

Bringing the love of Christmas to those in our care

Christmas is a time for love, family and friends and being together. It is a special time to celebrate our faith and enjoy food in the company of others.

But for some, their Christmas will be a challenge. We know there will be over 100 patients and their families, in the care of Mary Potter Hospice and the Home Care Service this Christmas and New Year.

In addition to all the programs and care we provide we also want to bring the love of Christmas to those in our care.

Early in December, festive decorations will be dusted off and set up in Mary Potter Hospice.

A favourite is the wooden Christmas trees with lights that are set up outside each patient's room. Through each window, these gorgeous trees will twinkle away gently all night. Each one bringing the spirit of the Loving Tree to patient rooms and everyone in our care.

The Nativity display will be carefully unpacked and set up in the Chapel. This scene is a beautiful reminder of the true meaning of Christmas. And it will bring peace and comfort to those seeking refuge in the Chapel.

A stocking will hang on the door of each patient's room and each night a special treat will be placed inside.

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Bringing the love of Christmas to those in our care continued...

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We hope our advent activity will bring a moment of distraction and unexpected joy. And will help patients and families feel the love that surrounds them at this precious time of year.

We will also help patients with their individual celebrations upon request. As well as visits from choirs and musicians. We plan to fill the corridors with nostalgic Christmas music and carols.

And finally, on Christmas Day, a roast turkey and pudding lunch will be provided for patients, families, and visitors. We will also reward the efforts of staff and volunteers with a roast lunch too. We are so grateful for their dedication. We know that many will miss their own family celebrations to bring care to others.

The Christmas spirit will be extended to patients in the Home Care Program and our Cancer Services too, who will receive a small gift.



To all who supported us at Christmas last year – thank you. Your generosity had such an impact on the Christmas experience for patients and families in our care. Your support was the best Christmas gift they received.

If you haven't supported our *Lighting of the Loving Tree* already, and you would like to send a message of love and spread a little Christmas cheer to those in our care this Christmas, we invite you to [donate online](#) today or return a gift using the form enclosed.

 *Thank you* for giving these families a Christmas to remember.



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.



Mel

Patient and Family
Support Coordinator

What strikes me the most during a visit from a pet therapy animal is the very subtle shift in energy in the Hospice.

Mary Potter is a place of warmth and calm but through our pet therapy program we add another layer of care. But it's not only our patients who benefit. Staff take a moment to say hello and visitors also spend time with the animals. My favourite of all though is observing visiting children and grandchildren. A goofy grin and a tail wag from a dog or a soothing cuddle from a cat brings immediate delight to a child in an unfamiliar environment.



Vicki

New to The Mary
Potter Foundation
– Community
and Partnerships
Manager

As someone who as personally witnessed the care provided, and supported the Foundation for the last 8 years, I thought I knew a lot about the work of Mary Potter. But since coming here to work, the impact of your donations is far more profound than I was aware of. I have been truly moved by the loving care your gifts make possible and the heartfelt generosity of those who support us.

In my role as Community & Partnerships Manager, I hope to say thank you to as many of our supporters as possible in the coming months – it's lucky I love coffee and talking!



Lynn

Life Stories
Program
Coordinator

It is a privilege to spend time with patients and their families as they reconnect with the memories, ideas, and experiences that have shaped who they are. To hear their stories and see the joy that comes with reminiscing is truly heart-warming. The whole process brings about so many emotions and a huge sense of satisfaction. Having their experiences captured to share with family and friends for years to come is so special.

A quote from a patient speaks volumes...
"I realise I had a more exciting life than I thought...It made me happy".
Thanks to you, we can run our life-affirming program.

Thank you for responding to the changing needs of Calvary SA

CLICK TO DONATE NOW

Together; we are now bringing the love of Mary Potter to more patients and residents through the following new initiatives:

CARING HEARTS GRIEF SUPPORT GROUP from February 2024



Thanks to your caring heart, this new grief support group will launch early next year. The format will include some structured content; however, the focus will be on coming together to hear and learn from the experiences of others. (see our Jan 2024 newsletter or our website for more information).

FRA ANGELICO ART AND LIFE STORIES IN THE HOME Part-time Co-ordinator



Extending these programs into the Home will give patients the opportunity to create mementoes and record their Life Stories long before they come to the Hospice. Leaving a legacy and items to be remembered by is important to many patients and treasured by their families.



PASTORAL CARE IN THE HOME Part-time Co-ordinator

When patients question their faith or have no connection to a church anymore, where can they turn? Offering a service to meet the spiritual needs of patients and their families is just as important in the Home Care Service as it is in Mary Potter Hospice. After a recent successful trial (to determine the need for this program), a part-time role has been created.

AGED CARE FACILITIES – ADDITIONAL SUPPORT FOR END-OF-LIFE RESIDENTS

All seven Calvary Aged Care facilities in SA now have your support for their palliative and end-of-life residents. Working alongside the nurse practitioner, we have been able to add a few special touches, such as quilts, privacy birds for their door and extra resources. The response from the aged care staff and the families impacted, has been overwhelming. They are comforted to know that you will be there to support their loved ones in their final days.



We look forward to reporting back on these new programs and services in due course.

If you would like to know more, please contact Lorna on 8239 0119 or 0404 757 219 or visit marypotter.org.au

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MESSAGE FROM OUR EXECUTIVE DIRECTOR LORNA RIDDLE



This year will be my 12th *Lighting of the Loving Tree* and I've loved each one.

It is one way the Foundation supports people after the loss of a loved one. If you would like to remember with love someone special in your life this Christmas or just make a donation to our Loving Tree, please go to marypotter.org.au for more information.

In our last newsletter I reported that we were starting a grief group in October. Unfortunately, I was unsuccessful in securing a grant to help fund a dedicated staff member, which has set us back a few months. But we are forging ahead, and our first meeting will be in February 2024. Please look out for your January Newsletter which will include all the details. For those who have already reached out – thank you for your patience; we will be in touch in the new year.

Thank you for your loving support and encouragement during 2023. I wish you a blessed Christmas and a Happy New Year.

Lorna Riddle
Executive Director

Light up the Hospice *with love* this Christmas

Each year in December we pause to remember our loved ones through the lighting of The Mary Potter Foundation's Loving Tree.

Dedicating a light on our Loving Tree is a symbolic tradition and one way to help make a difference in the lives of patients who will need our care over the holidays. The first lighting of the Loving Tree will take place on the night of our Christmas Carols Concert on Wednesday 6 December 2023 at 7.30pm. The concert is a ticketed event, exclusive for those who support our Loving Tree this Christmas.

**TO DEDICATE
A LIGHT OR MAKE
A DONATION THIS
CHRISTMAS**

Please visit our website marypotter.org.au – and click on the Loving Tree link on the home page or give us a call on 8239 0119.

HOW TO *Get involved*

AUXILIARY MEMBER DRIVE

The Auxiliary are looking for new members to help with their three annual fundraising events. Meetings are held monthly at Calvary North Adelaide Hospital.

If you would like to find out more about joining the Auxiliary, please call **Kathy Grieve** on **0438 396 062** or speak to **Mel** at the **Foundation Office** on **08 8239 0119**. Any time you can give, is a gift of love for patients and families.

OFFICE CLOSURE DATES

The Mary Potter Foundation office will be **closed from 5pm on Wednesday 20 December 2023** and will **reopen on Monday 8 January 2024**.

A huge thank you to everyone who has supported us this year and helped to provide comfort to the patients and families in our care. Wishing you all joy and peace this Christmas and in the New Year.



GIVE A GIFT THIS CHRISTMAS THAT LASTS ALL YEAR – BECOME A MEMBER OF OUR *HEART FOR HOSPICE* MONTHLY GIVING PROGRAM



Your small monthly gift will provide care for patients and their families when they need it most.

Monthly donations are at the heart of the nursing care and extra-special support we provide. To join, complete the *Heart for Hospice* section on the reply slip enclosed or use the QR code to [register online](#). Donations can be for any amount and can stop at any time.

CLICK TO
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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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and Friday 9am to 4pm



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