



Greg got his
wish, thanks
to you.

Page 2

Greg had his sights on a home view and you made it happen for him

"I don't see why you can't go home."

The magic words that Greg had wanted to hear from the time he came into the Hospice.

A lot had already happened for Greg and his family when he heard these words in mid-2019. In January, he'd become a grandfather. In March, he'd walked his precious daughter Hayley down the aisle on her wedding day. But in April he was diagnosed with inoperable cancer and started radiotherapy. After a bad reaction to the treatment, he was admitted to Calvary's St Helen's Ward for six weeks in May. And that's where he met Palliative Care Consultant, Dr Tabatha Healey.

Greg's daughter Hayley told us: *'Dad had such respect for Tabatha. She talked to him about his options. And finally suggested Mary Potter. It was confronting for him. He realised he probably had only about 2 weeks to live. That was hard.'*



Hayley and Greg at her wedding

"They took time to see that Noina was part of Dad's care ... It meant so much to her to help care for her husband. She felt valued. Being included took her terrified feeling away. How the nurses and volunteers looked after Noina was incredible. I'm so grateful for that. It meant everything."

Greg wanted to be in a place where his family could be with him 24/7. Thanks to you, Hayley and her stepmother Noina were able to stay with Greg

day and night in the Hospice. And there Hayley saw a different kind of care. The Mary Potter way.

"The change in vibe, the change in the feeling going from the hospital to the

Hospice was second-to-none. In the hospital, the nurses would look after Dad, and then go. In the Hospice, they'd be looking after Dad, but would then turn around straightaway to check on Noina to make sure that SHE was doing ok. Dad was cared for in both the hospital and the Hospice – but in the Hospice Noina was just as important.'

'In Noina's Thai culture, family members are closely involved in nursing their loved ones. The Hospice nurses really respected that. They took time to see that Noina was part of Dad's care. For example, they'd ask her 'do you want to help us wash or change Greg?' It meant so much to her to help care for her husband. She felt valued. Being included took her terrified feeling away. How the nurses and volunteers looked after Noina was incredible. I'm so grateful for that. It meant everything.'

At the end of two weeks, Greg heard those magic words from Dr Healey. Under the care of the Hospice nurses, Greg had improved. And what was important to him was to be home. Hayley was happy and scared at the same time.

Click to
donate
now



Noina and Greg

‘That terrified feeling came back, because we didn’t know how we would cope with Dad at home. We knew that while he was in the Hospice, he was getting the best care. But at home it would have been so scary if not for the palliative at-home care nurses, Gabi & Jenny. They reassured us about everything. They reassured Dad. They told him: “You won’t have to go back to the Hospice. We’ll come in every day, we’ll take care of your medicine, we’ll help Noina wash you, we’ll help with everything you need.” And they did. We couldn’t possibly have looked after him without their care and support.’

By the time Greg left the Hospice to go home, he was out of his wheelchair and using his walker. He was even able to attend his beloved grandson’s christening, which the family had never expected would be possible.

Hayley remembers: *‘Gabi & Jenny talked to us about normality a lot, and how important it was for Dad to feel normal by being at home. Those moments*

of normality are so underestimated. The Hospice made those moments happen too. They understand about the importance of diversion and just feeling normal for a while.’

Greg’s family home had the most beautiful vista over the city and sea. What was important to him was to die at home looking out at the view he loved so much. Hayley remembers how the palliative at-home team made that a reality. The nurses told her: *“Greg came home for the view – let’s put his bed in the lounge room in front of the big window so he can see that gorgeous view all the time.”*

‘And of course they were right, and we did, and that’s where he died. It couldn’t have been more peaceful. And Gabi & Jenny were with us right to the end.’

“Those moments of normality are so underestimated. The Hospice made those moments happen too.”

Greg’s 2 weeks turned into just over 3 months. He got his wish of dying at home because of you. Thank you so much for making Mary Potter Care possible for Greg and his family – at home as well as the Hospice.

Click to
donate
now

Relaxing, Reviving & RESTORE-ing Reflexology

Putting one foot in front of the other, our reflexologist's touch therapy helps so many – all thanks to your generosity to the RESTORE program.

Our reflexologist Julie works with people undergoing chemotherapy in Kimberley House and Calvary's St Helen's Ward. She also offers her wholistic reflexology to patients and families in Mary Potter Hospice. Working her calming magic on patients' feet, the body soon follows. Julie tells us:

'It's very daunting for people having their first chemo treatment. They're anxious, worried and overwhelmed. The minute I put my hands on their feet, you can feel them relax. I'm grounding them – and they can just take a breath. When they're not tense their circulation improves – the flow is so much better when you can bring down that level of anxiety. I just try and be completely present for each person; to always be there in the moment. Some people want to talk, others just drift off to sleep. If they can get off to a nice snooze, I've done my job.'

"It was a diversion from the chemo infusion and that distraction really helps. Julie & I chat away and the time just goes."



Michelle having reflexology

You made possible

**The RESTORE wellness program
for people going through
cancer treatment.**



For people undergoing cancer treatment, this diversion is a godsend. Michelle first met Julie 10 months ago.

"I was terrified to begin chemotherapy. But Julie was in the room and asked if I'd like a short session of reflexology. I couldn't believe how it relaxed me during treatment. I was so anxious to begin with – and it really calmed me right down. It was a diversion from the chemo infusion and that distraction really helps. Julie & I chat away and the time just goes. Reflexology means I feel much less nauseous after the chemo treatment too. I really want to support this service. It's made such a difference to me."

Thanks to you, another lady who benefited from Julie's reflexology was Mariel.

"Julie does an amazing job. She did my feet every time I had a treatment at Kimberley House. The drugs made my legs feel so heavy, but after each treatment with Julie, I felt lighter. She would explain about the different reflex points and the areas of the body they affected. I loved chatting to her and sharing stories – all while taking my mind off the chemo treatment."

Because of your support, Julie can also spend time in the Hospice as well. She remembers:

'One lady in the Hospice was terribly anxious and had been crying all weekend. When I arrived to see her, she was still very upset. As I moved from one foot to the other, her breathing relaxed and became deeper. She stopped

"She stopped crying, opened her eyes and said: "I just feel so peaceful now." She told me it felt like I was drawing the sadness out of her."



Mariel having reflexology

crying, opened her eyes and said: "I just feel so peaceful now." She told me it felt like I was drawing the sadness out of her.'

'Another patient's daughter said her wish would be for her mum to go while she was having reflexology with me. She died 30 minutes after our last session together. Her daughter came to find me and gave me a big hug. She was so thankful as her mum had been peaceful and not at all anxious at the end – and it was just what she'd wanted.'

Your support of Reflexology as part of the RESTORE program is certainly a step in the right direction! Thank you so much. If you choose Cancer Care, your gifts go directly to the RESTORE program.

Click to
donate
now



Thanks to you, families can share a meal together.

Thanks to you, the Family Kitchen is a home away from home

It's early morning and the volunteers arrive to find the kitchen table bare. The coffee machine is empty and needs cleaning. Milk is low and needs to be replenished. Dishes are stacked high on the sink and the dishwasher is full. The benches are a mess and stained with coffee cup rings. The bins are nearly overflowing.

Just about every morning this is the state of the Hospice Family Kitchen.

It only takes about half an hour, but soon the kitchen is spotlessly clean and ready to function again for the day.

Volunteers make plenty of delicious sandwiches. The fridge is stocked with fresh food. Pastries and cakes are delivered, fruit is cut up, cupboards are filled.

For others, nights can be an emotional time. Once their loved one is finally settled and sleeping comfortably, their thoughts turn to themselves. Anxiety levels increase, making sleep difficult.

During the day the kitchen plays such an important role in the care of families and visitors. But at night it becomes even more so.

During the night, every night, dozens of people make the kitchen their home from home.

For some it is convenience – where else can you get a fresh piping hot cup of coffee at two in the morning?

[Click to donate now](#)



Just like at home, the kitchen helps everyone feel loved and cared for.

This is a wonderful gift that you give to each and every person who comes to the Hospice.



For others, nights can be an emotional time. Once their loved one is finally settled and sleeping comfortably, their thoughts turn to themselves. Anxiety levels increase, making sleep difficult. Maybe a hot chocolate or a midnight snack is all that is needed to ease their stress and give them the rest they need.

The kitchen is an extension of each patient's room. It is a meeting place and somewhere to have a break; to have a quick bite to eat and a drink. Sometimes there's even a beer or a bottle of wine to share.

Your gifts keep the kitchen stocked, cleaned and maintained. Thank you for the coffee you buy and for the food in the fridge.

Thanks for the chocolate treats and the selection of cereals, soups and fresh fruit. Just like at home, the kitchen helps everyone feel loved and cared for.

This is a wonderful gift that you give to each and every person who comes to the Hospice.

It is now late afternoon. The volunteers make fresh sandwiches and stack the shelves with clean crockery. Platters of fresh fruit, nibbles and snacks are cut up and left on the kitchen table. The fridge is checked, the coffee beans topped up and the rubbish bin emptied.

Before you know it, it is getting dark and the kitchen is ready once again to get everyone through another night.



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.

Click to
donate
now

UPCOMING EVENTS

Walk for Love

Sunday 31 May @ 10am

Australian Lutheran College, cnr Jefferys Rd, North Adelaide.

REGISTRATIONS NOW CLOSED

All details for the event are included in the booklet enclosed.

Any enquiries, please call **Morgan** on **08 8239 0119**.

2020 EVENT CANCELLED

BARBARA'S HIGH TEA

– organised by 'Air Barb's Crew':
Fundraising for Mary Potter.

Sunday 21 June @ 2pm

Arkaba Hotel,
150 Glen Osmond Road, Fullarton.

Tickets \$50 per person plus
booking fee.

For more information please
contact **Juliann** on **0407 397 334**
or at **juliann.andriani@gmail.com**

CALVARY PASTORAL CARE 2020 MEMORIAL SERVICES

Thursday 7 May at 1.30pm and
Thursday 5 November at 5.30pm

Services are held in the Calvary North
Adelaide Hospital Chapel (rear of
hospital, opposite Hudsons Coffee),
and are followed by refreshments in
the adjacent building. All welcome.

There is no need to RSVP – just come
along. For more information, please
contact Pastoral Care on **08 239 9285**.

THANK YOU

We would like
to give a special
Thank You to
the following:

Vili's Family Bakery

Kalymnos Pastries

Peripheral Blue
Legal

St Ignatius Parish
Norwood

Speakeasy Alice

The Cookie Club

ReGen Op Shop

Armstrong Family

Glynburn Gourmet

All our amazing
volunteers

YOUR PRIVACY MATTERS

We take your privacy seriously. We never share or sell your personal 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 on our website at www.marypotter.org.au or call us on **8239 0119** for a copy to be posted to you.



The Mary Potter
Foundation Inc

*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

E: reception@marypotter.org.au **P:** 08 8239 0119 **W:** marypotter.org.au

Business Hours: Monday-Thursday 9am to 5pm, and Friday 9am to 4pm

PRINT PARTNER

created print
Est. 1919

www.created2print.com