

Toowoomba Hospice Association Inc

NEWSLETTER

JUNE - JULY 2017

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CELEBRATING 14 YEARS OF PALLIATIVE CARE!



This edition of the Hospice newsletter celebrates the 14th anniversary of the opening of the Toowoomba Hospice on the 1st July, 2003. Our Founder, Sister Frances Flint, and Chairman, Graham Barron, began to work together in 1997, gathering support, appointing a committee, and raising money from the community. In the booklet, *Prepared to Care*, Sr Frances recorded the efforts, support and generosity of the local community, and describes the excitement when we finally moved in:

"The weekend of 7 and 8 June provided us with perfect weather, and finally...the official Party and invited guests were seated...!"



The Past 20 Years

Graham Barron OAM
Chairman

Hi! And welcome to June, I trust you are keeping very warm!

How often do we say how fast time is going? While it will be 14 years on the 1st July since we admitted our first client, it will be 20 years in October this year since I was asked by the then Toowoomba Mayor, Cr Tony Bourke, to introduce myself to Sr. Frances Flint. Sr. Frances had approached him to host a meeting of an interested group of people who wanted to establish a hospice in Toowoomba.

I remember quite clearly my meeting with Sr. Frances at the Catholic Media Office as she was having trouble with her computer, and of course, I was no help considering my computer skills at the time. However, after our discussion, we planned a meeting at City Hall which resulted in nine people volunteering to form a committee. I was duly appointed Chairman, the position I still hold.

I am sure none of us, including Bob Goldsworthy who was on the original committee and remains a member of the Management Committee, realised the task ahead of us, but we remained positive as we started on our journey. At the launch of the hospice concept at the Toowoomba Regional Art Gallery, we auctioned a Pro Hart painting for \$5,400. As an added bonus, Pro Hart was in attendance.

The two biggest challenges were raising the funds to build the hospice, as well as educating the community about what a hospice was. There were numerous people, community groups, service clubs, churches, businesses and schools who assisted Sr Frances, myself, and a team of

volunteers in our fundraising venture.

Since our opening on the 1st July 2003, we have provided very professional palliative care for 1,250 clients. Our journey has been very rewarding and challenging, and we have made very good Hospice friends. What is very pleasing is that the majority of our supporters from day one continue to support us, whether it be financially or as volunteers. I am very fortunate to be part of the Management Committee that offers good, sound governance to our dedicated team of staff and volunteers on an honorary basis.

It is fair to say that a lot of water has gone under the bridge since our inception, as our very first employee, Mark Munro, would know. Many changes have occurred – all for the better – but I am very proud to say that we remain a very well-respected, professional and efficient healthcare facility.

Where to from here? We will continue to provide the professional care as we have done in the past 14 years with a dedicated team of staff, volunteers and supporters.

What a great journey it has been as we look forward to a positive and productive future!

Until next time,

Graham

Toowoomba Hospice Association

Members are reminded that annual subscriptions are due by the 30th June. The \$20 can be paid by cheque, cash or paid directly into the Association's Heritage Bank Account BSB 638 020 Account number 725 9425



FUNDRAISING?

Mark Munro

Administration and Fundraising Manager

What is Fundraising or fund raising?...According to Wikipedia... *It is the process of gathering voluntary contributions of money or other resources, by requesting donations from individuals, businesses, charitable foundations, or governmental agencies.* So, in other words (mine), fundraising typically refers to raising or gathering funds for Charity in the form of non-profit organisations.

Traditionally, fundraising consisted mostly of asking for donations on the street or at people's doors, and this is experiencing very strong growth in the form of face-to-face fundraising, but new forms of fundraising, such as online fundraising, have emerged in recent years. Whilst we at the Toowoomba Hospice are still learning the latter we are going back to the more traditional fundraising and promotions approach.

You will see the Hospice team out and about a bit more at shopping centres, expos, events and shows. This form of fundraising (face-to-face) still suits our needs as people like to see a presence of the charity - not just one that sits behind a computer screen to sell their products. Don't get me wrong! We still need to keep up with the Joneses; we can't forget all our other supporters whom we still rely on....you the donor, the person, the individuals, families, service clubs, social clubs, churches, community groups, schools, businesses and companies etc.

Over the next few months we have some great annual events happening. A lot of work goes into these events behind the scenes and during the event. If you can help to run a fundraiser for the Hospice, please don't hesitate to contact us.

The events are:

- The Toowoomba Municipal Band and friends Charity Concert 'Heroes & Villains' June 10th & 11th at USQ Artsworx
- The Toowoomba Camellia Show and Garden Expo 15th & 16th July at TAFE South West Horticulture Centre
- Hang Ya Boss Out to Dry - 11th August at the Toowoomba Hospice
- Charity Race Day 2nd September Clifford Park Race Course

For more information on these events please check our Website, Facebook www.toowoombahospice.org.au or call the Hospice on 07 4659 8500

Putting the FUN back into FUNdraising

Mark



Inner Wheel Club of Toowoomba Inc President Heather handed over a cheque for \$4,000 towards our 'Adopt A Room' Campaign

Thank you Inner Wheel Ladies for your support!

A new volunteer - Jeffrey Morrish

I became a member of the volunteer squad at the Hospice earlier this year as my mum wanted to get me off PlayStation!! My mum (Cheryl) volunteers here as well and thought there was perhaps a way I could help out so she approached the Management. I am 20 soon and have Duchenne Muscular Dystrophy. As I am very limited in what I can do, the staff worked in around what I could do and that was anything on the computer. I assist Sharene in the office with work that requires to be done within Publisher – a win-win situation for all of us. I enjoy being able to get out of the house and being

capable of creating material rather than beating my soccer score on the PlayStation. My interests are electric wheelchair power football, movies, the latest electronics and PlayStation (of course!!)





Allison Leech

Director of Nursing

It seems incredible that half the year has gone already – with all of the usual busy activity that keeps the Hospice going...

Thank you to everyone who joined us for our National Palliative Care Week Breakfast at Gip's Restaurant, and a special thanks to our guest speaker, Dr Patty Lee-Apostol, Staff Specialist, Palliative Medicine, Darling Downs Hospital and Health Service, who spoke on the theme 'You matter, your care matters. Palliative care can make a difference', addressing the need for care services to provide palliative care where appropriate, and highlighting how palliative care can help people accessing care services to have a high quality of life, right to the end of life.

Functions like this provide a way for us to contribute to the education of all those we encounter on the importance of Palliative Care, and especially the work of the Toowoomba Hospice. I am reminded every day of how very fortunate the Toowoomba community is to have this service, particularly when I am contacted by people from other towns where Hospice is not available.

Recently the family of a client who came to us from out of town were describing our service to the care providers working with the client. The family were cautioned by them that what they were describing was "too good to be true", so they were very pleased

after the client had arrived and settled in, to be able to report back that everything was exactly as it had been explained to them.

We are a very unique service, with only two other community hospices operating in Queensland – *Hopewell* at the Gold Coast and the *Ipswich Hospice*. In other areas different services provide in-home care and some designated palliative beds within hospitals or nursing homes.

Maintaining the facility and equipment to provide our service is another feature of our work at the Hospice. Recent upgrades have included the replacement of our kitchen dishwasher, repairs to the main kitchen refrigerator, replacement of the nurse-call system and a replacement air-conditioning system to the client rooms. We are also replacing the taps throughout the facility as they are now 14 years old and have served us well for this time.

As well as maintaining the facility, we also 'maintain' our staff and volunteers through ongoing education sessions, and mandatory training to ensure that their skills are safe and up-to-date.

There is always something to be done to maintain the high level of service we wish to provide to our clients, their carers and families.

Allison

Pastoral Care

Sue Thönell

One of the key aspects of our work at Hospice is to 'companion' others on their journey of grief. Life is anchored in losses – any time we gain something we give something up, e.g. loss of a significant person, loss of an aspect of self, loss of external objects or developmental loss.

To integrate grief into our lives we need to actively mourn which is the outward expression of grief. We need to acknowledge the reality of death and allow ourselves to feel the pain of physical, cognitive, emotional, social and spiritual loss, to remember the person who died, to search for meaning and to begin to develop a new self-identity. If we deny ourselves this process we find ourselves 'Living in the Shadow of the Ghosts of Grief.'

We need to give ourselves time to mourn and heal by asking for and accepting ongoing support from those we trust, those who will walk beside us all the way.



Sue

Sharene Gosley

Volunteer Coordinator



Wow, what a busy time we've had recently at the Hospice and we're only just warming up!!

So many functions and fundraisers! Our Trivia night was a great success! Thanks to Cidinha & Rodney Moss and Jodie Sullivan for all your wonderful help on the night - special thanks to Marlene Barron for making the lovely boxes for the chocolates to go into which were donated by Vanessa Healy as prizes on the night. Thanks to Margaret Green once again making the cute wooden spoons for our 'lucky last placed team'.

National Volunteers' week was celebrated during the 8th - 14th of May, with a yummy morning tea and a BBQ lunch. Thank you to all the special people who helped make these celebrations an enjoyable time for all, I would particularly like to mention Judy J, Jodie, June B, Ann, Chrissy, Perry and Gabrielle and BBQ chef extraordinaire, Mr Munro, for all their hard work.

A few new volunteers have joined our team recently. Maria Fufygina is our most recent recruit and will be helping with housekeeping, Joe Coorey is working on our Pastoral Care team once a fortnight and Jeff Morrish will be helping the admin team with computer tasks. We extend a big welcome to our new volunteers who are sharing their time with the Hospice.

Our Mother's Day raffle was a great success with \$548.60 being raised! A huge thank you to volunteer Barb Bissett who made and decorated a beautiful cake (see below).

Big thanks to Cheryl Morrish and her friend, Di, who helped handwash and dry 90 sets of fine china cups, plates and saucers following the Mother's Day High Tea. What a great effort!! Our Camellia Show is fast approaching and help is needed to make items for our craft and baked goods stall. If you can help make jams, chutney, relish or maybe some baked goodies, slices or biscuits, patty cakes or bar cakes that we can sell on our stall, please get in touch with me. We can supply the jars and labels for the items, and trays and cello bags for the baked items. We are also needing help at the show and at our winter garden so if you can spare a few hours please give me a call. The show is on the weekend of the 15th and 16th of July.

Tickets for our Camellia show multi-draw raffle are available now from reception or the nurses station. If you would like to take a few books of tickets to sell to family and friends please see the girls in reception, who would be happy to assist. The tickets are only \$1 each, with only 10 tickets per book. The raffle will be drawn at the Show on Sunday 16th July with 9 great prizes to be won.

Until next time, have fun, and stay warm!

Sharene

1st prize in the Mother's
Day raffle.



Thank you to everyone
who supported our raffle.



JUNE & JULY

Upcoming Events not to be missed! Come and join us!

June 10 & 11- Municipal Band and Hospice Annual Concert

July (all Month) - Darling Downs Free Dress Challenge

July 8 - Trivia Night at Club Hotel, Clifton

July 15 & 16 - Camellia Show and Garden Expo

AND

August 11 - 'Hang Ya Boss Out to Dry' time!



Jan and Gary Young were delighted to donate a generous amount of money from funds raised from their Lithium Battery Muster! For more info call Gary 0407 646 632



Margie (Kitchen Volunteer) received her One Year - Bronze Certificate from Mark and Sharene. Well done, Margie! Keep going for the Silver!



**National Volunteers Week
Morning Tea**

Editor's note...

There has NEVER, in my time as Editor, been a newsletter which doesn't feature a morning tea! It's an amazing tradition and a great opportunity to meet other volunteers - and for the Hospice to say:

THANK YOU!

Spotlight on Staff and Volunteers



Sister Una - Pastoral Care Volunteer

In 2001 I came to Toowoomba to study after teaching in places in NSW and South Australia. I've also lived in North and South East Qld, WA, and Victoria where I enjoyed a wonderful Sabbatical year after seven very satisfying years in many areas within Holy Spirit Hospital. After my Sabbatical year I completed four units of CPE in Melbourne. This prompted Sr Frances to invite me to join her in Hospice. I've been very blessed to have visited many places since I came to Australia with my family almost 60 years ago.

I often think I was born to drive and in another life I might easily have been a truckie - the only problem being that I'm not great at fixing wheels or engines! But I'm happy that I've travelled many kms on the open road anyway. I enjoy every day that I spend in the Hospice and feel very privileged to be allowed to be with clients and families in these precious times in their lives. I'm also very grateful to work with so many other volunteers and members of staff in a sincere and unfailing atmosphere of good will and harmony.



Richard and Karin Morris - Volunteers

Having been invited to a volunteer orientation morning, I asked if I could bring Richard, who has Fragile X syndrome and cannot stay on his own for a long time due to anxiety. Well, that was it! Richard signed up before me and I was assured that they would find something for him to do. That was four years ago!

Richard vacuums, wipes glass doors, empties rubbish bins and whatever else he is asked to do. His comments and behaviour may not always be conventional, but he has great empathy for the clients and families who like him as he is. Being a volunteer at the Hospice is a matter of great pride for Richard and has given him a sense of self-worth and belonging. I am proud of what he does there and grateful to the wonderful staff and volunteers who provide support and encouragement to him.

After Richard signed up, Karin (Richard's Mum) found she had enough time on her hands to volunteer too. The Hospice was very happy to welcome her to the team and she now works two mornings a week on the Nurses Station reception.

Narelle Hinton - PCA

Narelle is one of our dedicated PCAs who has been an assistant in nursing from the age of 16 years. She moved from Gympie to Nobby in 1973. She worked from 1986 at Clifton Hospital. It was her contact with Alicia Trimmingham-Turl, and nurses who worked at the Hospice, who encouraged her to join our team. She joined as a casual in 2008, and later took on a permanent part-time position.

"The Hospice is like family where we treat the clients and their families as our own. It is such a joy caring for them and I love it. Over the years, I have been inspired by other staff, like Gianna Bullen, who worked as a PCA from the opening of the Hospice in 2003 to 2017. We have had so much admiration and respect for staff like her who were instrumental in the foundation of the Hospice and the good care we provide."



P PAGE

Pictures Puzzles Promotions

Late News from the Man!

I would like to confirm Power Tynan will host this year's HYBOTD at the Toowoomba Hospice on the 11th August from 6am to 9am.

We are delighted to have Triple M Darling Downs Radio as our major sponsor again. Lions Wilsonton will run the BBQ breakfast stall; Coffee Cruiser will be there and Master Hire will have their cherrypicker and scissor lift available so we can hang the bosses out!

Please let me know if you have anyone you would like to invite to be Hung Out to Dry! Our target is \$60,000 - 20 bosses at \$5000 each = SUCCESS...Your support is always greatly appreciated!

Cheers Mark



Mother's Day High Tea @ Gip's Restaurant



SUDOKU

Have another go! Just a word of warning...this is slightly harder than last month's!

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Sonia from 'Vintage Girl' had a lovely display of fine china at our Mother's Day High Tea

Dr Patty speaking at our annual Palliative Care Breakfast

