



ARCH Hospice Happenings



ARCH Hospice Newsletter

Winter 2018

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News

Happy New Year! We wish you and your families a 2018 filled with joy! We are grateful to you for being part of our journey and for staying connected with us.

We invite you to follow our daily progress and inspiration on [Facebook](#), [Instagram](#), and our [website](#).

Welcome New Team Members



Lisa Chandler

Nurse Coordinator
for Outreach



Krista

Registered Practical Nurse



Lauren

Registered Nurse

Upcoming Events for 2018

With the new year upon us, we figured now would be a wonderful opportunity to share some of the events happening in support of hospice for 2018. Every year we rely on over \$750,000 in external funds to support residents and their families.

These are not all of our events for the next twelve months, however, we thought we should provide a few noteworthy dates in advance.

We hope you join us!



MAY 4

CARTIME KARAOKE

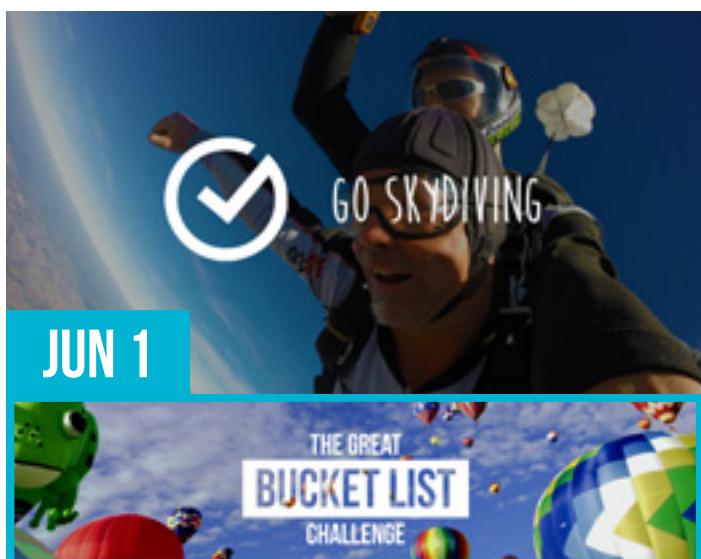
Embrace your inner rockstar and sing around town with host Leo Moore in a car provided by Great Lakes Honda!



MAY 12

Flower Sale

What better way to break into spring than by pre-ordering beautiful flower baskets?



JUN 1

Celebrate the end of The Great Bucket List Challenge with the community at a gourmet dinner with live entertainment.



JUN 10

RUN THE GREAT LAKES

Run, jog, or even walk a 5km or 10km race downtown around the boardwalk. Children can race 1 km or 2 km.



JUL 19

BUTTERFLY RELEASE

Enjoy a gorgeous summer evening releasing your own butterfly into the wild at the Bellevue Park Bandshell.



AUG 18

4th Annual Let's Ride 2018

Celebrate a day of motorcycling, music, and a BBQ with your fellow riders at Reggie's West.



SEP 7

The Hospice GOLF CLASSIC

Golf in a scramble-style tournament with lunch on the course and a banquet dinner. Everyone gets a prize!



SEP 29

Hiawatha Moonlight Fall Walk

Walk under the fall moonlight with family and friends and later enjoy some delicious homemade soup and bread.



NOV 4



Run, walk, or wheel in Bellevue Park. A decadent cup of hot chocolate and treats await everyone at the finish line!

Hospice Expansion

In the fall, we showed you how ARCH's expansion was built from the ground up. Eighteen weeks later, work has moved primarily indoors. We don't want to give away too many secrets until the project is complete and you can roam the halls yourself, however we're incredibly excited to share some snapshots of the remarkable progress.



WEEK 19 | OCT 22-27

Windows are placed on the south end.



WEEK 20 | OCT 30-NOV 3

The pergola is complete in time for snow.



WEEK 21 | NOV 6-10

The garden room exterior is completed.



WEEK 22 | NOV 13-17

Work indoors is well underway.



WEEK 23 | NOV 20-24

Large windows are installed and sealed.



WEEK 24 | NOV 27-DEC 1

View from the pergola overlooks expansion.



WEEK 25 | DEC 4-8

Our new kitchen is much larger than before.



WEEK 26 | DEC 11-15

Windows from the garden room are complete.



WEEK 27 | DEC 18-22

The new fireplace is installed in the hallway.



WEEK 28 | DEC 27-29

Cabinets are ready to be installed in the kitchen.



WEEK 29 | JAN 2-5

The beautiful ceiling is finished in the kids playroom.



WEEK 30 | JAN 8-12

Shelves for staff lockers are in place.

Hospice expansion is expected to be finished this spring. Thanks again to Jobst Construction and all of our sub-contractors for your hard work. Your efforts continue to make dreams a reality for our community. For more Hospice updates, additional photos, and an entire timeline from groundbreaking last June until now, we invite you to look at our [Facebook](#) page or our [website](#).

The Chocolate Express



On January 14, over 450 participants joined us for a gorgeous day of snowshoeing and skiing at Stokely Creek Lodge for The Chocolate Express. With the sun shining and freshly fallen snow from the night before, we couldn't have asked for better weather. Together, we raised over \$11,000 for Hospice!

Gathering at the Skier's Day Cabin, participants chose either the 2.5 km Cedar Cliffs trail, the 5 km Creekside trail or the 10 km Stokely Lake Cabin trail and set off into the winter wonderland. On each trail, ARCH volunteers hosted chocolate stations, handing out delicious treats to skiers and snowshoers, including smores roasted on an open fire! Once participants returned from their trails, they enjoyed coffee, tea, hot chocolate, and Chef Erik's scrumptious, deep-fried, chocolate-dipped churros.





As Trail Sponsor, [Maitland Ford Lincoln](#) provided shuttle service between Mountain View Public School and Stokely Creek Lodge at no extra charge to participants. Shuttle drivers ensured our participants had a luxurious and comfortable journey to and from Stokely Creek Lodge. Thank you to the team at Maitland Ford Lincoln for their wonderful service!



We appreciate all of your kindness, from the team at Stokely Creek Lodge who tended the trails, all of our volunteers who baked and spent their time helping out in the winter, to all of the participants who came out to raise funds for our community. Your kindness is unwavering, thank you! We witnessed many smiling faces throughout the day, and can't wait to bring The Chocolate Express back again next year!



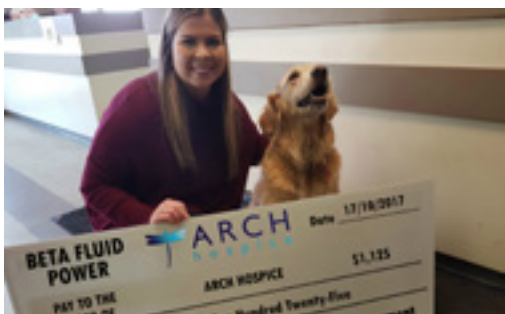
Past Events



The Cocoa 5k & Marshmallow Mile saw participants of all ages.



ARCH's Katherine (second from right) with the PUC staff.



ARCH's Katherine with Mia from Beta Fluid.



ARCH staff dress up for Halloween.

On October 15, the community joined us for the Cocoa 5K & Marshmallow Mile. There were 126 participants who braved the cold, rainy morning to run, walk, and wheel through Bellevue Park. Together we raised over \$4,500!

Thank you PUC Services Inc. for supporting hospice in their 3rd Annual Charity Golf Tournament on September 23. Thank you to all of the golfers who raised \$4,450 for our community! Your continuous support is tremendous!

Beta Fluid Power also held their own golf tournament earlier this summer in support of ARCH care, raising over \$1,100! Our community continues to amaze us with their generosity.

The Hiawatha Starlight Fall Walk welcomed more than 120 hikers to enjoy the breathtaking fall colours while being treated to some delicious homemade soup. Thank you so much to our supporters for spending the evening with us raising \$3,955!

MPP Ross Romano joined us at ARCH in October, presenting an Ontario150 Community Capital Program grant of \$51,400! This grant helped us purchase our boiler system that provides heat throughout our existing and expanded spaces.

CIBC generously donated 16 Soo Greyhounds game tickets to reward our hospice volunteers for their relentless dedication. Thank you for providing a wonderful night of entertainment to our selfless volunteers!

In November, the Soo Greyhounds visited a loyal fan who was a resident in hospice. Thank you for brightening the days of our residents and families in their time of need.

The Royal Purple Lodge #155 donated \$1,000 from a draw they held in May. We can't thank you enough for your support!

Thank you once again to Kristina Koprash for holding the Krush Fashion Gala in support of ARCH hospice! In a night featuring great food and beautiful clothing, the community raised \$4,000.

The Highland Ford Steel City Hockey Tournament supported us in November, raising over \$1,700 in program and admission sales. We are thankful for the kindness of our hockey community and for your continued support!

REMAX Sault Ste. Marie Realty Inc. arrived at hospice in late November, providing us with a generous \$8,035 donation from their ARCH Pledge Program and Scoops for ARCH! Thank you so much everyone for your kindheartedness.

We held our annual Tree Trimming Party where staff, residents, families and volunteers shared in joy and celebration to decorate our family room Christmas tree. Thanks to everyone who participated in our annual tradition.

The Sault Theater Workshop presented a one-night benefit performance of "King Arthur" in support of hospice. The lighthearted performance raised \$600 towards our paediatric care palliative services. Thank you for the continued dedication.

Thank you to the staff at Allstate for donating a grocery gift card to hospice. Your gesture will provided our residents and their families with delicious holiday meals!

A class from St. Mary's College delivered baked goods to hospice in time for the holidays! They also helped shovel our parking lot during their visit. We are still smiling in fondness of your service!

Thank you to someone who wishes to remain anonymous for donating a \$5,000 ice machine for us, we are in awe and gratitude!

Students from East View Public School sold hot chocolate for hospice in December and raised over \$300! You kids rock - thank you!

Thank you, Aili for handcrafting so many beautiful cards for hospice. Your creativity and compassion are inspiring!

As the Worthy Matron of Nokomis Chapter 70: Order of the Eastern Star, Jill Raycroft donated \$3,789! Thank you so much!

Coch's Corner held their Xmas Acoustic Open Mic Night in support of hospice, raising \$173. Thank you for your support!

As part of SooToday's 12 Days of Christmas campaign, our groceries were generously paid for by an anonymous stranger - what an amazing gift to our residents and their families!

Fratelli's kindly donated Christmas Eve dinner for hospice, allowing our residents and their families to enjoy some Italian cuisine over the holidays! Thank you to our incredible community.

Days before Christmas, Bob Tulloch visited hospice and performed several holiday songs for everyone to enjoy! Thank you for bringing some Christmas spirit!



ARCH and REMAX mingle together for a photo in our kitchen.



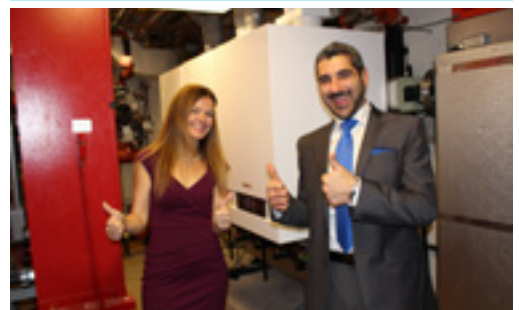
ARCH's Lee (right) with Marge and Diane from Royal Purple Lodge #155.



Police dogs visiting ARCH residents, volunteers, and staff.

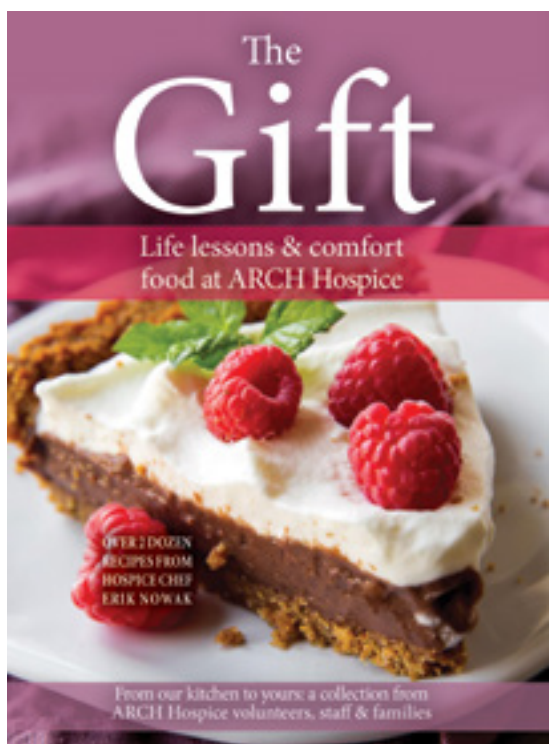


The Greyhounds visiting one of their loyal fans in hospice.



ARCH's Theresa (left) with MPP Ross Romano (right) in the boiler room.-

"The Gift" Cookbook



Welcome over one hundred delicious hospice recipes into your home from our kitchen to yours. Our team of volunteers and staff have graciously shared their family favourite recipes.

Hospice recipes include the following delicious options:

- Mac N' Cheese
- Lemon Chicken Rice Soup
- Bacon-wrapped Jalapeno Peppers
- Authentic Chile Con-Queso
- Gnocchi
- Peanut Butter Cup Cookies
- Pumpkin Muffins

We've provided a little taste of what can be found in our cookbook below:

ICED TEA - Chef Erik Nowak

A refreshing cool beverage to enjoy all year long.

1 cup of sugar

1 cup of water

4 tea bags

2 cups of boiling water

4 cups of cold water

Begin by boiling the sugar and 1 cup of water in one pot to create a sugar mixture. In another pot, boil 2 cups of water. Let first pot cool. Pour the 2 cups of boiling water over tea bags and let steep.

Remove tea bags, add sugar mixture and 4 cups of cold water.

Limited quantities are available, so get yours at ARCH today for \$10, or three cookbooks for \$20!





Just for Laughs

These recipes were written by children in kindergarten classes and shared for the world. Although they may not end up overly tasty, they will surely leave you laughing!



Harper's Corn

Ingredients: 20 corns, 33 regular seeds

"Well this is how I make corn. It's kinda dangerous and kinda yucky! So ya put logs in a pile and you burn it up in a fire. Then, you get a person to help you. You cook the corn with roast beef on a stove thing on the fire. The seeds go on the corn now. When the fire is out you can eat it!"

Tyler's Chicken

Ingredients: 12 packages of chicken - NOT SPICY!

"Cook it at home in the microwave for I would say about a minute. Put ranch and hot sauce on it. I say that would be it. Just eat it!"

Phillip's Pizza

Ingredients: Dough from Meijer, 10 crushed up olives

"Put the dough on the pan. Put the olives on the dough. Put the pan in the oven at 10 degrees. Cook for 2 hours."

Sarah's Ravioli

Ingredients: Ravioli

"Get a can of ravioli from the shelf. Open the can and put it in a pan. Put the pan in the oven at 5 degrees for 10 minutes."

Bella's Salad

Ingredients: 5 lettuces, 4 ranch dressings

"Put the lettuce and ranch in a bowl."

Volunteer Information



Our volunteers are exceptional individuals 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:

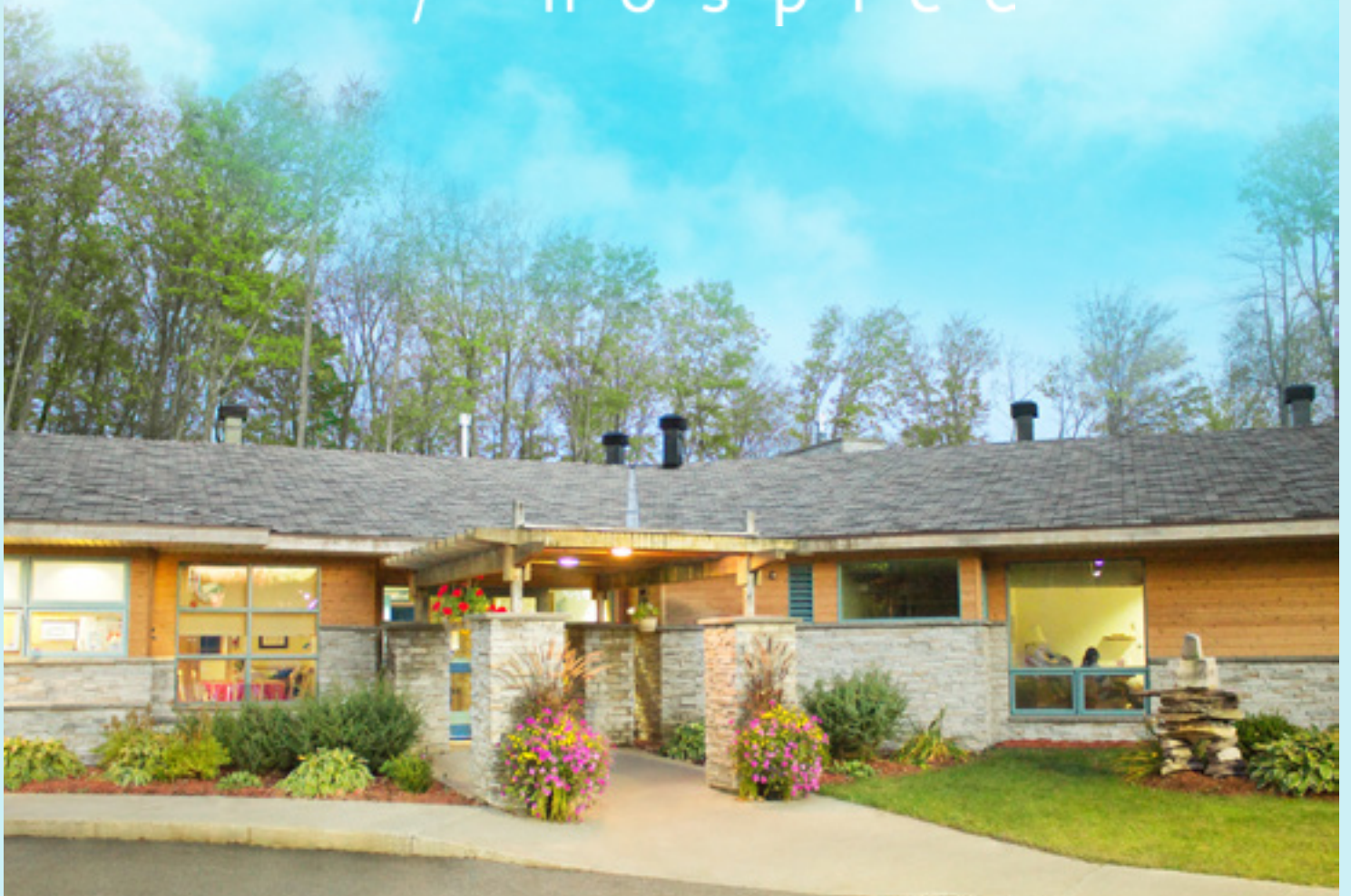
- Kitchen
- Palliative
- Fundraising
- Housekeeping
- Day Hospice (New)
- Concierge (New)

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

Email: premoj@archhospice.ca

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, our [Facebook page](#), or call ARCH at 705-942-1556 to learn more or make a donation.