



# SolarisCare Newsletter

April 2011

## From the CEO's Desk

Hi Everyone,

### ***A Tribute to Andrew Tem-Foo Lim.***

It is with sadness that the SolarisCare community mourns the loss of our wonderful friend and volunteer, Andrew Lim. Together we celebrate the exceptional calmness Andrew bestowed wherever he was, and the talents he shared so freely with those in need. At his funeral, Andrew's family and friends listed the incredible number of activities that Andrew was involved in, and spoke of the diversity of life experiences he encountered in caring and nurturing them. A tribute to Andrew is included as a part of this newsletter. On behalf of all of us, I extend sincere sympathy to Teresa, Michael, Shirley and Vicky in this difficult time. Remembering Andrew's positive spirit, I share a quote from his Mass booklet – ***Life is Changed, Not Ended.***

### **Volunteer Education Days**

We have had an incredible response to our volunteer education day to be held on May 13, and I encourage all of you to speak to your Coordinator if you are still interested in registering for these programs, as places are filling very fast. Additionally, the introduction of a Balint Group program promises to be very exciting. There will be further programs announced during the year, including a regional program to be conducted in our SolarisCare South West Centre, and communications training.

### **Hand Massage Training**

Many thanks to Charlotte Keays (SJOG Volunteer) who has for some time taken on the task of training interested 'meet and greet' volunteers in light hand massage techniques. Not only has the training been embraced by many volunteers, but the feedback from patients, the hospital and volunteers has been incredibly positive. If you are interested in taking part in this training, please speak to your Coordinator, as Charlotte will conduct the training when there is a group of 4-6.

Some fine tuning is currently being undertaken on the program and the next one will commence in May.

### **Congratulations Anna**

Congratulations to our own Anna Petterson, who has received an appointment to Edith Cowan University as an Adjunct Lecturer / Research Associate. It has been a huge year already for Anna and her leadership of the SolarisCare Collaborative Research Team, with submissions of papers and extensive presentations at local and national conferences. Well done Anna.

### **Welcome Gemma**

Finally, I would like to welcome Gemma Cavoli to the SolarisCare community. Gemma will be taking a dual role as my PA, as well as assisting with various administrative support functions across SolarisCare, including our Board of Directors. Gemma comes from an arts administration background, as well as having very strong credentials in managing projects / support to senior executives / events management and writing skills. Gemma also has a strong involvement in the dramatic arts, having acted in many productions, and has an interest in studying drama therapy. She will be working full time from SJOG, but will certainly move around the centres as well.

Gemma's key role will be as my PA, however, I have deliberately sought someone who also has skills to contribute and assist across the organisation, and become a part of the various projects that arise from time to time. I know that Gemma has already been around the two metropolitan centres, and is looking forward to meeting the SolarisCare South-West team as well. Please join me in welcoming Gemma to SolarisCare.

I wish you all a wonderfully rewarding month ahead, and thank you for your continued giving to SolarisCare and our patients.

Warm regards,  
David

## SolarisCare Cancer Support Centres

Sir Charles Gairdner  
Hospital  
E Blk Ground Floor  
Nedlands WA 6009

P: 08 9346 7631  
F: 08 9346 3797

St John of God Hospital  
12 Salvado Road  
Subiaco WA 6008

P: 08 9388 9788  
F: 08 9388 9700

South West Centre  
72 Brittain Road  
Bunbury WA 6330

P: 08 9791 1559

[info@solariscare.org.au](mailto:info@solariscare.org.au)

[www.solariscare.org.au](http://www.solariscare.org.au)



## **ANDREW LIM**

*October 1947 – March 2011*

Andrew was an inspiration to all he met through SolarisCare. A gentle man who always had a smile to share, words of encouragement to offer and a passion for health and well being. His dedication to teaching Qi Gong and practising acupuncture at both the SJOG and SCGH Centres since 2007 was very much appreciated by staff, volunteers and patients.

We will miss Andrew's presence. But that will not stop us from feeling grateful for having benefitted from his skills, philosophy and kind heart.

May he rest in peace.



## **Interacting with Counselling Clients**

*The Counsellors of SolarisCare have created some simple guidelines for volunteers and staff to help us understand the needs of counselling clients when they walk into our Centres. Each month an excerpt from the guidelines will be highlighted in the newsletter to help us all remember the important role we play in each individual getting the most possible out of their experience with SolarisCare.*

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### When a client arrives for a counselling session

Please greet the client with your usual warm manner, but try not to ask "how are you today?". The reason is that it is best for the clients to *begin* talking about their recent experiences and feelings with the counsellor they have booked to see.

### When confirming a counselling appointment

Remember that some counselling clients may be sensitive about having counselling and not tell all family members. If speaking to someone else, please just refer to the appointment as "at SolarisCare".

### When making a further counselling appointments

The number of counselling appointments of any client is left up to the counsellor concerned (remember counselling sessions are not limited to length of medical treatment) . Our statement of confidentiality indicates that is not appropriate for any volunteer or staff member to comment on the number of counselling sessions a client books in for.



*In celebration of  
National Volunteer's Week 2011  
You are warmly invited to the Solaris Care  
Volunteer's Morning Tea*

Date; Saturday, 21<sup>st</sup> May

Time: 9.30am

Venue: Mosmans Restaurant

15 Johnson Parade, Mosman Park.

Please **RSVP** by 7<sup>th</sup> May 2011 to Nicolette 9346 7631  
or Lorraine/Jennifer on 9381 3097

*Proudly sponsored through the fundraising efforts of Di Watts and Jan Petterino  
who continue to raise money through various raffles for volunteer events.*

## **Fundraising Jazz Concert**

By all reports (including mine) a great afternoon was had by all as the superb voice of Libby Hammer carried over a wonderful turnout. Not only were the soulful sounds perfect for a Sunday afternoon, but Libby publically announced her intention to support the same event next year!

Congratulations to Di Watts, Jan Petterino and Marie Cross for raising a stunning **\$2,600** from the event for SolarisCare. Your support is very much appreciated.

*"To be free is not merely to cast  
off one's chains, but to love in a  
way that respects and enhances  
the lives of others.*

*- Nelson Mandela*





## **SCGH Update** With Nicolette Madry

Hi everyone

It is with the greatest regret that we say farewell to Andrew Lim. His contribution to SolarisCare was so much more than simply his skilful application of acupuncture and qi gong. Andrew lived what he taught and it takes a great deal of integrity and passion to maintain the level of discipline and compassion he displayed. Always generous, kind hearted and ready to share a laugh, Andrew will be missed at SolarisCare by patients, volunteers and staff.

Times like these remind me how important it is to appreciate the important people in my life...because you just never know what is around the corner.

As you meet, greet and treat the patients and carers that visit SolarisCare, know that the attention you give them is an important part of their day. The part where someone stopped long enough to take the time to listen and help, just because the patient or carer asked. How many other times do we put off paying attention to a request, a person or even a task that we know we will feel better for having completed?

All this reminds me of a quote Anna passed to me last week that will continue to sit on my desk for a long time:

*“How wonderful it is that nobody need wait a single moment before starting to improve the world” – Anne Frank,*

Andrew was a shining example of this thought.

Cheers  
Nicolette

### **Volunteer reminders - SCGH**

- Please see your Coordinator for parking permit forms if you have not already completed a form
- A revised Statement of Confidentiality is up in the Centre. Please sign the individual Confidentiality Agreement available from the Coordinator.
- Your invitation to the Volunteer’s Morning Tea, should you not have already received it, is sitting on the Coordinator’s desk.
- Zoe Holden has donated two sets of books she has written – The Funny Side of Cancer and Daisy & the Big Bad Bump to be given away (for a gold coin donation) to patients who could benefit. Please have a read so you can offer it when appropriate.
- Your warmth, good humour and compassion remind me everyday why SolarisCare is THE place to be when crisis hits. Thank you for making this such a special place to spend my working week.



## WE ARE PROUD TO BE MAKING A DIFFERENCE EVERYDAY TO CANCER PATIENTS AND THEIR CARERS ACROSS WA

### SJOG Update

With Jennifer Russell and Lorraine Kember

Our centre continues to raise its profile within the Hospital as numerous wards, apart from the Bendat Centre, request our services more and more for long term patients to ease anxiety and depression from hospital routines and clinical environments. The Nurse Managers have been proactive in arranging treatments to reward and rejuvenate their compassion fatigued nurses. Positive feedback from the community is regularly received when a volunteer has been spotted wearing a SolarisCare polo shirt.

*CONGRATULATIONS are in order to one of our amazing volunteers at the SJOG Centre:-*

**Margaret Nadebaum** was chosen as one of the **TOP 100 Inspiring Women** in Western Australia and inducted into the Hall of Fame during the International Women's Day Centenary celebrations. One facet of Margaret's contribution has been in Education but has held many other executive positions that contributed to women in Western Australia. We at SolarisCare feel very honoured to have Margaret part of our organisation and her constant humble contribution never goes unnoticed.

The next **Hand Massage Workshop** will be held at the SJOG Centre on Wednesday 4<sup>th</sup> May at 9.30am. We have one place left to fill. If you would like to participate, please register your interest with your Coordinator.

Nurse Managers from the Bendat Centre have invited SolarisCare to participate in International Nurses Day on 12<sup>th</sup> May and Ivy Suite Rejuvenation Day for nurses on 7<sup>th</sup> July. Therefore **we are looking for volunteers** interested in providing **Hand and Body Massage and Reflexology on these dates within our centre**. To register your interest and for further details regarding these days, please contact Jennifer or Lorraine on 9380 3097.

We would like to warmly welcome our new Volunteers:-

- Luzanne White                      Reiki
- Marlene Pearson                    Reflexology
- Andrea Pursey                        Relaxation Massage
- Addy Carroll                          Meet and Greet

We sadly farewell and wish all the best in the future to Heidi Sumner and Regina Morrissey our massage therapists that kindly offered their availability during an interim period before other commitments came to fruition. Reflexologist Mandy Johnson has also relocated to Melbourne. Thank you all very much for donating your time so willingly with such empathy and kindness to our patients.

Lorraine and Jenny



## South West Update

with Carline Turner

Hi Everyone

What a fantastic morning it was having the first LOOK GOOD FEEL BETTER program at the Centre ☺. We had 10 patients and six "Look Good" volunteer helpers that were provided with a lovely lunch and one of our vollies made some yummy treats.

Also with having the program here we may have a couple more volunteers with hairdressing & trimming wigs plus facials ! We look forward to adding these services to our growing Centre.

**I would like to extend a VERY WARM WELCOME to.....**

- Christine Napoli – Reiki
- N'Deane Piscioneri – Reiki
- Maureen Trinder - M & G
- Lesley Mullins – M & G
- Lyn Davies - Relaxation Massage

We went up to Perth a couple of Wednesdays ago to look at Electric Massage Tables without any luck ! So Geoff found a couple of sites on the net. Our two beautiful massage tables will be arriving in the next couple of weeks. These tables will enable us to provide excellent patient care for those finding it difficult to get on and off our standard massage tables. Not to mention looking after the back's of our therapists!

And finally we have an invitation from Noel Carlin, Project Manager - South West Health Campus for a briefing session on the new Radiation Oncology Service that is due to be introduced to Bunbury later this year. Other cancer support groups have also been invited to attend and find out more about the services that will become available in the South West.

Carline Turner



### **What does our name mean?**

*" the name SolarisCare evolved from Solar, meaning the sun which provides light and warmth. We see ourselves as 'bringing light' into people's life/situation following their diagnosis and treatment.*

*And of course, we Care about the people who use our services"*



## 2011 Education and Professional Development

### MORNING PROGRAM

8.30am- 9.00am	<b>REGISTRATION</b>
9.00am- 9.10am	<b>WELCOME</b> – Anna Petterson
9.10am-10.15am	<b>SELF-CARE IN CANCER CARE: <i>Compassion Fatigue</i></b>
10.15am-10.45am	<i>Morning Break</i>
10.45am-12noon	<b>SELF-CARE IN CANCER CARE: <i>Compassion Fatigue continued</i></b>

12noon-1.00pm *Lunch Break*

### AFTERNOON PROGRAM

1.00pm-2.45pm	<b>FACING LOSS, GRIEF &amp; MOURNING</b> <ul style="list-style-type: none"><li>• The emotional upheaval of confronting forced change</li><li>• The experience of grief, a natural aspect of coming to terms with loss</li><li>• A general mud map for mourning</li></ul>
2.45pm-3.15pm	<i>Afternoon Break</i>
3.15pm-4.30pm	<b>FACING LOSS, GRIEF &amp; MOURNING - continued</b> <ul style="list-style-type: none"><li>• Listening to and hearing someone: how our own emotional experience can get in the way</li><li>• The difference between reacting and responding to someone</li></ul>

4.30pm-5pm **FORMATION OF A BALINT GROUP:** A Proposal for SolarisCare volunteers: Judy Griffiths Facilitator – Balint groups have been run for GPs to support them in understanding their ‘difficult to treat’ patients. With SolarisCare volunteers, the idea is to help them tune in, through the difficult/worrying/upsetting, interactions you may experience, to the underlying emotional context that patients are living with and are affected by.

Program changes or amendments are sometimes unavoidable; we will make every effort to deliver the program as advertised.



## **Research & Education**

with Dr Anna Petterson

March has been a very busy month for the Collaborative Research Team:

### **Presentations:**

1. 11<sup>th</sup> National Rural Health Conference, Convention Centre, Perth.  
Anna Petterson presented, **Men in the Kitchen: Distress, anxiety and depression. Evidence from three bereavement programs for men, delivered by SolarisCare during 2010**
  
2. Seventh State Cancer Conference, Convention Centre, Perth.
  - a) Anna Petterson presented, **Men in the Kitchen: evaluation of an education & bereavement program for recently widowed men under the age of sixty.**
  - b) Anne Williams presented, **Revealing the role of a Cancer Support Centre in the spiritual journey of patients diagnosed with cancer.**
  - c) David Joske presented, **Cancer patients self-selecting complementary therapies at a Cancer Support Centre and delivered by qualified, supervised volunteers showed improve quality of life and reduced symptom distress.**
  
3. Edith Cowan University – Occupational Therapy Students, Joondalup Campus. Anna Petterson ran an **Experiential Workshop: Art Therapy/Creativity as a tool for identifying/supporting (patients) Quality of Life.**
  
4. Curtin University, Bentley Campus. Anna Petterson, Guest Lecturer: **SolarisCare: Complementary Integrated Therapies for cancer patients and general well-being.**
  
5. Cancer Council WA, Cancer Information & Support Services Division. Regional Support Coordinators Workshop. Anna Petterson, **SolarisCare – What we do, how we do it, engaging in research.**

### **Research in preparation:**

#### **C14 1-11**

Ethics application lodged, SCGH, awaiting outcome.

### **MEN IN THE KITCHEN**

Metro Area. Looking for commercial kitchen or large kitchen area to accommodate 8 men plus 2 facilitators. HELP!!!

Bunbury. Looking for psychologist/psychotherapist in Bunbury to facilitate group, also a nutritionist or chef willing to 'educate' the men. HELP!!

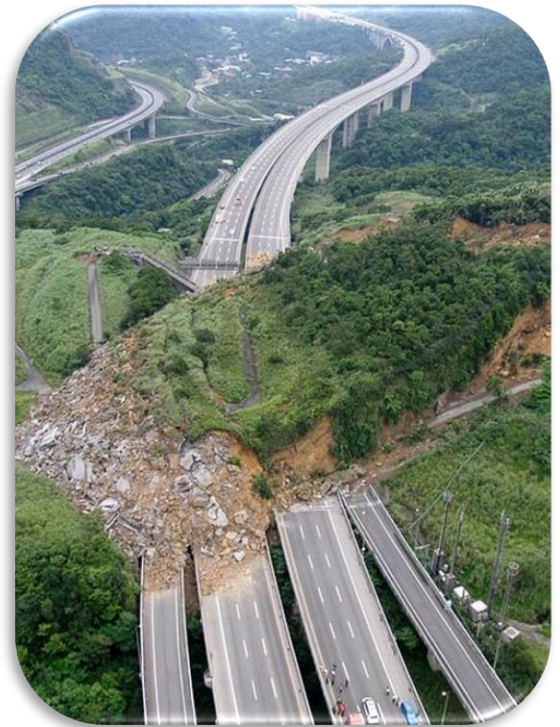
**Anna Petterson PhD**

**Postdoctoral Research Fellow**



## Just For Laughs

Finally a computer prompt I understand! 😊



**Bye Bye Freeway...Mother Nature had another idea**



**Do you think the sign is necessary?**