



Team Hope. Faith. Love

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THE MARY POTTER FOUNDATION

Walk for Love

Sunday 27 May
10am

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MESSAGE FROM THE EXECUTIVE DIRECTOR

Every time I sit down to write my column it is with a heart full of gratitude. So blessed to have your support.

The year is moving along again and we're heading towards our Walk for Love. Always such a special morning.

We love to see so many families and friends coming together. Often we can feel like the world is moving on. But this one morning gives us all the chance to show that the people we love and miss are part of our lives always.

I am so grateful to every one of you who choose to be part of our Walk for Love for the care and support you will make possible in the Mary Potter Hospice.

No matter how you choose to support, thank you for sharing our belief that caring for people at the end of their lives is an honour and a privilege.

Best wishes,

Cathy Murphy

Holly has a 'Heart for Hospice'

In 2010, when her mum Kaye was a patient in the Hospice, Holly and her family experienced care the Mary Potter way – individual, meaningful, compassionate and loving.



Holly with her brother-in-law Justin and dog Cooper



This care had a dramatic impact on Holly. Because of the way her family was supported at the time, she now chooses to do what she can to support the Foundation.

Holly became one of the first to join 'Heart for Hospice' for which we are grateful.

You may know we have launched a monthly giving program 'Heart for Hospice'.

Holly became one of the first to join 'Heart for Hospice' for which we are grateful. With the pressures of a young

family Holly is not always able to attend our events or fundraise for us. But by joining 'Heart for Hospice' she feels good knowing that she is doing something to make a difference while supporting a local charity that is close to her heart.

Holly shared that it was easy to sign up to 'Heart for Hospice'. She knows that if she wanted to change her donation amount or cancel at any time, she can. "It was easy to set and forget and know that it's happening".

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

You can join Holly and become a 'Heart for Hospice' member today by completing the enclosed reply slip and returning it to us, call Phoebe on 08 8239 0119 or visit marypotter.org.au/heart-for-hospice



Dr Charlotte Griffiths

Introducing Charlotte

Dr Charlotte Griffiths is the Medical Lead in the Mary Potter Hospice.

Over the past few years, she has worked in both medical oncology and palliative care. Recently Charlotte has taken on the role of Palliative Care Consultant in the Hospice.

When a patient is admitted to the Hospice, Charlotte's priority is to manage their symptoms. Her intention is always to make them as comfortable as possible.

Patients may experience many different emotions – fear, doubt, sadness and anxiety. Charlotte meets with each patient and their family to address these feelings with compassion and empathy. Her knowledge of medical oncology and palliative care is invaluable as she guides the patient and family through difficult discussions. She helps them to reach a better understanding of their illness.

Over the days or weeks that a patient spends in the Hospice, many changes occur. Charlotte is there to ensure these changes are managed and medications are adjusted accordingly. She is supported by a multi-disciplinary team so that the physical, emotional, spiritual and social needs of the patients are addressed. This holistic care

focuses not only on a patient's physical symptoms but their overall wellbeing and that of their family's.

Charlotte believes that it is this holistic approach that makes the Hospice unique.

In addition to her care in the Hospice, Charlotte conducts a weekly outpatient clinic and consults in other hospitals and wards. This enables her to build a rapport with patients before they come to the Hospice. This continuity of care can provide some comfort to the patient and family on arrival to the Hospice.

Charlotte is inspired by working within a team who not only care for patients and families, but also for each other.

Charlotte is an asset to the Hospice team and we are very grateful that she is here to care for patients and their families. Your support makes this possible. Thank you.

Charlotte believes that it is this holistic approach that makes the Hospice unique.



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.



Volunteers who walked in memory of Judy in 2016 and 2017

THE MARY POTTER FOUNDATION

Walk for Love

Don't miss out – volunteers are ready to 'Walk for Me'

Everyone can take part in our Walk for Love this year. If you can't make it on the day we have volunteers eager to walk for you in honour of your loved one.

By making a donation of your choice to 'Walk for Me' a volunteer will complete the 7km route on your behalf. Each volunteer will wear a heart showing your loved one's name and we will send you their photo after the event.

After losing his wife in 2015, Brian made a commitment to help the Hospice for as long as he can. He is grateful for the care given to Judy – his wife and mother of their two beautiful daughters.

"Having someone walk for me has meant I can honour Judy and I'm doing what I can to support the Hospice".

Plans are in place for another overseas holiday in May, so Brian will be calling upon a volunteer to be there for him again this year. Join Brian and be a part of 'Walk for Me' by making a donation using the form enclosed. Or go online walkforlove.org.au or call us on 08 8239 0119.

Thank you Brian for sharing your story.



Brian Marsland

"Having someone walk for me has meant I can honour Judy and I'm doing what I can to support the Hospice".

THANKS TO THE
2018 WALK FOR
LOVE SPONSORS



**BLACKWELL
FUNERALS**
Honouring Lives



GREENWAYS
SERVICED APARTMENTS



**OAKFORD
HOMES**

**TerryWhite
Chemmart.**

We are so grateful to all of these community minded and caring businesses. We encourage you to support them when you can, knowing that they are helping to make Mary Potter Care possible.

Team Hope. Faith. Love

Vanessa, Sam, Talitha, Michael, LeShae and Cameron formed Team Hope.Faith.Love and registered for the first time in 2017.

In 2015, Vanessa's dear mum Michel died at home after spending a week in the Hospice. In January 2017, Talitha and Leshae lost their precious dad Alan who passed away in the Hospice. The journeys travelled by both families were quite different but one thing they all agree on is how much they cherished the time they spent with their loved ones in Mary Potter.

Now they want to make sure that Mary Potter Care is available to other families.

Last year, Team Hope.Faith.Love raised an incredible \$2,525.00 and they were awarded the Runner Up Highest Team Fundraiser trophy.

Vanessa and Sam shared that they didn't know how they would feel when they arrived at the Walk for Love. On the day they experienced a mixture of emotions but one stood out more than any other. **Comfort.** They knew that everyone was at the event for the same reason. Talitha and LeShae shared "It was comforting meeting other families whose lives have also been positively impacted by Mary Potter Hospice."

Team Hope.Faith.Love felt **proud** to be involved.

In the lead up to the Walk, the team raised funds amongst their own networks. They created a fundraising page online. They told their friends, family and work colleagues about what they were doing and why. Talitha and LeShae baked lots of delicious treats which they sold at work. The team shared the link to their fundraising page via email and on their Facebook pages. The support was overwhelming.

Sam mentioned that he had never done any fundraising before and was amazed by the good response, "People recognised The Mary Potter Foundation and were happy to help."

Team Hope.Faith.Love would like to offer some advice to anyone thinking of coming along to the Walk for Love: "Definitely do it.

It not only makes you feel proud to give back to an extraordinary Foundation but we found it also helped us in the healing process."

We would like to thank all the members of Team Hope.Faith.Love for their outstanding support and for sharing their story.

Please join us on Sunday 27 May at Carclew, North Adelaide for our Walk for Love. You can register using the flyer enclosed or visit walkforlove.org.au. 3km or 7km route available.

"It was comforting meeting other families whose lives have also been positively impacted by Mary Potter Hospice."



Team Hope. Faith. Love
at the 2017 Walk for Love



WELCOME BACK MOO

We are so thrilled to welcome back Moo Premium Foods as a sponsor of the Walk for Love. They have kindly shared this article with you.

MOO Premium Foods is one of South Australia's most trusted yoghurt producers, founded in 2005 by husband and wife team, Mick and Sally Sanders. Locally made and owned, each tub of MOO is filled with only the finest ingredients, including fresh milk sourced from South Australian dairy farms.

Under the helm of Mick and Sally, MOO remain committed to giving back to the community and are proud to be a Walk for Love sponsor. The philosophy, values and services behind The Mary Potter Foundation are exceptional and truly make a difference in the lives of patients and their families; a difference MOO is proud to support and play a small role in.

We hope the Walk for Love participants can take comfort in the knowledge that we are thinking of them, and are committed to giving back so that others can also receive the special nurture and care the Mary Potter Hospice is renowned for.

Visit moopremiumfoods.com.au



Hayley and Cassandra from
MOO Premium Foods



TERRYWHITE CHEMMART, A BRAND NEW SPONSOR OF OUR WALK FOR LOVE

The wonderful team at TerryWhite Chemmart have shared this article with you.

At TerryWhite Chemmart, your health is our priority. So, when you're looking for quality products, a range of professional health services and expert advice, choose us as your first port of call.

It is our strong focus on the health of every Australian that has led us to sponsoring such a worthy event as Walk for Love. The Mary Potter Foundation provides much-needed care and comfort in difficult times, and we're so proud to be a part of this cause.

For those who are participating in the Walk for Love, we'd like to sincerely thank you for your efforts – every single dollar counts, not only for the Hospice patients, but also their families.

Quality of life goes hand-in-hand with our health, and hospice care is such an integral piece of the quality of life puzzle for so many Australians. For those who are participating in the Walk for Love, we'd like to sincerely thank you for your efforts – every single dollar counts, not only for the Hospice patients, but also their families.

With our focus on health plus being part of fantastic health initiatives such as this, we are well on our way to becoming Australia's favourite pharmacy.

CUPPA ANYONE?

Our volunteer manager Sue has been on a crusade to find the most beautiful, the most quirky and the most adorable vintage teapots so patients can not only enjoy their favourite brew from a china cup but they can choose a special teapot to go with it.

Many stories about teapots have been shared with nurses and volunteers already – like the patient who always asked for the old fashioned brown ceramic teapot from Sue's collection, because it brought back fond memories of the one her mother used. Even though it was over 60 years ago, she



could vividly remember the many morning teas they shared together. Isn't this wonderful?

If you have a teapot in excellent condition that you are willing to donate to the Hospice, we would love to have it. You can drop it into our office in Connery House (Monday to Friday) or to the Hospice reception desk at any time. Thank you for helping us to make every moment special.

2018 Great Escape Lottery

CHOOSE YOUR OWN ADVENTURE IN 2018!

Purchase a ticket for only \$5 or a book of **11 tickets for \$50**, and you could win first prize of a \$10,000 voucher to plan your dream holiday OR \$8,000 cash.

Second prize is a 10 day Kings Tasmanian Wonders Tour for two valued at \$8,000. Third prize is a four night Kangaroo Island experience for two adults and two children valued at \$1,500, and the book buyers prize is a Barossa Food and Wine Experience Tour valued at \$500.

You'll find more information on our website with all the prize details. **Tickets are on sale now until 8 June 2018.** Winners will be drawn 20 June 2018.

Don't miss out! Buy your tickets online at marypotter.org.au or by completing the slip included with this newsletter and returning it to us or call Phoebe on 08 8239 0119.



1ST PRIZE

\$10,000 Australian Holiday Centre voucher* OR \$8,000 cash.

*Must be spent prior to 30/06/19.

2018/2019 ENTERTAINMENT BOOKS

2018/2019 Entertainment Books will be available for purchase at the Foundation office from Monday 9 April. Books are \$70 each and \$14 from each book sold supports

The Mary Potter Foundation. Current book expires on 1 June 2018.

Please contact Phoebe on **08 8239 0119** or visit www.entbook.com.au/160a132 to purchase online.



THE CARING HEARTS COMMITTEE – POSITIONS VACANT

Are you looking for a truly special way to make a difference in 2018?

The Caring Hearts committee are looking for enthusiastic and highly motivated young professionals to join their group. With a focus on organising and hosting fun social events, you will help them to raise funds that ensure patients and their families can make the most of the time they have left.

If you have experience in marketing, event planning, media relations and are keen to join this young energetic committee – you may be the person they are looking for!

To apply, please email a brief outline of your experience and why this opportunity appeals to you to **Tamara, Caring Hearts Chair**, tamara@socialmediaaok.com.au.

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
North Adelaide**

Please see **pages 4, 5 and 6** and the enclosed flyer for all details or call **08 8239 0119**.

THANK YOU

Along with others mentioned in this newsletter, we want to take this opportunity to sincerely thank the Cardijn College, Carole Woodmore and the Cookie Club for their support.

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)

