

HOSPICE TIMES



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JULY 2013

This is the belief of Maria Da Costa - a cancer survivor who has fought cancer on and off for 20 years. Chemo therapy and radiation has not kept this get-up-and-go lady from making the most of her life. When she was initially diagnosed with cancer she was having treatment at the H F Verwoerd Hospital when she noticed a number of impatient children waiting for their parents - this struck her as a sad situation and duly organised a play group, making it easier for the children as well as the parents. The hospital co-operated as it meant the children could be kept out of the way! This is the nature of this woman who loves helping anywhere she can.

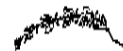


12 operations later, Maria bought herself a scooter in order to get around more easily and involved herself with a motor bike rally which assisted her in raising funds for cancer patients and survivors.

Maria is a happy, determined person willing to carry on for as long as she can. Ultimately her oncologist recommended her to Hospice. She explained that she now feels a huge warmth and confidence knowing that there are people who will always be there for her. Nurses and staff who understand her pain and even her determination.

Sister Tracey is her weekly nurse and gives Maria all the love and gentle care that someone in her position needs. Unfortunately, the cancer has metastasized into her bones, but with Sister Tracey's special brand of help and understanding as well as learning about the alleviation of pain, she considers herself extremely blessed to have the assistance and compassion of this Hospice nurse.

As our interview drew to a close, this 60-year old said "My motto is to fight the battle and win the race - by God's Grace"



Our administration department has some conscientious and hard working people. One of them is Liz Spittal who joined Hospice 25 years ago and is still going strong.

We congratulate her for her years of service and pleasantness



Hospice welcomes three charming and highly qualified community nurses to the staff.

SR TRACEY SCHOLEFIELD

Tracey is a community sister who has 20 years medical nursing behind her. She is an ideal nurse who has a lovely big smile for each and everyone she meets, be they patients or staff.

SR IVY NAYLOR

Ivy is the Community Sisters Co-ordinator and brings with her 10 years experience from Houghton Hospice. She, too, is a professional nurse spreading love and understanding to all.

E/N MONICA MABUZA

Monica has completed Hospice orientation and is now part of the Community nursing team.



Liz Spittal

*It's not the load that breaks you down;
it's the way you carry it.*



The Hospice Ebotse Golf Day held on Wednesday 22 May raised an astonishing R92 000 this year.

A very big Thank you to Saul Van Greunen and Hyundai Benoni for being our major sponsor, handing us a cheque for R20 000 towards our expenses for the day.

We would like to thank all the golfers who participated in the day for all your support and pledges made throughout the evening.



Kathryn Lyster and Leigh Robson

The Hospice Swimathon at Clearwater Estate was a great success. Every body thoroughly enjoyed the day and it was wonderful to see even small children swimming with their armbands and pool noodles. We are looking forward to the next event and are sure that even more swimmers will be keen to participate. R30000,00 was raised. For more information please contact Gerda on 082 492 0302 .

Our outreach programme for patients of Hospice is situated in Vosloorus, Boksburg. Two Day Care programs run on a Tuesday and Wednesday each week for adults. There is one community nurse (Sr. Luluma) who visits patients unable to attend the Day Care or patients who need her assistance. Ragini, our social auxiliary worker, attends to those who need help or counselling, or possibly the need to be referred elsewhere for further treatment. She is a loving, caring person who has time for all people who need her help.

The day starts at 9 o'clock when they all pray together. Then a healthy breakfast is provided prior to the craft work which patients participate in. It could be bead work, crocheting, making plastic mats, and a whole lot of useful things that get sold for extra money. One of the beauties of this "workshop" is the singing - they all join in while they are turning out all sorts of lovely goodies. In between, the patients are given snacks (to keep them going!). Of course, there is always a need for extra wool and material which will be very welcome!

At lunch time, patients - many who are not well, are served a healthy meal donated by Woolworths.



Some of the beautiful items made for sale at the Daycare Centre

VOSLOORUS SCHOOL HOLIDAY PROGRAMME

The children who come to the holiday programme mostly belong to the Day Care parents. They receive extra lessons, stories are read to them, they play netball, football, and any games they can think of. They have a lot of fun and the parents are happy that their children are cared for during the holidays. Should these children need any form of counselling or advice, they know that they can approach Ragini, our social auxiliary worker, who will always help them.



Our children's holiday programme in Vosloorus for children infected and affected by HIV/Aids

VAL BURGH



Val at 86 looks at least 10 years younger! It's difficult to believe that a year ago she was diagnosed with colon cancer and soon after that had a hip replacement! What courage to go through two operations almost on top of each other. But this serene lady has not allowed these set-backs to get her down even though she did ask "why me Lord?" (a question most of us in that situation would ask). Val enjoys her grandchildren and great grandchildren, spends time reading, walks around quite a lot and watches TV as well. She lives in a comfortable section of her granddaughter's house and cannot speak highly enough about the compassion and love received from the Hospice community nurses who have seen to it that she has all the equipment necessary to make her independent. It was her sister in-law who told her about Hospice and having then registered she speaks very highly of the attention and caring received from the community sisters and welcomes them each week.

Motivation

Live in gratitude

Fear of loss is what creates loss. Love of possibilities is what drives the fulfillment of those possibilities.

What good is it to have something if you constantly live in fear of losing it? In some ways, that's worse than not having it at all.

Instead of living in fear, live in gratitude. Fill your heart with love and thankfulness for all that you now have, so that there is no space left for fear.

Fill your mind with thoughts of the very best of what is possible for your world. Fill your spirit with a bright, sparkling vision of how good you know life can be.

Sure, the superficial things will come and go, so don't let those things define you. Instead, treasure the values that transcend every moment and every circumstance.

The genuine person inside is much more powerful than your ego that always feels so threatened. Live in gratitude and let the real, authentic, courageous person you are, always come shining through.

- Ralph Marston

Calling on MARISA ATKINSON I found a happy jovial woman of 54 enjoying the company of her small dogs. Sitting down to coffee and home baked muffins, Marisa allowed me to share the struggle she has endured since being diagnosed three years ago with breast cancer which metastasized into her spine. Several major operations later and 6 weeks in ICU, made it possible for her to have radiation and chemo therapy treatment.

I asked her how she felt when she was told that she had cancer, "I was very afraid" she said and then had to fight depression as well. But with the help of her supportive husband and Sr. Fikile from Hospice she was able, despite the pain and suffering, to move forward and has involved herself in weekly bible study classes and prayer groups. She finds these involvements beneficial to her recovery and has an excellent positive attitude. Sr. Fikile has been her anchor and helped her through the depression. She has been a great inspiration to Marisa.



*Peace is achieved one person at a time,
through a series of friendships*



Helen Weissenar whose husband died two months ago said, "I pray that everyone can have such a peaceful, dignified death as Pieter had here in the In Patient Unit". She was full of praise for the love and the caring that he received from Hospice during his illness over the past two years.

We are deeply grateful for ALL donations made to Hospice both in cash and in kind.

We would like to specially mention the following -

BENONI LAKE GOLF CLUB & SYD CROUSER

AJAY SALES

UNITED INTERNATIONAL PICTURES

ORE CRUSHER

CONDRA CRANES

GRADE 1 CLASS ST DUNSTAN'S

FIREQUIP CC

RAND BUILDING HYDRAULICS

MR PAUL SAVIDES

MR AND MRS JOHN LIVESEY

PENNANT FREIGHT

MIKE FINLAYSON AGENCIES

BLUE GILL IMPORTS

TURBO FASTENERS

ALTERNATIVE SUPPLIERS

Bequests left to Hospice East Rand are invaluable and greatly appreciated. Many, many patients are able to receive our specialized care thanks to the thoughtfulness of the donors. We are deeply indebted to -

Late Mrs Maria Anna Purdie

Late LR Carey

BENONI: 23B Russell Street, Western Extension
Tel: 011 421 6292

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Tel: 011 917 0430

KEMPTON PARK: Cnr Palm Avenue & Sonneblom St
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EDENVALE: 27 Central Avenue, Edenvale
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**HARMELIA:
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SPRINGS: Shop no 7, Chalu Place,
210 Nigel Road, Selcourt, Springs
Tel: 011 363 3128

BOOKSHOP: 157 Victoria Ave, Benoni,
Tel: 011 422 1531

One Night in Rio Fundraising Event

The Fundraising Event took place at Summer Place in Boksburg, and raised R63 000.00
which will be used for patient care.

Sincere thanks to everyone who supported this event.

