

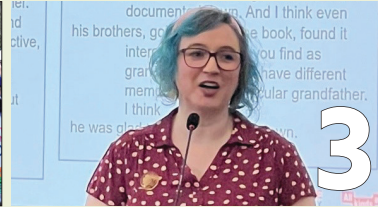
**Palliative care. Living well every day.**

**Issue 2**  
June 2023

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.



**Pound the Pavement 4 EPC**  
Sunday 8th October



**Biography PhD Presentation**



**Volunteer with EPC!**



**EPC Going Green Initiatives**  
Your Input is Needed

## A Carer's "sincere gratitude" for EPC

What a difficult decision for our mother to agree to an assessment with Eastern Palliative Care. Here was a strong, independent, and private woman who put the needs of everyone else before her own and we as a family were asking her to put her trust in the staff at EPC to care for her. There are quite a few things that really stand out in our journey with EPC:

- The warm and gentle nature of the nurse at the initial assessment and the smile on our mother's face when she was given a beautiful handmade quilt from the volunteers of the hugmakers program
- The communication book used for family members to communicate any changes in our mother's health to the EPC nurses
- The social workers who supported all the family members
- The 24 hour telephone support line
- The respect and understanding shown to our father who has dementia
- The biography program that allowed our mother to share her life story
- The professional clinical 24 hour care provided to our mother

The exceptional care from the staff at EPC was instrumental in allowing our mother the peace and safety of remaining in her family home with her husband of sixty years, her children, grandchildren and great grandchildren.

Our sincere gratitude to you all - Caron (Beverley's daughter)

**Thank you to Caron for permission to use this testimonial**



EPC Client, Beverley  
(Vale, 2022)

### Message from Gaylene

Welcome to our second newsletter of 2023 and I hope you are appreciating the Autumnal colours around our beautiful region as much as I am. Autumn is my favourite season after growing up in Brisbane where winter lasted a week if lucky and it usually only got down to around 20°C. Winter tights and jackets are out in force again!

Here at EPC, it has been a busy few months for all the teams. With hospitals and palliative care units still restricting the number of visitors allowed in, we have seen our clinicians very stretched with the resulting demand. Our Government funding is capped each year so regardless of the demand for our services we only have limited resources. That is why we are reliant on our wonderful and generous donors - we could not provide the services we do without your support.

Our teams continue to strive to meet our clients and carers needs. They do an outstanding job in what many of you know, and have experienced, are challenging circumstances. It is a privilege and an honour to be invited into our client's home to care for them.

If any of you are talking with your local MP or would like to write them a letter, we would appreciate your advocacy for increased funding for specialist community palliative care, so we can expand our services to more people across Eastern Melbourne.

We are also very reliant on and blessed to have so many wonderful volunteers who spend their valuable time with us to support our clients and carers. From our Biography Program to Cushion Makers, Smile Makers to Bereavement Support, there are so many ways you can support through volunteering with EPC. We would love to have you join us!

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

Gaylene Coulton  
CEO, EPC

# POUND THE PAVEMENT 4 EPC

Save the Date! Sunday 8th October 2023

Early Bird registration now open! Tickets from \$10 (register before 13th August)



You are invited to POUND THE PAVEMENT 4 EPC, 10am on Sunday 8th October at Lillydale Lake, Lilydale.

This all-ages, all-abilities event is raising funds for EPC's Equipment for Home Appeal (more information below).

Walk, jog or run a 5km route (2 laps) around picturesque Lillydale Lake, then stay and enjoy a sausage sizzle and a drink with everyone at the Lillydale Lake Community Room and parklands. Grab your family, friends and even your dog to join in the fun! If you can't be there on the day you can join in virtually! Do a walk of your choosing in your own area or host a morning tea as your PTP4EPC fundraiser!



For more information and to register scan the QR code or go to [epc.grassrootz.com/ptp4epc2023](http://epc.grassrootz.com/ptp4epc2023)

Enquiries can be sent to [events@epc.asn.au](mailto:events@epc.asn.au) or call 1300 130 813.

## Equipment for Home Appeal

This year POUND THE PAVEMENT 4 EPC is raising funds for the Equipment for Home Appeal.

EPC is a specialist palliative care service that helps those living at home with a terminal illness, and their carers, to have the best quality of life possible. Many people require specialised equipment in their home in order to avoid having to go into a hospice or hospital. EPC staff assist families to locate and secure the required equipment which is often urgent and vital. Some of the items needed are quite hard to source, especially on short notice, therefore EPC is looking to purchase equipment so we have it on hand to meet this critical need.

We also need to maintain, repair and clean all items we own.

**Our aim is to raise \$60,000 to meet this essential client need.** (Please note that we cannot accept donated second-hand equipment.)

Some of the equipment needed is:

- Air pressure mattresses for hospital beds
- Memory foam mattresses for hospital beds
- Standard recliner chair
- Bath lift so clients can be lowered into a bath at home
- 'Sit to Stand' aids – so clients can be assisted to get up from their chair and move independently around their home
- Wheelchairs



Please help us reach our goal of \$60,000 by registering for POUND THE PAVEMENT 4 EPC or donate now to the Equipment for Home Appeal (see page 5 for how).

# Biography Program PhD Presentation

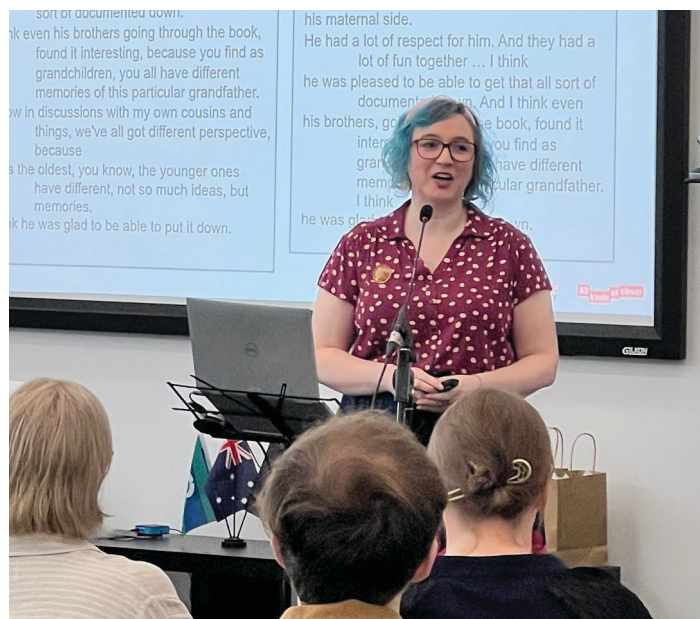
In March we hosted over 40 people as they listened to PhD Candidate, Karly Edgar, present her 3.5 years of research into EPC's award-winning biography program. EPC gave Karly unprecedented access in order to identify the elements that make the program so successful. Karly studied four key participant groups; EPC clients, their carers, EPC Volunteer Biographers and EPC staff.

Karly was ably assisted by 2 of our Volunteers, Saurabh and Marilyn, who were the 'voices' for the research participants recounting their experiences.

One moving story from an EPC Biographer almost had us in tears as he remembered visiting an elderly lady who on his first visit was bed-bound and hardly spoke. As his visits continued she became more and more mobile, bright and alert, to his last visit when she was up out of bed and in the kitchen making him a cuppa!

We want to thank the clients, carers, volunteers and staff who participated in this ground breaking new research into our biography program, that is successful both nationally and internationally. Over 1,500 biographies have been published and there are 100 volunteer biographers on the team. If you'd like to watch the presentation, visit our website [www.epc.asn.au/news](http://www.epc.asn.au/news)

Karly and Krystal Wallis, EPC's Volunteer Services Consultant, have teamed up to produce a new podcast series called "Once Upon a Story". This series sheds light



on EPC's biography program. The episodes include; an explanation of community palliative care, an overview of EPC's programs and services, a detailed description of the process to create a biography and how Karly approached her research collaboratively between EPC and La Trobe University.

To subscribe to the podcast go to [onceuponastorypodcast.podbean.com](http://onceuponastorypodcast.podbean.com)

## Volunteer with EPC!

Now is the time to join us to make a real difference in your community. Recruitment for 2023 is underway, with training commencing in August.

EPC Volunteers bring a sense of community and normality to people living with a terminal illness in Melbourne's eastern suburbs.

This year we're particularly looking for:

- **Those who identify as Male** | help other men in your community to feel understood and connected
- **Chinese, Cantonese, Italian, Hindi, Greek speakers** | for help translating between other EPC Volunteers and clients
- **Biography** | this award-winning team has written over 1,500 Biographies
- **Companionship & outings** | taking someone to the shops, helping out with jobs in the shed or just sitting and watching a movie!
- **Dog walkers and 'furry' volunteers** | Helping keep client's dogs active, or bringing your dog to a client's home for companionship
- **Hairdressing** | Helping people shine



If Volunteering at EPC sounds like the right fit for you visit [www.epc.asn.au/volunteers](http://www.epc.asn.au/volunteers) or call us for a chat on 1300 130 813. Applications close 30th June.

# EPC Values Community Voices

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 **QualityandRisk@epc.asn.au**

## Going Green at EPC

EPC values compassion for others and that extends to the natural world. We are working to make EPC more sustainable by doing what we can to protect our use of the planet's resources.

We have engaged staff in an ongoing feedback process to adopt more environmentally friendly business practices. Some changes our staff have asked for, which we've already adopted or started to encourage, are: more work from home, using re-usable coffee cups, turning lights off in rooms not in use, and reducing paper use.

Our Executive and Committee of Management are also in discussions around longer term strategic initiatives regarding our fleet of cars and infrastructure. We are all very passionate about this initiative, watch this space for more **Green** changes to come!



## Can you help us with this Going Green Initiative?

**Paper wastage and ever increasing postage and printing costs have made us rethink how we send out our newsletters.**

If you have a moment we'd appreciate if you could complete our survey at [www.surveymonkey.com/r/EPCNewsletter](http://www.surveymonkey.com/r/EPCNewsletter) OR fill your answers below and send back in the enclosed Reply Paid 'Donation' envelope (with or without a donation is fine).

### Questions:

1. How do you currently receive the newsletter?

Mail  E-Mail  Both

2. Would you be happy to receive the newsletter by E-Mail only (to help our **Green Initiative**)? Yes  No   
(\*If you already receive via email skip this question)

If Yes please provide your email address: \_\_\_\_\_

3. Frequency of newsletter – Would you like to see our newsletter sent out:

4 times a year (current schedule)  2 times a year  Annually

4. Do you find the newsletter content interesting?

Always  Sometimes  Not at all

5. Do you have any suggestions of content you'd like to read more about? (ie; staff stories, client stories, volunteer stories)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Remember us at tax time....

Now is the best time to make a tax deductible donation to EPC. Thank you to those that kindly donate to EPC at this time of year. Your gift greatly assists us to plan for the financial year ahead. The increased living costs we all face greatly affect some of our clients and their families. EPC employs a holistic approach to care for those living at home with a terminal diagnosis and there is pressure on all of our services and programs to assist our clients as much as we can at this difficult time.

EPC relies on donations, bequests and fundraising to fill some of the gap between our government funding and the cost to run our services. 100% of your donation to EPC will go directly to client care and we appreciate every dollar. Thank you for making a significant difference to those in your local community living at home with a terminal diagnosis.



## 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](mailto: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](http://www.epc.asn.au)

## 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 For Home 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](http://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.

**Katherine Foong**  
**John Thek**

**Lorraine Genovese**  
**Yvonne de Zylva**

**Tony O'Meara**

**Bryan Horskins**

Thank you to **Marjorie Francis** who asked for donations to EPC in lieu of presents for her birthday this year, in honour of her husband **Ronald Francis**.

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. If you wish to receive both flowers and donations to EPC, instead of the term "in lieu of flowers", simply ask people to "consider donations to EPC in X's honour". For more information visit [www.epc.asn.au/in-lieu-of-flowers](http://www.epc.asn.au/in-lieu-of-flowers)

## 2023 Key dates

June 30	Volunteer Recruitment Closes
July 2	Fundraiser: Order of Malta Movie Night Indiana Jones: Dial of Destiny @ The Lido
July 6, 13, 20	Course: Introduction To Palliative Care For RNs
August 24	Webinar: Writing your Will with Safewill
August - Sep	Volunteer Training Intake Sessions
October 8	Fundraiser: POUND THE PAVEMENT 4 EPC
November 16	EPC Annual General Meeting

If this newsletter has arrived at a difficult time, we sincerely apologise. We understand the difficulty of grief 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](mailto:fundraising@epc.asn.au)

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Website	<a href="http://epc.asn.au">epc.asn.au</a>

Visit our website [epc.asn.au](http://epc.asn.au) to receive our newsletter by e-mail. Email [contactus@epc.asn.au](mailto:contactus@epc.asn.au) to unsubscribe.



## Write your Will online. Today.

Thanks to our partnership with Safewill we have an exclusive offer of 50% off your Will, only \$80 (normally \$160).

Find out more about Safewill and the legalities of an online Will by joining our webinar on 24th August.

Visit [www.epc.asn.au/safewill-epc](http://www.epc.asn.au/safewill-epc) for info

Stay up-to-date with EPC by subscribing on social media:



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