



Because of you, Keith will never forget
the loving care of Gary's nursing 'angels'.

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Because of you, what Keith will always remember is the exceptional and loving nursing care that he and Gary experienced in the Hospice.

Gary worked in aged care for 35 years. He was an enrolled nurse and an accomplished artist. He was a much-loved brother, uncle and good friend to so many who loved and respected him. Most significantly, he was the committed and loving partner of 38 years to Keith. And in the Hospice, they celebrated a poignant and incredibly special milestone together.

Towards the end of Gary's cancer treatment in St Andrews, the doctors told him there were few options left. Speaking to him about where he would like to go, the doctor mentioned a nursing home or hospice. Keith remembers how Gary immediately said: 'What about Mary Potter?'

'Going through the front doors of the Hospice never felt like 'oh, this is a hospital'. It just felt like something else – Love probably. There was something about the Hospice – such warmth, and you could really feel that love.'

For Gary, that love emanated from the heart of the Hospice – in the nurses' exceptional care.

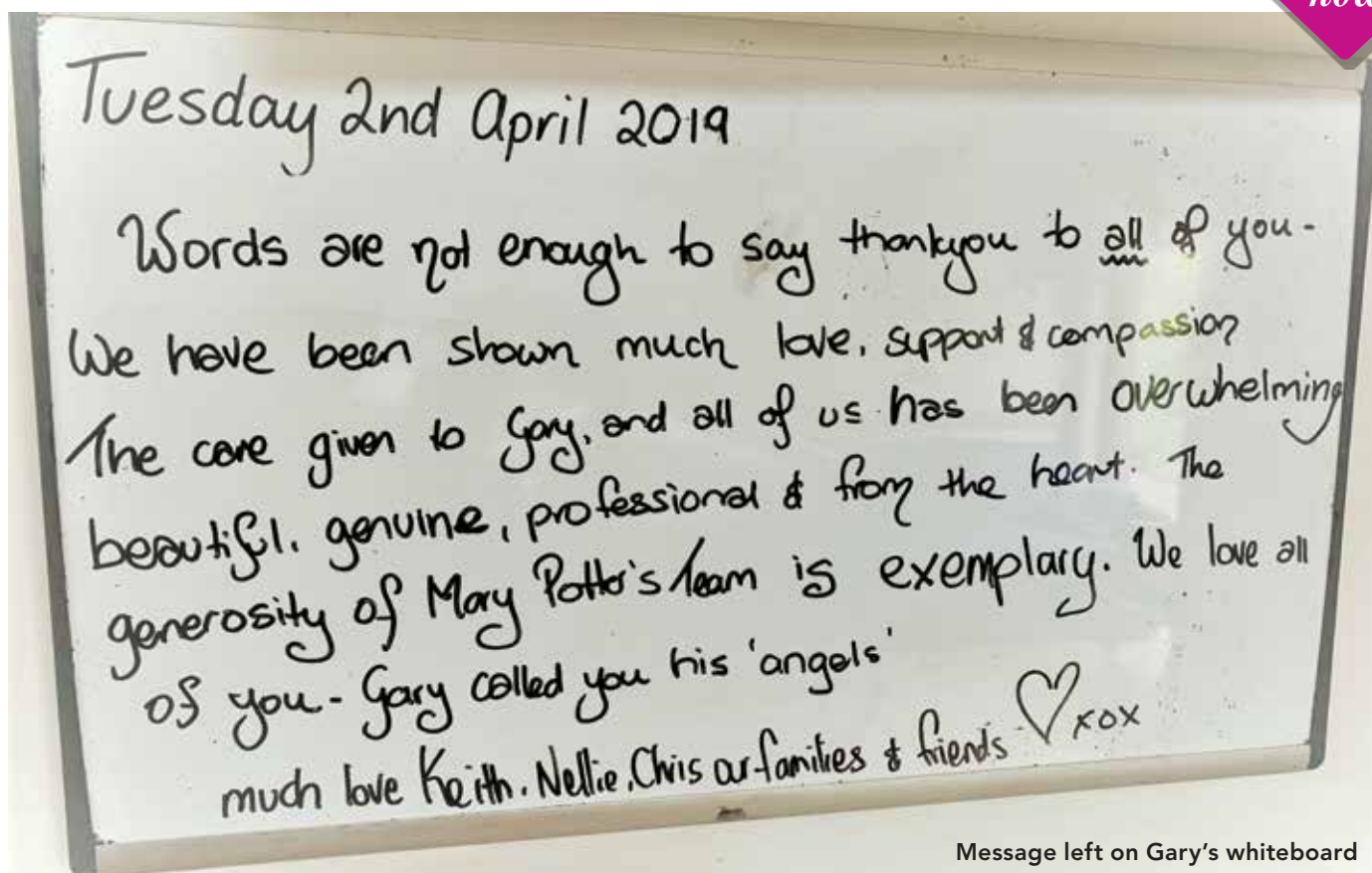
Keith told us: 'Gary called them his "angels". The nurses were just impeccable. I'd never been through an experience like this, and I was so thankful for nurses like Deirdre, Jacqui and Rachel.

Deirdre really guided me through. She'd always be asking 'are you going ok?' If the doctors had explained something and she felt I needed to be reassured or more informed about what was going on, she'd always stop and put me in the picture. That meant a lot. I was never pushed aside.'

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These wonderful nurses also spent extra time as wedding planners. Keith and Gary had been planning to marry, but when the doctors told Keith not to wait too long, the planning became urgent. Once Keith told the nurses that he had organised a celebrant, nurses Jacqui and Rachel sprang into action.

Keith said: 'The nurses made it all happen so quickly. It was a public holiday and everything was closed. But they were amazing. Gary's room was cleared and tables and chairs were brought in for our family and close friends. Platters of food and sparkling wines



Message left on Gary's whiteboard

arrived. Our friend Josephine came to play the Hospice piano. There were balloons, flowers and a stunning cake that the nurses were able to organise. On the public holiday, they even got Muratti Cakes & Gateaux to open up especially just to get the cake for us! How incredible.'

With Gary and Keith's loving family and close friends in attendance, doctors and nurses watched on as this wonderful couple formalised their long and loving relationship.

'I could see that this meant something to the nurses as well. We could feel the love in the room. And that warmth from all the Hospice staff. Gary was on a real high the next day. We were so grateful for the openness and complete acceptance by everybody.'

Thanks to you, Gary was also able to spend time with two of the Hospice massage therapists,

"I could see that this meant something to the nurses as well. We could feel the love in the room."



Karen and Rose. No longer able to feel his legs, Gary benefited from having his arms and hands massaged, while a couple of facials calmed and relaxed him. For Keith too, the opportunity to have a massage was a little bit of time and space away from the heartache of what was going on.

The Hospice counsellor Sigourney, and the Pastoral Care staff were always on hand for Keith to have a chat to – particularly at times when he felt overwhelmed and emotional: *"To speak with someone who knows what you're going through was so nice. It really helped."*

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2019 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 307 patients and their families.

During the year – along with medical care – your gifts were used to fund additional staff, education, therapy programs, equipment, refurbishment and patient and family support. You also brought some very special moments of joy and normality to the lives of patients and families while they stayed in the Hospice. Here are some examples of how you brightened someone's day in 2019.

Keith knows that the Hospice was the best place possible for Gary. *'The doctors and nurses were always monitoring his pain... they could really keep on top of it, so Gary was never in any pain at all. I know he was scared, and it was very hard at times – but there were also some exceptional times in that room. If he hadn't gone there, we would have missed out on some incredibly special moments. It was the right place for Gary.'*

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Above all, Keith said he will never forget the extraordinary nursing care that Gary experienced. *'The nurses were just exemplary. All the staff were compassionate, open, accepting, professional, caring individuals. They made the time in Mary Potter that much more bearable every day. Gary knew just how wonderful they really were. It speaks volumes about the Hospice.'*

Our nurses are at the heart of the Hospice, with a real passion for what they do. This is reflected in the meaningful and loving care they gave to Gary and Keith – nursing care the Mary Potter way, where there is time to focus on each patient and family. Time to focus on what's important.

Thank you so much to everyone who supports our 'Heart for Hospice' program that provides this vital nursing care. If you would like to join 'Heart for Hospice' or learn more, go to our website www.marypotter.org.au, give us a call on 08 8239 0119 or return the enclosed donation reply slip.

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JANUARY

A few days into the New Year – and we were on a Gin & Tonic run!

Thanks to the extraordinary generosity of Alice from SpeakEasy Alice (www.speakeasyalice.com), our mobile bar was on the move around the Hospice, offering Alice's delicious boutique gins (with 3 different kinds of tonics on offer) to patients, adult family members and visitors.

It was so lovely to see everyone's delighted reaction to the unexpected offer of a cool G&T on such a hot day – and another reminder of how something so small can make such a big difference to someone's day.

FEBRUARY

Our cheese and wine trolley brought lots of smiles to everyone in the Hospice & Kimberley House. A selection of sparkling, white and red wines were teamed with cheese platters, and served to patients, families and visitors. Our wonderful nurses didn't miss out – at least on the cheese!

Days like this lift everyone – and remind us how little things can mean so much. Thank you so much for what you made possible.

MARCH

It's always a good time to eat pancakes – but even better when you've got an excuse! In recognition of Shrove Tuesday, hot pancakes from The Original Pancake Kitchen were served to all our patients, families, visitors, nurses and volunteers – both in the Hospice and also in St Helen's Ward.

Lots of smiles all round for this special afternoon tea – where pancakes were topped with a choice of maple syrup, lemon & sugar, whipped butter or cream. Delicious!

Thank you so much for making this possible.

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APRIL

A lovely little moment in the Hospice when one of our doctors asked our patient Valda what we could do for her to brighten her day. She replied she was fine and needed nothing. Dr Russell remembered he'd once run into her and her husband sharing coffee and a vanilla slice at GG's Cafe at Dulwich not that long ago.

The nurses let us know – so today we went to GG's, bought takeaway coffee and a vanilla slice to share – and took it to Valda and Jim while they were in the Chapel with the lovely Pastoral Care ladies. We left them with delighted smiles on their faces, sitting together and sharing their GG's coffee and slice – just as they have done in the past.

Sometimes coffee and cake are all you need.



MAY

Because of your amazing support, The Mary Potter Foundation funds a cancer wellness program called RESTORE – available to all cancer patients at Calvary North Adelaide Hospital.

Four times a year we hold special RESTORE education workshops. The aim of these workshops is to give each cancer patient a greater understanding of what they can do to complement their treatment; to take control and help themselves.

The workshop provides information about physiotherapy, meditation, psychology, nutrition and complementary therapy – including remedial massage, reflexology and acupuncture. Financial planning and Centrelink information is also included, as a cancer diagnosis can have a significant financial impact on a family.

Thank you to everyone who donates to the Foundation and directs their gift to Calvary Cancer Services to fund the RESTORE program. So many patients and family members have commented on how this program has given them hope and a greater awareness of what steps they can take to maximise their treatment.



JUNE

We know how much our patients' pets mean to them. This is why we have therapy dog visits in Mary Potter Hospice, and of course our patients' own animals are always able to come in & spend time with them. Patients and families had a lovely visit from cute little dog Neo and his delightful owner Kerry, from the Therapeutic Dogs Service. Thanks to donations to the Foundation, the Hospice has regular visits by wonderful therapy pets like Neo. These happy four-legged friends bring smiles, cuddles and a positive distraction to everyone.

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JULY

We all had the rare privilege of attending a very special concert in the Hospice, as part of the Adelaide Guitar Festival. Four wonderful professional musicians played for patients, families, visitors and staff in an intimate one-hour performance entitled 'Resonance'. It was so beautiful to hear the music of these accomplished artists filling the Hospice space, as they shared their talents with everybody.

Everyone was so thrilled to listen to world-famous classical guitarist Slava Grigoryan – who then quietly went to play privately for a patient who was too unwell to leave his room and see the concert. This gentleman has all of Slava's CDs and is a big fan. In an extraordinary moment, he woke briefly, smiled and gave a little wave when he heard Slava playing for him. Very moving indeed.

This special concert was only possible because of your support. We are so grateful to you.



AUGUST

A surprise dinner was organised for one of our lovely patients and her family. Colleen's daughter had to return to Norway, so on the night before she left, there was some delicious Italian food ordered and wine waiting in a specially prepared area in one of the lounges. Colleen, her husband, son and daughter were very moved and shared a special last meal together as a family. Thank you so much for making some very special memories for Colleen's family.

SEPTEMBER

Grand Final Day! It was the Tigers' big win in the end – but here in the Hospice, we were hedging our bets either way with our decorations in both teams' colours! Streamers and balloons in the family lounge, big screen TVs to watch the game on, and a Grand Final sausage sizzle (looking and smelling wonderful) out the front of the Hospice. Our fabulous volunteers did a great job, cooking the delicious BBQ, and taking food and drinks around to patients, families and visitors in the Hospice.

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OCTOBER

Our lovely patient Isabella was missing the delicious food from her favourite restaurant Anthony's Cucina & Pizzeria, so our counsellor Sig said: "Let's bring the restaurant to you."

Isabella and her family were delighted and were all looking forward to sharing a special meal together the next day.

This is what our Volunteer Coordinator then told us: "I contacted Anthony and asked if we could please order some food for a lovely family who are regulars at his restaurant. Anthony said he would deliver the order personally, without knowing which of his regular customers the order was for. I placed an order for a main meal for every family member and offered to pay immediately. Anthony insisted that I wait till Saturday. He called me on Saturday to let me know that he was on his way to deliver the food, and he had included a few extra things apart from what I'd ordered – and then said "Oh, by the way, there is no cost!"

Like Isabella and her family, we are so grateful for Anthony's generosity! In the Hospice, these acts of kindness mean everything.



NOVEMBER

Flowers, fascinators and food! The race that stops a nation didn't stop patients, families and visitors celebrating when the Melbourne Cup came to Mary Potter Hospice.

Our fabulous nurses and volunteers were right in the spirit of the day in their fascinators, while Prosecco with fresh strawberries, wine, soft drinks & a selection of food was served to each room by our volunteers before the big race. There were sweeps, prize-winners, beautiful peonies and roses (which had been so kindly donated) in all the patients' rooms, and TVs all tuned in to the big race. Phew!

These special moments of joy are so important in the Hospice. We are incredibly grateful to you for making all this possible for our patients and families.



DECEMBER

Just before Christmas, Angela from the Foundation team was busily wrapping presents to give to our wonderful Hospice nurses!

Our nurses help so many patients and their families through the toughest of times. These 'angels', along with the rest of the Hospice team, make Mary Potter Hospice a truly special place.

To thank our nurses for the extraordinary difference they make in the lives of patients and families, we gave each of the nurses a special Christmas gift.

Huge thanks to you too. You are the reason that the Hospice can provide this exceptional level of nursing care to all of our patients.



What a difference a day makes.

Because of your generous support, the effect of Mary Potter Care is far-reaching. For Barbara's daughters, the impact of just one day in the Hospice inspired them to give back by raising funds to help other patients and families in Mary Potter Hospice.

"I'm a Barbie Girl, in a Barbie world..." So goes the song by Aqua.

That song also belongs to another 'Barbie', the beloved wife of Tony and mother of Juliann and Bec. Barbara used to jokingly say "I'm that Barbie Girl – they wrote that song for me!" as she danced and sang along.

During her cancer treatment, Barbara spent a lot of time at Ashford Hospital. When she started to significantly deteriorate, her specialist called in the palliative care consultant who spoke to Barbara and her family about Mary Potter.

Bec said: *"I didn't want her to go to the Hospice. I really felt that once they said the words 'Mary Potter' that it would mean it was over. But the minute we got there, I instantly realised that it was not the bad place I thought it would be."*

Barbara was here for just over 24 hours.

Juliann and Bec noticed that she was at peace the minute she arrived. Their mum immediately said to them: *"I'm happy now. It's all OK."*

"From the moment we set foot in the Hospice, our family felt so supported. ... There was nothing they wouldn't do for us."

Juliann told us: *"From the moment we set foot in the Hospice, our family felt so supported. The staff knew exactly what we were going through and knew how to help us. There was nothing they wouldn't do for us."*

As soon as Barbara was settled, a volunteer helped the family choose a lovely quilt for her bed.

"And from this point on, the volunteers were constantly offering us food and we were always reminded that we could help ourselves to anything in the kitchen. We were just blown away by everything that was being done for Mum and for us."

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Although Mum was the patient, everyone cared and understood what we were going through as well."

What really mattered to Barbara's family was the extraordinary nursing care that she received.

Bec said: "I remember walking into Mum's room and smelling geraniums. It was a beautiful scent, but I couldn't work out how or why it smelled of geraniums. I found out later that Mum had been a bit stressed, and so her nurse Lydia had decided to bathe her in geranium-scented oil to help calm her. That was so special."

The next morning, Barbara was laughing and joking with her sister-in-law Rose, and it was the first time that the family had seen such a wonderful moment in quite a while. She even managed to eat something.

She died later that day.

Juliann and Bec's 24 hours in the Hospice with their mum, has had a far-reaching effect. In 2018, they formed their own fundraising group, 'Air Barb's Crew: ABC Fundraising for Mary Potter'. They organised a High Tea last May, with proceeds going toward the complementary therapy program in the Hospice. Air Barb's Crew plan to make this an annual event.

"We want to do this because we want to keep Mum's memory alive. The love and care that was shown to her – as well as us and our large extended family – was just overwhelming. People had time for us in the Hospice – we weren't ever rushed.

"In the Hospice, Mum could just breathe. She could stop worrying about Dad and us looking after her, and we could just be there as her family. She had a real sense of peace from the time she got there. We won't ever forget that. It's had a huge impact on us going forward. We want to make Mum proud – so in giving back this way, we can show how grateful we are to Mary Potter."

It is through your generosity and wonderful gifts to meaningful care in the Hospice that the impact on Barbara's family has been so great. You are the reason that Mary Potter Care happens, and you create the space for families to just be together – whether it's for weeks, days or even hours.

The scent of geraniums and gentle memories of loving care given to a special Barbie Girl. This is everything. Thank you for what you made possible for Barbara's family and what you continue to make possible for so many others.



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.

SA POWER NETWORKS – LIGHTING UP THE HOSPICE WITH 20 YEARS OF EXTRAORDINARY SUPPORT



We would like to take a moment to reflect on the amazing contribution that SA Power Networks has made to patient care in Mary Potter Hospice over the last 20 years.

SA Power Networks has partnered with us in so many ways during this time – including their incredible 20-year sponsorship of the Lighting of the Loving Tree at Christmas each year. Over many years, thousands of people have been able to come together to remember loved ones and witness the beautiful lighting of the tree located at the entrance to Mary Potter Hospice – all thanks to SA Power Networks' support.

Staff from SA Power Networks have volunteered hundreds of hours too – by singing at the Loving Tree event, assisting with refurbishing the Hospice Retreat & Family rooms, weeding and planting new gardens, cooking BBQs, volunteering at our events and fundraising for us through the Walk for Love.

Thank you so much SA Power Networks, for 20 years of generous commitment to Mary Potter Care. You have made a very real difference in the lives of so many patients and family members. We are so grateful.

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UPCOMING EVENTS

WALK FOR LOVE

Sunday 31st May 2020 @ 10am

Australian Lutheran College, cnr
Jeffcott St & Ward St, North Adelaide.
Registrations open 1st March.

CHIP IN FOR MARY POTTER GOLF DAY

Friday 23rd October 2020

Grange Golf Club. Enquiries
please call 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 those who have died at Calvary North Adelaide Hospital and the Mary Potter Hospice. Following the non-denominational service, light refreshments will be served in Connery House (adjacent to the Chapel). All welcome. No RSVP needed. Enquiries Pastoral Care Team 8239 9630.

CALVARY HOSPITAL AND HOSPICE AUXILIARY EVENTS FASHION PARADE

Sunday 29 March 2020 @ 2.00pm

Beaumont Bowling Club, 71 Devereux Rd, Linden Park. \$35pp inc. sparkling wine and afternoon tea. Contact Jill Harrison 08 8431 9323/0411 444 722.

LOOKING FOR A WAY TO MAKE A DIFFERENCE IN 2020?

The Caring Hearts Committee is a group of enthusiastic young people who enjoy creating fun social events to fundraise for patient care in Mary Potter Hospice.

If you would like to get involved or you want to find out more, email Jessica at j.bostock@hotmail.com or call the Foundation Office on 08 8239 0119.

THANK YOU

We sincerely thank the following individuals, groups and organisations for your recent support:

SA Power Networks Employee Foundation

Adelaide Symphony Orchestra

Adelaide Male Voice Choir

St Peter's Woodlands Grammar School

The Order of St John of Jerusalem

Antica Pizzeria

Cookie Club

Rotary Club of West Torrens

Russell Duncan

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)



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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