

ARCH
hospice



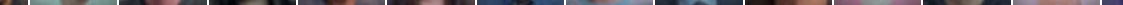
Hospice Happenings



ARCH Hospice Newsletter

Fall 2016

News



Volunteer Information



The view of the expansion from the southeast shows the accessible pathways, landscaping, and cathedral windows of the Garden Room.

Click here to visit WhyitMatters.ca



The Garden Room is an open-concept multifunctional space that accommodates up to 50 people. Ongoing learning & community palliative education programming, improved grief and bereavement support, as well as culturally supportive end-of-life care are some of the programs this space accommodates. Specific wishes of residents and family members, such as musical performances, weddings, reunions, and holiday parties will also be held in this space.



The Paediatric Suite (rendering) is situated in the current kitchen area: close to the Nursing Station so that care is never far away. At 395 square feet, this suite is designed for additional sleeping and family space for parents and siblings.

We want to help our community more. In addition to new services such as paediatric palliative care, day hospice and outreach, we are growing education programs and grief support. At 10,500 square feet, ARCH Hospice is 25% smaller than the average hospice size in Ontario. Our expansion will add 4,800 square feet, with 4,400 square feet of dedicated new programming and resident care areas.

A multipurpose garden room, new paediatric suite, family vigil space, children's playroom, and wellness area are the highlights of this addition. A wheelchair and bed accessible landscaped exterior provides the serenity that only nature can. Additional parking and enhancements will improve the existing building.

The total projected cost of expansion is \$3 million. With the support of our community, we will achieve this in less than one year.

Whether you believe in keeping local families together with a new Paediatric Suite, fulfilling wishes with the new Garden Room, or supporting bereaved families, there are 115,000 reasons why it matters.

The time is right: more community members request our services every day. At ARCH Hospice, we create a space for living that offers the opportunity for individuals, their loved ones and caregivers to find comfort, connection, and healing in this shared human experience. We believe in investing in our community. We believe every person deserves compassionate, quality care.

In order to guarantee the success of the expansion, the additional services, and our ongoing programs, we are seeking community support. For more information, please visit www.whyitmatters.ca or call Lee at ARCH Hospice at 705-942-1556 extension 222.

What helping hospice means.



Tom O'Flanagan, an accomplished local artist and professor, shared his recent ARCH Hospice journey with us. His story shows how hospice can create a space for living at the end-of-life.

like a dance, one in which each new element of the saga would be considered a joyful improvisation rather than a needless expenditure of anxiety and negative emotion.

ARCH and its wonderful staff allowed us to continue dancing right to the very end of time. Their compassion, sensitivity and professionalism allowed us to take stock of Pat's end of life with as much grace and dignity as possible. The homelike environment, the beautiful facility and the superlative meals gave us an opportunity to welcome beloved family and friends in

a world of support and dignity and for that I will be eternally grateful.

Now, two months after her passing, I remain utterly grateful for the remarkable, poetic and sanctified way that Pat departed this beautiful world and I consider her passing as the greatest moment of my life. Her end which has no end was made possible by ARCH and I have come to regard our time there as the culmination of a long and enduring marriage. ARCH is a treasure to this community, deserving of our broadest and deepest support.

My wife Pat spent the last month of her life at ARCH Hospice after a three year engagement with renal cancer. Throughout that time, her spirit never faltered and she maintained a vivid sense of humour. At the start, we came to an understanding that we were not going to battle the illness but rather to treat it

Upcoming Events



Winter is on its way but don't fret. We have an event that will make you happy winter is here! Join us for our second annual Chocolate Express at Stokely Creek Lodge on January 15, 2017.

Skiers and snowshoers of all ages and skill levels are invited to enjoy an unforgettable chocolate experience. We will have 2.5k, 5k, and 10k ski trails as well as a 2.5k snowshoe trail with plenty of chocolate stops along the way to keep your tummy happy and your hands warm. Invite your friends and family, and bring your appetite!

Passes are \$25 or raise a minimum of \$50 in pledges. Top three fundraisers receive an ARCH gift. **Buy your passes before January 6 and save \$5 per pass!**

Pledge forms and passes are available at Madonna Optical in the Station Mall (cash only please), ARCH Hospice and Stokely Creek Lodge or online [here](#).

The Definitive Simon and Garfunkel

Dates: December 9 and 10, 2016
This elegant event will be held at The Tech (130 Wellington Street East) both evenings. For tickets, contact Valerie Pluss at 705-542-5596, plussvalerie@gmail.com, or stop in at Madonna Optical in the Station Mall.

Tickets are \$45 per person and \$20 from each ticket is being donated to the Paediatric Palliative Care Program at ARCH. Both evening performances will include a reception before the show with hors d'oeuvre's and a cash bar.

Steel City Hockey Tournament

Dates: January 5 and 6, 2017
ARCH volunteers will be selling programs by donation at the Friday and Saturday games being held at the John Rhodes Centre. All program donations will be donated to ARCH Hospice.



Hospice Volunteer Story

The Ladies of Sears

ARCH volunteers come from various backgrounds and perform a wide variety of jobs at the hospice. Despite diverse personalities, interests, and passions, the one common thread that ARCH volunteers share is their commitment to Hospice: our residents and their families are their top priority when they step through ARCH's front doors. Our volunteers truly believe in what Hospice stands for and are dedicated to the roles they fulfill here at ARCH. They are proud to be Hospice volunteers and are honoured to be able to serve our community in a very special way.

Hospice volunteers are often asked what made them want to volunteer at such a sad place. For those who may not know a Hospice volunteer, the answer may surprise you: Hospice isn't a sad place. It is a place where people choose to live their final moments with dignity. Volunteers experience a sense of pride and humility as they share in the journey's with our residents and their families.

The *Ladies of Sears* are excellent examples of a proud group of Hospice volunteers. This group of nine extraordinary women have served with Sears Canada for many years and, upon their retirement, have chosen to give their time to ARCH.

This fall, the nine volunteers visited ARCH to reminisce about their experiences at Sears and to share their experiences as Hospice volunteers. They sat around ARCH's dining room table enjoying coffee, tea and some of Erik's delicious treats. Georgina Fitzgerald worked at Sears for 47 years as Assistant Office Administrator; Loretta Cartwright worked for more than 32 years as a salesperson in Sporting Goods, Toys and in the Paint department; Janet Hollingsworth worked for more than 22 years performing clerical services in Human Resources and was also a Sales Clerk in jewelry; Dale Dumanski worked as a Store Educator for 27 years; Sharelle Robertson worked as a Sales Manager; Joan Marshall worked in the Accounting Office; Anne Curtis worked as a Drapery and Linens



Having all worked at Sears for many years, these 9 ladies shared an afternoon of stories and laughs as they reminisced.

Sales Associate for 24 years; Gail Gray worked as a Decorator in Custom Drapery for more than 24 years and; Lana Zeppa worked in Human Resources for many years.

These ladies fill a variety of roles at ARCH including Reception, Housekeeping, and on the floor providing additional support to our residents and their families. Many of these ladies also dedicate their time to fundraising initiatives that help the Hospice meet it's annual fundraising goal of more than \$750,000. Each of these ladies have unique skills and bring something special to ARCH each and every time they volunteer.

In discussing the impact of performing their duties at the hospice, they are unanimous in their praise, boasting that it is a place that not only exudes peace and love but also provides them with a sense of fulfillment and gratitude. "It truly is a serene and peaceful place with wonderful staff" announced one of the women as they shared their stories around the table.

These nine women exemplify what it means to be a Hospice volunteer. They are often the first people to greet others with a warm smile and offer a comforting hug in times of sorrow. They all have hearts of gold and we are extremely fortunate that they have chosen to donate their time to ARCH Hospice.

Past Events



The Soo Greyhounds helped ARCH volunteers and staff with some much needed fall yard clean-up before visiting with our residents.



A few of the ladies from the St. Joseph Island Quilters Club presented this beautiful quilt to ARCH. We can't wait to share it with our residents.



After less than a year, the Re/Max ARCH Pledge program has raised \$5,720! Way to go Re/Max SSM!

Richards Landing Country Dance was held in late November. Close to \$1,000 was raised for ARCH!

ARCH volunteers were at it again this holiday season, baking and crafting up a storm for the Community Bake Sale and Bazaar at the Station Mall that took place late November.

Vendors at the Quattro Craft Sale generously donated “surprise” bags and for a \$15 donation to ARCH attendees were able to “touch and take” the surprise home. In total, more than \$550 was raised for ARCH.

The first weekend of the Steel City Hockey Tournament kicked off in November. Programs were available by donation to ARCH and a wonderful \$975 was raised.

This fall the Soo Greyhounds visited ARCH to help clean up our yard and visit with our residents. We’re always thrilled when the Hounds stop by!

Throughout the year, 18 Re/max agents have been donating a portion of their property sales to ARCH. In November they presented a cheque for \$5,720. Thank you RE/MAX!

Kristina Koprash, owner of Krush, put together the Krush Holiday Fashion Gala and generously donated proceeds from ticket sales to ARCH Hospice. In total, \$3,800 was donated.

A few of the lovely ladies of the St. Joseph Island Quilters Club visited ARCH in early November with a beautiful quilt donation.

Over the course of four days earlier this fall, Shot in the Dark Productions and its production of Nosies Off raised \$750 raised for ARCH. Thank you to everyone who came out to watch the show and took part in Trivia Night!

The Cocoa 5K and Marshmallow Mile was a new event for ARCH this year and we had a blast! More than 160 people of all ages and abilities came out to run and enjoy an elaborate hot chocolate bar.

Stay tuned to find out how much was raised from the Algoma University Colour Dash held in October and the Elettra Marconi fashion show held in November.

The Moonlight Walk was an evening filled with plenty of smiles, energy, and an assortment of delicious soups and breads. More than \$5,000 was raised for ARCH!

The Marconi Club hosted it’s annual golf tournament this year and chose to donate a portion of their proceeds to ARCH... a generous \$2,000!

Jessica’s Sunny Daycare made a donation of more than \$200 to ARCH Hospice this summer.



ARCH volunteer, Jackie, joined our Administrative Coordinator Alex, for a photo with Essar Centre Manager Robert Santa-Maria after the 50/50 draw during the NHL preseason game .



Julie Premo couldn't contain her excitement during the Smile Cookie Campaign. An incredible 31,489 cookies were sold this year!



The Algorhythms performed every Wednesday, all summer long, at the Big Moose Ice Cream Parlor located at the Trading Post.

In early October, ARCH staff and volunteers were invited to sell 50/50 tickets at the NHL preseason game hosted at the Essar Centre. An amazing \$3,745 was raised for Hospice.

The PUC Employees Association hosted its second annual golf tournament and chose to donate the proceeds to ARCH again this year. It was a gorgeous day on the course and \$2,070 was raised for ARCH!

The Gospel Country Concert at Bethal Bible Chapel took place in September and raised \$5,200 for ARCH.

The Dana Fazi Pub Night fundraiser raised \$700 and the Tea and Silent Auction raised over \$600 to help us provide comfort to our residents. Thank you to both Dana Fazi and Nana for your dedication to helping Hospice.

This September marked the 13th annual Hospice Golf Classic. Our golf committee worked hard and the tournament was nearly sold out. More than \$36,500 was raised! Thank you to all of our generous sponsors, prize donors and participants for making this year our most successful tournament to date!

This summer the Stephen family organized a Labour Day Bake Sale and raised more than \$200 for ARCH!

A group by the name of Stephanie’s Angels put together a silent auction to raise much needed funds for ARCH. Their auction raised \$2,407 which allowed the hospice to purchase new chairs for our residents’ loved ones to enjoy.

The Rizzo family held a golf tournament this summer in honour of Aaron Rizzo. They generously donated the proceeds from the tournament to ARCH... \$1,100!

Dress Down Days were a popular occurrence this summer! Headlines Hair and Spa, the group at WSIB, and Tarentorus Public School all held dress down days and donated the proceeds to ARCH.

This August, Reggie’s West held their second annual Reggie’s Ride for ARCH. We’d like to extend a very big thank you to Christine and Reggie Daigle, as well as their team, for working tirelessly to make the Ride an even bigger success than last year. More than \$10,000 was raised for ARCH Hospice. Thank you to everyone who came out to ride for ARCH!

The Tim Hortons Smile Cookie Campaign was another tremendous success this year! With your help, we raised \$31,489 for ARCH. Our Give-A-Smile online contest was also a success, showcasing the random acts of kindness many of you took part in. Thank you for buying cookies for your friends, family, and even strangers!

Frank Bock and his band, the Algorhythms, played all summer long at the Big Moose Ice Cream Parlor and they generously donated the proceeds from their performances to ARCH - an incredible \$1,000!

It's Never Too Early to Learn About Hospice

A Grade 6 Perspective

Last year, a beautiful young girl by the name of Kailyn Brown chose to do something brave - she chose to write her school oral about ARCH. At only 11 years old, the grade 6 student at Rosedale Public School stood before her school and proudly shared with her classmates what Hospice is and what it means to our community.



"Welcome students, parents and fellow judges! Today I'm going to talk to you about a place called ARCH. First let me tell you about their mascot Oscar. He is a dog that pretends to be scared to get lots of treats. He will whine and make some sad barks to get people's attention. He can usually be found there on Wednesdays."

"When a new resident comes to ARCH, they are welcomed by all the staff. This is called an Honour Guard Welcome. Here, they also choose a special stone that they can choose to leave with a family member after they pass."

"ARCH is a hospice that provides quality and compassionate care to people in our community at no cost. Residents are allowed to bring their pets in for visits and for those who don't have any, they can use something called pet therapy where pets are brought in by volunteers."

"ARCH tries to make their rooms as homey as possible. Each room includes a TV, private bathroom with shower and arrangements can be made for family to stay the night, if needed. They even gave them some nice donated quilts to try and make them feel at home. ARCH wants it to feel like home so families and residents can feel

comfortable on the residents end-of-life journey.

"ARCH is pretty new in the Sault. It opened its doors in 2008 and is able to help 10 residents at a time. That is the maximum that is permitted in an Ontario hospice. 24 hour care is provided by registered nursing staff, a physician, personal support workers and a Supportive Care Coordinator. They also have over 130 volunteers who help in many different areas.

"One thing that is very well recognized with ARCH is the symbol of the dragonfly. Do you know why they use a dragonfly? It represents a water beetle's journey of turning into a beautiful blue dragonfly that soars into the skies and experiences a whole new life. This is a story that makes it easier to explain end of life to children. Before 2015, ARCH only offered care to adults. Children needing paediatric palliative care had to travel to either Toronto or Ottawa. This made it very difficult for children, their families and friends. By offering this service in the Sault, families and their loved ones can all stay together in one place."

"Did you know that to keep it running, they need an operating budget of \$1.8 million dollars.

Approximately half of their annual funding is received from the Ministry of Health and Long-Term Care. ARCH also has an annual fundraising goal of \$750,000. This money is generously raised by our community each and every year.

"Two very special girls have raised money over the years in a unique way. Sarah Bugs Sweet Treats loves to bake and make special treats for family and friends. She started her very own business doing what she loves the most....baking. 50% of all the proceeds are donated to ARCH and the other 50% goes towards her own college fund. To date, Sarah has donated over \$15,000.

"Kelsey Hroch's father passed in 2007 before ARCH was open for her and her family to use. To

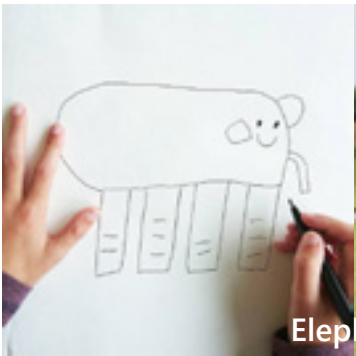
help support future families in need of ARCH's services, she uses the dragonfly symbol to make bookmarks, keychains and zipper pulls. 100% of the proceeds are donated to ARCH and to date, Kelsey has donated over \$50,000.

"I would like to thank you for listening to my presentation today. I hope you found this information about ARCH useful. If you would like to make a donation or hold a fundraiser of your own for ARCH you will find all the information you need and much more on their website at www.archhospice.ca".

Written by Kailyn Brown with permission to share courtesy of Krista Brown (February 2016).

Funnies

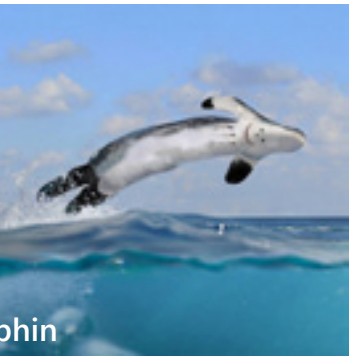
This hilarious Dad recreates his 6-year-old's drawings in Photoshop as if they were in nature.



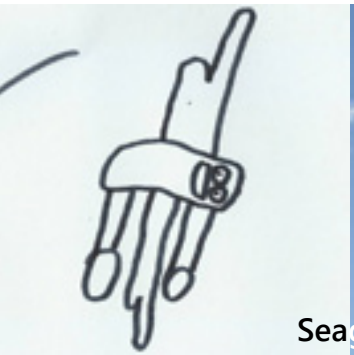
Elephant



Dolphin



Zebra



Seagull



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Happy Holidays!

From all of us at ARCH Hospice, we wish you a joyous holiday season.

