



You gave unexpected care to Phil and his family

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You give moments of unexpected care

You make so many moments of unexpected care possible.

From simple requests for favourite food through to some truly magical moments, you help to change the experience for a patient and their family – just like Karen and Phil.

When Karen and Phil arrived in the Mary Potter Hospice, Karen knew they were in the right place for her husband's care.

When Phil was being cared for in the ward next door, Karen had come into the Hospice to sit in one of the lounges. She shared that this gave her a sense of the place – a sense of reassurance and warmth.

What Karen didn't know is that there are people like you helping to make Mary Potter a truly special place.

One of the first questions they were asked was to find out if there was anything important coming up?

Karen and Phil shared that Phil's daughter would be getting married the following year. They both knew that Phil would not be there.

Phil would not get to walk his beloved daughter down the aisle.

What happened next is Mary Potter Care at its best because of your support.

As soon as the team knew of Phil's wish, everyone worked together to make sure that he would have that precious moment of walking down the aisle.

With time at a premium, over the next few days a commitment ceremony was planned. Phil's medical team worked with him to make sure he would be strong enough to take those all important steps.

Thanks to you there are beautiful photographs and a video of this very special ceremony.

You also made it possible for a small reception for guests to be held right there in Mary Potter Hospice – a moment of celebration.

*In Karen's words
you 'carried them
through this time'.*



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Phil and his daughter Sophie

Karen shared that she doesn't know anyone who has such beautiful photos taken just two days before they died. She said that having the commitment ceremony gave them something to look forward to, something to plan together and the most wonderful memories to be cherished.

In Karen's words you 'carried them through this time'.

What you have also done is give Karen a positive moment to go back to when she feels the loss of her much loved husband.

Thank you for your support – you know the outcome can't change. But you did change the experience for Karen and Phil. Your continued support will make that possible for the next family.

You can be inspired by what you make possible – watch Phil's story
www.marypotter.org.au/the-wedding.

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But you did change
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Karen and Phil.*

You may have received a letter in the post recently about Phil and Karen's moment of unexpected care. If you have made a gift, thank you. If you haven't made a gift but would like to support unexpected moments of care for other families, please visit www.marypotter.org.au/the-wedding.



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.



Eagleheart's new hairdo



Baby Eagleheart with her Aunty Shannon



Aunty Shannon and Eagleheart

Have courage and always be kind

In memory of Aunty Shannon, this amazing young woman shaved her head for Mary Potter Care.

Eagleheart is a warm, compassionate and adventurous person.

After losing her Aunty Shannon in the Mary Potter Hospice, she wanted to do something to "give back".

Eagleheart shared that her Aunty Shannon was an incredible cook, a baking legend, a hard worker; a selfless person, always taking care of everyone. She was also a lady with a commitment to great hair. She would budget for her fabulous locks, good hairdressers and products. She always kept up-to-date with the latest styles and trends.

Because of the love and respect that Eagleheart had for her aunty, she decided to support the Hospice by shaving her head and colouring her hair pink as a tribute to Shannon.

"All of the funds raised will go to the Mary Potter Hospice as a thank you for the support, care and love that they showed our family, and so they may continue to help the families of the patients in times of need."

During their time in the Hospice, Eagleheart and Aunty Shannon's family felt supported and cared for.

"It was really lovely to have the positive experience of the Hospice to remember at the end. To be able to make memories of our family coming together, even in that difficult time, was amazing."

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Eagleheart wanted to do all she could to ensure this same care is available for other families.

To raise awareness and funds, Eagleheart ran a campaign on Facebook. She told her friends, family and work colleagues about the

Hospice and what she wanted to do.

"My family went through this really tough experience and the Hospice made it so much easier, so I want to give back. Would you like to help me? I'm going to shave my head – be a part of the fun."

In three and a half weeks, Eagleheart raised \$1,445.

Seeing the support coming in was really exciting. Eagleheart felt more excited to shave her head knowing it was for a reason.

"I wanted to do this so that this service can be available for other families – that was my main motivator".

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WELCOME TO THE WALK – COMFORT INN REGAL PARK, GREENWAY'S APARTMENTS

We were delighted to welcome a new sponsor on board for the Walk for Love this year. Comfort Inn Regal Park and Greenway's Apartments are fantastic properties located in North Adelaide, just minutes away from the action on O'Connell Street and close to public transport in to the city.

Owners Greg and Karin became involved with The Mary Potter Foundation this year because they believe that the Hospice provides a wonderful service to patients and families. They see the Walk for Love as a beautiful opportunity for people to honour their loved ones.

It was great to see Greg and Karin at the Walk on Sunday 27 May and we are grateful that their support, along with the other sponsors helped make the event a success.



GREENWAYS
SERVICED APARTMENTS



Auntie Shannon's family
at our 2018 Walk for Love

Heartfelt thanks to Eagleheart for her outstanding fundraising efforts and for sharing her story with us. We're sure her Auntie Shannon would be proud of her.

We are so grateful to Eagleheart and her family for continuing to support the Hospice.

*We asked Eagleheart to name this article and she decided on **Have courage and always be kind** as this sentiment reminds her of Auntie Shannon and inspires Eagleheart.*

We are so grateful to Eagleheart and her family for continuing to support the Hospice. It was lovely to see them taking part in our Walk for Love on Sunday 27 May.

You can support the Hospice by making your own commitment and fundraising amongst your own friends and family. If you would like more information or ideas, please contact Jess at jessica.harford@marypotter.org.au.

THANK YOU BLACKWELL'S FOR EIGHT YEARS OF SUPPORT

As a major sponsor of our Walk for Love for eight years in a row, Blackwell's continue to walk beside us and help make a difference for patients and families who need Mary Potter Care.

The relationship between Blackwell Funerals and The Mary Potter Foundation is based on caring for families when they need it most. Blackwell Funerals see their involvement with Mary Potter as an extension of their care for the community. We couldn't be more grateful.

Heartfelt thanks to the team at Blackwell's for continuing to be a part of the Walk for Love.

 **BLACKWELL
FUNERALS**
Honouring Lives

Thanks to you, Fra Angelico Creative Arts brought tigers and giraffes to the Hospice

There is a very special bond between some grandparents and their grandchildren.

Judith and her grandsons Chaise, Teddy and Sebastian wanted to have a family expedition to Monarto Wildlife Zoo. Unfortunately, after Judith was admitted to the Hospice, the family adventure was put on hold.

But thanks to you, tigers and giraffes came to the Hospice.

Lesley from the Pastoral Care team runs Fra Angelico Creative Arts. This beautiful and meaningful program gives patients the opportunity to create simple and unique ceramic arts in the Hospice.

When Lesley learned about the trip to the zoo, she suggested art activities instead – creating ceramic plates featuring hand and fingerprints.

"We planned to turn the handprints on the plates into animals. The boys chose tigers and giraffes ... Judith smiled and joked as she worked with the boys putting handprints on their plates"

The time these young boys spent with their grandma was rich in shared fun and love. A happy memory to be tucked away.

No doubt these plates will be treasured lasting mementos.

Fra Angelico Creative Arts is an opportunity for expression and connection. A safe and trusting environment. Every patient is free to be creative. Personalised messages are often shared on the plates and other ceramics or artworks.

Thanks to you, this program is available to patients at no cost.

Wonderful works made with love and feeling are left behind for families to cherish.

We are so grateful to Lesley for the hard work she puts into this program.



We are very pleased to share that Judith and her family did make it to Monarto Zoo as pictured above.

Heartfelt thanks to Judith's family for allowing us to share this story and photos.



John, his wife Lizzy and massage therapist Karen

Gifts to Calvary Cancer Care are RESTORE-ing comfort

John is a farmer. He lives in country South Australia on the Yorke Peninsula with his family. Five years ago he was diagnosed with bowel cancer.

One of the first things mentioned by his oncologist at North Adelaide was the RESTORE program. John was told how important it was to understand his illness and to complement the medical treatments with other therapies.

While visiting the treatment centre at Calvary North Adelaide Hospital John was introduced to Karen, a very bright and bubbly oncology massage therapist.

Karen explained the benefits of massage in reducing pain, stress, anxiety and depression, promoting relaxation and helping to improve quality of life. It all sounded pretty good to John. Karen convinced John to give a foot massage a go.

We are told that now John “almost has his shoes off before he gets here... that’s how much he looks forward to his foot massage”.

John says that “It is very relaxing. It gives you a lift when you are feeling lethargic... Karen and the foot massages she delivers makes the experience bearable. It’s a fantastic, positive distraction.”

The RESTORE cancer wellness program provides massage, acupuncture and reflexology to patients during chemotherapy as well as information workshops for people who have been newly diagnosed.

This program relies on donations to Calvary Cancer Services so that it can remain free of charge to patients. **If you would like to support the RESTORE program, you can make a gift and direct it to Calvary Cancer Services by clicking the heart in the top right corner of this page.**

John wanted to give a special shout out to Kimberley House volunteer Libby. Heartfelt thanks to all of the complementary therapists and the volunteers for all that you do for the visiting cancer patients.

“It is very relaxing. It gives you a lift when you are feeling lethargic... It’s a fantastic, positive distraction.”



Lizzy and John

UPCOMING EVENTS

HOLD IT FOR HOSPICE

Throughout the month of October yogis all over Adelaide are invited to donate to The Mary Potter Foundation as part of Hold it for Hospice.

Find out more at

www.marypotter.org.au/hold-it-for-hospice

CHIP IN FOR MARY POTTER GOLF DAY

Friday 12 October, 7am for 8am tee off, Grange Golf Club.

ANNUAL GENERAL MEETING

Tuesday 9 October, 5:30pm,
Hackney Hotel, 95 Hackney Road, Hackney.

Members please RSVP your attendance by Friday 28 September to reception@marypotter.org.au or call us on **08 8239 0119**.

If you would like to learn more about becoming a member of the Foundation, please ask for Lorna.

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.

- Vilis
- Kalymnos Pastries
- ReGen Opportunity Shop
- Caring Hearts Committee
- Cirelli Coffee
- Duncan Event Management
- CMV Group Staff Foundation
- BankSA Foundation
- Harvey Foundation
- Prospect-Blair Athol Lions Club

We encourage you to support them where possible.

CALVARY PASTORAL CARE 2018 MEMORIAL SERVICES

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.**

PRIVACY MATTERS

We take your privacy seriously. We never share or sell your information to other charities or organisations. We follow strict Payment Card Industry (PCI) standards which protects your credit card information.

You can read all about how we record, store and use your information by reading our privacy policy at www.marypotter.org.au.

If you have any queries or concerns please contact us on 08 8239 0119.

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

