

PHS News

Peninsula Hospice Service 2010

Issue 2

Patron: Dame Elisabeth Murdoch AC DBE

PHS implements new information management system

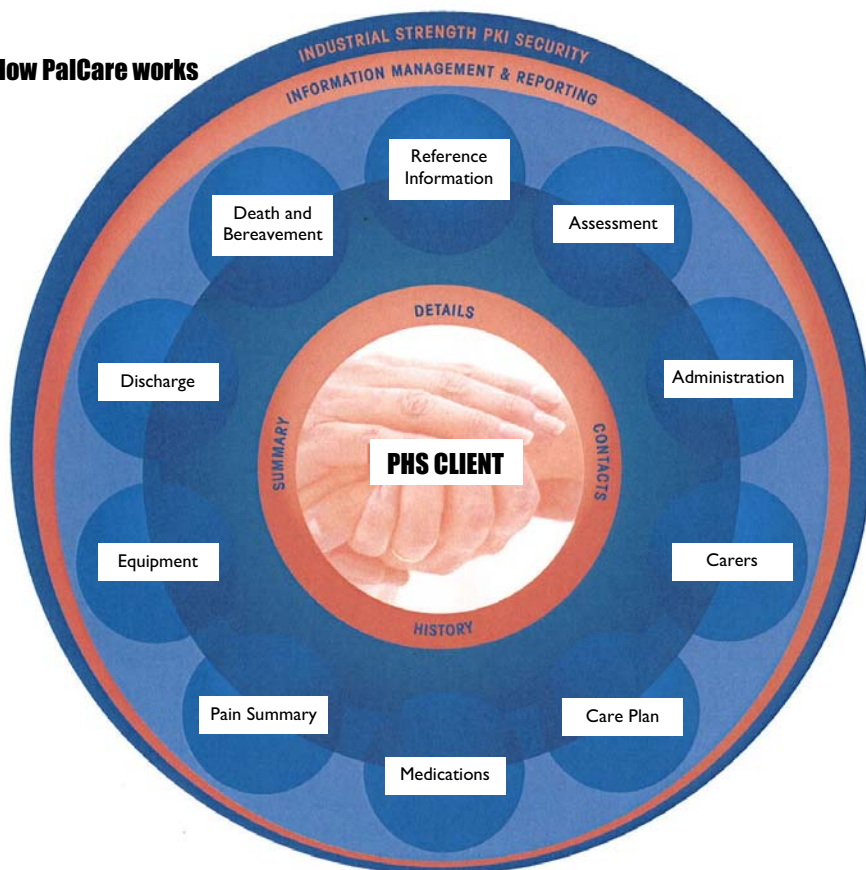
PHS continues to strive for ways to improve client care and, with this in mind, have purchased and implemented PalCare, a new client information management system.

Documentation of client information is an integral component of professional service delivery. The efficient management of this information is essential for clear effective communication with other health professionals, thereby enabling the sharing of important information that assists with the care planning and coordination of specialist palliative care. PHS anticipates the benefit for clients will be a reduction in the number of times people have to provide personal information and repeat their story, coupled with improved coordination of their care.

PalCare integrates acute and community care information into a single view of the client, enabling PHS to optimise the quality of care for their client at the time and point of care. The benefits to PHS and its clients include:

- Client care plans are managed and monitored efficiently and effectively through the compilation and consolidation of all clinical and social data received electronically
- There is ease of access to client data by care team providers while maintaining the integrity of the data and process
- Better quality of palliative and support care is achieved through enhanced coordination across physical, psycho-social and spiritual care with real-time, up-to-date data
- Time with clients is maximised with care team resources managed efficiently and effectively
- Potential adverse episodes associated with the clients' health and well-being can be identified earlier with PalCare assessment and reporting tools.

How PalCare works



PHS CLIENT SERVICES

Phone 9783 6177.
Booking essential.

Studio Art Therapy

(For PHS Clients)

Enjoy Studio Art Therapy in a relaxing and informative studio environment at the PHS Meeting Room, 6/125 Golf Links Road. See the Art Therapy brochure for session times and dates. **Bookings essential.**

Carers Group

Information and support for carers.
July 7th, Sept 8th, Nov 10th

PHS Bereavement Support offers:

- Individual bereavement counselling
- Support specific to children which includes:
 - Information for parents regarding children's grief responses and ways to support your child
 - Individual counselling
 - Family counselling
 - Referral information about children's grief groups offered by other services

Loss and Grief Workshop

(Bereavement Information Session)

Held quarterly at PHS Meeting Room, 6/125 Golf Links Road, Frankston.

Sunrise Group

A social group for people whose partner has died in the past 18 months. Held the last Friday of the month at different venues.

Peninsula Hospice Service



Peninsula Hospice Service offers expert palliative care and practical support to people who are living in their own home with a terminal illness, as well as to their families and carers.

9783 6177

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Inside: A Rock to Remember, Winning Christmas pudding, New Client Care Volunteers, Expo on Volunteering

This newsletter is generously supported by MailPro Australia, 18-20 Bond Street, Mordialloc. Phone 9587 6111

Miss me, but let me go

**When I sail to the end of the sea
and the sun has set
Why cry for a soul set free?**

**Miss me a little, but not too long
and not with your head bowed low
Remember the love
and laughs we shared**

Miss me, but let me go

**For this is a journey
that we all must take
It's all part of the plan
A sail on the ocean home**

**When you are lonely
and sick of heart
go to the friends we know
and bury your sorrows
with laughter and joy**

Miss me, but let me go

A memoir from early Tourism to Uluru

Travelling to the Australian Outback was indeed an adventure for the tourist who dared to visit Ayers Rock in the 1950s. Rough and sandy bush tracks posed a constant threat in the day and a half trip from Alice Springs.

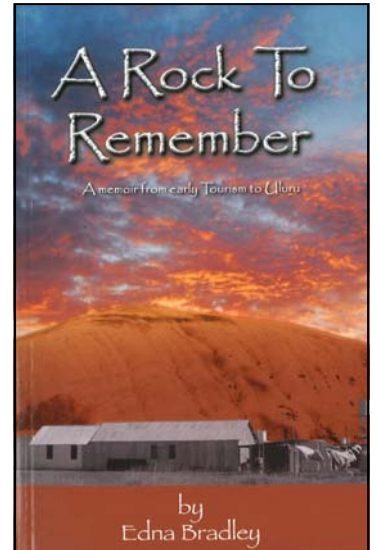
It was at this time Edna Bradley, a young, naïve, courageous girl, left the city to experience life working at a remote tourist camp set close to the iconic monolith. Her father paid for her to go on the 'Petticoat Safari' and, much to her parents' dismay, Edna fell in love with the country and stayed at the camp working as a tent bed maker and waitress.

Edna has always been a voracious writer and was telling the story of her experiences in Central Australia to the writers club in her home town of Sorrento, when it was suggested she write a book. *A Rock to Remember* is the result, with much of the material coming from letters she wrote at the time to her parents.

Whilst living in Sorrento, Edna became involved with Nepean Friends of Hospice, one of PHS's fundraising auxiliaries. Even though she has since moved away and now lives in Alice Springs, her support for PHS has not diminished and **she has offered to donate \$10 to PHS from each copy of her book sold via this newsletter.**

The book can be purchased for \$25 plus \$3 postage. To order your copy phone Kim on 9784 3303, or email kim@peninsulahospice.com.au or at the PHS website www.peninsulahospice.com.au under news/merchandise.

A Rock to Remember is a unique human-interest story full of colourful characters which will delight the adventurous and those who are captivated by the romance of the rugged Australian Outback. Truly a fantastic read.



Order your own prize winning Christmas Pudding

For those who have been at a function catered by PHS Red Hill Auxiliary, it will come as no surprise to hear one of their long-time members has received an award for her culinary skills at this year's Red Hill Show.

Auxiliary member Wendy Hampel won second place in the Christmas pudding category using a 'secret' recipe that has been loved and enjoyed by her family for years.

"It was the first time I have entered the competition and I'm thrilled to get second place," Wendy said. "It's a true indication and reflection of the quality of food our auxiliary provide through our fundraising catering group".

Red Hill Auxiliary, known as The Caring Caterers, helps raise funds for PHS by volunteering their time, energy and resources to provide a professional catering service. It is a volunteer fundraising group whose primary objective is to raise funds and awareness for PHS and last year raised over \$50,000 for their efforts.

According to current President Ann Westle, the key to the auxiliary's amazing results and longevity is everyone enjoys themselves and the group is now well known and respected within the community for their catering skills at very reasonable prices.



Red Hill Auxiliary member Wendy Hampel prepares to sample her award winning Christmas pudding

The Caring Caterers (who are registered with the Mornington Peninsula shire and comply with all Council regulations) cater for light lunches, morning and afternoon teas, festivals, open gardens, funerals, birthday parties, cocktail parties and special events. They are also regular stall holders at Balnarring Village and Mt Martha shopping centres where you can buy delicious cakes, slices, wide range of preserves, books and bric-a-brac.

The auxiliary is happy to take orders now for this award-winning and delicious festive favourite pudding that will be made in July and will undoubtedly be a big hit with family and friends when shared at the Christmas table. All money raised from the sale of the puddings will support PHS and prices will vary depending on the size of the pudding.

To discuss and place your Christmas pudding order phone Wendy Hampel on 9787 6099. To book The Caring Caterers for your next function phone Ann Westle on 5983 5523.

Meet the Graduating Class of 2010—our newest Client Care Volunteers

At a Celebration Day for Volunteers held in May, PHS welcomed 13 new Client Care Volunteers to the PHS 'family'.

Ten women and three men completed the 10 weeks of training and are now ready to start providing support to PHS clients and their families.

Client Care Volunteers work directly with clients and their families and are an integral part of the PHS care team. PHS welcomes Jane Austin, Wendy Ellis, Sylvia Ford, Ann George, Sue Gilbert, Sheila Hartill, Joan Kennedy, Joan Kerr, Lu Linton, Molly Mucke, Bruce Russell, Mark Stokes and Peter Vaughan as the newest additions and thanks them all for their support.

Now part of our strong volunteer team, the 'graduates' received their certificates at the information and friendship day held at Brooklands that was funded by auxiliary fundraising and a community grant from Frankston City Council. Guest speaker Carole Arbuckle from Cancer Council Victoria gave a very informative talk and volunteers also enjoyed Tai Chi and Aromatherapy in a warm, friendly and informal setting.

The Celebration Day invitation was also extended to auxiliary members who volunteer their time and energy to fundraise and be advocates on our behalf within the community.

Working in palliative care is one of the most rewarding volunteer choices anyone can make. Not only does it make a huge difference to the person who is living at home with a terminal illness and to their family, but also to the volunteer's own life. Volunteers learn to cherish each day, listen deeply and to value life as a precious gift.

In 2008-09, PHS Client Care Volunteers spent 2969 hours with clients and travelled 35,694 kms throughout the year to provide this support. Our thanks and appreciation not only

goes to current and new volunteers but also to those who have recently resigned from service: Beryl Beaney (volunteer since 2001) and Liz Fordyce-Burke (volunteer since 2002).

PHS now has 64 wonderful Client Care Volunteers available to support clients and families within the Mornington Peninsula Shire, City of Frankston and parts of the City of Kingston.

Well done, thank you and welcome.



PHS New Client Care Volunteers' Graduation:

Back row (L-R): PHS CEO Rachel Bovenizer, Peter Vaughan, Joan Kerr, Molly Mucke, Sue Gilbert, Ann George, PHS Manager Client Care Volunteers Marcella Ferrier, Mark Stokes, Wendy Ellis and PHS Chair Catherine Norman.
Seated (L-R): Jane Austin, Lu Linton, Sylvia Ford and Sheila Hartill.
Absent: Bruce Russell and Joan Kennedy



Right: Retiring volunteer Beryl Beaney with her 'thank you' gift from PHS for 9 years of service.

Volunteers come together at Expo

PHS Client Care Volunteers and Auxiliary fundraising volunteers came together to spread the word on the personal rewards gained by supporting PHS at a recent Expo organised by the Mornington Peninsula Shire.

Volunteers contribute their time and energy to enrich the life of the whole community and there are so many ways to become involved. PHS relies on the support of its 64-strong team of Client Care Volunteers, numerous and dedicated fundraising auxiliary members and its much valued administration volunteers who help in the office.



Max Everett, Marilyn Dalby and Joan Joyce man the PHS Information stall at the at the Volunteer Expo

Held at the Peninsula Community Theatre in Mornington, the Expo featured a wide and diverse range of organisations that offer volunteering opportunities. The Expo, organised by The Volunteering Resource Service Mornington Peninsula (VRSMP) also provided community groups and organisations the opportunity to recruit new members, network with other groups, publicise their activities and find out about useful Resources that are available.

Along with PHS Client Care Volunteer Manager Marcella Ferrier, Max Everett (Client Care Volunteer), Marilyn Dalby (Mt Eliza Auxiliary) and Joan Joyce (President of Western Port Friends of Hospice) manned an information stall at the Expo where anyone interested in supporting PHS could have a chat with those who have first hand experience as to what might be involved and why they themselves give of their time.

PHS Photo Album



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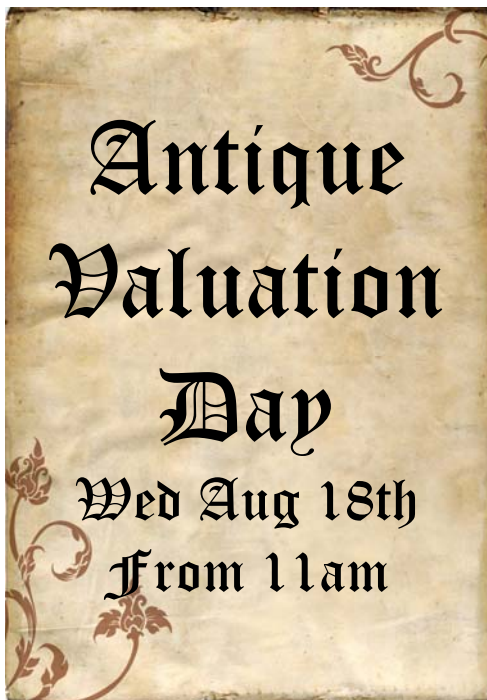
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1. Models and backstage helpers celebrate another successful fashion parade by Promenade of Sorrento that was organised by Nepean Friends of Hospice and held in May at the Sorrento Golf Club. Susan Heasman from Promenade of Sorrento again hosted the parade that featured some of the fabulous fashion for Winter 2010 that is available through the store.
2. Western Port Friends of Hospice President Joan Joyce got into the swing of things as one of the models at the Mela Purdie fashion parade organised by Waterspace at Balnarring.
3. The 'team' at the Mela Purdie fashion parade that featured fabulous Mela Purdie fashion currently available from Waterspace at Balnarring.
4. PHS Manager of Business Service Donna Nolan accepts a cheque from Real Estate Agent James Crowder, Director of Community Real Estate. The cheque, the third PHS has received to date from the agency, is part of an initiative organised by Mr Crowder whereby clients or staff have the opportunity to sell through the agency and nominate a charitable organisation to receive a percentage of the agent selling fee as a donation.

UPCOMING FUNDRAISING EVENTS

Sunday July 18th, Nepean Friends of Hospice Funday Sunday at Sorrento-Portsea RSL. Cost is \$35 per person. Starts 12 noon and includes song, dance, unique jewellery and giftware. Includes complimentary wine on arrival. To book phone Jan on 5984 4704 or Sandy on 5984 4950.

Saturday September 1st, Western Port Friends of Hospice Old Time Movie Night. \$25 per person. Starts at 7.15pm at the Somers Recreation Reserve, Camp Hill Rd, Somers. Bookings needed no later than September 4th. To book phone Meg or Barry on 5983 2090.



Do you have any hidden treasures?

Most people have something precious tucked away and often wonder what it might be worth. Riding on the surge of interest in antiques of late, let Warren Joel (Chairman and Head of Valuations for Leonard Joel Antiques) value that item for you and perhaps tell you a little about its origins.

PHS Mt Eliza Auxiliary are hosting an Antique Valuation Day on Wednesday August 18th at the Uniting Church, 93 Canadian Bay Rd, Mt Eliza from 11am. Cost is \$25 per person and there will be finger food served at 11.30am along with door prize and raffle. All money raised supports PHS.

Warren has spent over 30 years in the auction industry. Throughout his career Warren has established himself as one of the most experienced participant and observer of the Australian auction market, as both an auctioneer and valuer. He has a particular passion for early 20th century international art and objects.

Warren will be on hand to give some lowdown on antiques and anyone who has met him before will remember he has many funny stories to tell along with being extremely knowledgeable about antiques. So come along and enjoy a fun day.

Please RSVP your interest in attending by phoning Marilyn Dalby on 5975 8053 or Carole Ford on 5977 0190.

Sign up to receive your newsletter via email

Let us email you our newsletter and help PHS save money on postage, printing as well as being kind to the environment. Every newsletter sent via email will save PHS 95 cents—money that PHS will use to support clients and families living at home with a terminal illness.

If you would like to help reduce the cost of the newsletter, please email kim@peninsulahospice.com.au and a link to the PHS website will be sent to you when an updated newsletter is available.

**PHS News updates the community on services and activities.
If you would prefer not to receive the PHS newsletter, please call us on 9783 6177.**