

HOSPICE TIMES

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No holding this cancer sufferer from enjoying life. Pieter and his charming wife Helen Weissnar emigrated to South Africa 30 years ago from Austria. They started off with a small coffee shop and ended up in Benoni running one of the most popular restaurants in Eastern Gauteng. Pieter with his piano accordion, had patrons singing and dancing on the tables to the music of Alpine songs and even a good few Afrikaans ones. (Our own Charlene Whittstock had her birthday there!)

Eight years ago Pieter was diagnosed with prostate cancer, which metastasized to his ribs and then his back and bones. A thoracic laminectomy and removal of an intraspinal tumour was successful, together with radiation and chemo therapy, gave him the respite he so badly needed. (Though he had some pretty tough times!) He was warned to take things easy but with his lust for life and his natural ability to make people enjoy themselves, he was determined to get through his "bucket list". But, the bucket list was calling and Pieter went to Storms River and bungee jumped - this, soon after his back operation. The need to prove himself was greater than his fear of death. Sr. Debbie from Hospice has been his regular and compassionate nurse, while Helen, his wife, filled with unconditional love, is there with her big smile and encouragement.

Because they had in the past supported Hospice, it was natural that they would contact Hospice for Pieter's cancer. Helen found Sr. Debbie constantly helpful, as she was able to answer the questions that were bothering them. Their minds were put at rest by explaining the various medications and treatments and about mood swings and a host of other things that one often worries about. They felt she was like an anchor in their lives.

To Hospice, death is a natural part of living and Pieter is a special patient who looks death in the face and fears not.

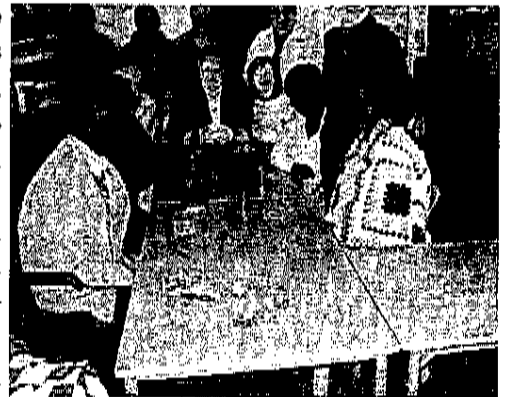


Pieter and Helen Weissnar

Hospice is made up of many 'arms' in one way or another. There is the In-patient Unit, Care Centre, Craft Group, Day Care, Book Shop, Bed Bathing team, Homebased Care, Hairdressing and Fund raising. These are all parts of the cogs that keep the wheels in motion.

Hospice Day Care is for adult patients who are mobile and are able to become a part of a morning of socializing and enjoyment. Every Wednesday, with big smiles on their faces, the patients arrive to spend a morning away from their environment and their cares. Tea and cake is offered and much chatting and laughing among friends takes place. The devoted caregivers then get the show on the road.

It could be bingo (with chocolates as prizes!), perhaps a choir to lift spirits with beautiful songs. Now and then a lively band brings patients to their feet to sway and dance, jive with each other, with



Daycare Patients and Volunteers, Benoni

everyone clapping in time to the music. Some are happy to just sit and enjoy! Maybe it'll be "pass the parcel" where gifts are wrapped and when the music stops the parcel is yours! This is done in time to happy and vigorous music and the joy is taking home a gift or two.

Of course, what would the morning be without a workshop now and then? Paper, glue sticks, buttons and bows, beads, cardboard, paints, crayons and a whole lot of goodies to teach the patients craft-making that everyone loves and will take home with them to display and maybe teach their children how to make easy gifts.

Day Care isn't doom and gloom, but happiness and fun - all for free. At approximately 12 noon a scrumptious lunch awaits them, cooked on a rotation basis by local church groups who do this with so much love. During the morning Sister Jenny chats to the patients ensuring they have no problems or are in need of anything.

*What would you think if I told you that God has chosen to
Heal my Soul and My Spirit but not My Body?*

Craig, tall and handsome and 40, was diagnosed with brain cancer four years ago. This brave and courageous man, son of Leonie and Ian Edwards, faced three brain operations, radiation and chemotherapy. Violent headaches and blackouts were part of Craig's every day life. Ultimately brain cancer took its toll. He eventually gave up his job and lives at home with his very loving and caring family and under the watchful eye of Sr. Debbie from Hospice.

Leonie, his mother spoke to me about the difficulties during these four years. Spending whole days in waiting rooms waiting for doctors, MRIs, and medication. Craig was known as "Gentleman Craig" for never complaining about anything - no matter how long the waiting.

His mother sat knitting during all this time, keeping her fingers and mind focused on extraneous things rather than thinking of the pain of her beloved son always sitting next to her. "God was with me all the way" Leonie remarked.

How does a mother cope with so much love to give and watch her precious son gradually getting weaker and less able to do anything for himself? "Difficult to describe" she remarked. "I stand at the door of his room and I say "this is my baby - this shouldn't be happening." The pain is not only in Craig, but in his mother's heart as well. She goes on "I felt there was always hope - the most important thing to believe it". I live every single moment with joy and advise others in the same position "don't spend your time crying. Live the precious and beautiful moment with your child."

And although she has hope and unconditional love, she sees the quality of life slipping away and says "I have hope and love for him in the next world"

Hospice has been there for them and Sister Debbie always on call. She explained things to Leonie, advised her about quantities of painkillers, helped them to find a care worker for day shift when Leonie could not be at home and shared her empathy and concern for a mother in pain.

They are a fortunate family - all close and giving strength to each other.



Craig and his mother, Leonie

Our wonderful nursing staff- highly trained for the work they do, visit registered patients in their homes. They are truly courageous people who go from one serious case to another, treating the patient, checking their medication, symptoms or other needs whether they be physical or emotional. The compassion and love they willingly give is so helpful to the family who derive confidence and a certain amount of peace. Counselling is a very important part of any caregiver or nurse's job and so often when the families feel lost and unable to cope Hospice provides nurses and caregivers to help families

Millie Roscnberg, 84 years old, has Macular Degeneration which has left her with minimal eyesight. However, this sprightly young lady let's nothing get her down and keeps herself busy, busy. She has been diagnosed with leukemia. If you think this has put the brakes on her, you are wrong! She still happily bakes her scones, crochets blankets (some of which she gave to Hospice) and just keeps herself involved doing stuff that keeps her going. What an amazing example Millie is to show the world that no matter what afflictions come her way, she does not give in!

Would that we could all follow her example.

This charming, happy lady is grateful to Hospice for the help she has got from them and is grateful to Sr. Debbie for her guidance and pleasantness when she visits.



For over 20 years, two charming volunteer hairdressers have shared their skills with patients. So many have remarked that when their hair has been washed and set they feel so much better. Sharon Cope and Jenny Steinberg have given so lovingly to help patients feel that despite their illness they still can look good. They have helped to choose the right wigs when needed and have seen bareheaded patients leave the salon looking quite glamorous - (who doesn't want to feel like that after watching your hair fall out)? Jenny will be moving to the Cape and we thank her for her many years of loving service to Hospice. Sharon has proved over and over how empathetic she is with patients' suffering and gone out of her way to be a special part of Hospice. At present we are looking for a volunteer hairdresser for a few hours every second Wednesday.



IN MEMORIUM



Our dear friend Rowena Murray Brown who was the editor of this news letter died tragically in January this year.

Rowena wrote with so much compassion and understanding.

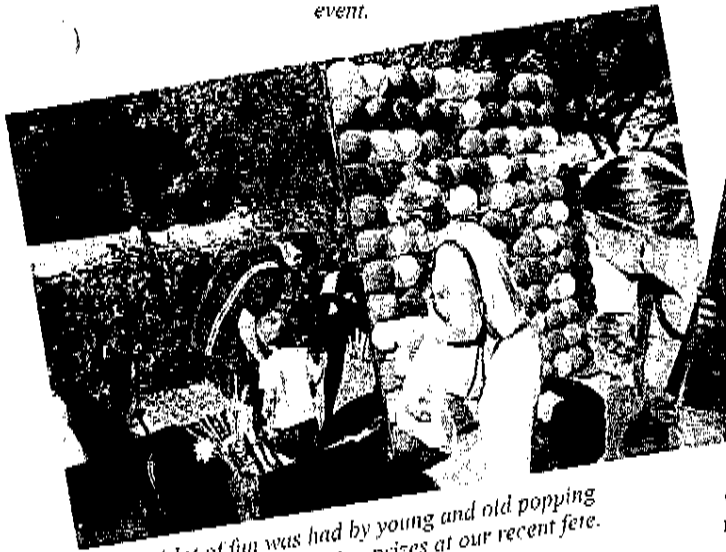
We shall indeed miss her.



Saul van Greunen at the Prizegiving after the Hospice Golf Day at Ehotse Golf Estate on 23 May. Saul managed an auction for us and was solely responsible for securing pledges from donors, thus ensuring that R100 000 was raised during this prestigious event.



Sr Loraine Lombard receiving a gift of R4000 from Mr Johann Rossouw, ex-Mayor of Germiston, on the occasion of his 90th birthday. Mr Rossouw invited 90 guests to his birthday party at Summer Place, Boksburg, and requested donations to charity in lieu of gifts.



A lot of fun was had by young and old popping balloons and winning prizes at our recent fete.



Our fete on 5 May 2012 raised R66 000 in aid of our Hospice. Guests enjoyed the new improved tea garden that was organised by volunteers from our Hospice. Mooifontein Care Club and who also baked and supplied all the delicious eats.



Sr Loraine Lombard, Trainer, with group of nurses from Pholosong Hospital who successfully completed the 5day Introduction to Palliative Care Course at Hospice East Rand

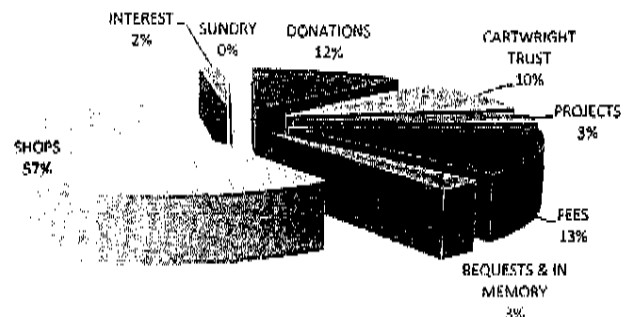
What is Success?

"To leave the world a better place, whether by a healthy child, a rescued soul, a garden patch or a redeemed social condition; To know that even one life has breathed easier because you have lived;

This is to have succeeded."

Ralph Waldo Emerson

%ACTUAL INCOME YTD



We are always deeply grateful for the wonderful support we receive from the public. All donations are greatly valued and special mention is made of the following generous supporters:

Robor (Pty) Ltd
 Claire Robson-Marais
 Syd Crouser & Benoni Lake Club - Major Golf Day
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 Benoni Educational College
 Benoni Country Club Tuesday School
 Bryan Hawman - Next Technology
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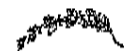
Shangri'la College in Kempton Park welcomed Hospice East Rand to morning assembly and showered us with a bakkie load of gifts. We spent a wonderful morning informing learners and staff members about the services offered by our Hospice. We invite other schools to contact our PRO, Gerda Baverstock, on 082 492 0302, if they would like to receive a similar informative presentation.

Bequests made to Hospice are a wonderfully unexpected "bonus" and serve as a meaningful tribute to those who have passed on. We are so grateful to the following people who remembered us in their Will:

Estate Late Basil Palmer
 Estate Late JH Human
 Estate Late RD Landey
 Estate Late Mavis Bason



"Patients and staff from our Vosloorus Daycare Centre recently enjoyed a lovely day out at the Bokkie Park, Boksburg. Fun games were organized, the animals were fed during a walk around the park and a tasty lunch was enjoyed by all. All the patients were grateful for this treat and look forward to the next fun day."



I Know where I am going and I am not afraid to die!

BENONI:	23B Russell Street, Western Extension Tel: 011 421 6292
BENONI:	Hill Street, Rynfield Tel: 011 425 3970
BOKSBURG:	1 Station Road, Boksburg Tel: 011 917 0430
BOKSBURG (North)	Adies Shopping Centre, Cnr Cason & Trichardt Roads, Boksburg North Tel: 011 917 3963
KEMPTON PARK:	Cnr Palm Avenue & Sonneblom St Kempton Park Tel: 011 394 5816
EDENVALE:	27 Central Avenue, Edenvale Tel: 011 452 0480
HARMELIA: (Edenvale)	Shop 48, Shelton Avenue, Harmelia Centre Tel: 011 392 3211
GERMISTON:	Shop 1 Lambton Gables, Cnr 3rd Ave & Webber Road, Lambton, Germiston Tel: 011 824 3540
ASTON MANOR:	Cnr Monument Rd & Kors Cres., Kempton Park Tel: 011 391 1490
SPRINGS:	Shop no 7, Chalu Place. 210 Nigel Road, Selcourt, Springs Tel: 011 363 3128