



SolarisCare Newsletter

July 2011

From the CEO's Desk

Hi Everyone,

Firstly, please accept my apologies for being unable to attend the volunteer meeting last night. I was very much looking forward to seeing everyone, and to taking part in the tour of Radiation Oncology at SCGH. Unfortunately, I became unwell at the last moment. I am sure it was another informative evening, and I look forward to the next one.

A Busy Month...

The last month has been another busy one, culminating in the Inauguration of our South West Centre in Bunbury by State Government Minister, Hon. John Castrilli MLA. I know there are a few reports on this, and other initiatives that are raising our profile, however, the media coverage achieved from the opening has been extremely positive. I believe this will go a long way to ensuring that those who need us know about us. Congratulations to all the South West team, and thank you to all who attended, from near and far.

All centres have continued to maintain or increase the number of sessions provided to patients and carers, which is a credit to all of you, in spite of some space challenges. I have also had the opportunity to experience both Reiki and Healing Touch, which was a wonderful experience, and very informative as well.

This is just the tip of the iceberg when you see the other articles within the newsletter, so thank to you all.

Towards the 10th Anniversary...

Things are really starting to come together for our 10th Anniversary celebrations in September this year. If you have not blocked it out already, please reserve September 15th and 16th for the Inaugural David Joske Oration (15th), SolarisCare Symposium (16th day), and the first WA performance of 'Four Funerals in One Day' (16th evening). Shortly, all volunteers will receive an invitation to join David on the

evening of the 15th for this special celebration, and to honour all you have given to making SolarisCare what it is today. We also have special SolarisCare Volunteer rates for the Symposium and play.

You may also notice over the month that we will introduce a specially designed 10th Anniversary logo that sits alongside our core logo, and highlights some of our core values; compassion, care, respect, and empowerment. It is a way to celebrate our achievements, and also stake our place, as a long standing and significant community based organisation.

As part of our celebrations, SolarisCare Foundation and Bay Street Productions are pleased to present *Four Funerals in One Day*, an entertaining and inspirational play about death, grief and living. The play will be held at the Octagon Theatre at UWA at 7pm on September 16, right after the *Back to the Future* Symposium. Standard tickets are \$29, but we are offering SolarisCare Volunteers the special price of \$20. We will be doing bulk bookings through BOCS, so book your place by giving your name and money to your Volunteer Coordinators. Alternatively, you can either book over through BOCS 9484 1133 or bocsticketing.com.au or at a BOCS outlet or agency. (Please note that phone and internet bookings incur transaction charges, and there is also a small charge if booking through an agent. No charges apply to bookings at BOCS outlets).

An Invitation to Share

Finally, I would like to share a poem that has special meaning for me from earlier this year, and to me at least, invites us all to celebrate our lives at every moment, share ourselves with others, and to be our authentic self. I hope that it speaks to each of you in some way. (You will find the poem on the second last page).

Take care and see you soon.

David

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SolarisCare South West Inauguration

The heavens opened in Bunbury last week for the SolarisCare South West Inauguration. Despite the flooded roads and broken down buses, around 100 people turned out on June 30 as Minister John Castrilli MLA officiated the Inauguration of the South West centre. The morning began with the 'Bunbury Men of Song,' whose uplifting tunes set a wonderful tone for the morning's proceedings. Aunty Gloria Dann gave a superb Welcome to Country, complete with a greeting and song in traditional language. David Edwards then introduced Minister Castrilli, who outlined SolarisCare Foundation's achievements over the past ten years, and the opportunities offered by the South West centre to cancer patients and their carers living in the region. Following the official proceedings, guests enjoyed delectable sweet and savoury treats, tea and coffee.

Notable guests included Federal MP Nola Marino, City of Bunbury Mayor David Smith and WA Cancer and Palliative Care Network Director Rhonda Coleman. Special mentions were given to Volunteer Coordinator Carline Turner and Chairman of the South West Advisory Committee Geoff & Jan Osborn, for their tireless efforts in maintaining the centre. Huge thanks goes out to the wonderful South West volunteers who helped on the day by showing guests around the centre and drying people off with towels as they entered the venue (it really was that wet!). A big thank you also to the brave metro volunteers who took the bus and endured a windscreen-wiper-related breakdown, a speeding driver and the worst weather the state could muster. Please check the News and Events page of the SolarisCare website for more photos: solariscare.com.au/newsandevents/





SolarisCare Symposium – Would you like to showcase your therapy?

Anna has recently put out a call for abstracts for presentations at the Symposium in September. It is essential SolarisCare showcases it's work over the last 10 years. This is a wonderful opportunity for you to if you would like to present your therapy and experience at SolarisCare to this national forum. Anna is available (and very willing!) to help you shape your ideas into an abstract and presentation of you don't quite know how to get started.

“Life is not meant to be easy, but it can be delightful”

COMFORT KITS

Enterprising SJOG Volunteer Fay Boyd has initiated a Comfort Kit program designed to bring care and relief to newly-diagnosed cancer patients. The original Comfort Kits were created by Paula Summerfield in Victoria in 2002, after she underwent surgery for breast cancer. They are currently being supplied to over 15 Victorian Hospitals and concept has spread as far as Holland, Mexico and South Africa.

For the local version of the kit, Fay has collaborated with the Claremont Group of the Embroiderer's Guild of Western Australia as part of their 2011 Community Outreach Program. The kit includes a comfort cushion, carry bag, drainage bag and a personal gift to aid cancer patients during treatment and recovery.

The project has the full support of the Clinical Nurse Consultants for Cancer Services at St John of God, who will distribute the kits to suitable patients. SolarisCare would like to thank Fay and the Embroiderer's Guild of WA for piloting this wonderful program.



SolarisCare Volunteer Fay Boyd and Specialist Breast Cancer Nurse Sherryl Potts with Comfort Kits



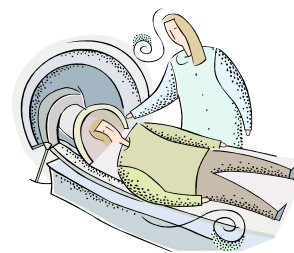
SCGH Update With Nicolette Madry

Hi everyone

New Volunteers at Charlie's

We would like to welcome to the SCGH Centre:

- Dr Ian McDonald: Acupuncturist (Wednesday afternoons)
- Junko Cockerill: Massage therapist (Tuesday afternoons)
- Alan Donnelly: Qi Gong (Thursday afternoons)
- Angela Turner: M&G/Admin
- Georgina Mavor: Narrative therapy (Tuesday afternoons)



Oncology Massage

In June I had the opportunity to attend two modules of Oncology Massage training conducted by Eleanor Oyston. This is one of the few specialised training programs in any complementary therapy modality that addresses how cancer and cancer treatment affects the soft tissue of the body and what, as therapists we can do to best support the body through and after cancer treatment. Eleanor is happy for me to share this information with other therapists at SolarisCare and it will certainly ensure that we can give the best possible massages to patients and carers.

Promoting the Services of SolarisCare

Even though our appointment book is often full we are still mindful of the need to let as many people know about SolarisCare as possible. While Anna is regularly speaking to community groups I have made a few presentations in the last month within the hospital for an Acute Pain Study Day for nursing staff and two education sessions for the nurses of the neurological, orthopaedic and general medicine wards. More presentations are scheduled in the coming months.

Thank you to everyone who came along to the Volunteer Meeting on July 7th. And an enthusiastic thank you to Trish Williams who arranged with Joan Hutchins an eye opening tour of the Radiation Oncology unit at Charlie's. It was a wonderful opportunity for all of us to see the latest in technology, procedures and ask questions regarding radiation therapy for cancer patients.

Have a wonderful month!

Cheers

Nicolette

Volunteer reminders - SCGH

- Qi Gong is back!
- **Current year parking permits will be honoured by SCGH until 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. Also, Carpark 7 is due to be closed for construction from mid-July.**
- Winter Warmer Raffle
- A new therapist contact list combining therapist from both SJOG and SCGH is now available for anyone seeking a SolarisCare accredited therapist.
- **Wig Service:** please remember that as of the **4th July, the Wig Service** at Crawford Lodge will be relocated to Milroy Lodge BY APPOINTMENT ONLY.



SJOG Update

With Lorraine Kember and Jennifer Russell



As the weather continues to batter us with cold wind and heavy rain it makes us even more appreciative of *you* – our very special volunteers.

Our sincere thanks to you all; for turning up each week come rain, hail or shine, with a smile on your face and a heart that is willing to help others.

New Volunteers

As the number of new patients coming in to the Centre continues to grow, more therapy sessions are required throughout the week and we are delighted to have a number of new therapists coming on board.

A warm welcome to:

- Steffi Voigt – Massage
 - Maeve Dolan – Reflexology
 - Alan Donnely – Qi Gong
 - Nancy Blasch - Reiki
 - Mile Choo – Reiki
 - Joe Roworth – Kinesiology
- And to Lily Fiore our new Meet and Greet

We also bid a sad farewell to: Addy Carrol, Tristan Trinidad and Jenny Lyons – who have recently left us due to other commitments - Thank you so much for the time you spent with us



– we will miss you

Entertainment Books

Don't miss out on your chance to grab a bargain – This year's entertainment books are going quickly.

- Lorraine and Jenny



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”

From the Marketing Desk....

Billboard Bonanza

Look up in the sky... It’s a bird, it’s a plane... No, it’s the SolarisCare Billboard! Thanks to the fantastic support of Acton Real Estate in Subiaco, SolarisCare Foundation will be shining down on one of the busiest intersections in Perth for the month of July. Holding pride of place on the corner of Hay Street and Thomas Road, the billboard is a wonderful awareness opportunity and a great way to promote SolarisCare’s ten years of service to our community. So next time you are passing by Hay Street look to the skies and take a look at the SolarisCare Billboard. Special thanks go to John Coleman, Graeme Baxter and all the staff at Acton Real Estate Subiaco for their support.



10 Years Strong



Tenth Anniversary of Care

This year SolarisCare Foundation will be commemorating our tenth birthday with a series of special events and celebrations. The 10th anniversary of SolarisCare is an important milestone. As part of the celebrations and as a way to build awareness in the community, we have designed a logo that will accompany the SolarisCare brand for the next 12 months and give prominence to the 10 years of care message.

Importance has been placed on our key values as they form into a circle, conveying wholeness and connection. So here’s to ten great years working in our community and another ten to come.

Rolling Around Again

Planning has commenced once again for the fifth edition of the Red Sky Ride. Having raised over one million dollars and has covered over 4,500 kilometres (or roughly the distance from Perth to Singapore) the event has been a tremendous success for SolarisCare. Next year’s Red Sky Ride will take place from the 26th February until the 7th March and will visit towns such as Harvey, Dunsborough, Wagin and York.

Make sure you keep your eye out for more information on this year’s event as it comes to hand and don’t forget to support our other Red Sky Ride related events such as the Quiz Night and High Tea. The Red Sky Ride is about ordinary people doing extraordinary things and helping to make a difference in the lives of those living with cancer.



Research & Education Update with Dr Anna Petterson



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. It will assist you to think about what may be happening emotionally in the time the patient is with you in a therapy session or visiting SolarisCare. The training looks at the dynamics of the session, what is going on for the patient and for you as therapist or meet and greet. Thinking in this way offers another perspective to the patient's experience of the therapeutic session or time at SolarisCare.



CALLING ALL REFLEXOLOGISTS !!!!!

Reflexology at C14, the day cancer unit, is planned to begin again on
Tuesday August 2nd, 10am-12noon

Although we have to resubmit the ethics application for the research arm of this series, we plan to begin providing this service on the above date. 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



RESEARCH & EDUCATION NEWS – DATES FOR YOUR DIARY!

SYMPOSIUM – September 16, 9am-5pm: Don't forget to book into the Symposium through our webpage. If you are a therapist please put in an abstract...closing date extended to July 18.

PLAY: FOUR FUNERALS IN ONE DAY. Friday September 16th at 7pm, Octagon Theatre book through BOCS.

INAUGURAL DAVID JOSKE ORATION: Thursday September 15th 6pm, invitation only, current volunteers are on the invitation list.

The Invitation

by Oriah Mountain Dreamer

It doesn't interest me what you do for a living.
I want to know what you ache for
And if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are.
I want to know if you will risk looking like a fool
for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon...
I want to know if you have touched the centre of your own sorrow
If you have been opened by life's betrayals
Or have become shrivelled and closed
from fear of further pain.

I want to know if you can sit with pain
mine or your own, without moving to hide it, or fade it, or fix it.

I want to know if you can be with your joy, mine or your own,
If you can dance with wildness and let the ecstasy fill you
to the tips of your fingers and toes, without cautioning us
to be careful, to be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true.
I want to know if you can disappoint another to be true to yourself.
If you can bear the accusation of betrayal, and not betray your own soul.

I want to know if you can see Beauty, even when it is not pretty every day.
And if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine,
and still stand at the edge of the lake
and shout to the silver of the moon, "Yes".

It doesn't interest me to know where you live or how much money you have.
I want to know if you can get up after the night of grief and despair,
weary and bruised to the bone,
and do what needs to be done to feed the children.

It doesn't interest me who you know, or how you came to be here.
I want to know if you will stand in the centre of the fire with me
and not shrink back.

It doesn't interest me where and what or with whom you have studied.
I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with
yourself and if you truly like the company
you keep in the empty moments.



Just For Laughs

The following were found on medical charts in a Mpumalanga (formerly North Transvaal) hospital, South Africa:

- The patient refused autopsy
- The patient had no previous history of suicides
- On the second day the knee was better. On the third day it disappeared.
- The patient is tearful and crying constantly. She also appears to be depressed.
- Discharge: Alive but without my permission.
- She is numb from her toes down.
- Occasional, constant, infrequent headaches.
- Skin: somewhat pale but present.
- Patient has two teenage children but no other abnormalities.

Australian Medicine recently published a list of “Australian” definitions of common medical terms which include:

- Benign – what you be, after you be eight
- Cat scan – searching for Kitty
- Cauterize – make eye contact with her
- Dilate – to live long
- Labour pain – getting hurt at work
- Node – I knew it!

What chefs can do when they are bored.....

