

Virginia's letter from the heart



MARY POTTER
matters

~
EDITION 1, 2023

Dear Members and Supporters,

Ken and I were married for 53 years. Before he became ill we managed to enjoy seven years touring Australia in our caravan. I am forever grateful for that time and the memories we created.

When his illness reached a point where he needed palliative care, Ken's one and only choice was the Mary Potter Hospice.

It was tough. As a nurse I've cared for many people in my life but it hits you differently when it is palliative and it is one of your own.

From the minute we arrived and welcomed with open arms by all of the nursing staff, Ken felt at home – we all did. It was the special care received in the Hospice that truly made those final weeks so comfortable and memorable for all the right reasons.



Continued page 4

You delivered food and love



Thank you for the comfort, care and happiness you bring to patients and families in the Hospice when you deliver them food and love.

This colourful cake and grazing box you kindly gifted to a family, helped them to celebrate a special milestone birthday.

Thank you for providing a tasty pizza dinner for patients and families and fish and chips for their lunch. These moments bring a touch of normality at a very difficult time.

Helping to keep the kitchen stocked with simple snacks continues to go a long way to show families how much you care — thank you. It means when families are hungry and need a snack, they don't have to leave their loved one for more than a few moments.



When Fergus and his family needed you, you were there

Thank you for being there when Fergus said goodbye to his much-loved dad and best mate, Garry, at Mary Potter Hospice.

It was the little things Fergus remembers the most. The little things meant that they could make the most of their time together — and that's what was important to Fergus.

The nourishing meals provided to him meant he never had to leave his dad's side to find food for his growing teenage body. And the snacks available in the Family Kitchen around the clock meant that Fergus didn't have to leave his Dad's side for more than a few minutes.

The Pet Therapy Program also brought great joy to Fergus, his dad and their family.

Last year, Fergus did something incredible to say thank you for the care that you made possible.

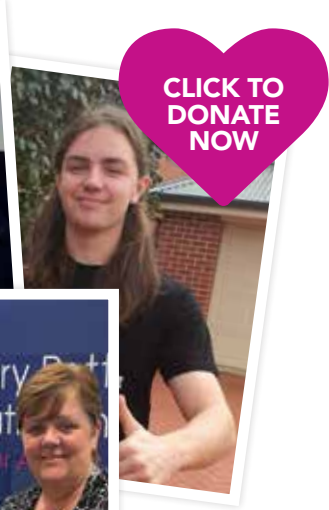
Fergus honoured his dad's life by pledging to cut his hair, which he had been growing for two years. He turned his haircut into an opportunity to raise more than \$10,000 for Mary Potter!

This is all happened because of you. This family received loving care exactly when they needed it. Whilst we couldn't change the outcome for Fergus and his family, you helped change his family's experience.

Fergus's beautiful long locks didn't go to waste either. He donated them to make wigs for people with alopecia. His dad would be so proud of him and his thoughtful nature.

Thank you 

for being there for Fergus and inspiring him to make a difference for patients and families who will turn to Mary Potter in the future.



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DONOR SPOTLIGHT

Lions Club of Richmond

The Lions Club of Richmond has supported patient care with practical and financial assistance for ten years. They have purchased wheelchairs, bluetooth speakers, stocked the drinks trolley, replaced equipment and at the end of last year, funded all the engagement activities in the Hospice.

This club raises funds through their charity shop in Camden Park — well worth the visit.

We are shining our spotlight on this wonderful group who transform what others no longer want into the funds needed to support patients and families to make the most of their precious time together.

 Thank you to Di, David and all the Lion volunteers who work hard to support palliative and end-of-life care in Mary Potter Hospice and in a patient's home.



Heart-warming stories from the frontline

Thanks to you, staff at Mary Potter Hospice are able to provide exceptional around-the-clock palliative care and support the needs of individual patients and their families, **exactly when it really matters**. Written in their own words, these heart-warming reflections shine a light on the immense impact your support has on our frontline.



*Dr Rabin
Bhandari*

Mary Potter Hospice

The Mary Potter Hospice ethos is something wonderful to behold. Never have I seen such generosity of spirit as I do from the staff, volunteers and you — our caring donor who backs us on the frontline 24 hours a day, seven days a week.

I assess patients when they arrive at the Hospice and determine the care and support they need, including working with Nurse Practitioners and Nurses to alleviate any discomfort and occasionally arranging for further investigations.

As a frontline worker at Mary Potter, I thank you for allowing me the time to not only treat illness but to tend to each patient as an individual and make their final days as comfortable and fulfilling as possible.



Jacqui

Nurse Educator,
Mary Potter
Hospice

You, our donor, are the real heroes on the Mary Potter frontline! Thank you for equipping me with the knowledge and time to implement new nursing techniques and best practice palliative care.

Every day I share my learnings with the nurses in my team and in the Calvary Palliative Home Care Service through teaching and practical application. Passing on valuable nursing skills makes a real difference to the level of comfort and care we provide to patients and their families.



David Mitchell

Social Worker,
Calvary Palliative
Home Care Service

Thank you for allowing me to celebrate everyone's life on the frontline at Mary Potter.

Recently I had the honour of sitting with the husband of one of our patients who spent her final days at the Mary Potter. It was a special time for this couple — who had just passed their 58th wedding anniversary — to spend precious time and celebrate their lives together.

They were so appreciative of your care and support of the Foundation. You helped make a celebration of their granddaughter's 21st birthday during their time at the Hospice possible.

Thank you for bringing individual care and compassion to our frontline.

Virginia's letter from the heart continued...

A mad Port Power supporter, the handmade quilt in Port colours gifted to Ken quickly became one of his most prized possessions. It was the most wonderful part of his arrival at Mary Potter. To whoever made this quilt — thank you. It brought so much joy to Ken and now it brings so much comfort to me.

The Port themed surprises didn't stop there. Ken couldn't believe his eyes when a knock came on his door and who was it but Dom Cassisi. No one will know how incredible that was for him — for all of us, just to see him so happy. I am so grateful to the people that made this possible and for the support you give the Foundation to create these special moments. Thank you.



When I reflect on every minute we spent at the Hospice, I give thanks for all of the wonderful nursing staff, the volunteers and the Foundation for making Ken's stay so comfortable and happy, and for supporting me through the journey too. Neither of us could have done that without you.



Ken chose Mary Potter Hospice not just because he knew he would receive exceptional care but because he knew I would too. I will be forever grateful to you for that loving support.



There is nothing I can do that will repay the Hospice for the care we received, so I pay it forward by donating to the Foundation to make sure others can say goodbye so beautifully and peacefully.

When you go to the Mary Potter Hospice they make you feel part of a family — you just don't get that anywhere else. And that is all thanks to you and the generous support you provide.

Thank you,

Virginia



Thank you for the care you bring and the love you share with patients and their families when it matters most.

CLICK TO
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A Christmas to remember

Last year we asked you to give patients and families a Christmas to remember, filled with special moments and unexpected care. I am so grateful to everyone who answered our call. Each family has now left our care, but your kindness at such an emotional time will stay with them, and us, well into the future. **Thank you.**




The lights on the Loving Tree have been switched off for another year, but before we remove the hearts and pack the decorations away, I would like to say **thank you.**

We were blessed to honour over 1,000 loved ones on the Loving Tree last year. **Thank you** to the 900 supporters who dedicated a light — it was an honour to remember your loved ones on our Loving Tree. The gold and silver hearts wrapped around the tree, each representing someone remembered with love at Christmas — what a magical sight.

Thank you to the 907 family, friends, staff, guests and performers who packed St Francis Xavier Cathedral to make the Carols Concert a wonderful evening and opportunity to remember loved ones. We are indebted to the Archbishop for opening the cathedral for this special event and to the Adelaide Symphony Orchestra and choirs for a delightful musical experience.

Looking to the year ahead, I can't help but wonder what opportunities will present and what will challenge us. The beauty of a new year is starting with a blank canvas. I would love you to help me fill the canvas with stories of loving care that transform the final moments that patients and families share together.

Thank you 
for everything you made possible in 2022. I hope we can continue this journey together in 2023.

Lorna Riddle
Executive Director

Join us for a heartfelt night of laughs

They say laughter has healing powers, so we have partnered with our friends at Rotary Adelaide to host a comedy night featuring Kehau Jackson and Peter Monaghan on **25 February 2023** at **Burnside Ballroom, Tusmore.**

Join us for a fun, social night filled with laughter, auctions, a wine wall and raffles. Funds raised will support the Life Stories program which is offered to all patients in the Hospice and in the home.

ROTARY ADELAIDE & MARY POTTER

COMEDY NIGHT



For event details and to purchase tickets, visit trybooking.com/981950 or contact **Jess** at Mary Potter on **08 8239 0119**. We hope to see you there!



HOW TO *Get involved*

CLICK TO
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HAVE YOU CONSIDERED HOSTING A FUNDRAISER FOR US?

You can turn almost anything you love doing into a fundraiser — hosting a dinner party, baking treats or taking on a personal challenge. If you would like to try fundraising for us, contact Jess on 08 8239 0119 or by email at jess.george@marypotter.org.au

ROTARY ADELAIDE & MARY POTTER COMEDY NIGHT

Saturday 25 February 2023 | Burnside Ballroom, Tasmore
6:30pm | \$65 per ticket or \$650 for a table of 10

See page 5 for details. To purchase tickets visit trybooking.com/981950 or contact Jess at Mary Potter on 08 8239 0119.



2023 WALK FOR LOVE *SAVE THE DATE*

North Adelaide — Sunday 28 May 2023
Elizabeth Vale — Date to be advised.

For updates please visit marypotter.org.au
(dates subject to the AFL schedule).

DO YOU LOVE TO BAKE?

We are seeking donations of baked goods to be sold at the Walk for Love cake stall. Please contact Melissa on 08 8239 0119 or melissa.cavallaro@marypotter.org.au for further information.

2023 MEMORIAL SERVICES

Memorial services in 2023 will be held in the Maternal Heart Chapel at the Calvary North Adelaide Hospital on:

Thursday 4 May, 1:30pm — A Ecumenical Memorial Service

Wednesday 1 November, 12pm — A Catholic Memorial Mass

Thursday 9 November, 1:30pm — A Ecumenical Memorial Service

For more information please call **Pastoral Care** on 08 8239 9285.

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



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