



CHIPPING IN TO MAKE A DIFFERENCE

The 2014 Chip in for Calvary Golf Day makes a beautiful new garden space a reality.

See page 3 for details.



David Mariuz Photography

In this edition

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MESSAGE FROM THE EXECUTIVE DIRECTOR

As the year continues to speed past we take time to reflect on what you continue to make possible in the Hospice through your support. Thank you for the role you play in making the Hospice a special place.

That the Hospice is special, is confirmed by the number of people who use the word 'love' or 'loving' when they reflect on their Hospice experience. We associate love with people who are close to us, with whom we share relationships, yet in the Hospice families feel loved by people they have never met until that time and, to me, this says so much.

Special comes from the individual care, from recognising each person and their family is unique with their own needs that the Hospice team will strive to meet. Special is not about changing the outcome but it is about changing the experience. It is the impact of their Hospice experience which leaves families with that sense of loving care.

The Hospice is special and it is because of the sum of the parts – from the Hospice team providing the care to you, our donors, who make it all possible. Please accept our heartfelt thanks and know we are grateful always for your support.

Best wishes

Cathy Murphy



Our Lady of the Sacred Heart College students with their contributed artworks

Calling all budding artists

The corridors of the Mary Potter Hospice have been reinvigorated over the past 18 months with the addition of the Living Art Gallery.

Through collaborations with various schools, students have provided the majority of the artwork, which has transformed the walls and corridors of the Hospice.

We also had one surprise exhibition that showcased paintings, pencil drawings and photos created by Hospice and Calvary Hospital staff, patients and volunteers. What a talented bunch they are!

As part of the Mary Potter Hospice's 40th anniversary celebrations in 2016, one of the exhibitions will be turned over to you. We would love to showcase the work of our donors, supporters and friends.

If you paint, sketch, embroider, take photos, quilt etc. and you are willing to part with one item for about three months next year – we would love to hear from you.

Contact **Romina Penna, Fra Angelico Coordinator**, on **08 8239 9304** to register your interest.

We would love to showcase the work of our donors, supporters and friends.

Vale Roy Hime

One of our most loved volunteers and a Foundation Honorary Life Member – Roy Hime – unexpectedly passed away in March this year.

Roy was a treasure – a kind and gentle man with a big heart and a big smile.



For the last 15 years Rose & Roy could be found working side by side at most Mary Potter events. And together they were instrumental in ensuring the success of the Telethon lottery year after year.

Roy will be sadly missed, but it was a privilege to have known him.



Checking if the new garden is up to par – 2014 Chip in for Calvary Golf Day Committee (left to right) – Bill Spurr, Jenny Hurley, Paul Ellery, Mark Ricciuto and Tim Boylen with major sponsors Matthew Roberts (CUB), Melanie Cooper (Coopers) and Les Burdett (Lion).

From little things big things grow

When St Helen’s ward was extended two years ago, it left the outlook from patient rooms very uninspiring. The garden had been replaced with nothing more than gravel and dolomite.

We had a vision to create a beautiful garden for patients and families to enjoy. The Chip in for Calvary Golf Day Committee picked up on this vision and chose this project to support through the 2014 Golf Day.

It took a few months to create, but the garden is now finished and most of the plants are thriving. The desolate space has been transformed with Hospice and St Helen’s patient rooms now overlooking a green oasis.

‘The garden is a beautiful tranquil place. It allows patients and families

to experience fresh air and enjoy the scent of the herbs and reflect while watching the seasons change’, said Berry van Vuuren, Clinical Manager. ‘We thank everyone who made this project possible.’

“We thank everyone who made this project possible.”

The 2015 Chip in for Calvary Golf Day proudly sponsored by Coopers, CUB and West End will be on Friday October 23 at Grange Golf

Course. All proceeds from the day will support further upgrades to patient rooms.

For more information call **Cathy** on **08 8239 0119** or visit **chipinforcalvary.com.au**.



RESPONSE EXCEEDS EXPECTATIONS

In May we sent most supporters a letter asking for you to consider making a mid-year donation towards our work in the Mary Potter Hospice.

Despite tough economic times we were not disappointed with just over 400 responses received to date. Thank you if you have donated.

All proceeds support patient care in the Mary Potter Hospice. Our aim is to create a safe haven; a place where the outcome doesn’t change but the experience is definitely made better. If this is important to you and you would like to make a gift, there is still time. **Simply return the form posted to you, go online marypotterorg.au or tick the box next to ‘Mid-Year appeal’, on the reply slip on page 7.**

Thank you for your support.



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 and remember their family and friends who miss them every day.

A note of thanks ...

We would like to share with you a small collection of notes and cards received by the Hospice so far this year.

These notes and cards are for you too.

We know that the level of care available in Mary Potter is only possible through the expertise and compassion of the amazing medical team, which is funded through your gifts and support.

Thank you.

"To the staff at Mary Potter – thank you so much for the compassion and care you have given our family this week. You are an amazing group of people and your kindness will always be remembered."

"I just want to thank all the staff associated with my husband's care for their kindness, compassion and professionalism. You all do a fantastic job at supporting families at their most difficult times."

"Thank you each and every one for the superb care given to our daughter recently. ... Words are simply not enough to express our admiration and thanks."

"To the Hospice nurses and staff – you are all angels and our thanks have no boundaries. We are blessed to know you all."

"To all the staff at Mary Potter. You have given us all the strength and courage to face the road that lies before us. Thank you."

"Such wonderful care, such special people. We are so deeply grateful. The Venerable Mary Potter herself must be so proud that her vision and her legacy continues through your dedicated, empathic and loving team."

"Thank you very much for all the kindness and caring that you showed towards our Mum during her last couple of days. We very much appreciated the gentle manner amongst all the staff towards our mum."

"I know that my husband was very happy with the care he was receiving at Mary Potter and this means a lot to us as we remember happy times in his last few weeks. It truly is very special work that you all do. Thank you."

"The family and I are very conscious of how fortunate we were to have you all caring for our husband and father in his last days."

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"Our kindest regards and best wishes to you as you work so hard to maintain a truly brilliant service."
.....

"Thank you for all the care given to my husband during his very short stay. You are all special, amazing, beautiful people who helped us all during this difficult and sad time. You are all worth your weight in gold!"

"Not all angels are in heaven. Some work as nurses and volunteers at MPH. To all staff at MPH – thank you."

"Thank you.
Such a small word but with such a huge meaning. ... You are very special people.
God Bless you all and thank you again."

THANK YOU!



Your impact so far in 2015

Thanks to your support, the Foundation has had a fantastic start to the year. We have been able to help so many patients and families in so many ways.

Here is a breakdown of how **you** have chosen to be involved with us so far this year:

- 500 enjoyed our final Strathalbyn Race day.
- 800 participated in the biggest crowd we have had at our Walk for Love, 77 students walked in memory of someone whose loved one couldn't be at the walk and 528 donations were made.
- 2400 tickets were purchased in our Great Escape Lottery with 20 prizes won by our supporters, including the first prize trip to Thailand.
- 400 Entertainment books have been purchased.
- 1,113 gifts were given at funerals in memory of someone special.
- 738 donations were made to support our work.
- 320 quilts were lovingly made and donated.
- 695 have followed us on Facebook.
- 25 joined us on three tours of the Hospice.
- 5,100 newsletters were read.
- 68 students provided artwork for the Living Art Gallery.
- Dozens of students, performers, corporate volunteers and individual volunteers offered their time to make a difference.

This is how we have turned your involvement into practical support:

- Part funding for the care of 146 patients and their families in the Hospice.
- Built a new garden for patients and families to enjoy (see page 3).
- Purchased new pressure cell mattresses for four Hospice beds.
- Funded a RESTORE program workshop and hundreds of complementary therapies were delivered to patients during their chemotherapy treatment in Kimberley House.
- Stocked the fridge and cupboards in the Mary Potter Hospice family kitchen for family members and visitors to have a welcome coffee break and a snack.
- Provided support through the Fra Angelico Arts Program for dozens of art pieces created by patients, plus two exhibitions in the Living Art Gallery.
- Funded 78 visits from Delta dogs and cats.
- Provided over 300 massages, facials and reflexology treatments through the Complementary Therapy program in the Hospice.
- Provided hundreds of hours of music through our music therapy program.
- Funded written biographies through the Biography program.
- Distributed 182 quilts to patients.
- Delivered 12 activities (two each month) for patients and families including Mother's Day celebrations, Anzac Day, Easter, Valentine's Day, Shrove Tuesday, St Patrick's Day etc.
- Delivered special occasion celebrations for patients i.e. birthday cakes, anniversary flowers etc.
- Provided funding for training and education courses for Hospice nurses.

Whatever way you choose to support the Foundation, eventually a patient undergoing cancer treatment or a Hospice patient is impacted in some way. Thank you for what you make possible.

Running for Dad

On 6 September 2015, Anne van der Gissen is tightening her sneakers and setting off across Flinders Chase National Park; Kangaroo Island and taking part in the first every Ki42 Marathon. Born in KI she has decided to take on the challenge as a personal goal and chose to raise funds for the Mary Potter Foundation to support Hospice care.

In 2010, at 19 years of age, I became very familiar with the Foundation when my Dad lost his eight year battle with cancer. My Dad spent his final week in the specialised care of the hospice nursing staff, under the direction of fellow ex-KI resident Dr Greg Crawford. Together this amazing team gave my family the blessing of being able to enjoy our last few days with Dad and take the time to say goodbye, without the need to give concern to his primary care needs and pain management. My two older sisters and I spent these last precious moments chatting, reminiscing, telling jokes, laughing, crying and hanging out together bedside as we watched Dad's decline. During this process both Dad and his girls were supported by experienced, dedicated and angelic staff working at the hospice.

"... they gave us the priceless gift of allowing us the time to say goodbye."

The Mary Potter Foundation does not receive church or government funding and relies on donations from individuals and the community. My wish is to be able to pass on the blessing my sisters and I were able to enjoy at such an extraordinarily difficult time to other families in need. What better way to mark Father's Day on 6 September, just over five years since Dad's passing, than to run in his memory and say thanks to the Mary Potter Foundation?

The Mary Potter Hospice could not give Dad a cure, nor prolong his life. But they gave us the priceless gift of allowing us the time to say goodbye.

Like Anne, there are many ways that you can fundraise for the Mary Potter Foundation. If you are interested in taking on your own challenge like Anne or holding your own fundraising event please contact the Foundation on **8239 0119** or reception@marypotter.org.au.

Staff Spotlight

Introducing LYDIA SEGAL

Lydia has been part of the nursing staff at the Mary Potter Hospice for the last 8 years. With a big heart and a beautiful caring nature she has been a favourite of many patients and families over the years. Lydia was kind enough to share more about herself...



TELL US A BIT ABOUT YOU?

"I'm a proud mother of a 13 year old son. I was born in England from a large family, have three sisters and four brothers. I moonlight as a Makeup Artist/ Face painter mainly for weddings and events, amateur theatre and kid's parties."

HOW LONG HAVE YOU BEEN A HOSPICE NURSE?

"I have worked at Mary Potter Hospice for eight years now acting as Clinical Nurse. Previous to that my background was Mental Health nursing for 15 years."

WHAT INTERESTED YOU IN HOSPICE CARE?

"I had a school friend who died in the Hospice many years ago, along with my own father's death (not in the Hospice) over a decade ago inspired me to work in end-of-life care. I realised the impact of losing someone you love and the experiences you have with health care professionals, stays with you for life."

WHY DO YOU DO WHAT YOU DO? WHAT WAS YOUR MOTIVATION?

"I realised that I can't change the circumstances of illness or prognosis but I can make a difference to the experience the patients and families have whilst in my care.

"I'm continuously inspired and moved by the wonderful patients, families and great dedicated team I work with."

My philosophy is to nurse with love, empathy and compassion, with the greatest regard for integrity to the people in my care, to inject quality of life to those precious days, weeks and months, to be mindful that they're a "patient" by no choice of their own and they are so much more than a diagnosis.

I'm continuously inspired and moved by the wonderful patients, families and great dedicated team I work with."

TELL US ABOUT YOU AWAY FROM WORK? HOBBIES? LOVES?

"In my spare time I'm a keen bush walker. I love music and attend many live gigs, concerts and musical theatre. I love reading biographies, eating out experiencing different culture, the odd glass of Moscato, time with my son, friends and family, escapism at the movies, indulgence of sweet treats. I paint and I'm writing my memoirs.

I plan to travel more as the richness of life is about the people you meet and the shared moments, you have to soak it up like a sponge."

A healthy financial future after Cancer

Through your gifts, the RESTORE program is offered to all cancer patients in North Adelaide Oncology free of charge. The program is aimed to give patients the best chance of fighting their disease.

The RESTORE program provides complementary therapies during treatment as well as educational workshops on subjects including diet, exercise, meditation and your financial wellbeing.

When cancer strikes, the focus is naturally on the patient's health; however, your financial health is also important. Many patients cease work or have to reduce their working hours. Medical bills and medication costs spiral out of control and regular bills still need to be paid.

So how do manage your money through this difficult time?

Thanks to Brett Schatto from Pride Advise; a team member of the RESTORE education program, patients learn how to survive financially and what they need to do legally to prepare for the future.

Information about the resources available through Centrelink and other providers are also explained. Brett has an amazing gift to simplify very complex issues.

Brett explains how he became involved in the RESTORE program:

"...I had a financial planner working with me and we were very close. She was diagnosed with breast cancer at 32 and went to Dr Tabitha Healy. One day Dr Healy was talking about RESTORE and needing a financial planner to present at the workshops. I continued this work pro bono after Katie died as I love helping those struggling."

We thank Brett for giving up his time to help guide so many people through the financial maze at a very challenging time in their lives.



"I continued this work pro bono after Katie died ..."

If you would like to help support cancer patients, you can purchase tickets in the People's Choice Community Lottery. Tickets are \$2 each or purchase by the book \$20 each. Simply complete the form below.

Support the RESTORE program and you could be a winner!

All proceeds of tickets sold by The Mary Potter Foundation will go to support the RESTORE program in Kimberley House.

\$2 per ticket **Over 150 prizes valued at over \$360,000!**

1st Prize



Hyundai ix35 Highlander Petrol Auto

2nd Prize



Harvey Norman Shopping Spree

3rd Prize



Hyundai i30 Active 5 Door Hatch Petrol Auto

2015 **people's choice** COMMUNITY LOTTERY

Our heartfelt thanks for the difference you continue to make. If you choose to make a gift today, please know how gratefully it will be received.

All donations over \$2 are tax deductible.

MY DETAILS: Name _____ Phone _____

Email _____
(for future communication purposes)

Address _____ Postcode _____

PLEASE ACCEPT MY TAX DEDUCTIBLE GIFT OF: \$25 \$50 \$100 \$250 \$500 My choice \$ _____

I WOULD LIKE MY GIFT TO SUPPORT: Mid-year appeal (Hospice patient care) RESTORE cancer wellness
 Living Art Gallery Other _____

MY GIFT IS IN MEMORY OF: _____ Relationship _____

I'D LIKE TO BECOME A MEMBER OF THE MARY POTTER FOUNDATION: \$10

I'D LIKE TO PURCHASE PEOPLE'S CHOICE COMMUNITY LOTTERY TICKETS: _____ tickets @ \$2 each or _____ books @ \$20 each

Enclosed is my Cheque payable to The Mary Potter Foundation Money Order Cash Visa Mastercard

Card No _____ / _____ / _____ / _____ Expiry Date _____ / _____

Name on Card _____ Signature _____

Please send me information about leaving a gift to The Mary Potter Foundation in my will.

Please add me to The Mary Potter Foundation e-news mailing list.

I would prefer not to receive any further information from The Mary Potter Foundation.

You can also donate online at marypotter.org.au or phone us on 08 8239 0119 or fax 08 8267 3875.

UPCOMING EVENTS

THE MARY POTTER FOUNDATION

CHIP IN FOR CALVARY GOLF DAY

Friday 23 October | Grange Golf Course

Building on the success of 2012, 2013 and 2014, the golf day is back for its 4th Year!

Visit chipinforcalvary.com.au for further details.

SAVE THE DATE

LIGHTING OF THE LOVING TREE

Wednesday 2 December

More information available in October.

MEMORIAL SERVICES

The final Pastoral Care Memorial Service for 2015 is **Thursday 5th November at 1:30pm**. Services are held at the Calvary North Adelaide Hospital Chapel and are followed by afternoon tea in the Connery building – all welcome.

For more information contact **Pastoral Care** on **08 8239 9100**.

CALVARY NORTH ADELAIDE HOSPITAL AND HOSPICE AUXILIARY

ANNUAL BRIDGE DAY

Tuesday 11 August, 11:00am | \$30

Tranmere Bowling/Tennis Club
Corner Magill Road & Kings Grove,
Tranmere

For further information and to secure your tickets please contact **Margaret Clifford 08 8379 5831**, **Dr Edith Miller 08 8379 2971** or **0418 898 056**.

RECITAL:

ADELAIDE YOUNG VOICES

Sunday 18 October, 2:00pm | \$30

Calvary Hospital Chapel

Further information and to secure your tickets please contact **Jill Harrison 08 8431 9323**.

SUNDAY BRUNCH BY THE SEA

Sunday 22 November
10:00am | \$60

Stamford Grand Hotel,
Glenelg

Further information and to secure your tickets please contact **Jill Harrison 08 8431 9323**.

NEW AUXILIARY MEMBERS WELCOME

The Auxiliary is currently looking for new members. If you are interested in joining, please call President **Jill Harrison 08 8431 9323**.

TELETHON MOVIE CARDS

Available from the Foundation now – The Telethon Movie Card is loaded with value!

For just \$20 the card enables you to save every time you go to a Wallis Cinema. The card discounts include:

- Two tickets for \$6 each
- 10 tickets for \$11 each
- One FREE movie ticket and a 150g bag of Menz FruChocs once all discounted tickets on the card have been used
- Once off candy bar offer – two choc tops for \$6 (plain only)
- The chance to win a Wallis Gold Pass for one year

Not only will you enjoy great savings at the cinema but you will also be supporting The Mary Potter Foundation. Valid until May 2016. Contact the office **08 8239 0119** to purchase.

THANK YOU

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

Adelaide Flower House	RV Ceravolo & Sons
Grill'd Rundle Street	SA Power Networks
Chemplus	Scarpantoni Wines
Blackwell Funerals	Murray View Irrigation
Nippy's	Vili's
Brighton Jetty Bakery	Kiwani's Campbelltown/Rostrevor
Baa Moo Oink	Fulham Funerals
Bank SA	Coopers Brewery Foundation
RV Jordan	Order of St John of Jerusalem
Rotary Club of West Torrens	

YOUR GIFT MAKES EVERYTHING POSSIBLE

Thank you for taking the time to read our newsletter, we hope you feel proud of what you make possible through your continued support. If you have any feedback please email us at reception@marypotter.org.au or call Lorna or Cathy on 08 8239 0119.

If you have not supported the Foundation before or you would like to make an additional gift at this time, we sincerely thank you. You can fill in your details on Page 7 and choose how you would like to see your gift used. Then simply cut out that section and return in the envelope provided.

On behalf of those who will benefit from your kindness and care, our heartfelt thanks.

“The “whole family” approach to the end that you all embrace and the effect that it had on me will stay in my heart for many years to come.”

WORDS FROM A DAUGHTER OF A PATIENT