



HOSPICE TIMES

EAST RAND



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*We miss you terribly, but whenever we see
a butterfly, we think of you and the butterfly
who came to fetch you, and you flew together
to the heavens, to your Lord.
Fly, fly, fly you special soul
Until we meet again.*

From his daughter Shirley-Anne



Tony Varrie

A well known and popular man, Tony Varrie, passed away on 11th August 2013 having fought a brave fight and leaving the love of a wife, a daughter and three sons behind. When he was 13 years old his father was killed in a car accident and the boys were put into orphanages. Tony's determination and sense of humour rose above the set backs and helped him to make a huge success of his life.

In October 1960 he married Sheila. He was a devoted husband and father and his success in everything he did, rose from his love of giving and seeing people happy and growing within themselves. He didn't hold grudges but was a smiling, laughing man, full of wise words and a mind filled with knowledge and good advice



In 1964 the golf course beckoned Tony and he became a member of Benoni Country Club. In 1992 he was elected Captain of the Nomads Eastern's and decided that his beneficiary for the year would be Hospice East Rand. All monies were raised towards buying a sluice unit for the In Patient Unit. His thoughtfulness and concern for charities knew no bounds and Hospice benefitted handsomely through his kindness.

The fight of his life came when Tony was diagnosed with prostate cancer. He fought the disease with stoicism as only he knew how.

But ultimately Tony knew he needed more help and was introduced to Sr Tracey from Hospice where there was an immediate connection between the two. Sr. Tracey's sense of humour matched Tony's and there was much laughter and upliftment. As his wife Sheila and daughter, Shirley-Anne, were always on call to take care of their precious husband and father, Sr. Tracey made their lives a lot easier and both have said they don't know how they would have coped without the love of Sr. Tracey and Hospice.

Rest in Peace, Tony



SHEILA COLLINS

Sheila has been with Hospice for nearly 20 years. She is relocating to Canada and we wish her and Mike much happiness in their new home.

In September this year we relocated our Palm Avenue Charity Shop in Kempton Park to Birchleigh. Please pop in for some great bargains or donate your unwanted goods which are still in good condition to us.

We would be most grateful!



*From left to right in the picture are:
Dora Lubbe, Helen Hanekom and
Faith Chernis (Shop Manager)*

*I shall not pass this way again;
Let me now relieve some pain,
Remove some barrier from the road,
or lighten someone's heavy load.*

Hilda Swanepoel

Cancer has no respect for anyone. But it's because of caring people working at Hospice that patients with cancer can at least be among friends and find peace and tranquillity in the loving care of nurses that help them along a rocky path.

Hilda Swanepoel was diagnosed with Cancer of the spine at the beginning of the year. The Cancer subsequently spread to the lungs, liver and kidneys.

Sr. Debbie always caring, smiling and willing was the home nurse from Hospice who visited every week administering to all Hilda's needs. Caroline, her daughter was home all the time to be with her mother. She mentioned that her mother never complained - her thoughts and caring were always for others - "she was an amazing person and would worry more about others rather than herself."

Hilda was admitted to the Inpatient Unit three times but sadly died the third time under peaceful and loving conditions.

Caroline spoke highly of Hospice and said even though she has sadness and misses her mother she is consoled by the gentle caring and nursing from everyone working not only in the IPU but throughout Hospice.



ANITA BEEKHOUT

A new resident in our Care Centre is Anita Beekhout who moved in on Monday 23 September. What a lovely woman of 65 who is absolutely thrilled to be in the Care Centre where she told me she enjoys the peace and quiet. She loves the fact that she is taken care of by trained nurses who bath her, ensure that her medicines are in order, that she is well fed, lying on a comfortable bed and has clean washing in her cupboards.

In 2012 Anita was diagnosed with Malignant Mesothelioma and the prognosis was 6-8 months. Well, a year later and having moved into the Hospice Care Centre, Anita is keen to join the Hospice Day Care where there is always entertainment of one kind or another. She makes friends easily and wants to be part of everything happening at Hospice. Her new environment has made her an extremely happy person as she looks forward to each new day.



A Charity Bowls day was held at Benoni Lake Club in June this year. The day was enjoyed by the bowlers and **R10 000.00** was raised for Hospice



In Celebration of Spring Day we were invited by Suzuki to sell Boerewors Rolls at their showrooms. **Gerda Baverstock** and **Lettie Tonelli** were kept hard at work all day!



St. Dunstan's School in Benoni celebrates Mandela Day with enthusiasm and generosity every year. Once again we were blessed to receive an enormous amount of wonderful items donated by the Learners, Parents and Teachers at the school.

THANK YOU ST DUNSTAN'S!



On Sunday 22 September (one of the coldest days of the year!!) We had an event at Rallystar Motorsport Academy in Bapsfontein. A thrilling time was had by all and especially those brave folk who bought an adrenalin pumping **"HOT LAP"** round the track.



"Charity sees the need; not the cause"

HOSPICE EAST RAND LIST OF CHARITY SHOPS

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
BIRCHLEIGH:	Shop 1 & 2 Paula Hof, Matumi Str Tel: 011 931 2083
EDENVALE:	27 Central Avenue, Edenvale Tel: 011 452 0480
HARMELIA:	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 & Concourse Str, Kempton Park Tel: 011 391 1490
SPRINGS:	Shop No 7, Chalu Place, 210 Nigel Road, Selcourt, Springs Tel: 011 363 3128
BOOKSHOP:	157 Victoria Ave, Benoni Tel: 011 422 1531



Sam the cat - on the Reception desk at Hospice

Sam has been visiting our Hospice daily for the past 2 years. Interestingly, he has a good home two blocks away but he chooses to spend every day with us! Sam has a very definite role at Hospice. He is often seen "comforting" grieving families in the garden and he has put a smile on many a heartbroken face.

Thank you's

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

We would like to specially mention the following -

MERCEDES TROPHY GOLF DAY

IDEAL AWNINGS

MR. B.M. QUIRK

GERMISTON ROTARY ANNS

PolyBMedia and the VARRIE FAMILY

RNE PUMPS

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 the late MH van Damme for making us a beneficiary in the Will.



In memory of the late Tony Varrie, (see story on page 1) the family together with PolyBMedia very generously offered to "wrap" the Hospice vehicles with our name and logo. The first vehicle to be done was Sr Tracey's as she was Tony's Hospice nurse up until the time he passed away peacefully in August this year.



WHAT IS HOSPICE AND WHO DO WE CARE FOR?

Contrary to popular belief, Hospice isn't about dying. Hospice is about quality of living with an illness that can't be cured. Sadly, patients and families often resist reaching out for hospice help because of the misconception that hospice equals death. The best time to contact hospice is earlier rather than later.

Hospice practices what is known as "palliative care". This means the total, active care of patients whose disease is no longer responsive to curative treatment - whatever the diagnosis and whatever the stage of the disease. *Hospice does not only care for cancer patients who are in the terminal stage of their illness.* We focus on relieving symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping and depression. The goal is to improve quality of life for both the patient and the family. Most of our care is offered in the patient's own home. The Hospice nurse does not sit with a patient for 24 hours a day but rather empowers family members and carers with skills to cope throughout the day and between her visits. Psychosocial support is also given to patients and their families. We are the registered, accredited hospice for the entire East Rand region so if you are struggling to cope with a loved one's serious illness, please feel free to contact us on 011 422-1531. You do not have to be referred to us by a Doctor or Specialist and the only stipulation is that the patient must want our services.

