

Palliative care. Living well every day.

Issue 4
December 2024

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How EPC cares for the Carers

EPC cares for those who have been diagnosed with a terminal condition, with little or no prospect of cure, and for whom the primary treatment goal is quality of life.

Our services are delivered in the client's home and are free-of-charge. EPC also provides essential services for those caring for their loved ones at home.

Living with and caring for someone with a terminal diagnosis can be tiring and challenging. Maintaining the carer's health and wellbeing is important. We support carers in many ways including;

- The provision of a dedicated Palliative Support Clinician to assist families understand and manage their situation.
- Occupational Therapists to make the home safer, sourcing medical equipment for their home.
- An Overnight Respite Nurse program and nurse on call services to assist clients and carers when needed.
- Our extensive volunteer program also assists carers in many ways, as well as our all ages bereavement support.



We recognise the essential role that carers play in supporting clients at home. This year, we have been raising funds for our Care for the Carers Appeal which will go to EPC programs and services that assist carers. At EPC, our quality of care is focused on both the carer and the clients living well every day. If you would like to donate to our Care for the Carers Appeal, go to our website epc.asn.au or scan the QR code.



Message from Gaylene

Welcome to our last newsletter for 2024! We are in the midst of the year-end crazy time, as the demand for our service usually increases over the festive season as our clients understandably wish to spend time at home with their families.

At our recent AGM the EPC Members unanimously voted to transition EPC's legal structure from an Incorporated Association to a Company Limited by Guarantee. This is a natural evolution of our maturity after 26 years and provides Government, donors and partners with a reassurance as to the rigour of our organisational governance.

Margaret Stewart was elected again to be EPC Chair and Timothy Gorton elected as Deputy Chair. The Committee thanked Andrew Barnden for his service as Deputy Chair and we are fortunate that all current CoM members will become the initial Directors of EPC's Board.

I take this opportunity to express my gratitude to the 170 EPC staff and 240 volunteers. Together we provide a service that we are all very proud of and it is the commitment and dedication of everyone that makes it happen.

I would like to thank our generous donors who gave to support EPC in many ways in 2024. We never take your gift for granted as it allows us to keep providing our services to the levels we do. It also allows us to know our efforts made a difference in your lives. For that we are grateful.

Enjoy this festive season!

Adjunct Assoc Professor Gaylene Coulton
CEO, EPC.

EPC's Care for the Carers Appeal

This year we have been making a special effort to recognise the essential role that carers have in supporting their loved ones at home. We have been raising funds for our Care for the Carers Appeal, with all funds going to our programs and services that support carers looking after loved ones at home.

Our annual fundraising event, POUND THE PAVEMENT 4 EPC, was held during National Carers Week (October 13-19). All funds raised went to our Care for the Carers Appeal and we are excited to announce that we surpassed our goal of raising \$30K. We are grateful to the support of our wonderful EPC community who make this event so special every year. You can read more about POUND THE PAVEMENT 4 EPC on page 3.

During National Carers Week, we wanted to acknowledge our carers and thank them for the important work they do. In celebration of our carers, a team of staff and volunteers created over 500 EPC gift bags which were then given to carers by our nurses and allied health care team on their visits. Each gift bag contained a handmade pink poppy, knitted by our EPC staff and volunteers and other lovely goodies. We hope these EPC gift bags were a reminder to our carers of how important and valued they are.

Here are some of the lovely testimonials we received from current carers of EPC clients during National Carers Week:

I wish to express my gratitude and thank all the staff members at EPC for their support throughout this journey. You all do amazing work. Thank you to all the team.

I would like to thank your caring staff. With the additional support you are giving my parents, it is very helpful to me that if I need help, you are there for me also.

We are happy with the services, the support and caring comfort, knowing if we need the services, they will be provided. My loved one was happy to speak Spanish with Yuneisi, it made his day! Many thanks for everything.

Have had a refreshing massage by Tia and she has been very good in helping me.

Order of Malta fundraiser for EPC

The Order of Malta are partners of Eastern Palliative Care and support our work in providing compassionate and quality palliative care through their wonderful fundraising efforts.

On Saturday 9 November, the Order held a Garden Party as a fundraiser for EPC at the residence of Rosemary and Renato Vecchies, who are good supporters of the Order and its works.

Some 50 people attended and an amount of \$2,285 was raised for EPC's work in palliative care.

As a thank you to Rosemary and Renato for their generosity in hosting the Garden Party at their home, the principal organiser, Lilian Antonelli, presented them with an Our Lady of Philermos rose, as an addition to their glorious garden.

In the first photo from left to right: Sauro Antonelli (volunteer biographer with EPC), Margaret Belli, Mary Tonti-Filippini, Gerard O'Donnell (a volunteer biographer with EPC), EPC Committee of Management member Dr Margaret O'Donnell OAM, the host Rosemary Vecchies (holding the Philermos rose) and Lilian Antonelli from EPC's Public Relations and Fundraising Subcommittee.



In the second photo: a cross-section of the attendees present.



POUND THE PAVEMENT 4 EPC

It was an amazing day at POUND THE PAVEMENT 4 EPC on Sunday 13 October! The sun was out and the park was filled with EPC supporters ready to walk or jog their 2 laps (5km) around Lillydale Lake.

We loved seeing everybody in their EPC caps and t-shirts gathering together. Some were there in memory of a loved one, others were there in support of a loved one currently on the program and many were simply there because they wanted to help raise funds for EPC's vital services.

This year, we were fundraising for our Care for the Carers Appeal, which helps those caring for loved ones at home with a terminal illness. We are thrilled to announce that we have raised an outstanding \$35,740! This is a magnificent effort and we are so grateful to the support of our wonderful EPC community.

Thank you to everyone who attended, donated, held a virtual event or assisted on the day. We had an amazing turnout and our additional fundraising activities were very successful. Our EPC Raffle (with prizes kindly donated by Fleming's Nurseries, Lilydale Police Social Club and Waverley Patchworkers), Maroondah Rotary's sausage sizzle, the First Bean Coffee Van and the delicious Bake Your Day Stall were highlights of the event.

A big thank you also to St John's Ambulance and all our EPC staff and volunteers who helped make the event so fantastic.

Next year's POUND THE PAVEMENT 4 EPC will be held on Sunday 12 October 2025 so save this date. We look forward to seeing everyone again next year!

Top 5 Individual Fundraisers:

1. Kerry Greives
2. Ingrid Fry
3. Margaret O'Donnell
4. Sue Marshall
5. Bec Brough

Top 5 Team Fundraisers:

1. Team Jimbo
2. The Maltesers
3. Chan/Greenwood
4. Team Ethan Westwood
5. Green Outer Team

Total Raised:
\$35,740
Thank you!

Thank you to our wonderful Raffle Sponsors:



Thank you to Maroondah Rotary for your \$500 donation of profit from your BBQ.



Thank you to Fleming's Nurseries for donating 5 x Sweet Tea Gardenia Plants (valued at \$180).



Thank you to Waverley Patchworkers for providing a gorgeous Christmas Quilt (valued at \$500)



Thank you to Lilydale Police Social Club for providing a hamper (valued at \$200).



More photos can be found on our website at:
epc.asn.au/pound-the-pavement-4-epc-gallery

Spread the festive cheer with EPC Greeting Cards

Our EPC greeting cards are the perfect way to send season's greetings to friends and family. With five cards to choose from, including our newly designed EPC Loveheart greeting card, there is a design to suit everybody.

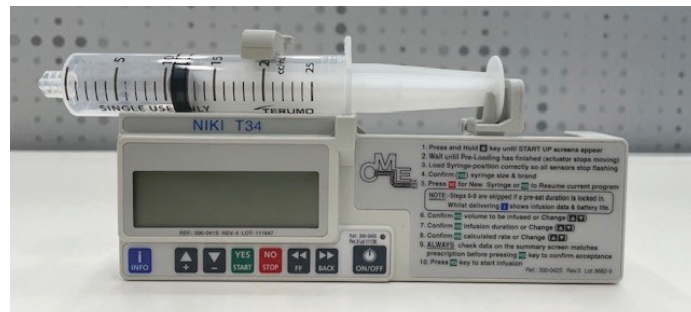
The cards are on sale now and your purchase supports EPC during this festive season. Available now at **\$2 each, \$8 for five cards or \$15 for 10 cards.**

Greeting cards can be purchased from our Mitcham office or simply call 1300 130 813, pay over the phone and receive them via post (postage charges will apply).

NEW DESIGN: EPC Loveheart Card



Giving Tuesday - Five syringe drivers needed



Around the world Tuesday 3 December is known as Giving Tuesday. It's a day of generosity and support for organisations that are making a difference in the community. This year, EPC is aiming to raise \$15K on Giving Tuesday to purchase five much needed Syringe Drivers.

A Syringe Driver is a small portable battery-operated pump that administers medicines into the skin continuously. It helps manage symptoms when oral medications or frequent injections are not effective or difficult. They can be carried in a bag over the shoulder to allow mobility and are easily detached for bathing.

This equipment is vital for palliative care and can be the difference between someone going into hospital or being able to remain at home. We urgently need five more syringe drivers. Please donate at epc.asn.au or scan the QR code to make a donation on or before Tuesday 3 December. We will announce the results in our next newsletter.



A visit from the Grand Master

On Monday 28 October EPC was honoured to host a visit from the Grand Master, Fra John Dunlap (second from left) and the Grand Chancellor H.E. Riccardo Paterno di Montecupo (left) of the Order of Malta, who were visiting from Rome.

We showed them around our Kew office and had the opportunity to explain more about the history of EPC and the work we do in community palliative care.

Our guests were very enthusiastic in their questions about the Program and EPC's work and left with a strong appreciation of EPC's positive impact in the community.

They were hosted by Peita Carroll, Manager People and Communications and Professor David Kissane AC, EPC Committee of Management member.



Please give this Christmas

For many, the festive season is a happy time. However for those living at home with a terminal diagnosis, the festive season can be a challenging one. There is always an increased need for our services at this time of year.

Your donation will help us to support our clients during this critical time. 100% of your Christmas donation will go directly to their care, in real time, to the areas of most need.

We thank everyone that has donated to EPC this year. Your kindness and support always makes a big difference, and it is particularly appreciated during December. We wish all our donors a safe and peaceful Christmas.

How to Donate to EPC

There are many ways to donate to EPC. Simply choose one of the options below that is easiest for you.



To Donate:

- Click Donate** at **epc.asn.au**
- Call** 1300 130 813
- Scan** the QR code

Or alternatively you can:

Complete the below form and return via one of the three methods;

- Email** a copy of the completed form to **fundraising@epc.asn.au**
- SMS** a photo of the completed form to 0404 912 875
- Mail** via enclosed reply paid envelope

Thank you for your donation!

I would like to make a tax deductible donation* of

- ☐ \$_____ (please nominate)
- ☐ One-time gift ☐ Monthly recurring gift

Name _____

Address _____

Suburb _____ State _____

Postcode _____

Phone _____

Email _____

My donation is in honour of _____

Method of payment

Cardholders name _____

Signature _____

☐ Visa ☐ Mastercard ☐ Amex

☐ Cheque/Money Order
(payable to Eastern Palliative Care Association Inc.)

Card Number

Expiry date

* All donations \$2 and over are tax deductible. Receipts are sent to the payee.

Please direct my payment to

- ☐ General Donations
- ☐ Giving Tuesday - Syringe Driver Appeal
- ☐ Care for the Carers Appeal
- ☐ Equipment for Home Appeal
- ☐ Stay at Home Appeal
- ☐ Overnight Respite Nurse Appeal



- ☐ I have already included EPC in my Will
- ☐ Please send me information about leaving a bequest to EPC
- ☐ I am considering leaving a gift in my Will to EPC

All information is collected in accordance with EPC's Privacy Policy (no spam). If you would like further information about EPC fundraising activities or to read our Privacy Policy, please visit our website (www.epc.asn.au).

In Lieu of Flowers

Thank you to the families of the following people, who arranged for donations to EPC in lieu of flowers at their memorial service. We are most grateful that you thought of EPC during such a difficult time.

Averell McCandless

Peter Keage

Geoff Payne

Planning a memorial service is challenging. You may not wish to receive flowers or you may wish to thank EPC publicly. Requesting donations to EPC in lieu of flowers is a way to do this and also provides a way for others to express their condolences. If you wish to receive flowers and also request donations to EPC, instead of using the term "in lieu of flowers", simply state "Please donate to EPC in X's honour at epc.asn.au"

In Memoriam

Thank you to the family of **Peter Keage** who set up an **In Memoriam** page on EPC's online donation page in his honour.

To set up your own, visit
epc.asn.au/in-memoriam
for more information

2024 Key Dates

3 December	Giving Tuesday Appeal
25 December	Christmas
26 December	Boxing Day

Season
Greetings!

Gifts in Wills

Thank you to **The Estate of Peter Francis Drew** for their generous unencumbered bequest.



If this newsletter has arrived at a difficult time, we sincerely apologise. If you would like bereavement support, please contact us on 1300 130 813. Although the majority of our funding comes from Government sources, EPC also relies on community fundraising, bequests and donations to maintain the wide array of services and programs we provide. All donors are added to EPC's quarterly newsletter email list. To opt out, simply call us or email fundraising@epc.asn.au

Eastern Palliative Care (EPC) is located in Melbourne on Wurundjeri Country. EPC wishes to acknowledge the traditional owners of this land, the Wurundjeri People and their Elders past and present.



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Website	epc.asn.au

Stay up to date with EPC by
subscribing on social media:



Visit our website epc.asn.au to receive our newsletter by email. Email contactus@epc.asn.au to unsubscribe.

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Eastern Palliative Care is a partnership between the Order of Malta Hospice Home Care (Vic) Ltd, Outer East Palliative Care Service Inc. and St Vincent's Hospital (Melbourne) Ltd



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