



Share the love THIS CHRISTMAS



... with the
**2016 Mary Potter
Loving Tree.**

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details.

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MESSAGE FROM THE EXECUTIVE DIRECTOR

As another year draws to a close I am filled with heartfelt gratefulness for the goodness and compassion we experience from people like you who choose to support the Foundation.

You may be paying it forward to others so they too can experience Mary Potter Care or you give because you share our belief that caring for people at the end of their lives is an honour and a privilege.

I am so blessed to see the beauty of the human spirit in reaching out to help when asked. That is what you have done this year. You have responded to the need to provide comfortable, individual and meaningful care when it matters most.

Our team would like to take this opportunity to wish you and your family a very Merry Christmas and Happy New Year.

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

Thank you for all your support in 2016 and we look forward to staying in touch in 2017.

Best wishes,

Cathy
Cathy Murphy



Vale Ann

It is with great sadness that we acknowledge the passing of our Board Member and Honorary Life Member, Ann Magasdi in September. Ann's loyal service to the Board spanned over 12 years and she had a wonderful commitment to the Mary Potter Hospice.



Ann was always a generous donor and encouraged others to support the work of Mary Potter. We feel very fortunate to have had her valued input and her friendship. Ann will be greatly missed by all her knew and loved her.

PRIVACY MATTERS

Your privacy is important to us. It may not be the most interesting topic but we want you to know that we take every step possible to protect your personal information.

You can read all about how we record, store and use your information by reading our privacy policy on our website www.marypotter.org.au

If you have any queries or concerns please contact us on **8239 0119**.

REMEMBERING MARY POTTER IN YOUR WILL

Leaving a gift in your Will is one of the ways you can support the Hospice, even if you are unable to donate at this time.

Your legacy, however large or small, will help us to make sure high quality care is there for everyone who needs it. To leave a gift in this way, **see you solicitor** or **call Cathy or Lorna** on **08 8239 0119** for more information.

OFFICE CHRISTMAS CLOSURE DATES

The Mary Potter Foundation will be closed from Thursday 22nd December and will re-open on Tuesday 3rd January.

The magic of Music Therapy

It is thanks to our donors that we can offer music therapy as additional support in the Hospice.

We spoke to Hayley, our qualified Music Therapist who shares with us the importance of Music Therapy and why it's such a special program.

It's a safe space to explore emotions

Patients turn to music for the safe space it provides to explore the emotions they are feeling.

'There was a patient who said few words with his Doctor, but he felt safe expressing his thoughts and emotions with me through music', says Hayley.

Music can be an alternative to medicine

Playing music at the bedside, Hayley is able to help reduce pain and anxiety, and bring comfort to patients and their families. Psychology and counselling is a big part of music therapy.

A way to connect with oneself and their loved ones

Hayley knows it's true when they say 'where words fail, music speaks'. Music and song writing helps patients review their life. It connects people with their own identity and to what's most important in their life. Song writing lets people communicate with their loved ones in a way that transcends the use of words.

Music brings back long lost memories

Memories triggered by music can be some of the strongest, emotionally. Hayley has seen the effects it has on people with memory loss.

'Music helps us to recall lost memories. There was a husband with dementia who no longer recognised his wife of 35 years. I played their favourite song from their early years together. It moved his wife to tears and she saw for a brief moment that her husband could remember who she was.'

Thank you for making this valuable program possible. It is yet another way that you help to make the Hospice the special place it is to patients and their families.



Hayley, Music Therapist

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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.



Leanne and Marcia in Laurie's much loved garden.

Some prawns, a few beers, one Christmas tree and a family full of love.

"I will never forget what Mary Potter did for my father and for my family. But I can't help but think of all the people who are now like we were – going to be in the Hospice this Christmas. I will always give a gift to the Loving Tree at Christmas to help these people" said Leanne.

Leanne's father Laurie lost his battle in the Mary Potter Hospice on Christmas Day 2014.

No-one expected Laurie to spend three months in the Hospice, but he did.

As time was drawing closer to Christmas it was clear that the tradition of a big family party would not be possible this year.

Laurie's nurses and the volunteers picked up how important Christmas was to this family. So a proposal to celebrate Christmas early was suggested to Laurie & his wife Marcia. They loved the idea so the Foundation got to work, to make this happen.

Even though Laurie's health was slipping, a Christmas party for all his family was held in the Hospice a few weeks before Laurie died.

Thanks to donations to the Loving Tree we were able to provide platters of food, lots to drink, a Christmas tree and gifts for Laurie to give to all the children. It was a special day and one the family will never forget.

Marcia admits that since losing Laurie, Christmas is no longer the same. She misses him every day and especially on Christmas Day.

But Laurie's family decided to start a new tradition. Now they keep Christmas Day a quiet affair with just their immediate family. And just like they did in the

Hospice, the gathering of their extended family is now held a couple of weeks before Christmas Day.

"We had such a great party in the Hospice, it is a memory I will keep forever. We were given the Christmas tree from Dad's party and each year when I switch the lights on I will remember Mary Potter and the angels who cared for us."

"We had such a great party in the Hospice, it is a memory I will keep forever. We were given the Christmas tree from Dad's party and each year when I switch the lights on I will remember Mary Potter and the angels who cared for us" said Leanne.

Marcia has nothing but praise for the care of Laurie and for her whole family.

"It wasn't just about the Christmas Party. Everything was wonderful. Laurie loved the chapel; he visited it every day until he could no longer get out of bed.

"... we took him to his boat club for an outing, but all he wanted to do was go back to the Hospice. Thank you for making him feel loved and safe."

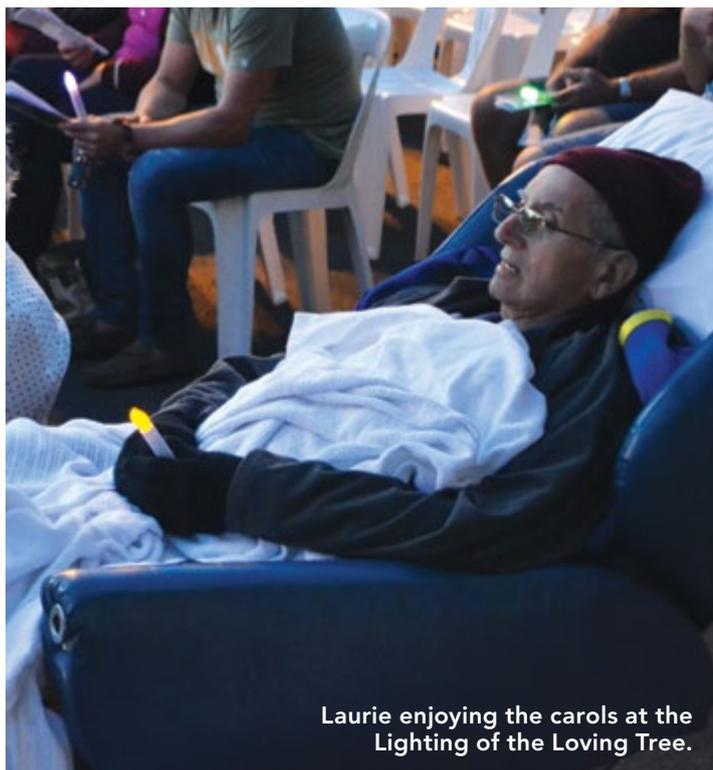
He did some art work for the grandkids, and we both enjoyed the massages. He even liked the cat that came to visit. But the best thing about the Hospice was that he felt safe there.

I remember bringing Laurie home on weekends and one time with my sons Tim and Paul, we took him to his boat club for an outing, but all he wanted to do was go back to the Hospice. Thank you for making him feel loved and safe" said Marcia.

Three families lost their loved one in Mary Potter on Christmas Day 2014. A big thank you to the Sciberras family for being one of those families willing to share their story with us.

You can make a difference for a patient like Laurie by giving a gift to the Loving Tree this year or by sponsoring a light for someone you love.

Through your gift you will bring the spirit of Christmas into the lives of those spending their Christmas in the Mary Potter Hospice this year.



Laurie enjoying the carols at the Lighting of the Loving Tree.

The Mary Potter Loving Tree

... is located at the entrance to the Mary Potter Hospice and in the first week of December we light the tree at a special ceremony.

We invite you to attend **The Lighting of The Loving Tree** on **Wednesday 7th 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.



Share the love
THIS CHRISTMAS



Sponsor a light on the
2016 Mary Potter Loving Tree
in memory of a loved one or
as a gift to the Hospice.

See enclosed flyer for more details
or visit lovingtree.org.au

The impact of education

We recently spoke with Clinical Nurse, Deidre Wurm about the importance of education in the Hospice.

The role of a staff member in the Hospice can be complex. The patient in room 151 may need a dressing changed. Another patient in room 160 needs medication for an infection. Room 164 holds a patient who is suffering delirium. It can be difficult to know how to handle each of these varied situations.

For the next sixteen months, thanks to support from the Fay Fuller Foundation, an educator role is being funded for two days a week in the Hospice. One part of this role is to ensure that the medical and nursing staff are kept up to date in best practice. In only a short space of time, this ability to focus on education has had significant impacts on patient care.

This is so important to provide care that is individual to each patient and help them to find comfort. Patients can experience both physical and emotional pain and the best ways of managing these are always changing. Two to three training sessions a month are held in the Hospice as part of this education program.

The education program is interactive and designed to give nurses a chance to focus on one topic at a time. Sometimes this leads to an immediate change in practice.

A different staff member hosts each educational session. This gives that individual a chance to research an area they are interested in. It empowers them and helps to build their confidence. It ensures that other staff understand how best to care for patients.

We are so grateful that the staff have this opportunity to learn. To offer care that is comfortable, individual and meaningful, staff must know best practice. We must never stop learning.

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Cyclists at the Angkor Wat temple in Cambodia – the largest religious monument in the world

CYCLE CAMBODIA FOR MARY POTTER – OCTOBER 2017

Are you up for a truly special experience? Next year, you can help us raise funds by taking part in a nine day bike riding journey through Cambodia.

Join the tour with Connect Adventures for a unique experience of the wonderful culture and scenery.

You don't need to own a bike or be a great cyclist, all you need is a can-do spirit and base level fitness.

In addition to your travel expenses, all we ask you to do is to raise \$3,000 or more to support patients and families living their final days in the Mary Potter Hospice. We can help out with fundraising ideas and support along the way.

We'd love to hear from you if you think this is something you would like to be a part of. You can visit connectadventurescharitychallenges.com.au for a brochure outlining the itinerary and costs or to register your interest, please contact **Jess Bostock** at The Mary Potter Foundation office on **08 8239 0119** or by email at jessica.bostock@marypotter.org.au

The difference you make in just one month

Here is a snapshot of how your gifts are put to work to change the experience for patients and families in the Mary Potter Hospice.

You ensured **vital medical care** was there for **22 patients** supporting quality of life in their final days.



You kept the **family kitchen stocked every week** so family members didn't have to worry about breakfast, lunch or snacks – a real comfort.



You fulfilled a very special wish for a **dad to walk his much loved daughter down the aisle** in the Mary Potter Hospice chapel knowing they won't share her wedding day next year.



You met a **special request from a patient** for a steak sandwich and a Golden North Ice-cream.



You provided **30 music therapy sessions to 14 patients** helping to reduce pain and supporting relaxation and meaningful conversation.



You provided **valuable counselling and support** for many of the families who said goodbye to their loved one.



You gave everyone the lovely experience of **the cheese and wine trolley** making its way around the Hospice.



You made sure that there were **48 complementary therapy sessions** given to patients and family members promoting a sense of wellbeing and the comfort of gentle touch.



We hope you feel as inspired as we do in what you make possible every day in the Mary Potter Hospice.

LAST CHANCE TO WIN A NEW HOME!

Photo is for illustration purposes only



**DON'T MISS OUT,
BUY YOUR TICKETS TODAY.**

More information and all the prize details are available at marypotter.org.au

Don't miss out, buy your tickets either by calling us on 08 8239 0119 or visiting marypotter.org.au

**TELETHONSA DISTINCTIVE HOME AND LAND LOTTERY
BUY YOUR TICKETS NOW AND SUPPORT THE MARY POTTER FOUNDATION**

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



UPCOMING EVENTS

LOVING TREE

Wednesday 7 December

Carols commence at 7:30pm, lighting of the Loving Tree at 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** on **08 8239 0119**.

MEMORIAL SERVICES FOR 2017

Thursday 2 March, Thursday 6 July and Thursday 2 November 2017.

CALVARY NORTH ADELAIDE AND HOSPICE AUXILIARY

SUNDAY BRUNCH BY THE SEA

Sunday 20 November, 10:00am

The Stamford Grand Hotel
\$60pp includes wine and lunch

For further information and to secure tickets, contact

Priscilla Thomas on **0419 826 281** or by email at **hiddenvalleyki@internode.on.net**

NEW AUXILIARY MEMBERS WELCOME

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

THANK YOU

- Lady Mayoress Genevieve Theseira-Haese
- Radiology SA
- Murray Mallee Auto Club
- HPS
- Lang Foundation

The Mary Potter Foundation thanks the 2016 Chip in for Mary Potter Golf Day organising committee, major sponsors – Coopers, CUB and West End, hole sponsors and teams for their generous support in 2016. Visit chipinformarypotter.org.au for the full list of sponsors.

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 make a gift at marypotter.org.au or call 08 8239 0119.

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

“When that time came, I am so grateful that it was in a place full of care, comfort and support that went above and beyond.” WIFE OF PATIENT



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