



SolarisCare Newsletter

* *Symposium Special* * August 2011

From the CEO's Desk

Dear Volunteers,

I hope that you are all managing to battle the turbulent winds and rain we have been receiving. It has been wonderful though to see a return of the nurturing rains.

As has been discussed recently, it is important for SolarisCare to reach out to many different sections of the community, and to communicate a broad range of messages to a variety of audiences. Obviously, we have to ensure that patients and carers know about us, but we also need to continue to attract more wonderful volunteers, so that we are able to meet as much of the demand for the services that we provide as possible.

In addition to these objectives, SolarisCare is also rightly viewed as a leader in the area of complementary integrated therapy and cancer support services. Key responsibilities of our role in these domains include our research and education programs, advocating to government and health policy makers, and informing and fostering discussion amongst health professionals, academia and the general public based upon the work that we do.

As part of our 10th Anniversary celebrations, we are responding to these challenges in a number of ways. A new SolarisCare brochure will be launched by David Joske at our September 15th celebration and this will be followed by further publications that can inform patients and others, as well as raising our profile. You will have noticed that we have also unveiled our 10th Anniversary logo, which is an important opportunity to recognise the achievements of all those that have supported our development.

The SolarisCare Symposium is our first presentation of a scientific program designed to further encourage the conversation on a more holistic approach to patient care throughout the entire health system.

We are extremely fortunate to have attracted national and international guest speakers, Professor Marc Cohen, Molly Carlisle and Professor Jane Maher, who will add greatly to the very talented local speakers, including many of our own therapists and collaborative research team.

Further outreach to all of these groups, as well as the broader community, will be achieved with the WA Premiere of 'Four Funerals in One Day'. As you may have already heard, this is a component of a number of 'Health Plays', written by acclaimed Australian playwright and cancer survivor, Alan Hopgood. We are working very hard to utilise all of these events to gain greater media exposure, and to further raise the community awareness of the fantastic work that you all do on behalf of SolarisCare.

Finally, and very importantly, we also need to take time to celebrate, and acknowledge those who have built SolarisCare over the past 10 years, in so many different ways. You will shortly be receiving your invitation to the September 15th Celebration, and I very much look forward to sharing that night with you all, and to personally thanking you for all you have done, and continue to do.

As the rain is nurturing our environment, let's all take a little time every day to nurture ourselves, and those who come into our environment.

Warmest regards

David



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SolarisCare Symposium



We extend to you an Invitation to the SolarisCare Foundations 10th Anniversary Celebrations, the Inaugural SolarisCare Symposium and the WA Premier of the play Four Funerals in One Day.

As part of our 10th Anniversary celebrations, the Inaugural SolarisCare Symposium on Friday September 16th, 2011, at the University of WA Club we will host international and national keynote speakers. Professor Jane Maher from the McMillian Cancer Centres, UK who will present the challenges in healthcare and delivery of services. Professor Marc Cohen from RMIT, Melbourne, the Founder of Australia's first Wellness Course and Molly Carlile is the 'deathtalker', speaking the unspeakable. Presentations promise to be innovative, informative, challenging and surprising. We are proud and excited to present this scientific program,

The one-day symposium will cover many aspects of supportive oncology care. Several breakout sessions include presentations of local research across many streams and sectors of health care in Western Australia. This will be an invigorating day that is likely to challenge participants' notions of what good health care is, who should deliver it and how it should be delivered.

Who should attend? Health workers from all professional groups and disciplines related to cancer care especially those with an interest in improving the cancer journey for Australians with cancer. Those working in the area of Psycho-oncology will benefit greatly from the day.

The day culminates in a professional theatre performance of the Alan Hopgood's play, "Four Funerals in One day" (separate cost involved).

On behalf of the SolarisCare Foundation Board, staff and volunteers, we encourage you to attend. Please bring your experiences in cancer care and be prepared to share and learn with us.

A handwritten signature in black ink, appearing to read 'Dr Joske'.

Dr David Joske
Symposium Convenors
July 28, 2011

A handwritten signature in black ink, appearing to read 'Anna Petterson'.

Dr Anna Petterson



SolarisCare Foundation and Bay Street Productions
Presents

Four Funerals *in one day*

ALAN HOPGOOD • MARGOT KNIGHT • JENNY SEEDSMAN • MICHELLE HALL



A PLAY BY ALAN HOPGOOD
IN COLLABORATION WITH MOLLY CARLILE

A comedy about death that celebrates life

As part of SolarisCare Foundation's
10th Anniversary

7:00pm, Friday 16th September 2011

Octagon Theatre UWA

Tickets are \$29 Standard (\$20 SolarisCare Volunteers)

Transaction Fees may apply

Bookings through BOCS
bocsticketing.com.au
(08) 9484 1133

For more information please contact
Gemma Cavoli - (08) 9380 6281 or
Dr Anna Petterson - (08) 9346 7632

Hurry, seats are strictly limited



Also Coming Up in September.....

Compassion is a wonderful gift that people can offer each other at anytime. As we all know, simple gestures on a daily basis can mean a lot – even to complete strangers. It can, at the same time, nurture us as well.

As SolarisCare approaches its 10th birthday, I am pleased to open nominations for the annual **'David Oliver Compassion Award'**. The award seeks to recognise a volunteer that embodies this value we strive towards as an organisation. It is through your input that we make this important award, and so I ask you to consider making a nomination.

Next week, your Coordinators will have Nomination forms available on request.



SCGH Update With Nicolette Madry

Hi everyone

What's coming up in August

Keep your eyes peeled for:

- 8th August – **Balint Group**: an eight week course Mondays 4pm-5.30pm, Swanbourne. The lovely Judy Griffith will facilitate the development of skills required to really listen to patients and carers. With skills comes the confidence to genuinely support people when they are in the midst of their distress and despair.
- 13th August – **Carer's Course**: Anyone providing personal care to a patient with a serious illness is welcome to join this free one day workshop. Topics covered include managing medications, pain and symptom management, communication skills for self and with medical professionals, complementary therapies and self care.
- September – **David Oliver Compassion Award**: Nominations to be accepted in August.
- 15th/16th September – did anyone mention the Oration/ Symposium/ Play? ☺

Incidents and Accidents

In the last month we have had two incidents involving damage to a massage table and a patient slipping off a mobile gas lift stool. Please remember to inform your Coordinator if an accident happens so that we can keep a record of the incident and what action was taken to prevent the same incident in the future.

Massage Students

Toward the end of August we will welcome a new class of remedial massage students from Central TAFE. No less than 30 students will be helping SolarisCare continue offering complementary therapies to cancer patients and their carers in 2011. The students will be placed at both SCGH and SJOG throughout their second semester. Please make them feel welcome if you come across someone new in a blue polo shirt!

Have a wonderful month!

Cheers Nicolette

Volunteer reminders - SCGH

- **Current year parking permits will be honoured by SCGH until 11 September 2011, by which time new permits will be distributed. Meanwhile please remember to arrive a bit earlier than usual for your shift as parking will become worse in the next year.**
- A new therapist contact list combining therapist from both SJOG and SCGH is now available for anyone seeking a SolarisCare accredited therapist.

HAND MASSAGE TRAINING

The next Hand Massage training Course will take place on the following dates and will run for 1.5 hours each. We have 2 places left for anyone wanting to improve their skills and offer hand massage to patients or their loved ones at home. If you would like to participate, please contact Jennifer or Lorraine at SJOG on Tel: 9388 9788. **Open to Meet and Greet and Therapists.**

Venue: SJOG SolarisCare Centre at 9.30am to 11.00am

Dates: Consecutive Wednesdays: 24th August, 31st August, 7th September



SJOG Update

With Lorraine Kember and Jennifer Russell

On the 7th July SolarisCare at SJOG provided Reflexology and Massage treatments for the hard working Nurses in the Ivy Suite. We quite often have the nurses asking "What about me?" as they observe our therapists constantly delivering treatments with compassion and a listening ear to the patients, so it was great to answer their call and spoil each one of them for an afternoon.

Our therapists provided 9 complementary Reflexology treatments and 5 Massage treatments during the afternoon. The overwhelming appreciation from all the nursing staff was again a credit to our amazing volunteers we have on board.

Our sincere thanks and recognition of the time, support and generosity in providing a therapy goes out to Michelle MacGregor, Michelle Hilder and Marlene Pearson for Reflexology and Tim Fisher who offered to come over from our SCGH Centre and provided massage after massage. Thank you all once again.

Sometimes it is difficult to find the words to express how we personally feel about SolarisCare and about *YOU* our valued volunteers. At these times it is good to find our emotions reflected through the words of others.

"It is one of those beautiful compensations of this life that no one can sincerely try to help another without helping himself" — Ralph Waldo Emerson, Author, Poet & Philosopher (1803-1882)

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible — the kind of atmosphere that is found in a nurturing family" — Virginia Satir

"Feeling appreciated is one of the most important needs that people have. When you share with someone your appreciation and gratitude, they will not forget you. Appreciation will return to you many times." Steve Brunkhorst

"The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honour. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give. Too often we underestimate the power of a touch, a smile, a kind word a listening ear, an honest compliment, or the smallest act of caring, all of which have a potential to turn a life around. It's overwhelming to consider the continuous opportunities there are to make our love felt." — Leo Buscaglia

With thanks to you all
Lorraine and Jenny





South West Update

With Carline Turner

Hi Everyone

It's hard to believe we are already into the month of August, where did the first half of the year go !!!! I feel that I can't say it often enough, how much appreciation is felt with all of the generosity of time you give so freely to the centre ☺

N'Deane Piscioneri one of our beautiful volunteer therapist who was with us, for only a short time passed away a few weeks ago. N'Deane had a very lovely, positive energy about her, and will be sadly missed, by those that met her.

A warm welcome to Sandy Purser... Bowen Therapist, Renata Turner...Massage Therapist, Barbara Menzel...Massage Therapist. We are very excited & happy to have them on board.

We had our second Look Good Feel Better program at the centre with 14 ladies attend, with lots of laughter and delicious homemade soups (a few of us made) and buns along with some other yummy treats. The volunteer's from the program have all written letters to Linda from LGFB saying they want to have the rest of the year's programs at the centre.

It was very rewarding and informative attending the Ian Gawler program. We had a number of our patients and carers go along as well, with very positive feedback.

We had our mini expo, educating people what Complementary Therapies and also promoting SolarisCare at the same time, with Deb and Carolyn organising that... We raised enough to purchase two new printers for the centre. Well done everybody that helped on the day, and we had some fun along the way ☺

I guess the very inclement weather on Sunday keep the walkers and runners away from the women's fun run... we had Fiona Morgan (God bless her) doing the walk... The Bunbury Runners Club organised the event, with half the proceeds coming to us and the other half to the South West Women's Refuge, I was told there were about 350 participants.

The opening for the Genesis Care Oncology Radiotherapy Centre on the 21st of July was very exciting, we made some great contacts on the day with the group of people that were there !!

We intend to have a very close working relationship with the hospital and the Genesis Care Group.

We have also started our Lymphoedema workshops on the last Monday afternoons of the month, with groups of eight patients at a time.

Take Care Everyone

Warm Regards

Carline

CARER'S COURSE

The next Carer's Course will be held on Saturday August 13th at the SCGH SolarisCare Centre.

For those Carers providing care for someone with a serious illness. Topics covered include:

- Medication and managing medications
- Pain and symptom management
- Preparing simple, nutritious meals
- The best way to meet the physical needs of the patient
- Communication skills for yourself and with medical professionals
- Exercise
- Complementary therapies
- Self care



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"



Research & Education News
with Dr Anna Petterson



CALLING ALL REFLEXOLOGISTS !!!!!

**Reflexology at C14, the day cancer unit, begins again on
Tuesday August 2nd, for 7 weeks (Aug 2-Sept22) 10am-12noon**

If you wish to be involved in this outreach program then please let Anna know, email anna.petterson@solariscare.org.au or phone 9346 7632. Regular updates as to rosters etc will be done via emails and a short meeting held at 9.15am on the first day. This program will run Tuesday-Wednesday-Thursday each week, 10am-12noon. Register your interest, with days and dates available! If there is an admin volunteer out there who would like to assist, please let me know. ☺ Anna

Note: The ethics application for the research arm of this project has been resubmitted. Should/When it be/is approved, then slight changes will have to be incorporated, therapists will be advised.



DATES FOR YOUR DIARY!!

- 1. INAUGURAL DAVID JOSKE ORATION:** Thursday September 15th 6pm, invitation only, current volunteers are on the invitation list.
- 2. SYMPOSIUM** - September 16, 9am-5pm: Don't forget to book into the Symposium through our webpage. Reduced rate for our volunteers!
- 3. PLAY: FOUR FUNERALS IN ONE DAY.** Friday September 16th at 7pm, Octagon Theatre book through BOCS or put your name on our 'group' booking list.



Only 1 place left!!!! Balint Group Training with Judy Griffiths

Begins Monday August 8th, then 15th, 22nd, 29th, September 5th, 12th, 19th and ends on September 26th. Groups run from 4.30pm-6pm. Meetings will be held in Swanbourne, the address given on enrolment. Balint groups provide training and ongoing professional development, to support you in understanding patients.



From the Marketing Desk...

with Geoff Hutchinson and Gemma Cavoli

Save the Date – The Inaugural Dr David Joske Oration

The Marketing team has been hard at work marketing our 10th Anniversary Events. As you are probably aware, there has been a lot of talk about the two public events taking place on September 16 (the Inaugural Symposium and *Four Funerals in One Day*) but little talk of the huge shindig that will take place the night before. And THAT is something to get excited about!

All SolarisCare Volunteers will be invited to the **UWA Club** on the evening of **15 September** for the **Inaugural Dr Joske Oration**. As well as David's oration celebrating SolarisCare's 10th Birthday, there will be mouth watering canapés, delicious drinks and live entertainment. This free event is a celebration of the history of SolarisCare Cancer Support Centres and a **tribute to you, our volunteers**.

Pitches, Press and Promotions

Speaking of the Symposium and *Four Funerals*, Geoff and Gemma have been busy making sure the WA media know all about the public events associated with the 10th Anniversary. To that end, we have written pitches for the major WA newspapers, press releases for the community newspapers and articles for specialist publications such as Nova. Just quietly, journalists have already interviewed Alan Hopgood (playwright) about the WA premier of *Four Funerals* and another interview will take place soon with Molly Carlile (keynote speaker, the 'Deathtalker'). We are hoping for many more to come in response to our releases in the next few weeks, especially with the addition of our exciting keynote speaker, Professor Jane Maher from Macmillan Cancer Support in the UK.

Promotions-wise, we have sent out poster / flyer packs and emails to related organisations such as Palliative Care WA, Breast Cancer Care and Melanoma WA. We have also sent information out to therapy groups including Reiki WA and have had a fantastic response from the good folks at the Australian Association of Massage Therapists, a hat tip to AAMT for their support. We are encouraging recipients of promo packs and emails to include our public Anniversary events in their mail outs and email newsletters. Feel free to contact Gemma or Geoff if you would like an electronic copy of symposium / *Four Funerals* information for anyone you think may be interested. Building on successful ventures such as the Acton billboard on Hay Street, we are striving to get these events into the community consciousness and raise awareness of our centres, services and people.

Red Sky Ride

Planning has commenced on the fifth edition of the Red Sky Ride. This year's event will once again challenge participants to complete a 1,000 kilometre ride over eight gruelling days. One event on the social calendar to look out for is the annual SolarisCare, Red Sky Ride Quiz night to be held on Saturday 26th of November. This is always a fun and entertaining event with more prizes than you can poke a pushbike at. So if you think you are SolarisCare's mastermind don't forget to circle the date in your diary and start getting only your smartest friends together!!!

Secret Garden

Just beyond the rose bush, along the garden path,

The girls of St Catherine's did gather to sing and dance and laugh.....

On Saturday the 15th of October the grounds of St Catherine's College will be turned into an enchanted wonderland as it hosts the Secret Garden Charity Dinner for SolarisCare. Featuring a gourmet meal with live entertainment, dancing and auctions this event will feature the tastes and delights of the South West right here on your doorstep. The event is being organised by Emma White daughter of SolarisCare South-West volunteer Janne White. Further information and tickets can be purchased from Geoff Hutchinson at SolarisCare Subiaco.



Just For Laughs

DO NOT use microwave and toaster oven at the same time. It will throw Earth out of orbit and we'll plummet into the Sun.

Thank you.

The Copier is out of Order!

YES - We have called the serviceman
YES - He will be in today
NO - We cannot fix it
No - We do not know how long it will take
No - We do not know what caused it
NO - We do not know who broke it
YES - We are keeping it
NO - We do not know what you are going to do now

THANK YOU

Sorry, WE ARE
CLOSED
Due TO
SHORT STAFF

Hire taller
STAFF CAUSE
I need A
taco!

What chefs can do when they are bored (pt 2).....

