



A foundation in care

We at The Mary Potter Foundation have an unshakable belief that caring for people is an honour and a privilege.

That is the reason we are committed to raising funds and awareness for Mary Potter.

When people come to us they experience facilities and care which is comfortable, individual and meaningful.

Because of that there are many inspiring stories to tell.

You will soon discover they are stories full of life, purpose and dignity.

They are stories about fulfilling individual needs and wishes of those who are staying with us.

Equally they are stories which include the families and friends who visit them.

We describe it as Mary Potter Care.

And we believe Mary Potter Care is about living every day, every hour.

Mary Potter Care

Living every day, every hour.

Find out more on page 4



MESSAGE FROM THE EXECUTIVE DIRECTOR

As I sat down to write this, it was with a heart full of appreciation for people like you who over the years continue to choose to support patients and their families. You see, I have been reflecting on our history as we're turning 30 this year.

And, while I gratefully acknowledge our founding committee from 1987, without donors like you their vision to secure the future of the Hospice would never have been achieved.

Fast forward to 2017 and the Hospice is very thankfully still here, continuing to provide loving and compassionate care to hundreds of patients and their families. This is only possible because of ongoing support from our community.

Thank you for being part of that community and for sharing our belief that caring for people at the end of their lives is truly an honour and a privilege.

Best wishes,

Cathy Murphy



Do you have a Heart for Hospice?

If you do, we'd love you to sign up to our new monthly giving program to support nursing care in the Mary Potter Hospice.

Every day, every hour there is a grateful patient and family who has just experienced nursing care the Mary Potter way – individual and meaningful, compassionate and loving. This level of care is really at the heart of the Hospice. You might have experienced this care directly for your loved one.

For just \$10 each month you can show you have a 'Heart for Hospice' by supporting vital nursing care for a patient and family for one full day every year.

It's easy to sign up – please see the enclosed flyer for all the options. You can also increase, decrease or cancel your monthly gift at any time.

Each year you will receive an annual tax receipt – your giving will be spread over the 12 months which we hope makes it easier for you and you will see how a smaller gift each month can really add up over the year!

Most importantly, you will know you are helping to fund care which is at the heart of the Hospice.

So please join our 'Heart for Hospice' monthly giving program today – you can show your heart is in the right place by giving patients and their families the very special nursing care they need.

If you would like more information, please don't hesitate to call **Cathy** on **08 8239 0119** or email **cathy.murphy@marypotter.org.au**.

The gift of dignity during cancer treatment

A big thank you to Australian Hotels Associations (SA) Hotel Care Community Projects for making it possible for a scalp cooling unit to be given to the Cancer Centre at Calvary Central Districts Hospital.

People with cancer often report hair loss as one of the most distressing side effects of treatment. It is often the way that the world knows you have cancer and can have a significant impact on your self-confidence and self-esteem.

While there are no treatments that guarantee hair won't fall out, cooling the scalp to slow blood flow means that chemotherapy drugs are less likely to have an effect on your hair. *Scalp cooling is seen to be one of the most effective ways to retain most, if not all, of a patient's hair.*

Recently we had the pleasure of meeting Carol who is currently having treatment at the Cancer Centre. While her hair has thinned, thankfully scalp cooling has worked for her.

"Most importantly, I have been given the chance to be normal, I don't have to cover my head and

"Most importantly, I have been given the chance to be normal, I don't have to cover my head and worry about people looking at me as if I'm sick."



worry about people looking at me as if I'm sick," says Carol. "I am so thankful to have been able to use scalp cooling and I hope many more people will benefit in the future."

We thank the AHA (SA) for giving this gift of dignity that we know will be gratefully received by many people like Carol who have treatment at Calvary Central Districts.

COMING SOON!

2017 TELETHONSA RIVERGUM HOME AND LAND LOTTERY AT PLAYFORD ALIVE

KEY SPONSORS
Rivergum Homes,
Playford Alive
and TelethonSA

FIRST PRIZE

The fabulous "Azure" by Rivergum Homes at Playford Alive plus a Taste Furniture package, valued at over \$345,000 or \$250,000 cash.

SECOND PRIZE

Harvey Norman Appliance Package valued at over \$20,000.

THIRD PRIZE

\$10,000 cash.

BOOK BUYER'S/SELLER'S PRIZE \$5,000 cash.

EARLY BIRD PRIZE
\$10,000 International Travel voucher from Bunnik Tours + \$5,000 cash.

Tickets are only \$10 each. A book of tickets is \$50 and you will receive a bonus ticket (6 tickets). Purchase your tickets using the reply slip included with this newsletter or if you have any questions please call Phoebe on 08 8239 0119.

Licence No. M13349

A foundation in care

At the heart of our Foundation in Care (see front cover) are the words – care which is *comfortable, meaningful and individual*.

But what does this mean?

We would like to share with you a glimpse of care in action; how these words relate to what your support makes possible in the Hospice every day.

Note: all names have been changed to protect patients' privacy.

Thank you for being a part of each of these stories. Your support makes a difference to everyone who is touched by Mary Potter Care including patients, families and even their visitors.

Whilst we cannot change the outcome, everything is made better because of you.

Together with the Hospice team, you are ensuring that individual care which is comfortable and meaningful is there when it is needed most.

Comfortable



When Tom dropped in after work to spend a few hours with his mum, the kitchen provided his dinner, endless cups of coffee and a midnight snack or two.

Evan's pain reduced as soon as he was moved to a bed with the new air mattress. It instantly eased pressure on his lower back allowing him to sleep comfortably on his side.

For the first time in months Tania's anxiety disappeared momentarily during a soothing and relaxing massage. To be touched in a non-clinical way felt so normal. For a brief moment she forgot where she was.

Murray couldn't believe how skilled the nurses were. They knew instinctively what to do to ease his wife's discomfort. It was such a relief to have them close by.

Mel was able to get out of bed safely and securely thanks to the hoist in her room. To be able to greet visitors from the comfort of her recliner meant a lot to her and kept her spirits high.

Individual



Henry surprised his wife Kath on their 61st Wedding Anniversary with a cream sponge cake to share with friends and family. The photo album their daughter brought in was shared with every nurse, doctor, staff member, volunteer and visitor who entered his wife's room. Henry was so proud – it really made his day.

Not being a morning person Jan appreciated being able to sleep in each day. Not having to follow a hospital schedule meant so much to her.

Jo's best friend – her Maltese terrier made himself at home on her bed, ensuring that he didn't miss anything and was right there for cuddles and treats when Jo needed him.

The 'go away bird' hanging on Ann's door gave her and her family precious time to be together without interruptions and without having to explain what they needed in that moment.

Bruce appreciated the rollout bed and the soft pillows and blankets so he could stay overnight to be by his wife's side.

Meaningful



Together with the music therapist, Graham wrote a piece of music that was played at his funeral. It brought him much joy, working on the piece; knowing he was leaving a special gift for his family.

Volunteers and staff took turns sitting with Steve, holding his hand and giving him the reassurance he needed until his family arrived to be with him.

Regular appointments with the social worker gave Joan the space she needed to talk at length about the loss of her daughter and together they created a plan to help her cope with her overwhelming grief.

With the help of the Volunteer Team Leader, Julie organised a party; a high tea with her closest female friends – to spend some time together and to say her goodbyes.

An access cab took Marian home for the afternoon, to spend a few hours to get her affairs in order and to say goodbye to the family home she loved so much.



St Peter's Woodlands Walk for Love along the foreshore at Glenelg.

St Peter's Woodlands showed their heart at their own Walk for Love

On Friday 26 May, St Peter's Woodlands Grammar School did something very special. They held their very own Walk for Love.

Every year, the student representative council choose a South Australian charity to support. Students, aged 5 to 13 years get to decide which charity. This year, they chose The Mary Potter Foundation.

We could not have been more impressed or more humbled by this school community. Students, parents and teachers worked together to organise a Walk for Love at school. In the lead up to this event, Walk for

Love t-shirts were designed and sold to begin the fundraising. Almost 400 t-shirts sold. On a Friday afternoon at the end of May, over 650 participants walked with pride.

The sun was shining as they walked through the school gates, down to the foreshore at Glenelg and back again. It was incredible to see so many young students taking part in something so significant. Smiles were on the faces of so many children, parents and teachers and it was such a heartwarming thing to see.

We could not have been more impressed or more humbled by this school community.

Handmade banners were waving showing their support for the Foundation. Children were proud to tell people they passed on the streets that they were walking to make a difference.

The amazing efforts of the school community at St Peter's Woodlands raised \$7,143 through t-shirt sales and donations. We are so grateful for this incredible contribution and we are inspired by their desire to support the Hospice.

This wonderful initiative will make such a difference to patients and families experiencing the care of the Hospice. All the students, teachers and the entire community involved at St Peter's Woodlands should be very proud. We thank you and look forward to working with you throughout this year.

St Peter's Woodlands school choir will be performing at our Christmas carols event on Wednesday 6 December.



PRIVACY MATTERS

Your privacy is important to us. We take every step possible to protect your personal information.

Please note we never share, swap or sell your information to anyone.

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 **Lorna** or **Cathy** on 08 8239 0119.



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

Caring Hearts for The Mary Potter Foundation

Working for the Foundation is a daily reminder that people are kind. People are generous. People show love for one another. People give to the Foundation to ensure that care that is meaningful, comfortable and individual is available to every patient in the Hospice. Patients that they will never meet.

We could not support those who need the care of the Hospice if it was not for the people who choose to give.

A wonderful group of young professional women have shown kindness, generosity and love. They have chosen to give their time and creativity to hosting events to raise money and awareness for the Hospice.

We could not support those who need the care of the Hospice if it was not for the people who choose to give.

Last year it was a movie night, last month it was a wine and cheese night and Tamara, Amy, Anna, Lina, Jess, Kelly, Courtney and Tyne have raised an amazing \$22,197.25!

This incredible effort has seen hundreds of people come together to laugh, enjoy each other's company, share good food and wine and celebrate life while raising vital funds for the Hospice.

We are so grateful to these amazing women.



TELETHONSA MOVIE CARD

The TelethonSA Movie Card is loaded with value! For just \$20 the card offers \$120 worth of savings at Wallis Cinemas. The new release Movie Card is now available and is valid until 30 June 2018. Please contact the office on **08 8239 0119** to purchase today or visit marypotter.org.au

CALVARY PASTORAL CARE MEMORIAL SERVICES

The next 2017 Memorial Service will be at **1:30pm on Thursday 2 November**. For more information please contact Pastoral Care on **08 8239 9285**. Services are held at Calvary North Adelaide Hospital Chapel and are followed by afternoon tea in the Connery building – all welcome.

THE MARY POTTER FOUNDATION'S UPCOMING EVENTS

ANNUAL GENERAL MEETING

Tuesday 10 October, 5:30pm, Hackney Hotel, 95 Hackney Road, Hackney.
Please RSVP your attendance by **Friday 29 September** to Phoebe Thompson at The Mary Potter Foundation on **08 8239 0119**.

HOLD IT FOR HOSPICE

Throughout the **month of October** anyone who practices yoga is invited to donate to The Mary Potter Foundation as part of Hold it for Hospice. Please visit our website to find out more at www.marypotter.org.au/hold-it-for-hospice

CHIP IN FOR MARY POTTER GOLF DAY

Friday 20 October, 7am for 8am tee off, Grange Golf Club.

THANK YOU

Along with others mentioned in this newsletter, we want to take this opportunity to sincerely thank the following organisations and community groups for their support of our programs and events. We encourage you to support them where possible.

- Rotary Club of West Torrens
- Coopers Brewery Foundation
- MinterEllison Foundation
- ACH Group
- Blackfriars Old Scholars Football Club

CALVARY NORTH ADELAIDE AND HOSPICE AUXILIARY EVENTS

BRUNCH BY THE SEA

**Stamford Grand Glenelg, 2 Jetty Rd, Glenelg
10:00am, Sunday 26 November | \$60pp**

For more information contact **Jill Harrison** on **08 8431 9323** or **Priscilla Thomas** on **0419 826 281** or hiddenvalleyki@internode.on.net

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**



The Mary Potter Foundation is a registered charity with the Australian Charities and Not-for-profits Commission (ACNC)