

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.

Robert Magee

Sita Dasika

Vincenzo Pedulla

Donald Monkhouse

Shayla Craven

Dennis Yeats

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

In Memoriam

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

Vincenzo Pedulla

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

2023 Key Dates

Various	Virtual Educations Sessions
26 April	Introduction to Palliative Care for PCA's
May 4, 11 & 18	Introduction to Palliative Care for RN's
May TBC	25th year event TBC
October	POUND THE PAVEMENT 4 EPC
November 16	EPC Annual General Meeting

Join our Subcommittee

EPC values community voices and we are looking for more volunteers to join our **Consumer Advisory Subcommittee**.

If you have an interest in improving palliative care services in our community, have provided care for someone, or have a personal interest in governance or quality improvement, this may be for you.

Members communicate via email and meet 4 times a year to share ideas, advice and opinions that will help improve our service to our clients.

For more information, please call us on **1300 130 813** or email Christine cclifton@epc.asn.au

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

Telephone 1300 130 813
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E-mail contactus@epc.asn.au
Website epc.asn.au

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Palliative care. Living well every day.

Eastern Palliative Care (EPC) is located in Melbourne on Wurundjeri Country. EPC wishes to acknowledge the traditional owners of this land, the Wurundjeri People and their Elders past, present and emerging.



New Bladder Scanners Thanks to Donors

Office Decorations

World Music Therapy Day March 1st

Join Our Consumer Advisory Subcommittee

Celebrating 25 Years of Service

In August of 1998 a Certificate of Incorporation formalised EPC's beginning. Thus EPC became the largest single agency provider of home-based palliative care services in Victoria covering the whole of Eastern Metropolitan region.

The years following saw many new service developments. In 2001 EPC received accreditation from the Australian Council of HealthCare Standards. In 2004 PalCare, our Client Information Management System, was developed thanks to a seeding grant from the Ian Potter Foundation.

A dedicated Intake Team was introduced in 2006 to streamline our referral processes. More new specialist roles such as Motor Neurone Disease Shared Care Workers, Nurse Practitioners, Bereavement Support Workers, Occupational Therapists, Music and Massage Therapists were added to complement our industry-leading model of care.

We have also been recognized with multiple awards over the years such as: State Winner of the 2005 National Australia Bank Volunteer Awards, 2018 Minister for Health 'Outstanding Achievement by a Volunteer: Improving the patient experience award' for our Biography program, the inaugural Quality Award from Palliative Care Victoria

for our highly successful Priority Assessment Team (PAT), and in 2022 we won Highly Commended in the Large Community Services category at the Whitehorse 2022 Excellence in Business Awards.

On our Volunteer side, our dedicated group of over 220 volunteers have provided services including 1000's of hours of companionship, walked 100's of clients' dogs and produced over 1500 biographies in the award-winning program.

Thank you to all who have supported us over the years. We look forward to helping many more clients and their families in the years to come.



Picture: Peter Hyland at official launch in 1998

Message from Gaylene

Welcome to our first newsletter of 2023 and I hope the year has started off well for you all. It was wonderful to see so many tourists return to Melbourne during January and families and friends out enjoying the sunshine having picnics or on the river.

A lot of the EPC team finally had a chance to have a well-earned holiday over the festive season and it is wonderful to hear about families re-uniting after long absences.

We are thrilled at EPC to be celebrating our 25th year of service provision during 2023. To be able to touch the lives of so many people living in eastern Melbourne over those years is truly an honour for our staff and volunteers, many of whom have been family or friends of former clients at one time.

We are planning several events to acknowledge our history, our present and our future. We do hope many of you can celebrate with us during the year. We will of course be holding our Pound the Pavement 4 EPC Fun Run Walk again in October – bigger and better than 2022!

As we knuckle down to tackle several new initiatives within Year 2 of our Strategic Plan, I am excited about the opportunities to further improve our services to clients and carers. I appreciate any feedback you wish to send me and if you are interested in joining our Consumer Advisory Subcommittee please reach out to learn more.

Until next time, take care and thank you for your ongoing support.

Gaylene Coulton
CEO, EPC

New Bladder Scanners Thanks to Donors

A big **THANK YOU** to our supporters! With some very generous donations we have raised \$13,067 as part of our 'GivingTuesday Portable Bladder Scanner Appeal'. This means we can purchase the 2 new Portable Bladder Scanners we required.

**Total Raised:
\$13,067
Thankyou!**

Our nurses are thrilled to have this new equipment which will contribute to better outcomes and less discomfort for our clients.



What is a Bladder Scanner?

A Bladder Scanner (pictured above with nurse Kerryn) is a piece of portable medical equipment. When we have a client in terminal phase, whether through the use of opioids (eg. Morphine) or functional decline, they may go into urinary retention. This can lead to discomfort as well as increase the chance of other complications such as urinary infections and hospital intervention.

If this condition is suspected, EPC nurses can take a bladder scanner out to a client's home to assess how much (if any) urine is in the bladder, and if a catheter needs to be inserted. All of this can be done in the comfort of their own home and help avoid going into hospital.

How to Donate to EPC
100% of your donation will help those receiving palliative care at home. 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 free* services and programs we provide to clients, care givers and families. *Some exceptions apply

Donate Today
Visit epc.asn.au/donate
Scan the QR Code
or call 1300 130 813

25 years in photos



Receiving Minister for Health 'Outstanding Achievement' by a Volunteer: Improving the patient experience award for Biography program.



Staff and Volunteers celebrating 20 years in service.



Receiving the Quality Award for Palliative Care Victoria for our Priority Assessment Team (PAT).

Office Decorating Competition

At the end of last year we held our Office Festive Decorating Competition. It's been 3 years since we've been able to run the competition office-wide, so everybody was excited.

Competition was fierce, teams came in on their days off, weekends and stayed after hours bringing their items from home, DIY projects and recycled bits and bobs.

Points were awarded across 4 criteria: Creativity/Imagination, True to Theme/Colourful, Use of Recycled Decorations, Over the Top!

Outer Team's winning theme was 'Santa's Workshop', with toy displays, giant teddy bears, and team members dressed up as elves adding to the fun.

All of the teams put in a mammoth effort and should feel proud for bringing some fun and festive cheer to the office.



Celebrating World Music Therapy Day



Did you know March 1st is World Music Therapy day?

EPC has 2 specialist Music Therapists who work with clients and their carers at home. EPC music therapy provides live music performance, song writing, singing, music and imagery therapy, music sharing and more.

You don't need to be 'musical' to benefit from music therapy. Music Therapy may assist you in the following ways:

- reduce physical discomfort
- memory reflection
- legacy creation
- promote coping strategies
- work with loss and grief issues
- provide an alternative way of communicating
- relaxation, enjoyment and fun
- reconnect with music interests

Festive Season Donations

A big thank you to those that donated to EPC over the Festive Season. Your gifts helped us to meet many of the additional demands we received for our services and programs at that time.