



Heartfelt thanks for
supporting the Hospice staff
in giving patients the best possible
individual care and attention.

In this edition

Nurses ... the heart of the Hospice | RESTORE-ing Hope
The Family Kitchen – a home away from home



MESSAGE FROM THE EXECUTIVE DIRECTOR

Welcome to our second newsletter for 2016 – yet another year which seems to be speeding past!

As we put this newsletter together it is always with grateful hearts knowing that our donors make the stories possible.

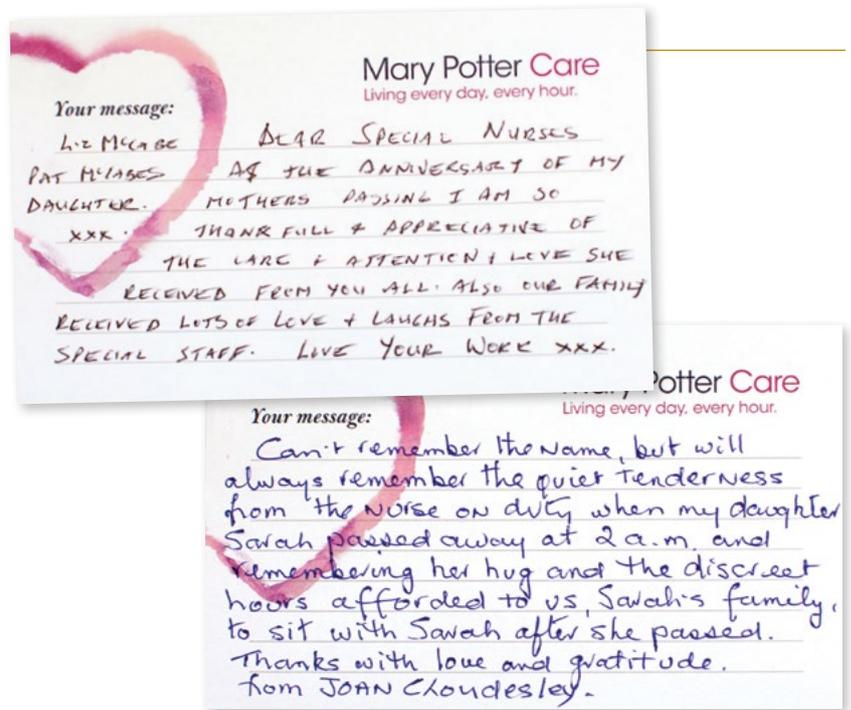
We feel so privileged to be able to support the Hospice and the RESTORE program. It is always inspiring that people like you reach out to help other people you will never meet but who are so thankful that you did.

Meeting family and friends at our Walk for Love is a reminder of the impact of the Hospice and Calvary, and of the gratefulness people feel that special care was there when it was needed. We recognise that while we cannot change the outcome with your help we can change the experience.

We hope that you will continue to be inspired by what your involvement makes possible.

Best wishes,

Cathy Murphy



Nurses ... the heart of the Hospice

Above are just two of the beautiful cards with messages of thanks sent to the nurses and team in the Hospice by people who have donated to our appeal.

Reading the cards brings home to us how the nurses support everyone through the whole experience from day to day to the final moments as families say goodbye to a loved one.

The nurses are the heart of the Hospice and thanks to your support we can ensure that there is a team around them giving them the time they need to truly deliver care that is as individual as each patient and family.

This care is about helping to make the most of every day – it is about having the best day possible while the person is alive. It is also very much about being there for the family and friends as a loved one's life comes to an end.

Our heartfelt thanks to everyone who has supported our appeal – you have shown you value the wonderful nursing team and you are helping to ensure they can provide the best care every day. If you received our appeal letter and you would still like to make a gift please **return the reply slip** provided with your letter, or you can call our office on **08 8239 0119** or go online at **marypotter.org.au**.



Taking the extra time

We spoke to Palliative Care Consultant Dr. Kathy Hauser about what makes the Mary Potter Hospice such a special place to work and how taking the extra time can make the end of life experience a little easier.

“It’s the time and the care that makes the Mary Potter Hospice so exceptional. Whether you’re a doctor,

“... as soon as you walk through the doors at the Hospice you feel a sense of calm and peace.”

patient or visitor, as soon as you walk through the doors at the Hospice you feel a sense of calm and peace.

The quality medical care and the extra level of support from staff and volunteers, means that people in the Hospice are able to live out their final days by their own definitions of what it means to live. Once people are made comfortable

by our medical treatment, the patient can focus on what’s important to them and make the most of what time is left.

It can be the simplest of daily routines that the Hospice team take extra time with. Time to help someone to put



Dr. Kathy Hauser

on lipstick every day or making sure someone who loves toast for breakfast gets a warm slice every morning.

It’s this attention to detail that doesn’t go unnoticed that truly helps people and their family. You can see straight away the difference this level of support makes, as it helps give meaning to each day and helps significantly reduce anxiety at a very stressful time in people’s lives.”

It is without doubt the medical and nursing team who make the most important contribution to Hospice care – it is their compassionate, respectful and understanding care which aims to add to the quality of life for whatever time is left. Thank you for making this possible.

“You can see straight away the difference this level of support makes, as it helps give meaning to each day and helps significantly reduce anxiety at a very stressful time in people’s lives.”




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.



Before the volunteers arrive



Ready to get everyone through another night



Thanks to you, families can share a meal together

Thanks to you the Family Kitchen is a home away from home

It's early morning and the volunteers arrive to find the kitchen table bare. The coffee machine is empty and needs cleaning. Milk is low and needs to be replenished. Dishes are stacked high on the sink and the dishwasher is full. The benches are a mess; stained with coffee cup rings and the bins are overflowing.

Just about every morning this is the state of the kitchen.

It only takes about half an hour, but soon the kitchen is cleaned up and ready to function again for the day.

During the day the kitchen plays such an important role in the care of families and visitors. But at night it becomes even more so.

During the night, every night, dozens of people make the kitchen their home away from home.

For some it is convenience – where else can you get a piping hot cup of coffee at two in the morning?

For others, nights can be an emotional time. Once their loved one is finally settled and sleeping comfortably, their thoughts turn to themselves.

Anxiety levels increase, making sleep difficult. Maybe a hot chocolate or a midnight snack is all that is needed to ease their stress and give them the rest they need.

The kitchen is an extension of each patient's room. It is a meeting place and somewhere to have a break;

to have a quick bite to eat and a drink. Sometimes there's even a beer or a bottle of wine to share.

Your gifts keep the kitchen stocked, cleaned and maintained. Thank you for the coffee you buy and for the food in the fridge. Thanks for the chocolate treats and the selection of porridge, soups and fresh fruit. Just like at home, the kitchen helps everyone feel loved and cared for.

This is a wonderful gift that you give to each and every person who comes to the Hospice.

It is now late afternoon. The volunteers stack the shelves with clean crockery. Fresh fruit, nibbles and snacks are cut up and left on the kitchen table. The fridge is

checked, the coffee beans topped up and the rubbish bin emptied.

Before you know it, it is getting dark and the kitchen is ready once again to get everyone through another night.

*Just like at home,
the kitchen helps everyone
feel loved and cared for.*

*This is a wonderful gift
that you give to each
and every person who
comes to the Hospice.*

RESTORE-ing Hope

For anyone who has ever given a donation to the RESTORE program, I would like to say thank you.

Recently I was privileged to attend the RESTORE workshop for cancer patients being treated in Kimberley House, Calvary North Adelaide Hospital. This program is offered free to patients and is fully funded by your gifts to the Foundation, so I wanted to check it out for myself.

The first thing I noticed is that cancer does not discriminate. There were men and women in the room of all ages ranging between 24 and their early 70's, together with their carers and family members.

At the beginning of the day, there was a sense of nervousness in the room. Many people were feeling overwhelmed, scared and emotional and they didn't know what to expect. But as the day went on, these same people

started to relax and get involved in group discussions.

“So many patients and family members have commented on how it has given them hope. Hope for their future.”

The aim of the RESTORE workshop is to give someone with cancer a greater understanding of what they can do to complement their treatment; to take control and help themselves.

and complementary therapy information including remedial massage, reflexology and acupuncture. Financial planning is also included. It had never occurred to me the financial impact that cancer has on a family, so the advice about budgeting and Centrelink was well received.

The RESTORE workshop features physiotherapy, psychology, nutrition

The attendees were able to ask questions and discuss ideas. One patient spoke of her experience with a physiotherapy program and how in some ways she was feeling stronger now than before cancer. Others shared how surprised they were when they received chemotherapy for the first time and being offered a hand massage. The simple act of kindness was a welcome distraction at a very challenging time.

I felt that people walked away feeling empowered and the feedback sheets at the end of the day confirmed how much they got out of this program. So many patients and family members have commented on how it has given them hope. Hope for their future. Hope that they can beat their disease.

Thank you again for supporting such a unique and valuable program.

Jess Harford, Fundraising Coordinator



A SWEET TIME THANKS TO VILI'S BAKERY



We are so grateful to South Australian business, Vili's Bakery, who have come on board as our Sweet Treat sponsor this year.

“Words cannot explain the difference sweet treats make and the connection people make over an offering of cake” says Sue the Volunteer Coordinator in the Hospice.

Thank you Vili's Bakery for your generous support in this special way.



THANKS FOR THE LOVE

We are so grateful to Chemplus for their ongoing sponsorship of the Walk for Love since 2010.

This year the route passed the Melbourne Street Chemplus store and we were thrilled to have their staff help out with a water station for walkers.

The Chemplus team wanted to say well done to everyone who raised much-needed funds through participating in the 2016 Walk for Love.



Part of Terry White chemists

Care that extends beyond the Hospice

When Jennifer* lost her mum, she was devastated.

On the day her mum died, the Hospice's social worker Sigourney spent several hours with Jennifer and her Dad and her brother. It was a very difficult day for everyone.

However it was clear to Sigourney that Jennifer was not coping at all. So together they made Treasure Boxes; to keep the conversation flowing and to give Jennifer something to take home.

During a routine phone call by the counselling team a few weeks later, it was suggested to Jennifer that she may like to come back to the Hospice to meet with Sigourney for a chat.

It has been a year since Jennifer's mum died and in that time she has been to see Sigourney several times.

"After mum died, returning to a normal life seemed almost impossible. But those days are behind me now

and while I often have a bad day, Sig has helped me so much. My future looks much brighter" said Jennifer.

We thank Sigourney and her counselling volunteers for the difficult work that they do caring for patients and their families. And we thank each and every one of you who have donated to the Foundation. Through your gifts you have contributed to this counselling service and given Jennifer the help that she needed.

** Name changed for privacy

Sigourney with a treasure box



THE MARY POTTER FOUNDATION

Walk for Love

May 2016

Huge thanks to everyone who was part of our 2016 Walk for Love this May. It is a truly special event as we gather to remember the ones we love. We are so touched by everyone who chooses to support the Mary Potter Hospice in this way, with many paying it forward to ensure the same care they received is there for another family or friend.





Join us during the 2016 SALA Festival for a winter afternoon that will warm your heart.

Enjoy fine wine with friends as local celebrity artist and chef Poh from Jamface, creates Mediterranean delights surrounded by the stunning works of local SALA artists.

Sunday 7 August 2016, 12pm for 12:30pm start until 4pm
Jubilee Complex, Centennial Park, 760 Goodwood Rd, Pasadena

Dress code: smart casual

Tickets: \$100pp, including lunch of Poh's delicious paella, all-you-can-eat pizza and dessert buffet, and 4-hour drinks package.

Book online at trybooking.com/LWQP or call the office on 08 8239 0119 to book over the phone.

Proudly presented by Centennial Park

Proceeds support The Mary Potter Foundation and Daw House Hospice Foundation

A Musical for Mary Potter – *My Fair Lady* at the Sydney Opera House

Here is a very special opportunity to support The Mary Potter Foundation. Join us from Friday 14 October to Sunday 16 October, as we jet set off on a weekend getaway to Sydney to see *My Fair Lady* at the Sydney Opera House.

Celebrating the beloved original Lerner and Loewe's *My Fair Lady*, Dame Julie Andrews will direct a glorious production of *My Fair Lady*. The Cinderella story about the Cockney flower girl Eliza Doolittle and the appealingly arrogant phoneticist, Professor Higgins. It really will be a trip of a life time and we'd love for you to join us!

The cost of the tour is \$1,120.00 per person and includes return flights from Adelaide, 2 full breakfasts and 1 group dinner, 2 night's accommodation in Sydney, local airport transfers and some sightseeing in Sydney. There are limited places on this fully escorted tour. Part proceeds will support The Mary Potter Foundation.



If you're interested in joining us please call **Lorna** at The Mary Potter Foundation on **08 8239 0119** for further information and to book your place on the tour.

PRIZE DONATIONS NEEDED – CAN YOU HELP US?

To make our upcoming fundraising events a success, we really need your help!
Are you able to help us find amazing prizes for raffles and silent auctions?

We are looking for donations, new items or gift vouchers from our diverse and supportive community. It could be a

voucher to a local restaurant, a weekend getaway experience, a bottle or wine or a hamper of delicious treats.

To donate please call The Mary Potter Foundation on **08 8239 0119** or email **Jess** at jessica.bostock@marypotter.org.au.

Photo is for illustration purposes only



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

Don't miss out, buy your tickets either by completing the enclosed slip and returning it, 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

LA VITA

Sunday 7 August,
12pm for 12:30pm start – 4pm
Jubilee Complex,
Centennial Park,
760 Goodwood Rd, Pasadena
\$100pp inc lunch/drinks package

For further information and to secure tickets, contact **Jess Bostock** at The Mary Potter Foundation on **8239 0119**.

ANNUAL GENERAL MEETING

Tuesday 13 September, 5:30pm
Hackney Hotel, 95 Hackney Rd, Hackney

Please RSVP your attendance by **Monday 5 September** to **Jess Harford** at The Mary Potter Foundation on **8239 0119**.

MUSICAL FOR MARY POTTER – MY FAIR LADY

Friday 14 – Sunday 16 October
Sydney Opera House

For more information please contact **Lorna Riddle** at The Mary Potter Foundation on **8239 0119**.

CHIP IN FOR CALVARY GOLF DAY

Friday 21 October, 7am for 8am tee off | Grange Golf Course

MEMORIAL SERVICE

The next 2016 Memorial Service is at **1:30pm** on **Thursday 3 November**. For more information please contact Pastoral Care on **08 8239 9285**. Services are held at the Calvary North Adelaide Hospital Chapel and are followed by afternoon tea in the Connery building – all welcome.

CALVARY NORTH ADELAIDE AND HOSPICE AUXILIARY

ANNUAL BRIDGE DAY

Tuesday 9 August, 11:00am
Tranmere Bowling/Tennis Club
\$30pp includes lunch and wine

For further information contact **Dr Edith Miller** on **8379 2971** or **0418 898 056**.

YOUNG ADELAIDE VOICES RECITAL

Sunday 23 October, 2:00pm
Calvary North Adelaide Chapel
\$35pp includes sparkling wine and delicious treats

For further information and to secure tickets, contact **Priscilla Thomas** on **0419 826 281** or by email at hiddenvalleyki@internode.on.net

SUNDAY BRUNCH BY THE SEA

Sunday 20 November, 10:00am
The Stamford Grand Hotel
\$60pp includes sparkling wine and a delicious brunch

For further information and to secure tickets, contact **Priscilla Thomas** on **0419 826 281** or by email at hiddenvalleyki@internode.on.net

THANK YOU

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

- SA Power Networks Employee Foundation
- Australian Executor Trustees
- Blackwell Funerals
- Telstra Store Gouger Street
- Order of Saint John of Jerusalem
- Rotary Club of West Torrens

TELETHON MOVIE CARDS

Available from the Foundation now – the Telethon Movie Card is loaded with value! For just \$20 the card offers \$120 worth of savings at Wallis Cinemas. Valid until May 2017. Please contact the office on **8239 0119** to purchase today.