

# TOOWOOMBA HOSPICE NEWS

*JUNE – JULY 2019*

**Happy 16th Birthday**  
**Toowoomba Hospice!**



July 1st 2019 will be the Hospice's 16th Birthday and we want to **'Roll Out The Carpet'**.

We have cared for over 1,400 terminally ill clients in 16 years in a beautiful home-like environment, and to maintain this, we are continually upgrading our furniture, fittings and fixtures.

In the 2019/2020 financial year, we would like to upgrade our carpet throughout the entire Hospice, and it will cost just over \$30,000 to do this.

If you would like to donate towards our **'Birthday Gift'** please do so at [www.givenow.com.au/hospice-16th-birthday](http://www.givenow.com.au/hospice-16th-birthday) - All donations over \$2.00 are Tax Deductible.

So join us in celebrating the Hospice's 16th Birthday and **'Roll Out The Carpet'**!

**Rotary Club Toowoomba East have kicked off the 'Roll Out The Carpet' Birthday Fundraiser with a great donation of \$7,500! Thank you so much!**



# IN APPRECIATION

**Graham Barron OAM**  
**Chairman**

The month of May was very busy and productive with many events happening. Firstly, we held our Mother's Day High Tea where we celebrated with a great group of Mums. While I have not had my Mum for many years, it was great to celebrate with other Mums. I acknowledge the importance of family and I am sure everyone would agree that we are all proud to be part of the Toowoomba Hospice family. I know I would not have been able to achieve my goals in life without the support of my wife and family, and as my family increases, that support is becoming stronger.

We celebrated National Palliative Care week with a breakfast at Gip's Restaurant at which Dr David Van Gend was the guest speaker. Everyone in attendance enjoyed a very informative talk and a very tasty breakfast. On behalf of the entire team at the Toowoomba Hospice, I thank Dr Van Gend for his attendance and his ongoing support.

In my role as Chairman of the Toowoomba Hospice I carry out many pleasant duties, from daily governance through to attending many functions representing the Hospice. One recent function I attended was a BBQ lunch for National Volunteer Week where I had the honour of presenting certificates of service to our volunteers. We at the Hospice are so fortunate to have a great and dedicated team of volunteers. Every one of our volunteers greatly assists our staff with the delivery of specialised palliative care. They each bring special qualities; combine them and we achieve a great result, i.e. the successful functioning of our facility. On behalf of the Management Committee, I sincerely thank our Volunteer Coordinator, Sharene Gosley, and her team for their efforts which are very much appreciated.

Until next time.

*Regards Graham*

Marlene and Christina celebrated Mother's Day with a Barron family gathering.

Thank you to all our Mothers for what you do for your children!



Photo by Annielyn Images





## **Mark Munro**

### **Administration and Fundraising Manager**

Hello and welcome to Hospice News. The ability of the Toowoomba Hospice to meet the challenges of providing quality palliative and respite care for the community each year depends very much on the generosity of people like yourselves and for this we are extremely grateful.

Did you know you can organise an event through your workplace, with work colleagues, friends, family, the general community, a school or club?

In the past, the community has organised a number of events on our behalf. These have included Golf Days, Sausage Sizzles, Garage Sales, Dances, Morning/Afternoon Teas, Raffles, Free Dress Days, Trash Ya Hair for Hospice Care, and Car Show N Shines, to name just a few.

Organising a FUNdraising event can be great FUN and very rewarding especially knowing the money you have just raised goes to a wonderful and much needed local charity which provides safe and professional care based on mutual respect, trust and individual needs to the terminally ill.

If you are interested in supporting the Hospice, please call administration during business hours on 07 4659 8500 or email us on [events@toowoombahospice.org.au](mailto:events@toowoombahospice.org.au).

Thank you for helping us put to the FUN back into FUNdraising...

*Mark*



Sharene Gosley and Ray Pern received a cheque from Joy Mingay, chair of Queensland Community Foundation, Toowoomba Regional Community Fund, who have contributed \$5,000 towards our Birthday Fundraiser 'Roll Out The Carpet' - *Thank you QCF for your Grant - we truly appreciate it!*



## Eugenie Corbett Director of Nursing

To quote Ernest Agyemang Yeboah: "Time is the pivot of life activities. When you miss a second, you miss a time in your lifetime! Time is undoubtedly the greatest asset one can ever acquire. The ultimate and real time is in the mind. Time is thought and thought is time. To mind your time, mind your thought! To mind your life, mind your time!"

"The most beautiful moments always seem to accelerate and slip beyond one's grasp, just when you want to hold onto them for as long as possible." - E.A. Buchianeri.

The concept of time is almost always on top of the minds of our clients and their loved ones. Time resides deep within their hearts, eliciting difficult questions: How much time is left? How will loved ones spend this time together? When is it time for hospice care? When do we contact family to book flights; should we call them to come? Those precious last moments are so important. Throughout the trajectory of their illness, palliative care teams encourage discussion with clients and their families to determine and support "what matters most" to them.

The last week in May was dedicated to National Palliative Care Week, a "vital initiative dedicated to raising awareness about palliative care within the Australian community. This year's theme, 'What Matters Most', encouraged all Australians to start a conversation with their loved ones and health professionals about their end of life care (EOLC) plans." - quoted by the CEO Adjunct Professor Kylie Ward FACN of CAN (Australian College of Nursing).

The ACN End of Life Care Policy Chapter —Chaired by Professor Patsy Yates FACN — launched a White Paper which called on governments to ensure patients have greater access to quality palliative care services. The Policy Chapter has many goals for 2019 including producing a toolkit to guide the implementation of a nurse-led model for EOLC and submitting a Government funding proposal for voluntary assisted dying education for nurses.

During National Palliative Care week, the Toowoomba Hospice had many opportunities for networking and education. We hosted an annual Palliative Care Breakfast held at Gip's Restaurant. Our Guest speaker, Dr David Van Gend spoke on the theme: "What Matters Most". David's presentation was very thought provoking and inspiring as he spoke on providing what matters most and the challenges health professionals face in the current climate of change, including assisted dying, and that we should all be informed and prepared for the changes, to ensure we do not compromise our care or values.

To paraphrase ACN, each of us at some point in time, in our personal lives, will experience facing the decisions that surround a dignified end of life for ourselves and/or our loved ones. I am no exclusion to this. The work we do is so important as every person deserves to die where and how they choose, and loved ones should have special memories of this time. Every nurse has a role to advocate for patients where they are unable to advocate for themselves. The hospice encourages and supports our clinical staff to get the best training and tools to confidently fulfil their roles.

By advocating for our patients, we provide clients and their loved ones with opportunities to make informed decisions to support what matters most. They are therefore able to live the last days with dignity, comfort, love, compassion and meaning, in an environment that facilitates spiritual and emotional healing and at times, forgiveness where possible. Our clients and their families are therefore the authors of the time they have left.

*Eugenie*



## Pastoral Care Coordinator

**Sue Thönell**

Post Election Thought: *We human beings love to rush judgements. We have opinions about everything, even when we don't know anything about the subjects. We spend an inordinate amount of time predicting, estimating, speculating, deciding and criticising, usually with little or no foundation. Mostly this is true because we are confined in our understanding of things by what we know about ourselves, which can often be very meagre indeed.*

*It follows then that a better understanding of ourselves will bring us closer to an understanding of others. When we are able to accept the often unpredictable ways in which we behave and think, we can begin to see more clearly why others do what they do and think how they think. – Leo Buscaglia.*

*Sue*

## Sharene Gosley Volunteer Coordinator



Welcome to our new volunteers who have joined us recently. We know you will enjoy your time with us and hope you have been made very welcome.



Thanks to everyone who came along to our **National Volunteer Week BBQ Lunch**. The food was great, the weather perfect and the company was awesome. It was lovely to spend time in a social setting honouring all our wonderful volunteers who give so much of their time and energy to the Hospice. Big thanks to Mark for cooking the BBQ, Katrina for administration help, Natasha for making

the delicious cake, Barb for the awesome punch, Karin for the potato salad (which was gone before Mark and I could get some! lol) and Judy and Donna for helping with the food preparation. Thanks also to everyone else who helped set-up and clean up afterwards. I couldn't do it without you. Check out the back page of Hospice News for some pics of the day.

Coming up on Sunday 14<sup>th</sup> of July we have the annual Municipal Band concerts at USQ Artsworx Theatre. We will be needing volunteers to help serve tea and coffee at interval. If you are able to help, please get in touch and let me know. Performance times are 2pm and 6pm.

Don't forget to grab tickets in our Camellia Show Multi-draw Raffle. 10 Great prizes to be won (who needs a chainsaw???).

Tickets are \$1 each and are available from Hospice reception and the Nurses station. If you are willing to sell some tickets to friends and neighbours, please feel free to come to reception and ask for a book or 10. We would be most grateful of your support in this way. The raffle will be drawn at the closing of the Camellia show on Sunday 21<sup>st</sup> of July. Good Luck!!

*Sharene*

**Best wishes to the following people who are celebrating birthdays during :-**

**June** - Margo, Cassie, Tony, June, Sally, Jane, Narelle, Cheryl, Dale, Malcolm, Mike, Klaudia, Lesley

**July** - Denise, Jeff, Anne, John, Anita, Ray D, Sharon, Enid, Natasha C, Priyenka, Terry, Connor, Joan, Graham, Ros

*Happy Birthday to you all!*





**2019**

## **Upcoming Events not to be missed!**

**July 5<sup>th</sup>** - Trivia Night - Toowoomba City Bowls Club

**July 14<sup>th</sup>** - Municipal Band and Hospice Yearly Concert @ USQ Arts Theatre (2 shows)

**July** - 16<sup>th</sup> Birthday Fundraiser - 'Roll Out The Carpet' - go to [www.givenow.com.au/hospice-16th-birthday](http://www.givenow.com.au/hospice-16th-birthday)

**July 20<sup>th</sup> and 21<sup>st</sup>** - Camellia Show and Garden Expo

**September 7<sup>th</sup>** - Hospice Annual Race Day

**October 27<sup>th</sup>** - Jazz Breakfast at the Downs Steam Railway

**November 5<sup>th</sup>** - Melbourne Cup Lunch - Café Valetta

**November 16<sup>th</sup>** - Hospice Wine Tour

**November 24<sup>th</sup>** - Hospice Carols

**December 7<sup>th</sup> - 24<sup>th</sup>** Toowoomba's Christmas Wonderland

**All Year** - Adopt A Room

**All Year** - Hospice Giving Program

**All Year** - Trash Ya Hair for Hospice Care

**All Year** - In lieu of presents/gifts at a celebration, donate to us!

**PLEASE check our Website and Facebook for more information on the above events and other events as they arise.**

**[www.toowoombahospice.org.au](http://www.toowoombahospice.org.au) OR Contact 07 4659 8500 if you would like to run an event for the Toowoomba Hospice... [events@toowoombahospice.org.au](mailto:events@toowoombahospice.org.au)**

### **Late News - Help!**



Con the green grocer needs some home-grown produce for his stall at this year's Camellia Show in July.

'You know, silverbeet, snow peas, any surplus citrus fruit - especially CUMQUATS. All vegies, fruit and nuts will be welcome.... Beautiful!'

Please drop all your garden goodies into Brian Shackleton (alias Con) at 280 Rowbotham St Middle Ridge a cuppla days before the Show or call him - 4635 9381 or email: [bjshackleton@bigpond.com](mailto:bjshackleton@bigpond.com)

# Are you joining us?

Happy 16th Birthday

Toowoomba Hospice!



Toowoomba Hospice...

## Trivia Night

Quiz Master: Mr Graham Healy

Entry: \$15 per person

6 people per team

(Limited to 12 teams)



Bookings: 07 46598500 or email

[events@toowoombahospice.org.au](mailto:events@toowoombahospice.org.au)

Where: Toowoomba City Bowls Club

Victoria Street Toowoomba

When: Friday 5<sup>th</sup> July 2019

6.30pm for 7.00pm start

\*BYO light Supper for your table to share

\*\*Tea/Coffee will be provided



\*\*\*Why not come early and have a few drinks as the bar will be open!

P.S. Bring your \$5.00 notes to bribe the Adjudicator and some gold coins for our Lucky Number Boards...putting the FUN back into FUNdraising!

Please donate \$16 for 16  
Years of providing Palliative  
Care to our Community...

Go to [www.givenow.com.au/hospice-16th-birthday](http://www.givenow.com.au/hospice-16th-birthday)

All monies raised will go to  
our 'Roll out the Carpet'  
Birthday Fundraiser!



Toowoomba Municipal Band presents their 10<sup>th</sup> annual concert in support of the Toowoomba Hospice:



Sunday 14 July 2019

2:00pm & 6:00pm

Arts Theatre

University of Southern  
Queensland

Toowoomba Philharmonic  
Society

Enjoy a collection of  
French music, featuring  
well-known music such as:

- Bolero
- Flower Duet
- Les Misérables

Dance Central

Martin Paroz

Concert in support of Toowoomba Hospice

Cost: \$25 Adults \$20 Concession \$15 Students \$50 Family  
Children under 12 free

Tickets through USQ ARTSWORX Ph: 4631 1111

website: <https://artsworx.usq.edu.au/event/toowoomba-hospice-concert/>



DATE CLAIMER  
TOOWOOMBA HOSPICE  
CHARITY RACE DAY  
7TH SEPTEMBER 2019

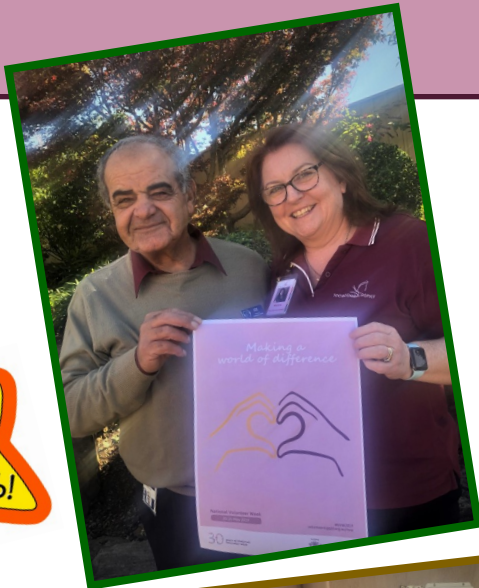
MORE INFORMATION TO COME  
SOON!





# P Page

## National Volunteer Week!



Toowoomba Hospice - 57B O'Quinn Street Toowoomba, PO Box 6463 Clifford Gardens Qld 4350  
Ph: 07 46598500 [www.toowoombahospice.org.au](http://www.toowoombahospice.org.au) [info@toowoombahospice.org.au](mailto:info@toowoombahospice.org.au)





## Toowoomba Camellia Show AND GARDEN EXPO

PROUDLY SUPPORTING THE TOOWOOMBA HOSPICE

- ✿ Dazzling displays of camellia arrangements and competition blooms in the Joan Falvey Camellia Hall
- ✿ Camellia competitions
- ✿ Nationally acclaimed celebrity guest speakers
- ✿ Abundant camellia plants for sale
- ✿ Massive plant market of leading local nurseries
- ✿ Gardening tools and machinery galore
- ✿ Fresh fruit and vegetable vendors
- ✿ Coffee, BBQ, Sandwiches, drinks and more!
- ✿ Specialist patisserie & baked goods kiosks
- ✿ A relaxing entertainment program
- ✿ A variety of craft and gift stalls
- ✿ Combined car club display on Sunday

### *Exciting New Camellia Release!*

Join us for the Australian release of a newly bred Camellia japonica from Paradise Plants - *Don't miss it!*

Enquiries: contact Kevin Cotterell on 0438 250 849  
or email: [info@toowoombacamelliashow.com](mailto:info@toowoombacamelliashow.com)



Check our website for more details  
[www.toowoombacamelliashow.com](http://www.toowoombacamelliashow.com)

## 2019 Toowoomba Camellia Show AND GARDEN EXPO JULY 20 & 21



### TOOWOOMBA TAFE QUADRANGLE

Via Campbell Street Toowoomba

Saturday & Sunday - 9am to 4pm

**Entry \$10 - Under 15yrs Free - Free parking**

Proudly supporting Toowoomba Hospice

