



New Year Celebrations



Safewill Free Wills Week
18-24 March



Rocky and Sue's Story



EPC's Career Expo is back!

EPC's 2024 Online Auction

The countdown is on for EPC's biggest online fundraiser of the year! Since its inception in 2020, our online auction has been a hugely successful event, raising over \$16,000 for our in-demand services. EPC's 2024 Online Auction will be raising money for our Overnight Respite Nurse Appeal.

Many clients require increasing levels of care in their last days which can be exhausting and sometimes overwhelming for their carer. EPC can arrange for a Registered Nurse to stay in the home overnight so that the carer can get much needed rest knowing their loved one is well looked after. This enables more people to die at home, if that is their wish, instead of needing to be transferred to a hospital or hospice.

Demand for this service is very high and EPC currently has limited funding to run this program. EPC's 2024 Online Auction aims to raise \$10,000 which will cover 9 nights of overnight respite care.

The EPC 2024 Online Auction will be held from 6-26 May and there will be a variety of wonderful items to bid on.

We are working with local businesses to secure some amazing items for this fundraising event. If you would like to help us secure any brand new items, vouchers or experiences, or to discuss how you can help, please contact our Fundraising Coordinator Emily Gurr at fundraising@epc.asn.au or 1300 130 813.

To join in the online auction fun, simply visit epc.asn.au/epc-online-auction. Take a sneak peek at some of the exciting prizes that have already been donated on page 2.



Message from Gaylene

As we welcome March, I'm delighted to share the exciting developments that transpired during the February Committee of Management meeting. Notably, the Committee acknowledged our 2022 Business Plan Achievements, marking a significant milestone. Furthermore, our Value Based Health Care (VBHC) Strategy, a key component shaping our 2024-2027 Strategic Business Plan, received approval.

Value is defined as achieving client outcomes over the social, environmental and financial costs incurred in doing so. Given the global constraints on healthcare resources, an imperative for healthcare providers has emerged: devising strategies that enhance health outcomes for the communities they serve within the confines of available funding and minimizing the impact on the environment. It's not merely about doing more with less; it's about redefining our approach to ensure our workforce operates optimally doing what they love, technology is leveraged effectively, and clients and carers are more empowered to make relevant decisions about the care they receive based on their goals for end of life.

VBHC, at its core, involves a collaborative effort where clinicians and consumers co-design care models. This collaborative process extends to include subject matter experts in IT and data, ensuring a comprehensive approach. Whether our clients are facing a terminal cancer diagnosis or the challenges of MND, our model of care strives to accommodate diverse needs.

Leading this innovation is exciting, and we invite those interested to join us. Reach out to participate in our consultation and co-design mechanisms. We all have a vested interest in great end of life care!

Adjunct A/Prof Gaylene Coulton
Chief Executive Officer

To donate to EPC's Overnight Respite Nurse Appeal
go to www.epc.asn.au/donate



EPC's 2024 Online Auction

There will be something for everyone in EPC's 2024 Online Auction. Jump online from 6-26 May to bid in EPC's 2024 Online Auction at epc.asn.au/epc-online-auction. Save the date: Sunday 26 May. Bidding closes for all items during the day. Here is a sneak peek of some of the exciting items that have already been donated. Thank you to our amazing sponsors for their generosity.

- Sunbeam Coffee Machine
- Framed print of botanical illustration by artist Helen Burrows
- 3 month platinum gym memberships at Goodlife and Fitness First Gyms
- Malvern Valley Golf Course Vouchers
- 1 x night accommodation at Holly Mews

Thank you to our online auction sponsors...



New Year Celebration



A wonderful New Year Celebration was held at our Mitcham office recently. Over 100 staff and volunteers enjoyed getting together in a relaxed environment to celebrate the New Year as well as EPC's 25 year anniversary.

We discussed exciting developments such as the roll out of the new EPC Foundations course which equips new palliative care nursing staff and allied health professionals with the skills and confidence to deliver safe and proficient community palliative care.

We also recognised Committee Of Management member and Public Relations and Fundraising Subcommittee Chair, Margaret O'Donnell, and former volunteer, Lyn Read, who were both honoured with an OAM in the Australia Day Awards. Margaret was awarded for her service to education and community whilst Lyn was awarded for her service to community health including her 17 years as an EPC volunteer.

Safewill Free Wills Week 18-24 March

Do you need to make a Will? Wills have traditionally been very expensive or complicated for many people, making it difficult to protect their families. We believe Wills should be accessible to everyone which is why we have partnered with Safewill, Australia's leading online Will writing platform.

From 18-24 March, Safewill is offering all our supporters the opportunity to write a bespoke Will for free. It takes as little as 20 minutes to complete, is reviewed by their affiliate law firm, Safewill Legal, to ensure it has been filled out correctly and comes with a year of free and unlimited updates at safewill.com/epc



Rocky and Sue's Story



Our journey started a number of months ago when Aspasia (Sue) was admitted to Hospital via the Emergency Unit. You can never be prepared to hear the news, when they told Sue and I, that she had kidney cancer and that it had spread to her bladder. We were further distressed to be informed by the senior urologist that intervention was not advised and that Sue's condition was terminal.

After release from hospital, apart from routine specialist visits, we were all alone in terms of what awaited Sue due to her deteriorating condition. This was until we were introduced to the Team at EPC. From the very first visit, the EPC nursing staff immediately put us at ease and took control of Sue's pain management. She received regular visits in order for EPC to monitor her and arrange updates to medications as and when her condition deteriorated. This included Sue's holistic needs, as well as liaising with her GP regarding prescriptions.

As Sue's primary carer, I was also empowered through EPC nurses' instructions, when administering these drugs in order, as Sue needed 100% supervision in this area. Every EPC nurse who attended was not only extremely knowledgeable in pain control but all were very caring and supportive, an aspect that can never be undervalued.

Further, EPC's welfare officer, Iris, has been providing both Sue & myself with much needed emotional and psychological support during this trying time. She also made arrangements to make available a number of disability products which included a wheelchair, walker, commode and bathroom shower stool. These made Sue's environment safer around the home & assisted her to attend her many medical appointments.

Iris was also very helpful in connecting me with MyAgedCare services for assessment in order to arrange home assistance as well as respite care.

She also put us in touch with your volunteer photographer. All the photos were amazing, some featuring Sue proudly sitting as the head of the family which extends down to great grandchildren. We are all very grateful and will treasure these always.

All the staff at EPC have been our anchor and safety net. They have collectively contributed to making Sue's suffering far more manageable. Without EPC we would have been lost. Both Sue and I cannot thank EPC enough for the assistance given from so many wonderful people who care.

Story written by Rocky

Volunteers needed! Join our team at EPC

Recruiting Volunteers. Your visit changes the day.

Our award winning Volunteer program needs more members. EPC Volunteers bring a sense of community and normality to people living with a terminal illness in Melbourne's eastern suburbs.

Volunteering opportunities include:

- **Biography**
Over 1,600 stories published by an award-winning volunteer team
- **Dog walking**
Helping keep client's dogs active
- **Photography**
Capturing precious moments
- **Hairdressing**
Helping people shine
- **Those who identify as male**
Help other men in your community to feel connected
- **Chinese, Mandarin, Cantonese, Italian, Hindi and Greek speaking**
Helping in community support and Biography Program

If you are interested email volunteers@epc.asn.au or visit epc.asn.au or call us for a chat on 1300 130 813



Enriching our community through everyday acts of kindness

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.

Rick Bowman

Paul Edgar

Robert 'Bob' Hayles

Brenda Hoy

Frank Di Martino

Requesting donations to EPC in lieu of flowers is a way to thank EPC publicly and also provides the opportunity for others to express their condolences. If you wish to receive 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.

In Memoriam

Thank you to the families of the following people, who arranged In Memoriam pages www.epc.asn.au/in-memoriam

John Brun

Tim Percy-Dove

Margaret Gentile

Cathie Greenaway

David Jury

Panayota Mouradian

Julie "Jill" Ramsden

Ruth Vail

Gifts in Wills

Thank you to **The Estate of Richard Chenoweth** and **The Estate of William Richard James Finighan** for their recent gifts.

2024 Key Dates

22 March	EPC's Career Expo
6-26 May	National Palliative Care Week & EPC's 2024 Online Auction
13 October	Pound the Pavement 4 EPC

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Visit our website epc.asn.au to subscribe for EPC news.

EPC's Career Expo is back!

Discover a rewarding career with EPC. Our Career Expo offers an opportunity to **listen** to a day in the life of our palliative care teams, **understand** how EPC supports staff to learn and develop, **ask** questions and chat one-on-one with our staff.

Date: Friday 22nd March 2024

Time: 5.30pm-7.00pm

Venue: EPC Training Room,
Level 1, Building 2,
630 Mitcham Rd, Mitcham

RSVP: Monday 11th March 2024

**FREE
EVENT**

To register and receive your information sheet, please email nstephan@epc.asn.au

If this newsletter has arrived at a difficult time, we sincerely apologise. We understand the difficulty in 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 opt out, simply email fundraising@epc.asn.au or call us.

Stay up to date with EPC by following us on social media:



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Eastern Palliative Care is a partnership between the Order of Malta Home Care (Vic), Outer East Palliative Care Service Inc. and St Vincent's Hospital (Melbourne)



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