the gardens, to selling flowers, dressing up as a Smile Cookie and volunteering at events to raise money for Hospice, Norie shines bright!

Her gratitude, love and kindness are ever-present. She teaches us so much with her lightness of heart. She shows us daily that the secret to having it all is loving it all. Norie is a wonder-woman and we are so grateful she uses her powers to help our Hospice families!





## Reggie & Christine Daigle

### *Community Partner of the Year*

The difference between ordinary and heroic is action. Reggie and Christine Daigle inspire us with their everyday acts of quiet heroism. When they see an opportunity to help, they do not hesitate to jump at the chance. Whether it's assisting a friend in need, raising tens of thousands of dollars for Hospice or stepping up to showcase the greatness in our community, Reggie and Christine have big hearts and are driven to help.

We are in awe of their 'just do it manner' – helping others with the intent of simply doing good – in need of no fanfare. Their attitude is contagious; rallying friends, families and customers to offer their helping hands for a common cause.

Having supported ARCH since the early days through many fundraising events, we are grateful to Reggie and Christine for their continued support and good work within our community at large. We are a better place and a better community as we follow the example they set.





# The Great Bucket List Challenge

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The Great Bucket List Challenge has inspired several people in our community to overcome their fears, follow their childhood dreams, and honour the memory of their loved ones while raising pledges for the care of our residents and their families. We'd like to share a few of their stories in fulfilling their dreams. To listen to their inspiring stories, watch some of their dreams unfold, and see more on all of our bucket listers, visit [thegreatbucketlistchallenge.com](http://thegreatbucketlistchallenge.com) or our video page on [Facebook](#)!



## Tianna Rutland

### *Run a Las Vegas Marathon*

Tianna was a great source of inspiration to us at Hospice when we created The Great Bucket List Challenge. In 2015, she completed the Las Vegas Marathon in honour of her Uncle Rob "Super Hank" Hankinson. Raising thousands of dollars for Hospice care, Tianna shows us how we can make a difference while living our dreams.



## Greg Saxby

### *Publish a Book*

After his wife Diana passed away, Greg was encouraged to release his intense emotional grief in creative ways. He found comfort in poetry and over the years, he finished an anthology in memory of Diana entitled *Sipping Tea*. In February, he published the book and held a signing event at the Sault Ste. Marie Public Library to commemorate his accomplishment. We salute Greg and his profound work!



## Cathy Netherton

### *Complete a 5 km Race, Attend an Opera, Release Uncle's Ashes into the Ocean*

Cathy decided to knock not one, not two, but three items off her bucket list! First, she completed a 5km run after major back surgery left her nearly unable to walk. Then, she attended her favourite opera, *The Marriage of Figaro* in Toronto. Finally, she honoured her Uncle's wishes by bringing his ashes to the beaches of Florida. Even after completing three bucket list items, Cathy says she's just getting started!





## Sally Toivonen

### *Restart Backyard Broadway*

After her husband Allan passed away at ARCH, Sally wanted to bring some joyful music back into her life. She restarted Backyard Broadway with a group of talented individuals who shared her same passion for song and entertainment! Her cast has since held nearly a dozen productions of Beauty and the Beast and Grease in support of ARCH Hospice.



## Terri Vaillancourt

### *Meditation on the Water*

Terri's brother Michael Butt was a kindhearted soul who passed away at ARCH in 2015. Terri has always wanted to learn how to paddleboard, and this summer she is determined to get out on the lake behind her house and meditate in memory of her brother as the sun sets over the horizon.



## Theresa Mudge

### *Run an Ultra Marathon*

Our Executive Director Theresa recently finished a 107 km Ultra Marathon in the scorching Utah desert following seven flight cancellations due to our spring storm in April. The grueling run took Theresa up and down three mountains and across incredible vistas in Mount Zion, Utah! Theresa is so grateful for all the love and support, raising nearly \$6,000 for ARCH.



## Kim Moreau

### *Go Horseback Riding*

Although Kim has always loved horses since she was a child, she has always been apprehensive of riding one. After losing her mother-in-law last year, Kim realized she wasn't going to let her fear dictate her actions. Over the winter, she finally met and touched a horse, and in May she experienced getting up on the saddle and riding to overcome her fears.

As a way to give back to our community, we are introducing a series of several grief resources known as Comfort Notes. We hope you can gain a valuable understanding of grief, whether you are experiencing loss right now, have dealt with loss in the past, or to help prepare for the future.

# Comfort Notes *An Introduction to Grief*

## What is Grief?

Grief is what you think and feel on the inside after a loved one's death. It is a normal and unavoidable part of life. The grieving process touches every aspect of us, affecting our emotional, physical, cognitive, spiritual, and social states. While everyone experiences grief differently, no one needs to walk this path alone. There are always resources available in your community for support.

Our wish is to help you better understand what is happening in your grief journey because everyone encounters different phases of grief at different steps in the journey. The path you walk will be your own unique experience. Take as long as you need.



*"What we have once enjoyed  
we can never lose, all that we  
love deeply becomes a part of  
us."*

- Helen Keller

## Symptoms of Grief

- Intense sadness, anger, depression, aggression, despair, hostility, apprehension
- Numbness, shock, denial, disbelief
- Guilt, powerlessness
- Stomach aches, nausea, headaches, sweating, dryness of the mouth, shortness of breath, increased heart rate, muscle tension
- Weakness, exhaustion, insomnia
- Stress, outbursts of panic, hyperactivity, alarm, disorganization
- Confusion, feeling lost in a fog
- Becoming increasingly prone to infections
- Pining, yearning, longing
- Daydreams and nightmares of the person who died, searching for that person
- Self doubt
- Loss of faith in philosophy and religion
- Lack of ambition, identity, values, goals, trust



*“A death has occurred and everything is changed by this event. We are painfully aware that life can never be the same again; that yesterday is over; that relationships once rich have ended; but there is another way to look upon this truth. If life went on the same without the presence of the one who has died, we could only conclude that the life we here remember made no contribution, filled no space, meant nothing. The fact that this individual left behind a place that cannot be filled is a high tribute to this individual. Life can be the same after a trinket has been lost, but never after the loss of a treasure.*

- Paul Iron

## Grief Expectations

- No matter how prepared you think you are for a death, the pain and loss can still come as a surprise.
- Death is not always portrayed accurately on TV and movies. It is often not peaceful or prepared.
- A hospital death is not always a bad death.
- A home or hospice death is not always a good death.
- The grief journey may take longer than you anticipated.
- Your grief could consume a lot of your energy.
- Your grief might be both symbolic and tangible, encompassing the past, present and future.
- It is common for the last 24 hours of your loved one's life to replay over and over in your mind.
- Sometimes society expects you to move on days, hours, or even minutes after a death. Ignore them. There is no timeline for grieving.
- Get ready for awkward encounters as death and grief can make some people uncomfortable.
- People can say hurtful things without realizing it.
- Your true friends will reveal themselves, as some may not provide the support you expected.
- Grief may be triggered without warning. You might see reminders of your loved one everywhere.
- You may find comfort in unexpected places.
- Holidays, anniversaries, birthdays, and other big milestones might always be bittersweet.
- Sometimes it gets worse before it gets better.
- Some days will be better than others.
- Grief can make you stronger than you were before.
- It is quite common to feel regret for a long time.
- You may not feel satisfied by any amount of closure.
- You may learn to live with grief for the rest of your life.

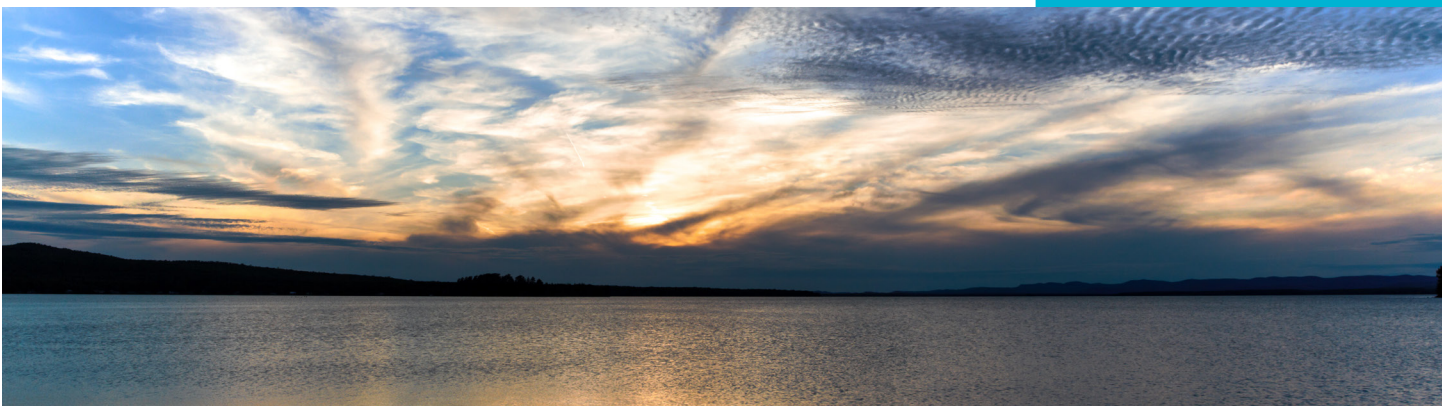


# Coping with Grief

- Practice good self-care.
- Talk it out with a friend who will listen.
- Take a break. Find a peaceful place where you can escape.
- Work off your emotions. Physical activity and exercise help.
- Give in to your feelings. It's okay to cry. It's okay to feel what you feel.
- Take things one day at a time. Don't get too far ahead of yourself.
- When your internal world is chaotic, keep your external world in order. Schedule your time and keep lists of things that need to be done.
- Be gentle with yourself and those around you.
- Take note of the progress you have made. You've learned a lot already.
- Avoid the urge to be a critic of yourself and others.
- Laugh. Smile. Humour is healing.

*"We cannot lose the ones we love for even when they're gone, we feel their gentle presence in the hush of every dawn. We see them in the sunlight that makes the day so bright, in the flowers of the springtime and in the stars at night. We cannot lose the ones we love, for they will always stay in all that's bright and beautiful around us day by day."*

- Graham



## Grief Readings

Alan Wolfelt, *Understanding Your Grief*

C.S. Lewis, *A Grief Observed*



## ARCH Supportive Care

- Grief and Loss Support Groups are designed to provide the opportunity to share your feelings with others who are experiencing grief. Information about the grief process, what to expect, and how to cope is presented. Groups provide a place for sharing that is safe, trustworthy, and supportive.
- Volunteer Support is available to those who wish to have regular contact from someone trained to be a supportive listener.
- Education Sessions are held periodically on a variety of topics. Look for a listing of our programs and events at [www.archospice.ca](http://www.archospice.ca) or call 705-942-1556 extension 261 for information.
- All programs are offered at no cost to families and friends of ARCH Hospice. Most groups and educational programs are open to the public. Groups are scheduled throughout the year and are offered at varying times. Call for more detailed information.

## ARCH Retreat

A day away for you and your caregiver

**Tuesdays: 9:30 a.m. - 2:30 p.m.**

ARCH Retreat is a new program that serves individuals facing a late-stage disease and their loved ones. We provide compassionate support in a home-like environment.

Call us today to register as limited spots are available.

### We offer:

- A delicious, homemade lunch
- Rest and relaxation
- Friendship and conversation
- A chance to share thoughts, feelings and stories
- Musical performances
- Reiki, massage and pet therapy
- Art, crafts and writing
- Guest speakers

Contact us and our Nurse Coordinators will meet with you to discuss your expectations and determine if ARCH Retreat is right for you.



# Past Events



*Vernon Bailey performing poetry in a packed house for "The Call of the Wild".*



*Backyard Broadway after their performance at the Sault Ste. Marie Public Library.*



*ARCH staff with the Dahl boys celebrating the Machine Shop pancake breakfast.*



*People dancing to live music at the St. Paddy's Pub Nite.*

Backyard Broadway raised over \$1,300 after two magical performances of Beauty and the Beast at the Sault Ste. Marie Public Library. Thank you Sally and the rest of your delightful and talented cast!

Thank you Vernon Bailey and your talented crew for performing "The Call of the Wild" in support of ARCH. Your whimsical night of music and poetry raised over \$2,500 for our residents and their families.

The City of Sault Ste. Marie raised \$840 from their month-long jean day fundraiser. They later returned to Hospice with \$1,190 in donations from their pancake breakfast. Thank you for choosing ARCH!

The Knights of Columbus held their annual St. Paddy's Pub Nite with some of the proceeds in support of ARCH. Thank you for another entertaining night of helping Hospice.

The Sault College Public Relations and Event Management Program dropped off \$3,400 from their Bowl for ARCH 2018 event in early April. You guys are awesome!

Father Jerry and the St. Mary's Ukrainian Catholic Church served 150 people at "Eat Perogies, Help ARCH" to raise \$3,840 for Hospice care. Thank you for the support!

The Machine Shop welcomed over 700 hungry people to the Second Annual ARCH Pancake Breakfast Fundraiser. \$12,000 was raised with all of the proceeds going to Hospice! Thank you so much for your continued generosity.

The Retired Teachers of Ontario donated \$2,000 towards our paediatric suite. Our community is such an inspiration!

With winter overstaying its welcome, Searchmont Resort had one last weekend of skiers and donated 25% of all ticket sales to Hospice. Thanks to mother nature and to everyone who supported this fundraiser, ARCH received \$2,000!

Gee's Tree Removal Service donated \$50 from every job they completed in May to Hospice care. Thank you so much for your work!

Our second season of Cartime Karaoke Challenge welcomed over thirty teams of veterans and newcomers alike to once again sing their hearts out and make memories with driver and host Leo Moore. Thank you to Great Lakes Honda for your generous sponsorship!



# Volunteer Information

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Our volunteers are kind souls 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 fortunate to be supported by more than 150 volunteers who are committed to helping Hospice. Our volunteer opportunities include: administrative support and reception, baking and kitchen assistance, fundraising and event support, groundskeeping and maintenance.

There are numerous ways that you can serve and support hospice. We are always seeking volunteers for the following areas:

- Kitchen
- Palliative
- Fundraising
- Housekeeping
- Day Hospice (New)
- Concierge (New)

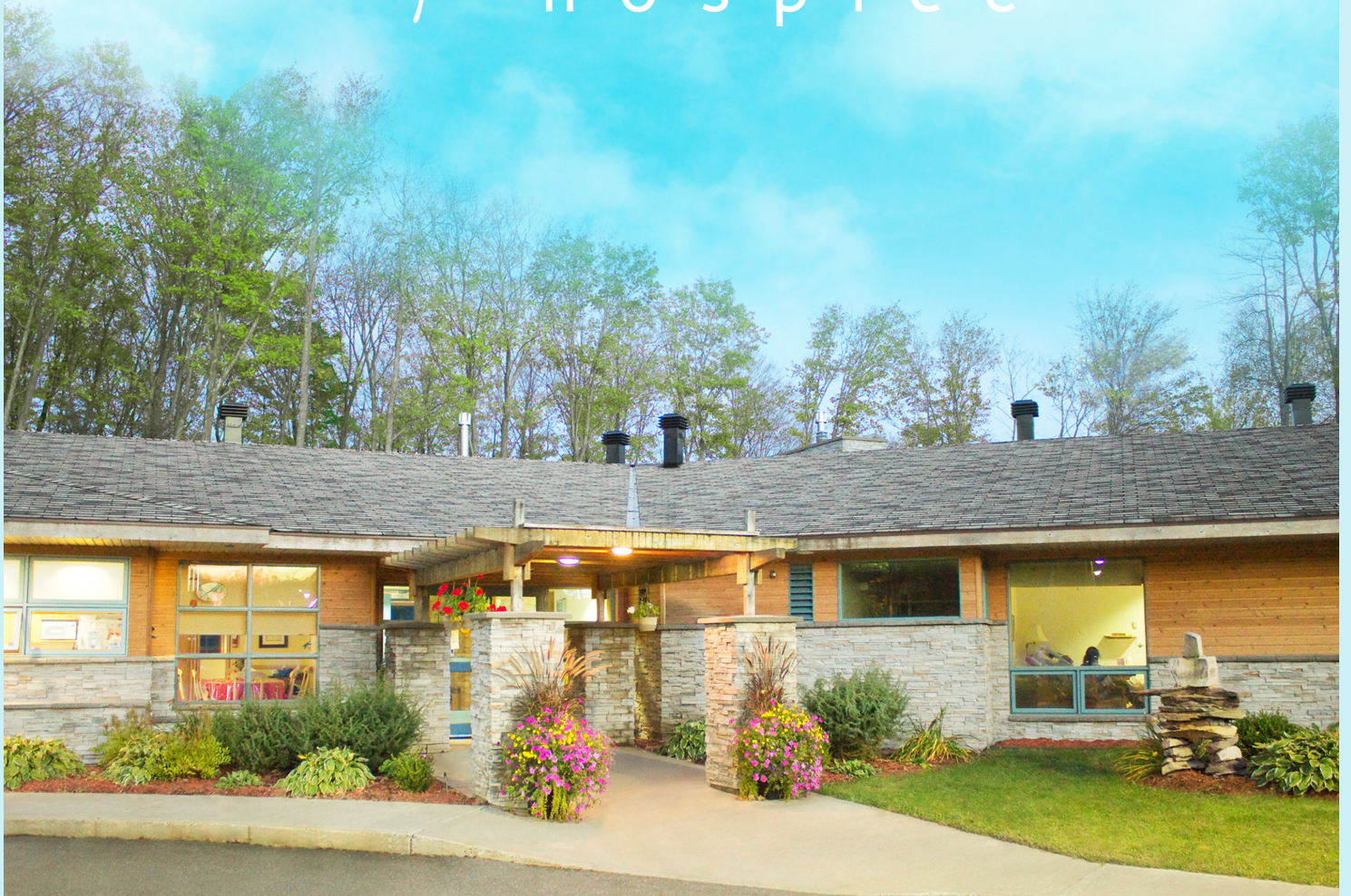
If you are interested in volunteering, please contact Julie Premo, ARCH Manager of Support Services at:

Email: [premoj@archhospice.ca](mailto:premoj@archhospice.ca)

Phone: [705-942-1556](tel:705-942-1556) ext. 261







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](http://www.archhospice.ca), our [Facebook page](#), or call ARCH at 705-942-1556 to learn more or make a donation.**