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Voices

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I did it my way...

Rick felt that he had a wonderful life filled with parties, extensive travels and a varied career. He was quite at peace with the fact he knew he would die soon, with his aim to get something out of each day during his stay at Ipswich Hospice.

Diagnosed in November, 2013, Rick was only 56 years young. His diagnosis of Pancreatic Cancer came as a huge shock to him and his family and friends. Rick had been feeling unwell for a few weeks in October, and was tested by doctors for a variety of possibilities. Rick was already a Diabetic which complicated a correct diagnosis. Finally it was discovered after many medical tests, Rick had a large inoperable tumour located on his pancreas. He was offered chemotherapy and initially he felt this was going to be the right option.

However the side effects were so severe, Rick made the decision to cease treatment after the first round of chemotherapy.

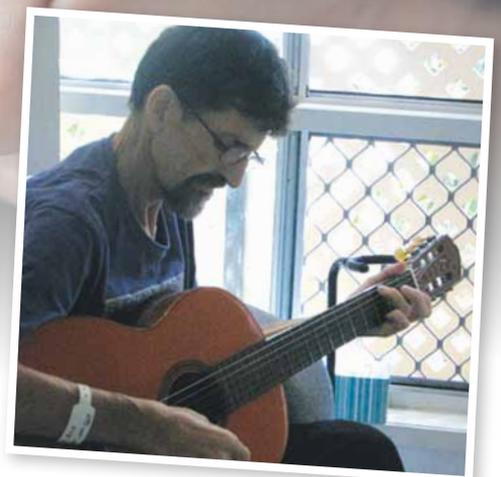
As many patients do, Rick decided to try natural therapies and sought guidance from a Naturopath. Rick and his family also sought help from Counsellors who supported them through the initial diagnosis. **They all went through the range of emotions; anger, sadness, why me?**

By February 2014 Rick was deteriorating very quickly, with the physical environment at his home becoming increasingly difficult. As his body became weaker and weaker, navigating the steps in the home and managing simple tasks such as showering were becoming impossible. Rick's wife Kay was his main carer and was finding this role both physically and mentally draining.

During one of his many admissions to the Palliative Care Ward at the Ipswich Public Hospital, it was suggested to Rick and his family that Ipswich Hospice could be a suitable care option. The Hospital explained that Hospice could elevate the physical and emotional struggles the family were experiencing caring for Rick in the home. At this stage Rick and his wife were exhausted with the huge responsibility of administering medication, managing his limited diet correctly and coping with the extreme stress. These factors helped Rick and his wife come to the decision that Ipswich Hospice Care was the best place to support them during this difficult time.

When meeting with Rick in March after he was admitted to Ipswich Hospice, we chatted about how it felt to be so young and receive a terminally diagnosis. Rick believed that in this point of his life, he had gained a clear perspective of life. He was of the belief that many of us expect too much and shouldn't sweat the small stuff. "Worrying is the biggest waste of time" he said, and Rick believed we all need to weigh up things that happen in our lives with the right balance of what is really important and what is not. Rick also believed that being willing to give of yourself and your time to others, is one of the most important cornerstones of a successful, satisfying life.

Rick described his stay at Hospice as "amazing; nothing short of amazing". The efficiency, professionalism and personalized service all made the difference he said. Rick also described the care provided at



Hospice "as always going the extra distance with a kind word, extra tuck in at night coupled with plenty of humour and laughter."

During his stay at Hospice, the sound of a strumming guitar and tunes from a harmonica could often be heard coming from Rick's private room. He had loved music all of his life, having entertained people from around the world as the lead singer in a variety of bands.

On one of Rick's "good days" he was able to leave Hospice for the day and attend a musical recording session which had been a lifelong dream. A close friend had purchased this gift for Rick, knowing it was high on his bucket list. Rick was able to record several tracks onto a CD, as solo singer and playing his much loved guitar. Rick kindly distributed autographed copies to many of our staff and volunteers as his parting gift.

Rick passed away peacefully on Sunday 30th March at Ipswich Hospice Care. May you rest in peace Rick.

Hospice Bookshop Starts a New Chapter in Improved Location

The well known second hand Hospice bookshop, run completely by a team of dedicated volunteers, relocated to new premises in the Old Flour Mill at Shop 3, 227 Brisbane Street, Ipswich. The move was the result of the end of the lease at the previous bookshop location.

The official opening of the store was on the 2nd April, where customers, business owners and local government representatives alike, came together to toast a new chapter for the Top of Town Bookshop. The new premises located on street level of the Old Flour Mill is double in size to the previous store, and allows for a huge array of second hand books, music and DVD's, along with selected bric a brac and homewares.

Unfortunately, the Bargain Centre, which was also located in the previous leased building,

closed as an affordable alternative location for the Bargain Centre was unable to be found.

All proceeds from sales in the Bookshop supports Ipswich Hospice care for terminally ill and bereaved people in our community.

Hospice is very grateful to the community and the Friends of Hospice Volunteers for all their support of the Bookstore over the many years it has been running. The store has generated significant funds enabling Hospice to care for those who need us most in our community.

The store's opening hours are Monday to Friday 8.30am to 4.00pm and Saturdays 8.30am to 12 noon.



Guests enjoying the opening function

All proceeds from sales in the Bookshop support Ipswich Hospice to care for terminally ill and bereaved people in our community.

Mayor Paul Pisasale officially opened the new Bookshop with Friends of Hospice Volunteers



A New Resource for Supporting Grief "Listen to the Children"

"How wonderful it would be to live in a world where we did not have to watch as children experience the agony of bereavement.

Our hearts break as we watch them suffer and our sense of helplessness can be quite overwhelming."

At Hilda's House, our Grief and Bereavement Service at Ipswich Hospice Care, grieving children are blessed to be joined by people who are passionate about life, rich in compassion, willing to share the journey of a young person who faces a reality they may not even be able to imagine themselves. Creative and expressive outcomes have been achieved during exploration of their many feelings and strengths within the supportive walls of Hilda's House while participating in the Kids' Grief Group Program, a seven week strengths based program which was developed after broad consultation and research.

'Listen to the Children' Publication has been produced by Hilda's House, and shares their experiences in conducting the Kid's Grief Group, guiding the reader to understand how to develop a program in their community. Throughout this publication the reader walks with the children through the works they have produced from shared experiences of their grief journeys in a dedicated support setting.

What unfolds within the pages of this 40 page book is a resource for professionals working with children who are experiencing grief and loss through death. This book shares



“Many of the movies produced are deeply profound and each one gives an insight into these young people’s journey in a powerful way”



An Innovative Workshop for Young People about Grief

the journey of the group facilitators with great humility and simplicity but most importantly, it honours the stories, the artwork and the inner musings of some of the most delightful and profound young people you could ever meet.

This high quality publication can be purchased from Ipswich Hospice Care for \$25 per copy.

Teens often find it difficult to give voice to the intense emotions linked to their experience of grief.

In response to this, the Hilda’s House team has developed a new and innovative program that engages teens in a process to explore their grief through the use of technology. The program explores the notion that images, words, sounds and senses all have a part to play in enabling teens to articulate their journey through grief.

Many people acknowledge that words of a song often captures the essence of what their own personal experience or feelings have been. The program works with this theory and enables young people to give voice to their experiences in a creative manner. By the completion of the program, students chose a song which speaks to their story of grief and loss and creates a video/ movie graphically displaying that song.

The young people create this piece of work formed by their experiences, without requiring them to lay their personal pain out in a public forum. The medium enables them to process, to articulate creatively and to externalize their experiences in the context of someone else’s words.

The program was piloted at Hilda’s House in January 2013 and then offered twice more throughout the

same year. Several weeks after completing their individual projects, participants gathered together to view each other’s work and to hear the collated wisdom and learnings throughout the process.

Each participant received a DVD containing the pieces for private viewing, while final copies remain the property of Hilda’s House and Ipswich Hospice Care for use in delivery of education, training and support around Grief and Loss issues.

Many of the movies produced are deeply profound and each one gives an insight into these young people’s journey in a powerful way. . . . you know someone really ‘gets it’ when their work brings you to tears, and many of the finished pieces have the potential to do just that.

...you know someone really ‘gets it’ when their work brings you to tears, and many of the finished pieces have the potential to do just that.

Improvements to Your Community Hospice

Ipswich Hospice applies for many different types of community grants, often to purchase specific items such as large pieces of equipment or improve our facilities.

Recently we were successful in applying for a grant through Energex for a ceiling mounted data projector, laptop and surround sound system for our Training Room.

The addition of the audio visual equipment has now established the Training Room as a state of the art training facility. As a source of revenue, we hire the Training Room to various corporate and community groups and provide scrumptious catering from our commercial kitchen. As part of the cost of the hire, the use of the adjoining dining room is provided complimentary.

The room comfortably seats 20 classroom style or 40 theatre style. If you or your corporate/community group would like hire the Hospice Training Room for an event or educational session please contact our Administration Co-ordinator to make a booking on telephone (07) 3812 0063 or email info@ipswichhospice.org.au.



Welcome to Dr David G Morgan
Orthopaedic Surgeon
Professional. Personal. Expert Care

We are pleased to introduce to you our Orthopaedic Practice situated in Ipswich only 45 minutes from Brisbane. We also consult at Graceville every second Wednesday and operate at the Wesley Hospital, Brisbane.

Our team includes health professionals organised around a central theme: Providing the best medical care possible to facilitate an acceptable and appropriate outcome.

Our aim is to provide clinical orthopaedic excellence in conjunction with efficient, friendly service.

Located in the heart of Ipswich (40km from the centre of Brisbane), the Centre for Arthritis Orthopaedic Surgery is situated in close proximity to St Andrew's Private Hospital and Ipswich General Hospital.

Our practice is accessible to radiology and pathology practices as well as pharmacy services.

5 minutes from Ipswich Transit Centre where regular train and bus services are provided.

Dr Morgan has an expertise in **knee, hip and shoulder disorders and the treatment of joint arthritis**. He has an ongoing commitment to further education with respect to these disorders.

4 ways to donate

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Sponsors for this issue are Cr Shiela Ireland, Ipswich City Council and Dr David Morgan.

