

MARY POTTER
matters

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EDITION 2, 2024

Making every day count

When patients and families come into our care – whether in the Hospice, Palliative Home Care Service, Calvary Central Districts, or our Aged Care Services, there is one thing at the front of our minds. How can we make their final days as special as possible?

Thanks to you, we can do so much to support them. This includes having a role, dedicated entirely to creating special and meaningful experiences every day, every hour.

Mel Cushen is in this role and represents you, our generous donor, every single day.

The support Mel provides looks different each day, which is what makes it so unique. Having Mel in this role adds a layer of personalised care that puts the patient at the centre of the care – unlike anything experienced before.

“I remember when a patient came straight to the Hospice from the Royal Adelaide Hospital without any of her clothes or personal belongings. I asked her what her favourite colour was and went straight to the pyjama cupboard and picked out a brand-new set for her to wear, much better than a hospital gown and better yet it was in her favourite colour too.”

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Thanks to you, we could provide this patient with comfort, warmth, and dignity in such a vulnerable moment.

Just like in many homes, the Hospice Family Kitchen helps our families feel loved and cared for. Thanks to you, Mel is able to stock the kitchen every single day with fresh cakes, pastries, sandwiches, beverages, and more.



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The Family Kitchen also plays an important role in being somewhere to have a bit of a break.

“Whilst the wife of a patient was having a conversation with the doctor, I took the children into the Family Kitchen and helped them make pot noodles to take back to the room. Their mother told me that the children don’t normally eat pot noodles – which made it an extra special treat.”

Thanks to you, the Family Kitchen continues to be the heart of the Hospice.

“A patient that was in the Palliative Home Care Service decided to relocate to the Hospice to spend their final days. Their birthday was coming up, and we organised lots of things to make the lead-up as special as possible. The thing that warmed my heart the most, was organising a Harpist to come into the Hospice last minute and play at the patient's bedside. To provide a peaceful moment in someone's final moments is so special.”

Mel also recalls the time staff at Calvary Trevu House in Gawler contacted her to see if she could find a musician to play traditional Irish music for an Irish-native resident to enjoy one last time. Time was of the essence, but Mel swiftly contacted the Irish Club of Adelaide who put her in contact with Irish Singer, Malachy O’Reilly. Malachy was preparing to fly overseas that week but made time to visit this resident and play for him. Malachy even asked where in Ireland this resident was from, so he could tailor the music to be as traditional and authentic as possible.

 *Your support ...*

... makes it possible for us to go the extra mile. Thank you for being at the heart of everything we do and for sharing in our mission to care for people at the end of their lives

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.



Dr Tony Michele

Medical Oncologist
– Cancer Care
(RESTORE)

“Adelaide Oncology and Haematology are delighted to continue our well-loved RESTORE program thanks to the generous donors and supporters of the Mary Potter Foundation.

RESTORE was conceived in 2008 as a way to give back some of what is lost with the diagnosis of a malignancy.

Our program has matured over the years and provides workshops for patients and their families, and hands on complementary therapies in our chemotherapy suites.

At our workshops we bring together experts from a variety of fields who share their knowledge and provide a wholistic view of care and support.

We look forward to continuing our wonderful relationship with the Mary Potter Foundation and aim to reach as many of our patients as possible.”



Kristen Handy

Senior Patient
Services Officer

“Our experienced Calvary Palliative Home Care team provides individualised care and support to patients helping them to make the most out of every day whilst they are living in the comfort of their own home.

Whilst I don’t meet the families face-to-face, it is always a delight to receive phone calls and letters of thanks from our families. Many express their sincere appreciation and gratitude for the lovely surprises that the Foundation provide to ensure that every milestone and celebration is made special for the families in our care.

We are forever grateful to you, the donors who give unconditionally with such generous hearts which bring moments of joy and happiness to our families. Thank you!”

Ee Wen Gan

Clinical
Nurse
in the
Hospice



“I feel privileged and honoured to be a part of a family’s journey in MPH. Through the donor’s contribution, we can provide the best care.

From the small things like the food & drinks in the Family Kitchen to large things, like the parties & dinners. The faces lighting up when they walk into the beautifully renovated rooms means a lot to the nurses. We couldn’t make this such a special place without these contributions.”



Walk for Love registrations are now open

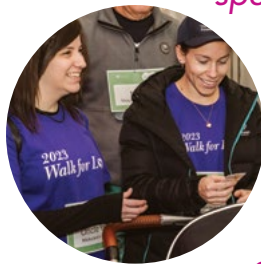
Together let's honour the lives, courage, and memories of our loved ones

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.

Whether you are remembering a loved one, giving back for the care a loved one received, or simply want to support the work of the Foundation – everyone can be part of Walk for Love.

This year we have several inspiring Ambassadors on board. Our Ambassadors and their families all have a personal connection to the Foundation and have chosen to honour their loved one through Walk for Love.

“We were totally overwhelmed with the support we got from family and friends on the day walking alongside us but also with the many others that so willingly chose to sponsor us as well. Walking is not going to give us time with Dad back again but we felt so honoured that we could honour his memory in such a very special way. Dad didn't get to spend long at the Mary Potter Hospice but the short time there his care was number one and the support given to Mum, myself and my sister and our families was nothing short of very caring.”



Michalle and Alyshia | 2024 Walk for Love Ambassadors

ATTEND IN PERSON

Sunday 26 May 2024
8am, 9am, 10am or 11am
Carclew | 11 Jeffcott St, North Adelaide

DO YOUR OWN

Choose a time and location to suit you, sometime in May 2024

WALK FOR ME

A student from St Peter's College will Walk on your behalf

To register, donate and find out more, please visit walkforlove.org.au or scan the QR code. If you have any questions or are unable to register online, please call us on 08 8239 0119.



The 2024 Walk for Love is proudly sponsored by



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MESSAGE FROM OUR EXECUTIVE DIRECTOR LORNA RIDDLE



We have two special events coming up in May.

Our 37th Walk for Love is now open for registrations. Please see **page 4** for more information. If you are unable to join us, but you would like to make a donation to the Walk, **please use the form enclosed**. Every dollar makes a difference to the care we can provide.

The other event is a Comedy Night, which is a collaboration with the Rotary Club of Adelaide.

We've included a link to purchase tickets on the back page of this newsletter and on the flyer enclosed.

They say laughter in the best medicine. It's true – especially for our staff who give so much of themselves to each patient and family. If you have experienced the care, you will know what I mean.

This year we've purchased two tables at the Comedy Night so that staff and volunteers can come along

at no cost – to have some time-out and enjoy some food and a laugh or two together.

I'm sure you will agree that this investment in their mental health is the best medicine we could provide. My heartfelt thanks to you for making this possible.

Lorna Riddle
Executive Director

Healing After Loss Booklet

Calvary has created a useful online booklet called 'Healing After Loss' which is distributed to family members seeking grief support and counselling.

As part of our commitment to the Grief Group, we have printed the booklet, to make it more accessible and easier to read.

If you or someone you know may benefit from this booklet, we would love to send you a copy – at no cost. Please order a copy by sending an email to reception@marypotter.org.au or call us on 08 8239 0119.


DONOR SPOTLIGHT

Thank you Pro Health Care Foundation for giving back

When a staff member at Pro Health Care lost a much-loved family member in the Hospice in 2014, their Foundation decided to give back. Later that year they organised a corporate golf day, with proceeds going to Mary Potter Hospice.

The day was so successful, that they made the Pro Health Care Foundation Golf Day into an annual event. Over the last 10 years they have generously donated \$49,100 for the care of patients and families.



 **We are so grateful** to everyone at Pro Health Care for their commitment to health in our community and for recognising the importance of caring for those at the end of their life too.

HOW TO *Get involved*

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COMEDY NIGHT

Saturday 11 May 2024 | 6:30pm | Burnside Ballroom | Tickets \$60

Food and drinks available on the night | See poster enclosed

For more details: adelaiderotary.com.au or call us on 08 8239 0119.

WALK FOR LOVE CAKE STALL

Do you love to bake? We are seeking donations of baked goods to be sold at the Walk for Love cake stall. For more details contact Mel on 08 8239 0119 or mcavallaro@marypotter.org.au.

CARING HEARTS GRIEF SUPPORT GROUP

Open to any immediate family member who has lost a loved one at Calvary SA.

Meetings are held monthly at Calvary North Adelaide Hospital
2nd Tuesday of each month | 10am – 12 noon |

The next meeting will be on April 9 2024.

For more details including upcoming dates, please visit:

marypotter.org.au/caring-hearts

THE MARY POTTER FOUNDATION AND ASSOCIATED AUXILIARY MOVIE AFTERNOON

'The Way, My Way' | Sunday 2 June 2024 | Doors open 2.45pm

The Regal Theatre, Kensington Park | \$25pp

Bookings at trybooking.com/CQMMH

For enquiries, please call our office on 08 8239 0119.

SAVE THE DATE | BARBARA'S HIGH TEA

Sunday 28 July 2024 | The Lakes Hotel | Tickets \$65

To register your interest, contact Juliann on 0407 394 334

or juliann.andriani@gmail.com. Alternatively, contact the

Foundation on 08 8239 0119.

CLICK TO
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NOW

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

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Business Hours:

Monday-Thursday

9am to 5pm,

and Friday 9am to 4pm



ORGANISATIONAL
MEMBER
CODE COMPLIANT

A member of the Professional Body
for Australian Fundraising



A registered charity with the
Australian Charities and
Not-for-profits Commission (ACNC)