



Light up
the Hospice
with love
THIS CHRISTMAS



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MESSAGE FROM THE EXECUTIVE DIRECTOR

As another year draws to a close I reflect with heartfelt gratefulness to every one of you who has given beautiful gifts and support to ensure Mary Potter Care is there every day, every hour.

As I start to plan Christmas celebrations with the people I love most, I am aware that there will be families preparing for final goodbyes in the Hospice. Losing a loved one is never easy but somehow at Christmas it seems a little bit more difficult.

That's why we need your continued support at this time. We know the Hospice team will do all they can to make every day the best possible, whatever that means to each person in their care. They can only do this because of people like you – thank you.

I wish you love, peace and joy and look forward to staying in touch in 2018.

Best wishes,

Cathy Murphy

CHRISTMAS CLOSURE DATES



The Mary Potter Foundation will be closed from noon on **Friday 22 December 2017** and will re-open on **Tuesday 2 January 2018**.

Remembering o

For all of us in the Foundation office, Christmas is a special time of year, when we take a break and we celebrate our faith with family and friends.

But amongst all the festivities and the shopping, baking, wrapping of presents and the long hours of preparation, it's a time which brings some sadness too, especially when we reflect on everyone who will be missing from our Christmas table this year.

Over the years it has become a tradition for each staff member to light up the life of someone very special, by giving a gift to the Hospice at Christmas. This year we will be remembering...

Cathy... While there can be many times over a year when I remember my niece and my sister-in-law, I always feel their absence more strongly at this time of year. Being able to remember them both with a gift is my way of showing that they will always be part of the love I share with my family. I also want to make sure that every family in the Hospice feels surrounded by love at Christmas.

2017
MARY POTTER
Community
Christmas
Carols

ur loved ones this Christmas



L to R:
(seated) Jess and Phoebe,
(standing) Lorna and Cathy.

Lorna... I lost my Dad last year, so this will be our second Christmas without him and I will be remembering my brother too who left us 45 years ago. My gift to the Hospice is a special gift to me; one of the many ways I'm able to include Neil and now my Dad in my Christmas traditions and celebrations.

Jess... My dear mum Jenny has been missing from our Christmas celebrations for a while now. It just isn't the same without her here but taking time to remember Mum at her favourite time of year is really important to me. Knowing that I can make a donation to support patients and families spending Christmas together in the Hospice is very special. Please consider giving a gift to help us light up the Hospice with love this Christmas.

Phoebe... My Grandad and Nanna died a few years ago, within months of each other. I never used to feel their presence around me as often as I do now, since starting work with the Foundation. When I make a donation to the Hospice, I remember my grandparents, and I also take time to remember the beautiful people in the Hospice who I have met. This Christmas, I wish for the patients in the Hospice to feel loved, and to create special memories with their loved ones.

You can give a very special gift this year and help the many families spending their last Christmas together in the Mary Potter Hospice by making a donation today. Light up the lives of your loved ones or just give a gift to show that you care. Use the flyer enclosed, call us on **08 8239 0119** or go to our website **marypotter.org.au**



We are sharing messages about our loved ones on Facebook this year.

Go to **www.facebook.com/marypotterchristmas** to read and share messages of love and support.

You are invited to join our Community Christmas Carols and watch the lighting of the Loving Tree which will remain lit until 15 January 2018

The tree is a symbol of love and a reminder to patients and families that they are cared for and loved this Christmas

Wednesday 6th December

Rear of Calvary North Adelaide Hospital,
enter off Hill St

Carols commence 7.30pm

Lighting of the Loving Tree 8.45pm

Folded note donation on entry

Glowstix Candle Lights available \$4 each

Christmas with love

Last year, Dave and his much loved wife Gill found themselves at the Loving Tree carols event just one day after being admitted to the Mary Potter Hospice.

At this stage, they were trying to accept that Gill would not be coming out of the Hospice. However, being part of the carols event was just the start of the care they would receive over the next month in the Hospice which in Dave's words was 'simply outstanding'.

Dave recalls how Gill's bed was wheeled out so that they could be part of this community event. Gill loved singing and had been an active choir member so it was particularly special for them both to spend this time together. Dave was able to sit alongside Gill's bed holding her hand.

On that night, Dave believed that he was likely to only have a few more days with Gill. He had wanted to take her home but it didn't take him long to realise that being in the Hospice was the right place.



At the push of a button someone would be there – to care and support with love and compassion.

As the days turned into weeks and they headed to Christmas it was with the realisation that this would be their last Christmas together. Dave shared about their special Christmas Day. Their children visited in the morning to share gifts and spend time together. Lunch that day was just Dave and Gill.

'We just chatted, there was no heaviness, it was just us sharing Christmas lunch,' said Dave.

Dave cannot speak highly enough of everyone in the Hospice, in his words it was a place of love. He has vowed to do all that he can to encourage support and sharing his experience is one of the ways he hopes he will do just that. Thank you Dave.

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Light up the Hospice with love
THIS CHRISTMAS

This year we know there will be other couples and families who need to be surrounded by love at Christmas. But we need you to make it happen. Please consider making a gift by completing the flyer enclosed, visiting marypotter.org.au or calling our office on **08 8239 0119** – together we can truly light up the Mary Potter Hospice with love.



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.



2017 biographers and HPS staff

The gift of life stories – 10 years on

This year is a milestone for the Calvary Biography Service – 10 years of giving palliative patients the beautiful gift of sharing their life stories.

Ten years on and the service is still coordinated by volunteers. It has been wonderful to see the service extended to people in the community along with the Mary Potter Hospice and St Helen's ward at Calvary North Adelaide Hospital.

There has also been a very special partner sharing this 10 year journey – HPS came on board as the sole sponsor in 2008 and continues in that important role today.

This means vital funds to help with the purchase of equipment and office supplies, to running the eight week training course for new volunteer Biographers, to giving everyone involved in the program the opportunity to attend seminars and conferences to help them in their roles.

Over the 10 years, over 300 people have had the chance to share their story. One patient

who recently completed her biography sent the following note to the team:

"I am so grateful for the provision of this service, not forgetting the wonderful volunteers who give their time and talents for this purpose. There is no doubt my family will enjoy reading about my experiences, which have been many and varied. There is also no doubt I would not have been able to produce this biography on my own."

*Over the 10 years,
over 300 people have
had the chance to
share their story.*

Here's to this wonderful service continuing to grow in the next 10 years and special thanks to all of the volunteers and HPS who make it all possible!

If you would like more information on the Calvary Biography Service, please contact **Rosie** on **0417 859 886**.

Proudly supported by

HPS



ALWAYS LEARNING AND GROWING

One of our values is 'Learn and Grow' which is our commitment to embrace learning and personal growth as a life long journey. That is why it means so much to us that staff in the Hospice are also on a continual learning journey.

We are so grateful that since 2008, the Crotti family and San Remo through the Aldo Crotti Scholarships program has supported a number of fantastic learning and development opportunities for the staff who provide palliative care.



In the 10th year of this amazing program we can reflect on just what this support has made possible. From tertiary post graduate studies, to attending international, national and state conferences and seminars to weekly education at the bedside – there have been so many opportunities that ultimately drive the best possible care for patients and their families.

Enrolled nurse, Yukari is just one of the nurses to benefit. She completed the Distance Education Course in Palliative Care Nursing at Flinders University.

"The completion of this course truly formed the base of palliative care nursing for me and made a huge difference by boosting confidence in everyday practice for me."

Thank you to the Crotti family and San Remo for recognising the importance of giving staff the opportunity to learn and grow each year.

Please join us for a night at the movies ...

MURDER
EVERYONE IS A SUSPECT ON THE ORIENT EXPRESS

MURDER ON THE ORIENT EXPRESS MOVIE NIGHT

Wednesday 15th November, 6pm
REGAL THEATRE, KENSINGTON PARK
Tickets \$25 + booking fee

TO BOOK SEE PAGE 8 FOR DETAILS UPCOMING EVENTS



Nursing care at the heart of the Hospice



We often hear beautiful comments from grateful family members who want to give thanks for the care of their loved one.

To take the time to say thank you, soon after their loss is testament to how much the nursing care means to everyone touched by it.

Recently we received a note which included the words 'the Hospice nursing care should be the benchmark of care for everyone when you come to the end of your life'. What a compliment!

No-one could deny that the nurses have a very difficult job. But when you speak to them or see them at work, it becomes clear that they have purpose and a passion for what they do. This reflects in the way they look after not only their patients, but family members, visitors and each other.

We know that the nurses are at the heart of the Hospice, but behind every nurse is an extra-special person. **This person is you.**

We know that the nurses are at the heart of the Hospice, but behind every nurse is an extra-special person. This person is you.

It is your support that gives the nurses the time, the resources and the equipment they need to deliver the care. Every week the Foundation commits \$13,440.00 towards nursing care. When we break it down, this equates to \$120.00 per patient per day.

To help meet this cost and to generate a steady and reliable source of funding we have created a monthly giving program called 'Heart for Hospice'. For only \$10.00 each month you can become the special person behind a patient's care, for one day each year.

If you are as passionate about nursing care as the nurses are about their patients, please consider joining our 'Heart for Hospice' program. To join or to learn more, go to our website marypotter.org.au or give us a call on 08 8239 0119 to set-up or discuss further.

Just in time ... VERY SPECIAL CHRISTMAS GIFTS

Stuck for Christmas gift ideas? We have some special gifts perfect for family and friends that will also help Mary Potter Hospice patients make the most of their time with their family and friends this Christmas.



**LAST CHANCE TO WIN
A NEW HOME!**

**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

2017 TELETHONSA RIVERGUM HOME AND LAND LOTTERY
BUY YOUR TICKETS NOW AND SUPPORT THE MARY POTTER FOUNDATION

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



rivergum
homes



BunnikTours

Taste Furniture

Harvey Norman

CALVARY PASTORAL CARE 2018 MEMORIAL SERVICES

Thursday 1 March at 1:30pm and Thursday 1 November at 5:30pm. Services are held at Calvary North Adelaide Hospital Chapel and are followed by refreshments in the Connery building – all welcome.

UPCOMING EVENTS

MURDER ON THE ORIENT EXPRESS MOVIE NIGHT

Wednesday 15 November, 6pm arrival for 7pm screening, The Regal Theatre, 275 Kensington Rd, Kensington Park. Tickets \$25 + booking fee including bubbles and nibbles on arrival and snacks for the movie. Bookings at www.trybooking.com/SERL or please call Phoebe on 08 8239 0119.

COMMUNITY CHRISTMAS CAROLS

Wednesday 6 December. Community Christmas carols commence at 7:30pm, lighting of the Loving Tree at 8:45pm. For more information please refer to page 3 or contact Phoebe Thompson on 08 8239 0119.

THANK YOU

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

- The Lord Mayor of Adelaide
- Martin Haese
- Scarpantoni Estate Wines
- Tomich Wines

Chip in for Mary Potter Golf Day Sponsors:

- Coopers
- CUB
- West End
- Adelaide Tools
- AON
- Ardrossan Hospital
- Big Screen Video
- Burke Urban & Wicks Wines
- Coca Cola
- Nocelle Foods
- Peter Kittle Motor Company
- PFD
- Port Lincoln Hotel
- SA Power Networks
- SipnSave
- Thomas Foods

Special thanks to all of the Hold it for Hospice participants

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



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