



Winter Newsletter 2010

From the President

Dr. John Hetherington

One of my jobs is to assist in fund-raising. Recently I have attended two interesting functions with that in mind. The first of them involved Boot Scooting. No, thankfully I was not called upon to dance but I did spend an enjoyable time with some ardent followers of country music. They enjoy their music and dancing but do a lot more besides, to raise money for us. It was a pleasure to meet some of the members again and others for the first time – and to receive a most generous cheque. A couple of weeks after that I took part in the annual Hospice Car Rallye. Despite getting hopelessly lost we were able to join 21 other crews in a weekend of fun, too much food, imaginative entertainment, a raffle, an auction and many, many miles of motoring along roads we seldom travel. (And some we were not meant to be travelling this time, either!) Again, people having fun made us many dollars.

Since the last Newsletter two members of our Committee of Management have left. After many years of service, including several as Secretary / Public Officer, Pat Gibson retired in the spring. We thank Pat for her hard work as well as generously sharing her wisdom with us. Fortunately she remains active for our benefit by continuing as President of Friends of Hospice. In the New Year, Richard Moloney resigned upon his removal to

Melbourne to further his career. During his short term on the Committee he contributed much. We are grateful for that and wish him well in his new situation.

Nature abhors a vacuum. It has been my pleasure to welcome two new members. Lindsay Symons brings with him many years of experience as an audiologist in the Public Hospital system as well as in private practice. His comprehension of the health-care system will be of great value to us. Hayley Coates has already used her legal knowledge to our advantage. We hope to have little need for such expertise but it is reassuring to know that it is available. I hope our recruits enjoy many years of service, helping to represent the community on a Committee whose members are pro-active and form an effective group.

Andrew Neaum has just commenced six months leave of absence from the Committee. He is combining a well deserved holiday with study leave and long service leave in Britain and Africa. We wish him well in his travels and look forward to his return refreshed and rarin' to go.

Thank you for reading this far into our Newsletter. I hope that you will maintain an interest in "Hospice" and continue your support.

From the Executive Manager

Carmel Smith

It is appropriate that the newsletter is being sent out in Palliative Care week this year. The Theme for the 13th National Palliative Care Week this year is "if only I knew...how to talk about dying". Talking about dying is not something that comes naturally to Australians, so this year Palliative Care Australia (PCA) is encouraging people to think about how they would like their end of life to be. PCA encourages people to think about what kinds of treatment we want, who we would like to care for us, and where we would like to be when we die. It is important that we tell the people around us about our wishes, even though this may be a difficult subject to address. National Palliative Care Week is an opportunity to help everyone in our community think about these issues and also to learn more about palliative care.

I am often asked to speak in the community about our service and what we do in our work, and it often surprises me that even though many people in the community know who we are, unless they have had someone they know use the service, they don't really understand what it is that we do with these wonderful patients and their families. Our door is always open if people need advice or information about the benefits of palliative care to all people whose life expectancy is diminished.

Our nursing staff had a busy Christmas and New Year with many referrals and demands for our service, and as always our staff handled these pressures without any disruption to our patients care.

Our staff, especially Sonia, have been busy organizing our bi-annual study day which we will report in our next newsletter. We are very excited about its impact of how we care for ourselves in the work that we do



Dr. John Hetherington accepting a cheque from Mooroolbarna Music Club members Dawn Fitch and Margaret Mathieson who helped raised \$11,500.00 for GVHCS.



From Bereavement Counsellor

Julie Poon

The following information relates to how people may respond and react when they are grieving. For further information please contact Julie at Hospice on 58222530.

Grief is how we respond when we experience a significant change or loss in life. It is a normal, natural and inevitable experience and can affect every part of our life. Grief can be powerful - like being lost in a maze of conflicting and intense emotions. It can seem chaotic and sometimes brings a sense of losing control.

Grief is an individual experience and as such can be varied and quite different for different people. Reactions vary but may include:

Feelings such as shock, numbness, anger, sadness, fear, anxiety, loneliness, chaos, guilt and helplessness

Thoughts such as confusion, lack of concentration, dreams, hallucinations, doubts, disbelief, wondering 'what if?', preoccupation with particular ideas or experiences and interference with memory

Behaviours such as lethargy or overactivity, lack of self-care, sleeplessness or sleeping a lot, desire to resort to alcohol or non prescribed drugs and other potentially harmful behaviours

Physical reactions such as tiredness, loss of appetite, diarrhoea, constipation, vomiting and pain

Social effects where relationships with others may change

There is no right or wrong way to grieve. Recognising the experiences of grief may not take the pain away but can help in understanding what is happening.

When people grieve they are coming to terms with what has changed in their lives. Following loss the grieving person has to relearn the world and themselves because everything has changed. Grief is not an illness. We don't get over profound grief because we are changed both by our love and by the loss of our loved one. But life will eventually have meaning again, although our loss will always be part of us. Eventually we will learn to live with our loss. It is not unusual for grief to be felt over an extended period of time, even for many years.

"Your grief is like your fingerprint, unique and personal to you" - (Irving and Thompson).

Patient Care Volunteer Update

Eania Holt

Goulburn Valley Hospice Care Service continues to be supported by many hours of volunteer labor without which we could not function as we are.

Our patient care volunteers continue to be involved with family care and support as well as heavily involvement in the bereavement programs including the craft group, walking group and Kids Grieve Too (KG2) program.

There is an ongoing need for this kind of role and we are currently in the process of recruiting new volunteers, to commence training (approximately 27 hours in 3 hour blocks over 9 weeks) in late July. If this type of volunteer work sounds like something you might be interested in, we are holding an information session on Wednesday June 9th between 1-2pm at 32 Packham Street, Shepparton. Please let me know if you plan to attend by calling 58220068. Once again, I salute and thank our fantastic team of volunteers.



Hayley Coates from Riordan Legal and Lindsay Symons an Audiologist in the Public Health System and Private Practice are our two new Committee Members. Welcome to them both.



Memorial Church Service - Goulburn
Valley Hospice Care Service

would like to invite you and your family
members to a

SERVICE OF REMEMBRANCE

at St. Brendan's Church Knight Street,
Shepparton

Sunday 30th May 2010. Service will begin
at 2.30pm. All are welcome to attend.

From the Hospice Opportunity Shop

Sharyn Owenbury

Hello again from all at the Opportunity Shop. We started back after the Christmas break as busy as usual. Our thanks to our many volunteers, as we are running the shop solely on volunteers at the moment. We have lost some of our bin sites around the Shepparton and Mooroopna area, so donations in our bins have been a little down. The bin at Fairleys IGA has been reinstated, so please encourage all your families and friends to donate any unwanted clothes, bric & brac, furniture etc, it is all much appreciated.

One of our valued volunteers, Mr. Trevor McGown, passed away in February this year and he will be sadly missed.

Also on our volunteers, Mr. Kevin Finteln has been chosen to be nominated for the volunteer recognition awards which is being run through the Shepparton City Council. I think we all agree Kev contributes a great effort; coming in 4 afternoons a week.

The Committee of Management has given the go ahead for the renovations to our Opp Shop which we are looking forward to. We hope it will not cause to much disruption to the running of the shop.

Thank you all for your support and catch you all next time.

The Mooroopna Country Music Group continues to raise funds for the Service by holding garage sales and monthly raffles at the Royal Mail Hotel in Mooroopna.

Their next fund-raising garage sale is on the 15th & 16th October at 197 Echuca Road, Mooroopna, 12 - 4.30pm Saturday and between 7.30am - 2.00pm Sunday.

They also have a Sausage Sizzle at Harvey Norman once a month every 3rd Weekend Sat/Sun.

All proceeds go to the Goulburn Valley Hospice Care Service. if you would like to donate goods or require further information please contact Marg Mathieson or Dawn Fitch on 5821 4426 or 0438 214 421



The great hall at "Montsalvat" at Eltham.

Friends of Hospice

Pat Gibson

Since the last Newsletter, our fund-raising activities have included the sale of Christmas Cards at the Combined Charities' Christmas Card Shop - with sales amounting to \$870.00.

The SPRING GARDEN COACH TOUR to Benalla, Euroa and Caniambo was conducted on 27th October. Private Gardens visited were "ROWILLA" at Benalla, KORALEIGH" at Euroa and Mrs. Jackie Campbell's garden at Caniambo. No entrance fees were charged by the owners.

Following lunch in the Benalla Botanical Gardens, tours of those gardens were conducted by members of "Friends of the Benalla Gardens".

Shepparton Transit made no charge for the coach and driver.

For the raffle, a \$100 meal voucher for Teller Restaurant was donated by Matthew Milsome and Daina Winch of the TELLER.

Profit for the day was \$4,050.00 (the only expenditure being \$30.00 for the bread).

THE AUTUMN COACH TOUR to Eltham, held on 22nd April, resulted in a profit of \$4,880.00. Two coaches conveyed our 114 passengers to "MONTSALVAT" and to the natural garden "FÜLLING". Morning Tea was served at Wallan, lunch in the Great Hall at Montsalvat, and Afternoon Tea at Mernda.

Prizes for the raffle were donated by: Sam Miranda of King Valley Pty. Ltd., Firenze's Wine Bar and Restaurant; Friar's Café; John Anderson Pharmacy; Mr. Denis Cox and Shepparton Garden Centre.



LR: Howard Brettig, John Anderson, Rob Sands and Michael Blake won the Hospice Car Rallye' outright for 2010

Funraiser Event:

2010 Car Rallye

The Car Rallye was on again this year on the 1st May 2010, departing from Shepparton, it included a mystery route - with an overnight stop at Narrandera. This year was the 15th year it was done and all money raised goes to Goulburn Valley Hospice Care Service.

There was lot's of fun and frivolity, good food and wine and plenty of entertainment over the

two days, particularly on the Saturday night. This year's rallye included a 1960's theme and those taking part were encouraged to dress up themselves and their cars. "It was a good excuse to take an old car on a bit of a run or a brand new one; it didn't have to be unique,"

The total amount raised was \$23,128.00 which was another great success.

GVHCS would like to acknowledge the following Committee Members for their years of service and look forward to working with everyone for many more years to come.

PRESIDENT

Dr. John Hetherington - 16 Years

VICE PRESIDENT

John Beaver - 17 Year

SECRETARY

Wendy Cook - 7 Years

TREASURER

Greg Luscombe - 8 Years

MEMBERS

Dr. Paul O'Dwyer - 16 Years

Canon Andrew Neaum - 6 Years

Michael Blake - 7 Years

Margaret Watts - 7 Years

Les Young - 17 Years

Robert Sands - 18 Years

OUR NEW MEMBERS

Lindsay Symons - 6 months

Hayley Coates - 6 Months

RECENT PAST MEMBERS

Pat Gibson - 18 Years resigned 4/11/2009

Richard Maloney - 3 Years resigned early 2010

up and coming Events

Monday 24th May - Friday 30th May
Palliative Care Week

Saturday 30th May
Memorial Church Service
@ St Brendan's Church Knight St,
Shepparton at 2.30 pm

Sunday 12th September
Fruit Loop Ride @ Princess Park
Shepparton

Friday 15th & Saturday 16th October
Garage Sale @ 197 Echuca Rd,
Mooroopna.

Funraiser Event:

Murray to Moyne 2010

The one that we had been waiting for over 10 years! Following North to North-easterly winds and essentially dry warm conditions ensured that a very happy little contingent of bike riders arrived in Port Fairy on Sunday morning, after the long haul from Echuca the previous day.

Unfortunately the week preceding the ride was punctuated by injury to 2 of our riders, Marion "the Motivator" Brennan and Nathan May but eager replacements were found and a full group of 24 set off from the Murray Riverbank.

The 3 groups: "Pete's Peerless Peddlers", "Brian and the Seniors" and "Marion's Merry Men [without Marion]" all rode well together and appeared to thoroughly enjoy themselves. Special mention of Don and Jenny Mintern, who may not have been the youngest riders on the road, but did a great job of covering the distance.

Thanks also to the organising committee of Brian Slade, Brian Mulcahy, Greg Barnes, John Trewin and Rohan Dealy. Extra thanks to Rob Sands for filling in at the last moment to drive a bus and our other, indefatigable drivers Tom Fratantaro, Bryan Ireland, Sev Duhring, Murray Phillips and Terry Logan. Thanks also to the great cook Miranda, Marilyn the Masseuse, the bus companies Fords, Shepparton Transit and Jacobsons for providing vehicles. Also to Pat and Tina's Service Station for a generous donation of all fuel as well as Spaghetti Hollow and other suppliers of people fuel! All in all, a memorable Murray to Moyne! Maybe next year Ken M might sleep on the Hamilton Scout Hall floor with the rest of us rather than get his wife to bring the Winnebago! Monies raised was \$13,426.10. Which was a great year's effort.

If you do not wish to continue receiving the Newsletter or need to provide a change of address please indicate below and return to:

Goulburn Valley Hospice Care Service Inc.
102 Balaclava Road, Shepparton Vic 3630

I do not wish to receive further copies of the Newsletter.

Please note my change of address

.....

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..... Post Code:

If you would like to receive future Newsletters by email, please send an email to: admin@hospice.shepparton.net.au titled "subscribe to newsletter"

Hospice would like to thank the following for their generosity

- Pat & Tina Di Conza's BP Service Station
- Andrew Beks Landscaping & Sprinklers Service
- Gouge Dry Cleaning

The Service is grateful to receive funds from several community benefit schemes:

- The United Way Community Fund
- Ritchie's I.G.A • Fisher's I.G.A

Please support these businesses and in doing so support the Goulburn Valley Hospice Care Service. Collection tins for the Service are also at Medicare Office, City Walk Wyndham Street, Shepparton

Ways you can help Hospice

A Legacy : By making a legacy under your will (a simple codicil may be all that is necessary)

By becoming a member to Hospice Care: (An annual membership fee of \$10.00) **(By cash or cheque made payable to G V Hospice Care Service Inc)**

By a Donation: By enclosed cash/cheque donation of \$.....
Receipt Required Yes No

By becoming a Volunteer at our **Opportunity Shop 41-145 Fryers St, Shepparton**

By becoming a member of Friends of Hospice
Contact **Pat Gibson on 58313 080**

Name.....

Address.....

.....

.....

Town..... Post Code.....

Please complete and return to
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