

Toowoomba Hospice Association Inc

NEWSLETTER

AUGUST – SEPTEMBER 2017

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CELEBRATING 14 YEARS OF PALLIATIVE CARE!



A great team!



Graham Barron OAM Chairman

Hi! and welcome to August.

At the start of every year, we look ahead and prepare our yearly fundraising and social activities and it is this time that all our major events are planned. We gauge our planning on previous years as well as looking for new ideas. Mark Munro and the team are to be congratulated for their efforts.

The most recent event held was our annual Camellia Show and Garden Expo. The event was very successful financially with outstanding support from the community. Of course, these events just do not happen without a lot of planning and effort. Once again, our great team of volunteers were of tremendous support with some assisting on both days. I would like to acknowledge Kevin Cotterell, Chairman of the Camellia Show and Garden Expo, and his committee for their efforts. Also, sincere thanks to Mark Munro, Sharene Gosley and Jodie Turner for their support.

August and September will be very busy with our **Hang Ya Boss Out To Dry** and our annual Race Day happening. If you can attend or assist in any way, I am sure Mark would appreciate hearing from you.

On the clinical side, things have been very busy providing care and support for clients and their families as well as the ongoing process of updating policies and procedures to ensure good, sound governance of the Toowoomba Hospice.

While we manage the day-to-day activities of our Hospice, we have to adhere to guidelines set down by Queensland Health, Department of Veterans' Affairs and other authorities. I am very pleased to advise that Queensland Health paid a visit to us to check on our operational procedures, and they were very impressed with our facility and encouraged us to continue to operate in the very professional way we have done in the past.

My sincere thanks to our Director of Nursing, Allison Leech and her team of dedicated and hard-working nursing staff, and all our volunteers.

As I have mentioned on previous occasions, Pastoral Care plays a very important role at the Hospice. Sue Thönell and her team of Pastoral Care volunteers ensure that our clients and their families are offered the very best support that anyone could ask for. I attend the Remembrance Services that are held throughout the year and I am very proud of the positive comments and praise of the team at the Toowoomba Hospice that are conveyed to me at these events. Thanks, Sue and your team!

In conclusion, I once again thank the entire team at the Toowoomba Hospice as well as the community for their ongoing support. I am looking forward to giving a comprehensive report on the past 12 months in my Chairman's Report at our Annual General Meeting.

Regards,

Graham

Graham Barron, the Hospice Chairman, and Marlene, (his very supportive and tolerant wife!) at the Sponsor's Evening - Toowoomba Camellia Show and Garden Expo.



The Show was a tremendous success with beautiful weather and great entertainment!





FUNDRAISING?

Mark Munro

Administration and Fundraising Manager

What a Bloomin' success was our 2017 Toowoomba Camellia Show and Garden Expo! We could not have asked for better weather!

Our sponsors' night which is held on the Friday before we open to the public is normally a freezing night with strong winds and the odd shower! I couldn't believe it... but we had people mingling outside enjoying each other's company! Normally we would all be huddling over the gas heaters!

Then came the 2-day show! 'UNBELIEVABLE!' is the only way I can describe the weekend! Joan Falvey, Sr Frances and Rod Hultgren would have been so proud of how the show came together and has evolved over that last few years!

I take my hat off to everyone involved (I won't name anyone as I will accidentally forget someone) from the organising committee, to the exhibitors, speakers, entertainers, community clubs/groups, businesses, the contractors and volunteers who came to set up, help run the event and finish with the pull-down. You all did an amazing job!

Finally, I must say thank you to TAFE Queensland South West Region, Heritage Bank, Toowoomba Regional Council and all our other sponsors. Your donations and support mean the bloomin' world to us ...**Thank you!**

Over the next couple of months we have two more major events happening. First of all we have **Hang Ya Boss Out to Dry** on the 11th of August at the Toowoomba Hospice. Then, on the 2nd of September, at Clifford Park Racecourse, we have our **Charity Race Day!**

As I mentioned in the last newsletter, a lot of work goes into the above events - behind the scenes and on the day/night, so if you can help with any of our fundraisers (or would like to host a function for the Hospice) please don't hesitate to contact us.

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

Putting the FUN back into FUNdraising !

Mark

Toowoomba Mayor, Cr Paul Antonio & Ms Jennifer Howard MP Member for Ipswich - Assistant Minister of State Assisting the Premier, are ready to declare the Toowoomba Camellia Show and Garden Expo "OPEN!", watched by the organising committee.





Allison Leech Director of Nursing

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 body that utilises standardised clinical assessment tools to measure and benchmark patient outcomes in palliative care.

We choose to send our data (participation in PCOC is voluntary), as a way to benchmark the care we provide against the other palliative care services across Australia, and to improve practice.

The PCOC patient outcome improvement framework is designed to:

- *Provide clinicians with the tools to assess individual patient experiences systematically using validated clinical assessment tools,*
- *Define a common clinical language between palliative care providers to support assessment and care planning,*
- *Facilitate the routine collection of national palliative care data to drive quality improvement through*

reporting and benchmarking

- *Provide regular patient outcomes reports and workshops to facilitate service-to-service benchmarking, and*
- *Support research using the PCOC longitudinal database.*

The PCOC data set includes six clinical assessment tools, all of which we use as our daily clinical assessment of our clients, to ensure that we are providing the most appropriate care for all clients – and their families/carers.

Our participation in PCOC also provides evidence for us to meet core actions in the NCQHS standards – the National Standards we must meet for our ongoing Accreditation.

Regular staff training and daily discussion of client ‘scores’ ensures that the data we provide is useful, both to us and PCOC, for benchmarking with other services.

We have just submitted our data for the first half of the year and are looking forward to receiving our results, to see how we compare to the other services who also participate.

Allison

Pastoral Care Coordinator

Sue Thönell



‘Dignity Therapy’ as a topic was presented at the recent Spiritual Care Australia Conference held at the Gold Coast. Russell Armstrong, who is a Supportive Care Worker for Barwon Health – Palliative Care, Geelong, VIC, works with this concept which has been well documented by the founder Harvey Max Chochinov in his book, *Dignity Therapy – Final Words for Final Days*. Russell described Dignity Therapy as ‘affirming and preserving a mosaic of personhood’.

Part of our legacy to our families is our life story. When this is recorded focusing on specific events that we would like to be remembered by and printed as it is said with inserted photos, it is not only a legacy but a therapeutic exercise for us. Stop thinking about it. Don’t wait with documenting your story. Indulge yourself. Make the time to honour yourself by remembering that the past is fact, the present is a gift and the future is yet to be.

Sharene Gosley

Volunteer Coordinator



Well, I don't know about you, but I'm certainly finding it harder to get out of bed in the mornings. I love these crisp, chilly mornings but I would enjoy them even more if I could stay in bed and really get to appreciate them.

It's been flat out for me lately; the cold weather sadly sees a drop in our volunteer numbers as many struggle to fight off the colds and flu bugs. Thank you to all those wonderful people who have stepped in, sometimes at late notice, to pick up an extra shift or two to make sure things run smoothly. Your time and effort are much appreciated.

Thank you to the many people who were involved with our Camellia Show for 2017. What a massive event to coordinate and it wouldn't be such a success without the fabulous committee who work tirelessly behind the scenes for months prior to the event. Then there are all those who contribute with the setup and pull down of the event, those who make or bake items for our stalls, those who man the stalls, the entry gate, plant creche and the open garden, the raffle tickets sellers, craft sorters, donors of produce, collectors of raffle prizes and wrappers of hampers and prizes, flower arrangers

and pickers, café helpers, traffic controllers, opening night waiters and servers!

Huge thanks to you all! You are special and the Hospice community appreciates all your efforts.

We are very lucky to have welcomed some new volunteers to our team recently and a few more will be starting in the coming weeks. Stop and say 'Hi!' if you see a new face around the place and make them feel welcome.

Thanks to all the wonderful volunteers who help support the work of the Hospice, and make my job so much easier by always being so willing to give of your time and energy.



We are very good at celebrating birthdays at the Hospice! It's a tradition started before we actually built the Hospice and one which was much cherished by our Founder, Sr. Frances Flint. She loved it when we remembered her birthday, but kept the actual year a close secret.

It is five years since her death and to help keep her memory alive we celebrate with a Founder's Day to recognise her achievement in establishing the Hospice. A short service and a BBQ fits her pleasure exactly! Everyone is invited and we hope to see **you** there! - Friday 1st September 12pm

There are many of our volunteers who are also celebrating their birthdays at this time so to...

July - Denise, Ray, Terry, John V, Myrtle, Enid, Ros, Joan, Marlene, Graham, Lee and Anne

August - Anna, Paul, Josh, Maria, Margaret, Lyn, Barb, Dorothy, Dave, Kevin, Thea, Dianne, Eve, Marilyn, Bev and Lynette....



August & September

Upcoming Events not to be missed!

Come and join us!

August 11th is 'Hang Ya Boss Out to Dry' time! Early on a cold winter morning, several BRAVE Bosses/CEOs are hoisted towards the sky where their begging cries drift into the universe! Some of their work colleagues, friends even family might reply to their pleas, and the shivering heroes are then lowered to the ground to hand over their offerings. This is the fifth HYBOTD and so far, no participants have been left to the elements!

Our grateful thanks go to these heroes and their supporters, many thanks must go to those who come to cheer and donate!

And then on the 2nd of September...

The Toowoomba Hospice RACEDAY!! For your \$80 entry fee, you get...

FREE ENTRY TO THE RACES

A COMPLIMENTARY DRINK AND CANAPES ON ARRIVAL

A DELICIOUS 2 COURSE PLATED DINNER (ALTERNATE DROP)

PRIZES FOR BEST DRESSED FEMALE, MALE AND BEST HAT!

CHARITY & SILENT AUCTIONS

MULTI-DRAW RAFFLES

What could be better?

Spotlight on Staff and Volunteers



I have been a volunteer at the Hospice for about the past eight years, since retiring from an administrative and management role at USQ. With children launched and leaving full-time work, I was pleased to have the opportunity to give back to the community.

As a Girl Guide growing up in California, I learned about volunteering at our local hospital where we wore a candy stripe uniform and ran small errands for the nursing staff—a task I so enjoyed.

Coming to Toowoomba in 1978, I joined a women's service club and helped raise funds to support projects such as breast cancer research, fighting domestic violence, scholarships for young women in science and engineering, as well as a number of overseas projects which focused on health and education.

I am still amazed at the tremendous amount of volunteering that happens in Toowoomba, particularly in the wonderful Hospice community. The skills, dedication and fellowship I've seen among the volunteers and staff at the Hospice is truly inspiring.



Judy Timmins



Bev Mead

I started volunteering with the Hospice on the 16th of February 2009 after retiring from Toowoomba State High School as a librarian and it was the best decision I ever made!

I work on reception once a week and also fill in from time to time at the Nurses station reception. I help at various fundraising events throughout the year, my favourite being Toowoomba's Christmas Wonderland where I have a ball selling glow products.

My husband Ron spent his last weeks at the Hospice so I have seen firsthand the wonderful care and love shown to both the family and the clients who come here. The staff here are wonderful and I understand how valuable the volunteers are to the Hospice. I appreciate the love and support that has been shown to me over the years. Being at the Hospice gives me a sense of purpose and I love the company and friendship.

I would encourage everyone to get involved in volunteering.

I started as one of the early fundraisers who was involved in raising the funds necessary to build the Hospice facility. I became an association member in August 2000. I finished up with paid work in August 2015 and have been actively helping the Hospice for around 17 years.

I mainly work behind the scenes seeking donations of raffle prizes from local businesses. I assist with lots of fundraisers throughout the year for the Hospice, mainly Race Day, Melbourne Cup functions, USQ Municipal band concerts, Carols Nights, and I am on the planning committee for both the Camellia Show and Toowoomba's Christmas Wonderland of Lights where I also volunteer during these two events.

I coordinate an annual Wine Tour and I am often seen making or selling crafts and manning shopping centre promotional stalls to support the work of the Hospice.



Christine Siebuhr

P PAGE

Pictures Puzzles Promotions



Graham and Janice were delighted to receive a generous donation from 'The Haden Card Group' Doreen Nauschutz & Judy Fitch - Thank you!

SUDOKU

Here is another so-called "simple" sudoku. The time to beat is 4mins 30secs! Let me know if you did!

	3					8		
1		5	3	9	6			
	6		5	8	4			
7		3	4	6	2			1
4								3
6			9	1	3	2		7
			2	3	9		7	
			8	4	1	3		2
		2					1	



This would be what my Dad would call
"THE SUBLIME TO THE GOR-BLIMEY!"

(Brian Shackleton as Con the Fruiterer)

