

Toowoomba Hospice Association Inc

NEWSLETTER

AUGUST – SEPTEMBER 2018

PO Box 6463 Clifford Gardens Qld 4350

Ph: 07 46598500 Fax: 07 46598511

www.toowoombahospice.org.au

info@toowoombahospice.org.au

57B O'Quinn Street Toowoomba



**This is one of the Hundreds of Magnificent
Blooms from the recent Camellia Show and
Garden Expo...**

**Camellia japonica - 'Hikarugenji' 1859
(Photo taken by Mike Wells)**



IN APPRECIATION

Graham Barron OAM
Chairman

Hi and welcome to our latest newsletter and I am sure we all agree time goes by very quickly. It is eight months since I retired from my paid employment; where has that time gone?

As we know it is 15 years since we admitted our first client and we have provided very professional palliative care and support to over 1300 clients and their families over these years. I wish to acknowledge our dedicated nursing staff for their contribution as they play a major role in providing this care. On my regular visits to the Hospice I notice them going about their work in a cheerful, friendly and professional manner and this is evident when I receive many accolades on behalf of the Hospice team from families, friends and the community. While the primary focus is on the care of our clients, it is of importance that we offer support to the families in these emotional times. A big thank you to Allison, our nursing staff and Pastoral Care team for their much appreciated efforts.

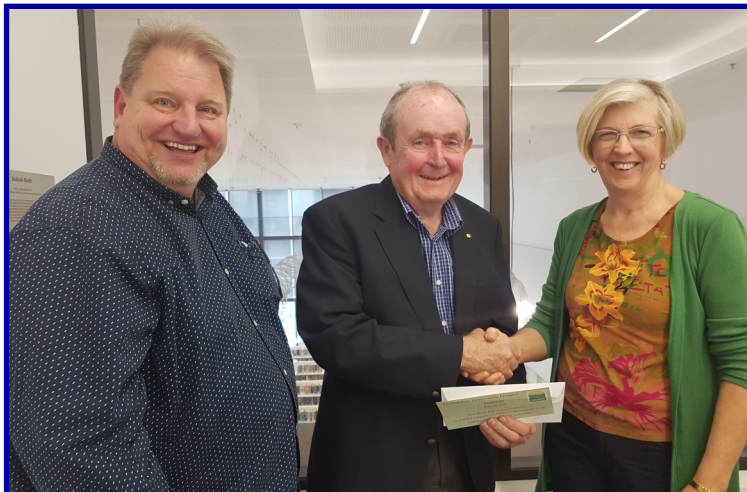
As you can appreciate this care comes at a cost and it is important that we continue to network and make sure that we gain our share of that very competitive charity dollar. We are currently in the middle of the major yearly fundraising events and as Mark and his team of staff and volunteers know, a lot of planning and hard work goes into the holding of these events. A big thank you to Mark and the team for their ongoing contribution.

We are also very fortunate to still have the support of many individuals, businesses and organisations that we have had since day one. While these are numerous, I would like to make mention of the Brigidine Sisters who continue to send us letters of support and encouragement with a generous donation attached. Our Founder, Sr Frances Flint, was a Brigidine Nun and we are ever grateful to the Brigidine Sisters for allowing Sr Frances to reside in Toowoomba to continue her work with the Hospice. On the 28th August it will be six years since we lost our dear friend Sr Frances, and there would not be a day goes by that we do not think of her or mention her. We all have very fond memories of her and I know she would be looking down on us very pleased that we are successfully continuing with her ministry, providing professional palliative and respite care for the terminally ill.

In conclusion I thank everyone for their ongoing support of the Toowoomba Hospice and we look forward to your support for many more years.

Graham

Mark and Graham received \$1000 from President Maureen of Rotary Toowoomba City being proceeds from their Trivia night. Graham said this is just another great example of our partnerships we have had since the Hospice was launched.





FUNDRAISING

Mark Munro
Administration and
Fundraising Manager

Wow! What a bloomin' good turn out at this year's Camellia Show and Garden Expo!

It was a huge task in organising it; especially in the lead up, during and after the event! Tasks such as camellia cutting and displaying, setting up marquees and tents, managing the exhibitors, looking after the speakers, entertainers, advertising, coordinating volunteers, erecting signs, manning stalls and looking after the winter garden at Highfields are just a few of the activities that happened throughout the event. To all who were involved in any way,

THANK YOU!

Once we get all the bills paid etc. I will be able to let you know how much we raised in our next edition of the Hospice Newsletter.

Tickets are now on sale for our annual Race Day please call the office (07 46598500) to book and pay. Until next time stay happy and keep on

Putting the FUN back into FUNdraising!

Mark

RACING INTO SPRING

CHARITY RACE DAY
8TH SEPTEMBER 2018

CLIVE BERGHOFER
 GRANDE ATRIUM
 CLIFFORD PARK
 RACE COURSE
 3.30PM UNTIL LATE

\$85pp

- Entry to the Races
- A complimentary Drink and Canapes on Arrival
- A Delicious 2 course plated Dinner (alternate drop)
- Prizes for Best Hat, Best dressed Male & Female
- Charity & Silent Auctions, Multi-draw Raffles

Book Now
07 4659 8500
Eftpos Available

Proceeds to Benefit

TOOWOOMBA HOSPICE

Rotary, Lions, War Widows and the Groovy Grannies keep on supporting our work in the community...Thank you so much to all of you and all the other community groups, clubs and organisations who support us!

We can't do it with out your generosity!



Photos: **Left** - Mark was a guest speaker at the recent Groovy Grannie's Annual Jumpers and Jazz 'Dulcet Jazz Breakfast' in Warwick which raised over \$1,840.00. **Above** - There were plenty of smiles all round after receiving a \$20,000 donation from the Wilsonton Lions Club at their recent Change Over Dinner. **Right** - Graham receives a \$1,500 donation from the War Widows of Toowoomba towards our 15 for 15 Birthday Fundraiser.





Allison Leech

Director of Nursing

For those avid readers of our Newsletter – you may remember at this time last year I wrote about the reporting that we need to do from the Hospice. We send data and information to a number of different government and other departments to advise them about how the Hospice is meeting the requirements of our licence, and to assure them of the quality of care that we provide to the clients and families who stay with us.

One area of data collection and reporting is to the Palliative Care Outcomes Collaboration (PCOC), a national program that utilises standardised clinical assessment tools to measure and benchmark patient outcomes in palliative care.

We recently received a letter from PCOC, advising us that we are “one of eight services in Australia to achieve outstanding results by meeting 19 of 20 Australian benchmarks for palliative care for the period July to December 2017 and has demonstrated continuous improvement over time... This is a fine achievement that reflects well on the work being undertaken in this service.”

Our participation in PCOC also provides evidence for us to meet core actions in the NSQHS standards (the National Standards which we must meet for our ongoing Accreditation).

As you read, we are busily preparing for the next phase in our Accreditation cycle – a Periodic review, where we host 2 assessors from the ACHS (Australian Council on Healthcare Standards – our Accrediting body), who will visit us in October to review the work we are continuing to do to show evidence of the quality of care that we provide to our clients, their families and carers; and the processes we have in place for our staff and volunteers.

But most importantly, it is our clients and their families and carers who are the central focus of all that we do in this special place – the Toowoomba Hospice.

Allison



Sue Thönell

Pastoral Care

Coordinator

In honour of ALL our awesome volunteers at Hospice I share this quote: ‘There’s only so much you can eat. There’s only so big a house you can have. There’s only so many nice trips you can take. I mean, it’s enough. You don’t have to take a vow of poverty just to say, “Well, let me help out and let a few other folks help out – let me look at that child out there who doesn’t have enough to eat or needs some school fees, let me help them out. I’ll pay a little more in taxes. It’s okay. I can afford it.” I mean it shows a poverty of ambition to just want to take more and more and more, instead of saying “Wow, I’ve got so much. Who can I help? How can I give more and more and more?”’

That’s ambition. That’s influence. What an amazing gift to be able to help people, not just yourself.’

Taken from: Obama’s speech at the July - 2018 Nelson Mandela Annual Lecture.

Sue

Sharene Gosley

Volunteer Coordinator



Welcome to another Hospice news.

What a busy time we've had recently here at the Hospice. Our Camellia Show and Garden Expo went well, we had the best weather we've ever had for our show, gardening enthusiasts enjoyed the displays and guest speakers and the entertainment was non-stop throughout the weekend. Huge thanks to everyone involved; it takes many volunteer hours to put on such a large event and we appreciate everyone's efforts, whether you helped setting up or packing down the event, manning a gate or stall, picking flowers or arranging them, selling raffle tickets, baking items, as a member of the organising committee or making crafts, whatever capacity you worked in, we appreciate you. Special thanks from me goes to Ray Pern who coordinated the volunteers for this year's event. I know what a massive task this is, and I truly appreciate all the time that you invested in not only the rostering of volunteers but in ensuring all the volunteers were made to feel welcome and supported in their roles. Same time next year Ray ???? 🐶

Information sessions for anyone interested in learning how they can help the Hospice by volunteering are being held on the 8th of August and 5th of September at 9.30am until 11.30am. Anyone interested in volunteering with us is welcome to attend.

We extend a warm Hospice welcome to the following people who have joined our volunteer team recently. Julie C will be helping at the nurses' station, Judy S will help with flower arranging and David R will be helping with housekeeping. Welcome to you all; we trust you enjoy your time with us.

Please get in touch with me on 4659 8500 or email volunteer@toowoombahospice.org.au if you can help in any way.

Sharene



Donations of flowers and greenery are welcome at the Hospice. Drop off on Thursday afternoons or early Friday mornings ready for the volunteers to work their magic!

Celebrating Birthdays in...

August - Anna, Josh S, Paul, David R, Maria F, Beth, Margaret S, Lyn W, Donna, Dorothy, Barb B, David S, Kevin, Thea, Dave T, Dianne H, Hannah, Margaret G, Marilyn, Lynette B

September - Kath, Karolline, Doug, Cheryl D, Tricia

Happy Birthday to you all!

2018

Upcoming Events not to be missed

Come and join us!

September 8 - Race Day

October 28 - Jazz Breakfast

November 6 - Melbourne Cup Lunch

November 17 - Hospice Wine Tour

November 25 - Hospice Carols

Ongoing 2018 - 15 for 15

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 or Contact 07 4659 8500 if you would like to run an event for the Toowoomba Hospice...



15 for 15



Some of the hands we have guided...

To help celebrate 15 years of providing safe, quality care in partnership with the community for those with a terminal illness please donate \$15 to help us reach \$15,000...wouldn't that be a great 15th Birthday Gift for the Toowoomba Hospice!

Go to:- <http://www.givenow.com.au/hospice-15for15>

Power Tynan's Sammi presented the Hospice Team a 15th Birthday Hamper full of goodies (not sure if Mark wanted to share!)



Like

Spotlight on Staff, Donors and Volunteers



Father and daughter Pat and Claire McGovern have been volunteering at the Hospice kitchen for about 7 years and decided to volunteer because the Hospice is a place where love and compassion abound. Their faith teaches them to respect life so they wanted to assist where possible to counter the push for euthanasia.

Team McGovern works every 2nd, 4th and 5th Saturday in the kitchen preparing and serving food to the clients. Pat and Claire always make sure there's one special ingredient added to the meals they prepare ... Love! They attribute their gastronomic mastery and kitchen organisation skills to the wonderful Margaret Green who was their mentor. Pumpkin soup and stewed apple are Pat's specialties, whereas Claire's speciality is trying to not let the stick blender splatter her face with pumpkin soup!!

Pat was born and bred in Longreach. After he completed his motor mechanic apprenticeship he joined the Longreach Hospitals Board Ambulance Service as a Bearer and managed the X-ray Department. In 1964 he came to the X-ray Department of the Dalby General Hospital where he worked for the next 26 years. Pat's active community participation saw him establish the Longreach Aged Persons Home Project. Pat and his late wife Pat raised four children in Dalby and he's now Pop to eleven grandchildren and five great-grandchildren. Pat's a great musician – piano, brass (when he had his own teeth!) and singing. Pat still lives in Dalby and is very active in his Parish of St Joseph's, sings in Church choirs and also with a happy group at two retirement homes in the town. You may think that Pat looks a little familiar ... and if you've been to Spring Bluff Railway Station during Carnival of Flowers over the last 12 years you might realise that he's the Station's 88 year old Lad Porter. Pat's always loved trains, and he's still playing with trains – but these are REAL ones!! Pat considers himself a dab hand at cooking, but always declares that keeping it simple is the best way to go.



Claire worked in Dalby for seven years before moving to the bright lights of Toowoomba in 1988 to work at Queensland Racing. In 2002 Claire started work at the then Toowoomba City Council, working for eight Councillors including Graham Barron. Claire still works full-time at Toowoomba Regional Council at City Hall. Claire's a keen gardener and chooses a weed-free potted garden to display mostly flowering plants. The seedlings are in for this year's Carnival of Flowers and a spectacular Carnival display is assured – although I don't think 15 potted plants would justify being declared Grand Champion! Claire's an active member of the Holy Name Parish and is also a long-time volunteer with SPRED. Having very musical parents assured Claire of singing and she has now been a member of the Helen Earley Ensemble for quite a few years singing with a great group of Altos (well, anyone can sing soprano!). Claire is "AC" to her beloved nephews and nieces and great-nephews and nieces.

Pat and Claire consider their "work" at the Hospice as a privilege and have met so many beautiful people whose word of thanks or smile makes their day.

Toowoomba Hospice Association



Members are Informed that the Annual General Meeting will be held on Thursday 13th September in the Board room. A formal letter will be sent out before that time to allow voting papers to be sent out and returned.

P PAGE

Pictures, Profiles and Promotions



Left: Hospice Craft Stall at this Year's Camellia Show - Centenary Heights Students Jasmine Gough & Sewni Samarawickrama with Hospice volunteers Ann and Cheryl

Below: Graham & 'Wrapping' Barb preparing some of the many prizes to be won at our annual race day!

Thank You



Below: Centenary Heights Students Tharusi Gamage & Renske Van der Walt Volunteered their time on Entry Gate and **Below Middle:** Centenary Heights Students Abbey Weston, Marissa Cumming & Anita Jambunathan were on Café - **THANK YOU!**

