

EPC's 2024 Online Auction



Lu Dat Award Winner



POUND THE PAVEMENT 4 EPC!



Jenika is Volunteering in Nepal

EPC walking alongside the two of us

I first became aware of EPC when I attended a briefing on the Assisted Dying Legislation. I was impressed by the way the views and concerns of EPC were presented. Little was I to know that within a few years my husband David would become a client of EPC.

We had quite a lengthy journey with EPC walking alongside us, at one stage we exited the program due to David's health improving. A few months later we came back into the program.

David thoroughly enjoyed massages by Rudi and talking football. The visits by a Family Support Worker were essential to both of us. To actually have someone talk openly about death and dying brought a sense of relief. Family wouldn't talk about death always saying things like "Dad you have got years left". Friends also evaded the topic. Planning for death was important to us. David had his story written by an EPC biographer and our children spent hours over it whilst organising David's funeral.



Christine and David

As David's illness progressed and he needed more and more medication, the 24 hour support and access to EPC nurses were of vital importance in being able to keep David at home. The reassuring voices in the middle of the night, talking to a nurse who had his full record and knew what to advise. Especially when I had administered the prescribed maximum dose and I knew he needed more, but was worried I might give him an overdose if I gave too much.

David was a very open, happy man who thoroughly enjoyed the home visits by everyone from EPC. The smiling faces walking in the front door would always cheer him up. **Thank you to Christine for permission to share her story.**

Message from Gaylene

This is my favourite time of year with the beautiful autumnal colours around. Welcome to the latest edition of our newsletter. I am continually inspired by members of our EPC staffing and volunteer teams and wish to share two examples with you.

One of our EPC nurses Jenika has just arrived in Nepal where she will be volunteering for ten weeks. Hospice Nepal is where she first commenced her palliative care journey almost 30 years ago, and where she delivered the old EPC syringe drivers in 2018 which she was thrilled to discover are still in use. Jenika is sharing her adventures with us regularly.

You can also read in this newsletter about the Inner team's recent reflection activity, where all clients who have been cared for by the team were remembered. All teams undertake a reflection a few times a year and it allows fond and special memories to be shared and re-lived.

All of our Committee of Management members volunteer their time and you can read about Christine Fyffe, our newest member, and her experience with EPC as a former carer.

We are grateful for all our volunteers and I wish to acknowledge Sandeep and Saurabh who are assisting our recruitment drive for volunteers from various cultural backgrounds, by doing a radio interview with SBS in Hindi. This is a first for EPC!

I hope you enjoy reading up on the latest news!

Adjunct A/Prof Gaylene Coulton
Chief Executive Officer

EPC's 2024 Online Auction

Thank you to everyone who got involved in this 'fun'draiser! This was EPC's 3rd online auction and it was another success! There was a huge variety to choose from and many items were battled over. A frenzied countdown took place online on Sunday 26 May as bidding for the items closed down progressively throughout the day. By the time the last item closed at 6pm most participants got something! We sincerely thank the following businesses and people that donated items this year! To see the final amount raised please go to epc.asn.au/epc-online-auction.

Thank you to our wonderful sponsors!

ABOUT A DOG



BOUNCE
FREE SPIRITS UNLEASH



Christine Fyffe

Daniela De Martino
MP for Maribak



Fitness First



Goodlife.
HEALTH CLUBS
live active

Harvey Norman

Helen Burrows
Artist

Holly Lane Mews

Josephine Edmosen



Le Pine
FUNERALS
EVERY GOODBYE IS DIFFERENT



Madame Flavour



Waverley Patchworkers Inc



Vivian Tee

YERING GORGE COTTAGES
by THE EASTERN GOLF CLUB

Lu Dat Award Winner

Congratulations to Norma Aitken on winning the Lu Dat Award (means "to give") at the Australian Quilting Convention. Norma was awarded for her outstanding contribution to the community through quilting. A well deserved award for a very hard working and passionate recipient.

Norma and the team at Waverley Patchworkers create beautiful quilts which are then gifted to a number of organisations through the Gift Quilt Program. Our clients have been the recipients of these amazing quilts and the comfort and happiness it brings them is immense.

Thank you to Norma and the team at Waverley Patchworkers for their unwavering support and generosity in improving the quality of life for our clients.



POUND THE PAVEMENT 4 EPC!

Sunday 13 October @10am

Our biggest annual fundraiser is back this year, BIGGER AND BETTER! Join us in walking or jogging 5kms around Lilydale Lake to raise funds for EPC's Pound the Pavement in honour of a loved one or in honour of others whose lives have been touched by EPC. As Victoria's largest home based palliative care provider, we pride ourselves on offering a free service to our clients but we need your help to keep it that way.

This year we are fundraising for all our programs and services that support EPC client carers. There is often one or more family members living with the client and managing their care. This can be a tiring and challenging role, so maintaining their health and wellbeing is important.

100% of all money raised from POUND THE PAVEMENT 4 EPC in 2024 will go directly to services that care for the carer. This means that the services that assist carers will get some financial help to meet demand, such as Volunteer Services, Occupational Therapists, Family Support Workers (who assist families to understand what is happening and what needs to be considered) and our bereavement services, for both anticipatory grief and bereavement counselling. This year, we aim to raise \$30K.

Volunteer with EPC

Now is the time to join us to make a real difference in your community. Recruitment for 2024 is underway, with training commencing in August.

EPC Volunteers bring a sense of community and normality to people living with a terminal illness in Eastern Metropolitan Melbourne. This year we are 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 in 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** | help to keep client's dogs active, or bringing your dog to a client's home for companionship
- **Hairdressing** | helping people shine

At the finish line this year we will have a delicious BBQ, cake stall, raffle and many EPC staff to talk to. So bring a picnic blanket and stay for lunch!

Early Bird Registration Prices:

Adult: \$25

Adult with PTP4EPC 2024 T-Shirt: \$55

Pensioner/Student:\$15

Pensioner/Student with PTP4EPC 2024 T-Shirt:\$45

Child:\$5

Child with PTP4EPC 2024 T-Shirt:\$35

Dogs: Free!

Individuals who have registered can create a team from their fundraising page – invite your friends to join you! We can't wait to share this fun day with you all.



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

Jenika is Volunteering in Nepal



One of our dedicated EPC nurses, Jenika, is in Pokhara, Nepal where she is volunteering for ten weeks. Jenika has been asked to assist in the training and mentoring of Nepali nurses as they develop their palliative care skills. She will be facilitating training courses both at the hospice and aged care facility, as well as going to a remote health post and building capacity in the community nurses.

Jenika has been involved in volunteering in Nepal since 1996 where she first mentored and taught Nepali nurses palliative care skills, assisted in helping to establish the community service and also developed an education programme for health professionals.

Jenika is updating us regularly with her adventures and shared in a recent email "*I remain inspired by the work of those here who are trying very hard, in difficult circumstances, to make life better for those with a life limiting illness and their families. I'm reminded of how fortunate we are in Australia.*"

We are very proud of Jenika and applaud her work and dedication in Nepal, as well as at EPC. Her efforts are making a wonderful difference to the lives of many clients with life limiting illnesses.



EPC Team Reflection

Our Inner Team had a Team Day recently where they implemented a lovely initiative for reflection. They gathered and created a reflection tree in honour of their clients. EPC staff member, Angela Gill, shared her experience of the day.

"In reflection we remembered the 206 clients that the team had cared for and had died since December last year. We took a journey with a meditation honouring our grief as a team. Music therapist, Cindy, sang songs as we reflected on our clients.

We covered a tree in hearts – a heart represented each client – team members hung hearts on trees and shared memories and stories of clients whom they had worked with.

This morning we were able to recognise our grief as workers and come together in a space to grieve as a collective and hopefully all found a bit of comfort, healing and strength."

At EPC, our clients are at the heart of everything we do. Our team are committed to providing the best possible care, for our clients, as well as each other. Initiatives like this allow our team to support each other, enhance our work and honour our clients.



Going Green at Tax Time

Thank you for your donation to EPC at tax time. We also thank everyone who has supported our Going Green Initiative over the last year. We appreciate and use every dollar, no matter how it is donated. For every online donation that is made we are saving a little bit of paper and the carbon required to post it.

If you receive our newsletter via email you can simply click on a link to donate instead of handwriting and sending in this form. Our website has a '♥ **Donate Now**' button where you can donate 24/7 using your visa or mastercard . We are working hard to decrease our carbon footprint across the organisation and move towards a more eco friendly future. If you wish to register an email address with us to receive a newsletter, please let us know by calling 1300 130 813 or email us at contactus@epc.asn.au Thank you for supporting EPC.

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.



To Donate

Scan the QR Code

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

Call 1300 130 813

Or alternatively you can complete the below form and return via one of the three methods;

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

Thank you for donating!

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 Nurse 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.

Adrian Furniss

Maria Alevras

Marie Snell

Planning a memorial service is challenging. 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. If you wish to receive flowers and also request donations to EPC, instead of using the term "in lieu of flowers", simply ask people to "Consider donations to EPC in X's honour at epc.asn.au"

In Memoriam

Create your own 'In Memoriam' page to remember someone special and fundraise for EPC in their memory. Please visit epc.asn.au/in-memoriam.

2024 Key dates

June 6	Introduction To Palliative Care For PCAs
June 16	Order Of Malta Film Fundraiser for EPC
July 15	EPC Foundations (Health Professionals Course)
August - September	Volunteer Training Intake Sessions
September 2-8	Safewill Free Wills Week
October 13	POUND THE PAVEMENT 4 EPC
October 24	EPC Annual General Meeting



Telephone 1300 130 813
Address PO Box 2110, Rangeview, Victoria 3132
Email contactus@epc.asn.au
Website epc.asn.au

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Visit our website epc.asn.au to receive our newsletter by email. Email contactus@epc.asn.au to unsubscribe.

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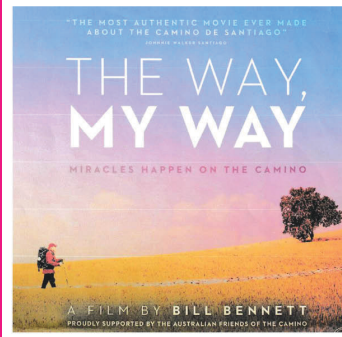


Eastern Palliative Care is a partnership between the Order of Malta, Outer East Palliative Care Service Inc. and St Vincent's Hospital (Melbourne) Ltd



Eastern Palliative Care acknowledges the support of the Victorian Government

SAVE THE DATE-16 JUNE



The Order of Malta is organising its annual film fundraiser for EPC on **Sunday, 16th June at 2pm** at the Lido Cinemas in Hawthorn, to be followed by refreshments. The film showing will be *The Way, My Way*.

To register your interest email events@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 email list. To opt out, simply call us or email fundraising@epc.asn.au

EPC acknowledges Aboriginal and Torres Strait Islander peoples as the Custodians of the lands and waters where we live and work. We respect their historical and continuing spiritual connections to country and community and pay our respects to their Elders past and present. We commit ourselves to the ongoing journey of Reconciliation with those who hold the memories, traditions, culture and hopes of Aboriginal Australia.