



Thanks to you,
Ken was a changed man.

Page 2

In this edition

RESTORE-ing financial health
Unexpected care for Andy and Jodie

A changed man

A challenge set and a mission accomplished. A special and unexpected moment of joy was made possible for a life-hardened Vietnam vet who thought he couldn't be surprised.

Ken really struggled when he came to Mary Potter. A Vietnam veteran, life had been very tough for him. He had no family. He was bruised and wary and untrusting of everybody at the Hospice. He didn't want to talk. He didn't want anything special being done for him.

As each patient receives their own lovingly handmade quilt, a volunteer brought in a selection of quilts for Ken to choose from. Whichever one Ken chose would be put on his bed. Ken wasn't interested. Although he picked a quilt – an Australiana design with gumnuts on it – he didn't want it on the bed. It remained folded up next to him.



Our Volunteer Manager asked Ken to set her a challenge. Anything. What could the Hospice do for him that would mean something?

Ken shook his head and said, "You'll never be able to do it".

"Try me", was the response.

Ken said that he would use the quilt if there was a map of Vietnam on it.

Vietnam, where Ken served his country. A place that had impacted his life so deeply.

The challenge was set.

And thanks to you, we were able to run with that challenge. You provided the means to make Ken's wish a reality. Immediately, we set off to find fabric. Because of you, we could purchase material with a map of both Vietnam and Australia on it, and still more fabric with the South Vietnamese flag and colours on it.

Bonita, one of the volunteers who helped look after Ken, happens to be a quilter. Taking Ken's quilt home, overnight she hand-stitched the flag and map onto it. Her husband brought the finished quilt in to the Hospice very early the next morning. It was quietly put in Ken's room for when he woke up.

From the moment Ken saw the quilt, all his barriers came down. He was completely overwhelmed. He couldn't believe that anyone would go to that kind of effort for him. It's no exaggeration to say that he was a changed man. The quilt could finally be placed on Ken's bed. When anyone came in to his room after that, Ken would proudly tell them all about it and show them the map and where he served. It got him talking. It took the focus off why he was in the Hospice and put it right back on to his identity in a place that had made such an impact on his life. It was tangible. It meant something real.



Ken



Ken and his friend Annette



What you did for Ken was much more than provide the means to make his wish a reality.

Because it's about much more than a quilt. Thanks to you, Ken started to trust again. His emotional shackles fell. That quilt was the conduit to him opening up – to feeling important and valued and respected. The impact of that is incalculable.

Ken's wonderful 'surrogate family' of more than twenty years had flown over from interstate to be with him. Ken's friend Annette told us that they couldn't believe it themselves. She said:

"We all cried at how wonderful the efforts were to get the Vietnam colours and map onto his quilt. We also laughed when we realised the beautiful front side of it was adorned with 'Snugglepote and Cuddlepie' pieces. Truly a beautiful and unexpected moment

for Kenny as he lived out his last few days at your stunning hospice. I do have the quilt which we will truly treasure as a family. It was folded up and sat on his Australian flag-covered coffin alongside his military medals and his 'digger bear' at his funeral."

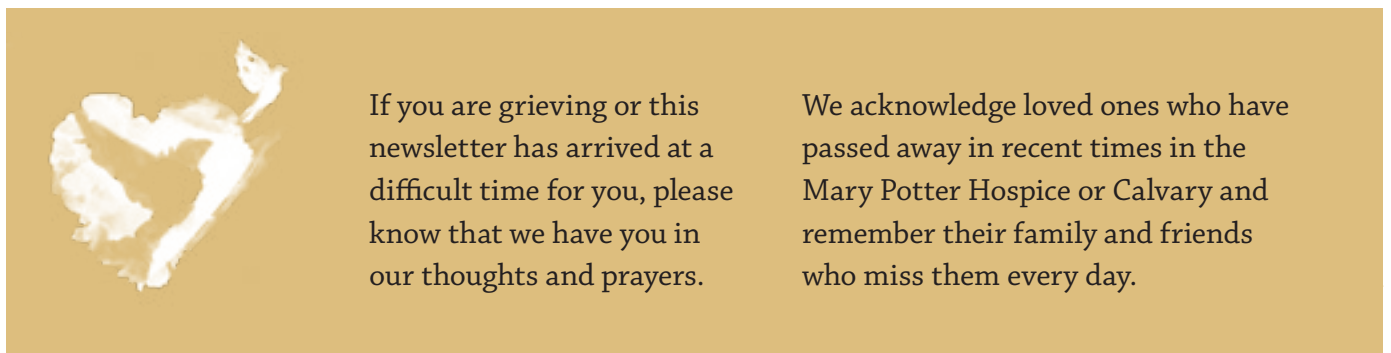
Thanks to you, Ken started to trust again. His emotional shackles fell. That quilt was the conduit to him opening up – to feeling important and valued and respected. The impact of that is incalculable.

As Kenny's 'surrogate family', we truly appreciated what everyone did for Kenny and for us over that period. My wonderful adult children, Bennett and Alice, came over from NSW to support Ken over his last couple of weeks and they were so relieved to see Kenny in a beautiful peaceful spot, with caring staff, and dignity reinstated in

his life. Staff went out of their way to provide a quality last few days for Kenny and we will always remember the care and nurturing that he received – and staff taking Ken and his bed outside so he could attempt to have a cigarette! Amazing."

You were behind this unexpected moment of Mary Potter Care that helped reinstate pride and dignity to Ken in the Hospice. We are so moved by his story. Thank you for making such a special moment of joy possible.

Thank you so much to Annette and her family for sharing their reflections on their special friend Ken.



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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Andy and Jodie

A Love Duet

A big bed for two, meal surprises, massages and a ukulele concert. You were behind these and other unexpected moments of Mary Potter Care for Andy and Jodie.

Andy and Jodie were inseparable. When Andy came to Mary Potter Hospice, his wife Jodie wanted to ensure their time together was as much like home as possible. Time alone together was precious and very important to them.

Thanks to you, the Hospice was able to arrange a special bariatric bed so they could sleep together each night, as if they were at home.

“For the Hospice to make that happen really took some manoeuvring. It meant the world to sleep in the same bed, just like we did at home. We wanted to keep things as normal as possible so that was wonderful. I slept there every night with Andy. If the nurses needed to tend to Andy, they would gently wake me and I would just go and sit in the Chapel or one of the Family Rooms until they were done.”

Jodie and Andy had been married on a cruise ship in 2012, where the captain married them in international waters off Bermuda. It couldn't have

been more perfect for them. At the Hospice, Andy spent time with a Biography Service volunteer and told his biographer how his 'Love Boat' wedding was the happiest day of his life.

Jodie said: *“That meant the world for me to hear him say that. Andy was really into the biography: he was constantly thinking of a title for the book and talked about it a lot. It really put him at peace talking about his life and I learned so much just listening to him speak. It was very special because Andy had such a great sense of humour, and the biographer wrote down exactly what he said and the way he said it. We quoted from Andy's special biography book at his funeral – and everyone there was able to relate to it and laugh at certain things, because it sounded just like Andy speaking. That meant so much.”*

When Andy first told Jodie that the Hospice was happy to have their beloved Border Collie Ruby come in to visit him, she didn't believe it.

“We quoted from Andy's special biography book at his funeral – and everyone there was able to relate to it and laugh at certain things, because it sounded just like Andy speaking.”

"I thought 'no way will that be allowed!'. But the nurses were so relaxed with it. Ruby ended up coming in all the time and the nurses would be fussing over her too. She meant the world to Andy so that was fantastic."

You made many other moments of unexpected care possible for Andy and Jodie. Jodie loved her massage therapy with Karen. *"I never expected massages would be available in the Hospice, so that was amazing for me. The beautiful music that Karen plays in that massage room was the only thing that worked in helping me just settle down, calm myself and switch off."*

When Jodie and Andy heard the Hospice music therapist Hayley playing the guitar one day, Jodie called her in to Andy's room. *"Andy loved the guitar and so Hayley*

came in and played for us. We got talking about ukuleles because Andy and I had been taking

"People seemed to know what you wanted before you even knew yourself."

ukulele lessons together. Hayley found the music that Andy & I had been learning, ran back to her office and came back with two ukuleles. She and I sat there together and played some old Hawaiian songs and other music for Andy. It was amazing. He absolutely loved it. It was such a special afternoon. It made me feel very happy for a while."

Andy often started his day chatting to Hazel, one of the Hospice's wonderful cleaners. *"Hazel would come in very early and be whizzing around cleaning, but you wouldn't even notice it – she was cheerily chatting away the whole time. She would joke with Andy and stir him up a bit – which he loved. They'd banter with each other. It was a diversion for Andy – Hazel wasn't a doctor or nurse coming in to focus on his health, but just someone to chat with about other things. He really looked forward*

You made this happen for Andy and Jodie. You're the reason the Hospice can have special equipment, why the kitchen is stocked, why unexpected meal treats can happen, and why special visits, music therapy and massage are possible, bringing respite and calm to patients and families. Mary Potter Care takes many forms. Thank you for the extra comfort and unexpected moments of joy you gave to Andy and Jodie.

Our deepest thanks to Jodie for sharing her and Andy's story.

We would like to acknowledge HPS Pharmacies for their valued support of the Calvary Biography Service.



to seeing her. Hazel even got a mention at Andy's funeral – she'd made a real difference to him while he was in the Hospice."

Your generosity is the reason that the Family Kitchen had everything Jodie could want. She told us: *"In that kitchen, I never wanted for anything – you could always go in and make hot toast or make a decent coffee with the coffee machine. There was always something to eat. One day Andy wanted Coco Pops, and I thought 'they definitely won't have that in there', but I opened a cupboard and there were Coco Pops! One Friday the Hospice told us they were ordering fish & chips for everyone. We just couldn't believe it. It was so unexpected. Some of Andy's family were there and we put our order in, and we all sat around sharing our fish and chips. It was really lovely."*

"At the Hospice, if you wanted something, it was there. It was seamless. People seemed to know what you wanted before you even knew yourself. Including hugs – they could always tell if I was having a bad day and would always be giving me a hug. The counsellor, pastoral care, the beautiful nurses and volunteers – everyone – they were just wonderful."

RESTORE-ing Financial Health



It may feel like the last thing to think about when you get a cancer diagnosis, but taking control of your financial affairs is really important. Thankfully, Brett from Pride Advice gives his time to present at RESTORE workshops to help people understand what they can do.

A diagnosis of cancer is scary. It can also be completely overwhelming. Empowering cancer patients and their families with knowledge and understanding of what they can do to complement their treatment is so important.

The RESTORE workshops are all about that empowerment. Specifically for cancer care, this very special workshop is held four times a year for people who are being treated at Calvary North Adelaide Hospital. The workshops are free and fully funded by gifts to The Mary Potter Foundation.

RESTORE is about taking control and knowing what to do to help yourself before, during and after treatment. A dedicated group of speakers volunteer their time to present on nutrition, oncology, psychology, meditation, exercise and complementary therapy.

But cancer doesn't just impact someone's health. The financial impact can also be huge.

At the latest RESTORE workshop, we spoke with Brett Schatto. Brett is CEO of financial planning firm Pride Advice.

He has generously supported RESTORE since 2010, even helping some patients with free financial advice if needed.

Brett has seen close family and friends go through cancer. As a result, he feels strongly about supporting the RESTORE program:

"It's about being part of the same tribe. As humans, we can help each other. I've been touched by cancer too so I know how scary it is. I know patients and their families are scared but I can think practically on their behalf."

"I know patients and their families are scared but I can think practically on their behalf."

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NURSING CARE AT THE HEART OF THE HOSPICE

For as little at \$10 each month you can show you have a 'Heart for Hospice' by providing vital nursing care for a family just like yours for one full day every year.



Every day, every hour, there is a grateful patient and family who have just experienced nursing care the Mary Potter way – individual and meaningful, compassionate and loving. This level of care is really at the heart of the Hospice. You might have experienced this level of care directly for your loved one.

No-one could deny that the nurses have a very difficult job. But when you speak to them or see them in action, it becomes clear that they have a real purpose and passion for what they do. This is reflected in the loving care they give to not only their patients, but family members, visitors and each other.

For only \$10.00 each month, you can become the special person behind a patient's care for one day each year. We know that the nurses are at the heart of the Hospice, but behind every nurse is an extra-special person. This person is you.

If you are as passionate about nursing care as the nurses are about their patients, please consider joining our 'Heart for Hospice' program. To join or to learn more, go to our website marypotter.org.au, give us a call on 08 8239 0119 or return the enclosed donation reply slip.

Thank you so much to everyone who has already joined 'Heart for Hospice'. You are making an extraordinary difference to patient care.

Maybe their finances are in place, maybe they're not – it's never too late to do something. We show them ways to structure their finances going forward. How to navigate Centrelink – what are they eligible for that they might not even be aware of? What potential superannuation benefits are there? Have they set up income insurance? Is there Power of Attorney or an advanced health directive in place? What's changed for them since their Will was last written years ago? Have they covered all areas to give themselves and their family peace of mind moving forward?

Helping to guide people through something so bad, so confronting as cancer, and giving them some comfort around their finances, is something practical that I can do to help them. Often they say they hate me because I tell them 'go on that holiday and go business class!'

With cancer, you first think of your health and how to manage your diagnosis. Secondly, you think of your loved ones, and then finally your finances – a very distant third. But the financial impact of cancer on a family can be huge, so we need to talk about it. It's never too late."



We are so thankful to Brett and to all of our speakers for giving their time and expertise to RESTORE.

We especially thank everyone who donates to RESTORE for making this unique and valuable program possible. If you choose Cancer Care, your gifts go directly to the RESTORE program.

We are most grateful to Dry July Foundation for their recent grant toward RESTORE.



BARBARA'S HIGH TEA

Juliann and Bec's beloved mother Barbara passed away in the Hospice in 2016. Together with a committee of family and close friends, they are planning a special High Tea fundraiser on Sunday 16th June.

"We were so overwhelmed with the love, support and care Mum received in the Hospice that saying 'thank you' just doesn't seem enough. The time is right for us now to give back to the Foundation."

If you would like to support this wonderful fundraiser, please contact Juliann (details below).

Thank you to Juliann and Bec for choosing to raise money for the Hospice. **If you have ever considered holding your own fundraiser to thank Mary Potter Hospice, we would love to support you. Please contact Louise on 8239 0119 or by email at louise.baida@marypotter.org.au.**



Barbara and her daughters

UPCOMING EVENTS

WALK FOR LOVE Sunday 26 May

Australian Lutheran College, Ward Street, North Adelaide

All details for this special event are included with your newsletter.

BARBARA'S HIGH TEA Sunday 16 June 2019, 2pm

Lady Daly Hotel, Hindmarsh

For more information please contact Louise at The Mary Potter Foundation (louise.baida@marypotter.org.au / 8239 0119) or Juliann (juliann.andriani@gmail.com / 0407 397 334).

CALVARY PASTORAL CARE 2019 MEMORIAL SERVICES

Thursday 2 May 2019, 1.30pm • Thursday 7 November, 5.30pm

Services are held at Calvary North Adelaide Hospital Chapel and are followed by refreshments in the Connery building – all welcome. There is no need to RSVP – just come along. For more information, please contact Pastoral Care on 08 8239 9285.

THANK YOU

Along with others mentioned in this newsletter, we want to take this opportunity to sincerely thank the following for their support.

- Department of Human Services Central and West Branch
- Antica Pizzeria e Cucina
- St Ignatius Parish Norwood
- Lions Club of Glenside
- Scotch College
- Speakeasy Alice
- The Cookie Club
- Australian Hotels Association
- SA Power Networks

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)

