



*Sponsor
a light*

on the

**LOVING
TREE**

to honour and celebrate
the lives of your loved ones

this

Christmas

Your light will support patients and their
families spending time in the Mary Potter Hospice.

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MESSAGE FROM THE EXECUTIVE DIRECTOR

Well, here we are approaching the end of another year. A year in which hundreds of patients and their families have been so grateful that the Hospice was there when they needed it thanks to people like you.

I recognise that no one wants to say that final goodbye to someone they love but it is part of life. What you make possible is that their goodbye can take place surrounded by love and in an environment that is focused on compassionate care, on dignity for each person and comfort for all.

On behalf of The Mary Potter Foundation I want to thank each person who has responded when we asked or who, unprompted, showed they value the Hospice through a caring gift.

I always reflect that in my job I am so privileged to see the best in people – you don't have to give a gift but you choose to do so and that is truly heart-warming and special.

I would like to wish you all joy at Christmas and very best wishes as we head into a New Year. I look forward to staying in touch in 2016.

Best wishes

Cathy Murphy

Welcome our new Patron

The Board of the Mary Potter Foundation is very pleased to announce that Jenny Hurley from the Hurley Hotel Group has become a Patron.

Jenny has been working alongside the Foundation team since 2012 with a wonderful willingness to use her networks to support ongoing upgrades to the facilities in the Mary Potter Hospice and Calvary.



Jenny Hurley

Through her initiative, 'Chip in for Calvary' Golf Day, three projects have been delivered including a beautiful family kitchen in the heart of the Hospice; a welcoming and reflective garden between the Hospice and the cancer ward; and, contribution to the cancer ward upgrade (alongside the Hospice) transforming the ward into a bright and airy space.

Jenny is an active member of the South Australian community and her passion for the hospitality industry is matched by a personal commitment to helping others. Along with her outstanding support for The Mary Potter Foundation, she gives her time and energy to a number of worthwhile causes.

We are thrilled to have someone of Jenny's calibre and standing associated with The Mary Potter Foundation.



WISHING YOU A MERRY CHRISTMAS AND HAPPY NEW YEAR

The team at The Mary Potter Foundation would like to take this opportunity to wish you and your family a very Merry Christmas and Happy New Year.

May the spirit of the Christmas season fill your home with joy, your heart with love, and your life with laughter.

Thank you for supporting The Mary Potter Foundation in 2015, we look forward to sharing Foundation news with you in 2016.

Office Christmas Closure Dates:

The Mary Potter Foundation will be closed from Wednesday 23 December 2015 and will re-open on Monday 11 January 2016.

Why does the Loving Tree hold a special place in our hearts?

“Let the light of your loved one shine this Christmas”

The Lighting of the Loving Tree holds a special place in our hearts. As we prepare for this year's event we asked our long term supporter, Tony, to tell us what the Lighting of the Loving Tree means to him.

WHY DO YOU SUPPORT THE MARY POTTER FOUNDATION AND SPONSOR LIGHTS ON THE LOVING TREE?

Since my wife Jennifer died at St. Helen's in 2008 I have been passionate about supporting the Foundation. My family have a history with the Mary Potter Hospice as my father, step-father and both Jen's parents spent their last weeks in the Hospice. So it was due to that strong connection that support of the Loving Tree was always going to be important to me.

WHAT DOES IT FEEL LIKE TO SPONSOR A LIGHT ON THE LOVING TREE IN MEMORY OF YOUR LOVED ONES?

Sponsoring a light is a way to assist the Foundation and a way for me to do something special for the people I love who are no longer here.

“It makes me feel happy and gives me comfort to know that a light representing Jen's spirit is shining outside on the tree during the Christmas period.”

Jen loved Christmas and everything associated with it. It is a way to bring back some memories relating to her. Her smile, infectious laugh and the light that shone from her as a person with so much love and warmth. It makes me feel happy and gives me comfort to know that a light representing Jen's spirit is shining outside on the tree during the Christmas period.

HAVE YOU EVER SHARED YOUR ONLINE LIGHT WITH YOUR FAMILY AND FRIENDS?

Until recently I hadn't shared the online light. My daughter Jess happened to come across the light that I had sponsored in memory of her mum, Jen. It made her feel good to know about the light, so I have decided that I will share the light with my family from now on.

Like Tony, if you would like to sponsor a light in memory of a loved one **please see the flyer enclosed for further details.**



WHY DO YOU ATTEND THE LIGHTING OF THE LOVING TREE EVENT?

I attend because it is a lovely time to share with family. In the past I have attended with Jen's brother and sister in-law, Robert & Annette.

Sometimes I have gone by myself to reflect on my life with Jen.

Last year, I took my granddaughter, Lily Jennifer. The look of absolute delight on her face when the lights came on brought tears to my eyes, it was a lovely moment. So for me, the event provides an opportunity to both share and reflect on our memories of Jen.

We invite you to attend The Lighting of The Loving Tree on **Wednesday 2nd December** at the rear of Calvary North Adelaide Hospital (enter off Hill St).

Carols 7.30pm. Lighting of the Loving Tree 8.45pm.

Entry: Folded note donation.

The Loving Tree is proudly sponsored by SA Power Networks since 1999.



The gift of comfort

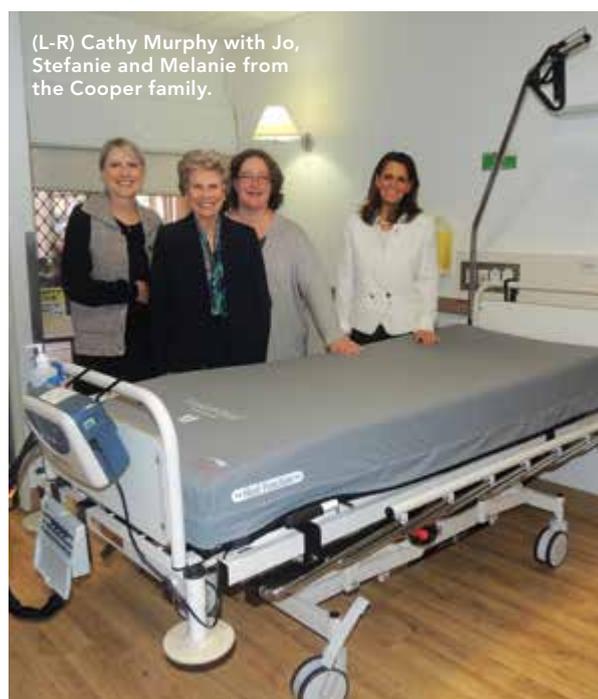
The Hospice received another significant gift from The Coopers Brewery Foundation and together with a gift from the Rotary Club of West Torrens, there are now four new pressure relieving mattresses on patient beds.

It is really important for the care of patients in the Hospice that each of the beds is fitted with a mattress specially designed to provide comfort while reducing the risk of pressure sores. These powered mattresses have cells which alternately inflate and deflate so that there is no one part of the body forced to endure more pressure.

As with most products, there is ongoing development and improvements on how these mattresses work and after the Hospice was given one of the latest mattresses to trial, it didn't take long to see that this version would be even better at meeting patient needs for comfort than the existing mattresses which had been well used over the past four years.

With each mattress costing \$6,000.00 to be able to provide four in one go was very special indeed. Clinical Manager, Berry van Vuuren said how much patients are appreciating this quieter and smoother operating mattress. This really is the gift of comfort.

*Clinical Manager,
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(L-R) Cathy Murphy with Jo, Stefanie and Melanie from the Cooper family.



(L-R) Maree, Amy and Chris

Aldo Crotti's legacy lives on

The Mary Potter Foundation was recently able to send three palliative care registered nurses, Chris, Maree and Amy to the 13th Australian Palliative Care Conference held at the Melbourne Convention and Exhibition Centre. This was made possible thanks to the generous support of the Crotti Family, owners of San Remo, for the Aldo Crotti Memorial Scholarships Program.

With over 800 attendees, the conference covered topics including aged care, dementia, delirium, paediatrics and social media within palliative medicine. Chris, Maree and Amy presented a session titled "A patient centred approach: recognising and respecting the unique needs of palliative care patients". Their presentation focussed on a questionnaire that has been implemented within The Mary Potter Hospice that centres on patient care and satisfaction.

For Chris, Maree and Amy, a key takeaway from the conference is that palliative care is about enabling patients with a life limiting illness to achieve what matters to them most. A highlight of the conference for Maree was learning the importance of patient wellbeing; providing Hospice patients with an opportunity to continue learning, being curious, active, connecting with others and sharing moments with those closest to them.

The Aldo Crotti Memorial Scholarships Program enables nurses to bring best practice palliative care to the Hospice through funding nurse's post graduate studies and opportunities to attend palliative care conferences, seminars and workshops.

Aldo Crotti OAM was a Patron and a generous benefactor who was passionate about the work of the Mary Potter Hospice. This Memorial Scholarships program allowed nurses to extend their knowledge of best practice and return to the Hospice inspired and motivated to ensure a patient focused approach to care. Appreciation is expressed to Aldo Crotti's family for their generosity in making opportunities to learn possible.

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A thankful reflection

Bronte's husband Joseph (Jo) had a number of admissions to Calvary and three admissions to the Hospice over the 15 years he lived with cancer. His final admission was in March this year where he passed away on April 30 aged 68. We share Bronte's experience in the Hospice which is one of the many stories you help make possible.

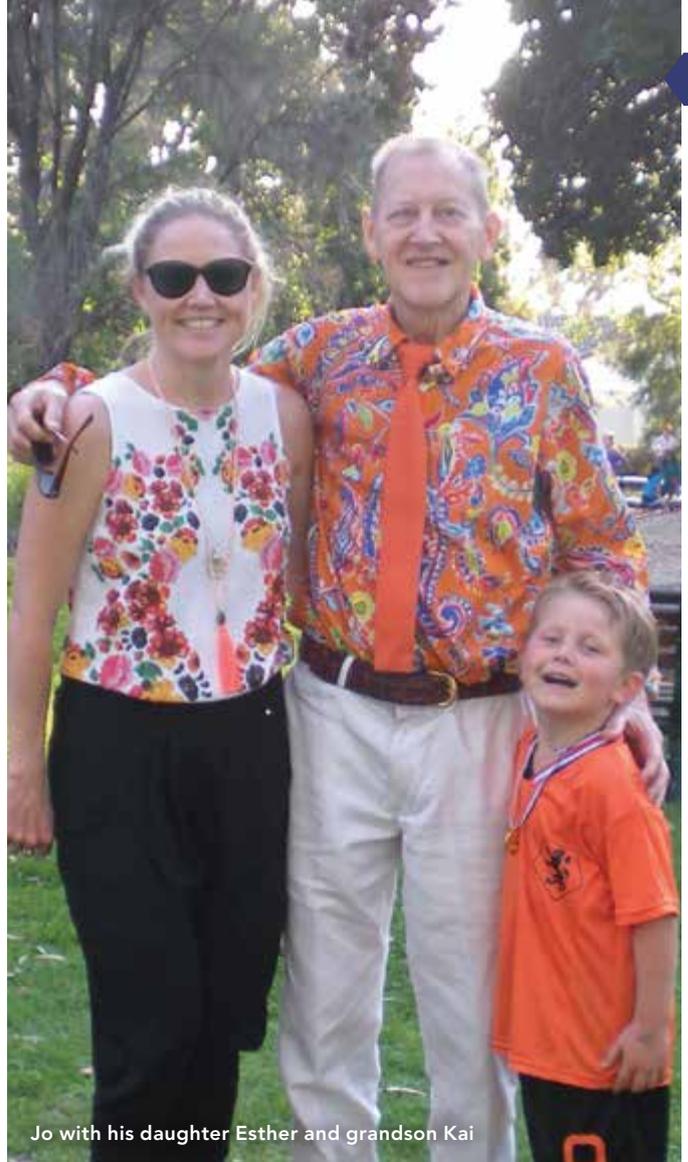
Bronte recently visited the Foundation office to share her reflections of a man who never let his illness get him down and the difference the Hospice made at this tough time in all of their lives.

Jo was about making the staff who cared for him, during treatment, hospital admissions and even in his final days in the Hospice, feel comfortable and always looked for ways to brighten their day. Bronte shared how the Doctors would always leave his Hospice room with a smile on their faces even after some of the tougher conversations.

Bronte laughed as she recalled the day she was 'flabbergasted' to see the cheese and wine trolley wheeled into Jo's room with a smiling volunteer focused on making their day a little bit better. She commented on the wonderful improvements to the Hospice evident on each of Jo's admissions. Bronte welcomed the chance to talk to others in the family kitchen knowing that they could relate to each other's situation. She enjoyed stopping at the bakery on her way in to see Jo to buy some goodies or baking a cake to share with other families.

Jo's daughter Esther thought the whiteboard in Jo's room was special as it allowed her five year old son, Kai, to entertain his Opa with drawings of his Adelaide City Soccer Club team and the tactics they would use to win. The next day Kai would draw up a cricket pitch and even though Jo was not particularly interested in the game they would have more discussion on players and teams.

The ease in having the family dog, Zoe, to visit is also something they will not forget. Jo and Zoe would cuddle and comfort each other. Zoe was a surprise for the nurses as she would lie very still under the covers before popping her head out. On her visits, Zoe would know which room her master was in showing their special bond.



Jo with his daughter Esther and grandson Kai

Bronte welcomed the chance to talk to others in the family kitchen knowing that they could relate to each other's situation.

Bronte wanted to share some final words for the medical staff in St Helen's, Kimberley House and Mary Potter Hospice ... 'Never underestimate the challenging work you all do there, with grace, compassion and laughter!!'

We know the Hospice didn't change the outcome for this beautiful family and by the end of our chat it was very evident that Jo's death has left a space in all of their lives – a space he filled with his optimism, his love of life and his willingness to always be there for others. We know that the family is so grateful that the Hospice was there meeting their individual needs and supporting everyone as

they said goodbye to their beloved Jo.

For Bronte's full story please visit marypotter.org.au.



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.



Moments of Movement

We had a chat to Hospice Physiotherapist **TERESA SANTAMARIA** about her role and the difference physio can make to the lives of patients and their families.

Teresa was initially assigned her role by a previous employer, when her boss stepped away from the Hospice, Teresa chose to continue on. The nature of Teresa's role grew, diversified and became more patient focused.

“We work together to make something happen. We help to create moments to remember for the patients and families.”

WHAT IS THE IMPORTANCE OF PHYSIO IN THE HOSPICE?

“It is about movement. I assess patients and put them through their paces to see what they are able to do. This is about enabling the patient to do what they want to do and thinking about how I can help them and ensure the movement is safe. I use equipment such as ceiling hoists and walking aids to assist patients and nurses to avoid injury. The focus is to give patients the power to make their own decisions and determine where they are at”.

WHAT DO YOU LOVE THE MOST ABOUT WORKING IN THE HOSPICE?

“I love working with the Hospice team. At the Hospice we care for each other. We work together to make something happen. We help to create moments to remember for the patients and families. These experiences of helping patients to achieve the level of mobility they desire, whether it is walking, sitting up or rolling over in bed sometimes gives people the inspiration to push themselves a little bit further.

We try to inspire people to keep on moving, keep on living in an environment where they may have little hope. These moments of movement allow a patient to engage in life and often share this with their family.

“Working in the Hospice you are reminded to be grateful for everything you have – every single day.”

HOW DO YOU SUPPORT THESE MOMENTS?

“I am in the Hospice for three hours each day and this means that I am consistently available to nurses and patients. I can listen to members of the Hospice team, problem solve and encourage these memorable moments to occur. The assistance in these situations needs to be offered immediately or a moment could be missed.”

“Working in the Hospice you are reminded to be grateful for everything you have – every single day.”

Help us keep our promises

We are indebted to you for your support. We never lose sight that everything that you do for us is vital to the quality of care being provided for patients in the Mary Potter Hospice, St Helen's and through the RESTORE program in Kimberley House.

To reflect our commitment to you we now have a Donor Charter which includes the following promises:



We will endeavour to provide you with a receipt and appropriate acknowledgement for any gift you make within 7 - 10 days.

Your gifts will only be used for the purpose for which they were given.



You will be kept informed on the impact of your gifts and support.

Your personal information is handled with the utmost respect and confidentiality.



Your personal information will never be sold, shared or swapped with any other charity or organisation.

Your credit card information is destroyed in accordance with strict Payment Card Industry (PCI) regulations.



Your mail preferences can be changed at any time; you decide when and how we send you mail.

If you feel we have not lived up to any of these promises, please let us know so we can do better.

In the first instance please contact **Cathy Murphy** or **Lorna Riddle** on **08 8239 0119** for a confidential discussion.



SWEET TIME IN THE FAMILY KITCHEN

Our sincere thanks to everyone who responded to our most recent appeal to support the family kitchen in the heart of the Mary Potter Hospice. We know this kitchen has such a positive impact on the Hospice experience so we feel so grateful to have support to keep it stocked for the months ahead.

As the kitchen does not have cooking facilities the wonderful volunteers have put together recipe folders with lots of delicious non-bake slices and treats. We thought you might like to try this one from Thursday morning volunteer, Desley – we tried it in the office and it’s easy to make and even easier to eat!

If you would still like to support our kitchen appeal, please just return the reply slip below in the envelope provided. Thank you for your gift!



Sweet and Salty Chocolate Bars

INGREDIENTS

- 200g milk chocolate (Haighs or Lindt)
- 100g dark chocolate (Haighs or Lindt)
- 250g butter
- 3 tablespoons golden syrup
- 1 cup salted peanuts
- 2 Crunchie bars

METHOD

Melt chocolate, butter and golden syrup in the microwave. Mix together peanuts and crushed Crunchie bars. Pour peanut mixture into melted chocolate mixture and combine well. Pour mixture into a lined 25cm x 15cm tray and refrigerate for 4 hours. Cut into 16 delicious pieces and enjoy!

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 any of the businesses and community groups who support us where possible.

- Cops for Kids Foundation
- HPS Pharmacies
- Lions Club of Adelaide Italian
- O G Speed Shop
- Radiology SA
- Regen Op Shop
- The Fay Fuller Foundation
- Order of Saint John of Jerusalem
- The Mary Potter Foundation thanks the 2015 Chip in for Calvary Golf Day organising committee, major sponsors – Coopers, CUB and Westend, hole sponsors and teams for their generous support in 2015.

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: Mary Potter Hospice Care September appeal (Hospice Kitchen Appeal)
 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 TELETHON LOTTERY TICKETS: _____ tickets @ \$10 each or _____ books @ \$50 each (6 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 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.

Photo is for illustration purposes only

DRAWN ON 14 DECEMBER 2015 Buy your tickets now and support the Mary Potter Foundation Telethon Distinctive Home and Land Lottery



1ST PRIZE Furnished home and land package located at Playford Alive valued at over \$470,000 OR \$300,000 cash option.
2ND PRIZE \$10,000 cash.

**LAST CHANCE TO WIN A NEW HOME!
DON'T MISS OUT, BUY YOUR TICKETS TODAY.**

**TICKETS \$10 EACH OR
\$50 FOR A BOOK OF SIX**



Donated by Distinctive Homes, Playford Alive, Taste Furniture and Supreme Kitchens.

Purchase a ticket in the Telethon Distinctive Home and Land Lottery and help support The Mary Potter Foundation. You can purchase tickets for \$10 each or purchase a book for \$50 (6 tickets).
Simply order your tickets by completing the order form on page 7.

UPCOMING EVENTS

THE MARY POTTER FOUNDATION

LIGHTING OF THE LOVING TREE

Wednesday 2 December 2015
Carols commence at 7.30pm,
Lighting of the Loving Tree
8.45pm

Join us for a special evening of carol singing and the lighting of the Loving Tree. Programs and candles available at the event. See enclosed flyer for further details or phone **Jess Harford** at the Foundation on **08 8239 0119**.

MEMORIAL SERVICES

The last Pastoral Care Memorial Service for 2015 is **Thursday 5 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.

Dates for 2016 Memorial Services are **Thursday 3 March, Thursday 7 July and Thursday 3 November**. For more information please contact Pastoral Care on **08 8239 9285**.

CALVARY NORTH ADELAIDE HOSPITAL AND HOSPICE AUXILIARY

SUNDAY BRUNCH BY THE SEA

Sunday 22 November, 10.00am, \$60, Stamford Hotel, Glenelg **SOLD OUT**

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

CHRISTMAS CARDS

The Foundation has Christmas cards available for purchase from our office. There are four different designs to choose from.

Cards are \$2 each or a pack of 6 for \$10.

All proceeds from cards sold support the Hospice.

Phone **08 8239 0119** for more information.

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.

“Thank you so much for the warmth, dignity and respect you showed Dad. Being surrounded by such lovely people was a huge source of comfort for Dad and us. We all valued the humour, conversation and helpfulness.”

WORDS FROM DAUGHTERS OF A PATIENT



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