

Toowoomba Hospice Association Inc

NEWSLETTER

APRIL - MAY 2017

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Today we are introducing a new format for our Hospice newsletter! It will be produced six times a year and we hope that you will find it interesting reading.

We welcome your comments and suggestions.



Looking To the Future

Graham Barron OAM Chairman

As we all know, the Toowoomba Hospice has delivered very professional and much appreciated palliative care since July 1st, 2003. While the care we have provided over the years has not changed, the daily business operations have certainly changed!

Some of the activities planned are as follows:

- Attending local Home Shows to raise awareness of the Toowoomba Hospice. This process proved very successful when we initially started promoting the hospice concept in the early stages. It not only raised funds, but also promoted the awareness of our project. All these years down the track there is still the need to promote the Toowoomba Hospice at every opportunity.
- Printing a promotional brochure highlighting the functioning of the Toowoomba Hospice. This brochure will be distributed at Home Shows, shopping centre collections and community events where we are represented.
- Revamping our newsletter to be more informative and appealing, reporting on

past events and advising of upcoming events. This will be produced bi-monthly.

- We are conducting Consumer Forums asking for feedback and comments which are proving to be very beneficial.

In conclusion, on behalf of the Management Committee, I thank staff, volunteers and the entire community for their past support and I am looking forward to ensuring that the Toowoomba Hospice remains one of Toowoomba's respected health care facilities and local charities.

Thank you all for your support!

Graham



© Camilla Victoria Photography 2017

Kylie, Graham and Marlene Barron at this year's Masquerade Ball



In Partnership with the Community...

Graham happily accepts a donation from members of the Mater Dei P & C Committee who held a Golf Day at the Middle Ridge Golf Club. Hospice volunteers assisted with the "hole in one" competition on the day which raised much needed funds.

Our thanks go to the P & C, all the players, organisers and volunteers who together helped raise a fantastic \$5000 for the Hospice.

Photo L to R: Andrew Edwards, Scott Lane, Bronte Smith, Graham Barron and Jeremy Callachor

WHAT'S ON!



Mark Munro Administration and Fundraising Manager

Welcome to April....

Wow! Look at this new and exciting bi-monthly newsletter....It's all about improving our services, not only in the clinical area but also in administration, volunteers and, of course, fundraising for our consumers.

May is the month we will see our '**Get Nailed**' Fundraiser come into action! If you supported us last year, please jump on board and get your nails done and help raise money for the Hospice. This year we are going to target the building industry to do in some of their trades to get nailed. All they have to do is paint one or all of their nails and raise some money for the Hospice.

If you would like more information, please don't hesitate to contact one of us here in Admin and we will help guide you along. We would also like to encourage you to put photos of your nails on Facebook and ask your friends to donate towards your fundraising efforts. It's that Easy!

Two of our smaller fundraisers, **Mother's Day High Tea PLUS National Palliative Care Week Breakfast** will now be held at Gip's Restaurant. Each event is only \$40.00. I am delighted to let you know Dr Patricia Lee-Apostol who is the Staff Specialist in Palliative Medicine with the Darling Downs Hospital and Health Service will be our guest speaker for the breakfast; to book please call Gip's on 07 4638 3588.

Finally, our **Trivia night** is the 29th of April at the City Bowls Club, bookings can be made via the Hospice. Once again, tables are limited to 6 people to a team. This is one of our nights where we like to put the FUN back into FUNdraising.

I look forward to seeing you there!

Putting the FUN back into FUNdraising

The Masked Ball



Marie-Therese
McCormack and
Darryl Low



Steve and Linda Davis



David Janetski MP, Graham Barron and Mark
Munro congratulated and thanked Katie Rae,
one of the organizers of the Ball





Allison Leech Director of Nursing

We have been very busy in the Hospice over the last couple of months, with nearly 100% occupancy of our 6 beds. Over this time we have had a couple of longer-stay clients, which gives the staff opportunity to build relationship with the clients and their families and carers. We have assisted clients to return to home with community support services when possible, and have helped others to find alternate accommodation for their ongoing care needs.

As a licenced private hospital we operate under guidelines from Queensland Health and the Private Hospitals Association, who set our targets for admissions and appropriate length of stay for the clients who come to the Hospice for their care. It is heartening to note that some of the clients in our care “improve” and are able to discharge from us to other forms of care, while others stay with us as their condition changes.

April sees the commencement of Annual Staff Performance Reviews - a time for looking back over the past 12 months, checking on achievements, and planning for the future and how we can support the staff to achieve any goals that they set. We are very fortunate to have a group of extremely experienced and dedicated staff members, who are all here because of the difference they can make for

the clients and families who come to the Hospice.

The 21st -28th May is National Palliative Care Week, an annual awareness raising week organised by Palliative Care Australia, and supported by the Department of Health, to raise awareness and understanding about palliative care in the Australian community.

The theme for this year’s National Palliative Care Week is ‘**You matter, your care matters. Palliative care can make a difference**’. The theme addresses the need for care services to provide palliative care where appropriate, and highlights how palliative care can help people accessing care services to have a high quality of life, right to the end of life.

Many people often have more than one chronic illness which affects their health in different ways. Palliative care can help manage their symptoms and improve their quality of life.

To celebrate Palliative Care Week, please join us for Breakfast on Friday 26 May at Gip’s Restaurant.

I recently found a new “definition” of Hospice – something to think about...

Helping Others Simply Pass

Into Calm Eternity

Allison



Pastoral Care

Sue Thönell

It is wisely said that the only thing we have the consistent power to change is ourselves. We are free to alter how we view the world, how we respond to situations, how we react to people, what we believe and what we do. It is when we set out to change other people that we encounter frustration and disappointment.

If we want others to change, the best thing we can do is set a gourmet table of alternatives and invite them to partake of as many possibilities as we can offer, allowing them the prerogative to accept or reject, without judgement. Anything less than this is courting tragedy.

Leo Buscagli (Professor, University of Southern California)

Sharene Gosley

Volunteer Coordinator



April already!! Nearly time to start Christmas shopping!

Our recent garage sale raised around \$1400. Thanks to Barb and Brian who braved the heat wave to achieve a great result for the Hospice.

In recent weeks, we have welcomed a few new volunteers to our team.

Lee has started on reception at the nurses' station, Carol has taken on a breakfast position in the kitchen and Beth has joined our housekeeping team. We extend a big welcome to all these lovely ladies who are sharing their time with the Hospice.

Our gardening team has been working overtime lately to get our gardens up to scratch. Recent happenings in the garden have included the removal of old soil from our eastern side garden and replacement with new good quality soil, new plantings in the front entry to the administration building and lots of watering to keep things growing. Volunteer gardeners, Paul and Kath, have been bringing their extremely well mannered "furry friend" Ted in with them as they tend to the gardens. Ted brings a smile to everyone he meets as he guards the Hospice grounds. I believe Ted made friends with one of our clients whilst they were sitting outside and was treated to some of her lunch.



Thank you to all our gardeners who put their heart into all they do so that others can enjoy these beautiful surroundings.



Garden volunteers - Paul, Charmaine and Keith hard at work!!

Our Easter Raffle is up and hopping!!! Tickets are available from reception or the nurses' station. Thank you to the following people who all donated items for our raffle: Barb Bissett, Regina Thompson and Dianne Anderson. We appreciate your generosity. There are some lovely prizes to be won. The raffle will be drawn on the 11th of April.

I wish you all a wonderful Easter.



Sharene

The Priebe family raised funds by holding the "BIG DOO", a Charity Country Music Festival held in memory of local country music legend Jim Priebe. Mark and Janice were delighted to accept the proceeds of the night!



You can always rely on the Hospice to enjoy ST. PATRICK'S DAY!



Upcoming Events

Come and join us!

UPCOMING EVENTS NOT TO BE MISSED:

TRIVIA NIGHT CITY BOWLS CLUB

Saturday 29th April 2017

6.30pm for a 7.00pm start

\$15.00 per person - Tables of 6

Phone 07 4659 8500 (limited to 12 teams)

MOTHER'S DAY - HIGH TEA

Wednesday 10th May 2017

9.30am - 11.30am \$40.00 per person

Book at Gip's 07 4638 3588

Before 6th May!

NATIONAL PALLIATIVE CARE WEEK BREAKFAST

Friday 26th May 2017

6.45am - 8.00am \$40.00 per person

Book at Gip's 07 4638 3588

Before 23rd May!

**And don't forget to 'get nailed'!
Call 07 4659 8500 for more information**

Spotlight on Staff and Volunteers

Margaret Schulz (Volunteer)

I started as a volunteer at the Hospice 6 - 12 months after finishing work. I responded to an ad in the newspaper looking for volunteers and I thought, why not? I started on 1st of April 2005 arranging flowers for the clients' rooms which I did for around 9 years before moving to front reception where I volunteer once a week, generally on a Thursday afternoon. My husband, Ian, also volunteers here once a week as a courier and is the coordinator of the shopping centre promotions and assists with the collection of items for the Hospice to sell on Gumtree. Ian has been helping since he retired in 2011. Volunteering at the Hospice has become a part of our routine; the work is not difficult and I enjoy meeting and working with people.



Gabrielle McGee (Volunteer)

I became acquainted with Sr. Frances when I was working across the road from the Shrine and had lots of dealings with her. The idea of the Hospice was raised by Sr Frances following the first assisted suicide in Darwin. I became an office volunteer for fundraising. Not much fun in that I can tell you (ask Graham Barron!) and many weekends were taken up with manning stalls etc. but gradually support came. The great day of the Hospice opening was memorable and we are all proud of what we did! I began working in the office as I had clerical skills, and have done so up to this time.



I am very happy to be a volunteer at the Toowoomba Hospice. I believe that no one should die alone or be desperate enough to take their own life. The care of relatives and friends as well as the client is most important, and in my eyes, the clinical staff excel in this regard. Like all volunteers, I keep coming to the Hospice because I want to, not because I have to. I feel privileged to be part of such a wonderful place. I love it!

Bob Goldsworthy (Management Committee)

I was a member of the inaugural Toowoomba Hospice Committee and have been proud to remain on the Board ever since. I must be a habitual stayer as I worked for Queensland Rail for 32 years, for Toowoomba Regional Council for over 20 years, been with the Lions for many, many years - and I've been married to Carmel for 48 years!



I was a staunch supporter of our Founder, Sr. Frances; it was a standing joke that because of my relaxed attitude to religious beliefs, Sr. Frances gladly took my turn at saying the opening prayer at Committee meetings! Seriously, her insistence that the Hospice be open to members of all creeds—or none—is something we should be proud of!

Did you know? All our members on the Management Committee are Volunteers...

P PAGE

Pictures Puzzles Promotions

A Beautiful Quilt



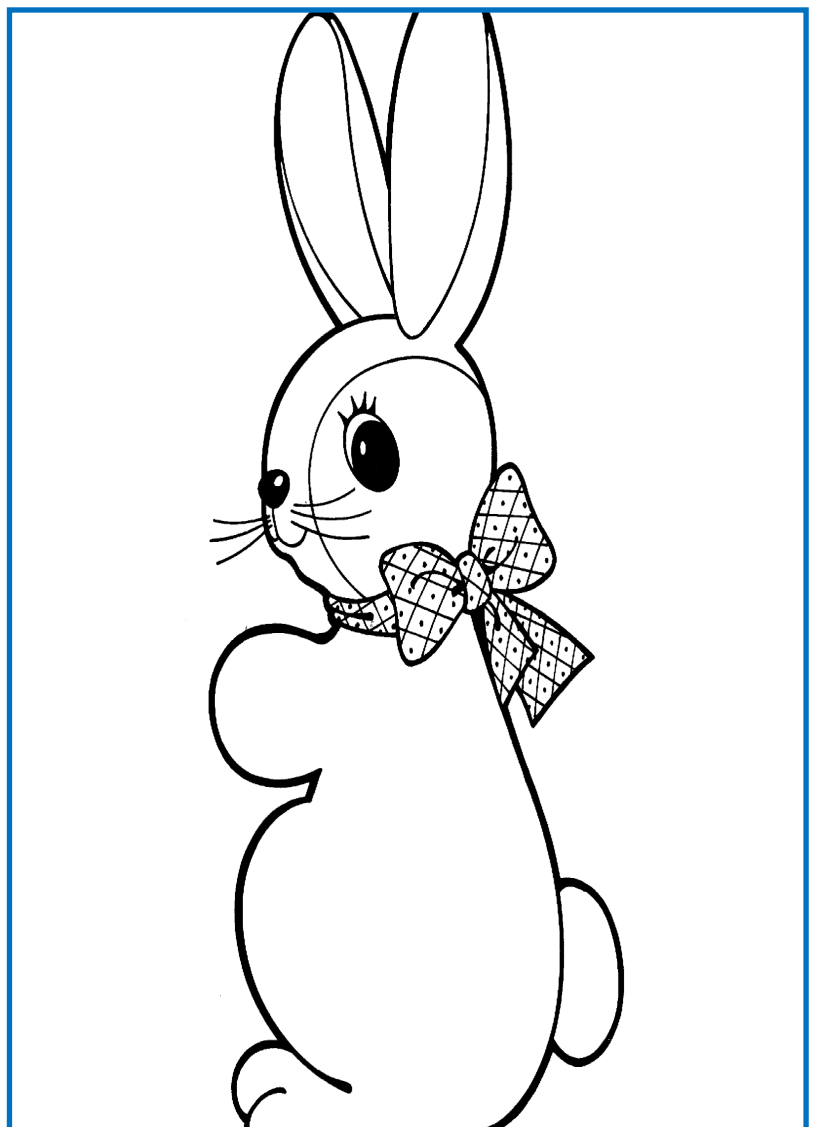
Rhonda Kahler and Lyn Sheppard presented Sharene with a beautiful quilt to be raffled for the Hospice. Our thanks go to them for their work and generosity!



An easy (so they say!) SUDOKU to while away a moment of relaxation. If you like this we might make it a regular feature—so please let me know! Editor

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For the Easter holidays - This Easter Bunny needs a bit more colour!



Are your teeth sitting comfortably? Try this, then! Out loud!

To begin to toboggan first buy a toboggan, but don't buy too big a toboggan. Too big a toboggan is too big a toboggan to buy to begin to toboggan.