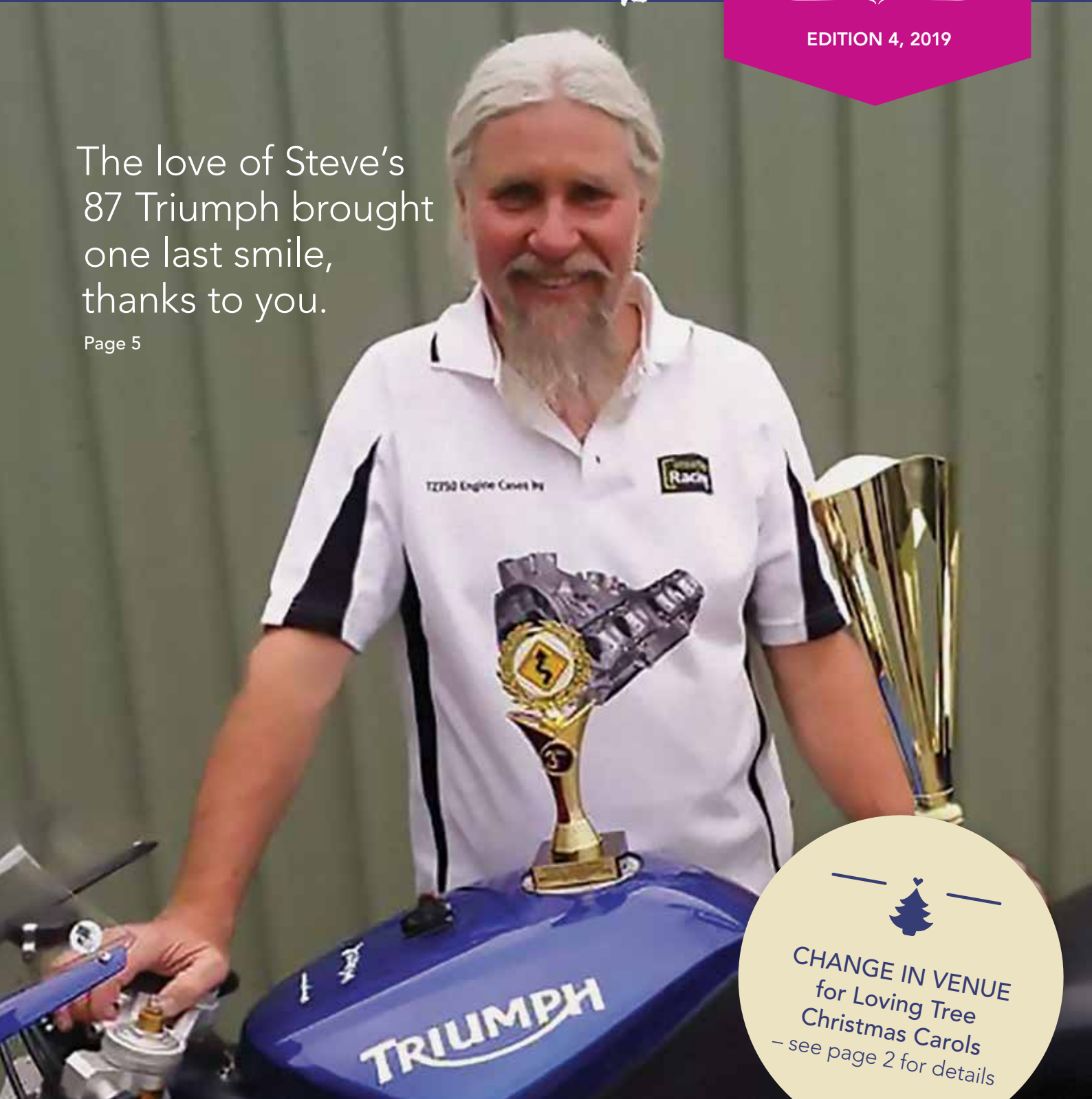




The love of Steve's  
87 Triumph brought  
one last smile,  
thanks to you.

Page 5



CHANGE IN VENUE  
for Loving Tree  
Christmas Carols  
– see page 2 for details

*In this edition*

Light up the Hospice with Love this Christmas  
A quilt for all eternity – and so much more  
When I see you smile... | A poem of thanks and a letter to Chris



Dedicate a light on the 2019 *Loving Tree*

and

# Light up the Hospice with your Love THIS CHRISTMAS

**This Christmas we invite you to remember your loved ones by dedicating a light to them on The Mary Potter Foundation's Loving Tree.**

The Loving Tree stands at the entrance to Mary Potter Hospice and every December we light it up as a symbol of love. A symbol of the love that burns brightly in our hearts for those who are no longer with us. A symbol of your loved one's light that continues to shine in your life.

Using the form enclosed, simply make a gift from your heart and your loved one's name will be added to the Loving Tree. You will also receive a heart for your own Christmas Tree.

## 2019 LIGHTING OF THE LOVING TREE AND CHRISTMAS CAROLS

Join us as we honour our loved ones at a special Christmas Carols Concert, followed by the Lighting of the Loving Tree.

An ensemble from the Adelaide Symphony Orchestra will provide the music and we will be accompanied by the voices of the Adelaide Male Voice Choir.

Please note the new venue for the Christmas Carols part of the evening:

**Wednesday 4 December  
at 7.30pm**

**Australian Lutheran College,  
corner Jeffcott St & Ward St,  
North Adelaide  
(150m east of the Hospice)**

**We will then return to  
the Hospice at 8.45pm  
for the Lighting of the  
Loving Tree ceremony.**

**All welcome.** To RSVP please use the form enclosed.

Click to  
donate  
now

## WISHING YOU A MERRY CHRISTMAS AND HAPPY NEW YEAR

The team at The Mary Potter Foundation would like to take this opportunity to warmly wish you and your family a very Merry Christmas and Happy New Year.

*May the spirit of the Christmas season fill your home with joy, your heart with love, and your life with laughter.*

Thank you so much for supporting The Mary Potter Foundation in 2019, and we look forward to sharing Foundation news with you in 2020.

## CHRISTMAS CLOSURE DATES

The Mary Potter Foundation office will be closed from 2.00pm on Friday 20 December 2019, and will re-open on Monday 6 January 2020.

Major  
Sponsor



Proudly  
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St Peter's  
Woodlands  
student choir



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Steve and Charlotte

## A quilt for all eternity – and so much more, thanks to you.

**He was both Steve and ‘Smiley’. And he died in the Hospice in December last year. But because of your gifts to the Loving Tree, you made sure that the Hospice was able to envelop Smiley and his family with love, comfort and truly individual Mary Potter Care throughout that sad time. Steve’s wife Charlotte wrote us a beautiful letter about her beloved husband’s experience in the Hospice in December last year. This is an edited version of that letter.**

“Steve was fondly known as ‘Smiley’ to all those who loved and knew him. It was a name adopted as a teenager from his mates, as he was known for his wonderful contagious smile.

Steve was passionate about riding motorbikes and would ride any chance he could.

He was a member of the Café Racer Club: he embraced them and developed lifetime friendships within the fraternity, that encompassed his love for motorbikes, racing and mateship.

Until September 2018, Steve was fit and healthy with barely a day of sickness in his life.

After a holiday overseas he returned with blood clots, which were first thought caused by the flight. Further investigations gave us the news that no-one wants to hear: advanced stomach cancer with metastasis. Shock is an understatement. From diagnosis it was 80 days ...

His treatments created the need for quite a few hospital admissions, but at the end of his illness journey, we had a grateful and special acceptance into Mary Potter Hospice.

*Continued over the page*

[Click to donate now](#)

Far from feeling like a hospital, Steve soon felt comfortable, and unlike hospital, they allowed friends to visit.

We cannot talk highly enough of this wonderful place, at what was the most vulnerable time of our lives.

The staff, like the beautiful flowers placed throughout the hospice, must be hand-picked. People train for their professions but the compassion and care that we experienced cannot be taught – no matter the education, it comes from within, from the heart.

**Mary Potter Hospice – for the short time we were there – became our family.**

We were treated without judgement and felt valued.

When treatment was questioned, staff were forthcoming in explanation and comforting.

Personal touches that were only to be experienced at the Hospice:

The offer of a donated handmade quilt. Steve chose one in the colours that he knew I loved, and I will treasure that quilt for all of eternity.

The smell of warmed lemon balm towels ... Ahhh a little bit of sweet freshness.

The endless supply of sandwiches and treats prepared by exceptional volunteers.

The on-the-go jigsaw puzzle near the Chapel where anyone can take time to add a few pieces; the sitting area with windows that not only allowed in light and warmth, but provided a view to the lovely garden – it made for a lovely reflection area.

The masseuse that provided a lovely massage in a relaxing environment – a little escape from reality momentarily.



Steve, Charlotte and their grandchildren

The music therapist who came to our room and played us anything we wanted to hear – even if she didn't know the song, she figured it out, and we had moments of smiles that day.

*“... the compassion and care that we experienced cannot be taught ... it comes from within, from the heart.”*

Mary Potter Hospice provided more than any of us could have possibly imagined.

To all the staff and volunteers, we may not remember you all by name, but we will always remember the way you made us feel.

Thank you. xxx”



The quilt that Steve chose for Charlotte

---

# Smiley 87

**When the nurses said “Start it up!”, the roar of his beloved motorbike brought a smile to Steve’s face, thanks to you. Smiley’s family share their memories of that unforgettable day.**

The day before Steve died in the Hospice, his wife Charlotte received a phone call from one of Steve’s Race Club mates, asking if she thought it a good idea to bring one of Steve’s bikes into the Hospice. They hoped it could be parked where he could see it. Steve’s mates knew that he was usually never far from his shed working on his motorbikes and this would be their mateship gift to him.

Charlotte decided not to ask anyone at the Hospice as she thought it would be impossible. Steve’s room opened to a courtyard with a side door, and it wasn’t long before Smiley’s mates were tapping on that glass door. There they were with his beloved race bike “Triumph 87”. Wearing some Hi-Vis vests to look like hospital workers, they’d loaded it onto a trailer and driven it right up to the doorway of his room!

By this time, Steve was no longer conscious. He was facing away from the courtyard door so he couldn’t see the bike. He needed to be turned around to see what his wonderful friends had done.

Charlotte remembers: *“We were a bit sheepish for what we had done without asking for permission, but we asked for help to turn Steve. The OVERWHELMING response was amazing. Nurses and other staff came from nowhere, clambering to offer assistance, turning Steve and moving the bed so he had a good view.”*

Steve’s sister Sue remembers how amazing the nurses were. *“They were incredible, telling Smiley’s friends to bring the bike inside the room. And once it came inside,*

*“Where else can you do something like that?! It meant so much to all of us because we saw him smile again.”*



Steve in his room with his Triumph 87



Steve on his beloved bike

*the nurses said: ‘Start it up!’” So Steve’s mates roared the engine into life. At the sound of his ‘87, Steve woke up and a big smile broadened across his face. Charlotte said: “At that moment we were with our Smiley who we loved. He sat up for a while and even had a sip of beer with the boys.”*

The family couldn’t believe what was made possible: *“Nothing is taboo with the Hospice is it? You can do anything. The Hospice staff’s effort to make Smiley’s day was just incredible. And this day was so exceptional. How amazing that we were allowed to start up his motorbike inside the room. Where else can you do something like that?! It meant so much to all of us because we saw him smile again. We got as much out of it as Smiley.”*

*“Wow, what a special place in our heart does Mary Potter have.”*

**This day was truly exceptional. These are the moments of joy you make possible. You gave one last smile to Steve and his grateful family. A smile they will never forget. Thank you.**

[Click to donate now](#)

# When I see you smile...

**Because of your gifts to the Loving Tree, the Hospice was able to create a sense of home and a space where Steve's family of all generations could spend time with him and be looked after too. We spoke to Steve's mum Anne and his sister Sue, about why they are so thankful for what you made possible.**

Steve was known as 'Smiley' to everyone. A quiet, gentle and laidback man with a constant smile, Steve was a skilled motorbike enthusiast, and talented spray painter. He stayed in the Hospice for 5 days in December last year, always with his loving family close by.

In that time, Steve's sister Sue remembers how *"the volunteers kept us alive really – with sandwiches and so much other food – they really looked after us. The Family Kitchen was amazing – there was always plenty to eat in there. When we realised we could use*

*the kitchen we kept saying 'oh are we allowed to have that too?!" We couldn't believe it! Just to make fresh coffee at the coffee machine, hot toast and cereals – well it was as close to home as it could be under the circumstances. We were so comfortable. After I'd stay the night in Steve's room, I'd just wander into the kitchen in my PJs to make a coffee – and there might be someone else from another family or a visitor making a coffee too. It was lovely."*

*"... one of the volunteers just came and sat next to me and we started chatting away ... Those little things mean so much."*

Steve's mum Anne added: *"You know, it wasn't even just the coffee. To go in that kitchen and see the trays of fresh sandwiches, cakes and fruit – you could just sit at the table and help*

*yourself to anything, have a quiet moment or have a chat to someone else. Sometimes the volunteers would come in and sit down at the table with you and have a chat – I sat there doing a crossword once and one of the volunteers just came and sat next to me and we started chatting away, and I felt I'd known her forever. Those little things mean so much."*



Steve and his family

Anne noticed how mindful the staff were about looking after Steve's wife, encouraging her to have a massage with the Hospice's beauty therapist.

*"The way the staff cared for Charlotte was just wonderful. She got real comfort from the massage – it was just what she needed. She'd been in Steve's room for so long, hardly moving as she didn't want to leave his side. The massage really did help her."*

The quilt that Steve chose for Charlotte means everything to her. Anne said: *"Charlotte just treasures that quilt. Steve chose it for her as it was in her favourite colours: in blues and purples. He knew she would be the one to keep it and she will have it forever. She keeps it close to her all the time – it's on her own bed, and it's like her security blanket."*

Steve's family loved how the music therapist in the Hospice would come in and sit quietly near the end of Steve's bed to play guitar. Anne remembers how soothing it was. *"Steve wasn't conscious by then, but the music therapist asked if there were any songs or particular music that Steve would like – and it was just wonderful. She was so careful about intruding, but she wasn't intrusive at all. It was beautiful – the music was such a lovely touch."*

Steve's three grandchildren loved the Treasure Boxes that the Family Counsellor gave them while their granddad was in the Hospice. Filled with special items such as little photo albums, pocketbooks, trinket bags, special handmade

*"We can just never repay what we got. ... This special place brought the whole family together."*



Steve with two of his grandchildren

pocket cushions and hand-knitted teddy bears for cuddling, the children's Treasure Boxes hold memories and keepsakes of their special granddad. Anne loved them too: *"The boxes are the most beautiful idea. They're now on a shelf in their rooms. I know they'll keep them always."*

Sue reflected on the kindness of everyone in the Hospice throughout Steve's stay. *"After Steve died, the staff said 'don't rush, don't feel any pressure, you've got as long as you want to just stay here. Do whatever you want – at your own pace'.*

*We can just never repay what we got. There's a real feel about the Hospice. This special place brought the whole family together.*

*It was totally the best place for him, but it gave us so much too."*

**It was through the generosity of people like you that the Hospice was "totally the best place" for Steve last December. Gifts to the Loving Tree made so many special memories possible for Smiley's family.**

**Sincere thanks to Charlotte, Anne and Sue for sharing their reflections.**

**Steve's care was made possible through proceeds from the 2018 Loving Tree. This year there will be other patients who will need the care of the Hospice team over Christmas and the New Year.**

**Will you help us meet this need?**

**By making a gift to the Loving Tree, you will light up the Hospice with your love, and provide the compassionate and very personal care that each patient and their family needs when it matters most.**

# A poem of thanks

Colleen's beloved husband Chris died in the Hospice at Christmas last year. Unable to sleep, Colleen went to the Chapel at 4.00am and wrote this poem of thanks to Mary Potter Hospice – and to you. Chris died at 10.00am on Christmas Day.



## THANK YOU.

“Thank you for your open door in the hours of the night,  
when Chris needed safe haven to support him in his plight.

Thank you for your welcome, for responding to his need,  
for listening to the call for help, simply for taking heed.

Thank you for the gentle care, the warmth and respect;  
for the sense of feeling at home, which I did not expect.

Thank you for the kitchen, family rooms, the little green  
door, child's imagination to delight –

the games and toys and books and things, to make their  
visits light.

Thank you for the garden, with its strawberries and plums  
ripening on the tree,

these gifts and more create an atmosphere that makes  
Hospice a comfortable place to be.

And thank you for the Chapel, a space of peace and calm,  
a sacred place to retreat to; acts as a balm.

But what it takes to create this place with its profound role,  
is for the people who work and volunteer in it, to make it so.

Supporting people's final journey on earth, until they  
decide to go.

So thank you to each and all of you and those behind  
the scenes,

who make it possible, while people reach for –  
HOME and LIGHT.”

Those “behind the scenes” – is you. Your gifts to the Loving Tree at Christmas mean that the Hospice can give ‘safe haven’ and ‘gentle care’ to others like Chris and Colleen. Our heartfelt thanks for the difference you make to patients and families who will come through the Hospice doors this Christmas.



## REFLECTIONS ON CHRIS'S TIME IN MARY POTTER (19TH DECEMBER – 25TH DECEMBER 2018). A letter to Chris from his wife Colleen:

Dear Chris,

*You were such a robust man, with a bright enquiring mind and a strong physical presence. But after a long illness, cancer had spread to your brain and spinal cord. In August palliative care was discussed and you said often after that, "I won't be here by Christmas." During those last months at home, your body was losing sensation and the ability to respond and you were bound by the hospital bed.*

*You were clear you wanted to go to Mary Potter when the time came. I vividly remember the doctor holding the door open; welcoming you in, the night we called for help. With quiet respect she explained what she would set in place and I knew we were in the right place. Your room next to the nurses' station reassured me too, as you could not press a bell to call for help.*



*I remember the family arriving the next day. Bel heard you say, "There is nothing better than waking up surrounded by the people who love you." I remember the peace-filled look on your face one afternoon when you were in some other-worldly place and saying "yeah oh yeah" with a soft smile on your face. I felt grateful for that.*

*I remember the quilt you were gifted, designed and lovingly sewn by a volunteer, such a generous act; the volunteer buying gluten-free mince pies for me; being offered a massage; welcoming spaces for children; the garden; the peaceful feel of the place.*

*I was calm but wakeful at night and would walk in the silence, sit in the Chapel. It was at night I realised that a subtle gold leaf on the Hospice's Tree of Life was the right tribute for you. I felt stressed when going home to water our heat-struck garden, worried you would feel alone and I decided not to leave again. At 10.00am the very next morning you took your last breath. It was an auspicious day, Christmas Day. You were right all along Chris: "I won't be here by Christmas."*

*"How brief the time of our earthly journey  
Footsteps on earth for a wisp of universal experience  
'Til the wind does blow all remnants of physical temples  
Into the air." (from our wedding ritual – December 1997)*

*Travel well in the Light Chris.*

*Love and Blessings, Colleen*

**Written with gratitude to all who are in service through Mary Potter Hospice; for the place and for the space it offers people who are living close to death and those who care for them.**

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now



Mellissa and her boys

# Peripheral BlueLegal

**A very special initiative for children visiting family members in the Hospice, thanks to Mellissa and Peripheral Blue Legal.**

In mid-2016, Mellissa Larkin resolved that if she was ever in the position to give back to the Mary Potter Hospice she would do so.

Her beloved grandmother, Helena Molloy was in the Hospice for five long months in 2016, and over that time Mellissa's young children spent many hours visiting her. Mellissa recalls how welcoming the staff were towards her children who were then aged 2, 4 and 8:

*"The fact our boys were made to feel so welcome meant that we could visit regularly and spend many unhurried moments with my grandmother. The family friendly events the Hospice organised enabled us to maintain a sense of normality and created so many wonderful memories of precious moments which we will always treasure."*

Not every visiting parent can leave the patient's room to supervise their children in the Family Lounge's dedicated toy area. But now, through Mellissa's business, Peripheral Blue Legal, special activity packs have been

created with her own children in mind. These packs will be given out to entertain and distract children who might be struggling, or who are visiting the Hospice over a long period of time.

*"Our boys were made to feel so welcome."*

*"My grandmother loved children and having our boys with her during those last few months in particular brought her so much joy. Thank you for allowing us to give back in this way."*

With Christmas around the corner, there will be many families visiting and spending long hours in the Hospice. These packs couldn't have come at a better time.

Thank you Mellissa and Peripheral Blue Legal, for doing something so wonderful to change the Hospice experience for the youngest members of the families we serve.



Christmas can be a difficult time, especially if you have lost someone you love. 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 died 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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**MAKE YOUR HEART sing!**

**TelethonSA Rivergum Home & Land Lottery at Seasons Mount Barker**  
Supporting 15 amazing charities who all have their heart in SA.

**TICKETS ONLY \$10**

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**Ticket sales for the 2019 Telethon South Australia Rivergum Home and Land Lottery close on 8th December 2019 – so get in quick!**

For \$10 per ticket – or 6 tickets for \$50 (including a bonus ticket), you could win first prize – an architecturally designed brand-new home at Seasons Estate, Mount Barker, constructed by SA's Rivergum Homes and fully furnished by Taste Furniture. Or instead you could take home \$200,000 cash. There is also an extensive pool of other prizes, including a fabulous new Kia Cerato S.

Proceeds of the 2019 lottery will support patients and families in Mary Potter Hospice.

**HOW TO BUY TICKETS:**

- Use the enclosed form and return it to us
- Call us on 08 8239 0119
- Online at [www.telethon.com.au/charity/the-mary-potter-foundation](http://www.telethon.com.au/charity/the-mary-potter-foundation)
- Or in person at The Mary Potter Foundation, Connery House, rear of Calvary North Adelaide Hospital, 89 Strangways Terrace, North Adelaide.

Thank you for making a difference to patients and families in Mary Potter Hospice!

The lovely faces on the *TelethonSA Rivergum Home & Land Lottery* belong to mother and daughter, Marcia and Leanne.

Their beloved husband and father, Laurie died in the Hospice on Christmas Day in 2014, after a stay of three months. Marcia and Leanne were generous enough to agree to be our Mary Potter 'models' for the TelethonSA photo shoot, for which we are so grateful. We spoke to Leanne about why she and her mum were happy to take part:

*"We felt such gratitude for having had Mary Potter Hospice lovingly provide tender and professional care for my father Laurie and our family during his stay in 2014.*

*Each year my mother, my brothers and I endeavour to support the Foundation in thanks for the genuine love we received, whether it be making donations to the Loving Tree at Christmas time (as Dad passed away on Christmas Day) or participating in the Walk for Love. This year, being involved in the photo-shoot was another way of saying thank you to the Hospice from our family. It was the least we could do in return for all that Mary Potter provided so my father could live each day as comfortably as possible.*

*Mum and I enjoyed the special experience of a photo-shoot together and feel that Dad would have been proud of us for having done it too."*

A big thank you to Marcia and Leanne for taking part.

Click to  
donate  
now

## UPCOMING EVENTS

### LOVING TREE CHRISTMAS CAROLS

**\*New venue for carols\***

**Wednesday 4 December**

Australian Lutheran College, Corner Jeffcott St & Ward St, North Adelaide (150m from the Hospice). Carols commence at 7.30pm. The Lighting of the Loving Tree will take place at the Hospice at 8.45pm. For more information please refer to **page 2** or contact **Janine Edmunds** on **08 8239 0119**.

### 2020 WALK FOR LOVE

**Sunday 24 or 31 May (depending on the AFL program).**

We will have more information in our January 2020 newsletter. For more information or sponsorship enquiries, please contact **Janine** on **08 8239 0119**.

### CALVARY PASTORAL CARE 2020 MEMORIAL SERVICES

**Thursday 7 May 2020 at 1.30pm and**

**Thursday 5 November 2020 at 5.30pm**

Calvary North Adelaide Hospital Chapel

Join us as we gather to give thanks for the lives of loved ones who have died at Calvary North Adelaide Hospital or the Mary Potter Hospice. Following the non-denominational service, light refreshments will be served in Connery House Room 2 (adjacent to the Chapel). All welcome.

## THANK YOU

We would like to take the opportunity to thank the following for their wonderful support in 2019:

The Chip in for Mary Potter Golf Day Committee	Caring Hearts Committee
Order of St John of Jerusalem	Pro Health Care Foundation
Lions Club of Adelaide Italian	Dry July
	The Green Charity Shop

Thank you to our 2019 Chip in for Mary Potter Golf Day Sponsors:

<b>Major Sponsors –</b>	Sip'n'Save
Coopers	Thomas Foods
CUB	Coca Cola Amatil
West End	
<b>Hole Sponsors –</b>	Peter Kittle
PFD	Motors
Hurley Hotel Group	SA Power Networks
Burke Urban & Wicks	Employee Foundation
Wine Estates	Crowies Paints
Adelaide Tools	AON
Big Screen Video	Franklin Advisory
Calvary Health Care	Hugo Wines

## 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](http://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)*



Ground Floor, Connery House, Rear of Calvary North Adelaide Hospital, 89 Strangways Tce, North Adelaide. PO Box 2003, North Adelaide SA 5006

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