

Toowoomba Hospice Association Inc

NEWSLETTER

DECEMBER 2018 – JANUARY 2019

57B O'Quinn Street Toowoomba

PO Box 6463 Clifford Gardens Qld 4350

Ph: 07 46598500 Fax: 07 46598511

www.toowoombahospice.org.au

info@toowoombahospice.org.au



TOOWOOMBA HOSPICE
ASSOCIATION INC

On behalf of the entire team at Toowoomba Hospice

MERRY CHRISTMAS

and sincere best wishes for the New Year

57B O'Quinn St, Harristown. Phone 4659 8500



Season's Greetings

Graham Barron OAM
Chairman

Another year has flown by and it is once again time to look back and reflect on the past 12 months and at the same time prepare for the Festive Season. Firstly I would like to welcome Eugenie Corbett to the position of Director of Nursing. She has been a Hospice employee for over 10 years – most recently as our Clinical Nurse. On behalf of the Management Committee, I wish Eugenie all the best as we enter into the next chapter of the Toowoomba Hospice. I would like to thank Allison Leech for her contribution over the past three and a half years. I wish Allison, Murray and their family all the very best for the future in their move north to Emu Creek.

On Sunday 25th November we celebrated the start of the Season at the Toowoomba Hospice when we held our annual Christmas Carols evening. Our good friends from the Toowoomba Municipal Band and High Altitude Harmony once again led us in the carol singing. Sincere thanks to both groups for their involvement and also to Pat and Chris Dwan for providing the transport that brought Santa to visit. Sincere thanks as well to our valued friends who provided food, drink and stalls for the evening.

This event continues to be popular with many families, friends and supporters joining in the singing of traditional carols. A great evening was had by all and I thank Mark Munro, Sharene Gosley and the team of staff and volunteers who helped make this evening a success. I am sure all who were in attendance would agree with me that we left the Hospice Christmas Carols with a great feeling and enthusiasm for the Festive Season.

It is always very pleasing to receive many positive accolades for the Toowoomba Hospice and we value the new friends we have made throughout 2018. I am very proud to be Chairman of a very professional health care facility with the support of a great team. The 2018 year has been very rewarding as we continued on our journey of providing professional and loving care to clients and their families.

On behalf of the Management Committee, I wish to acknowledge Allison, Mark, Eugenie, Sharene, Jodie, Sue, our nursing staff, volunteers, supporters and our many friends for their dedication and support throughout 2018; it has been greatly appreciated.

Thanks to everyone for their support throughout 2018 and I look forward to your ongoing support and friendship in 2019.

In conclusion, I hope you can spend quality time with your family over the festive season. This time of the year is very special and Marlene and I are looking forward to enjoying our Christmas with our grandsons, Hayden and Will, and our family.

Until next year!

Graham

Marlene, Hayden, Graham, Will and David Barron celebrating the Festive Season at this year's Hospice Christmas Carols along with Santa. Christina took the photo.





Mark Munro Administration and Fundraising Manager

Welcome to the Festive Season. We kicked it off with our 16th annual Hospice Carols on Sunday 25th November with over 250 people attending - Thank you to those who helped in making it a wonderful 2 hours of Fa, la, la, la, la, la, la, la, la!

I love this time of year, as it brings many families together who may not have seen each other for some time and allows them to enjoy each other's company. However, this is also the time of year which can be very hard for families who have lost a loved one; we at the Hospice fully understand what that is like and if you need to talk to someone please touch base with our Pastoral Care Team and ask for Sue 07 4659 8500.

In 2019 we will be celebrating 16 years of 'Partnership with the Community'. Yes that's right, the Hospice has been open, providing safe, professional palliative care with boundless love and dedicated care for 16 years come the 1st of July 2019.

I have often been asked why I sign off on most of my letters with 'In partnership with the Community'. This is because the Toowoomba Hospice is based on partnerships to help operating. Long before I started (14th April 2003) the community raised the entire amount required to build the Hospice. This was done by partnering up with members, businesses, clubs, groups and organisations within our community. I am delighted to say this continues today; and I thank you sincerely for believing in the Toowoomba Hospice...without our partnerships we would not be able to fulfil our Mission Statement - *'To provide care in partnership with the community for those with a terminal illness'* - and as our Chairman always says, "We can't do it without your continued support".

Finally, I would like to wish you all a memorable and safe festive season and a happy 2019.

Yours in Partnership with the Community.

Mark



Photos: Power Tynan & Cambooya Ladies Bowls Club have also Adopted a Room - Thank you! PS: We still have some rooms that need 'Adopting'; wouldn't that be a lovely Christmas gift for the Hospice!



I recently attended a garage sale in Warwick run by the Groovy Grannies for the Toowoomba Hospice and came back with \$1,650.00. They have now raised enough money over the last 12 months to Adopt a Room (\$4,000) for another year. Well done ladies...We are delighted to have you as part of our Hospice family!



Eugenie Corbett

Director of Nursing

Dear Newsletter readers,

I am most grateful to be employed at the Toowoomba Hospice. It is a privilege to work in such a sacred place, held in prayer. We are so blessed to have a Hospice in Toowoomba, so well supported by the whole community. Every moment shared by our team, with our clients, is a gift.

As the end of the year approaches, I reflect on all that has happened at the Hospice and would like to thank everyone who has been a thread in the story. We are sad to say farewell to Allison Leech who has been our Director of Nursing since April 2015. We sincerely wish her and her family all the best for their future. We have had a few changes in the clinical area and welcome all the new staff and volunteers who have joined our team. We are currently in the process of appointing a new clinical nurse, a vital and supportive role to all the Registered Nurses and the Director of Nursing.

I would like to take this opportunity to thank everyone who contributed to the preparation for the ACHS review which took place on the 9th of October. I would also like to thank the members of the Medical Advisory Committee and all our accredited doctors who support the Hospice and care for our clients.

I am reminded of the symbolism of candles and would like to reflect with a poem by Howard Thurman, 'I will light candles this Christmas'.

"I will light candles this Christmas,
candles of joy, despite all sadness,
candles of hope where despair keeps watch,
candles of courage for fears ever present,
candles of peace for tempest-tossed days,
candles of grace to ease heavy burdens,
candles of love to inspire all my living,
candles that will burn all the year-long."



Eugenie



Pastoral Care

Coordinator

Sue Thönnell

In our last Newsletter there was mention and photos of the 'Sr. Frances Retreat' area in our garden that was officially opened by Bishop Bill Morris at our Founder's Day Celebration in September. I am pleased to report that this space is being well used and appreciated by clients and their family members as a secluded place where they can sit quietly without being disturbed.

Christmas is a time that is filled with the highs and lows of emotional and spiritual expectations, customs, and traditions. It reinforces the importance of creating a space and a place for self.

In wishing you all a Blessed Christmas and Peaceful New Year 2019 I hope that you find a few minutes for yourself to sit and observe rather than participate. To honour your gifts, skills and uniqueness. You are special!

Sue

Sharene Gosley Volunteer Coordinator



Wow, it's hard to believe we are just a few weeks away from Christmas.

What a busy year it's been and still continues to be. We have a few functions still to go to finish off the year, starting with National Volunteers Day on 5th of December, our Staff and Volunteers Christmas Party on 8th of December, Shopping centre promotions on the 18th & 20th of December at the Ridge and Kmart Plaza shopping centres and from 1st-24th of December the Christmas wonderland will be in full swing up in the Botanical Gardens. If you would like to know more details on any of these events, please give the Hospice a call.

Thank you to all the lovely volunteers who helped out with our recent Carols Night, whether that was help with setting up, putting up Christmas Lights (shout out to Dave S and Brian L), making and baking items for our craft stall, pricing items & wrapping goodies (woo hoo Ann, Cheryl M & Margaret G) and those that served on the stall on the night not to mention our fabulous raffle ticket sellers...Huge thanks to you all.

Welcome to our newest recruits Beth S and Adam who have recently started in the kitchen, Lesley who has begun training at the Nurses station and Sue who has commenced training at front reception. We know you will enjoy being a part of our Hospice community.

Thank you to everyone who enquired as to how my recent holiday was, in short.....it was fabulous!

I did a little of this....



A whole lot of this....



Some of this....



And not enough of this....



And way too much of this....



Lastly, thank you for your loyal support and friendship over the year, it is wonderful working with you all and I wish you all a wonderful Christmas, stay safe, and I look forward to seeing you all in 2019

Sharene

*Don't forget to purchase tickets in our Christmas raffle, there are some great hampers to be won. Tickets are \$1 each or 6 for \$5.00 and are available from reception.



Celebrating Birthdays in...

December: Muriel, Jodie S, Lyn, Cathey, John D, Gabrielle, Joe, Ray, Jill, Sue T, Judy S

January: Les, Pam, Desley, Mark M (who ??), Joyce, Dave C, Bev H, Brian W, Jan J

Happy Birthday to you all!

2019

Upcoming Events not to be missed

Come and join us!

December 1st - 24th Toowoomba's Christmas Wonderland

2019

April Hang Ya Boss Out To Dry

May 8th Mother's Day High Tea - Gips

May 31st International Palliative Care Week Breakfast

June Trivia Night - Toowoomba City Bowls Club

July Birthday Fundraiser

2019 Municipal Band and Hospice Yearly Concert @ USQ Arts Theatre

Until 30th June '15 for 15' <http://www.givenow.com.au/hospice-15for15>

September Annual Race Day Clifford Park Racecourse

October 27th Jazz Breakfast DownsSteam Railway

November 5th Melbourne Cup Lunch Café Valetta

November 24th Hospice Carols

All Year - Adopt A Room

All Year - Hospice Giving Program



Did you know...Organising a fundraising event can be great fun and very rewarding? Whether you organise an event through your company, colleagues, friends, the community, school or club you can help raise funds for the Toowoomba Hospice and have fun at the same time.



In the past, the community has organised a number of events on our behalf. These include the Free Dress Days, Trash Ya Hair Hospice Care Days, Golf Days, High Teas, Raffles/Goose Clubs, Show N Shine - just to name a few.

For more information on the above please email us on events@toowoombahospice.org.au or call 07 4659 8500; we would be delighted to have you help us in...

'Putting the FUN back into FUNdraising!'

Spotlight on Staff, Donors and Volunteers



To many of you I am not a new face to the Toowoomba Hospice as I have been a staff member for many years now. To those who do not know me well, I will give you a brief story of my journey. I qualified as a Registered Nurse and Midwife in 1993, just before Mandela was appointed president in South Africa. It was an exciting time for all of us. The following year I married a wonderful supportive husband and we have had the privilege of raising two extraordinary young adults (now 20 and 17 years of age). Also, part of our family are all the pets I seem to adopt. As we reflected on the future of our family at that time, we decided to relocate to Australia arriving in Toowoomba in 2006, never looking back.

I have extensive experience in nursing in various areas in academic and acute private hospitals including, but not limited to; orthopaedics, oncology, neonatal ICU, community nursing, midwifery, and palliative care. In addition, I have qualifications in pastoral care, which has assisted me in connecting spiritually with the living and the dying. I have also been actively involved in the local community in various volunteer roles. I have endured many losses over my 'young' lifetime, which has not only given me an appreciation of the grief journey but strengthened me spiritually.

I welcome the challenges of this new role and acknowledge that I cannot do it without the support of the management committee, staff members and wonderful volunteers.



Spotlight on Donors...



Anthony from Viden recently donated money to the Hospice from their Client's Race Day - Thank you!

Mark and Lee (Triple M) at the Toowoomba's Christmas Wonderland giving it the THUMBS UP!



P Page

Pictures, Profiles and Promotions



Here are a few snaps from our recent Jazz Breakfast, 50th & 70th Birthdays & Allison's Farewell

