



NPO 015-960  
PBO 93 00 08 081

Newsletter May 2015

Dear Friends,

Welcome to our May Newsletter and we do hope you'll find something within these pages to interest you. Please feel free to pass on our newsletter - we would love you to share what we do with others, as we focus on raising awareness and funds for our organisation. In this issue:

- **The Introduction of Hospice's new Brand Ambassador**
- **Orange Occasions** - news of fundraising occasions
- **What to say to someone who is dying** - practical advice for relatives and care-givers
- We are at the **Uplands Festival** again this year!
- **The Ultimate Gift** - information on including a bequest to Hospice in your will
- **A local artist's generous donation of her work**
- Invitation to the **Hospice White River AGM**
- **How YOU can help Hospice**



### The introduction of Hospice White River's new Brand Ambassador!

Our movie fundraiser held in March was a great success with over 70 local folks attending. The movie screened was the touching 'Tuesdays with Morrie'. The evening's success was enhanced by the generous assistance of several local restaurants - namely Magnolia, The Courtyard, Zannas, Oliver's Restaurant and Pick and Pay. Huge thanks as always to these local catering outlets - the spread was awesome and everyone commented on the wonderful snacks.

The highlight of the evening was the introduction of Mrs Renata Stewart as Hospice White River's Brand Ambassador. Here she is, suitably attired in orange, and in her own words Renata is 'Hot for Hospice'! Renata is a valuable spokesperson for Hospice, as she understands our ethos and the work we do, having experienced our services when her own father was ill. Renata is very passionate about raising awareness for us in the local community and we are delighted to have her on our team.



Renata Stewart made her debut in her Hot for Hospice attire



Our Admin Coordinator Jana Fourie and board member Marina Erasmus



Magnolia's chefs with their awesome spread of snacks



# Orange Occasions



Fundraisers and special events in aid of Hospice White River

Earlier this year we launched our 'Orange Occasions' initiative in which we invite individuals to host their very own fundraising function in aid of Hospice White River. So far there have been 2 functions, and one is in the pipeline, and from the results of these events it seems that this is a very good idea. It takes the pressure off our own fundraising team, and is a great way to generate awareness of Hospice and for people to have a lot of fun doing something meaningful in their community, for a community organisation.



**Madds Warrener & Petra Mailey**



**Petra's buffet table looked beautiful in orange**



**Oranges everywhere!**

**Mrs Petra Mailey** was the first person to host an 'Orange Occasion' and this was held at her home in the form of a cheese and wine cocktail party for local ladies. Petra provided a fabulous spread of cheeses, snacks and drinks with the generous assistance of The Grove Spar and Tops at the Grove, and she decorated her home in all things orange. **Mrs Madds Warrener** was her able assistant and between the two of them these ladies raised almost R20 000 which was a wonderful achievement. Madds persuaded people to sign up for the Candle of Compassion campaign, and Petra had organised the sale of Jean Kelly pumps and some jewellery and books, income from which came to Hospice. This was a fabulous first 'Orange Occasion' and everyone thought it a fabulous idea. We'd like to thank Petra and Madds for their enthusiasm and generosity in hosting this event in aid of Hospice.

Another local lady hosted her 50th Birthday Tea at Chez Nous at the WR Garden Pavilion early in May, and again all the décor was in the orange theme. The event was largely aimed at raising awareness for Hospice, and our brand ambassador Renata Stewart was one of the guests, and she addressed the party, telling them all about our organisation. Ladies were encouraged to sign up for the Candle of Compassion and the hostess herself signed up with a year's donation toward the campaign. Thank you so much to **Kathleen** for hosting our second Orange Occasion.



**Renata addresses the guests**



**Chez Nous & guests all in orange**



**Party favours for each guest**

If you are interested in hosting an **Orange Occasion** on behalf of Hospice White River, please contact Andrea Matthews on 072-2031501 or email [marketing-wrh@tiscali.co.za](mailto:marketing-wrh@tiscali.co.za)

## What to say to someone who is dying

For caregivers, family and friends, figuring out how to speak to a dying loved one can be both challenging and emotionally wrenching. Being confronted with a loved one's life-threatening illness or death brings us face to face with our own mortality, and there is a sense that here is a situation we have no control over. It is not easy moving forward in the face of the inevitable, with often little or no experience of this new territory.

For a family caregiver, the difficulties can be many, including coping with the logistics and practicalities of end-of-life care, while also dealing with their own feelings of impending loss and grief. Sometimes we may not know what to do or say to be the greatest comfort to the person who is dying. Fortunately, there are things you can say that *will* help your loved one during their final days, and which will help you and the family too.

Here is some advice gleaned from professional grief counselors and those who work in end-of-life care:

It's important to remind yourself that this is not about you. You may feel uncomfortable, but your loved one needs you and will be looking to you as that presence of calm and surety. You may not be feeling calm yourself, but it's key to step into that mode, if you can. The person who is dying usually knows what is happening and it's crucial not to be afraid of that, and to respect and honour it.

Many grief counsellors advocate that the dying patient must be allowed to take the lead – they will talk about dying and their feelings around that in their own good time.

'One of the most important concepts in the field of grief and loss is that people drift in and out of the awareness of dying,' says Dr. Kenneth Doka, Ph.D, Senior Consultant to the Hospice Foundation of America. 'Sometimes they do talk about it, sometimes not. The dying one should control the agenda. Don't force conversations on them.'

It is simply the presence of family members that tells a dying person, much more than words can, that they are loved and supported. It is not necessary to say or do anything – just your presence and your loving accompaniment is all that is necessary. Going with the flow is especially appropriate when relating to a dying person. When you do have a conversation with the person, remember to keep the focus on their feelings and needs during that time. If you know the topic of their passing will come up, perhaps write down your own thoughts prior to the conversation, and reflect back – if they ask and if it is appropriate.

Some more words of wisdom to keep in mind:

### **Don't Forget to Say 'I Love You'**

It is well known amongst hospice carers that dying people typically want to hear (and to say) four things: 'Please forgive me,' 'I forgive you,' 'Thank you,' and 'I love you.'

### **Talk About How They are Feeling (and Listen)**

Be a devoted listener so you can grasp what it is they ask for or need. Elisabeth Kubler-Ross, the pioneer in the field of palliative care, always asked her patients, above all questions, '*What can I do for you?*' Ask the person what they're thinking about, what they may need – and if they need help in a concrete way, don't hesitate, whether they ask for help with household chores or simply request your company. Be 100% present.

### **Encourage Them to Share the Significance of their Life**

Everyone is going to approach their mortality differently. Some will find it most important to mend relationships with friends or family, while others will prefer to focus on remembering accomplishments or airing old regrets. Either way, it's important to give your loved one a chance to open up and process what they have experienced, and to reflect on the future for their family, if that is important to them. For many there is a great need to know that their life had significance. Conversations about the things they've learned, the legacies they've left, the gifts they brought to the world and the memories you have of them, are all valuable.



**When you love someone  
the best thing you can offer  
is your presence**

## Things to avoid when relating to a dying person

### Don't give false assurances

For example, that they will get better. These undermine trust and can make the patient more anxious. If their experience contradicts with what you are saying, they will know it. If there are fears for the future, do your best to allay these - your role is to provide comfort, safety and reassurance.

### Enforcing your beliefs

Don't try to provoke the patient to convert, make a confession, or renounce long-held beliefs or values so that they are in alignment with your own or your family's. That is not loving and may cause anxiety.

### Overburdening the patient with your own grief

Understandably it can be difficult to hide your own grief. Authentic emotion can be very helpful but try not to overwhelm the patient with how you are feeling. That said, our emotions do mirror those of the person with whom we are talking. In those moments, one heart reaches out to another, and they connect and that can be beautifully enriching for both. It makes for a shared experience and minimises isolation.

It's important to remember that no matter how distressing or painful the experience of losing a loved one can be, for caregivers and family it is an enriching experience - a period of growth. The lessons that are learnt through accompanying a loved one through the dying process are profound and valuable, and may be used in the future to help other people when they too are confronted with a similar situation.

*In our next issue... When Someone is Dying: Support for the Caregiver*



Please remember the Uplands Festival is coming up on the weekend of **29th May** and we would love you to visit us at our stall in the Craft Market. This year we will be selling honey, cookies and cupcakes, and we have a wonderful team of Rotary youth volunteers who will be assisting us.

We're thrilled that Suzi Hallier of Chocolate Rose Interiors has offered to decorate our stand as a free gift to us - thank you Suzi! June Prior's paintings will be on sale too, proceeds coming to Hospice (details of that are on page 5).



## Including the non-profit organisation of your choice in your Will is known as 'the ultimate gift'

A bequest is recognition of the personal journey you've made with your chosen charity.

It's an acknowledgement of your investment in making a difference in the lives of others. It's an act of confidence in the *future* of your chosen cause in continuing to make the world a better place - even *after* your lifetime.

The 'ultimate gift' is also easy to give, because it costs you nothing now. And once the future of your loved ones has been fully taken care of in your Will, a charitable gift can be added by means of a codicil.

You may wish to leave a bequest to Hospice White River because you have been directly cared for by us, or perhaps your family has been personally touched by our organisation, or you may have seen us at work in the life of a friend perhaps.

Should Hospice White River be your choice for a bequest, we only ask that you tell us about your plans so that we may thank you for your generous intention. Your bequest will be deeply appreciated, and will be used to assist our future patients and their families.

Anyone wishing to add a bequest to their will may contact Gary Duke Attorneys in White River, for free advice and implementation of their bequest. Gary Duke Attorneys are contactable on 013-751 2677.



## Local artist donates her paintings to Hospice

Hospice is often deeply touched by the generosity of individuals in our community.

Recently a local artist, Mrs June Prior, decided to donate a large collection of her own works to Hospice, with the request that we sell them in order to raise funds for our organisation. Her only wish was that 10% of sales go to St George's Parish White River.

Her paintings are on display at Esme Gallery in White River (on the main road opposite the Pick and Pay centre), and a few paintings are also on display at 'da Loose Mongoose'. We will also be displaying June's works at the Uplands Festival. Members of the public are invited to pop in to any of the outlets mentioned, and we hope you will consider purchasing one of June's paintings.

All at Hospice White River would like to thank June for her most generous gift.



# Golf Day 2015

Another date for the Diary is our **Annual Golf Day** which is taking place at the White River Country Club on **Wednesday 5th August**.

**R170 per player**

**First tee-off time is 11am**

Great prizes including Nearest Pin and Longest Drive

**Bookings with Trevor on 013-751 3781**

**Sponsorships welcome -  
please support this Hospice fundraiser!**

For sponsorships and prizes please contact  
Andrea [marketing-wrh@tiscali.co.za](mailto:marketing-wrh@tiscali.co.za) or 072-2031501



"You heard me! Spit it out!"

To keep up to date and receive news of our activities, to read interesting info and receive inspirational quotes tying in with our Candle of Compassion campaign, we invite you to follow (aka 'like') us on Facebook



**Follow us on Facebook  
and Twitter!**

We can also be followed on Twitter



## *You are cordially invited..*

to attend the Hospice White River AGM, scheduled as follows:

**Date:** Tuesday, 02 June 2015  
**Time:** 17:30 for 18:00  
**Venue:** Hospice House  
19 Wildevy Street  
White River



**RSVP:** Friday 29 May 2015 to 013 750 3044 or by email to: [whiteriverhospice@tiscali.co.za](mailto:whiteriverhospice@tiscali.co.za)

We hope that you will be able to join us.

### **Hospice needs your help! Here are some ways in which YOU can help us:**

- by paying R50 or more per month to our Candle of Compassion Campaign, via EFT recurring payment
- by organising your own private 'Orange Occasion' in aid of Hospice
- by leaving a bequest in your will
- by popping your spare coins in the Hospice collection tins which are placed in various shops around town
- by picking up your own Hospice collection tin and filling it with your spare change at home
- by supporting our various events during the year, such as our Movie Fundraisers and our Annual Golf Day, our Carols Concert and others



- by purchasing our delicious local honey, available @ R40 a jar from Hospice House (and at the Uplands Festival)
- by purchasing second-hand books (R10 each) and second-hand clothing from our shop in Hospice House
- **and last but not least - you can support us by telling people about us, spreading the word about what we do and our services in the community, and by encouraging your friends and family to support us too!**

### **With thanks...**

As always, our gratitude to all those individuals and businesses within the community who continue to support us - a big thank you to all of you. Your generosity helps us to do the compassionate and caring work that we do.

***All at Hospice White River***

