

Palliative care. Living well every day.

Issue 4
December 2022



2
POUND THE PAVEMENT 4 EPC
A record fundraiser



3
EPC in the Media



4
Our EPC Experience
A Carers story



5
Donate to EPC this Season

POUND THE PAVEMENT 4 EPC SUCCESS FOR OUR FIRST EVER FUN RUN

On Sunday 9 October over 280 people and around 45 dogs braved the cold weather to gather at Lillydale Lake. They were welcomed by our CEO Gaylene Coulton and then set off in groups to begin the POUND THE PAVEMENT 4 EPC fun run.



Some chose to sprint their way around the course whilst others enjoyed a more leisurely approach pushing prams or walking dogs.

Continued on Page 2...



Thanks to our partnership with Safewill we have obtained an exclusive offer of **50% off** to create your Will. **Only \$80** to secure your legacy with a Will that will be reviewed by practicing Australian solicitors and meets all legal requirements under Australian law. You can also share this offer with your family or friends, you just need to visit www.safewill.com/epc50 to start.

Message from Gaylene

As 2022 winds down, I hear a lot of people asking where the year has gone! Personally, whilst it has had challenges there were also some real highlights, one of which was starting this role as CEO of EPC. Since commencing in August, I have been continually humbled by the dedication and commitment that our team show towards our clients and their loved ones.

I am thrilled that nearly all our services and volunteer programs are back up and running. There has been so much enthusiasm to re-start these for clients and carers.

There is also great enthusiasm to further expand our service offerings. As you may be aware we are constantly challenged by the growth in service need in our region, not matched in growth in Government funding. Hence our reliance on our fundraising and donation opportunities.

I would like to thank every person (and dog) that contributed to our fundraising efforts including the fabulous POUND THE PAVEMENT 4 EPC fun run in October. Thankyou to every person who donated personally or established mechanisms for other members in our community to donate through fundraisers, bequests or in lieu of flowers. The messages of immense gratitude we receive from clients, families and friends is rare in a lot of healthcare settings and encourages our teams on difficult days.

I encourage you to consider making a donation to EPC during the Festive Season. Every dollar raised supports our in-home services directly.

The end of the year is often a difficult time when loved ones have died. My condolences to those of you who have experienced a loss this year. Thankyou for allowing EPC to be a part of your experience.

I hope the festive season is kind and gentle to all our readers and thanks again for all your support.

POUND THE PAVEMENT 4 EPC

...Continued from Cover Story

Looking out across the course you could see the white EPC caps and t-shirts donned by friend and family groups walking together to support EPC, many choosing to walk in memory of loved ones.

We had a great turnout from local families and community groups. Including teams from **Appleby Real Estate, Knox City Council, Wantirna Health and Glengollan Village.** A journalist from the **Star Mail Group Press** not only participated in the event but also kindly wrote articles about it for the Lilydale Star Mail (October 4th and October 11th editions).

Maroondah Rotary Club brought their sausage sizzle and cake stall which fueled participants before and after their run.

Thank you to all of our Teams and Individual Fundraisers. We have raised a massive \$40,057, our largest fundraising amount ever! These funds will go to our 'Stay At Home Appeal' which will help us continue to provide the most vital of our services that ensure our clients can stay home and avoid going into Hospital or Hospice.

We look forward to holding the event again next year!

Top 5 Individual Fundraisers:

1. Annree Wogan
2. Marie Snook
3. Michelle Few
4. Thelma Wendt
5. Peter Ibbott

Top 5 Team Fundraisers:

1. The Maltesers
2. Debra Scott
3. Pallies
4. 'In Loving memory of Wayne Few'
5. Team Jimbo

Total Raised:
\$40,057
Thankyou!

Thank you to



We appreciate your \$500 donation of profit from the stall.



More photos on our website www.epc.asn.au/news-events

Greeting Cards

Support EPC this Festive Season and send your friends and family a thoughtful message in one of our Greeting Cards. Available now at \$2 each. Simply call 1300 130 813, pay over the phone and receive them via post (postage charges will apply). You can also pop in and purchase them from our Mitcham office.



EPC in the Media

Did you see us in the Lilydale or Mt Evelyn Star Mail on October 4th and October 11th? Our POUND THE PAVEMENT 4 EPC event was the cover story and feature article! Read the full articles on our website www.epc.asn.au/media



New Virtual Education Classes

Attention Nurses, PCA's and other healthcare providers! In 2023 we are introducing a new offering of Virtual Education Sessions with our Educator Jane Bourke. These shorter sessions are an introduction to Palliative Care principles and practice. Whether you're new to the space or just looking to refresh your skills, there is a session for you.

EPC is proud to be one of the foremost education providers in Palliative Care in Australia with our own specialist in the field.

Check our website for training dates and more information www.epc.asn.au/education or email community@epc.asn.au

Annual General Meeting

On Tuesday 8 November we held our 2021/22 AGM at our Mitcham Office and over ZOOM. Attendees celebrated our year of achievements and staff & volunteers were presented with their years of service awards.

We were also treated to an insightful talk from our guest speaker Christine Fyffe, former EPC Carer and Victorian Parliament Speaker, on her experience with EPC. A wonderful evening was had by all.



Our EPC experience

When you are told your child is dying, it is a pain like no other. Often what follows is a decision between in hospital, hospice care or supported palliative care at home. We are very grateful that we were able to choose for Ethan, who was only 14 years old, to pass away at home with family around him.

As a long term patient of the RCH, Ethan was referred to the VPPCP (Victorian Paediatric Palliative Care Program) at the same hospital. A caring and compassionate group of Drs, Nurses and specialists who then locate and work together with a community based service in your local area to make the last stages of life the best it can be. Our service was EPC (Eastern Palliative Care).

EPC are such an amazing group of extremely committed people. From the hardworking and dedicated Nurses to the 24 hr support line, Music Therapy, Massage Therapy, and the Family Support Workers you are always supported and never feel alone.

Towards the end of Ethan's life we had a nurse coming every day to help us through his final stages as pain free and as comfortable as possible. Even in the middle of the night when we needed them, they were here.

And at the end, on that terribly sad night when we lost our darling Ethan they were here as soon as they could be. I will forever remember lovely Nurse Amber bringing a flower from her garden when she came that night.



Ethan in 2021 when he was groomsman at his big brother's wedding.

We are ever so grateful for volunteer biographer Kaye, who sat with Ethan and I for many weeks and gave us a beautiful gift to treasure and to Bereavement Family Support Worker Lisa who still works with us now.

We will never forget everyone's kindness, and EPC will forever remain a part of Ethan's Journey.

Thankyou to you all from the bottom of our hearts.

Ethan's family x

We are honoured to provide our services and support to families such as Ethan's in our local community. Our Bereavement services continue up to 18 months post death and includes counselling, volunteer companionship, music therapy and walking groups.

Although the majority of our funding comes from Government sources, EPC also relies on community fundraising, bequests and donations to maintain the wide array of services and programs we provide.

Employee Wellbeing Program

Our Employee Wellbeing Program encompasses information and initiatives with the goal to support better employee health and happiness. We were so appreciative to have received some donations to this program recently from two local businesses.

Thank you to Harvey Norman for donating gift vouchers and to Endota Spa for donating some of their skincare products. These will be used as staff gifts or awards in a range of initiatives that will be run via our Employee Wellbeing Program.

We would welcome more treats for our team! Do you have a connection with a local business or organisation that would be interested in partnering with us to donate goods or services? Get in touch today, email fundraising@epc.asn.au

Harvey Norman

 **endota
spa**

Festive Giving




How to Donate to EPC

There are many ways to donate to EPC, simply choose one of the options below that is easiest for you.

Complete the below form and return via one of the three methods below;

- 1. Mail** via enclosed reply paid envelope
- 2. E-mail** a copy of the completed form to fundraising@epc.asn.au
- 3. SMS** a photo of the completed form to 0404 912 875

 **Call** on 1300 130 813

 **Click Donate**  at www.epc.asn.au

Thank you to those who have donated to EPC during the festive season in the past. We have appreciated your support at an emotional time of year, when living at home with a terminal diagnosis can become more challenging. Demand for our programs and services always increases at this time of year.

We understand it may be harder for you to give this year. The cost of living has increased, and many of us are under financial pressure. So if you can't give as much, or at all this year, we understand.

However, if you are able to provide a gift to EPC at the moment, we thank you deeply for your kindness and assure you it will be used in real time.

Thank you for your donation

I would like to make a tax deductible donation* of

\$_____ (please nominate)

One-time gift Monthly recurring gift

Name _____

Address _____

Suburb _____ State _____

Postcode _____

Phone _____

Email _____

My donation is in memory of _____

Method of payment

Cardholders name _____

Signature _____

Visa Mastercard Amex

Cheque/Money Order
(payable to Eastern Palliative Care Association Inc.)

Card Number
□□□□ □□□□ □□□□ □□□□

Expiry date
□□ □□

* All donations \$2 and over are tax deductible. Receipts are sent to the payee.

Please direct my payment to

- Equipment Hire Financial Hardship Appeal
- Stay at Home Appeal
- Overnight Respite Services Appeal
- General Donations



- I have already included EPC in my Will
- Please send me information about leaving a bequest to EPC
- I am considering leaving a gift in my Will to EPC

All information is collected in accordance with EPC's Privacy Policy (no spam). If you would like further information about EPC fundraising activities or to read our Privacy Policy, please visit our website (www.epc.asn.au).

In Lieu of Flowers

Thank you to the families of the following people, who arranged for donations to EPC in lieu of flowers at their memorial service. We are most grateful that you thought of EPC during such a difficult time.

Joyce McManus David Chen Pasquale Perri David Tickner Ronald Auhl Bruce Crossman

Jan Strahan Roger Walters Michael Harrison Kevin Critchley Carmela Novella

Planning a service or memorial is a difficult time. You may not wish to receive flowers or you may wish to thank EPC publicly. Requesting donations to EPC in lieu of flowers is a way to do this and also provides a way for others to express their condolences and honour their memory. For more information visit

www.epc.asn.au/in-lieu-of-flowers

Personal Fundraisers

Thank you to

Heather Widjaja for planning a dinner dance raising funds for EPC.

Harry Sampson who asked for donations to EPC in lieu of birthday presents on Facebook.

Glen Doreian who created a Go Fund Me Page in honour of Karen Foletti to raise funds for EPC to purchase one or two new Syringe Drivers. Glen also asked for donations to EPC in lieu of birthday presents on Facebook.

In Memoriam

Thank you to the below families who have set up **In Memoriam** pages on EPC's online donation page:

Pasquale Perri

Dorothy Hansen

Carmela Novella

To set up your own, visit
www.epc.asn.au/in-memoriam
for more information

2022/23 Key Dates

EPC client services are available on public holidays

| | |
|--------------------|-------------------------------------------|
| February (Various) | NEW Virtual Education Sessions |
| 26 April | Introduction to Palliative Care for PCA's |
| May 4, 11 & 18 | Introduction to Palliative Care for RN's |

If this newsletter has arrived at a difficult time, we sincerely apologise. We understand the difficulty in moving on after experiencing a loss. If you would like bereavement support, please contact us on 1300 130 813. Although the majority of our funding comes from Government sources, EPC also relies on community fundraising, bequests and donations to maintain the wide array of services and programs we provide. All donors are added to EPC's quarterly newsletter mailing list. To receive this via email instead of your postal address, or to opt out, simply call us or email fundraising@epc.asn.au

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