



Caring • Compassion • Love

NPO 015-960
PBO 93 00 08 081

Newsletter January 2015

Dear Friends,

Happy New Year to all. Hospice White River wishes everyone a peaceful year, abundant in blessings! In our first newsletter of 2015 we hope you'll find something of interest and inspiration. Please feel free to pass on our newsletter - the more people who understand what our organisation does in our community, the better.

- **Launching 'Orange Occasions'**, and how YOU can participate!
- **Do you know?** Some information on where your donated money goes
- **Should we tell the children?** - some advice on communicating with children about death
- **Orange Occasions Movie Fundraiser** - join us for the screening of 'Tuesdays with Morrie'
- Introducing our new **Brand Ambassador**
- **Uplands College** supports Hospice White River

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



Hospice is excited to launch..



We're delighted to launch our new initiative for 2015, Orange Occasions, and this will tie in with our current ongoing Candle of Compassion Campaign. Our focus will be on building our ORANGE brand, so all of our events will fall under the umbrella of 'Orange Occasions'. Whether it be a movie fundraiser, a fun run, or our annual Golf Day, we will promote these events as Orange Occasions and we invite the public to wear a touch of orange at these events, in support of Hospice White River!

**Added to this we are inviting YOU to participate in fundraising FOR us!!
You can have your very own Orange Occasion fundraiser and with your permission
be seen in the press and on social media.**

Many charities are now inviting people to organise their own private fundraising events, in support of the charity of their choice, and we're encouraging White River folks to participate in Orange Occasions, by hosting their own event. Creativity is the name of the game, and we invite you to make your event fun, enjoyable and memorable for your guests. This will help to create awareness of Hospice White River, for which we will be very grateful.



Orange Occasions

Fundraisers and special events in aid of Hospice White River



So how can YOU organise an Orange Occasion?

Invite a group of friends to your home or other venue for an **Orange Occasion** and decorate according to the orange theme. To help you get into the mood, Hospice will provide you with a 'starter kit' containing:

- A registration form to register your event with Hospice White River
- A personalised e-invitation in the theme of Orange Occasions that can be emailed to guests
- A pack of orange serviettes
- A swirl of orange ribbon
- 1 box of Tea-light candles
- 1 carton of orange Juice
- Candle of Compassion flyers for guests (forms can be completed and handed to the host/hostess for submission to Hospice White River)

An **Orange Occasion** fundraiser can become a FUN-raiser in many forms — be it a breakfast, a morning tea, a ladies lunch, a pamper party, a dinner party, a bike ride, a weekend braai, a 'safari dinner' or some other type of get-together.

Here are some ideas for your **Orange Occasion**, to make it worthwhile and fun for guests:

- Asking for donations to attend your event; you could publicise your own donation and invite guests to match or better your donation
- Ask your friends to bring their favourite dish and 'sell' servings as a donation
- Have a balloon raffle - blow up balloons before your event and insert prizes or tickets into some of the balloons. Guests can purchase the balloons and pop them to find out who won what.
- Please feel free to use your own network of friends and businesses for donations towards your event.*
- Hold a competition to guess how many sweets are in the jar or the weight of the cake; charge people R5 to enter the competition – winner takes home the jar or cake!
- Display a donation box as a centre piece on your buffet table or main table
- Bake some 'orange-decorated' cookies or cupcakes and ask your guests to buy them to take home for their family
- Ask everyone to wear something orange to your event, or make it an 'orange socks/orange hat' dress code – and those who don't participate pay a fine!
- To break the ice implement some 'silly fines' – for the biggest smile, loudest laugh, brightest outfit – fines to be popped into the donations box
- Have a raffle, ask friends to participate by paying a small entrance fee – prizes can be small or large, from a bunch of flowers to a beauty treatment - have fun with it!

... and more! The ideas are endless!

We invite you to be as **creative** as possible with your decor, dress, food and flavour. Photos of your event will be welcomed and forwarded to local newspapers – great publicity and encouragement for others to be community minded and host an **Orange Occasion**. All events will be featured on our social media platform, in the local press and in future newsletters, with your permission of course.

*Please note: If you have sponsors for your event they will be acknowledged by Hospice.

As part of your event, we request that you **encourage your guests to pledge R50 per month** to Hospice's Candle of Compassion campaign. If you would like to promote awareness of Hospice please let us know and we will gladly attend if possible, and do a short welcome talk for your guests.

If you are interested in hosting an **Orange Occasion** please email Andrea Matthews at marketing-wrh@tiscali.co.za or call 072-2031501

Do you know where your donated money goes?

At Hospice we are very grateful to all those who support us with monetary donations, whether it be R50 per month as part of our Candle of Compassion drive, or whether it is larger amounts. All donations are valuable to us, and every cent is managed and accounted for with meticulous care. We realise that donors often have no idea of where their money is spent specifically, and how important it is for people to know exactly where their hard-earned funds are going.

With this in mind, we'd like to share with you some of our statistics from 2014, which give a very good idea of where YOUR money is going.

In 2014 our professional nurses made a total of 1157 home visits to patients and implemented a total of 3438 interventions.

An 'intervention' is what we do when we are at the patient's home, and is sub-divided into 3 categories: CLINICAL, PSYCHOLOGICAL, SOCIAL. A synonym for Intervention is *Involvement*. There are many different forms of intervention, and several are described below for your interest with applicable stats of those implemented. The broad spectrum of interventions that we provide demonstrate the deep involvement and holistic care that Hospice provides its patients and their families.

Over the year our interventions were necessary in the care of 56 patients in total; 26 men and 30 women. This may not sound like many, but 3438 interventions in the lives of 56 patients indicates the quality and extent of care that we provide patient and family.

• **1093 interventions** were in the form of **General Health Services** and this means all aspects of basic nursing, including pressure care, mouth care and hygiene, wound care, vital signs (blood pressure & pulse), skin problems, bowel and bladder care, hydration etc.

• **27 interventions** were in the form of **Resilience Work** and this means supportive care of the carer (people doing the care for the sick in the family); discussing physical and emotional demands of illness; recognition of self-worth and achievement; building resilience and self-esteem; gender-sensitive life skills.

• **54 interventions** were in the form of **Spiritual Interventions** which means and includes Spiritual support: prayer, meditation, involvement and assistance in spiritual activities and explorations. Spiritual counselling: specific counselling on issues – meaning and purpose of life, hope, forgiveness, guilt, reconciliation. Life review: facilitating and/or enabling families to review and consider important tasks for completion with regards to the patient, ending work, good-bye's, letting go.



**You matter to the last moment
of your life, and we will do all
that we can not only to help you
die peacefully, but to live
until you die**

**Dame Cecily Saunders
Founder of the Modern Hospice Movement**

• **104 interventions** were in the form of **Education of Patient and Family** which covers patient's rights and children's rights; giving sufficient information to make decisions regarding the care of a child or adult; advise on safe use of medical equipment and medication; educating the relatives and carers on pain medication, method, side effects and actions; infection control; compliance with medication; how to access grants / social services.

Added to our professional nursing care and support of patients, your donated funds go toward the backbone of our organisation, the engine room that keeps our service running smoothly, and that is the **administrative support**. Income that we receive goes toward fuel costs for our vehicles, telephone calls, electricity, equipment purchases when required, ongoing training, and the salaries that we pay to our valuable staff.

Hospice thanks you for your contribution to the work we do.



Our Nursing Service Co-ordinator
Sr Elsa Swanepoel
on her way to visit Hospice patients

Should we tell the children?

I never knew my grandfather on my Mother's side, he died when she was 12. Mum is 79 now and we were chatting recently about him. "I came home from school", Mum remembered, "and he wasn't there." No-one told me anything. Later on I was told he died. That was it. I wasn't allowed to go to the funeral.

The next day at school I was sitting at my desk crying. When the teacher asked me what was wrong, one of the boys in my class said 'oh, her Dad died'. The teacher just walked away. I don't think she knew what to say to me."

As she was telling me this story, Mum began to cry. 67

years later the pain is as raw as it was then. "He abandoned me" she said through her tears. "He left me and I didn't know where he went. He was my world and he left me."



It can be a dilemma – shall we tell the children? I decided to carry out a quick poll amongst my friends. All 40 who responded on Facebook came back with a resounding "Yes"! Children should be told the truth when a parent, loved one or friend dies. It seems we do our children no favours when we try and "protect" them from the truth. One commented "I was lied to at age 3 by adults, whilst being told the truth by a kid. I lost faith, trust, never asked questions again as I expected them to lie."

The general consensus was that children are a lot wiser and more open than we give them credit for. They are also very sensitive to their environment and know intuitively when something is wrong. In fact, we can probably learn a thing or two from them. It is important not to want to protect children from the truth because of our own fears. As I saw with Mum, we have no idea of the damage this can cause and the emotional pain that is held for years and years. Children need closure and they need truth and honesty from their role models and guardians. Information about someone's passing can be shared in a sensitive and gentle way. Death is a natural part of life and it serves no purpose to allow a child to believe that someone is going to live "forever and ever". Or being lied to when asked where Mummy or Daddy has gone to, or having grown-ups avoiding the questions altogether.

Allow the child to choose the way they will process the information. Some will act out. Others will withdraw. Reach out and ask for help if you sense the child is struggling to cope. There are wonderful therapies, therapists and organizations available to support children working through grief. Giving them tools and the space to cope with their own process is vital.

It is often the adults who have the most difficulty dealing with death that have been shielded and protected from loss in their younger years. As someone shared with me: "my sister was struck by a car and died when I was 4 and I have only recently been told what happened. I have always been told that I acted up and so I had to go and live with relatives for a few days while my parents were mourning. When I came home my parents were different and my sister was gone. I have lived 55 years without knowing what actually took place and finally had an explanation that led to understanding and healing."

Our bodies age, can sicken and will eventually die. That is the reality of the life we live. If the child is old enough, allow them the choice as to whether or not they would like to attend the funeral. Grief is healthy, grief is necessary. I personally feel it is just as important for children to see their parents, or other adults, mourn.

Life is not some rosy-hued paradise, all chocolate sprinkles and sugar-coated bliss. It can be real and raw and painful. The more we can lovingly and gently support our children through loss and grief, the better equipped they will be to cope as they grow and move out into the world.



The more we can face our own fears around death, sit down, take a child's hands, look them in the eye and say quietly "I need to tell you something", the more we are empowering that child to begin to learn to assume responsibility for their life. I don't for one moment take away how sad and tragic it is for a child to lose a parent at a young age and in an ideal world parents would live to a ripe old age. But this is not an ideal world. There will be right times and wrong times to share

...cont/

information and if we are sensitive enough, we will be able to guide and support through one of the most challenging times in a child's life.

All Mum wanted to do was know what had happened to her Dad. That he had not deliberately abandoned her. And she wanted to say goodbye. I understand now my Mother's fear of rejection and her abandonment issues that have dogged her entire life. All because well-meaning adults decided what was best for her, from their point of view.

Just as we celebrate birth, new beginnings and milestones in life, so it is important to honour endings. Rituals around the loss of a loved one can bring a sense of peace and closure. Remembering those who have passed on, celebrating their memory and the good times. By allowing children to be part of this, we can remind them to embrace every fragile moment to the fullest and to appreciate not only their loved ones but also their own lives while they still have them.

- this article is kindly contributed by Di Atherton



Orange Occasions

Fundraisers and special events in aid of Hospice White River



Please join us for our

Movie Fundraiser

FRIDAY 13TH MARCH

6pm, movie starts at 7pm

'TUESDAYS WITH MORRIE'

Produced by Oprah Winfrey

Starring Jack Lemmon and Hank Azaria

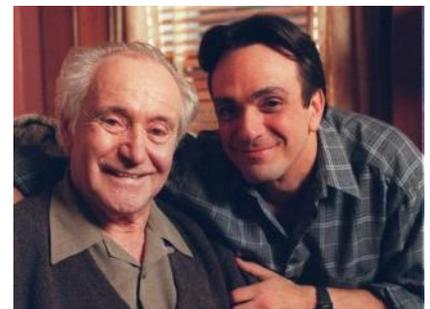
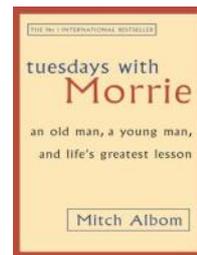
AT CASTERBRIDGE CINEMA, CASTERBRIDGE, WHITE RIVER

TICKETS R120 PP

SNACKS INCLUDED, CINEMA CASH BAR AVAILABLE

**In support of Hospice and Orange Occasions
please wear a dash of orange!**

BOOKINGS AND ENQUIRIES WITH JANA 013-7503044 or
whiteriverhospice@fiscali.co.za



A SYNOPSIS OF 'TUESDAYS WITH MORRIE'

Based on the best-selling book 'Tuesdays with Morrie', this charming film (produced by Oprah Winfrey) stars the inimitable Jack Lemmon as Morrie Schwartz.

Mitch Albom (Hank Azaria), a troubled sports correspondent, tracks down his former beloved university professor Morrie on discovering that Morrie is gravely ill.

Their relationship is rekindled in a series of Tuesday visits, in which Morrie shares with Mitch the profound lessons he has learnt in his life, all shared with great wisdom, gentleness and an abundance of humour. A treasure of a movie; parental guidance advised.

Introducing our Brand Ambassador



Hospice has for some time been looking for a member of our community who would serve as our Brand Ambassador, and we're so pleased to announce that Mrs Renata Stewart has agreed to take on this role.

Renata is a teacher at Uplands Prep school, where she has been teaching Grade 4 for 7 years. She is a much loved teacher and is well known to all at the Prep and also at Uplands College and her 'alter-ego' Mrs Greenbody is very busy raising awareness of all things 'green' at the school. Renata has a wonderful way with young people, and her vibrant, enthusiastic nature is a joy to be around.

Hospice is very dear to Renata's heart as her late father was a patient of ours for 10 months, until his recent passing. She has first hand knowledge of the service we provide, she is familiar with our staff and she understands our vision and our necessary focus on raising awareness and funding. Renata will be helping us where she can, amidst her busy schedule, as our Brand Ambassador and we are thrilled to have her on board. So, look out for Renata at our events this year!



Hospice is very grateful to the teachers and students at Uplands College who are engaged in the CANSA Debs program for 2015. The CANSA Debs are a group of Grade 10 students who undertake to raise funds for CANSA every year. The CANSA Debs program is a national program in which schools across the country compete to raise the most funds. Students undertake to do this in their own capacity over the year with various fundraising activities. Uplands College has over the years done itself proud with the large sums of money that their students have raised. Part of the agreement with CANSA is that 10% of money raised stays with the student for their own use, and Uplands students have never kept the money for themselves, but have channelled that 10% into further worthy causes. We are very grateful that this year the CANSA Debs students have decided to donate 10% of their total funds raised to Hospice White River.

Our heartfelt gratitude and a big thank you to the Headmaster, Teachers and CANSA Debs of Uplands College for their generosity. We appreciate your support!



Last, but not least..

We continue to encourage members of the public to contribute toward our Candle of Compassion campaign, by donating R50 to Hospice on an ongoing monthly basis. A recurring payment can be set up into the following bank account:

Hospice White River, FNB White River, Branch No 270552, Account Number 6202 566 8304. Please use your name as reference on your deposit. All donations are tax deductible and at the end of the financial year you will receive a tax receipt.

We are grateful to the individuals and companies who continue to support us - a big thank you to all of you!

Until next time, warm regards,

All at Hospice White River

013 750 3044

whiteriverhospice@tiscali.co.za

www.hospicewr.co.za