



# *SolarisCare Newsletter*

October 2011



## **MESSAGE FROM CEO**

Dear Friends,

What a remarkable month of celebration September was for SolarisCare's 10<sup>th</sup> Anniversary. It was fantastic to see so many of you at the events, and once again, to place SolarisCare at the forefront of complementary integrated therapies in Australia. My sincere thanks also to all those who toiled hard to bring these events to fruition, and to our sponsor organisations, The University of Western Australia and WA Cancer and Palliative Care Network.

### **Celebrating our Award Winning Volunteers...**

It is wonderful to have such milestone opportunities to celebrate with you, our volunteers, and to honour you for all that you have done over the past 10 years. Regardless of what role you play at SolarisCare, each and every one of you ensures that we remain available to cancer patients and carers in Western Australia. So, once again, congratulations on your 10<sup>th</sup> birthday of care.

As you know, every year we provide recognition of a volunteer who embodies the SolarisCare values of compassion, respect, empowerment, care and community. Fittingly, two volunteers were chosen in 2011, Charlotte Keay (SJOG) and Geoff Gardiner (SCGH). Congratulations to Charlotte and Geoff for your wonderful work.



## **SolarisCare Great Southern...**

As I highlighted when I first joined SolarisCare, I am very keen to ensure that we increase access to our services wherever possible and in a sustainable manner. SolarisCare Great Southern, our newest centre which will open in Albany in October, follows an increasing pattern of health infrastructure development in regional areas. Such developments provide us with the opportunity to meet patients closer to the home, and importantly, their local support structures.

The therapists from New Horizons Complementary Therapy Unit have been providing complementary therapies in the Great Southern for many years. In discussions with New Horizons therapists and the Albany Community Hospice, we saw an opportunity to work together in developing an even stronger community resource.

I will be travelling to Albany this week, and we hope to slowly commence working within the Great Southern from Monday, October 10<sup>th</sup>, 2011. The centre operating hours will be slightly different at this stage, however, I will certainly let you know the details as they are finalised.

Ms Valmai Nathan, who has been coordinator for New Horizons, will become the SolarisCare Great Southern Coordinator. My thanks to Valmai, and Mr Richard Fry, Chairman of the Albany Hospice Board, for working so collaboratively with me on this development. It is hoped that SolarisCare will secure space within the new integrated cancer centre, which is part of the Albany Hospital Campus redevelopment.

A special welcome to all the New Horizon's therapists who have been so welcoming and supportive during our discussions. We look forward to you continuing the wonderful care you have been providing to patients and carers in your region as part of the SolarisCare Community.

## **Parking Woes ....**

I want to acknowledge the frustration that many of you, as well as the patients,' doctors, nurses, and visitors to SCGH are experiencing in relation to parking. We are doing our best (particular thanks to Nicolette and Tracey) to represent our concerns to parking, and come up with some solutions. Unfortunately, the building program will be increasing, so I can only ask for your continued patience whilst we navigate this issue.

Tracey has already been able to secure agreement that our SCGH volunteers can have access to offsite parking; however, you will have to register for this. Additionally, there are a number of side streets around Nicholson Road in Subiaco that can offer some respite, and the 97 bus takes you straight to the hospital. I am also working on some local neighbours to see if they may have some daytime space available for us to use.

Whilst the ultimate allocation is out of our hands, please be assured that we are doing everything we can to assist.



### **Other News...**

David Joske is unfortunately away after having shoulder surgery. DJ, all of us at SolarisCare wish you a speedy recovery.

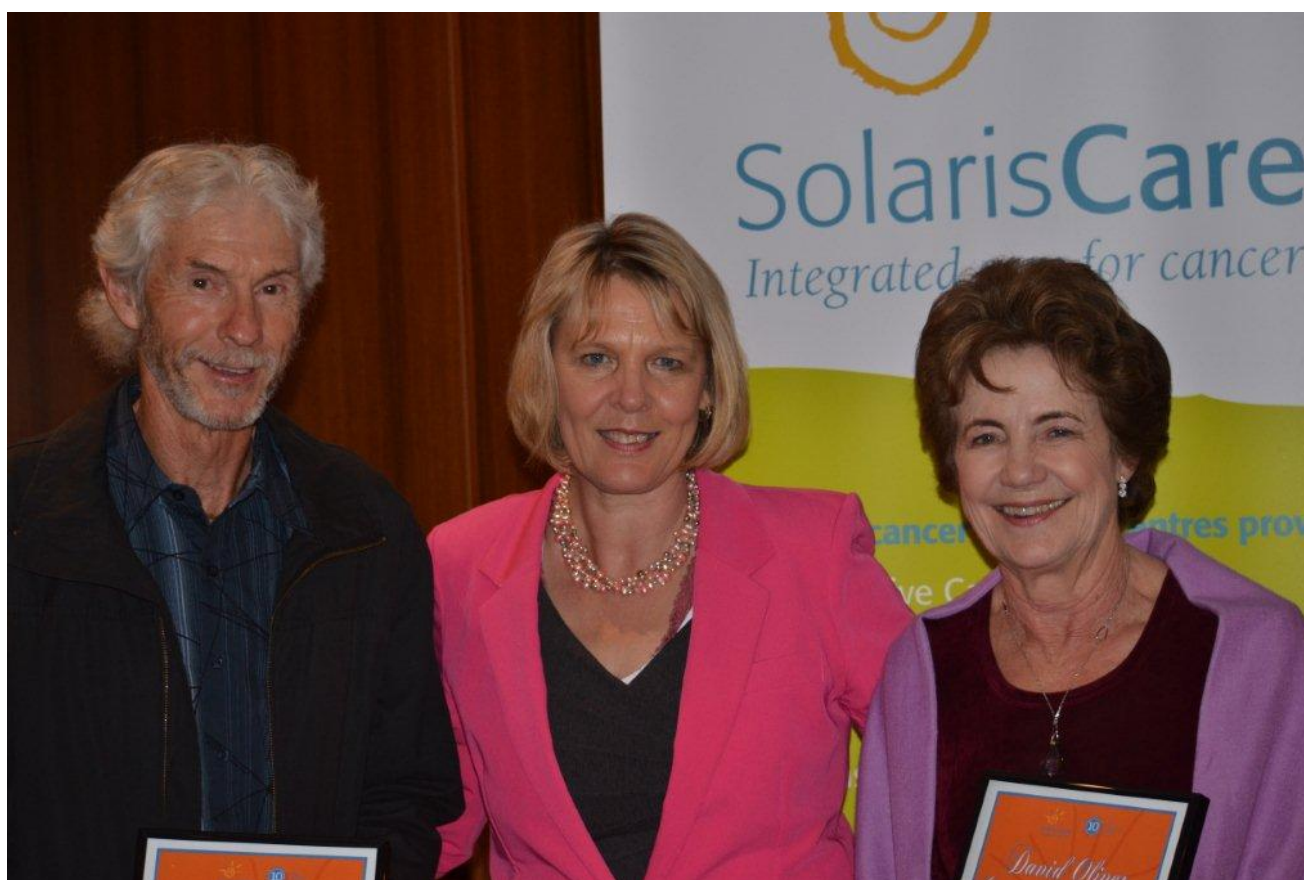
Best wishes to Husein Mottiwalla who will marry Lubaina on 22<sup>nd</sup> October in Mumbai. Husein, all of us at SolarisCare wish you and Lubaina a wonderful day, and an amazing life together.

SolarisCare's Annual General Meeting will be held on October 26<sup>th</sup> at 5.30pm. Venue details will be available shortly; however, all are welcome to attend.

I hope you all have a wonderful October.

Kind regards,

David



Geoff & Charlotte receiving their awards from Minister Robyn McSweeney.



## SCGH UPDATE

Firstly a huge *thank you* to everyone for welcoming me so warmly into the 'hot seat' as I attempt to coordinate Charlie's Centre whilst Nicolette is away. Thanks to all of you, things have been running pretty smoothly so far. I am really enjoying the chance to catch up with 'old' volunteers and getting to know the newer volunteers better every day. I hope that Nicolette is enjoying her well earned holiday.

A few notes:

### PARKING

Thank you all for your patience and understanding during this time of parking upheaval. I know that it has been an extremely stressful time - for some of you in particular. Please be assured that we are still trying our best to find a solution to this problem. I hope that some of you will consider trying the shuttle bus from Graylands as a possibility. If this is a consideration for you, please let me know asap, and I will add your name to the list. This means that you will have a choice to park either at Charlie's or at Graylands – not committed to one in particular. Some volunteers have started using public transport – thank you. I have been using public transport for the past couple of weeks and am finding it quite enjoyable. Some days it takes me the same time as driving in, and some days it takes 10 – 15 minutes longer, but that is the most extra time it has taken me. It is a good way of arriving stress free to the Centre, with time to relax or read on the way. I do understand that this is not a possibility for many of you, but if you are willing/able to give it a go, it may work out ok.

### CARERS COURSE – 15<sup>TH</sup> OCTOBER

Please promote this to carers that come into any of our Centres. This course is of great value to all who attend, but we need more bookings for the course to go ahead on this date.

### SECRET GARDEN DINNER - 15<sup>TH</sup> OCTOBER

This is going to be a spectacular night!!! Just imagine: 5.30pm start in a beautiful garden setting with pre-dinner drinks whilst enjoying the gentle sounds of a string quartet, 3 course meal with premium food and wine from our South West, dancing to a live band and an auction with absolutely fabulous prizes! We have a SolarisCare table going and would love **you** to join us. I have tickets here at Charlie's if you prefer to buy direct. I'd like to send a huge thank you to Emma White who is putting in a tremendous amount of work, and has secured very generous donations of everything needed to organise this fantastic dinner to ensure a successful fundraising event for SolarisCare, whilst at the same time making sure that everyone who goes has a wonderful night.

### WHEAT BAGS

Thank you very much to Judy Vasile, who is making us wheat bags to sell in our Centres. These bags are selling for \$5.00 each.

### WARD STICKERS

Therapists please remember to complete ward stickers when providing a treatment on ward. Stickers need to be given to the nurse (preferably) or the ward clerk.

*Once again, an enormous thank you to each and every one of you for the wonderful work you do for SolarisCare patients and carers and for the special care and amity you share with your fellow volunteers.  
Big Smiles*

Tracey 😊



## **SJOG UPDATE**

A few weeks have passed since the events of our 10<sup>th</sup> year Celebration and we are still talking about how wonderful they were.

It was with a sense of pride that we took part in the festivities which reflected the passion that each and every one of us hold for SolarisCare and the fulfilment we all experience in the knowledge that as a team – we are helping to improve the quality of life of those who are on a cancer journey.

An added pleasure for Jenny and myself was to have the opportunity to meet with and enjoy the company of those from across our three centres who we do not see on a regular basis.

Feedback for each of the events has been very positive and we look forward to similar events happening in the future.

We extend a very warm welcome to our new volunteer therapist Junko Cockerill and our new Meet and Greet Jacinta Tiong who we meet at our presentation of SolarisCare at Volunteering WA last week.

A sad farewell to Kelly-Anne Rhodes who unfortunately due to time commitments was unable to continue with us.

Our next hand massage workshop will be commencing on Tuesday 4<sup>th</sup> October at 9.30am and we have 4 keen participants at this stage. If anyone would like to join this workshop, please contact us by Tuesday morning.

Treatment rooms.

Over the next few months our treatment rooms will be undergoing a transformation. Spot light will be erecting light pastel coloured curtains in each room to compliment the hanging of the beautiful patch work quilts which were kindly donated by the Canning Vale Craft Group.

Two – two seater couches and a coffee table will also be placed in the waiting area for the comfort of our patients and carers.

Warm regards

Jennifer & Lorraine



## **SOUTH WEST UPDATE**

Hi Everyone

Thank you to all of the organisers of the tenth year anniversary celebrations on the 15<sup>th</sup> and 16<sup>th</sup> it was a very enjoyable event for all of our “**AMAZING DEDICATED VOLUNTEERS**” 😊

### **Massage Students :-**

Thank you to Nicolette, coordinator and massage therapist from SCGH for coming to the centre and orientating the massage students from Tafe. All of the students have now been into the centre delivering their prac massage to the patients, carers and volunteers, with very rewarding feedback from all.... There will be a couple or more coming on board as volunteers at the end of the year Yippee 😊

### **NEW VOLUNTEERS :-**

A very warm welcome to Zoey Beadle... Acupuncture, Maria Sole...Massage ( previously Rainbow Relaxation ), Maggie Wilson... Healing Touch & Reiki, Liz Moloney...M & G.

Also our beautiful Linda Carlson... Beauty Therapy, Aroma Massage will be taking a break from S/C till January!! Linda is pursuing a new venture, we all wish her the very best and will miss her very much, till her return 😊

### **FUNDRAISING AND COMMUNITY AWARENESS :-**

There is an addition to the amount that has been raised since opening with donations and fundraising the total being \$52,000.

We say a big thank you to George White for donating and doing a Stella job on making the beautiful piece of jarrah wood for our opening plaque for the centre.

We are very grateful to The Eaton Lions Club they came to the centre on the 10<sup>th</sup> and had a Working Bee, cleaning up the yard and putting the Gazebo together.... A big thank you to Betty who spoiled them with a platter of scones, jam & cream 😊

The Bunbury Runners Club presented us with a \$1000 cheque from the Women's Fun Run held in late July. Fiona Morgan braved, the horrible weather to do the walk...

Take Care Everyone, I will think of everyone, while I'm drinking the Grappa in Italy.... 😊

Warm Regards

Carline



## From the Marketing Desk: Geoff and Gemma

Plans are well underway for the Red Sky Ride supporting events, though we are still seeking more riders for the big event itself. If you know of anyone who you think might like to participate, please let us know and we will send them information.

### **SECRET GARDEN DINNER**

Tickets are still available for this month's biggest event, the Secret Garden Dinner. Held in the gardens of St Catherine's College in Nedlands the event will feature live entertainment, a three course meal and wine straight from the South West. Tickets are \$90 and are available through the centres or online at [www.trybooking.com/UKA](http://www.trybooking.com/UKA). Don't miss out.

### **RSR BUSINESS BREAKFAST**

We are pleased to announce West Coast Eagles coach John Worsfold as the special guest speaker for the RSR Business Breakfast. The premiership captain, coach and club legend will discuss the lessons he has learned from his exemplary career in the AFL.

The Business Breakfast will be held at Fraser's Restaurant in King's Park at 7am – 9am on 17 November. Guests will be treated to a sumptuous meal, and all funds raised will go towards SolarisCare. Tickets on sale soon.

### **RSR QUIZ NIGHT**

Join us as we separate the scholars from the simians at the RSR Quiz Night! There will be raffles, silent auctions and giveaways galore. The big night will be held on Friday, 25 November 7pm at the Italian Club on 219 Fitzgerald Street in Northbridge. Tickets are \$20 per head so start getting your table together and contact Geoff for more details.

### **FUNDRAISING PACK**

If you're thinking about holding an event to raise money for SolarisCare but just don't know where to start, then look no further than the SolarisCare Community Fundraising Resource Pack. Filled with everything from unique fundraising ideas to the legal nitty gritty, the pack has everything you need to garner community support and run a successful event. We will be sending out packs to each of the centres as soon as possible or you can download one from our website.

### **CHRISTMAS RAFFLE**

This year's SolarisCare Christmas Raffle will feature some fantastic prizes, including an LG 42 inch Plasma Screen TV from the Good Guys in Osborne Park, a gorgeous wooden coffee table from Barkers Furniture in Morley and two fabulous gift-hampers. Raffle tickets will start to go on sale mid-Oct and the money raised will go towards the purchasing of new automatic massage tables. If you are interested in volunteering to sell raffle tickets at your centre please contact Geoff or Gemma.

*If you would like further information on any marketing projects, please contact Geoff or Gemma at the SJOG Centre 9388 9788*



## APPLE AND SOUR CREAM SLICE

*Thanks to Christine McGillivray for this delicious (& best of all - easy!) recipe.*

### Base:

1 packet Green's butter cake mix  
1 cup desiccated coconut  
125g melted butter

### Topping:

1 carton sour cream  
1 can pie apples  
Nutmeg or cinnamon

### Method:

Heat oven to 180 degrees. Grease & line lamington tin 27 x 18cm with baking paper.

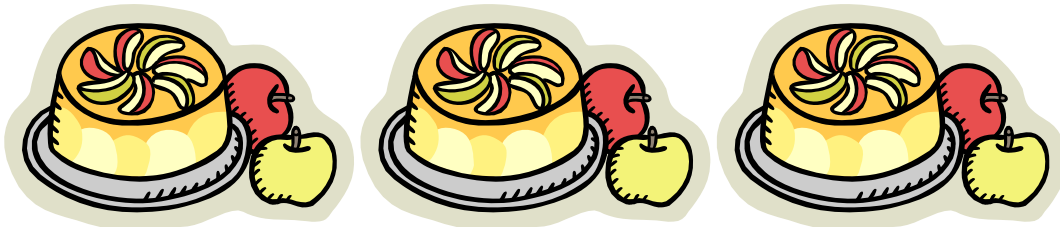
Mix together the cake mix, coconut & melted butter. Spread into lamington tin, pressing into the tin to make a firm base. Bake in oven for 20 minutes.

Drain apple slices of any excess liquid & spread evenly over the cooked base. Spread the sour cream over the apples and sprinkle with spice. Return to oven & bake for 20 minutes. Cut when cold.

### Variations:

Any butter cake mix will work. Pie apricots work well too, but need slicing.

In a hurry - or just feeling a bit lazy, you can get away with just cooking the base, spreading the fruit & sour cream on and serving immediately.



To those of you who are needing to spend some time away from SolarisCare due to illness or family commitments, we send our best wishes. 😊

😊 I hope you enjoy a few of the photos from our Celebration night held on 15<sup>th</sup> September. 😊







