



*Wear your heart  
on your sleeve in the  
2016 Walk for Love*

THE MARY POTTER FOUNDATION

*Walk for  
Love*

Sunday 29 May 2016  
10am start

Take time to remember  
someone special to you.

*In this edition*

Mary Potter Care | Walk for Love in 2016  
We all have a story – Calvary Biography Service



## MESSAGE FROM THE EXECUTIVE DIRECTOR

Welcome to our first newsletter for 2016.

It is heartwarming to walk through the Hospice after time away and be reminded again that here is a place that never stops caring when it matters most. Every day of the year there are people who need the Hospice for their end of life care or for respite and there are families and friends grateful that their loved one is in the care of the wonderful team.

With your help we will be privileged to help hundreds of people receive the care they need over the months ahead.

You will read in this newsletter that our annual Walk for Love is happening in May. This remains a very important way to raise vital funds and we hope that you will choose to be part of this special event. Even if you can't walk yourself, we have many willing volunteers who will walk in honour of your loved one.

We look forward to staying in touch and if you ever want to talk about something you've read or share your own story, please give us a call or pop in to see us. We would love to hear from you.

Best wishes,

Cathy Murphy

## Mary Potter Care ... sharing the message of living

**Hospice and the words 'life' or 'living' are not likely to be closely associated in people's minds. Many people in our community probably think about Hospice as the end and while it is true that the outcome won't change for families, we believe with your help we do change the experience.**

What we see every day and what is made possible through your support is that the Hospice is about living every day, every hour. It is about people continuing to add to the stories of their lives.

It may be about doing some of the simple things that we all take for granted such as sharing a coffee and cake with friends, making a toasted sandwich in the family kitchen, or spending time in the garden. It could be about taking time out for celebrations – birthdays and anniversaries will see cakes and flowers delivered to a patient's room.

For others it is about very individual needs that the team in the Hospice has recognised are really important to meet. A trip home for the day, a visit to the pub for last drinks, sharing a favourite meal brought into the Hospice or watching a much loved movie on one of the Foundation's iPads.

You will see in the future 'Mary Potter Care. Living every day, every hour.' starting to appear in our communications with you and also in the media. We want to encourage more people in our community to recognise how important Hospice care is in helping people to live well for whatever time is left.

We hope that you will continue to feel that you are part of something really special every time you see or hear the words Mary Potter Care.



# Will you walk for love with us this year?

For more than 27 years, the Walk for Love has been bringing the community together to remember and honour our loved ones. Now more than ever we need you to join with us to ensure that the Mary Potter Hospice continues to be here now and in the future.



## A LABOUR OF LOVE FOR TELSTRA STORE GOUGER STREET

We are delighted to welcome new sponsor for the event Telstra Store – Gouger Street.

Owners Libby & Tania have both had a personal experience with the Hospice, so it was a natural fit for them to get involved in the walk.

For Libby, this will be her fifth year walking in memory of her mum, Margaret. "The beautiful thing about the walk is that you are surrounded by people who have been through the same experience as yourself. They have all lost someone that they love. It is such an uplifting and calming experience" said Libby.

*"They have all lost someone that they love. It is such an uplifting and calming experience."*

Ten days after Margaret died, Libby attended the Walk for Love with her sister. That first walk was especially emotional, but it provided the motivation that helped Libby turn her dreams into a reality.

Exactly 12 months after Margaret's death, Libby and Tania signed the lease to open their store.

Five years on she regards the walk as a special time to reflect on the memories she has of her mum and acknowledge how far she has come. Libby remembers how much Margaret loved spending her final days

at the Hospice. She was relaxed and peaceful and would say all the time 'that everything was lovely'. The medical staff would call her 'Margaret with the lovely smile'.



L-R: Tania and Libby, owners of Telstra Store Gouger Street and proud sponsors of Walk for Love 2016.

For Tania, sponsoring Walk for Love is about supporting a cause that she is genuinely passionate about. This year will be her first walk in memory of her dad, Leo. After her experience with the Hospice, she has decided to do what she can through her business network to raise funds and awareness. "I want to ensure that everyone has access to the amazing care my family and my dad received when we needed it most" said Tania.

Like Libby and Tania, you too can help us make a difference.

### There are two ways to be part of the walk.

**(1) Register to walk as an individual or with family and friends. (2) Make a donation and a student will be honoured to walk in memory of your loved one (see more on page 5). Fill out the form enclosed or online at [walkforlove.org.au](http://walkforlove.org.au).**

### Thanks to our major sponsors



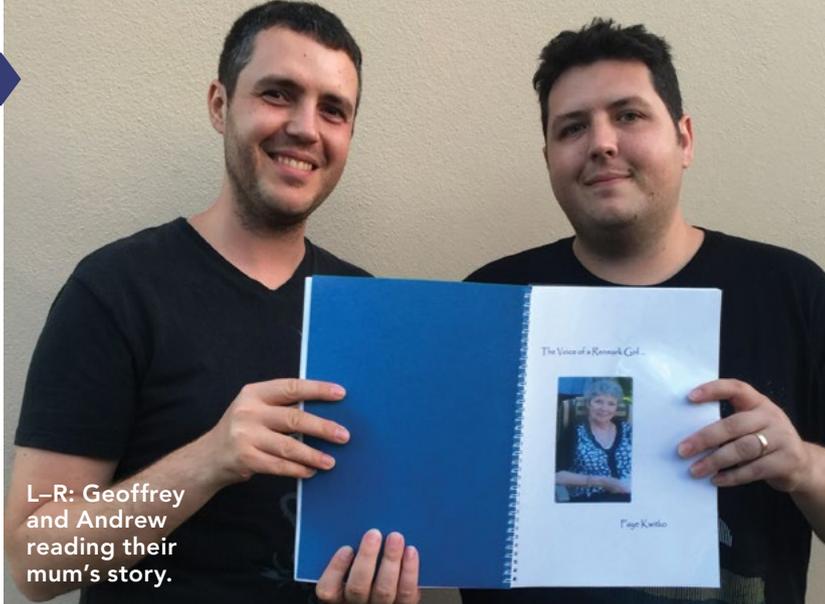
## EVENT DETAILS

The walk starts at **Carclew, 11 Jeffcott St, North Adelaide, 10.00am**. Parking is available on Jeffcott St and Strangways Tce. There is a choice of a **3km or 7km walk** and **pets are very welcome** too.

When you get back from the walk we'll have our fundraising sausage sizzle, cake stall and some free activities for the kids.

We encourage all our participants to help us fundraise. You can set up an online fundraising page at [walkforlove.org.au](http://walkforlove.org.au) and ask family, friends and work colleagues to support your efforts in raising funds for the Hospice.

We will send you a printed fundraising pack when you register.



L-R: Geoffrey and Andrew reading their mum's story.

## We all have a story

**The Calvary Biography Service allows patients in the Mary Potter Hospice and the wider community to share theirs.**

Faye was a patient in the Hospice who recently had her story written for her future grandchildren. She wanted them to get to know her when they were old enough to read about her life.

"The Voice of a Remark Girl" is Faye's story and it has given her a voice to be remembered by her family and friends. Her son Geoff spoke of the biography and the surprising things he learnt from it. Reading the stories, he has felt a deeper, stronger connection with his mum.

Geoff loved Faye's tales of travelling through America, Canada and Scotland when she was younger and how brave she was. One of the biggest surprises was learning that Faye was worried walking so far to school would make her hair frizzy that she decided not to finish year 12! She completed year 12 when she was 26.

Seeing Faye enjoy the process of reflection brought Geoff much pleasure and it gave Faye something positive to focus on. It also gave her the opportunity to recognise the impact she had on the world and celebrate it. She thought that the program was outstanding and Louise, her Biographer, was flexible, dedicated, kind and fun.

Geoff shared his feeling that the biography is a beautiful gesture of love from his mother. He saw that writing a biography is incredibly powerful therapy, without feeling like therapy. He believes it provides a really great way of making peace with life and death, and a sense of closure.

Faye was creative and also wrote a song with Hayley, the Music Therapist working in the Hospice. It is so special that patients like Faye can express so much of themselves to share with their loved ones.

The Calvary Biography Service is proudly supported by HPS and donations.

**HPS**

 **BLACKWELL  
FUNERALS**  
EVERY GOODBYE IS DIFFERENT

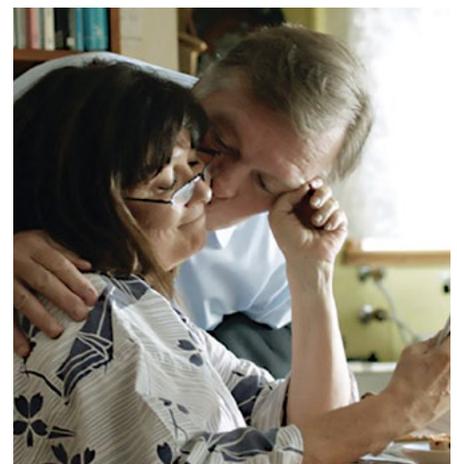
## WALKING TOGETHER, BLACKWELL'S WILL BE RIGHT BESIDE YOU

It's heartening to know that for the fifth year, Blackwell Funerals will be beside us once again as a valued sponsor of Walk for Love in 2016.

For more than 70 years Blackwell Funerals have been part of the community and family life in Adelaide. They understand that it's never easy to say goodbye to our loved ones and realise that many families might find their first walk one that is filled with emotion.

They see their involvement with The Mary Potter Foundation as an extension of their care for the community.

As funeral directors Blackwell's gives the care and guidance needed to say goodbye to our loved ones, and is committed to supporting families at Walk for Love in 2016. Thank you to Blackwell Funerals who will be beside us as we remember our loved ones on the walk.





# Students ready to walk for you ... and 'Walk for Me'

For many years now students from Our Lady of the Sacred Heart College have participated in the Walk for Love.

They walk, volunteer and fundraise for us. What a wonderful example of young people getting involved and making a difference!

But two years ago they took on an even greater role. They started walking for people who couldn't.

The students fully embraced this extra responsibility. So much so, that last year we had more students than loved ones to walk for.

We want to encourage the students by ensuring everyone is wearing a heart on their sleeve this year.

If you can't participate for any reason, you can still be part of the Walk for Love this year.

Simply make a donation to 'Walk for Me' on the enclosed form (or online). A student will then proudly wear a heart on her sleeve just for you.

Through 'Walk for Me', you will help to bring out the best in a student. And through your gift you will be helping the Hospice do what they do best – care for patients and their families.

*Through 'Walk for Me', you will help to bring out the best in a student. And through your gift you will be helping the Hospice do what they do best ...*



'Walk for Me' Coordinator.



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.

## Adding life to days

We are privileged to hear from so many people about the high level of care given to their family during one of life's most difficult times. The Hospice has a dedicated team of doctors, nurses, allied health professionals, support staff and volunteers who share a commitment and passion for this specialised area of care.

Your support helps us to meet part of the costs to ensure this team can get on with the job of delivering that care to hundreds of patients and their families every year.

We have also been privileged to support initiatives that truly demonstrate the holistic approach that is Hospice care.

Each month, Lorna from our office ensures that there are special treats and activities to brighten the day. Over recent months we have had a pizza and wine night, an ice cream machine in the family kitchen, a Krispy Kreme day and individually wrapped fish and chips delivered to each room.

*Visitors who struggle to come to the Hospice find it much easier and families enjoy sharing unexpected treats together.*

This wonderful initiative is made possible because of your gifts and we are also very grateful for the continued support of the SA Power Networks Employee Foundation for their gift to ensure we can continue to add life to days.



*The mood is lifted when patients have something to look forward to.*

What we have learned is that these activities do so much more than we envisaged. The mood is lifted when patients have something to look forward to. Visitors who struggle to come to the Hospice find it much easier and families enjoy sharing unexpected treats together.

## Because Sophia has her heart in it

Thanks to the support of our generous donors, each year we are able to present the Mary Potter Medal.



The medal recognises a sixth year University of Adelaide medical student who has shown leadership and excellence in palliative care across the medical program.

The 2015 recipient, Sophia Thompkins, truly has her heart in Palliative Medicine. Sophia shares her thanks and gratitude with our community on being awarded the medal.

"My experience [at the Mary Potter Hospice] formed an integral part of my medical education, and I will be a better doctor for it. I am thrilled and honoured to be awarded this prize," says Sophia.

As she graduates from medical school, Sophia hopes to pursue a career in Palliative Medicine. An ambition that was sparked by her rotation at the Mary Potter Hospice, where she saw the profound impact that quality palliative care has on patients and their families.

Congratulations Sophia, we hope to cross paths with you in the future.



Hospice staff Sue and Hayley, hosting pizza night for patients and families.

### 1ST PRIZE

Ten day/nine night Perth, Monkey Mia holiday package. Includes air/coach tour/rail for two valued at \$11,000.

### 2ND PRIZE



### 3RD PRIZE



### 4TH PRIZE



# 2016 Aussie Escape Lottery

## HERE'S YOUR CHANCE TO ESCAPE IN 2016!

With four fantastic holiday prizes on offer in the 2016 Aussie Escape Lottery and tickets only \$5 or a book of 6 tickets for only \$30, you could win a **nine night luxury escape to Monkey Mia, Western Australia** valued at \$11,000 or second prize – a **seven night PS Princess Cruise for two people** valued at \$6,000.

Third prize is a **five day Kangaroo Island experience** for two persons valued at \$2,500, and fourth prize – a **Barossa Food and Wine Experience Tour** for two persons valued at \$1,500.

You'll find more information on our website with all the prize details. Tickets are on sale now until 30 May 2016.

Don't miss out, buy your tickets by completing the slip below and returning it to us. Alternatively you can purchase your tickets over the phone by calling us on **08 8239 0119** or visit **marypotter.org.au** to make a purchase online.

Lottery Licence No: M13077.

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  \$ \_\_\_\_\_

**I WOULD LIKE MY GIFT TO SUPPORT:**  Mary Potter Hospice Care  Biography Program  
 RESTORE cancer wellness  Where it is needed most

**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 AUSSIE ESCAPE LOTTERY TICKETS:** \_\_\_\_\_ tickets @ \$5 each or \_\_\_\_\_ books @ \$30 each (six tickets)

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 newsletters from The Mary Potter Foundation.

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

## 2016/2017 ENTERTAINMENT BOOKS

2016/2017 Entertainment Books are available once again through the Foundation. If you pre order between 7 March and 18 April 2016, you will receive 'bonus' vouchers. Current books expire on 1 June 2016. **Books are \$65 each** and \$13 from books sold support the Foundation. **Postage is \$13 per book** or avoid postage fees by dropping in to visit us to **pick up your book at no additional cost**. Contact **Jess H** on **08 8239 0119**.

### UPCOMING EVENTS

#### WALK FOR LOVE

Sunday 29 May

Please see article on page 3 and the enclosed flyer for all details.

For information please call the **Foundation** on **08 8239 0119**.

#### MEMORIAL SERVICES

Dates for 2016 Memorial Services are at **1:30pm on Thursdays**. Dates include **3 March, 7 July** and **3 November**.

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

#### CALVARY NORTH ADELAIDE AND HOSPICE AUXILIARY

##### HIGH TEA AT CARCLEW

Carclew, North Adelaide | Sunday 3 April, 2:30pm  
\$35 pp includes sparkling wine and delicious treats

For information and tickets, contact **Merilyn Twomey** on **0419 822 978** or by email at **twomey@adam.com.au**.

##### FILM AFTERNOON

Regal Theatre, Kensington | Sunday 29 May, 5:30pm  
\$25 pp includes movie ticket, sparkling wine and delicious treats

For information and tickets, contact **Priscilla Thomas** on **0419 826 281** or by email at **hiddenvalleyki@internode.on.net**.

##### ANNUAL BRIDGE DAY

Tranmere Bowling/Tennis Club | Tuesday 9 August, 11:00am | \$30 pp includes lunch and wine

For information contact **Dr Edith Miller** on **08 8379 2971** or **0418 898 056**.

##### 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**.

### 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.

- Lin Huddleston Charitable Foundation
- Pro Healthcare
- Lang Foundation
- Scotch College
- Order of Saint John
- Cookie Club
- Hope Church

## 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](mailto: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.

*"I express my gratitude to the Hospice staff, for the unwavering care that was given to my friend and I. Care was shown in so many ways. Not only in the physical sense (hugs and cuddles) but also the psychological help and advice when it was needed. They just seemed to know what was needed and when."* LIZ COOPER, FRIEND OF PATIENT IN THE HOSPICE