



There were moments of joy during the lockdown, thanks to you.

Four and a half months ago, life changed.

In Mary Potter Hospice, a family's life changes every day. But COVID-19 restrictions and hospital precautions brought new changes – with a Hospice in lockdown.

Suddenly only the Hospice medical team were allowed to stay. Volunteers had to go. Complementary therapy had to stop.

But one thing didn't stop.

You.

You are the reason that loving, compassionate and individual care went on. Our Hospice doctors and nurses stayed. And because of your generosity, the commitment and care to our patients – in the Hospice and in the home – never faltered.

Continued over the page

CLICK TO
DONATE
NOW

Our wonderful nurses stepped up – and so did you.

During this uncertain and stressful time our monthly 'Heart for Hospice' donors never stopped giving. Not one person cancelled their support. How incredible you are. Thank you so much.

When our Walk for Love was cancelled, you responded straightaway to our Board Chair's emergency appeal request. You knew that it was our major fundraiser. You understood how hard it would be to provide that exceptional Mary Potter Care with such a shortfall.

And you stepped up.



So many of you reached out to run your own fundraiser – or your own virtual Walk for Love – to give back and help another Hospice patient and their family.

You gave to our nurses' appeal and made sure the Hospice nurses could wrap their arms around every patient and their family member, nurture them and guide them through the most stressful time of their lives. As they always have.

You provided surprise birthday cakes, pizza nights, fish & chip lunches, and a date night for a patient and her husband. You supplied a loving couple with a special dinner from their favourite restaurant.

You made sure a father could be at his son's wedding.

When few patients had flowers, you provided a stunning bouquet for each room.

You've kept the family kitchen stocked with individually wrapped fresh food, sandwiches, cakes and fruit.

You've given our nurses time – time to give meaningful and loving care to each patient.

You've made golden moments happen all the way through.

You're behind every moment of joy, heartfelt hug and 'Thank You' from a family to the Hospice team.

During the COVID-19 lockdown, our nurses haven't missed a beat. And nor have you.

 *We are so grateful to you.*

Thank you so much for the love you've shown. What you've done is priceless.

CLICK TO
DONATE
NOW



During COVID-19 in Mary Potter ...

Despite restrictions in the Hospice, two of our nurses, Jacqui and Deirdre, told us:

The passion and love of the Hospice team hasn't changed. The patient-centred approach we hold dear has never stopped. And those special treats for patients and their immediate family have just kept going. We've always provided care with 'heart.' But we have really missed our volunteers and complementary therapists.



That's where you stepped in. You provided beautiful KI Ligurian Honey hand & nail creme to every patient – so that nurses or a family member could give their loved one a relaxing hand or foot massage. How wonderful.

For all this, we know there have been real challenges:

One of the hardest things we've had to deal with has been the strict visiting restrictions for families. That has added a layer of stress on families that has been often hard to witness.

But families have still been able to come together and have special lunches or dinners with their loved one. Golden moments have still happened.

Those moments have happened because of you. Like our wonderful nurses, you've wrapped your arms around each patient and their family.



Thank you so much.

CLICK TO
DONATE
NOW

Farewell to Berry

A few weeks ago, we bid farewell to someone special. After 9 years, Berry van Vuuren retired as the Palliative Services Manager of Mary Potter Hospice. And she leaves behind an incredible legacy.

Over her time here, Berry transformed the Hospice. She was the driving force behind the Family Kitchen, the Quilt and Complementary Therapy programs, as well as the lush garden restoration outside each patient's room.



She pushed for hoists in every room so that patients didn't have to be moved once their mobility reduced. Berry has encouraged true individual care for patients by way of celebrating every occasion – big or small. Her push for Hospice activities to bring diversion

and a touch of normal life into the Hospice has brought unexpected moments of joy to patients and their families – and memories those family members will treasure.

Our nursing team's enviable reputation for exceptional palliative care is a direct result of Berry's leadership over many years. The Board of The Mary Potter Foundation sincerely thanks Berry for her passion and her vision over so many years, and we all wish her every happiness in her well-earned retirement.

You're providing a warm welcome to Mary Potter Hospice.

There's something new and wonderful happening in the Hospice. And it's only possible because of you.

COVID-19 restrictions have meant that the Foundation team haven't been able to meet with as many families as we normally do. We've had to keep our distance.

But we still wanted to make sure that every patient and family knows what they mean to us – and to you – from the moment they come through the doors of the Hospice.

Thanks to you, we've created a special Welcome Pack for every patient. It's a basket of love, filled with useful items that we often get asked for. There's different packs for men and women – and they include some very special treats.

Now you're there from the moment our patients arrive in the Hospice.



**MESSAGE
FROM OUR
EXECUTIVE
DIRECTOR,
LORNA RIDDLE**



I've been reflecting with heartfelt gratitude on every one of you who have reached out to us over the past few months. It's been a tough time and I hope you've stayed safe and well.

COVID-19 changed everything overnight. During the Hospice COVID-19 lockdown, we had to re-think what we do here at the Foundation when our events and fundraising activities had to be cancelled.

And so many of you opened your hearts to us during this time.

For those who were able to donate – thank you. I will never forget your kindness, your generosity and your quick response to our request for help. For all our *Heart for Hospice* and regular givers, I thank you so much. You prevented me from having too many sleepless nights!

For those who couldn't help, but still wanted us to know that you were thinking of our palliative patients and families, I thank you too.

Your support has meant so much to us all. Thank you for being the shoulder for us to lean on during this difficult time.

Finally, you will have noticed a few changes to our newsletter format. I hope you like it. Your feedback is important to me, so please contact me on **0404 757 219** if you have any comments, positive or negative. I would love to hear from you.

~
*Thank you for
being the shoulder
for us to lean
on during this
difficult time.*
~

**CLICK TO
DONATE
NOW**



Calvary's Biography Service

... sharing words and affirming the value of each person's life.

In Mary Potter Hospice you are fulfilling a very special need. Patients are offered the opportunity to share their life stories and reflections with a trained biographer. Stories that are bound and treasured by that patient's family forever. The Biography Service is funded by you. It has a profound effect on people, just like Jodi who listened to her beloved husband Andy tell his own story to his biographer:

I felt like it really put Andy at peace to talk about his life and everything that was going on. Our biographer came in whenever we wanted – on a Sunday or at any time Andy felt up to it. She never ever pushed. She knew how to get Andy talking and he talked all about our wedding - for me to sit there and hear him say "it was the happiest day of my life" meant the world.

 *Thank you so much*

for supporting this special service.

HOW TO *Get involved*

CLICK TO
DONATE
NOW

FOUNDATION EVENTS: ANNUAL GENERAL MEETING

Members are warmly invited to our AGM, at 5.30pm on **Tuesday 13 October 2020** at Arkaba Hotel, Glen Osmond Road, Fullarton.

CHIP IN FOR MARY POTTER GOLF DAY

Friday 13 November 2020 at Grange Golf Club.

Register at www.chipinformarypotter.org.au.

For information or to volunteer on the day,

please contact **Morgan** on **08 8239 0119**

or at morgan.pearse@marypotter.org.au



LIGHTING OF THE LOVING TREE

Wednesday 2 December 2020.

Please note that due to current restrictions on attendees at large events, and in line with current social distancing rules, we are unsure if the Christmas Carols concert will go ahead this year. **Please refer to our November newsletter for more information.**



OTHER EVENTS: CALVARY PASTORAL CARE 2020 MEMORIAL SERVICE

Thursday 5

November 2020

at 5:30pm,

Calvary North

Adelaide Hospital

Chapel (opposite

Hudsons Coffee).

THANK YOU

We would like to give a special thank you to the following:

- Bec Andriani
- Chemist King Wayville
- SA Life Magazine
- Blackfriars Priory School
- Blackfriars Old Scholars Football Club
- SA Power Networks Employee Foundation
- Russell Duncan
- Stuart & Anne Kerr
- Jessica George & Jessica Harford
- Sue Kerr

OUR MISSION

Inspiring people to share our belief that caring for people at the end of their lives is an honour and a privilege and to work with us to support living every day, every hour.



The Mary Potter
Foundation Inc

Ground Floor,
Connery House, rear of
Calvary North Adelaide Hospital,
89 Strangways Tce,
North Adelaide.

PO Box 2003,
North Adelaide SA 5006

P: 08 8239 0119

E: reception@marypotter.org.au

W: marypotter.org.au

Business Hours:

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



*The Mary Potter Foundation
is a registered charity with
the Australian Charities and
Not-for-profits Commission (ACNC)*

PRINT
PARTNER

created  print
Est. 1919