



MARY POTTER
matters

EDITION 1, 2017

When Claire arrived
at the Hospice,
she felt like she could
finally
Breathe



THE MARY POTTER FOUNDATION

*Walk for
Love*

Sunday 21 May
10am

In this edition

Register for the 2017 Walk for Love
Mary Potter Care through the decades



MESSAGE FROM THE EXECUTIVE DIRECTOR

Here we are already in the third month of the year – thanks for taking the time to read our first newsletter for 2017.

I have to be honest with you, that sometimes at the start of the year I can find myself feeling a bit overwhelmed by the important care needs that must be funded this year for so many patients and their families who are living out their final weeks and days. From all-important medical and nursing care or providing a special sized bed for comfort or delivering a cake and flowers to allow a couple the chance to celebrate that one last anniversary together.

Then I take a breath and realise that at the Foundation we are far from alone. In fact, it is you, our wonderful and caring donors who will make sure that these needs are met. I am humbled that so many of you will reach out to help people you will never meet, understanding the importance of care that truly is about living every day, every hour.

So I thank you in advance and I hope that you will continue to feel inspired by all that you make possible. We look forward to sharing this year with you by our side.

Best wishes,

Cathy Murphy

Inspiring stories

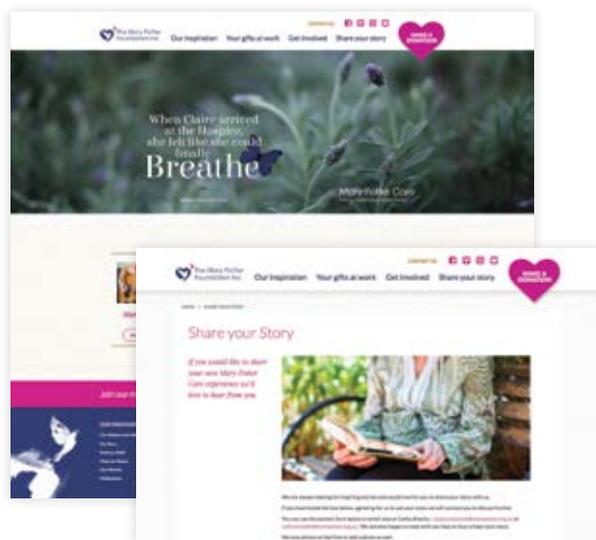
We have been so privileged over the past year to record a number of stories told by patients and families about their Mary Potter Hospice experience.

Claire was the first patient in the Hospice who we spoke to about actually filming her story and we were so incredibly grateful to have her say yes to our request. What an honour to sit with someone who knows that their life will be ending soon and to hear them talk about how being in the Hospice is positively changing their experience.

You can watch Claire's story on our website marypotter.org.au – if you haven't visited for a while you'll see that we've updated our site.

We thank all of the wonderful people who have to date allowed us into their lives in the hope that you will be inspired to continue to support Mary Potter Care. We encourage you to drop by our website for new stories throughout the year.

If you've had a personal Mary Potter Care experience, we'd love to hear from you. There is a special place to share your own story with us on our website or you can call Cathy on 08 8239 0119.



If you are grieving or this newsletter has arrived at a difficult time for you, please know that we have you in our thoughts and prayers.

We acknowledge loved ones who have passed away in recent times in the Mary Potter Hospice or Calvary and remember their family and friends who miss them every day.



L-R Georgina,
Rachel, Anthony
and Patrick

Mary Potter Care through the decades

Every day of every year is special at Mary Potter because of what you make possible.

This year we recognise 30 years since we were founded in 1987 and with your help the Hospice has been able to support thousands of people and their families in this time. While we celebrate all that has been achieved over the years, we are mindful that there are still many more families we'll meet who will need the Hospice. We take a moment to look at the impact your support has had on the Maddern family, who have experienced the care of the Hospice twice over the years.

Rachel knows the importance of the Hospice and the difference your support has made. The first time was when Rachel's mum, Lesley died (1993) and more recently when her Papa and Lesley's Dad, Anthony, passed away (2016).

"As a small child of 9, I remember going to the Hospice on the day my Mum got admitted and seeing her unconscious in the bed, to then a few hours later when I was standing in the hallway outside her bedroom being told by my Dad that she had died. I have such a vivid memory of that hallway and her hospital room. I hadn't stepped foot back in Mary Potter Hospice until my Papa was admitted 23 years later. I was very anxious and dreading having to go back."

Thanks to people like you, on her second visit, Rachel was really touched and impressed that her family had access to the kitchen and newly refurbished children's lounge.

"The fact that I was spending hours there and did not have to worry about food, or coffee or a quiet place to sit and have some time to myself ... was amazing," says Rachel. "Probably the most special thing was the children's room, with the cute fairy door. It meant I could

bring my three children, the youngest of whom is three, to visit and it not be the scary, daunting experience as it was for me when I was a little girl. They happily watched movies and played in there whilst also being able to spend quality time with their great-grandfather."

At the heart of the Hospice, the exceptional level of care from the doctors, nurses and volunteers remains true. And this is all thanks to you, our wonderful donors. We are grateful to be able to give more families like the Madderns, the level of support that they need.

"As for the volunteers, who seem to be the life blood of Mary Potter, their compassion and ability to read the emotions of grieving and emotionally charged relatives, is incredible."

"From the moment we arrived with Papa, the care from the nurses and volunteers was incredible. I was quite unprepared for the realities of watching someone slowly die before your eyes, but the amazing nurses and doctors who talked me through the experience and offered as little or as much support as my family needed, made the process bearable. As for the volunteers, who seem to be the

life blood of Mary Potter, their compassion and ability to read the emotions of grieving and emotionally charged relatives, is incredible."

We know in the future we'll meet more families like the Madderns. We need your help to ensure that Mary Potter Care is here to support them.

"Palliative care is so important. How lucky are we to have such a special place to make this process just that little bit easier."

Together we look forward to making the next decade count, by helping patients and their families when it matters most.



THE MARY POTTER FOUNDATION

Walk for Love



STUDENTS READY TO WALK FOR YOU ... AND 'WALK FOR ME'

If you have been on the walk before, you would have noticed the students of Our Lady of the Sacred Heart College (OLSH), who join in every year. Not only do they register a huge team to walk on the day, but they raise money for Mary Potter Care too.

In addition, each student volunteers to wear a heart on her sleeve. This year can they walk for you?

If you are not able to come to the walk and you would dearly love a student to walk in memory of someone close to your heart, all you need to do is call **Jess** or **Lorna** on **08 8239 0119** or tick 'Walk for Me' on the enclosed flyer and make a donation.

A student will proudly walk the 7kms wearing a heart on her sleeve for you. The name of your loved one will be on the heart and at the end of the walk it will be pinned to the quilt which hangs in the Foundation office.

Thank you to all OLSH students for choosing to do what you can to support people at the end of their lives. It is a real credit to you all.

And if you choose 'Walk for Me' – thank you for giving a student the opportunity to walk for you and in doing so, giving her a connection back to what the walk is all about.

Blackwell Funerals are sharing the love

On Sunday 21 May, Blackwell Funerals will join the *Walk for Love* as a major sponsor for the seventh year in a row. The Mary Potter Foundation would like to thank Blackwell Funerals for their support over the years and for walking alongside them once again.

The relationship between Blackwell Funerals and The Mary Potter Foundation is one based on caring for families when they need it most.

Supporting our community is important to both Blackwell Funerals and The Mary Potter Foundation. So many families are experiencing similar situations and yet every family is different and require an individual level of care. It's through the support of sponsors like Blackwell Funerals that the Foundation will be able to make a difference to so many families who will need the care of the Hospice.

Blackwell Funerals look forward to joining The Mary Potter Foundation and the local community for the *Walk for Love*.



WELCOME TO THE WALK

We are so grateful to Oakford Homes and MOO Premium Foods who have come on board as brand new sponsors of the 2017 Walk for Love.

We welcome these two South Australian companies as our partners in the event and look forward to spending a Sunday with some of their staff this May.



Footprints in the Sand

By Thomas Harris

My precious mum Sharon Harris, died in the Mary Potter Hospice on 24 February 2016. Mum was my best friend and losing her hit me hard. A woman who never gave up until the end no matter what was thrown at her during her battle with cancer.

During the first few months of her treatment Mum spent time at the Mary Potter Hospice and she often talked about her stay there and how as time drew nearer to her passing she had a strong desire to spend her last days there.

I remember the last time she was admitted to hospital. Unfortunately, the Hospice was full but her time was drawing near and she needed extra help with her care. She told the nurse not to unpack her bag because she wasn't going to die in that ward. She was going to die in Mary Potter – just as she had planned! My mum was a very determined person.

A few days later she got her wish and was transferred to the Mary Potter Hospice.

Mum was only in the Hospice for three days, but in that time the staff cared for Mum so beautifully. Even in ways you would never expect. Every time I hear a Neil Diamond song it takes my mind back to Mum and the music playing in the background in her room. The nurses allowed us to have Mum's phone playing a variety of her favourite music including Neil Diamond and Icehouse. This was such a nice touch and the staff did everything they could to make Mum as comfortable as possible.

The Hospice staff looked after our family too. We could drop in to see Mum at any time of the day or night and stay as long as we wanted to. And there was always a friendly smile, a reassuring hug, a hot cup of coffee and something to eat in the kitchen.

After Mum passed, I felt I needed to do something to honour her and thank the Hospice for what they did for us but I didn't know what to do. Then I heard about the Walk for Love.

So, three months after losing Mum, I formed a team with my partner Cerys and Mum's two sisters Jo and Sally, and we walked in her memory in the 2016 Walk for Love.

Mum would have loved our team name – *Footprints in the Sand*. Mum loved the beach – especially Normanville. It was a special place for her – somewhere she always loved visiting. And it is a phrase that if we ever feel lost or needing comfort we will always find her footprints in the sand and know she is not far.



From left; Joanne, Thomas, Cerys and Sally

Being involved in the Walk for Love last year was a great decision and we are looking forward to being a part of it again. To be surrounded by so many people who understand what you are going through is very special.

Fundraising for the walk was so easy.

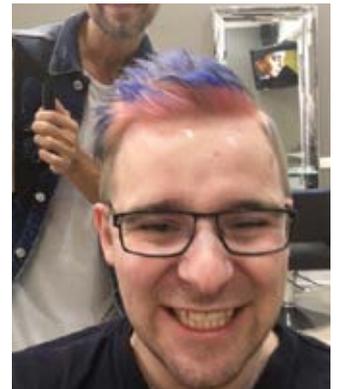
To encourage support I said I would colour my hair if we raised over \$500. We created a fundraising page and I wrote a few words about Mum and the Hospice. Donations started coming in straight away and before

we knew it we had raised over \$1,400. This was an amazing achievement and all for an amazing cause.

Please join us at the walk this year. Whether you have had a recent loss or it was many years ago – it doesn't matter. And I urge you to fundraise. You don't have to colour your hair like I did, but every dollar will make such a difference for someone just like my mum.

We would like to thank Thomas for sharing his story. It was very brave of him to come on the walk so soon after saying goodbye to his mum. And as a result of his team's fundraising efforts a patient received 190 hours of subsidised care. This made it possible for a nurse to give a patient the care they needed and the time to find their "Neil Diamond".

Please join us on Sunday 21 May for our Walk for Love.



Stitched with love

Two years and 600 quilts later, the quilt program continues to add an extra special touch to the care that is offered in the Hospice and Mary Potter Supportive Care Unit and Calvary Central Districts Hospital.

Thank you to all the ladies (and a few gents), sewing clubs and quilting groups who have embraced this program and provided us with a steady supply of quilts during this time.

Your quilts have brought smiles to the faces of many patients and have provided warmth and comfort during their stay. And your quilts have taken on a new life when each family leaves the Hospice, giving them a treasured memento of their final days together.

*Your quilts have
brought smiles to the
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THE PASTORAL CARE TEAM NEVER STOP CARING

As part of the Pastoral Care team's commitment to serve the families of all who have died in Mary Potter or Calvary North Adelaide, a simple and respectful memorial service is held every four months in the Chapel on the grounds of Calvary North Adelaide Hospital. At this service we take a moment to remember our loved ones and give thanks for their lives.

Everyone is welcome to attend the service which goes for about half an hour, followed by afternoon tea.

At the service a booklet is given out with the names of all who have died at Calvary North Adelaide Hospital over the previous 24 months.

If you have had a recent loss and you cannot make it to the service (or the service has passed by the time you read this notice), but you would like a copy of the booklet, please call **Jess H** or **Lorna** on **08 8239 0119** or send us an email to reception@marypotter.org.au. We would be pleased to send one to you.

For dates and times of the Memorial Services, please refer to the back cover of each newsletter.

HOW TO GET YOUR HANDS ON A LITTLE PINK COLLECTION BOX

Everyone who registers for the *Walk for Love* automatically receives a little pink collection box to help with their fundraising.

But if you are not coming to the walk, you can still get involved by requesting a box of your own.

Between now and the end of May, collect your loose change or ask others for a donation. Then simply return the box or bank the contents into our account. It's that easy and you will be surprised how quickly it adds up.

If you can help us, please phone **Jess** or **Lorna** on **08 8239 0119** and we will post one out to you today. Or **tick the box on the enclosed flyer and mail it back to us.**

Thank you – your little pink collection box will help in a big way.



1ST PRIZE

A trip to Paris for seven days for two people including flights and accommodation!
Value \$11,000



2ND PRIZE



3RD PRIZE



BOOK BUYERS PRIZE

2017 Great Escape Lottery

HERE'S YOUR CHANCE TO ESCAPE IN 2017!

With three fantastic holiday prizes on offer in the 2017 Great Escape Lottery and tickets only \$5 or a book of 11 tickets for only \$50, you could win a **seven day escape to Paris** for two valued at \$11,000 or second prize – a **seven night PS Princess Cruise** for two valued at \$6,000.

Third prize is a **four night Kangaroo Island experience** for two valued at \$2,500, and the book buyers prize – a **Barossa Food and Wine Experience Tour** for two valued at \$500.

You'll find more information on our website with all the prize details. Tickets are on sale now until 30 May 2017.

Don't miss out, buy your tickets by completing the slip included with this newsletter and returning it to us. Alternatively you can purchase your tickets by calling **08 8239 0119** or visiting **marypotter.org.au** to purchase online.

2017/2018 ENTERTAINMENT BOOKS

2017/2018 Entertainment Books will be available for purchase at The Foundation office from Monday 10 April. **Books are \$70 each** and \$14 from books sold supports the Foundation. Current books expire on 1 June 2017. Please contact **Jess H** on **08 8239 0119** for more information or visit www.entbook.com.au/160a132 to purchase online.

THE MARY POTTER FOUNDATION'S UPCOMING EVENTS

WALK FOR LOVE

Sunday 21 May

Please see articles on **pages 4 and 5** and the **enclosed flyer** for all details or call **08 8239 0119**.

SAVE THE DATE – GRABBING LIFE BY THE GRAPES

On **Friday 5 May** the Caring Hearts Committee will be hosting a fabulous night of wine, cheese and canapés. For more information please contact **Jess B** on **08 8239 0119** or caringhearts@marypotter.org.au

CALVARY PASTORAL CARE MEMORIAL SERVICES

The 2017 Memorial Services will be at **1:30pm on Thursday 6 July** and **Thursday 2 November**.

For more information please contact **Pastoral Care** on **08 8239 9285**. Services are held at Calvary North Adelaide Hospital Chapel and are followed by afternoon tea in the Connery building – all welcome.

VOLUNTEERING WITH THE MARY POTTER FOUNDATION

If you would like to help us sell lottery tickets at Calvary Hospital please call **Jess H** on **08 8239 0119**.

THANK YOU

Along with other organisations mentioned in this newsletter, we want to take this opportunity to sincerely thank the following organisations and individuals for their support of our programs and events. We encourage you to support the businesses and community groups who support us where possible.

- Lang Foundation
- Scotch College
- Order of Saint John
- Hope Church
- Pro Healthcare Foundation
- San Remo
- Lions Club of Adelaide Italian
- Radiology SA
- SA Power Networks Employee Foundation

CALVARY NORTH ADELAIDE AND HOSPICE AUXILIARY EVENTS

FILM AFTERNOON

Regal Theatre, 275 Kensington Rd, Kensington Park
5:30pm, Sunday 28 May | \$25pp inc movie ticket, sparkling wine and treats

For information and tickets contact **Jill Harrison** on **08 8431 9323** or **Priscilla Thomas** on **0419 826 281** or hiddenvalleyki@internode.on.net

ANNUAL BRIDGE DAY

Beaumont Bowling Club, 71 Devereux Rd, Linden Park
11:00am, Tuesday 8 August | \$30pp inc lunch and wine

For information contact **Dr Edith Miller** on **08 8379 2971, 0418 898 056** or edith.m@bigpond.net.au or **Helen Martul** on **08 8376 0876, 0418 990 876** or jmartul@bigpond.net.au

NEW AUXILIARY MEMBERS WELCOME The Auxiliary is currently looking for new members.

If you are interested in joining please call president **Jill Harrison** on **08 8431 9323**.