



NPO 015-960

Newsletter April 2014

Dear Friends,

A warm welcome to our first newsletter of 2014. We will be publishing our newsletter every 3 months and our aim is to provide readers with news of our activities within the community, and also to provide articles and bits and pieces of interest. In this first issue we're delighted to share with you the following:

- Announcing our **Candle of Compassion** campaign!
- A **testimonial** on our service, from a patient's family
- **Helping friends who are grieving** can be difficult; here are some tips on how best to be of comfort
- **'Did you know?'** and **How YOU can help Hospice**
- and **What is unique about hospice nursing?**
- **Who we are** - some insight into the Hospice staff

Please enjoy this newsletter! Your feedback and constructive criticism are most welcome.



### 'Candle of Compassion' Fundraising Campaign

Our main fundraising drive is our Candle of Compassion campaign, in which we appeal to the White River community to pledge **R50 per month** to Hospice White River on an ongoing basis. For some years we have received funding from the National Lottery but this may no longer be forthcoming; hence we are launching a fundraising drive which will ensure we receive a sustainable income stream.

Our intention is to encourage 500 people to donate **R50 per month**; through this we will be well on the way to covering half of our monthly expenses. This will ensure we are able to continue doing our work in the community.

We are appealing to individuals, social groups, schools and institutions to encourage their members to donate R50 per month. A monthly payment can be made very easily by either direct debit or as a recurring payment.

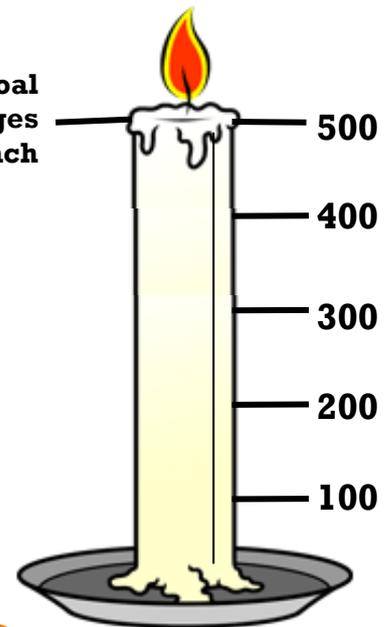
Download a debit order form [here](#)  
 or set up a recurring payment to:  
**FNB White River Branch Code 270 552**  
**Hospice White River**  
**Cheque Account: 6202 566 8304**  
 Please mark ref field with your **NAME** and add **COC**

#### FREE MOVIE TICKET WITH EACH R50 PLEDGED!

Each new commitment to donate R50 per month will be rewarded with a **free movie ticket** to Casterbridge Cinema. We are very grateful to Sue and Tracy of the Cinema for their generous and enthusiastic participation in our Candle of Compassion campaign.

*We need your R50 to keep the Hospice Candle of Compassion burning!*

**Our Goal**  
500 pledges  
of R50 each



**Candle of Compassion Fundraising Campaign**



## Testimonials from Families who have Experienced Hospice Care

We're delighted to share with the public testimonials we receive from families who have benefited from Hospice care, as we feel it's important that our community understands the kind of work we do. Here's a beautiful testimonial which describes the professional and loving assistance we are able to provide families, often under very difficult circumstances:



"In April 2009 my husband, Tony, was diagnosed with lung cancer. It was suggested to me that I should contact the Hospice organisation for assistance. The next day I went to see Hospice and within a week they came to visit us.

They welcomed us as a part of their family. At this time we were living on a farm about ten kilometres outside White River, but, was told by them that I was not to be worried about this as it would not be a problem. I was told by a friend that they would become my best friends (and wasn't that the truth?).

Nurse Lindy and Sister Jo visited us once a week, (sometimes twice if Tony didn't seem too good). Nothing was too much for them!

They explained the various stages of the illness to me, what Tony was going through and what to expect as the illness progressed.

Tony loved attending the Wednesday Morning Teas at the Hospice House in White River whilst he was still able to travel in the car. If I was feeling down or upset I would pop in to Hospice and have a cup of tea and a chat with the staff. They were always so good at cheering me up. Tony always looked forward to their visits to us on the farm and this became a highlight of his week.

Lindy and Jo were always there for us. My daughters in Johannesburg were always able to phone them for updates on their father's condition and would always get a cheerful and honest response from them.

No one can understand what Hospice means to you until you are in that situation where all seems so hopeless. Sadly Tony passed away in June 2010 and again they were there for us and assisted us in getting through this very sad time.

They truly are 'ANGELS IN DISGUISE' and I will be grateful to them for the rest of my life."

- Hester

*Anyone requiring hospice care should contact Hospice White River on 013-750 3044*

## How to Help a Grieving Friend

When a friend is grieving it's difficult to know what will be most helpful. Here are some suggestions:

- ♥ Call often - especially after the first couple of months. Those who are grieving may not have the energy to call, even though they may need to talk. It helps to simply ask "is there anything I can do for you?".
- ♥ Talk about the one who died. Don't avoid his/her name. Sharing memories can help your friend deal with the reality of loss.
- ♥ Express your caring. If you feel like crying when talking to your friend, it's okay.
- ♥ Bring food or invite your friend to dinner. As one woman said, "I have to eat, but it's so hard to cook."
- ♥ Most of us feel awkward around pain or suffering. That, too, is normal. Know that as you share moments of pain with your relatives and friends, you are learning alongside them and in time you will all share joyful moments again.

*Hospice is able to offer our patients' families bereavement counselling in the weeks after losing a loved one. Grief is unique to each person and it can be a confusing and difficult time. We provide a listening ear, a shoulder to cry on, and reassurance that what they are experiencing is normal.*

## Did you know?

Hospice White River hires out a large variety of medical equipment. All income from equipment hire is of benefit to Hospice. Regretfully we are able to hire equipment to the White River area only.

Items available:

- Bed pan, urine bottle
- Commode
- Crutches
- Egg box mattress
- Hospital bed with mattress, headboard & base
- Ring cushion
- Shower chair
- Swivel bath chair
- Toilet extender
- Walker
- Wheelchair

Terms & Conditions Apply. Please contact Hospice White River for further information on 013-750 3044

## How YOU can help Hospice!!

Most importantly we require ongoing funding to continue the work that we do. For some years we have received funding from the National Lottery may this is no longer forthcoming.

We are implementing the 'Candle of Compassion' campaign to generate a sustainable stream of income. We invite all members of the community to support this drive by donating on an ongoing monthly basis **the amount of R50** (or any other amount that is affordable).

R50 can be pledged to us by completing a debit order form, download [here](#), or by setting up a recurring payment to the following account:

**FNB White River Branch Code 270 552**

**Hospice White River**

**Cheque Account: 6202 566 8304**

Please mark ref field with your **NAME** and add **COC**

## What is Unique about Hospice Nursing Care?

Make a  
Donation

Caring is the essence of nursing and that is particularly true in hospice or palliative nursing, where nurses are present to help patients and families navigate the end-of-life journey.

This is a time when patients have stopped life-prolonging medical treatments and have begun pain management and other comfort measures and have started the process of closure. A hospice nurse is frequently asked to fill several vital roles; providing professional nursing care as well as emotional support for patient and carers.

It can be difficult to care for patients with life-threatening diseases, but very often it becomes a meaningful journey for patients, families and those who work with them.

Hospice or palliative nursing is a calling to be present with others as they prepare to die. As a culture, we often avoid thinking about or talking about death, but in hospice the philosophy is different. Because the end of life is imminent the patient and family can prepare themselves, say what needs to be said, and perhaps have experiences that have been delayed due to life circumstances.

A hospice nurse serves as a case manager and advocate for their patients. Their job is to monitor vital signs; manage medications, particularly for pain; and generally take care of the needs of the patient. Sometimes, this means helping a family learn to take care of their loved one at home.

Hospice nurses are often referred to as "angels" in the lives of those affected because of the comfort and ease they provide to patients in their final stages of life and to their families and friends. It certainly takes a special person with the right personality and temperament who can adjust to the powerful emotions that come with grief and loss. This should tell you just how important this job is and what a meaningful impact this work can have on others.



*'It's not what you do but how much love you put in the doing' - Mother Teresa*

## Behind the scenes at Hospice White River - Our Staff

The staff at Hospice House is made up of Debbie Glossop (Manager), Jana Fourie (Administration Coordinator), Andrea Matthews (Marketing Coordinator), Sister Elsa Swanepoel (Registered Nursing Sister and Nursing Coordinator), Daniel Mdaka (Maintenance, Gardening and Security), and Victoria Masuku (Housekeeping). Our volunteer professional nurses include Sr Yolanda Jacobs (known as Sister Jo), Sr Madeleine Collins, and Sr Gaye Hassenkamp. Sr Marietjie Olivier assists us occasionally when the need arises.



**Debbie Glossop,  
Manager**

Debbie has been with the organisation since its start 12 years ago, and oversees the smooth running of Hospice. She describes her role as one of 'multi-tasking', turning her hand to anything required and working as part of the team.



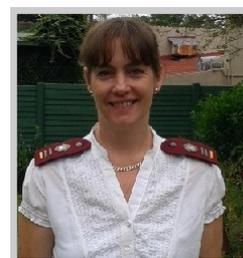
**Jana Fourie,  
Administration Co-ordinator**

Jana has been with Hospice for 2 years, and enjoys working in a position where she knows she is making a difference. Jana handles a multitude of admin and organisational tasks, and is an integral part of the Hospice team.



**Andrea Matthews,  
Marketing Coordinator**

Andrea started with Hospice in March 2014, and handles marketing and fund-raising and the promotion of the organisation through social media. She is at times called on to assist with bereavement counselling.



**Sister Elsa Swanepoel  
Nursing Coordinator**

Sister Elsa has recently returned to the Lowveld after 10 years spent in Mozambique, and she has taken on the role of Nursing Coordinator. She will attend to our patients, supervise the volunteer nursing sisters and handle all related admin.



**Sister Jo,  
Volunteer Nursing Sister**

Sister Jo has been a volunteer professional nurse with Hospice for 8 years. She is loved by patients for her humour, compassion and practical, no-nonsense approach.



**Sr Madeleine Collins  
Volunteer Nursing Sister**

Sr Madeleine (right) has been with Hospice for some time and is a well loved nurse amongst our patients. Her warmth, gentle smile and humour make a big difference in the lives of our patients.



**Sr Gaye Hassenkamp  
Volunteer Nursing Sister**

Sr Gaye has nursed with Hospice since 2010. She enjoys palliative nursing and has found caring for Hospice patients rewarding, humbling and a reminder to always be grateful for life's blessings.



**Daniel Mdaka & Victoria  
Masuku**

Daniel and Victoria have both been with Hospice for 10 years. Daniel is in charge of security, gardening, maintenance and upkeep of medical equipment. Victoria is housekeeper of Hospice House.

### With thanks...

We are very grateful to all those individuals and businesses within the community who continue to support us—a big thank you to all of you. Your generosity is invaluable in assisting us to do the work we do. Our hope is that this newsletter provides the community with a good insight into the service that we provide.

Until next time, warm regards,

**All at Hospice White River**