



Treasured memories of Mum



Ashlee honours her Mum's memory and raises awareness at Walk for Love

Belinda's arrival at Mary Potter was initially a hard reality to face for her daughter Ashlee. But from the fairy lights at the entry, fresh flowers at every turn and beautiful messages of love, hope and faith embedded into artwork along the halls, it wasn't long before they all felt the warmth of the Hospice.

"From the minute she arrived at Mary Potter, Mum felt safe, happy and in good hands," says Ashlee.


"She was treated with compassion, grace and dignity – everyone was gentle, kind and respectful."

Ashlee and her family treasure the moments shared and memories created at Mary Potter.

"On December 5, we celebrated an early Christmas with Mum in a lush, shaded garden at the back of the Hospice – it was intimate and private," says Ashlee.

"We knew Mum was in her final days, so to gather as a family one last time was emotional and touching.

Ashlee remembers, "This day is now one of my fondest memories and we are grateful that the Foundation made this possible".

 *Thanks to you,* our generous donors, Ashlee and her family left Mary Potter with a heart full of memories and arms full of mementoes that her Mum created while in the Hospice.

"It's obvious that Mary Potter ensures each person's end of life care is specialised and of the highest standard."

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"Mum enjoyed her Christmas lunch, watched her grandchildren unwrap presents and enjoyed being out in the fresh air one last time."
~



Treasured memories of Mum continued...



WALKING FOR LOVE AND FOR HER MUM

In 2022, Ashlee participated in her first Walk for Love alongside friends and family to honour her mum and raise funds to support the Hospice and Foundation.

This year Ashlee returns as Walk for Love Ambassador and calls on others to join the walk or donate.

“The Walk for Love is a great opportunity to honour your loved one, surround yourself with other people who have experienced the care, and give back to an organisation that is full of generosity,” says Ashlee.

Please join Ashlee as we walk for love in May. Register today at walkforlove.org.au

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~

DONOR SPOTLIGHT

Christine & Gina

Sisters Christine and Gina support Mary Potter because of the care that donors like you made possible for their beautiful mum Rosa.

“We choose to support the Foundation to ensure others can receive the same care and attention given to Mum and our family throughout the most difficult time – it was second to none,” says Gina.

“Mary Potter nurses and volunteers make every day matter in the most friendly and respectful ways.”

Every year since they said goodbye, the sisters have taken part in Walk for Love and also make regular gifts through the Heart for Hospice program to remember and honour their mum.

“We felt supported and Mum felt safe and dignified in a loving and comforting environment – this makes all the difference to end of life care and we want to help give other families this same experience,” says Gina.

If you are taking part in the 2023 Walk for Love or donating, thank you. Your support ensures that families just like Rosa’s will experience the same exceptional care.



Thank you

to Christine, Gina and all our supporters who make regular donations to support palliative and end of life care.

Heart-warming stories from the frontline

Written in their own words, these heart-warming reflections shine a light on the immense impact your support has on our frontline.



Kevin

Nurse Practitioner,
Mary Potter Hospice
and Calvary Home
Care Service

My focus is to ensure patients are as comfortable as possible and can make the most of every day.

I play only a small part. Often it's the special things, made possible by donors, that have the most profound impact.

Through your generosity, the Foundation facilitates precious moments that create memories families will treasure. I am constantly amazed by the effort the Foundation puts in to ensure experiences are meaningful and personalised.

Thank you. Be assured that the impact of your gift is immeasurable.



Michelle

Pastoral Care,
Fra Angelico
Creative Arts
Program

Your donations to Fra Angelico through the Foundation make a positive difference to patients and their loved ones.

I recently facilitated an art session for a patient. Though they were feeling flat when we begun the process, within half an hour the patient's countenance had transformed.

They shared how much they were enjoying the creative process. So much so they asked if they could do more art that day!

Thanks to you, the Foundation was able to provide art resources for this patient to relax, have fun and express themselves.



Tanika

Clinical Manager,
Cancer Centre
Calvary Central
Districts Hospital

When a patient attends their first treatment their emotions are high. Nursing staff do a wonderful job to put patients at ease and guide them through their treatment.

We are fortunate to have access to the RESTORE program which is funded by donors to the Foundation. We try to book a patient's first treatment when a RESTORE therapist is on duty.

This program provides a 20min bedside massage during treatment, which can ease swelling and prevent nausea – both common side effects of chemotherapy. Massage is a welcome distraction and something to look forward to which helps patients keep their second and subsequent appointments.

Thank you for caring for our patients by giving them access to this life-changing program.



Thanks to you, an avid adventurer relives her African travel memories one last time

Reflecting on her short but full life, a 41-year-old patient in the Mary Potter Northern Supportive Care Unit at Calvary Central Districts Hospital was taken back to days of travelling through Africa – experiences and memories she treasured.

With your help and with support from Pastoral Carer, Lina, the Foundation decorated the patient's room with items that reminded her of her adventurous life and everything she loved.

African themed balloons adorned the room while a nurse had heard about the surprise and brought in a painting of African

elephants from her personal collection.

An avid adventurer, the patient also loved skydiving so a parachute was added to the decorations.

For those that shared this special moment, it was clear to see just how grateful the patient was for the personal touches and unexpected surprise.

 Thank you

... for making it possible for this patient to travel back to Africa one last time.

Hospice Wishlist

We've been asked by the nurses to supply the Hospice with two small bunches of fresh, colourful flowers **every week**. They will brighten the common areas but when a patient passes, they will be placed in their room. This is one of the many aftercare rituals the nurses perform to pay their respects.


With less and less patients receiving flowers these days, the Hospice has added flowers to their Wishlist, so this long-held tradition can continue.

We have added weekly flowers to the list of support services

funded by our monthly donors. If you would like to make sure the Hospice always has flowers, please consider joining our Heart for Hospice monthly giving program (see form enclosed).

Or if you would like to contribute a one-off gift, please tick the **FLOWERS** box on the form enclosed, or go online to donate and write **FLOWERS** in the comments box or call us on **08 8239 0119**. On behalf of the nurses – thank you!



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

Planning for the future

The Foundation Board is currently going through a strategic planning exercise.

The Board is investigating what we can do to increase support to meet the growing needs of patients in our care today and into the future. I'm sure you stand with me in wanting the Foundation to be here in 50 years' time – serving patients and families who will need this specialised care.

I look forward to reporting back to you on this matter.

As mentioned in my letter, there are over 100 patients in care right now and this will continue to grow. We are truly blessed to have your support. Thank you for wrapping your arms

around our patients to ensure they can access the care they need in their final days.

Lorna Riddle
Executive Director



THE MARY POTTER FOUNDATION

Walk for Love

May 2023



You can be part of our 2023 Walk for Love

"It is a way to remember with love and give thanks for the care."

Join us in May to honour the life, courage and memories of someone you love and help us bring compassionate care and loving support to palliative patients and their families.

For detailed information on how you can get involved, please visit walkforlove.org.au or call us on 08 8239 0119.

Sunday 28 May 2023
Australian Lutheran College
3km or 7km Walk.
Start times: 8am, 9am, 10am or 11am.

Do Your Own Walk –
Choose your own date, time and location in May.

Walk for Me – Let one of our student volunteers walk in memory of someone you love.

All proceeds from our Walk for Love will provide loving care and support for palliative patients and their families.

REGISTRATIONS ARE NOW OPEN
go to walkforlove.org.au

HOW TO *Get involved*

CLICK TO
DONATE
NOW

2023 WALK FOR LOVE

Sunday 28 May 2023

For updates please visit marypotter.org.au or walkforlove.org.au

DO YOU LOVE TO BAKE?

We are seeking donations of baked goods to be sold at the 2023 Walk for Love cake stall. Please contact **Mel** on **08 8239 0119** or mcavallaro@marypotter.org.au for further information.

VOLUNTEERING AT WALK FOR LOVE

We would love your support with volunteering. Please contact **Mel** on **08 8239 0119** or mcavallaro@marpotter.org.au for more details.

THE MARY POTTER FOUNDATION ASSOCIATED AUXILIARY HIGH TEA

Sunday 30 April 2023 | The Lakes Resort
1.30pm arrival for 2pm start until 4pm | \$60pp

For enquires and tickets please contact **Merrilyn** on **0419 822 908** or twomey@adam.com.au or our office on **08 8239 0119**. For tickets visit trybooking.com/CGBNS or use the QR code.



SAVE THE DATE BARBARA'S HIGH TEA

2pm, Sunday 22 October 2023 | Arkaba Hotel | \$55 ticket

Hosted by Air Barb's Crew for the Mary Potter Hospice. Contact **Juliann** on **0407 394 334** or juliann.andriani@gmail.com for more details. To purchase tickets, visit stickytickets.com.au/IRGN9

2023 MEMORIAL SERVICES

Maternal Heart Chapel, Calvary North Adelaide Hospital

Thursday 4 May, 1:30pm – Ecumenical Memorial Service

Wednesday 1 November, 12pm – Catholic Memorial Mass

Thursday 9 November, 1:30pm – 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.



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Foundation Inc

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and Friday 9am to 4pm



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