



You are making
Mary Potter Care
possible at home.

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Mary and Kevin

You are making Mary Potter Care possible at home.

Mary said she became a new person from the day Kevin told her: “We’re going to get you home”.

When Mary was in St Helen’s Ward at Calvary, she met Kevin Hardy, The Mary Potter Foundation Palliative Care Nurse Practitioner. It was here that Kevin talked to Mary about her options for going home.

Mary’s dearest wish was to return home. As she said: *“The most important thing is to be in your home – this needs to be encouraged”*. It was clear that this wasn’t going to be easy. She would need assistance, regular nursing visits and monitoring, as well as some equipment to help her.

But from the moment Kevin told her, *“We’re going to get you home”*, Mary said she became a different person.

“It gave me hope, momentum and focus because there’s no place like home. For me, the most important thing was always to be home.”

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Mary’s sister Christine said that Kevin and his team “didn’t stop”, always talking to the family and making them feel included in everything that was going on. Kevin went to Mary’s home before she left hospital to check what changes might need to be made. Kevin and Hospice nurses, Jenny and Anne, became constant visitors.

When Mary developed a lung infection, Kevin immediately arranged for her to have treatment in the Hospice.

Mary liked how quiet and peaceful it was in the Hospice – and loved the garden view from her room. She also loved the wonderful nurses and volunteers.

Christine told us: *“The care started within the first hour of being there. One of the volunteers came in with a selection of quilts to choose from and Mary chose one with her favourite colour teal. It was beautifully made. The volunteer wouldn’t put it on the bed until Mary was sure it was the right one for her – we were told it was about ownership. From the time it was laid on the patient’s bed, it became theirs to keep. There was a real ceremony about that.”*

When Mary left the Hospice to go back home, she had the great comfort of knowing that Kevin would be visiting every other day. She felt less anxious. If Mary or Christine were worried about anything at all, they had a 24 hour phone number to call.

Kevin said: *“We are working on the link between home and the Mary Potter Hospice. It’s really important for a team-oriented approach to Mary Potter Care. The information we provide and direct access we have to the Hospice is empowering for our patients. The team can be one step ahead all the time, preparing for any eventuality.”*

Mary agrees: *“The Hospice will always be there when I need it. People who are dying must be informed, they must be told. Open conversations are important. Being prepared for what’s ahead, means there’s no shock to you.”*

Bringing Mary Potter Care to patients like Mary who are being cared for in the home and in the Hospice is being made possible because of your invaluable support.

We also want to gratefully acknowledge the ‘Chip In for Mary Potter Golf Day’ participants for their amazing contribution to Kevin’s role.

“We are working on the link between home and the Mary Potter Hospice. ... The information we provide and direct access we have to the Hospice is empowering for our patients.”



The Mary Potter Foundation Palliative Care Nurse Practitioner, Kevin Hardy



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.


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2018 Gratitude Report

Thank you for sharing our mission over the past 12 months. Our hearts are full of gratitude that you ensured there was individual, meaningful and compassionate care every day, every hour for 313 patients and their families.


During the year along with medical care, your gifts were used to fund additional staff, education, therapy programs, equipment and refurbishment along with patient and family support.

Here are just some of the comments on cards from families and friends after their loved one has experienced Mary Potter Care. Your support makes this possible.




Each of you took an interest in who mum was and sought to make her life the best it could be given the unfolding diagnosis and prognosis ... Your genuine care and interest in each of us was profound and overwhelmingly generous. Your ability to care, listen, advise, offer a much needed hug or shoulder to lean or cry on is rich beyond measure and made a really difficult time manageable.

Family



Thank you for your kind expression of sympathy and offers of support as our family adjusts to life without our wonderful son and sibling.

Family of patient



THANK YOU FOR THE THINGS YOU DID FOR ME TO MAKE MY LIFE 'LIGHTER' - MASSAGE, REFLEXOLOGY AND A FACIAL. IT CERTAINLY HELPED TO TAKE THE STRESS BUILD UP OUT OF MY SYSTEM ... MY FAMILY AND I WERE SO GRATEFUL FOR THE PROVISIONS IN THE KITCHEN.

Wife of patient

From the first moment my mum arrived, you made us feel welcomed and supported - No request was ever too much for you. Knowing my mum felt so comfortable and safe in your care over the last few weeks of life will stay with me always.

Daughter of patient



Our deep gratitude and thanks to the wonderful caring staff and volunteers who cared for our mother and sister. The beautifully crafted quilt, obviously made with loving hands was very much appreciated.

Family of patient



During some of the most difficult times, you provided us with care, comfort and simply everything we needed to spend quality time with our Husband, Father and Grandfather who we love so very much! ... You are all angels from above and we are forever grateful!!!

Family of patient

Mary Potter is an amazing place. As difficult as the time has been we have grown from the experience and had our belief in human compassion and caring renewed.

Family and friends of patient

We don't know how we would have managed this very sad time without you all. The food and hot drinks, sleeping arrangements and beautiful quilt were so much appreciated.

Family of patient

Mum felt so safe and comforted that the end of her life would be the best it could be - and it was. This is a very special gift that you offer every day.

Daughter of patient



Your understanding of what we were going through was evidenced by your friendliness, making time to listen to how we were feeling and by the kind words you offered at just the right moment.

Wife of patient

You actually cared for us all, reassured us all, gave us some confidence, kept us all positive - and made the environment of 'palliative care' such a rewarding and 'enjoyable' one, full of living and smiles ... We have no regrets, nothing was compromised for mum, and nothing was left unsaid.

Daughters of patient

You all made such a difference in tough times ... Mary Potter is a home which brings peace and love to all who walk through and the laughter at times is so needed.

Friend of patient

Beryl's Ballroom Dancers

We love those unexpected moments of joy that you make possible in Mary Potter Hospice. One of those moments was experienced by Beryl when she spent some time with our wonderful music therapist.

When Beryl was in Mary Potter Hospice, she spent time with our music therapist Hayley. Together they chatted about Beryl's lifelong love of music and dance.

In her younger days, she loved ballroom dancing. It was through dancing that Beryl met her husband. Remembering those special times dancing together, Beryl told Hayley that their favourite song was "Fly Me to the Moon".

In that first music therapy session, there was so much chat about music and Beryl's memories of dancing, that not a single note of music was played by Hayley.

But afterwards she had an idea.

Why not ask some ballroom dancers to come and dance for Beryl?

In a nice little quick-step of her own, our Volunteer Coordinator Sue contacted two of her friends who are social ballroom dancers. Mandy and Peter kindly agreed to come to the Hospice and do some special ballroom dancing for Beryl.

The time and date were set and preparations began.

The Hospice volunteers transformed the puzzle room into a dance space. The music was set up, champagne poured and Beryl's bed moved so she had a perfect view of Mandy and Peter's performance.

The music and dancing brought Beryl to happy tears and fond memories. With a glass of champagne in hand,

The music and dancing brought Beryl to happy tears and fond memories. With a glass of champagne in hand, she toasted the dancers and everyone there.



Ballroom dancers
Mandy and Peter

she toasted the dancers and everyone there. Beryl and her family were so thankful to Mandy and Peter for dressing up and adapting their dance to fit the space.

In turn, Peter told us that he and Mandy were delighted that something they loved doing could bring such joy to Beryl. We are so grateful to them for their time and talent.

Over the next few days, Beryl spoke to Hospice staff about how much the ballroom dancers' visit had meant to her. She said it had resulted in some wonderful dancing dreams!

Hayley also made a special CD for Beryl. It contained all of Beryl's favourite dance tunes, bringing back many more special dancing memories.

Thank you for helping make these extraordinary moments possible.

Berry's Pilgrimage

Following the footsteps of the Venerable Mary Potter has been a life-changing experience for the Clinical Manager of the Mary Potter Hospice. Berry shares with you the pilgrimage she was privileged to be part of earlier this year, her renewed commitment to Mary Potter's legacy and her gratitude for your support.



"In April I was fortunate to be part of a small group of staff from Calvary hospitals around Australia who were selected to go on a pilgrimage to London and Nottingham to retrace the footsteps of the Venerable Mary Potter, founder of the Little Company of Mary (LCM).

There we would be visiting places where something extraordinary or important had happened in Mary Potter's life.

In London, we visited the place of Mary Potter's baptism and churches she attended. In Nottingham we visited a school and alcohol rehabilitation centre started by Mary Potter and her Sisters. We attended Mass in the cathedral where she is buried and spent many hours in the Mary Potter Heritage Centre where her story, memorabilia from her life and her journals are kept. This Heritage Centre

is managed by two LCM Sisters who are passionate about keeping her story alive.

Mary Potter was born in 1847 and grew up in England in a single parent family. Mary passionately believed she had a calling from God to pray for the dying. She wanted to start an order of religious women whose lives were dedicated to the spiritual, and where possible, physical assistance of the sick and dying. She faced much opposition from her family, priests and bishops, but her unwavering faith in her calling resulted in her founding the LCM order and hospitals in many parts of the world. She also overcame much in her personal life. She was born with a heart defect and later developed tuberculosis and cancer.

She was a wise and focused woman, whose vision and message remains the mission for all LCM facilities. Calvary hospitals have translated Mary Potter's mission into a simple phrase: 'Being there for others'.

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A display in the Mary Potter Heritage Centre



Nottingham Legacies

Today, we can see Venerable Mary Potter's legacy in many countries of the world as well as here in Nottingham. The Little Company of Mary's first convent was in Hyson Green and Mary Potter is now buried in St Barnabas Cathedral, Nottingham.

Today we might walk through St Mary's Parish or take the Mary Potter tram. Perhaps we go to St Mary's School in Hyson Green and Mary Potter is now buried in St Barnabas Cathedral, Nottingham.

On 8 February, 1988, the Catholic Church recognised Mary Potter as Venerable. This is one step in the process of being declared a Saint and recognises her holiness, virtues and mission.



Berry's Pilgrimage *continued*

On the last night I was in Nottingham the Sisters held a missioning ceremony where we were anointed with oil and honoured with the privilege of carrying Mary Potter's mission forward. The leader of the pilgrimage told us: "You should expect that you will not return home as the same person you were when you left. You should expect to feel inspired and to be unsettled in a call to action."

This is exactly what has happened to me. I found the pilgrimage exhilarating, thought-provoking and humbling. I still find it difficult not to be emotional when I think or talk about it. Mary Potter and her Sisters have passed on such a wonderful legacy to those of us who work in the Calvary group of hospitals. We have a responsibility to continue her legacy in caring for the sick, vulnerable and dying.

As the Clinical Manager in Mary Potter Hospice, I am fortunate to work with a team who demonstrate Mary Potter's vision and mission to every patient and family member they meet."

It is your support and donations to The Mary Potter Foundation that allow the wonderful Hospice team to continue and grow Mary Potter's legacy.

Because of you, patients and family members are always treated with dignity and love, and given emotional, spiritual and physical support. Thank you for making Mary Potter Care possible.

UPCOMING EVENTS

WALK FOR LOVE

Sunday 19 May 2019

CALVARY PASTORAL CARE 2019 MEMORIAL SERVICES

Thursday 2 May at 1.30pm and Thursday 7 November 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.

THANK YOU

Along with others mentioned in this newsletter, we sincerely thank the following organisations and groups for their support.

- Order of Saint John of Jerusalem
- St Peter's Woodlands Grammar School
- Adelaide Symphony Orchestra
- Adelaide Male Voice Choir Inc
- SA Power Networks Employee Foundation
- Petals Australia
- Scarpantoni Wines
- Caring Hearts Committee
- J & J Wines
- Sparke Helmore Lawyers
- Robern Menz
- Udder Delights

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 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)

