



ARCH Hospice

Winter Newsletter
2018-2019

Pearls of Wisdom

Our residents are with us during their final days on this beautiful Earth. They have intuition and wisdom to share. Often, this is passed on as a life lesson, important truth or deeply held belief. We wish to share the beauty and wisdom of those who've walked before us. Our hearts are forever changed.

"When you are guarding, you are not connecting. Be bold enough and brave enough to show up for another person. You will both undoubtedly be changed."

"Everything in moderation."

"The grass always looks greener on the other side, until you get there."

"Always choose love."

"Life is beautiful. It is sad. It is messy. And it is everything in between. I wouldn't want it any other way."

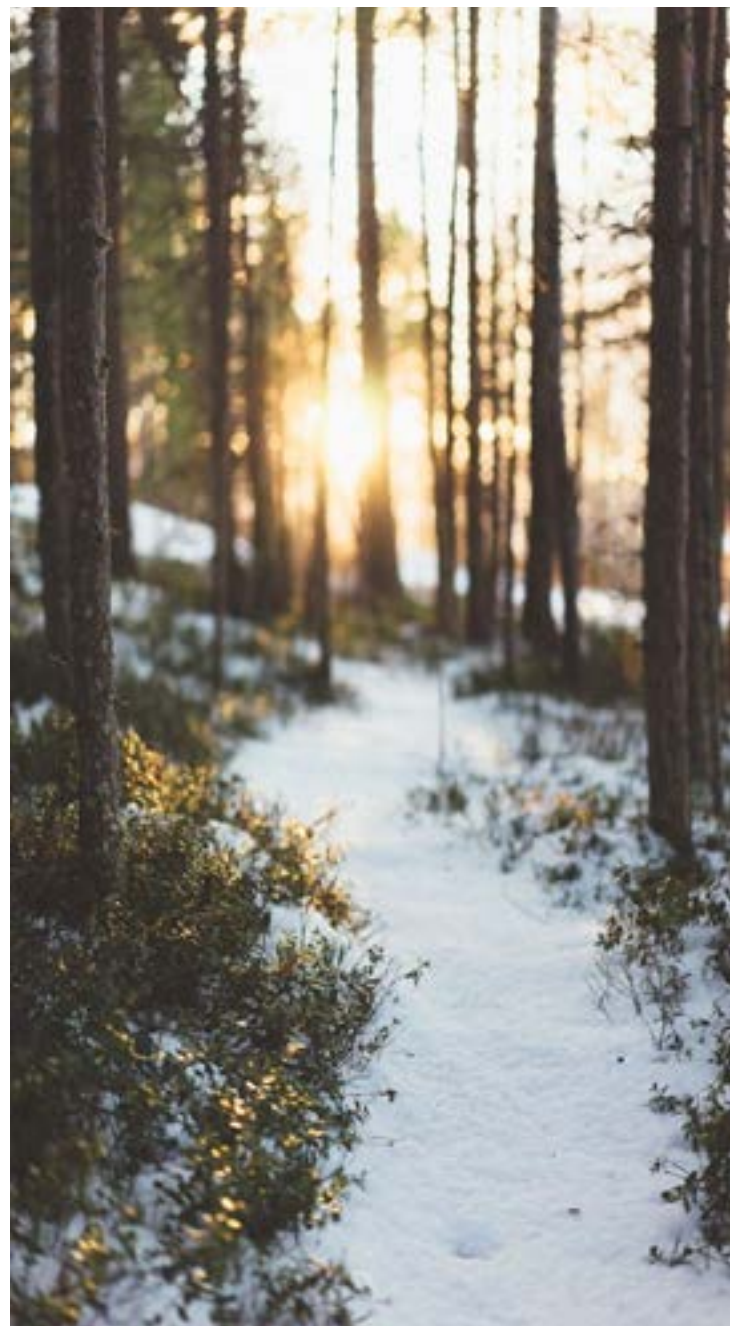
"If you have family, you have everything."

"You came into our lives when we needed you the most."

"We are all beacons of light. Choose your ripple."

"Count your blessings every day."

"I did my best."



"Love is so powerful – it heals, it unites, it transcends time, and it liberates."

"It wasn't a waste of time if you learned something."

"Every day is a gift."

"One day you will wake up and there won't be any more time. Do what you need to now."

"It's nice to be important, but it's more important to be nice."

"I didn't want to come here. I was so scared. Knowing what I know now, I wish I came here sooner."

"There is so much we don't understand, and never will. And that's ok."

"The time comes when you have to move into a nursing home and that's just the way it is. You have to make the best of it."

"A sense of humour goes a long way."

"Sometimes we have to make something out of nothing."

"When you think your life is hard, someone else's life is harder."

"You have to feel comfortable to be happy in yourself and this reflects outward, making others happy."

"Life is what you make it. If you make it hard, it will be hard. If you want it simple, it is up to you to make it that way."

"You are meant to live as long as it's meant to be."

"Together we laugh. Together we argue. Together we cry. Together we heal."

"It's a funny thing. How clearly I can see things now as I know I'm dying."

"We are not meant to be perfect. We are meant to be whole."

"It's ok to cry. Our tears heal us."



Hospice Happenings



National Bereavement Day

In honour of National Bereavement Day, community members and families were invited to an open grief group session that took place on November 20. Natasha Rinaldi, our Supportive Care Coordinator, connected with guests as they shared stories and engaged in a group exercise. We are incredibly grateful to share our space and services with others.



Connecting to Heal, Learn & Honour

Natasha and Donna are hosting monthly Women's Circles that are open to all women in our community. This Circle is a sacred space to honour the uniqueness of each individual in a safe space for women to connect, heal and learn from each other.

Please visit www.archhospice.ca for upcoming dates.

"That's the first
time I've seen
him decorate
a tree in a
long time."



Our Holiday Celebrations Begin

On December 1, we began our holiday celebrations at Hospice with decorating our tree in the family room. Staff and volunteers joined residents and their families, listening to music and enjoying home made treats by Chef Tom and volunteers! We wish you all the magic of the season and a warm and cozy winter!



Comfort Notes

Getting through the holidays when you've lost a loved one



The holidays are coming and I'm not sure I'm ready. I'm not sure I'll ever be ready again. It's winter and I feel as frozen inside as the landscape is outside. I tried making out my gift list today, but the tears kept getting in the way. It is so hard to think about gifts and fun and the holidays when a loved one has died.

As I get out the dishes, count the silverware, I am acutely aware of the empty place at the family table. I'm trying to find the holiday spirit, but when the family circle has been broken by death, the only things that sparkle this season are my tears.

Working your way through

When you've lost a loved one, the holiday season can be a painful reminder of the profound loss you are feeling – instead of bringing warmth, love, and excitement. The first few years are perhaps the most difficult, but even years later, the holidays may lack the joy they once had for you.

There are steps you can take, however, to help give the holidays a new meaning. The holidays can become a time of peace and reflection, a time to cherish the gift your loved one has been – and continues to be – in the life of your family. Here are a few ideas that may help you begin the journey.

Be patient and realistic

Sometimes our own high expectations of the holidays make the pain and frustration more acute. We have a mental picture of how things ought to be. Often, however, those expectations are based more on fantasy than reality. Remember that you are grieving. Be kind and gentle with yourself, and realistic about what you expect. Leave the word ought out of the holiday season this year.

It is difficult to be realistic while you are grieving, but it is also an important strategy for health and well-being. Plan ahead so that you are not overwhelmed by responsibilities at the last moment. When you are grieving, it is difficult to concentrate, so make lists. Prioritize things. Decide what is important to you this holiday season, and scratch the rest off the list this year. You can always add things back in years to come.



Each person's grief journey is unique as a fingerprint or a snowflake.

- Earl Grollman

Comfort Notes



Getting through the holidays when you've lost a loved one

Listen to your heart and acknowledge your limits

Spend some quiet time before the rush of the holidays listening to your heart. Become aware of your needs and express them to family members and friends with whom you plan to spend the holidays.

Encourage others to share their feelings, too, so that everyone affected by the death of your loved one has an opportunity to express his or her wishes about holiday plans.

Remember that it is o.k. to say no. You do not have to accept every invitation or fulfill every responsibility that comes your way this holiday season. Accept invitations and take on obligations only as you have the energy and the desire to do so. Make all your "yes's" tentative this year.

Do what you can this holiday season, and let that be sufficient. If you can't decorate the yard, decorate the house. If the house seems too big to tackle, decorate a room, a corner, or a table. It is o.k. to have simplicity.



Meanwhile, take care of yourself physically. Grieving is hard on the body and is a great source of stress. Eat well and wisely. At the same time, do not deny yourself the pleasures of good food and companionship out of a sense of obligation to the deceased. Remember that your loved one would want to see you smiling, happy, and surrounded by those you hold dear.

Exercise is an important stress reliever and a health mood elevator. Make time for exercise and rest so that your grief is not compounded by exhaustion or overwork. If you listen well to what your heart and your body are telling you, the holidays will pass more peacefully.

"Our loved ones are still and always will be a part of us. They are threads in our fabric and we cannot lose their love."

Comfort Notes



Getting through the holidays when you've lost a loved one

Adapt cherished traditions

When loss and grief overwhelm us at the holidays, we are sometimes tempted to scrap the whole thing, to do absolutely nothing. But you can keep traditions alive in ways that make sense given the new reality of your life.

For instance, if the fact that you won't be buying a gift for your departed love one this year saddens you, buy a simple gift that you know he or she would have liked and give it to someone who otherwise would not have a gift. Many charities are eager to accept such gifts at this time of year, and some will even arrange for you to present the gift in person if you wish. Remember that it is an exchange of love – the giving – that matters most.

Hang stockings by the fireplace if you wish; place a wreath on the grave if that seems appropriate. Do whatever feels right for you and your family. Try a new twist on old traditions – have Christmas dinner on Christmas Eve, open presents on New Year's Day or on the sixth of January, as is done in some traditions.

If you are alone this year as a result of your loss, find a way to share a part of the holidays with others. Visit a soup kitchen or stop by a health services agency. You may find yourself forging new bonds out of shared losses.

*It takes strength to make
your way through grief, to
grab hold of life and let it
pull you forward.*

- Patti Davis



Comfort Notes



Getting through the holidays when you've lost a loved one

Allow the tears to come, but look for joy amidst the pain

As you unpack and sift through holiday decorations, understand that along with the warm, loving memories, you will be unpacking some heartaches as well. Don't deny yourself the gift of healing tears. Don't be surprised if you find tears coming when you least expect them.

Sometimes all we can remember are the painful details surrounding our loved one's death. This holiday season, try also to remember all the wonderful moments of your loved one's life. Think of all the gifts your loved one has given to you – joy, laughter, affection, companionship.

Write these gifts on strips of paper. Put them in a gift box or place them in a stocking. Decorate the tree with them or keep them in a memory book or private drawer. Whatever choice you make, you will be celebrating the joy your loved one has brought into your life.

Take heart

Right now, you may feel like scattered pieces of a broken puzzle. Honour that feeling, but also take comfort in knowing that the pieces of the puzzle can be reshuffled, rearranged, and pieced together to form a new picture. As you learn to create a new reality for yourself, temper your expectations with compassion and gentleness. You will heal, but only as you allow yourself to experience the full range of emotion on your journey through grief.

We know the pain of moving through the holidays after the death of a loved one. But slowly, gently, when we begin to focus on our loved one's life – not their death – we see that this shift can make all the difference.

May love be what you, too, remember the most.



Comfort Notes

Mindful Meditation



Envision a starry night.

You are at the top of a mountain, lying on your back gazing up at the sky.
The air is fresh. Feel the soft breeze on your skin, hear the music of the wind.
Smell the scents of the earth, and feel your body supported by it.

Notice how bright the sky is with the full moon shining.
All of the lights appear close enough to touch.
Your breath is relaxed and your mind at ease.
In this moment, you are at peace.

The longer you sit in stillness, you begin to recognize patterns in the stars.
Is there a message there for you – waiting?
Is it a picture? A word? A phrase?
Reach up and receive your message, pulling the warm bright light into your heart.
Begin to feel your entire body immersed in this light.

You are not alone, you are loved.





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**

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.

What Your Donation Means

Donating to ARCH Hospice gives the gift of comfort. Your donation stays local, providing comfort to more than 150 residents and their families every year. Your donation directly supports:

- Grief services, early resource services, and family support services
- Complimentary therapies including reiki, yoga, pet therapy and legacy building
- Residential, paediatric and bariatric palliative care
- Resident food and care supplies
- Building maintenance and equipment



Although my family only had the pleasure of meeting all of you for a brief time, the impact you had on each and every one of us was deeply felt and we are so blessed to have had the honour of having you touch our lives and our hearts. Every single staff member at ARCH has had a profound impact on my dad's 'end-of-life journey'. That was very apparent as you all possess this special gift that comes as second nature to you.

Although my dad's passing was one of the most gut-wrenching, emotional and trying times for my family, we have all of you to thank so much for your deep compassion and genuine care to get us through it.

Honour Someone Special This Holiday Season

Celebrate someone special this holiday season by making a donation to ARCH Hospice in lieu of a holiday gift!
Cut out and mail this section to ARCH Hospice to ensure your donation is received before the New Year.



I want to make a donation in lieu of a holiday gift

Don't forget to fill out the "In Honour of" section below so we know who to send your holiday card to!

Registered Charity Number: 863953766RR0001

Donor Information:

Full Name _____ Address _____ Apt _____ City _____
Prov _____ Postal Code _____ Phone _____ Email _____ ☐ Yes, please email my receipt

Donation Information:

Donation frequency: ☐ One time only ☒ Monthly *Monthly donations help us further by ensuring we can provide our services far into the future*

I would like to make a donation of: ☐ \$250 ☐ \$100 ☐ \$50 ☒ \$20 ☐ \$10 ☐ \$5 ☐ \$2 ☐ \$1 Other \$ _____

☐ Visa ☐ Mastercard ☐ Cheque Credit Card # _____ Exp _____ / _____

Please make cheques payable to ARCH Hospice and include this slip with donation. Monthly donations are credit card only, please call to cancel at any time.

I would like this gift to be ☐ In Memory of: _____ ☐ In Honour of: _____ ☐ Yes, please send a card on my behalf

Name _____ Address _____ Apt _____

City _____ Prov _____ Postal Code _____ Phone _____

Please mail or bring donations to ARCH Hospice at 229 Fourth Line West, Sault Ste. Marie, ON, P6A 0B5 or visit archhospice.ca or call 705-942-1556 ext. 202

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

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: Sunday January 13 at 12:00

Where: Stokely Creek Lodge

Skiers and snowshoers of all ages and skill are invited to enjoy an unforgettable chocolate experience! Chocolate treats will be available at stations throughout the ski and snowshoe trails. Bring your family and friends!



When: November 23 - December 23

Where: Station Mall, Madonna Optical

ARCH volunteers will be at the Station Mall wrapping presents to raise money for our local families, alongside our friends at the Old Stone House, as a conjoined holiday fundraiser.



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

A Look at Our Recent Events



Students from the Algoma District School Board Hockey Skills Academy raised \$835 from sales.

Students from the Algoma District School Board Hockey Skills Academy held a hockey equipment sale this past October. These students voted to donate the proceeds from their sale to go to ARCH! Thank you to each of these kind-hearted students and their teachers for their donation of \$835!



Cocoa 5K runners at our Marshmallow Mile at Bellevue Park.

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!!

Gary Trembinski and Joseph Bisceglia joined us recently to present our team with the proceeds raised from the Queen Street Cruise held earlier this summer. More than \$8,500 was donated in support of ARCH! Thank you to all the staff, volunteers, vendors, donors and each of the amazing individuals who registered their beautiful vehicles.



Re/Max Sault Ste. Marie Realty Inc. and ARCH team pose with \$5,755 donation from sales.

Chef Tom was presented with two donations totalling \$2,265 from one of our long standing supporters, the team at Agero! We are thrilled to learn they chose to donate money that was left in their budget to ARCH, as well as having hosted a clothing sale. Wow, thank you!

Kristina Koprash stopped by ARCH with a donation of \$4,000 in memory of Cathy Flemming from the Fashion Gala held in late November. We are very grateful for Kristina, her kindness,



Gary Trembinski and Joseph Bisceglia joined us to donate from Queen St. Cruize \$8,500.

and the entire team at Krush for their continuous support of ARCH Hospice!

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 a great weekend and to all the volunteers for your help!

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!

Earlier this year, the RBC Foundation asked their local team at RBC Dominion Securities to choose which organizations they wish to support. ARCH is a fortunate recipient of \$2,500 donation. We are honoured and filled with joy!

Thank you to Kymburlee and her friends for their donation of \$1,520 from a spooktacular Halloween party they held last weekend!!

Sault Rotaract made a donation of \$1,000 from their Let's GLOW Wild event! They asked for all proceeds to go towards our Paediatric Program. We are inspired by Sault Rotaract members for your support!!

Aaliyah from "Aaliyah's Workshop" joined us with a donation of \$100. She received boxes from the Garden River Bingo Hall, and decided she wanted to decorate and sell with all proceeds donated to ARCH Hospice! Thank you Aaliyah!



Chef Tom was presented with 2 donations that totaled \$2,265 from the Agero Team.



Nine year old Kaylee from Kaylee's Tasty Treats smiles with ARCH Volunteer Shelly.

Talking to Children About Death & Dying

In October, our team participated in training on how to help young children express their grief through art therapy, crafts, poetry and play therapy. We all walk the road of grief and our team found it highly valuable, both personally and professionally. We extended our training to colleagues from Algoma Family Services, Huron Superior Catholic District School Board, Algoma District School Board, Canadian Mental Health Association, Sault Area Hospital and Sault College. Later in the evening, we hosted a community event on Talking to Children About Death and Dying, with more than 60 people in attendance. We know that together we can heal, and we are so grateful for this opportunity to learn and connect with our community in this way. Stay tuned as we are planning to share this training with other health, social service agencies, as well as school boards and any other interested community groups!



"We are so moved by Christines story, about the loss of her brother Robert. Her story resonates and inspires us to be brave enough to show up. She teaches us to find meaning through suffering."



Chocolate Express

chocolate ski chocolate snowshoe chocolate ski chocolate

JANUARY 13 @ STOKELY CREEK LODGE



SUPPORT ARCH HOSPICE



\$25 PASSES OR \$50 IN PLEDGES

CHOCOLATE STATIONS THROUGHOUT TRAILS

MORE INFO & PLEDGE FORMS ARCHHOSPICE.CA/CHOCOLATE

EQUIPMENT RENTALS AVAILABLE
CALL STOKELY AT 705.649.3421
FIRST COME - FIRST SERVE



ONLINE TICKETS & PLEDGE FORMS
EVENT STARTS @ 1:00PM
FRIENDS & FAMILY FUN



TRAILS
SPONSORED BY

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LINCOLN

PRIZES FOR
THE TOP 3
FUNDRAISERS

BUY YOUR
TICKET BEFORE
DECEMBER 29
AND RECEIVE 1
FREE BUFF



Wishing you and your
loved ones the warmth
and magic of the season.

- With love from all of
us at ARCH Hospice

Kintsugi – The Art of Precious Scars

If you've heard of wabi-sabi, the Japanese philosophy celebrating imperfection, impermanence and incompleteness, you may have also come across kintsugi, the Japanese art of repairing broken ceramics with gold alloy. Seen as an artistic manifestation of the wabi-sabi philosophy, the origin of kintsugi dates back to 15th century Japan, when Japanese craftsmen were looking for more aesthetic means to repair broken ceramics.

The popularity of this art form isn't surprising because of the profound meaning it holds. Kintsugi is built on the idea of strength and beauty in imperfection. When a ceramic object breaks, the kintsugi technique involves using gold dust and resin (or lacquer) to reattach the broken pieces. The resulting piece thus incorporates the unique cracks into its design, and the gold lines add to the beauty of the piece while strengthening it. This art form is seen to many as a metaphor for brokenness and healing—that embracing one's brokenness and imperfections can create something unique, beautiful and strong.

This art form inspires us!



It reminds us to embrace the asymmetry of life.

When an object breaks, it rarely does so evenly. Life is equally unpredictable and messy. Sometimes the bad outweighs the good, and other times the opposite is true. In kintsugi, the cracks on a vase aren't hidden and are instead used as part of the design, a reminder that the 'bad' will always exist; it's a normal part of life. But we have the power to still create something beautiful.

It reminds us to be more resilience-oriented than goal-oriented.

Kintsugi makes broken objects stronger than before. It refocuses our attention from what the object "should have been" (i.e. unbroken) to creating something beautiful and strong with what we do have. As author J. K. Rowling once said, "The knowledge that you have emerged wiser and stronger from setbacks means that you are, ever after, secure in your ability to survive."

And well, it's a reminder that if you break something, it's not the end of the world.

Literally and figuratively.



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.