



one
final day
at the Beach

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MESSAGE FROM THE EXECUTIVE DIRECTOR

I hope the year has got off to a good start for you. Thank you for taking the time to read our first newsletter for 2018.

As we head into another year, we are taking a moment to look back with gratitude in our hearts for all that you made possible in 2017. With this in mind, I encourage you to read pages 4 and 5 of our newsletter.

Sandy experienced Mary Potter Care for her mum last year. She then took the time to write a beautiful letter highlighting the many ways the team in the Hospice supported them both. While she doesn't mention our donors – we know that you were there in everything that she experienced – thank you.

We know that the year ahead will see many more patients and families need Mary Potter Care. Thank you for continuing to be there. Your support will always be valued.

Best wishes,

Cathy Murphy

One final day 'at the beach'

Maggie's wish was to have one final beach holiday with her family. Sadly this could not happen before she needed to come to Mary Potter Hospice.

When the Hospice team heard about how important this wish was to Maggie and her family, they started to plan to help the family to spend some precious time at Middleton Beach.

When this also became impossible, the idea of bringing the beach to the Hospice came to life.

Maggie's daughters, Cathy and Eva, have shared about their final day 'at the beach' with their much loved mum in a beautiful DVD. We hope you will take the time to view this on our website www.marypotter.org.au/inspiring-stories

Thank you so much to Cathy and Eva for sharing their story.



Cathy and Eva

Thank you for the part you play in making these special moments possible for patients and their families. It is thanks to your support that Mary Potter Hospice can help each patient and their family to focus on what's important to them and to make the most of their time together.

Increasing support for patients

We are so pleased to introduce you to **Kevin Hardy**, The Mary Potter Foundation Palliative Care Nurse Practitioner at Calvary North Adelaide Hospital.



Kevin with patient, Rosa

Thanks to your support, we have been able to fund the first ever Palliative Care Nurse Practitioner in the private hospital sector in our state.

This is a wonderful step forward to extending Mary Potter Care beyond the Hospice. There are many times when a patient who is in Calvary cannot be transferred because the Hospice is full or sometimes it can be too hard to accept that it is time to make that move.

We asked Kevin to share a little bit about himself and his role.

"It was actually caring for my own dad when he was dying from cancer that led me to become a registered nurse when I was 35. I believe that palliative care chose me rather than choosing this field of nursing because of the profound experience with my dad.

In 2015 I became a Nurse Practitioner after completing a Master's degree and gaining significant experience and training in my chosen speciality of palliative care.

One of the most important ways I can have an impact for patients and families is to try to empower them through choices about their care. People living with life limiting illnesses often lose a sense of control over their lives.

"I have now seen first-hand the difference donors make to the lives of so many patients and their families."

I want to help people understand that we focus on each day of life regardless of how long that life will be. We do our best to improve a patient's quality of life by making the most of the good days and managing the bad days as best we can.

We don't focus on the end point of life as much as the general public may think. I love that my philosophy is strongly aligned to the Mary Potter Care 'living every day, every hour' mandate.

I would like to say a big thank you to the donors who have supported my role. I have now seen first-hand the difference donors make to the lives of so many patients and their families."

We feel so grateful to have someone with Kevin's skills and knowledge on the team. Already he has helped families in the Intensive Care Unit and St Helen's ward in making decisions about moving to Mary Potter Hospice. He is a great support to the patients and staff throughout the hospital, particularly in the Hospice and St Helen's.

Because of you, Kevin will be there to provide Mary Potter Care regardless of the patient's location at Calvary.



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.

Thank you

2017 GRATITUDE REPORT

During 2017 your gifts and support helped over 350 patients and their families. So many people experienced Mary Potter Care thanks to you and your generosity.

Late last year we received a very special letter from Sandy after her mum had spent her last two weeks in Mary Potter Hospice. Sandy has kindly given us permission to share extracts from her letter with you.

Look at how your gifts made a difference for just one family in 2017.



To the beautiful staff and volunteers at the Mary Potter Hospice,

I want to thank each and every one of you for the work you do every day. The smallest things make an enormous difference to both the patients and their family in the most difficult days of their lives. My mum was treated with such respect, dignity and gentleness. I cannot find words that adequately express how grateful I am for this.

I came in to the Hospice shaking like a leaf and was greeted by the gentle, caring Libby who offered me a cup of tea. Having eaten very little for the last week, I was so grateful. When she put down the red poppy cup and saucer on a tray with a slice of cake, I looked around me and it felt like I had gone from hell to heaven.

When Meg asked me to choose a quilt for my mum's bed, my mum was dressed in a soft nightie just as if she was at home and nurse Meg wrote 'Welcome to Mary Potter Hospice' on the whiteboard. I cried and I knew that my mum was where she needed to be and would be cared for in the way that she deserved. A huge weight was lifted from my shoulders.

If that had been the sum total of the kindness we received I would have gone home very happy, but the thoughtfulness and acts of kindness just kept coming. The flowers, cake and singing for my mum's birthday have left a permanent treasured memory of that day that will be with me forever. The gentle knock on the door to deliver a Charlesworth showbag, the musicians soothing music, the gentle hands and hearts of the massage therapists, the quiet calmness with which Hazel and her team cleaned our room, the gentle quietness with which the tall gentleman came in and restocked the



drawers to make sure that my mum had everything she needed, the friendly pastoral care team who would pop in from time to time, and the friendly meal time staff who brought a smile into the room, all helped to make an unbearable time easier.

To Libby who made sure I ordered a meal each day and brought me the paper each morning with some kind and encouraging words which really meant 'hang in there, I know how hard this is' without actually saying so. Thank you, because I could not have been there for my mum without you.

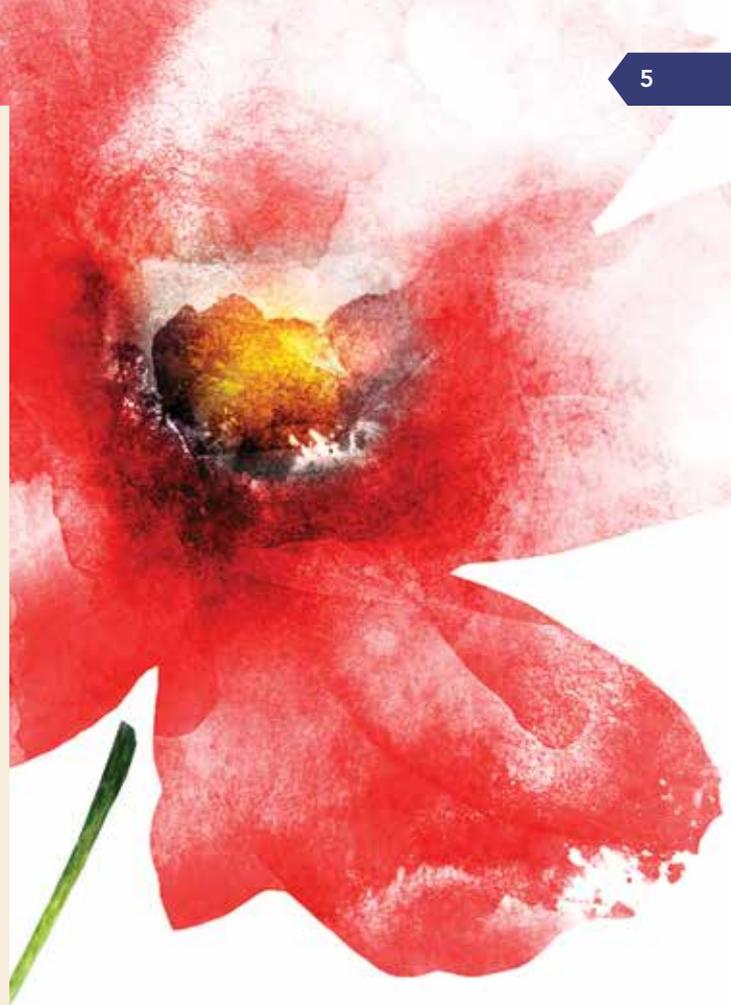
To the doctors and nurses – I wish you could teach every doctor and nurse out there how bedside manner should be done before they are ever allowed near a living, breathing human being. You are an amazing group of people!

To the purple aproned angels – I cannot say thank you enough to you delightful people for the countless cups of tea, biscuits, cakes, sandwiches, precious kind words and hugs that were such a comfort to me. No-one can understand what this journey is like until they have walked it themselves. I am so grateful that you were there to help me walk it. Who knew there was that much love and strength to be found in someone knocking on the door and asking if you would like a cup of tea?

Finally to the nurses. Firstly a huge thank you from my mum. If she could have spoken, she would have thanked you for every single thing you did for her. For myself, I thank you for your care, compassion and understanding. I especially appreciate your understanding for the times I was afraid to leave the room, only took a shower while you were washing my mum, got under your feet when you turned her in her bed, and the many times you helped me move her recliner to the opposite side in the middle of the night.

Thank you all for giving my mum and I the most precious 15 days together under your roof.

Sandy



Sandy has described so beautifully how Mary Potter Care made a difference to her and her mum. Our heartfelt thanks to Sandy for her inspiring letter and for allowing us to share it with you.

But there is one other group of very special people we would like to thank and that is you.

It is your gifts and support which provided the nursing care, the doctors, the china teacups, the food and drinks in the Family Kitchen, the flowers and birthday cake, the showbag, the music from the music therapist, the gentle massage of the massage therapists, the handmade quilt and the hospitality of the purple aproned volunteers.

Thank you for supporting The Mary Potter Foundation and for making a difference in Sandy's life and in the lives of all families the Hospice was privileged to care for in 2017.



Complementary Therapy in St Helen's

"I had my first massage two days after Marianne was admitted. I didn't know how much I needed it until I had that first massage. It helped me physically and emotionally. I have had two more massages with a remarkable impact on my wellbeing by easing my tension." – Michael (husband of patient).

The impact of our Complementary Therapy program which is offered to all Hospice patients and their immediate family members is now well documented. We hear comments like the one from Michael (above) time and time again.

Complementary Therapies offered in the Hospice include skin therapy, reflexology and massage. The benefits of each of these therapies can be both physical and emotional. Some of the benefits are:

- Reducing pain and relieving tension
- Encouraging a patient or family member to relax
- Give more peaceful sleep
- A moment to feel pampered and special

We know how much this support program means to those in the Hospice.

So we are delighted to announce an extension to the program for eligible patients who are in the St Helen's ward next door to the Hospice.

Sometimes patients and families want to remain in St Helen's rather than move to Mary Potter Hospice because of the relationships they share with the staff in that ward. They feel comfortable where they are.

... and thanks to you, more patients are now able to experience it.

For others, it is because there are no beds available in Mary Potter.

Every Tuesday Rose, our skin therapist, is now spending a few hours with

St Helen's patients and already the response has been amazing. It is only through your gifts that we are able to do this. Thank you for making this possible.

Recently a patient named Patricia spent some time with Rose having a facial massage and a manicure. She felt so spoiled and pampered – an unexpected gift to her, which left her feeling very special.

Thank you to the amazing therapists who deliver this program with an enormous amount of care and love.

This is what Mary Potter Care is all about and thanks to you, more patients are now able to experience it.





Walk for Love

JOIN US AT AN EVENT AND SUPPORT THE HOSPICE!

One of the many ways you can support The Mary Potter Foundation is to attend our events.

We have our regular calendar events, including the Walk for Love and our Loving Tree Community Christmas Carols but we also often have events pop up at short notice.

In 2017 we held a Murder on the Orient Express movie night, Denis Sheridan and the Adelaide Big Band performed a Night of Swing for Mary Potter and The Caring Hearts Committee hosted a wine and cheese night 'Grabbing Life by the Grapes'.

If you would like to be kept up to date and receive information about all of our events, please update your contact preferences on the enclosed form and tick the box to receive our e-news.



A Night of Swing for Mary Potter



Grabbing Life by the Grapes



Celebrating 10 years of support

This year marks 10 years of support from Radiology SA.

When patients visit a Radiology SA clinic they may arrive with large envelopes of past scans. After their appointment they might be leaving with more scans. Radiology SA have designed bags that are perfect for carrying your scans.

The staff at each of the Radiology SA sites sell these bags to patients for a gold coin donation. The funds raised are donated to The Mary Potter Foundation.

Over the past 10 years, these gold coin donations have added up to over \$10,400.00 with the total support from Radiology SA over \$17,000.00. This is an outstanding amount. We are so grateful for this generous ongoing support for patients and families in the Hospice.

Radiology SA is proudly Adelaide owned and based. They have nine locations in Adelaide including Calvary North Adelaide Hospital.

You can choose to visit a Radiology SA practice next time you need any medical imaging – just ask your doctor to refer you. Alternate company referrals are also valid.

We would encourage you to support your local Radiology SA next time you need a scan. Choose to visit a practice that gives back.

Thank you for your ongoing efforts
Radiology SA!

CALVARY PASTORAL CARE 2018 MEMORIAL SERVICES

PLEASE NOTE NEW DATES AND TIMES

Thursday 3 May 2018 1:30pm

Thursday 1 November 2018 at 5:30pm

Services are held at Calvary North Adelaide Hospital Chapel and are followed by refreshments in the Connery building – all welcome. **For more information please contact Pastoral Care on 08 8239 9285.**

UPCOMING EVENTS

WALK FOR LOVE

Sunday 27 May 2018

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.

- Order of Saint John of Jerusalem
- Lang Foundation
- St Peter's Woodland's Grammar School
- Adelaide Symphony Orchestra
- Adelaide Male Voice Choir
- SA Power Networks Choir
- Petals Australia
- Primo Estate
- Robern Menz
- Jonny's Popcorn
- Nippy's



VOLUNTEERING WITH THE MARY POTTER FOUNDATION

If you would like to help us sell lottery tickets at Calvary North Adelaide Hospital and in your local community please contact **Phoebe** on **08 8239 0119**.



CALVARY NORTH ADELAIDE AND HOSPICE AUXILIARY EVENTS

FASHION PARADE AND HIGH TEA

Beaumont Bowling Club | Sunday 8 April 2018

MOVIE NIGHT

Regal Theatre | Sunday 1 July 2018

BRIDGE DAY

Beaumont Bowling Club | Tuesday 14 August 2018

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)

