



Palliative care. Living well every day.

Fundraising Edition



Donate to EPC at Christmas



Partner with EPC



Host your own fundraiser



Give EPC Christmas Cards

Templestowe Pharmacy Tops the takings!

In 2006, Templestowe Pharmacy owner and Head Pharmacist, **Lisa Katsazos**, began a long standing relationship with EPC.

Since then, an EPC collection tin has been rattled by Lisa and her staff whenever a request has come in for a Pharmacist's signature.

'When a request comes in to sign a statutory declaration or anything that takes our Pharmacist away from their medical work, we ask for a gold coin donation in return', Lisa said. 'We've found this way of asking for donations works really well for us, as a lot of our customers know of EPC's outstanding work in the community. We often discuss our experience of EPC as we sign documents.' As a result Templestowe Pharmacy has raised over \$10,000 for EPC over the last 12 years and is our highest earning collection tin venue.

'...a lot of our customers know of EPC's outstanding work in the community'

Lisa's strong community values and desire to support her regular clients is evident at Templestowe Pharmacy where most are greeted by name. *'Because we are an independent pharmacy and aren't part of a chain, we are more family focused and tend to have very low staff turn-over', Lisa said. 'I've been here for 18 years and although the area has changed a lot, the pharmacy has been an important part of this neighbourhood since it opened in 1968! The hardest part is losing clients. Each loss really hits home for us.'*

EPC thanks Lisa and all the staff at Templestowe Pharmacy (21-23 Anderson Street, Templestowe) for their ongoing support and for their outstanding efforts at collecting gold coin donations.

Here are Lisa's top tips for collection tin success!

- Keep staff briefed and reminded on when and how to request a donation.
- Ensure staff can explain why you are collecting for EPC.
- Keep some brochures handy to explain who EPC are.
- To avoid the risk of theft, keep the tin hidden OR put it at your busiest counter attached with a chain!
- Ensure the Pharmacists always ask for a donation when they sign official documents.



Emily Wearne, Pharmacy Assistant

Message from Jeanette

Welcome to another EPC News!

In this issue, we focus on our fundraising efforts and the challenges EPC face to support our palliative care community.

Although mainly Government funded, this alone is not enough to sustain the high level of support provided. As a result, fundraising is always high on my priority list.

Each year, our funding is set. It does not vary with rising client numbers (up by 10% in the last 12 months!). As we don't have a waiting list, EPC will accept your referral if and when you need us.

This is where EPC fundraising, donations and bequests become our lifeline. This ensures extra staff are available to cater to varying client needs with every fundraising dollar used to support the care of clients and families in ways our DHHS Grant cannot cover.

Fundraising helps us to provide the additional support services which set EPC above other palliative care organisations. Unique initiatives include our award winning Client Biography and in-home Volunteer Programs. We are also one of the few organisations to offer bereavement support to families and carers for up to 13 months following the death of an EPC client.

Your generosity makes a real difference. Thank you for supporting EPC.

Jeanette

Jeanette Moody
CEO, EPC



EPC Fundraising

How is EPC funded?

EPC is funded by the Victorian Department of Health and Human Services (DHHS). EPC is registered as a charity with the Australian Charities and Not-for-profit Commission (ACNC) and is a Public Benevolent Institution whose main purpose under the definition is to relieve sickness and suffering. EPC is endorsed by the Australian Taxation Office (ATO) as a Deductible Gift Recipient (DGR). The DGR status means that all donations to EPC of \$2.00 and over are tax deductible.

Although the majority of our funding comes from Government sources, EPC relies on fundraising, bequests and donations to maintain the wide array of free* services and programs we provide to clients, care givers and families, and to meet current needs.

**Some exceptions apply.*

Donation shows appreciation

There are many ways you can donate to EPC. All gifts are regularly distributed by the CEO to the area that has the most need based on our current clients. You can donate to EPC via our website or over the phone. The majority of our donation income comes from one-off payments and we invite you to consider becoming a regular monthly donor.

If you would like to discuss anything raised in this newsletter or ask any questions please contact **Emily Gurr**, Community Engagement and Fundraising Coordinator at fundraising@epc.asn.au or call **1300 130 813**.

Regular donations

Regular donations are a way you can make sure you support the work of EPC year round. EPC values regular donations as it assists us with budgeting and forecasting.

You can set up a regular donation

- Securely on-line at epc.asn.au
- Download and complete a **Donation Form** (epc.asn.au)
- Call us 1300 130 813

How does Julie Wills donate to EPC?

Julie is a regular donor.

"I don't think you really understand palliative care and how much it will help you until you experience it. My husband John qualified for palliative care, but I assumed he didn't. He didn't have cancer and was unwell with other complications. John was only on the program for a couple of months before he died. During that time everyone at EPC was fantastic.

The nurses were great and helped us to find a closer GP that could do house visits. Our Family Support Worker Trish was always available and rang regularly. I particularly appreciated Trish's help once John was told there was not a lot of time left. John was always happy and brave and didn't like to admit he was in pain, so some people didn't understand how unwell he really was. Trish helped me to convey this message around the family.

After John died in August 2017, I knew I could access EPC's support services but I probably didn't use them as much as I should have. I felt I had to be strong for the grandchildren who were aged from 2 to 11 when he died. However I found the bereavement sessions I did go to very helpful. I had nursed a deep grief from a previous loss 40 years earlier and these sessions helped me with that, as well as with losing John.

The music therapy with one of the grandchildren during John's final months and after he died was also really wonderful. Losing their grandfather was particularly hard for the grandchildren. John was very paternal and close to them all. John also loved music, so this was a lovely way for them to connect to their feelings about him.

I was surprised how amazingly positive the EPC staff were, especially when their working life is surrounded by death and dying. When you're going through the worst time in your life you don't feel like smiling, but you appreciate a friendly face.

I was with John for 42 years and I still miss him. It never goes away but you learn to live with it. Death happens to us all eventually. I donate to EPC to thank them for everything they gave me and my family when we really needed them."



Julie Wills

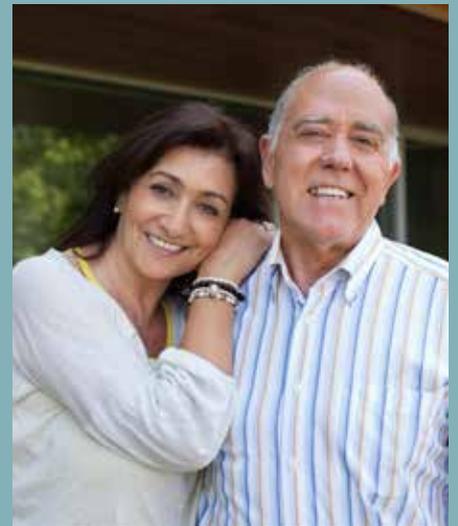
Bequests

Almost everyone has significant others they care deeply about. For many people, this care is expressed via their Will. Charities can also be a beneficiary.

Including EPC in your Will is a powerful way of expressing your concern for the well-being of those at the end of their lives and to make a lasting contribution to their quality of life during this time.

EPC welcomes the opportunity to have a discussion with you to explore any questions that you have. That way you can resolve any concerns or questions you may have before you make a decision.

To discuss leaving a gift in your Will, please contact **Jeanette Moody**, CEO at epccip@epc.asn.au or on **1300 130 813**.



How does Jenny Doreian donate to EPC?

Jenny is a donor, a volunteer and a bequestor.

"I donate to EPC and volunteer to thank them for the care they took of my husband on their program. I have been an EPC Volunteer for eight years.

My husband died of cancer in 1992 when EPC was beginning and had a different name. I used to visit their office in Nunawading that happened to be in a building I had taken classes in to gain my HSC some years before, so I felt a connection to EPC right from the beginning.

When my husband John was dying I had two young teenage children who were grieving as well as myself. I was so grateful at that time to have EPC nurses attend to him and take care of his medical needs at our home which is where I wanted John to be. I also valued the conversations they had with him. Being in a traumatised state I took comfort from the way the nurses spoke with and cared for John.

After his death I donated to EPC for a couple of years and then life took over. I stopped donating regularly but always felt that I would give back again in the future in whatever way I could.

In 2010, years later, a friend of mine was working at EPC in office administration and suggested I come and assist her as a volunteer. This was perfect timing as I had just retired and was looking for something to do instead.

My son and daughter were initially worried that volunteering at EPC would be hard for me but I have found it to be the opposite. I became an EPC volunteer then, and still enjoy that role today.

In 2016 my youngest brother died of a sudden heart attack in Albury which was another blow for us. As I was one of his beneficiaries, and it was John's 25th anniversary, I decided to use some of it to donate to EPC in John's name. This was a great opportunity to really thank EPC for what they had given me and my family. Doing this gave me great pleasure and completed John's death in a way.

In 2017 I became a Grandma for the first time to a little boy who has brought much joy into our lives. My daughter and daughter in law named him John after his Grandfather.

I feel very passionate about EPC and the work and care we offer to our clients. I plan to keep volunteering here, along with my Grandie duties, as long as I am able."



Jenny Doreian and grandson, John

EPC hosts fundraising events

Each year EPC runs a series of annual fundraising events and we would love you to join us!

EPC is a nominated charity for three fun runs each year. They are: Run the Rock (Hanging Rock, March), Run Melbourne (City of Melbourne, July) and the Harvest Run (Yarra Valley, September).

In 2019, EPC will also hold our Biennial gala fundraising event. Donations of raffle prizes valued from \$200 are now being sought.

If you'd like to be kept updated about EPC Fundraising events simply subscribe to our mailing list (no spam) via e-mail at epccip@epc.asn.au.

How does Sheena Appleyard donate to EPC?

Sheena fundraises for EPC events.

"I am a family support worker at EPC and I am privileged to witness the positive difference each of our multidisciplinary staff and volunteers make towards improving quality of life for our patients and their families.

I took up running around 6 years ago to improve my mental and physical fitness. I realised the benefits of starting each day amongst nature, with like-minded people and to also push through my personal comfort zone.

I am aware first-hand that palliative patients grieve the loss of their former activity levels. They are unable to run and many of their carers do not have time to get out and reap the benefits that I can from exercise.

I felt privileged to run the Half Marathon at Run Melbourne and fundraise for EPC so that we can continue to do the great work we do."



Sheena Appleyard
Run Melbourne 2018

Collect for EPC

Will your house be adorned with Christmas lights this year? Consider putting an EPC collection tin securely into the display!

To order a collection tin for your home or business, e-mail fundraising@epc.asn.au or call EPC on **1300 130 813**.



Box Hill Rotary Grant

In 2018 EPC successfully applied for a grant from Box Hill Rotary. The grant is for Occupational Therapists' equipment to assist with the turning and moving of bedridden clients and those that need assistance to move to and from bed. Two types of turning, slide and hoist sheets were secured to safely move clients. They allow safe and comfortable hygiene management and assist with positioning changes. They reduce risk of injury or discomfort to patients and care givers by minimising lifting demands or forceful movements. Providing a safe method to manage a person in bed is important for health, safety and dignity.

EPC's Fundraising Coordinator, Emily Gurr was a special guest at Box Hill Rotary's July meeting hosted by Club President, Ray McLeod-Dryden and Local Community Projects Director, Clive Nicholson. The club expressed their support of EPC and thanked them for the work they do in the local community.



Ray McLeod-Dryden, Emily Gurr & Clive Nicholson

How does Cath O'Dwyer donate to EPC?

Cath is a regular monthly donor.

"I decided to make regular donations to EPC after my father died with melanoma, at home surrounded by family.

We nursed him at home for a couple of months with amazing support from EPC. Each time our EPC nurse came to visit, they checked with each of us to ask how we were going and trained us on how to provide basic care to Dad. They allowed us to return the love he had shown us all those years ago when we were helpless children.

One favourite memory is of chatting at the table with our EPC nurse, while Mum was feeding Dad some lunch in the next room. The nurse stopped mid-way to gaze and smile at Mum and Dad in the next room flirting with each other over spoons of soup.

She helped us to focus on the love in our house and we were re-energised by the love she found there."



Cath O'Dwyer

Donate here

It's Christmas time - It's time to give

Christmas and New Year can be a challenging time for our clients and their families. At Christmas time, there is a greater demand for our services and we run an annual Christmas fundraising appeal to help cover these additional costs. Donations received in November and December are directed straight to the services and programs we provide to our clients, their carers and families during the Festive season. At Christmas time, there are increases in referrals for new clients, nursing and family support worker hours, requests for massages and bereavement counselling services.

Thank you for your donation at this time of year, it is most appreciated.



Ways to donate to EPC

- Complete** this form and
- **Mail** via reply paid envelope to EPC, PO Box 2110, Rangeview, 3132
 - **E-mail** a copy of the completed form to epccip@epc.asn.au
 - **SMS** a photo of the completed form to 0404 912 875

 **Call** on 1300 130 813

 www.epc.asn.au & **click Donate** ♥

 EPC - Eastern Palliative Care & **click Donate**

- I have left/may leave a bequest to EPC in my will.
- Please send me information about leaving a bequest to EPC.
- Please email me your quarterly newsletter, event invitations and updates.
- I would prefer not to receive further communication from 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).



I would like to make a tax deductible donation* of

- \$_____ (please nominate)
- One-time gift Monthly recurring gift
- My donation is in memory of

Name

Address

Suburb

State Postcode

Phone

E-mail

Mobile

Method of payment

- Visa Mastercard Amex
- Cheque/Money Order
(payable to Eastern Palliative Care Association Inc.)

Card Number

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Expiry date

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* All donations \$2 and over are tax deductible

Cardholders name

Signature

Partnerships

A number of companies have a corporate partnership with EPC. We are proud to partner with businesses and foundations that have chosen us as their preferred charity. Yarra Valley A2B is one such organisation.

If you'd like to discuss a potential partnership between EPC and your business contact **Peita Carroll**, Manager HR & Communications at pcarroll@epc.asn.au or on **1300 130 813**.

How does Donna Barling donate to EPC?

Donna's business has a partnership with EPC.

"I co-own Yarra Valley A2B, a booming new local business! We transport groups to, from and within the Yarra Valley, Victoria's oldest wine region. From 10 people touring boutique wineries, to 60 rowdy wedding guests, we make group travel in the Yarra Valley easy! Yarra Valley A2B developed a partnership with EPC in 2018.

I have been a biography volunteer for EPC since 2014. It is an honour to be with people at the end of their life, to sit with them and hear their stories. It is also a pleasure to give the final biography to a grateful family. I find the process of creating a biography with an EPC client a counselling-type experience. It is often an opportunity for clients to find some resolutions to problems or issues and to get things off their chest. There are not many opportunities in life to have meaningful discussions about death and dying and I believe that we, as a society, need to discuss it more. I am a huge supporter of EPC and the work they do. I wanted my business to be the same.

In my previous working life I had a very corporate job as a Manager. I left that 12 years ago when my son was born. I also cared for my father through his long term terminal illness. He wanted to die at home and received community based palliative care in regional Victoria. We had significant discussions about death and dying and palliative care really helped him. After he died I spent some time on the farm wondering what to do next. I heard about EPC's biography program and after speaking with Krystal Wallis, EPC's Volunteer Consultant, I was hooked. I love being a biography volunteer in my local area.

Starting this business has been a big learning curve but one thing I wanted to make sure of is that the business gave to EPC. We donate \$10 to EPC for every booking. We have bookings into 2020 with lots of weddings and events, and we are working to increase our numbers outside of weekends. The more successful this business is, the more I can give to EPC."

Yarra Valley A2B Booking enquiries:
www.yarravalleya2b.com.au



Donna Barling and partner Cath Allan



"We donate \$10 to EPC for every booking."

Community Fundraising

Individual People and Organisations

Do you have a fundraising idea? Individuals and organisations can create their own fundraising event to support our programs and services. Whether you'd like to hold a high tea, a footy match with your local club or a gala dinner in your town, EPC welcomes all ideas! Hosting your own fundraiser is a fun way to raise money for EPC. We are very proud of our wonderful community fundraisers. If you'd like to hold a fundraising event for EPC we'd be happy to help! To discuss your ideas contact **Emily Gurr**, Community Engagement and Fundraising Coordinator at fundraising@epc.asn.au or call 1300 130 813.

How does Samantha Crowe donate to EPC?

Sammy held an individual fundraising event for EPC.

Sammy recently shaved her head to fundraise for EPC and raised \$3,144 via an online fundraising page on the 'My Cause' website.



Samantha Crowe

"In 2017 I lost my great aunt Pat and my cousin Lizzie to different cancers. They both lost their hair, so now it's my turn. In October 2018 I shaved my head to raise money for the phenomenal Eastern Palliative Care not-for-profit who not only cared for Lizzie up until her passing, but also provided immense support to her immediate family left behind. While I know Pat would shake her head and call me a "silly girl" I know she'd also be very chuffed. They were both quite private people so I won't be sharing images of them here as they would have hated that. Because I reached my goal of \$1,000 I shaved a Dusty Martin hairstyle first and posted the picture on social media. Then because I met my second goal of raising \$2,000 I agreed to post a picture of myself with a mullet! I'm enjoying the freedom of a shaved head and it has sparked many meaningful discussions."



Before



After

How does the Order of Malta donate to EPC?

The Order of Malta is an annual community fundraiser for EPC.

The Order of Malta has served the poor and sick for over 900 years. After arriving in Australia in the 1970's, the Order worked together with The Sisters of Charity to care for vulnerable groups including palliative care clients. The Order of Malta became a founding partner of EPC in 1997.

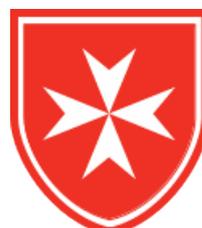
Each year the Order of Malta holds a film screening as their major fundraiser for EPC. This year the film night was held on Thursday 11th October and raised funds for both EPC and for the work of the Order in Timor Leste. A private screening of the new Australian film 'Ladies in Black' was enjoyed by over 150 guests at the beautiful Lido Cinemas, Hawthorn.

Catherine McKinnon, Regional Clinical Nurse Consultant at EPC attended with 8 EPC staff (see photo) and said *"This was a great night out with work colleagues. The 6pm arrival time meant we could go straight from work and enjoy a drink and nibbles together before sitting down to a lovely film. Knowing it was for a good cause meant we enjoyed it even more."*

To join the mailing list for the Order of Malta's 2019 fundraising event email: vp.vic@smom.org.au



EPC staff at the screening



ORDER OF MALTA
AUSTRALIA

In lieu of flowers

Thank you to the families of the following loved ones, who arranged for donations to EPC in lieu of flowers at their memorial service.

Thomas Parry
Richard Wilson
Mardi Yvonne Davis

Malcolm Chamberlain
Giovanna Brasacchio
Warren Scott

Geoffrey Leverington
Tony Fonti
Frank Uhe

We are most grateful that you thought of EPC during such a difficult time.

Christmas cards for sale

A range of Christmas cards are available to purchase NOW!

Give to EPC when you give loved ones a card this year. All proceeds go to EPC.

Simply choose from the designs below and buy them directly from EPC Reception.

In lieu of wedding bonboniere

Acknowledge a loved one at your wedding via a donation to EPC in lieu of bonboniere. Wedding cards are now available to include in your table setting as a gift for guests. Each card can be customised to include the couple's name, wedding date and the name of the person being honoured by the donation.

For enquiries, please contact **Emily Gurr**, Community Engagement and Fundraising Coordinator at fundraising@epc.asn.au or call 1300 130 813.



New stock!

This year we have a new original card created by EPC's resident artist, Alison Mapleson (Music Therapist).

\$2.00 per card or
10 cards for \$15.00



Clearance stock

\$1.00 per card or
10 cards for \$8.00

2018/19 Key dates

EPC client services available on all public holidays

25 December 2018	Christmas Day (client services only)
1 January 2019	New Years Day (client services only)
Feb/March 2019	EPC Volunteer training
19-25 May 2019	National Palliative Care Week
20-26 May 2019	National Volunteer Week celebration
28 July 2019	Run Melbourne, EPC Fundraiser
11 September 2019	Volunteering Information Session
12 November 2019	EPC Annual General Meeting

If this newsletter has arrived at a difficult time, **we sincerely apologise**. The staff at EPC understand the difficulty in moving on without loved ones. If you would like some support, **please contact us on 1300 130 813**.

Telephone 1300 130 813
Address PO Box 2110, Rangeview, Victoria 3132
E-mail epccip@epc.asn.au
Website epc.asn.au

Stay up-to-date with EPC by
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Eastern Palliative Care is a partnership between the Order of Malta, Outer East Palliative Care Service Inc. and St Vincent's Hospital (Melbourne) Ltd



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