



MARY POTTER  
*matters*

~  
EDITION 2, 2021

## You helped to *make life liveable* for Mandy

Mandy was in the Hospice for 6 ½ months. Thanks to you, a special tilting chair gave her unexpected freedom and a much-needed sense of normality.

*Mandy was passionate about her family, close friends and teaching. And she loved to celebrate every occasion. That didn't stop when she came to Mary Potter Hospice.*

Mandy had been receiving treatment in St Helen's Ward. She was deteriorating and her movements were becoming more restricted. It was then that the question 'what's next?' was asked. Mandy's oncologist suggested taking a walk up the corridor to look at Mary Potter Hospice.

Mandy's partner Mike told us: "The Hospice looked great, and so we just went from there. We weren't disappointed."

*Continued over the page*



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Mandy looked forward to a gin & tonic when the Foundation's drinks trolley came around – and she loved to have her nails done by Rose, the Hospice's beauty therapist.

Mandy told Mike: **“All of these things make life liveable”.**

Just before Christmas, the Hospice music therapist and some carol singers came and sang Christmas carols in Mandy's room. Mandy loved Christmas carols, but by now she had stopped talking. Suddenly she started singing along. Mike was shocked.

*“What a moment. I admit, I just lost it, I had tears. To see her start to sing like that after hardly being able to communicate...”*

And being Christmas, you made sure Mandy could go home to celebrate.

Mike said: “We made sure she was at everything. On Christmas Eve, we took her in her special wheelchair to her best friend's house. Then we went there again on Christmas Day and again on Boxing Day. She had a great time. It was the most normal thing for her to do, as we always used to catch up with these friends at Christmas. All the people she most cared for were there. We'll never forget it.”



Thank you

**You gave Mandy freedom and precious moments of normality when she was in the Hospice. As Mandy told Mike: ‘All of these things make life liveable’.**

**Read on to see what else you made possible for this wonderful lady.**

Unable to walk, Mandy loved to get out into the fresh air in her wheelchair. Mike said: “It was a real tonic for her to get out of the Hospice for a while and it was good for me too. But she was starting to really struggle and soon she couldn't support herself.”

It became obvious that a normal wheelchair meant she could fall out too easily. Mandy and Mike were worried that Mandy might be restricted to the Hospice. But you changed their entire experience.

Thanks to you, we could hire a specially-tilted custom wheelchair for Mandy. This new chair was easy to manoeuvre, tilted back further, had a special seat belt, and Mandy was better supported. It was lighter too – making it easier for Mandy's daughter Jacinta to take her mum out to the movies and nearby cafes.

The chair changed everything. It gave Mandy a new freedom. Mike would wheel her through leafy North Adelaide streets where they'd meet friends for coffee or lunch.

“There was a real sense of normality about that. The chair made it all possible. She and I would go out for lunch and dinner as well. We could leave the Hospice and feel normal again – for at least a little while. That meant a lot.”

## Theatre and the beach

Thanks to you providing Mandy with her custom wheelchair, Mike and Mandy were able to travel even further.

Mandy adored ABBA. Your generosity meant we could arrange tickets for her to see *Mamma Mia* at the Festival Theatre with her friend. Mandy loved every moment.

But it was the beach where she really wanted to go. You made it possible for us to get her there.

Mike remembers: “The Hospice arranged everything. They were just great. As soon as it was suggested, we just waited for the right day. And when the weather was good, off we went. At Semaphore Beach they had a blue mat that ran from the footpath onto the beach, so we could get the wheelchair down through the sand easily, and Mandy could go nearly down to the water.”

“She sat for an hour just looking out at the water. Just sitting there. She didn’t want to come back – she didn’t want to leave. You could see what it meant to her. She just wanted to stay there and look at the beach, just take it all in.”



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## Race-Day-ready

You were there behind the champagne and celebratory lunch for Hospice patients and families on Melbourne Cup Day. And on that day, Mike made sure Mandy was right in party mode.

“On Cup Day, Mandy and her friends would always get together and celebrate. She’d make sure she had all



the right decorations for the event – everything was a dress-up day. So I decked out every part

of her Hospice room with her Melbourne Cup decorations from home. She wore her fascinator, the room was decorated like she would want it to be, and we had some champagne while we watched the race on TV.”

“It was a great day.” Mike is so grateful to the doctor’s and nurses for their care of Mandy. “It was just spectacular!” said Mike.

 Thank you for creating such precious moments for this lovely lady – and special memories for Mike, Jacinta and Mandy’s family and friends. We are so grateful.

You made such an impact on Mandy and Mike. Mike told us, “I don’t know what I would have done without the Hospice.’ Mike was so grateful, that four months after Mandy died, he put together a team of people to do the Walk for Love in her honour. You can read all about it in the Walk for Love booklet – or visit [www.walkforlove.org.au](http://www.walkforlove.org.au)

# The Right Place

Steve spent eight weeks in Mary Potter Hospice in 2016. Nearly five years later, his partner Lucy still remembers the exceptional care that Steve received there – and that’s why she has supported Walk for Love each year since.



Right: Lucy (far right) with friends Simon and Sue



“It’s a no-brainer to support the Hospice. Steve had a long stint in there. The care for him – and for me too – was faultless. The doctors and nurses were second-to-none, and the volunteers are just amazing.”

“It helped me knowing that Steve was in the right place. He was first in the RAH, but when it was time to come home, Steve didn’t want to leave. He felt he’d be a burden. He was scared that if something happened when he came home that I wouldn’t be able to provide the level of care he needed. So we had to have that whole discussion about being in a place that offered that level of palliative care. That place was Mary Potter Hospice.”

“Steve wasn’t frightened about coming here at all. He knew it was the right place too. He loved it when Hayley, the music therapist, would visit him with her guitar and play songs that he liked. If she didn’t know the song Steve wanted her to play, she made sure she knew it the next time! So for him that was something that was really special, something to look forward to.”

“Even for me, I can remember being there one afternoon and was getting ready to go back to work. And the massage therapist came in and said, ‘Oh no you’re not, you’re coming with me to have a massage!’ It was THAT kind of care that just meant so much. It keeps you going.”

“After Steve died, it was nearly a year before the next Walk for Love. When I saw there was the opportunity to have someone Walk for Me, I took that. But the next two Walks, I came along myself with a couple of friends.”

*“The Walk for Love – well, it’s a reflective day. You come along and have your loved one foremost in your mind, and you know other people are feeling the same way, because you hear the little conversations about why they’re walking. So we all share something in common.”*

“At the end of the day, the feeling is one of gratitude that you’re able to acknowledge that loved person you miss, as well as contribute to the work that the Hospice is doing for others. To be able to spend your last days or weeks in a place like Mary Potter – a place that’s got that level of support – well, it’s wonderful. Even though you know it’s a sad place, it’s a cheery place too. Without people’s support, the level of care couldn’t possibly be like it is. So I’d definitely encourage others to come along to Walk for Love.”

# Sweet as sugar

For many years, the wonderful people at two respective bakeries – Vili's and Kalymnos Pastries – have been generously supplying patients, families and visitors at Mary Potter Hospice with weekly deliveries of their delicious cakes, slices and sweet treats.

The connection that people can make over a simple offering of cake is enormous. Sometimes, it's the only food that an anxious family member can get down.

We are so grateful for the continued support and kindness of both Vili's and Kalymnos. It means so much to the Hospice. And the Hospice volunteers always look forward to seeing the uplifting message that comes with a Kalymnos Pastries' delivery.



*A huge thank you to both these fine SA businesses.*



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OR go to **[www.telethon.com.au/charity/the-mary-potter-foundation](http://www.telethon.com.au/charity/the-mary-potter-foundation)**

## HOW TO *Get involved*

### WALK FOR LOVE (NORTH ADELAIDE)

Sunday 30th May 2021 from 8am  
Australian Lutheran College,  
cnr Jeffcott St & Ward St, North Adelaide

### WALK FOR LOVE (ELIZABETH VALE)

Sunday 23rd May 2021 at 10am  
Calvary Central Districts Hospital,  
25-37 Jarvis Rd, Elizabeth Vale

Registrations now open at [www.walkforlove.org.au](http://www.walkforlove.org.au)  
Please refer to enclosed booklet.



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### VOLUNTEERS NEEDED!

Do you have a few spare hours to help The Mary Potter Foundation? Right now we need volunteers to help sell tickets for the 2021 Telethon SA Home & Land Lottery.

If you would like to find out more, please call **Morgan** on **08 8239 0119** or email [morgan.pearse@marypotter.org.au](mailto:morgan.pearse@marypotter.org.au)

### THANK YOU

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

- Robin Hood Real Estate
- Nazareth Catholic Community
- Lisa Clark
- Imogen Dippy
- Charlotte Dippy
- AvantiCare
- Vili's Family Bakery
- Kalymnos Pastries
- ReGen Op Shop
- Lions Club of Adelaide Italian

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### 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.



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#### Business Hours:

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



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