

Toowoomba Hospice Association Inc

# *NEWSLETTER*

*FEBRUARY – MARCH, 2018*

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## **CELEBRATING 14 YEARS OF PALLIATIVE CARE!**



**Pictures of  
the Hospice  
you haven't  
seen before!**



**Taken by Eddie Flemming for the Hospice film being  
made by Jeff Black (Darling Downs Video Services).**



# Welcome to 2018

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

Hi, and welcome to 2018, although one month has passed very quickly already! Marlene and I have had a good start to the year with our annual holiday at Burleigh Heads; and the safe arrival of our second grandson, William David Barron, born on the 27th January!



***Christina, David, Hayden and William***

As most people would know, our Hospice car was stolen in late November and found in Woodridge about two weeks later. The community was outraged by such a theft from a not-for-profit organisation! However, all turned out well as the car was a write-off after being assessed by the insurance company and was replaced by a new car! I wish to thank Jeff Stevens from Austbrokers HCI (who worked with the insurance company), Wippells Mazda (for loaning us a car during the process), the media, the Toowoomba and Logan Central Police, and the Toowoomba community for their support.

We are looking forward to a very positive and rewarding 2018. In March the management Committee will be holding our Annual Strategic Planning Day where we meet with our management staff and plan for 2018 and

beyond. Many positives in the past have arisen from these days. And of course, Mark and his team again have the challenges associated with raising \$900,000 from the community - with many events planned. I ask you to please contact Mark if you can assist in any way.

Once again, our large team of volunteers did an outstanding job at Toowoomba's Christmas Wonderland working in all areas, but particularly on the glow products. It was great to see the team assisting on various evenings supporting the Lions Club of West Toowoomba who are, themselves, a great team of volunteers.

In December, the Toowoomba Hospice community was saddened by the loss of one of our longterm volunteers, Brian Dornbusch, who worked on the grounds maintenance team. He began volunteering with us in 2001 whilst a member of the Historical Motorcycle Club of Queensland. This club participated in the Heritage Building Society Community Challenge raising funds to build the Hospice. It was an honour for us to provide care and support for Brian and his family in his final days.

Sincere thanks to Janice Swannell, Secretary/Editor for compiling our newsletter. In conclusion, thanks for everyone's past support, and please join us on our journey in 2018.

*Graham*





# FUNDRAISING

**Mark Munro**

**Administration and  
Fundraising Manager**

Many of you will have seen the full page in a recent Chronicle which allowed us to explain the work we do. It was delightful to be able to publicly acknowledge the wonderful support we receive!

We often receive letters, notes, phone calls and messages via social media, I have included a few in this newsletter item.

**Muriel Goldman.** *May the good times and treasures of the present become the golden memories of tomorrow. Wishing all my team mates lots of love, joy and happiness and enjoy a safe and happy Xmas with your families. Hope to be back on duty with you all in 2018 and thanks for keeping in touch. xx*

**Phyllis Zirbel.** *Merry Christmas to you all ...really loved your carols night with the choir and band. Our first time as new living in Toowoomba. Congratulations!*

**Jeni Cowlshaw.** *Simply the best place to be with the best people and the kindness that fills it for all those that need to be there and for their families too!*

**Belinda Choice.** *Merry Christmas to you all!*

**Katie Mendl.** *Merry Christmas to you all. Thank you for your kindness and support this year when we had my dad there. I'll never forget how incredible each and everyone of you were. You have stamped our hearts and we will forever be grateful. Thank you.*

**Jocelyn Diane Clyde.** *Happy Christmas to everyone! I still miss the place.*

We are proud of our Hospice, Volunteers and Staff. I have enclosed our latest list of events. As you can see we have another full-on year with events run by us and events run by others who have nominated us as their beneficiary. I can't thank everyone enough for their continued support at these events.

For me personally it is a sense of achievement and fulfilment in knowing all the money raised locally stays locally to support locals. Therefore we are truly a local charity supporting our local community.....now that's a wonderful achievement in itself!

Just before I sign off; I was recently invited to the Toowoomba Branch National Seniors 'Summer Lunch'. I needed a date so I asked one of our wonderful volunteers Margaret to join me, so we dressed to the 'nines' and had a wonderful time. We also received their annual donation of \$4,000 for our Adopt a Room Campaign - Thank you National Seniors & thank you Margaret (I'm sure we were best dressed couple).

Yours in putting the FUN back into FUNdraising! Mark

PS I won't mention the Hawaiian Dance...





## **Allison Leech**

### **Director of Nursing**

Christmas and New Year has been and gone for another year – I hope that you were able to appreciate the Season.

As many of you will know, my Christmas was very different, due to the sudden death of my mother, Bonney Jones, who had a massive stroke on the 23<sup>rd</sup> November and died on the 24<sup>th</sup>. Her funeral was on the 4<sup>th</sup> of December, and the Burstows staff stopped counting at 290 people... a lovely testament to the impact she had on so many others through her nursing career and her community involvement. I, and my family, thank you all for your care and concern for us during this difficult time.

Our work at the Hospice brings us into contact with people from all walks of life, with a variety of different outlooks and experiences. Mum was very sure of her requirements for her funeral etc. – with a file on her computer called “My Funeral” – very easy for us to find and follow the detailed list of service and hymn requirements.

Some of our clients come to the Hospice with detailed pre-arranged plans, and others come with no plans, and no ideas of what they might want – or, what their family and friends might need, when the time comes to say goodbye.

Fortunately, we have our Pastoral Care and

Nursing staff who are able to spend time with the clients and their families, to discuss the variety of options available – from the full Requiem Mass service to “Just Cremate Me” with no memorials. Our strong relationships with the Funeral Service providers in Toowoomba makes this task so much easier, as they are always willing to provide education to our staff and volunteers, and to spend time with our clients and their families, in this planning process.

Each of our client's journeys are different – and our experiences and expectations are shaped by the individual choices of those who come to us for care.

Our hope is that we can support all of our clients, their families, carers and friends on this stage of their journey.

*Allison*



***Sue Thönnell***

## **Pastoral Care**

As Management Committee, Staff, Volunteers and Supporters may we celebrate the beginning of a New Year in our service to the community here at Toowoomba Hospice. Let us give thanks through our own Faith and Culture that we have been brought to the beginning of another year. May we embrace the opportunities that lie ahead remembering with gratitude all those who have gone before. Let us commit ourselves to be true to ourselves, to honour each other and not to be afraid of change.

One of life's certainties is change. Fight vs. Flight? Opportunity vs. Disaster? Together we can work with change to enhance the services we provide and make a difference. Change requires letting go of what is familiar and stepping out in faith. Not easy but necessary for any individual or organisation to thrive. Like clearing out a cupboard, it is hard to let go of things we hang on to. However keeping what we need and letting go of what we want gives us a great sense of achievement and appreciation for the essentials in life.

Best Wishes for 2018!

*Sue*

# Sharene Gosley

## Volunteer Coordinator



Welcome to the New Year

Let me start by thanking all the wonderful people who volunteered their time to help at Toowoomba's Christmas Wonderland during December. This is a huge undertaking and relies on the help of many volunteers to make it a success. I hope you all had as much fun as I did, and we hope to have your help again for our 2018 event.

Thanks also to the volunteers who spent Christmas Day at the Hospice helping to spread some Christmas cheer to our clients and families serving a lovely Christmas lunch to them all. We thank Mark and Annie from ParisiAnn Patisserie in the Mort Estate for kindly making the lovely salads for our Christmas Lunch, Betros Bros for their donations of fruit and vegies and to Barb Bissett for making the lovely fruit salad for everyone to enjoy.

2018 is looking like it will be another busy year at the Hospice. Plans are already underway for a number of fundraising activities. We kicked off the year with a shopping centre promotion at the Ridge Shopping Centre on Thursday 25<sup>th</sup> of January, an Easter raffle and another shopping

centre promotion at the Plaza on the 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup> of March. If you would like to get involved, please give me a call and we can discuss where you may be able to help.

We have welcomed some new volunteers to our team recently, please say a welcoming hello if you see someone around that you haven't met before. Gayle, Dale, Debra, Ray, Klaudia, Kenn, Karolline, Carol, Donna and Dianne have all joined us recently and we extend a big Hospice welcome to them, we know you will enjoy your time with us.

**Information sessions for new volunteers** have all be planned for the year so if you have any friends or family who may be interested in volunteering with us please invite them along to one of our information sessions on the following dates, sessions begin at 9.30am till 11.30 in the Board Room.

Feb 21 <sup>st</sup>	March 20 <sup>th</sup>	June 6 <sup>th</sup>	July 4 <sup>th</sup>
August 8 <sup>th</sup>	Sept 5 <sup>th</sup>	Oct 10 <sup>th</sup>	Nov 14 <sup>th</sup>

*Sharene*

### **The next group of Volunteer meetings is as follows:**

**Tuesday 13<sup>th</sup> Feb @ 10am Gardening & Maintenance;  
11.30am Flower Arranging**

**Wednesday 14<sup>th</sup> Feb @ 9am Courier; 10am Fundraising;  
11am Kitchen**

**Thursday 15<sup>th</sup> Feb @ 10am Reception; 11.30am Housekeeping**

## **Volunteers Celebrating Birthdays ....**

**February - Suellen, Sr Una, David R, Keith, Charles, Claire**

**March - Chris, Judy J, Megan, Margaret C, Bernadette,  
Margie, Judy O, Robyn S, Maureen**

**Happy Birthday to you!!**



**2018**

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

## **Come and join us!**

**March 25<sup>th</sup>** Rotary Ride the Range

**April 20<sup>th</sup>** Hang Ya Boss Out To Dry

**May 9<sup>th</sup>** Mother's Day High Tea - Gips

**May 25<sup>th</sup>** International Palliative Care Week Breakfast

**Hospice Trivia Night (DYTBC)**

**June (DYTBC) Municipal Band and Hospice Yearly Concert**

**Month of July** 'The 15 Challenge - for 15 years of Service to our Community'

**July 21<sup>st</sup> – 22<sup>nd</sup>** Camellia Show and Garden Expo

**September 1<sup>st</sup>** Hospice Annual Race Day

**October 28<sup>th</sup>** Jazz B'fast at Darling Downs Steam

**November 6<sup>th</sup>** Melbourne Cup Lunch – Café Valetta

**November 17<sup>th</sup>** Hospice Wine Tour

**November 26<sup>th</sup>** Hospice Carols

**December 1<sup>st</sup> - 24<sup>th</sup>** Toowoomba's Christmas Wonderland

**All Year Round** - Adopt A Room

**All Year Round** - Hospice Giving Program

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

**All Year Round** - 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).

If you would like to run an event for the Toowoomba Hospice please email [events@toowoombahospice.org.au](mailto:events@toowoombahospice.org.au)





## Spotlight on Staff, Donors and Volunteers



I come from a moderately-long line of volunteer and professional florists, so when I retired from USQ as a professional experience placement officer - on the phone and in front of a computer all day, working for people I never saw - I was ready to do something with my hands, and something that had an immediate result. "Volunteer florist" popped up in my Google search, and it was here, at The Hospice.

Ideal, I thought. No phone, no computer, no cooking, no cleaning involved.

On top of that, I'd seen the passion that Marlene Barron has for contributing to the Hospice. Our builder back then also extolled its positive virtues, and I could think of nothing finer than making somebody's last days a little more pleasant by bringing colour and nature to their room.



**Sally Lowe**

I'm a gardener, and I love seeing the range of flowers that come to us from the Toowoomba Flower Market and other sources. Joining Marilyn and Judy as Tuesday's trio of flower girls has become a pleasure in so many ways.



**Mark Munro and Allison Leech happily accept a donation from Shaun Weatherall for an Adopt-a-Room after a successful Charity Golf Day IMO of Clifford 'Pud' Weatherall at the Oakey Golf Club.**

### **Winifred Adcock—a longtime friend**

It is with sadness that we note the recent death of Winifred Adcock. She was one of the very earliest members of the Hospice fundraising group, working with Sr. Frances even before the official committee was founded. The aim was to involve as many churches and religious organisations as possible and she spoke regularly to many church groups.

She remained on the formal committee until we opened our doors and then she decided to return to her previous involvement within the Anglican churches, but continuing to be a strong Hospice supporter.

# P PAGE

## Pictures Puzzles Promotions

The Editor is a Spike Milligan fan!  
(some of you will remember him!)  
His works were 'interesting'.

### *Hamlet*

Said Hamlet to Ophelia,  
'I'll do a sketch of thee,  
What kind of pencil shall I use,  
2B or not 2B?'



Sharene and Mark were on hand to present Paul Howard his prize from our Christmas Multidraw raffle. Thank you to all who supported us in any way - Thank you!



Well! Santa arrived at our annual Staff and Volunteers Christmas Party and he didn't hesitate to hand out presents to those who were good throughout the year. Even Mr. Munro got a gift from the Jolly Ole Fella in Red (we are not sure why...as he has been on the Naughty list for some time!)



Prize for the best dressed went to Maree and Vince who can be seen here with Graham and Sharene - Well done guys and thanks for the laughs!

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A 'Medium' SUDOKU. Good luck with it! If you want to check the answer, my email is [jdswannell@gmail.com](mailto:jdswannell@gmail.com)