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Newsletter October 2014

Dear Friends,

A warm welcome to our October newsletter.

- Golf Day Success!
- **History of Hospice White River** - how we came to be
- A **testimonial** on our service, from a patient's family
- Soothing the Symptoms - **What is Palliative Care?**
- **Why it's GOOD to donate!**

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



Sunday 30th November at 5pm

CAROLS BY CANDLELIGHT

To be held in collaboration with
the Lowveld Community Orchestra

**At the Performing Arts Centre,
Casterbridge, White River**
Tickets at the door: R50 Adults
Children Under 10 Free

Golf Day Success!

Our annual Golf Day was held on the 6th August at the White River Country Club. We were graced with a beautiful spring-like day, and we had a field of over 70 golfers.



Dirk van der Merwe and Piet Rabie won 1st prize



The White River community came up trumps with many sponsorships of holes as well as donations towards our prize-giving, and snacks for the golfers at the prize-giving ceremony were received from catering outlets. We're always amazed and grateful for the support of local individuals and businesses who come to the party. Through sponsorships and a healthy field of golfers we were able to raise R21 208.95, all of which went toward our most pressing costs, namely administration and running expenses.

The Rotary Club of White River made the day extra special by donating to Hospice a brand new wheelchair, which they presented to us at the prize-giving. Thank you Rotary!

We invite all members of the community to support our fundraising drive 'The Candle of Compassion' 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 bank account (please use your name as reference):

Make a
Donation

FNB White River Branch Code 270 552
Hospice White River
Cheque Account: 6202 566 8304



*Please help to keep the Hospice
Candle of Compassion alight by
donating R50 per month*

Where it all started - a short history of Hospice White River

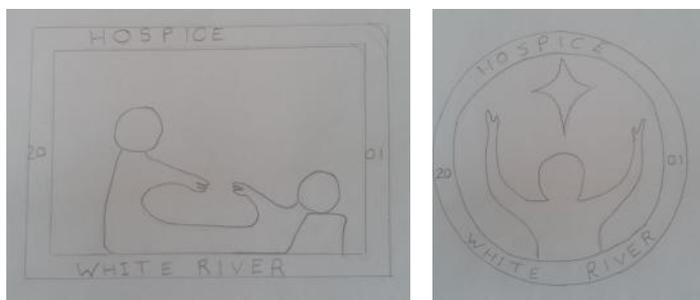
People often ask us how long our hospice has been operating and how it came to be, so we thought we'd give a brief history of when and where it all started, and who the prime motivators were.

Hospice White River can trace its origins back to October 2000 when the Rotary Club of Klerksdorp challenged the Rotary Club of White River to support the establishment of a hospice, to serve the needs of the community in White River and its surrounding areas.

A Community Meeting was held on 25 April 2001, which confirmed there was in fact support for the initiative from the public, and a Steering Committee, driven by JD Weir and Deirdre Louw, was appointed to oversee the establishment of Hospice White River. The Committee met for the first time on 16th May 2001, and included the following people: JD Weir, Alan Ranson, Bill Innes, Greg Vlahakis, Joy Lesley Smith, Deirdre Louw, Winks Girdwood, Gill Bouwer, Jenny Desfountain and Linda Tozer.



Hospice House at 19 Wildevy Street



Our logo evolved from these 2 drawings, which were submitted as entries into our logo competition - the artists were Kobus Bierman and Willie Bierman

There was a lot to do in order to get things going, and these included putting in place a constitution, opening a bank account, and applying for registration as a Non-Profit Organisation. Initial operations operated from rooms provided by the Kingsview Clinic in White River.

The Steering Committee initiated the first training of carers who were known as Companions, and a competition was held at schools for the design of the Hospice logo. The competition yielded the origins of our logo, and this was designed by 2 young school boys from White River Primary School.

With its initial implementation, the **philosophy** of Hospice White River was born, as follows:

Hospice affirms life. Hospice exists to provide support and care for the persons in the last phases of incurable diseases that they may live as fully and comfortably as possible. Hospice recognises dying as a normal process and neither hastens or postpones death. Hospice exists in the hope and belief that, through appropriate care and the promotion of a caring community sensitive to their needs, patients and families may be free to attain a degree of mental and spiritual preparation for death that is satisfactory to them. Hospice recognises grief as a normal response to loss, and therefore, support to the families continues into the bereavement period.

In a fairly short space of time, by September 2001 Hospice White River was attending to 3 patients who were facing life-threatening illnesses, with the help of 2 part time nursing sisters and 4 volunteers.

During the following year, a number of fundraising activities took place and donations started to come in from local community associations. Hospice opened a Craft Shop in February 2002 in which a variety of locally hand-made items were sold on behalf of the organisation. Yvonne McHeath and Pauline Jones ran the Craft Shop. Income from the shop was greatly needed as the number of patients was increasing.

The former Hospice Association of South Africa which is now known as the Hospice Palliative Care Association, the (HPCA) provided the necessary guidelines for establishing a hospice and an application was submitted for affiliate membership. Our relationship with the HPCA is a valuable one, and we could not operate without their input and guidance.

The value of our work became officially recognised with full membership of the HPCA and we had become a valuable community organisation throughout the White River area, with support not only from individual members of the community participating in fundraising events, but also supporters at home and abroad. The demand for our services continued to increase, as did the associated costs. Enquiries for care support for new patients had been received as far as Kiepersol, Hazyview, Sabie, Barberton, Malelane and Nelspruit.

In October 2004 Hospice took occupation of a house allocated by Mmombela Local Municipality on a rental basis with the option to purchase, and after essential renovations and upgrading funded by the National Lottery, we moved into our current location at Hospice House, 19 Wildevy Street. An office administration co-ordinator, maintenance officer and enrolled nurse were employed on a fulltime basis, as well as a part-time cleaner. Some of these employees are still with us today.

We soon realised the need for a weekly support group for patients and their families, and a Wednesday morning gathering, included tea and eats, was initiated, supported and facilitated by volunteers. Our administrative support systems continued to evolve into the fine-tuned and efficient operation that exists today.

In the years that followed we held many different fund-raising events, ranging from dinner-dance evenings to golf days as well as community events such as Carols by Candlelight. Hospice White River became a respected and well-known organisation in our community, and since its inception in 2000 has cared for many patients and provided emotional support for their families.

The house next door to Hospice House became available to purchase in 2011 and we considered this as an option for a future In-Patient Unit. Through generous donations 17 Wildevy Street was purchased and this property to be our In-Patient Unit in the future. At the moment the rental from the house provides valuable income for us. Many people think that as a hospice we already have a 'hospital' environment, with beds for patients, but we do not have this facility as yet. It is our goal and dream to one day be able to open 17 Wildevy Street as Hospice White River's In-Patient Unit. This goal will be achieved through the generosity of donors. An in-patient unit provides end of life care for patients, as well as providing respite care where patients can come in and be cared for, for a few days, in order to provide relief for family and carers. The establishment and consistent running of such a facility is expensive and we are not yet in a position to run a dedicated IPU.

Hospice White River was started 13 years ago by local people, for the people of this community, and continues to be supported by the people who appreciate our valuable work in the White River area. We wouldn't be where we are today without the passion and drive of the original members of the Steering Committee, and we're very grateful to those individuals. Further information on Hospice WR can be found at www.hospicewr.co.za

Testimonials from Families who have Experienced Hospice Care

We're delighted to share 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:



'A year and a half ago I realised I had limited time left with my precious father who had been diagnosed with lung cancer (having never smoked in 76 years).

Dad, having always been my pillar of strength who loved me unconditionally my whole life, refused chemo and submitted to this being the end of his days. Being a spiritual soul who considered this life as only a passing between real worlds, he was perfectly at peace with this and finally passed away in August this year.

This experience has left me humbled - realising that my family and I could not have walked this path without the support, guidance and love of family and friends. Among these the Hospice White River women.

They prepared us for the grim realities to be expected when losing a loved one to a terminal illness and spent hours comforting, listening, and answering questions most wouldn't be able to answer. The kindness, understanding and compassion these women (Angels as Dad named them) gave during that time will always be remembered and appreciated.' - Marianne

Soothing the Symptoms - What is Palliative Care?

Palliation can be defined as 'relieving or soothing the *symptoms* of a disease or disorder'

Everyone facing life-threatening illness will need some degree of palliative care, in addition to treatment for their condition.

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness.

Palliative care helps the patient and their family to cope with their condition and treatment of it, through the process of diagnosis and treatment. It helps the patient to maximise the benefits of treatment and to live as well as possible with the effects of the disease. It is given equal priority alongside diagnosis and treatment.

Palliative care is administered to people of any age, and at any stage of an illness, whether that illness is curable, chronic or life-threatening. In fact, palliative care may actually help you recover from your illness by relieving symptoms such as pain, anxiety or loss of appetite, as you undergo sometimes difficult medical treatments or procedures, such as surgery or chemotherapy.

The World Health Organisation principles of palliative care are:

- Provides relief from pain and other distressing symptoms;
- Affirms life and regards dying as a normal part of the process;
- Intends neither to hasten or postpone death;
- Integrates the psychological and spiritual aspects of patient care;
- Offers a support system to help patients live as actively as possible until death;
- Offers a support system to help the family cope during the patient's illness and in their own bereavement;
- Uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated;
- Will enhance quality of life, and may also positively influence the course of illness;
- Applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

Palliative care aims to:

- Affirm life.
- Coordinate care and help you navigate the often-complex health care system;
- Offer guidance with difficult and complex treatment choices.

The most important member of the palliative care team is YOU. Palliative care should be directed towards meeting your personal goals. It is your responsibility as a palliative care patient to make your goals and health care wishes known. Explain what quality of life means for you, it be relief of pain and symptoms, spending time with loved ones, etc. Be sure to include any cultural and/or religious practices that are important to you, as that may influence your care.

- This explanation of palliative care kindly provided by www.mybreast.org.za



Volunteers needed!

Hospice is always grateful for the assistance of volunteers - our primary need is for drivers who can fetch and carry people to our Wednesday morning support group, held at Hospice House. The elderly require lifting from local old age homes, and from private homes. If you would like to help please contact Jana on 013-750 3044.

SUNDAY 30TH NOVEMBER - 5PM

CAROLS BY CANDLELIGHT

With the Lowveld Community Orchestra
At The Performing Arts Centre - Casterbridge

We're delighted this Christmas to team up with the Lowveld Community Orchestra to bring you a Carols by Candlelight family concert. This will be held at the former Barnyard Theatre, now known as the Performing Arts Centre. Tickets for sale at the door R50 Adults, Kids under 10 Free



Sweet Charity: The Benefits of 'Giving Back' or 'Passing it on'

Donating your time or money to a worthy cause helps make a positive difference in the world, which is enough of a good reason to give. But there are many other benefits worth exploring:

- **A sense of purpose.** Helping people in need can enlarge your world and transform your sense of belonging in a community. Whether you give out of a sense of connectedness, or for political or spiritual reasons, taking positive action to solve problems, rather than simply talk about them, can be personally fulfilling and empowering.
- **Improved well-being.** Giving to others can improve your physical health, self-esteem and mental health. Volunteers are half as likely as non-volunteers to feel depressed later in life, according to research. 'Giving' is an action that releases serotonin, the feel-good factor in the brain. Demonstration of generosity is good for everyone.
- **Society benefits.** Most people say that the most important reason they donate is to help people meet basic needs such as food, shelter, clothing and heat, and many say their reasons is simply to make the world a better place. Whatever your reason, the pass-on or ripple effects are immeasurable. No act of kindness or generosity is ever a waste.
- **Tax deductions.** Society repays you with a nice deduction from your taxes for most charitable donations, but you need to have proof. Hospice White River is able to provide you with a tax receipt on receipt of your larger donations.
- **Personal satisfaction.** If you have had a rewarding experience with a care organisation you can repay the gift by giving back with your time or money. Doing something positive shifts one out of victimhood and helplessness, and casts a light into the world.
- **Increases compassion.** There are many needy causes in the world, and the distress visible to us on a daily basis can bring us down. Conversely, we can use these situations to increase our level of compassion, as we empathise with the plight of others and do something about it. Giving is a demonstration of our compassion. It is love in action.
- **Moves us into gratitude.** How blessed to be able to give! Whether our contribution is large or small, the very act of giving makes us grateful not only for our own blessings, but for the fact that we are able to contribute in some way. Our gratitude attracts more into our lives to be grateful for.

WE MAKE
A LIVING
BY WHAT WE GET,
BUT WE MAKE
A LIFE BY
WHAT WE GIVE.

winston churchill



Candle of Compassion

DONATE NOW

**We have over 80 donors of R50 per month
Please help us reach 100!**

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

FREE MOVIE TICKETS 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.



PLEASE NOTE: Your donation is tax deductible. Every end of the financial tax year you will be issued with a tax receipt

Please note that Hospice White River is responsible for raising its own funds; all funds raised remain within our community. Hospice White River is its own entity - we are not a national organisation.



The reassuring thing is that Hospice White River can help you weather the storm. People who face a life-threatening illness are often overwhelmed by the frightening situation they find themselves in, as are their family members. Most of us have no idea how to navigate such unknown circumstances, and calling on hospice care may be the answer to that prayer.

We provide professional nursing care and this includes counselling and guidance, a friendly face and positive encouragement, the answering of difficult questions, and we also provide bereavement counselling which is very important for family once the loved one has passed on.

Our services are freely available to all within the White River area. Please note we do charge an initial R350 administrative fee, which is negotiable depending on circumstances. Please call us on 013-750 3044.

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