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Little Haven Happenings

Little Haven Cooloola / Sunshine Coast Palliative Care Inc.

"On Easter Sunday the veil between time and eternity
thins to gossamer."



April 2023

Dear Little Haven Members,

Oh my goodness - It's April already - The first quarter of the year GONE. We've all been so busy this newsletter is well overdue. Thanks volunteer Glenda for the reminder. A comparison of our statistics for this quarter Jan - March with the same period last year explains why we feel like our feet have barely touched the ground lately.

Jan - March Quarter	2022	2023
Number of people cared for	335	351
Palliative clients	141	166
Bereaved / Carers	195	185
New admissions in period	51	57
Passed away in period	34	43

Add in Jackie & Tara leaving the bereavement team, Lisa training up social workers Karen and Dean, mentoring new nurses Janette and Gillian through the one month Little Haven orientation process, nurses off with Covid (yep it's still a thing) and lovely Kathy away caring for her daughter, it's been a tough time for all the team. The nurses work getting increasingly difficult with overnight call outs to one or more of our 112 clients more the norm than the exception, and the introduction of the Qld Voluntary Assisted Dying laws in January adding another dimension to our already heartfelt work.

And yet the girls go about their day with the same dedication and compassion they are acknowledged for, a little tired on the inside but still smiling.



Amy, Sharon and Meg back in the office after a big day

This dedicated care appreciated by patients and families. Reflected in this recent thank you message

"To some of the most special people I have ever had the pleasure of being alongside. You have all made Yvonne's journey such a beautiful one and the care you have given to her is just beyond words. She loved seeing her nurses. The support and acceptance you have shown to me over the last 3 months has been invaluable. To know I could call at any time and get a helpful answer was awesome. You're doing a great job. Such a special team, I will never forget you all. So a big hug and an even bigger Thankyou. Big Hug Ro X"

Last month our board came together for our Annual planning meeting, articulating short and long term goals. These goals along with the now completed USC Service and Economic evaluation of Little Haven's model of care, will be



fundamental in our discussions with Qhealth when renegotiating our contract from July 1st. The research project provided a glowing report on all aspects of care, volunteering, health and economic benefits to the Qld health system and community. Wish us luck with our Qhealth contract meeting on April 24th in securing a funding mechanism to meet future needs.

Volunteer Driven Ventures

Our Market Place volunteers had an enormous quarter with sales of **\$91532**. In May they celebrate the 5th birthday of opening at Crescent Rd. What a great decision that's been. There will be cake and a free sausage sizzle on Saturday May 6th to thank all the supporters - Donors, shoppers and volunteers.

The Easter Raffle was another huge success raising **\$4,825** and making 4 very happy prize winners .

Our respite carers, chemotherapy and complementary therapy volunteers continue to provide companionship, care and comfort to our patients / families.

The USC report notes LH bucks the trend widely observed elsewhere of a move away from volunteers post covid.

- Our volunteers remain invaluable to the organisation.

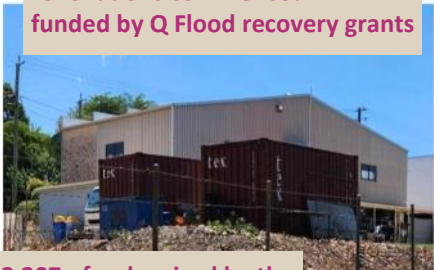
We have a busy time ahead planning The Book Sale, Quilt and Craft Spectacular and Little Haven Week events. Please contact the office to put your name on any events rosters. Please see the **Little Haven Calendar of Events** and also **The Donors Honour Board** ♥ on the back page.

Hope you've all had a lovely Easter. Big thanks to RN's Leanne, Nicky, Carolyn, Meg, Shaz and Amy for looking after our patients over Easter.

Sue Manton x

Photo Gallery - Jan - March 2023

Market Place Carpark renovations commenced funded by Q Flood recovery grants



\$12,207 - funds raised by the Christmas Happy Wrappers ! Thank You !!



Thank You Rotary !! ♡ ♡

Raffle Queens Di and Judy



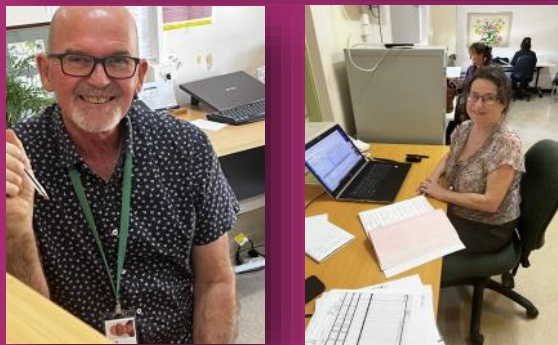
Our Fleet of 6 cars on The road daily



I love that families remember us so many years down the track, calling in to share some good news .. and a donation too. Thank you Henry ♡



Our Team is always growing... Welcome Gillian, Karen, Janette, Dean and Natalie ♡



New Volunteers

Bernadette joins LH as a Remedial massage therapist. She will be a wonderful addition to our offering of Complementary Therapies.



Margaret and Val will be helping with Raffles and the Market Place. Welcome !

Join the Little Haven 2023 Gratitude Walk Team

Come walk with us together as a team - Staff, Committee & Volunteers remembering the 300 families we cared for in the past year. Each one with their own unique needs and each leaving an imprint on our hearts.

We remember them!

Little Havens fundraising Team registrations now open [here](#)

GYMPIE ROTARY MAKERS FAIR

QUILT + CRAFT SPECTACULAR

1 - 2 JULY 2023 | GYMPIE

Little Haven's Gratitude Walk and Fun Run

Sunday 16 July, 2023

REGISTRATIONS FOR TEAMS AND INDIVIDUALS OPEN NOW!

www.gratitudewalk.com.au

Little Haven Palliative Care Inc. 14 Henry St, Gympie
Ph: 07 5482 9091 www.littlehaven.org.au

Congratulations Volunteer Austen Van Twest Gympie Regional Council Young Citizen of the Year

This Award is recognition for residents (up to the age of 25 years) who have made a significant contribution during the year and/or given outstanding service to the local community over a number of years.

Austen is our youngest and very well liked Market Place volunteer. Trevor, Cherryl and all the MP volunteers were so pleased for Austen on this well deserved award.



The roses purchased through the **Ruby Rose Hospice Fundraiser** are a gift to my garden - producing beautifully scented velvety blooms!



Are yours flowering for you? We'd love to know. Send in your pics to admin@littlehaven.org.au

8 Tips to Keep Your Brain Sharp and Healthy as You Age

1. **Control Your Cholesterol and Blood Pressure Levels** Good cardiovascular health — which means having healthy blood sugar, cholesterol, and blood pressure levels, along with maintaining a healthy weight — is associated with better cognitive function,
2. **Don't Smoke or Drink Excessive Amounts of Alcohol** Because smoking and drinking too much both put you at an increased risk of dementia, according to the Alzheimer's Association, if you smoke, it's best to quit, and if you drink, to do so only in moderation.
3. **Exercise Regularly** Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk of conditions such as high blood pressure that are associated with developing dementia.
4. **Maintain a Healthy Diet** Foods containing nutrients such as vitamin E, B vitamins, and omega-3 fatty acids have been linked with improved cognitive function, a review of previously published studies found.
5. **Stimulate Your Brain** Having a mentally stimulating job and doing other activities that engage your brain may help build cognitive reserve — or the ability to function well in spite of brain diseases or other challenges — according to the Alzheimer's Association.
6. **Socialize More** Making new friends or spending time with the ones you have might be good for your brain. A study published in 2021 that looked at older adults in Japan found that participants with consistently high or increased social engagement had a lower risk of dementia than those with consistently low social engagement.
7. **Stay Sexually Active** Consistent sexual activity may also be indicative of someone who is physically, mentally, and socially engaged, they say.
8. **Play Brain Games "Brain training games"** — or computerized cognitive training games designed specifically to exercise memory, attention, speed, flexibility, and problem-solving — can be fun

Some signs you may be experiencing memory loss that's beyond what's normally seen with aging include:

- ◆ Asking questions repeatedly
- ◆ Forgetting or mixing up common words when speaking
- ◆ Taking longer to complete normal daily tasks, such as following a recipe or assembly instructions
- ◆ Misplacing items in inappropriate places, such as putting keys in the medicine cabinet
- ◆ Becoming lost while walking or driving in an area that's familiar to you
- ◆ Unexplained mood and behaviour changes

For More information visit [here](#)



LITTLE HAVEN'S MONSTER BOOK SALE
JUNE 10TH & 11TH - Gympie Senior Citizens Hall
 Books | Plants | Sausage Sizzle | Craft



♥ Little Haven's Honour Board - General Donations Jan - March 2023 ♥

Allman, Christine	52
Bath, Henry	200
Beaumont, Courtney	1032.5
Blakeney, Sue (In memory of Bill)	5000
Burrows, Peter	45
Cherry, J&C	100
Condon, Barbara	300
Conran, Geoff (In memory of Megan)	3500
Coolah PI Sound Healing Meditation Group	56
Gallagher, Todd (in Memory of Dennis)	5000
Greentree, Ruth	500
Gympie & District Committee of the Aging	\$4,162
Gympie & District Senior Citizens Club	100
Gympie Delivery Centre	776
Gympie Packhouse	275
Gympie Scottish Country Dancers	500
Gympie Wesleyan Methodist Church	716
Honour, Susan	516
Kilkivan Country Club	1,000
Mullins Family	300
QCWA Miva Branch	75
Rogers, Dean	421
Rotary Club of Gympie	15,000
Taylor, Caroline	3,000
Willmott, Marcia	1,033
Many other donations under \$50 received from Various donors.	

Thank you to the families who directed Beneficiary
Donations to Little Haven given in memory of ...

Dennis Gallagher
Ursula Prince
Gayle Smith



Lorna Smith-Hasted
Ken Tacon
Josephine Tardent

Thank You to our regular givers

By providing regular giving support of Little Haven you enable us to be there - bringing comfort, dignified care and support for cancer sufferers and the terminally ill in our region.

If you'd like to become a regular supporter of Little Haven's work contact the office on 5482 9091

For more information visit littlehaven.org.au



ALFORD, Ms Frances
BORASO, Wendy
BROWN, Beverley
COATES, Judith
DART, Angela
FRICKE, August & Betty
GRUAR, Narelle & David
HENSEL, R & N
HOSKING, Narelle
LICKERMAN, D

MCAULAY, Lisa
MCDONALD, Kathryn
MANTON, Clare
MANTON, Sue
REIBEL, O
SAUNDERS, Bronwyn
SAVORY, Ellie
SMITH, Phil
VINER, Sarah
YOUNG, Geoff

LH Fundraising Jan - March 2023

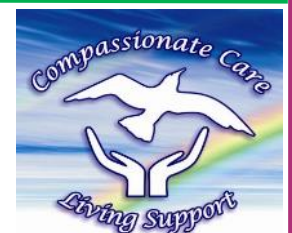
Raffles : Easter \$ 4825

Container Refund Scheme: \$483

Market Place : \$91532

Little Haven Small Change Tins \$654

Craft \$3300



♥ A Community Caring For Our Own ♥

It is through the amazing support we receive from Qhealth, fundraisers, grateful families, volunteers, community groups and individual donors that our team can be there for those in need in our community like M & L

To all the staff at Little Haven at Gympie and the Cooloola Region, a big thank you from us both - M... & I. You made it possible for M to pass at home comfortably as expected. You took our fear away of not only death but the courage to be able to die at home. You gave us the strength, support and love 24/24. And when most needed you came. Angels are beside you all and you are our human angels. Thank you so much. Bless you all and your organisation. L



Would you like to join us as a RESPITE VOLUNTEER?

When there is adequate access to *respite* it can make the *caring* journey more rewarding, often enabling the person living with a terminal illness to stay living at home. We are **always** looking for more volunteers who are willing to provide support to our patients and families. Respite volunteers can make such a difference to someone's final days. If you have a few hours a week to spare and are interested in helping out please contact the office on 54829091.

Respite Volunteers REMINDER

Please remember to text or call in your contacts to the Respite
Mobile: **0477 298 120**

**Respite Volunteer Meetings are held at 11am on the first
Tuesday of the month at the Little Haven Centre.**

LH Calendar of Events 2023

May 17th National Volunteers Week Afternoon Tea
June 10-11 Monster Book Sale
June 16 Cooloola Debutante Ball
July 1-2 Gympie Rotary Quilt and Craft Show
July 16-22 Little Haven Week
Sun. 16th Gratitude Walk - Nelson Reserve
Tue. 18th Volunteers BBQ Lunch
Thur 20th Community Education
Sun 22nd Memorial Service 2pm -
Sept 13 Little Haven AGM

**Hope you can make it along
as a guest, helper or for the bakers
out there home cooking is always
welcome.**

