



SolarisCare Newsletter

September 2011



SolarisCare Cancer Support Centres

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HAPPY BIRTHDAY SOLARISCARE !!!

Dear Friends,

Celebrating a milestone....

Well, September is here, and with it comes a momentous moment, SolarisCare's 10th Anniversary of Care. The achievement of this incredible milestone is a great testament to the vision and courage of Dr David Joske in vigorously pursuing a more holistic model of care and support for cancer patients and their carers. I am sure you all join me in congratulating and thanking David for setting out on such a wonderful journey.

This vision has also attracted a beautiful community of people, you, our SolarisCare volunteers, with your selfless dedication to all who come to SolarisCare. I am always humbled by the passion and care that you bring to your role as SolarisCare volunteers, in whatever capacity that may be. There are so many gifts that you bring to share on a daily basis, and I know that your commitment to care continues in your lives beyond SolarisCare as well. In its first 10 years, SolarisCare has provided over 34,000 free therapy sessions, and touched many others through our drop in centres, educational programs and research. You are truly special people, and I cannot thank you enough for being the lifeblood of what we do.

I also want to acknowledge the work of SolarisCare staff and board, past and present, who bring their own dedication to building and

sustaining the SolarisCare Foundation. Many unknown hours and activities occur, especially outside of regular hours, that keep the organisation operating, and contribute to ensuring that we will continue to be able to deliver our services into the future.

Over the past few months, our educational seminars have highlighted compassion fatigue. In all organisations, but particularly those that are dedicated to serving others, it is also important to take time to reflect on achievements, and to celebrate together. I invite you to take some time to reflect on your time at SolarisCare over the past 10 years, and allow yourself to be congratulated and honoured for what you have done. I look forward to hearing some of these reflections when we meet at the events over September 15 and 16th.

To all of you as the dedicated "SolarisCare team" – my heartfelt thanks and congratulations.

HAPPY BIRTHDAY SOLARISCARE!!!

Warmest regards

David



RESEARCH & EDUCATION

With Dr Anna Petterson

10th Anniversary Celebrations: There is information about the Celebrations throughout the newsletter so rather than repeat this I ask everyone to join in everything possible. It will be a fantastic celebration of our 10 years of service and support for cancer patients and their carers.

I look forward to welcoming you all to the Symposium, with an International Keynote Speaker, Prof Jane Maher and registrations from across Australia; this is a wonderful acknowledgement of the status in which SolarisCare is held. A vibrant, innovative, national leader in integrating complementary therapies with mainstream treatment regimes.

Project: C14 – Reflexology for patients in the Day Cancer Unit (2 August – 22 September)

Many thanks to Michelle McGregor, Dina Shah and Julia Kathleen Boag, who responded to the call for Reflexologists for this project.

This project was submitted to the SCGH Ethics Committee, but was unsuccessful and will now be re-submitted in November. It is now planned to run this project for six months in 2012.

Interestingly, although we did not get the current project through Charlie's ethics, an invitation has been extended to present findings from the pilot project to the International Psycho-Oncology Society Congress in Antalya, Turkey next month.

Balint Group

This group is run by Judy Griffiths and is an eight-week course. Feedback is very encouraging and the evaluation from participants at the end of the course in September will be crucial in developing this program for SolarisCare volunteers.

Mindfulness Training

Two members of our Collaborative Research Team (CRT), Dr Toni Musiello and Dr Suzie Brans, presented at the August Psycho-oncology meeting. It is planned that Dr Elizabeth Foley from Victoria will conduct two Mindfulness Training courses in WA, and then the CRT will develop/conduct research into Mindfulness and Quality of Life for cancer patients.

Presentations:

1. Royal Perth Hospital – Cancer & Palliative Care Study Day (19 August)

Complementary Therapies for Cancer Patients: Do they work? Is it a placebo effect? Does it matter?

I presented to approx 120 medical staff as part of a day program.

2. Edith Cowan University – Occupational Therapy Students, final year.

Creativity & Health: FEAR & HOPE – experiential workshop, building skills to use with patients.

I look forward to sharing with you the 10th Anniversary Celebrations!!!

Dr Anna Petterson, Red Sky Ride Postdoctoral Research Fellow

APPLE AND WALNUT CAKE

Delicious, recipe from M&G, Gail Cooksley

Peel and chop 2 green apples and place in a dish with 1 cup of sugar – leave to stand.

Melt 125 grams of butter or margarine – allow to cool slightly, and then beat 1 egg into this.

Sift together 1 ½ cups of Plain flour with 1sp. of mixed spice, bicarb soda and cinnamon.

Mix the apple mixture and butter mixture with the flour plus 1 cup of lightly chopped walnuts.

Put in a greased ring tin (preferably) and bake in oven on 350 – 375 deg. For ¾ hour.

Celebrating SolarisCare's 10th Anniversary



*Tenth Anniversary Celebration
Inaugural Dr David Joske Oration
Thursday, 15th September
6.00pm start*

(Bring your singing voice!)

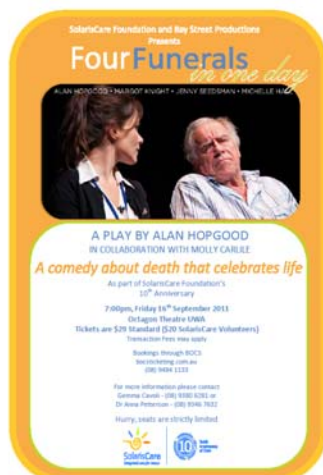


Symposium

Friday, 16th September

8.30am registration

9.00am start



Play

Four Funerals in One Day

Friday, 16th September

7.00pm start

(Bar opens 6.00pm)



SCGH Update With Nicolette Madry

Greetings everyone

Massage students

No less than 30 remedial massage students will be helping SolarisCare continue offering complementary therapies to cancer patients and their carers in 2011. An extra 150 massage sessions will be on offer across both metropolitan Centres. The students will be placed at both SCGH and SJOG throughout their second semester. A big thank you to Irene Brannigan, the longest serving massage volunteer at SolarisCare, for supervising the students at the SJOG Centre.

Parking permits

Please remember as of 12th September you are required by the hospital to use Carpark 2 which is situated on Hospital Avenue near the corner of Winthrop Avenue and Monash Avenue. You MUST display both your Blue Permit and Silver sticker to avoid getting a fine. This will also be the place to park for the Symposium. From here you can catch the 97 to UWA. Please leaving 15 minutes travel time between SCGH and UWA.

Thank you

In anticipation of my long talked about trip to Europe I would like to thank Tracey for stepping into the full time role of Coordinator at the SCGH Centre from 19th September until my return on the 17th October. It will be soooo much easier to relax with a pastry and coffee in Vienna, a dumpling in Krakow and a wine in Italy knowing the Centre is in good hands. I promise to come back with lots of kitsch photos ☺ But enough about me...thanks Tracey!

Interesting 10 year stats

- Number of complementary therapy sessions delivered and recorded 2002-end July 2011 at the SCGH Centre: **26,800**
- Busiest months: March, May and July
- Busiest years: 2009- 3480; sessions 2010- 3307.
- Age groups accessing the SCGH Centre the most: 50-59 yrs followed by 60-69yrs.
- Patient satisfaction: on average 75% patients attend more than one session. 50% return for 4 or more sessions at the SCGH Centre.
- Top 10 Volunteer Therapists by number of sessions recorded at SCGH:
 - Ramzi Peska (Bowen therapy): 2281 therapy sessions
 - Irene Brannigan (Aromatherapy Massage): 1197
 - Christine McGillvray (Healing Touch): 1136
 - Haurko Mizoguchi (Reflexology): 1088
 - Andrew Lim (Qi Gong): 1041
 - Rae Yorg (Pranic Healing): 871
 - Colleen Cocco (Pranic Healing): 833
 - Sjoukje Tarbox (Counselling): 780
 - Nicolette Madry (Kinesiology/Craniosacral/Massage): 772
 - Lila Flegg (Reiki): 705

Enjoy the celebrations!
Cheers
Nicolette





South West Update

With Carline Turner

Coming events in September

Wow.... it's here, the month has arrived, SolarisCare are celebrating our 10th Anniversary. As outlined in the newsletter, events will take place on September 15th and 16th, and we would love to have as many volunteers from SolarisCare South West as possible attending. Remember that the "Symposium " on Friday is FREE to all SolarisCare volunteers and will be outlining the great range of interesting presentations, demonstrations and discussions.

A reminder for the 'David Oliver Compassion Award' there are nominations forms at the reception desk, please consider making a nomination or two ☺

Look how far we have come

Since opening last July, with a HUGE THANK YOU to our amazing volunteers we have delivered over 1590 therapies including Meditation plus Helen playing the Harp, had over 270 people visit the Drop- In Centre, and over 690 visitors walk through the door.... We know the figures will keep growing, especially with the South West Radiation Oncology unit recently opening and further services due to start shortly!

We are privileged to be here for those that seek us.

Fundraising and community awareness

A huge thank you to the fundraising group volunteers who helped at the Dardanup Social Dance groups Dinner Dance on the 6th of August. It was a very successful evening. The South West Community has astounded us with their generosity since opening with donations and fundraising to the total so far of \$22,000.00. Also delivering presentations to the local groups and organisations, has been a huge help for recruiting volunteers.

Workshops held in the Centre by community groups

We held our second Lymphoedema workshop on Monday the 29th of August; the presenter is the lovely Emily Rogers OT from The Regional Hospital. The 4 patients from Busselton learning how to manage their lymphoedema all left with smiling faces and heaps more knowledge.

Take Care Everyone, Enjoy the month ☺

Warm Regards

Carline





SJOG Update

With Lorraine Kember and Jennifer Russell

We would like to warmly welcome our **new volunteers**, Barbara Horn, providing Meet and Greet duties on Friday mornings, Sonya Leigh on Wednesdays, Kelly-Anne Rhodes Tuesdays and Kerry Anne Burbidge training to be a new Hand Massage Therapist on Thursday afternoons. We sadly farewell Catherine McGee who has provided numerous hand massages for patients on the wards and in the Ivy Suite, her enthusiastic personality will be missed.

The **Canning Vale Craft group** have once again been tirelessly hand crafting patch work quilted rugs for us to donate to the patients in the Ivy Suite. I am sure they will enjoy the love and comfort sewn within the rugs and such a delightful gift. We also have the pleasure of displaying some of their beautiful craft on the walls in our therapy rooms. Feel free to drop in and admire their work.

From September through to the first week in November, the days of never having enough massage appointments are in the past. 12 appointments will be available each Friday covering morning and afternoon over this period, this being made possible due to the **Central Institute of Technology massage students** generously giving their time over this period. What a treat this will be for our patients and a pleasure for our meet and greet volunteers to have so much to offer. Irene Brannigan will be supervising the students, we look forward to having her presence around the centre and spoiling her with our hospitality.

As SolarisCare approaches its **10th Anniversary**, we have been reflecting on the important role our Centre at SJOG has played over the past 3 ½ years.

The grand opening ceremony of our second centre within the private hospital environment of St John of God was especially meaningful as their ethos of generosity of spirit, respect and compassion is parallel to the vision we hold for SolarisCare. It was the perfect mix.

We are grateful for the wisdom of our wonderful mentor David Oliver, who helped us to understand the needs of our patients, showed the way of non-judgemental attitudes and encouraged us to see the light in everyone.

Together with David, we graciously approached ward clerks, staff, and doctors within the hospital and gained their respect which has resulted in many genuine friendships and business relationships being formed.

We also conveyed our awareness to the Subiaco Community and gained their support resulting in several generous donations.

In those early days, we had yet to find our own Meet and Greet personnel and Therapists and were very grateful to **Geoff Gardiner, Brian English and Arthur Yates** who offered Meet and Greet support and to therapists from Charlie's who generously provided therapies across our two centres.

We soon discovered that our niche here at SJOG was to provide our services within the patient's room. This trend has continued with at least half our therapies currently being provided in this way and preferred by both patients and staff. Our centre is unique and the tranquillity it provides allows people to sit peacefully, away from the hustle and bustle of the busy hospital environment. To date we have acquired approximately 11,403 volunteer hours.

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"



Our close vicinity to the Cancer Care and Clinical Trial nurses is very beneficial to us and has helped us to further understand our patient's needs.

Among the other milestones we have achieved is the mark of acceptance and respect the hospital has demonstrated by allowing us to officially record the therapies we provide into the patients files where all the medical staff can see that SolarisCare is playing a vital part in the wellbeing of the patient.

The hospital's initiation for us to incorporate "**Hand Massage**" has been very successful. Up to 443 hand massages have now brought warmth in a subtle and delightful way to patients and carers alike. This has been most rewarding not only for patients and staff but for the feeling of satisfaction that returns to our meet and greet volunteers. Ongoing hand massage workshops are available for other centres to embrace this opportunity.

Much appreciated is the **relationship we have formed with Pastoral Care** who support us should a crisis occur out of our scope and are there to follow up and support in patients outside of our hours of business.

We also appreciate the hard working staff of the **Bendat Family Comprehensive Cancer Centre** and our Pamper Staff Days are now an annual event.

Initially the young fledgling that took the lead to change and introduced more efficient work practices, diversity and opportunities.

In our role as Volunteer Coordinators we have seen our team of volunteers and staff members grow and blossom into the vital team we are today. **Together we have connected with 1,481 new patients, provided up to 5,900 therapies** and have witnessed daily the impact of our care on the quality of life of those who walk through our doors.

It goes without saying that our own quality of life has improved through our association with SolarisCare and the valued relationships we have formed with our volunteers and the patients we serve, many of whom continue to come in regardless of having a therapy, just to say hello or to bring us a small treat in thankfulness for the comfort and support our centre has provided. We have also been blessed on occasion, with former patients and carers returning to us to offer their support as a volunteer Meet and Greet or Therapist.

We look forward to embracing whatever new direction bestows the future of our SJOG Centre.

Due to the Symposium we will be closing the SJOG centre on Friday 16th September for the volunteers to enjoy this special occasion.

**With thanks to you all
Lorraine and Jenny**



From the Marketing Desk...

with Geoff Hutchinson and Gemma Cavoli

This month the marketing team highlights two fantastic community fundraising events. These events are a great way to raise vital funds and awareness for SolarisCare and are always a lot of fun.

Secret Garden Charity Dinner

Tickets are now on sale for the Secret Garden Charity Dinner to be held on Saturday the 15th of October in the grounds of St Catherine's College in Nedlands. The evening is being organised by Emma White and her fabulous volunteers and will feature a gourmet meal with live entertainment, dancing and all the tastes and delights of the South West right here on your doorstep. Tickets are \$90 and are available by calling Emma White on 0400 787 392 or online at www.trybooking.com/UKA.

Lyndendale Gallery Charity Weekend

Put a circle around the long weekend of December 2nd to 4th as there will be a new exhibition starting at the Lyndendale Gallery situated in the picturesque Ferguson Valley. The whole weekend will be a fundraiser for SolarisCare and will feature high quality local art etchings, linocuts, woodcuts, and collographs.

The event is being organised by SolarisCare South West volunteer Denise Gillies was a wonderful success in 2010 and we expect that to be repeated this year. Tickets for the Saturday night cocktail party will be pre-sold and will shortly be available. Numbers are limited to 150 and tickets are \$25 each with the total proceeds going to SolarisCare. For more information please contact Geoff at SolarisCare SJOG on (08) 9381 4074.

Does anyone make heat packs?

It is a rather different request, but at the SCGH Centre we were wondering if any talented volunteers make heat bags? Please let Nicolette know if you do on 9346 7631.

Christmas Raffle – calling for items for the 2nd prize basket

We are already beginning to plan the biggest raffle of the year. This year we will have a large flat screen TV as first prize. Second prize will be a basket of goodies to the value of approximately \$300 dollars. If you have any goods you think might be suitable for the basket (new please not second hand) or know of any outlets you could approach to support SolarisCare please let your Coordinator know by October 15th. Thank you!!!

Spring is Here...

It may not seem like it today, however, warmer weather is approaching, and with it, the Chemo Club is ramping up its sessions again. Steve Smith, daughter Jodie and the wonderful Aspire Fitness team will be reintroducing the two day per week (Tuesdays and Thursdays, 11am) again from early September. With the proven effects of their amazing tailored fitness programs, and the camaraderie of the group, please encourage our patients to give it a try.

Fuel Scheme News

Unfortunately our approach to BP for Volunteer Fuel Vouchers was unsuccessful, but we will keep trying. According to BP, over 3,000 organisations applied, and only 68 were successful, 14 in Western Australia.



Just For Laughs

EXCELLENT SIGNS

On a Church's Bill board:

"7 days without God makes one weak."

At a Tyre Store

"Invite us to your next blowout."

On an Electrician's truck:

"Let us remove your shorts."

In a Non-smoking Area:

"If we see smoke, we will assume you are on fire and take appropriate action."

On a Maternity Room door:

"Push. Push. Push."

At an Optometrist's Office:

"If you don't see what you're looking for, you've come to the right place."

At a Car Dealership:

"The best way to get back on your feet - miss a car payment."

Outside a Car Exhaust Store:

"No appointment necessary. We hear you coming."

In a Vets waiting room:

"Be back in 5 minutes. Sit! Stay!"

In the front yard of a Funeral Home:

"Drive carefully. We'll wait."

Sign on the back of yet another Septic Tank Truck:

"Caution - This Truck is full of Political Promises"

