



MARY POTTER  
*matters*

EDITION 4, 2024



# Thank you for making everything better

Nobody knows better than our Hospice nurses what you do for patients and families. They witness first-hand the moments of cheer and treasured memories you make possible. And at Christmas, what you do means even more.

Our nurses are the heart of the Hospice, and we thank nurse Christine for sharing what she loves about the unexpected care you make possible.



“Looking after our Hospice patients, I’ve realized there is almost nothing that The Mary Potter Foundation and their generous donors will say ‘No’ to.

Seeing families being able to celebrate special occasions in the Hospice is such a privilege. We have had weddings, anniversaries, Christmas dinners – all made possible by the Foundation’s donors.

Any time near Christmas is tough. It’s very hard to have someone you love in the Hospice. It means everything that the Foundation’s donors bring some special moments of joy to a patient and their family.

These often small things are priceless.

*Continued over the page*



I've seen how meaningful and individual gifts have been bought for patients to give to their loved ones when they are unable to do this themselves.

I've watched the Bubble Man come along to amuse a patient's children, with lots of laughter and bubbles blowing all around the patient's room.

I've been there for movie nights and birthdays with pizzas, cakes and balloons. We've had a patient's much-loved V8 Holden drive down to his room; a patient's horse that's come to visit her; and a high tea shared between a patient and the granddaughter she taught to bake. I've watched newborn babies come in for a first and last photo with a dying patient.

I love working here and contributing in a small way to the Hospice environment.

My favourite thing to witness is when patients first arrive in the Hospice. They often expect a sad, dark environment, and to then see their expressions change as they are welcomed with open arms and warm smiles – it's wonderful to watch. We show them around the Hospice and the family kitchen. The therapists offer massages and facials, and we offer foods they can manage or might wish to try. And these are all provided by the Foundation's donors.

Donors also provide beautiful fresh flowers to brighten every patient's room. It really lifts the patient and their family's spirits.



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The wonderful Welcome packs – and new pyjamas we often bring in – are such a surprise. It means a lot, particularly when our patient has been in hospital for some time, or it's been an emergency admission.

So much of the above is because of what the incredible Mary Potter Foundation donors do. They make everything better.”



*You do make everything better. Thank you for blessing patients and their families with your support and kindness over Christmas. Those 'often small things' offered to patients, bring them comfort – and priceless memories for their families. We are so grateful to you for the impact you make.*



**All donations made through this newsletter will support patient care over Christmas and the New Year. If you haven't supported us recently, and you would like to spread a little Christmas cheer to those in our care, you are invited to get involved, by donating online today or by returning 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 heartwarming reflections shine a light on the impact you make at Christmas for patients and their families.



*Mel*

Fundraising &  
Events Coordinator

‘Thanks to our generous donors, we can create treasured memories for families – especially at Christmas.

Amidst the heartbreak of losing a loved one during the festive season, the kindness and generosity of our donors continually leaves me in awe. Because of you, we’re able to host a traditional roast lunch on Christmas Day for our patients, allowing families to share moments that they would have cherished if they were home.

It’s an honour to organise events like our Loving Tree Concert, which show families just how deeply supported they are, something I will always cherish.’



*Sigourney*

Counselling  
Manager, Mary  
Potter Hospice

‘Thank you for helping us to make Christmas in the Hospice a meaningful time. You help bring light, love and nurturing to patients and families when it matters most.

I am blown away by the special care that goes into selecting decorations that bring a little extra joy to those coming through the Hospice doors at this time of year. From the delightful gifts left on patient doors, to the smell of spicy mince pies coming from the Family Kitchen – all these incredible touches add to finding some Christmas sparkle at a difficult time.’



*Jerry*

Mary Potter Hospice Nurse

‘To be able to offer patients their favourite drink or food, a bottle of bubbles among friends, all the way to the family gatherings where time can be spent together, making memories and providing a sense of normality – it is priceless.

Our goal of creating a warm and homely environment for patients and loved ones could not be achieved without the support of the Foundation.’

## DONOR SPOTLIGHT

You, our wonderful donors, generously fund our dedicated Fra Angelico Artist and Pastoral Care Coordinator who sees palliative patients at home. Extending these programs into the Home Care Service has meant that patients' spiritual and emotional needs can be met, while also giving them the chance to enjoy art for relaxation or create some treasured legacy art.

As the need for the Home Care Service increases, our Fra Angelico artist and Pastoral Care workers need to be on the road much more. That's why we were overjoyed to accept delivery of a Toyota Corolla hybrid car, for the use of Fra Angelico and Pastoral Care.

This is the result of a generous collaboration between the CMV Group Foundation, The Mary Potter Foundation Associated Auxiliary, and Pro Health Care Foundation.

What a great outcome when organisations band together to make such a difference to palliative patients. Huge thanks to these three amazing groups for making this happen!



## Thank you for supporting palliative and end-of-life residents in Calvary Aged Care

Bringing the love of Mary Potter into Calvary Aged Care facilities, has had your loving support for the past 18 months.

Recently, we were asked to create a meaningful Comfort Trolley for end-of-life residents and their families. When a resident becomes palliative, the nurse wheels this special trolley into the resident's bedroom – complete with items that the family might be able to use as they sit with their dying loved one. It might include a Bluetooth speaker to play music, fairy lights or LED candles to give the room a soft glow, plus tea, coffee, wine, bubbles and snacks.



Nina, from  
Calvary Aged  
Care, with a  
Comfort Trolley

 **Thank you ...**

... for nurturing families faced with losing their loved one in aged care.



We hope you have a blessed Christmas – and thank you for your loving support in 2024

As the year ends, the Foundation team wish you a loving, peaceful Christmas, while thinking of everyone who has had to say goodbye to their loved one this year. Please know you are in our hearts.

### Christmas closure dates

The Mary Potter Foundation office will close from 4pm on Friday 20 December 2024. It will re-open on Monday 6 January 2025.

## MESSAGE FROM OUR EXECUTIVE DIRECTOR LORNA RIDDLE

Is it me, or has 2024  
flown by?

The Lighting of the Loving Tree is our last event for the year and a favourite of mine. I'm able to remember the special people in my life who are never far from my thoughts. Dedicating a light on the Loving Tree is a beautiful way for me to honour their memories and to help support patient care over Christmas.

If you would like to remember someone special and give a family in our care a Christmas to remember, please see below.

When I reflect on the past 12 months, your support and encouragement has given me and my team so much to be grateful for.

As nurse Christine stated in our main story, we never say no, thanks to you. Each patient is a person who deserves the best care we



can provide. Thank you for being behind the care for each patient and family over the last 12 months.

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 at 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 4 December 2024 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](https://marypotter.org.au) and click on the Loving Tree link on the home page or give us a call on **08 8239 0119**.

## HOW TO *Get involved*

### CARING HEARTS GRIEF SUPPORT GROUP

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

Next meetings will be on 12 November and 10 December 2024

Open to any immediate family member who has lost a loved one at Calvary SA. For more details, including upcoming dates in 2025, please visit [marypotter.org.au/caring-hearts](https://marypotter.org.au/caring-hearts)

To RSVP, please email your name and phone number to [reception@marypotter.org.au](mailto:reception@marypotter.org.au) or call us on 08 8239 0119.

There are no meetings in January 2025.  
Meetings will resume on 11 February 2025.

### LOVING TREE CHRISTMAS CAROLS CONCERT

Wednesday 4 December | 7:30pm  
St Francis Xavier Cathedral

Ticketed event. Please see [Page 5](#)  
for more information



### 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  
DONATE  
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



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A registered charity with the  
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