



THE MARY POTTER FOUNDATION
Walk for Love

See page 3 for details.

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MESSAGE FROM THE EXECUTIVE DIRECTOR

Welcome to our first newsletter for 2015 and we are already in the third month!

While I was fortunate to take an extended break over January, I reflected on my return how the care in the Hospice never stops. Every day of the year, thanks to your continued support, the Hospice team can be there providing outstanding care not only for the patients but also their families.

I want to say thank you for what you make possible – you are the reason that we could ensure that Christmas Day lunch was served to everyone or that a family member can walk into the kitchen and enjoy a welcome morning coffee and slice of toast after spending the night with their loved one. I see what these things mean to patients and their families who are so grateful that people like you care.

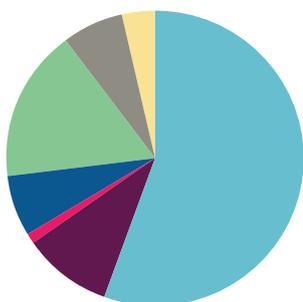
I hope you enjoy reading our newsletter and I look forward to staying in touch this year. If there is anything you want to talk to me about please don't hesitate to call on 08 8239 0119.

Best wishes

Cathy Murphy

THIS PIE CHART ...

... shows how The Mary Potter Foundation will use its funds in 2015.



MEDICAL CARE

SUPPORT PROGRAMS
Complementary, Pet, Music & Art Therapies

DIRECT PATIENT SUPPORT
Creating special moments for patients & their families in the Hospice

ADDITIONAL SUPPORT STAFF

EDUCATION

REFURBISHMENT & EQUIPMENT

CANCER CARE PROGRAMS

Quilt project all stitched up

Thanks to the generosity of so many wonderful supporters and quilters throughout South Australia, we are pleased to report that a handmade quilt is waiting on the bed to welcome every new patient to the Mary Potter Hospice.

Your response to our requests for quilts has been overwhelming. As a result we have been able to start the program much earlier than anticipated.

Your response to our requests for quilts has been overwhelming.

Each quilt has been lovingly made and they are as diverse as the people who are now receiving them. Thank you to everyone who so kindly gave up valuable time and resources to bring a gift that is not only practical but adds a touch of beauty to patient rooms.

At present we are admitting ten patients a week, so the need is great. It won't take long to exhaust our current supply, so if you know anyone who quilts – when you have finished reading this newsletter, could you pass this article onto them?

For more information contact **Lorna** on **08 8239 0119** or **lorna@marypotter.org.au**



Patricia with the first quilt given out made by Lyn Mason of Renmark Patchwork & Quilting



THE MARY POTTER FOUNDATION

Walk for Love

Sunday 24 May 2015

Wear your heart on your sleeve, stop and take two hours out of your day to walk with us. Join the 2015 Walk for Love and walk to remember someone special to you.

EVENT INFORMATION

Padipadinyilla Park (North Adelaide Aquatic Centre), 10 am start. 3km or 7km walk through North Adelaide.

Fundraising BBQ, home-baked cake stall and coffee vendor. Free activities for the kids.

Register before May 22: Adults \$20, Concessions \$5. Children (16 and under) and Dogs walk for FREE.

Register on the day: Adults \$25, Concession \$10

Register online at walkforlove.org.au or complete and post the enclosed form to The Mary Potter Foundation. A Registration Pack including map, heart, registration sticker and fundraising information will be sent to you upon registration.

ENCOURAGING SUPPORT

You may choose to ask family and friends to support you taking part in the walk. Your registration kit will have information on how you can do this and we can help too! All proceeds go toward supporting the Mary Potter Hospice.

Thanks to our sponsors




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.

Spiritual team guiding the way

The Pastoral Care team provides spiritual guidance and comfort to hundreds of patients and their families in the Hospice each year.

The Sisters of the Little Company of Mary are no longer in active service in Calvary North Adelaide Hospital or the Hospice, but their legacy to care for the sick and dying lives on through the nurses and the Pastoral Care Team.

We thought there may be some interest around the work of this team, so we have created a tour of the Hospice and Hospital which has a distinct spiritual focus.

Guided by the Manager of Pastoral Care, you will be shown through the Chapel and the Church, sacred spaces and areas dedicated to preserving the history of the Sisters, plus there will be time to ask questions.

If you are interested please reserve your place on this special *Spiritual Tour* by contacting **Amy** or **Lorna** on **08 8239 0119**.

Tour Date: **Monday 11 May 2015**

Limited to 10 places. Light lunch provided.

Throughout the year we conduct regular Donor Tours of the Hospice so you can see your gifts at work and meet the staff who make Mary Potter so special. If you would like to join us on a Donor Tour, please contact **Amy** or **Lorna** for more information.

Mary Potter Hospice turns 40!

In 2016, we are planning a very special anniversary event which we need the help of a subcommittee.

If you are interested in joining a committee or you would like further information please contact **Antonia** on **08 8239 0119**.



The long & short of it

Not only is a cancer diagnosis life shattering, losing your hair through chemotherapy is one of the most distressing side effects for patients undergoing treatment. Your life is thrown in to disarray and the impact of surgery and the way you look and feel is immense. In 2013, a group of friends came together to support The Mary Potter Foundation by running an event called 'The Long & Short of it'.

Thanks to all the wonderful people who supported the event, we were able to purchase this amazing technology. This is how it has impacted the life of one beautiful girl – Shea Humphreys. Diagnosed with ovarian cancer at just 23 years old it was important to her that she kept her beautiful blonde locks.

Shea has shared her journey with us.

I have lived in a rural North West Victoria (Mildura) all of my life and I am the eldest of 3 children.

Since leaving high school, I have been working in the travel industry as a Travel Consultant. This was the best occupation for me as I love to travel. During this time, I met my now husband in Thailand.

In mid-2013, whilst I was living in Thailand with my partner. I felt very lethargic, having pains in the stomach and always feeling bloated. I just put it down to the different food I was eating.

On a visit home in October of that year, I decided to get a health check before heading back to Thailand. My GP sent me for tests and an ultrasound on my stomach. On the ultrasound, it was found that a large cyst had grown on my right ovary. I was immediately referred to a specialist in Mildura – Professor Pettigrew who then admitted me to hospital to undergo surgery. The ovary and the cyst were removed and the surgery was successful.

Two weeks after surgery, I was called back to see Professor Pettigrew's due to the results conducted on the cyst and the ovary. I was diagnosed with ovarian cancer. This is where my cancer journey begins.

I was referred to Dr John Miller from Kimberley House, Calvary Hospital for further advice. Even though the cancer was contained in the ovary and the cyst itself, he recommended further surgery to ensure no more cancer was evident. This was undertaken 10 days

“My biggest fear with the chemotherapy process was losing my hair. I didn't want to look sick and I was getting married in September.”

Would you like to receive this newsletter electronically?

To register your email address and join our e-news mailing list please send us an email to reception@marypotter.org.au or fill in your details on the **response slip on page 7** and return to the Foundation using the reply paid envelope and we will add you to our e-news for the future.



Shea before treatment

after my first surgery and was also deemed a success. It was then recommended that due to my age and the aggressive nature of the cancer, that I undertake a course of chemotherapy as an extra precaution. This is when I was referred to Dr Tabatha Healey. I was going to start weekly chemotherapy treatments for 18 weeks starting in February 2014.

My biggest fear with the chemotherapy process was losing my hair. I didn't want to look sick and I was getting married in September. This was when Dr Healey recommended to me to be part of the Scalp Cooling cap which was being offered at the Calvary Hospital. I felt very lucky to be given this opportunity and having that option of keeping my hair during treatment.

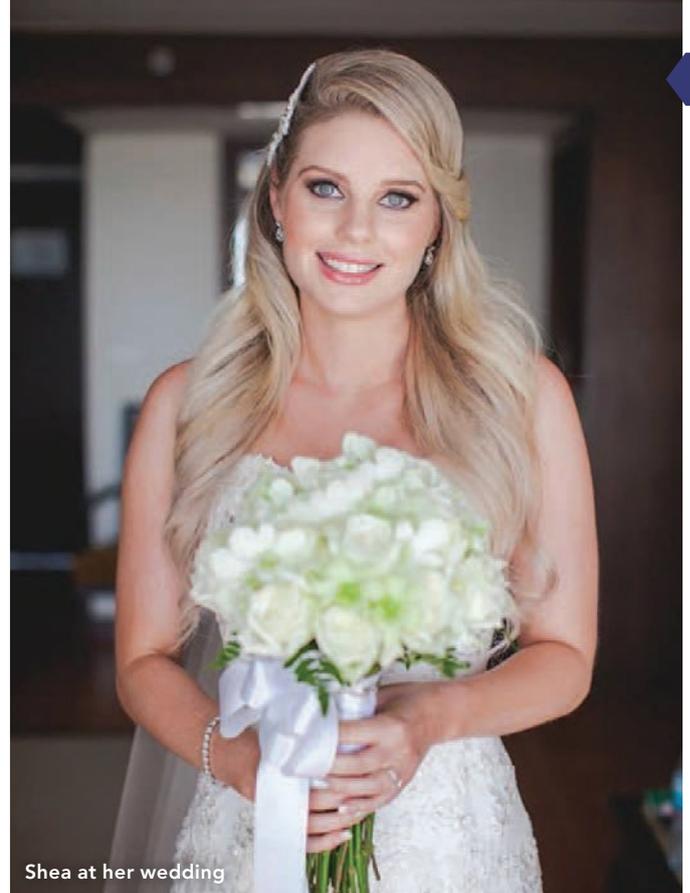
My first chemotherapy session was the most terrifying day of my life! The nursing staff at The Calvary were fantastic. They explained the usage of the cooling cap while undertaking treatment. I'll never forget the first time I used the cooling cap. The first 20 minutes was like sitting in a freezer! After time, I was able to cope with it. The cap was on my head between 1½ – 2 hours during each treatment. There were times where I just wanted to rip the cap off my head however, I persevered with the cooling cap because my hair was important to me and I wanted to have hair on my wedding day.

I did start to lose some of my hair (mainly underneath where the cap doesn't reach) during the process. I will never forget an appointment with Dr Healey when she said how fantastic my hair was looking. She advised me that should I have not been using



Shea with cap during treatment

“It is fantastic that you are able to provide this service to people fighting cancer.”



Shea at her wedding

the cooling cap, all my hair would have been gone by now. The cooling cap treatment was showing excellent results. This was the incentive I needed to keep going. It was also a way of me not looking like a person with cancer.

At the end of August 2014, I finished my treatment. I had no eyelashes, no eyebrows; however I had hair on my head. It was a little thinner, but it was there and now I was looking forward to the day when I was going to get married. On the 27th of September 2014, I married my partner Jay in Phuket, Thailand.

I felt beautiful and we had the most amazing day which we shared with our closest family and friends.

Using the cooling cap during treatment was one of the best decisions I had made. Although uncomfortable at times; the results received outweighs everything else.

In closing, I wish to thank the Calvary Hospital for giving me the opportunity in participating in the **Cooling Cap Machine Program**. It is fantastic that you are able to provide this service to people fighting cancer.

A thanks also goes to the wonderful doctors and nurses that looked after me at Kimberley House and St Helen's Ward. You are all very special people.

A lasting gift

HAVE YOU EVER CONSIDERED LEAVING A GIFT TO THE MARY POTTER FOUNDATION IN YOUR WILL?

If you would like to know more about how your gift can transform the work we do, please call Lorna or Cathy on 08 8239 0119.



Hospice Social Worker
Sigourney and Physio Teresa
demonstrate the ceiling hoist

AHA giving patients a lift

Through the Australian Hotels Association (SA) Hotel Care Community Projects, the Foundation was successful in securing funding for three additional ceiling hoists to be installed in the Hospice.

This now means that nine of the 15 rooms have ceiling hoists – an invaluable addition to the rooms.

These ceiling hoists help both the nursing staff and patients. It means that patients are not confined to their beds while giving a secure and safe way of lifting for both the patient and nursing staff.

“Bogans” raise funds!

Thank you to Vanessa, Llara, Kerrie and Lisa from the ‘EMPOWER2HEAL’ group who chose The Mary Potter Foundation as the charity to receive the funds raised at their ‘Bogan Bingo’ Fundraiser.

They raised \$3,000 for the Foundation – a fantastic effort! Their motivation behind putting this group together and running fundraisers was from a very personal experience – two of the members, Vanessa & Llara were both diagnosed with Breast Cancer in 2013 and they wanted to do something to give back.

We are always thrilled to be the chosen charity so if you would like to do something with your community please let us know. Contact **Antonia** on **08 8239 0119** for information.



1ST PRIZE Eight nights for two in Thailand, staying at the luxurious SENTIDO Graceland Resort & Spa Khao Lak in a Deluxe Pool Room!



2015 Great Escape Lottery

HERE'S YOUR CHANCE TO ESCAPE IN 2015!

With 101 fantastic prizes on offer in the 2015 Great Escape Lottery and tickets only \$5, you could win a luxury escape to Thailand or perhaps Daydream Island or Port Vincent. Or maybe a scenic helicopter flight or vouchers for dinner or the movies.

You'll find a flyer in this newsletter with all the details. Don't miss out, buy your tickets today. Call us on **08 8239 0119**, visit marypotter.org.au or return the completed flyer.



A DAY AT THE RACES

For one last time, join us in saying farewell to THE MARY POTTER FOUNDATION RACE DAY.

The facts on the first official race day are quite hazy, but after approximately 26 years, this year's Strathalbyn Race Day will be the Foundation's last.

We encourage you to come along and enjoy the fun of a midweek race day in the picturesque Strathalbyn and at the same time support patient care in the Mary Potter Hospice.

See the enclosed flyer for information and to book.

This year's event is supported by the Calvary Hospital & Hospice Auxiliary Inc.

There are race sponsorship packages available. If you would like to sponsor a race, or for further information phone **Antonia Makkar** on **08 8239 011**.



** A special thank you to all those people who have supported the Foundation at the event over the years. **

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:

- Pastoral Care
- Mary Potter Hospice care
- RESTORE cancer wellness
- Other _____

MY GIFT IS IN MEMORY OF: _____ Relationship _____

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

STRATHALBYN RACE DAY – THE LAST HURRAH!

Wednesday 29 April 2015
11:30am – 5:00pm

Join us as we say farewell to the Strathalbyn Race Day! **\$75 per person** all inclusive of food, drinks and entertainment throughout the day.

*Wear a splash of colour.
Prizes for best dressed & best hat.*

Visit marypotter.org.au or call **08 8239 0119** for further details.

WALK FOR LOVE

Sunday 24 May 2015

Please see the article on page 3 and the enclosed flyer for all details. If you need further information please call the Foundation on **08 8239 0119**.

MEMORIAL SERVICES

The first Pastoral Care Memorial Service for 2015 is **Thursday 5th March 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 2015 Memorial Services are **Thursday 2nd July, Thursday 5th November**

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

CALVARY NORTH ADELAIDE HOSPITAL AND HOSPICE AUXILIARY

YUM CHA

Sunday 22 March 2015 | 10:00am

Shanghai Tea House Burnside Village. **\$35 per person**. For further information and to secure your tickets please contact **Dr Edith Miller 08 8379 2971** or **Jill Harrison 08 8431 9323**.

MOVIE EVENING – ‘WOMAN IN GOLD’

Sunday 21 June 2015

Regal Theatre, 275 Kensington Road, Kensington Park. 5:30pm for sandwiches and wine. Movie to commence at 6:30pm. **\$25 per person**.

To book 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**.

ENTERTAINMENT BOOKS

2015/2016 books available for pre order through the Foundation. If you pre order between 1st March and 27 April 2015, you will receive ‘bonus’ vouchers. Current year books expire on June 30, 2015.

Books are \$65 each and \$13 from books sold supports the Foundation. Contact **Amy** on **08 8239 0119**.

VOLUNTEERS – WE WANT YOU!

The Foundation has a number of volunteer opportunities. We are always looking for people to help us. For more information and to register your interest, contact **Amy** on **08 8239 0119**.

THANK YOU

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

- Governance Matters
- Lions Club of Glenside
- Festival Hire
- Haigh’s Chocolates
- Tbar Teas
- Order of St John of Jerusalem
- San Giustino De Jacobis

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