



Within 24 hours – Joff had a change of heart, thanks to you

Joff's preconception about coming to Mary Potter was that *'it's a place to come and die.'*

Within hours of arriving at the Hospice, Joff realised he had it all wrong. He wished he had come to the Hospice sooner.

This change of heart was all thanks to the exceptional end-of-life care he received. And the extra joy you brought into his life when he least expected it.

The Mary Potter nurses, and allied team helped get his pain under control which gave him more time to do what he loved. Thanks to you he got to spend time with his friends, drink good wine and listen to his favourite music. It also gave him a chance to get his affairs in order.

When Joff's brother offered to bring his favourite singer to the Hospice to perform one last time, staff suggested that the Foundation could organise a mini concert for family & friends. A *'Day on the Green'* type event was born. The event planning process brought Joff a renewed sense of purpose and meaning.

It was a joyous occasion for all!

Continued over the page



~
This change of heart was all thanks to the exceptional end-of-life care he received. And the extra joy you brought into his life when he least expected it.
~





Continued from page 1

Joff commented that being in Mary Potter gave him a greater sense of control over the time he had left. Being without pain gave him time to sort out his affairs and to be with those who matter most.

Each afternoon, Joff and his brother would sit on the wall in front of the Hospice, sharing a glass of wine. *Life is too short to drink bad wine* was Joff's motto. Penfolds Bin 389 was his wine of choice, and they enjoyed every drop!

After receiving a gift of a Hank Williams LP, we bought Joff a vintage-style record player. This surprise gift transported him right back to his younger years. Thank you for supporting us in recreating the sounds of his youth and helping Joff relive happy memories.

Joff became an advocate for Mary Potter Hospice and Calvary's Palliative Home Care Service. To say thank you and to help spread the word about the care he experienced, Joff made a video with us.

We invite you to take a moment to watch his video by scanning the QR code or going to our website marypotter.org.au/inspiring-stories to view it.



Joff embraced life and everything the Hospice had to offer.



~
... being in Mary Potter gave him a greater sense of control over the time he had left. Being without pain gave him time to sort out his affairs and to be with those who matter most.
~

 Thank you ...

... for making this possible.

Heart-warming stories from the frontline

Written in their own words, these heart-warming reflections shine a light on the care you bring to patients and their families when it matters most, through the eyes of our dedicated Foundation volunteers.



Russell
Foundation
Volunteer

“I first witnessed the difference donors make when my sister was in the care of Mary Potter Hospice.

I fondly remember a volunteer loading up the drinks trolley, just outside my sister’s room. It was a small part of the care we received yet it had a profound impact on my family. It offered us much-needed comfort at a very difficult time.

When I retired, I became a Foundation volunteer. The Foundation asked me to design and build a special-purpose drinks trolley. I put the same level of care into every project, remembering the care we were fortunate to receive. I hope that *Russell’s Drinks Trolley* will provide many years of enjoyment and comfort for patients and families – just like the experience we had”.



Sharon
Foundation
Volunteer

“For nearly 10 years I have been honoured to prepare quilts kindly donated by many quilting groups across South Australia. The quilts are distributed to the Hospice, and those in palliative care in all Calvary hospitals and aged care facilities.

I am in awe of the skills of the very talented quilters as they piece together such beautiful colours and patterns. Each quilt is different, just like each patient is unique.

The time and effort that they put into every quilt is exemplary. For me to be able to prepare the quilts ready for distribution, is truly a privilege. I’m sure these quilts brighten up patient’s days and is one way of showing them, that they are lovingly cared for. Thank you.”



Lauren
Foundation
Volunteer

“As a volunteer, I am always grateful and humbled to see first-hand, the impact of donors to The Mary Potter Foundation.

It is because of the generosity of donors, that the Foundation can provide patients and their families with personalised care that focuses on bringing joy and connection and creating special moments daily.

From fresh flowers to a welcome pack; to a special meal for two or a celebratory cake – these simple yet loving touches would not be possible without donor support.

A huge thank you to all donors for your continued support and generosity.”

Calvary Caring Hearts Grief Support Group – Seeds of hope in healing, thanks to you

CLICK TO
DONATE
NOW

Led by Social Worker Sig, the grief group offers a space for recently bereaved individuals to come together and support one another.

Through sharing stories and practical tips, participants regain skills and create bonds with others who know what they are going through. Topics covered so far include *stages of grief, secondary losses, continuing bonds, and tips for self-care*. There is also a free library (pictured right) kindly established by The Walker Private Fund. Participants are encouraged to borrow resources, for as long as they wish.

As well as expanding their knowledge on ways to manage their grief, it has been heartening to witness the blossoming friendships.

No-one can take away the pain of losing a loved one, but with each session, some participants are already growing in confidence. One participant shared *"I am not sure if I will need to come back again – I already feel like the first three sessions have been so helpful to me"*.

Caring for families after loss is an important part of our care.



Thank you

for giving the gift of comfort and support, as you walk beside them on their grief journey.



There is no cost to attend. You are welcome to join the next Caring Hearts Grief Support Group.
**10am | Tuesday 13 August
Connery House | Calvary
North Adelaide Hospital**

For more information or to rsvp, please email your name and phone number to reception@marypotter.org.au or call **08 8239 0119**.

The importance of volunteers REGISTER YOUR INTEREST

The Foundation and the Mary Potter Hospice are looking for volunteers to join their teams.

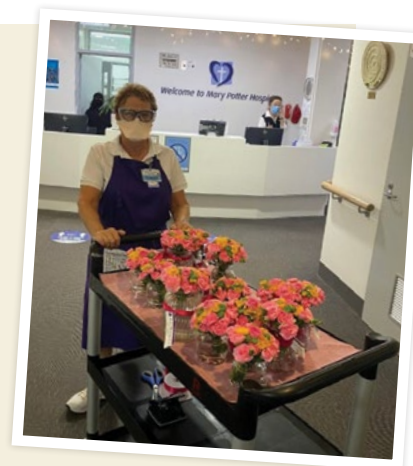
BECOME A MARY POTTER FOUNDATION VOLUNTEER

If you have an interest in caring for our patients and families but you do not wish to volunteer in Mary Potter Hospice, please call **Robyn** in the Foundation office on **08 8239 0119** or email robyn.nash@marypotter.org.au for more information. Volunteer roles include event support, craft (can be at home), or administration.

BECOME A PATIENT SUPPORT VOLUNTEER

at any of the Calvary Hospital sites or in Mary Potter Hospice

If you have a positive approach to life; if you're kind, sensitive, responsible and have a sense of humour, then the Calvary Volunteer Manager would love to hear from you regarding volunteer opportunities. Please email CHCA-volunteers@calvarycare.org.au or contact **Maria** on **0428 864 183** for more information.



MESSAGE FROM OUR EXECUTIVE DIRECTOR LORNA RIDDLE



A new financial year is upon us. But before we look too far ahead, it is important to reflect on the last 12 months and the special community of people who have helped us along the way.

Donors & Corporate Supporters – for your generous support. When there is a need, you kindly respond. Thank you.

Families who have been in our care – for the privilege of caring for someone you love and for keeping connected to us. Thank you.

Volunteers – for your dedication and time. Thank you.

Quilters – for your skills and your generosity. Thank you.

Event Attendees – for making our events a huge success. Thank you.

Fundraising Committees – for your time and talent to raise much-needed funds, so that others can experience the care. Thank you.

Board members – for your time, expertise, and generosity. Thank you.

Staff – for going above and beyond to provide an exceptional level of care for those we serve. Thank you.

You are an important part of our Mary Potter Community. Thank you for your continued support, so that together we can meet the needs of those we serve.

Lorna Riddle
Executive Director

DONOR SPOTLIGHT

Our Volunteer Quilters

This year we are celebrating 10 years of our much-loved Quilt program and shining a light on the people behind the quilts who have made it all possible.

Our heartfelt thanks to every quilter and quilting group who has donated to this program since we started calling for donations in mid-2013.

To date over 4,000 quilts have been distributed to individuals in our care, which is an incredible achievement. Quilts provide warmth, make patient rooms more colourful and homely, and they become something precious for their family to keep.



Lorna and Jacqui holding the first handmade quilt. Created by Lorna following volunteer Ronnie's guidelines, still used today.

CELEBRATING
10 years
OF THE QUILTING
PROGRAM

We have a **special morning tea** coming up on the **Wednesday 31 July at 10am** just for quilters – past and present. If you have participated in this program, you are welcome to join in the celebration. Please contact **Robyn** on 08 8239 0119 or reception@marypotter.org.au by 17 July to RSVP.

HOW TO *Get involved*

CARING HEARTS GRIEF SUPPORT GROUP

Meetings are held monthly at Calvary North Adelaide Hospital
2nd Tuesday of each month | 10am – 12 noon

The next meeting will be on 13 August

Open to any immediate family member who has lost a loved one at Calvary SA. For more details including upcoming dates, please visit marypotter.org.au/caring-hearts

To RSVP, please email your name and phone number to reception@marypotter.org.au or call us on 08 8239 0119.

BARBARA'S HIGH TEA

Sunday 28 July | The Lakes Hotel | \$65 per ticket

To buy tickets please contact Juliann on 0407 394 334 or juliann.andriani@gmail.com. Alternatively, please call the Foundation office on 08 8239 0119.

THE MARY POTTER FOUNDATION AGM

15 October | 5.30pm | Arkaba Hotel | All Members welcome.

CATHOLIC MASS | MEMORIAL SERVICE

MASS: Thursday 31 October | 12pm

MEMORIAL SERVICE: Thursday 7 November | 1:30pm

Both services are held in the Chapel of the Maternal Heart.

SAVE THE DATE LIGHTING OF THE LOVING TREE CAROLS CONCERT

Wednesday 4 December (this is a ticketed event).

Loving Tree information will be posted in October and will be promoted in our November newsletter.

CLICK TO
DONATE
NOW

OUR MISSION

Inspiring people to share our belief that caring for people at the end of their lives is an honour and a privilege and to work with us to support living every day, every hour.



The Mary Potter
Foundation Inc

Ground Floor,
Connery House,
rear of Calvary
North Adelaide Hospital,
89 Strangways Tce,
North Adelaide.

PO Box 2003,
North Adelaide SA 5006

P: 08 8239 0119

E: reception@marypotter.org.au

W: marypotter.org.au

Business Hours:

Monday-Thursday
9am to 5pm,
and Friday 9am to 4pm



ORGANISATIONAL
MEMBER
CODE COMPLIANT

A member of the Professional Body
for Australian Fundraising



A registered charity with the
Australian Charities and
Not-for-profits Commission (ACNC)