

AUTUMN 2022

Butterfly Bulletin



Albany Community Hospice Newsletter

Welcome from the Chairperson

I have just finished reading Leigh Sales' book 'Any Ordinary Day'. I was struck by its relevance to hospice's core business and to our foundational principle Hesed (Hebrew for 'loving kindness'). As those of you who have read the book will recall, the author's takeout message is that what people struck by catastrophic events, particularly the death of someone close to them, need and want the most is kindness and, specifically, kindness in the form of company in their difficulty; that what is the hardest for such people is that others pull back out of fear about what to do or say. Leigh presses the view that there is no need to feel fear about what the 'right' thing is, just be there - as one of those she spoke with had said, 'just accompany me'. I have read elsewhere of this gift of 'presence' being described as 'witnessing' - being quietly with a person to travel even a small part of their journey.

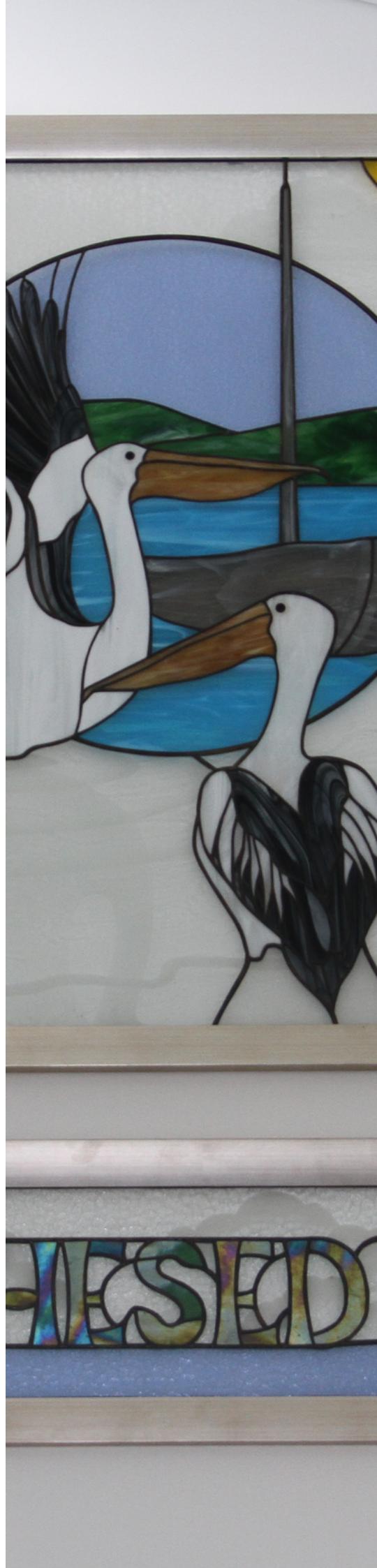
I find the notion of people visiting a dying person 'to say their goodbyes' an unbearably painful idea. I could not get those words out to either of my dying parents. But the notion of keeping a person company at or close to the end of their life; even knowing the end is coming, of keeping it 'in the present' with no need for words, I find so much more comforting. But it is very personal. There is of course no 'right way' - some people need and want the farewell both personally and culturally.

I think at Hospice we do loving kindness well - in the physical care and emotional support provided but also in the ability of our team just to quietly be with patients, witnessing their journey and centring everything on what they need.

I am confident Ms Sales would think that we are getting it right.

On a more practical note, on behalf of the Board I do want to thank our clinical and support services teams and volunteers for the particularly stressful work now required of them (since we have moved into strict Red Zone COVID-19 management) including marshalling visitors to Hospice. It is hard enough working in masks and sometimes other PPE but vaccination checking and enforcing restrictive measures with grieving families is very challenging and I do want to make public our grateful thanks to all for their efforts in keeping the Hospice as safe as it can be.

Hannah Leslie



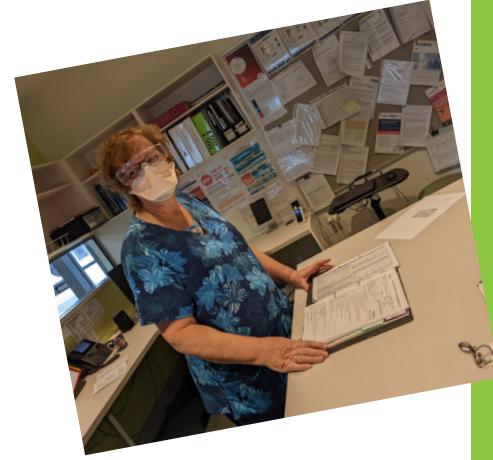
What's been happening at Hospice?

The first quarter of 2022 has seen some significant changes in and around Hospice in regards to visitor access as well as the attire of the team due to COVID-19 precautions.

Masks and eye protection are being worn by the Hospice team and visitors are also required to wear a surgical mask.

Proof of full COVID-19 vaccination and contact registration is required for all visitors to Hospice aged 16 years and over. Visiting hours are 9am-12noon and 3-7pm with two visitors permitted per visiting session.

Thank you to our visitors for helping to keep our guests, their families and our team safe. And thank you to all of our staff, volunteers, Board and committees for working together to prioritise each others' health.



COMPASSIONATE ACCESS

Compassionate Access will be available to those fitting the criteria, we have a range of measures in place in order to protect our guests, their families and our team. If you need to visit one of our guests, please speak to staff about the process.



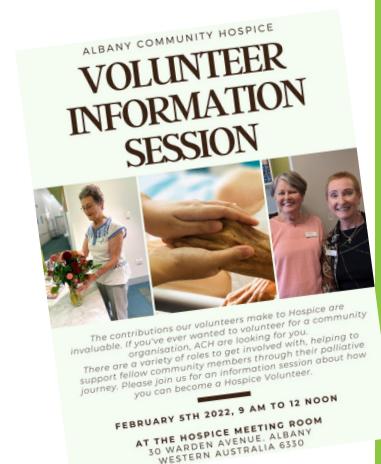
STRATEGIC PLANNING

We have closed the online and paper surveys we asked for stakeholders of Hospice to complete, thank you to everyone who participated. We are now in the process of working on our new strategic plan, we can't wait to start building on Excellence and are excited about the next phase of Hospice's role in the community.

VOLUNTEER INFORMATION SESSION

On Saturday 5th February, we held a Volunteer Information Session. These sessions are quite comprehensive, covering all sorts of information about palliative care in general, through to the history of ACH, as well as the volunteer roles that are required around Hospice to keep it running smoothly. Volunteering for Hospice is not for everyone; we like to make sure that our volunteers and our organisation are a suitable match! We are proud to say that following the latest information session, we have welcomed 3 new volunteers as well as 2 TAFE students doing their community hours with us.

Since the information session, we have had several others contacting us about helping out in the Hospice Volunteer community. We will be running another information session in the near future, be sure to keep an eye on our Facebook page for an announcement.



Did you know?

'Hesed' is Hebrew for 'Loving Kindness' & the stained glass artwork on display at Hospice was created by Mark Hewson. It has been on display at each of the Albany Community Hospice buildings since 1990.



You can sign up for the **Butterfly Bulletin** straight to your inbox at www.albanyhospice.org.au

Fundraising & Events

2022 has gotten off to a magnificent start, thanks to the hard work of the community and the Fundraising Committee as well as the generosity of the people of Albany!



**National Advance Care
Planning Week**
21-27 March 2022

**Your choice.
Now and always.**

acpweek.org.au #acpweek22



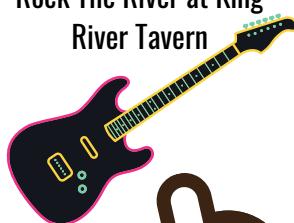
Thank you to our generous business supporters of Albany Community Hospice



If you would like to see your logo on this list,
become a Gold or Platinum Supporter of Hospice!
To find out how, contact
communications@albanyhospice.org.au

Add these to your calendar!

Sunday 26th March
Rock The River at King
River Tavern



16th- 22nd May 2022
National Volunteer
Week



22nd- 28th May 2022
National Palliative
Care Week



27th May- 3rd June
National Reconciliation
Week

