



CITTAMANI

CITTAMANI HOSPICE SERVICE LTD

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CITTAMANI NEWSLETTER — AUGUST 2021

FROM THE DIRECTOR

Uncertainty and change seem to have been the overriding and constantly challenging features of the past 18 months. And it appears that this situation will be with us for some time to come. That's one thing that doesn't look like changing any time soon.

This shouldn't surprise us as much as it has. A core teaching of Buddhism is that change and impermanence are an inescapable feature of our lives and the world we live in. Although intellectually we know this, we tend to live our lives as if this isn't the case and are still surprised when the things we take for granted do change. In fact our shock at and resistance to change can become the source of a great deal more suffering.

At Cittamani we have all experienced this both on a personal level and as an organisation. We have had to find new ways of working, creating flexible practices that we can turn to immediately if a new outbreak occurs or lockdown is announced. We have needed ways to provide care as best we can despite the challenges presented by lockdowns and masks and the barriers of PPE.

It has been heartbreaking at times to witness the challenges and dilemmas that Covid restrictions have posed for our clients and families and to our staff with restrictions on family visiting, and even something as simple as being able to share a hug. All so important to affirming our human connectedness and care.

Sometimes this leaves us frustrated and distressed but then we find solutions and a way forward to embrace the opportunities that change presents.

Although we are surrounded by change there are some constants (or things that for us remain constant) at Cittamani — things such as our core values, the importance of caring for one another and nurturing the connections between us. These values are the constant which underpin and define the ways we respond to changing circumstances and guide our way forward.

I found a beautiful quote recently which sums up the positive potential of change ...

*Without change
there would be no butterflies.*

Alex Moore — Director, Cittamani Hospice Service



A BIG THANK YOU TO OUR WONDERFUL VOLUNTEERS



Elli our Volunteer Coordinator (right) with Carole, one of Cittamani's first trained volunteers.

Cittamani has been blessed with the support we have received over the years from a wonderful group of volunteers. Since our beginnings in 1995 we have provided respite services to our clients and this has been possible because of the assistance

from our amazing volunteers. Some of these volunteers who joined us initially in 1995 are still with us helping deliver our services to the Sunshine Coast community.

Respite services give our carers a well-earned break from their caring role and have been a vital part of Cittamani's model of care throughout the years. Unfortunately, last year due to Covid-19 we had to suspend our respite services and following this many of our volunteers have retired from active service.

We want to thank them and show our appreciation for all the work they have done over the years for Cittamani. We are looking forward to seeing everyone at a rescheduled afternoon tea when restrictions ease. Staff will join in to celebrate their achievements and thank them for all their help and support for Cittamani's work.



*Thankyou to our
Cittamani team for
going the extra mile*

Cittamani Team enjoying afternoon tea to celebrate Palliative Care Week, including new staff members Kirran (Nurse) and Jo (Manager, Nursing Services) standing 1st & 3rd from the left.

NATIONAL PALLIATIVE CARE WEEK 23-29 MAY 2021

Cittamani held an 'Appreciation Afternoon Tea' for all staff on 26 May to celebrate National Palliative Care Week. This year's theme is: *Palliative Care, It's More Than You Think*. It was a lovely afternoon to pause and say thank you to the Cittamani staff for their advanced clinical skills and teamwork, coupled with their authentic kindness and compassion.

Cittamani is a unique organization. With our specialist palliative care experience, our anticipatory clinical skills, 24/7 after hours on call, coupled with our philosophy of compassion and longstanding support from the community, Cittamani is very special organization. Thankyou to Cittamani team for going the extra mile.

Jo — Manager, Nursing Services

CITTAMANI HOSPICE SERVICE

ANNUAL MEMORIAL SERVICE

Again this year due to Covid-19 we will be filming our Memorial Service and making it available on the Cittamani Hospice website.

The event will be broadcast on

Saturday 25th September at 2pm

If you are unable to watch at that time, the service will remain on the website so you can watch at any time that is convenient for you.

The service will incorporate a candle lighting ceremony which you may wish to participate in at home.

Please tell any interested family and friends — everyone is welcome to watch the service. To watch please go to: www.cittamanihospice.com.au and follow the Memorial Service link.



There was some regret last year when, because of Covid-19 restrictions, we were unable to conduct our Annual Memorial Service in the normal way. With support from many kind volunteers and friends of Cittamani, we set up to film our service and made it available on our website for the first time. Once again, the service will be presented online as we navigate through the ongoing pandemic. However, this provides us with an example of how positive change can come from disruption — the 2020 Memorial Service has been viewed by more than three times the average number of attendees. We feel this might include people who would normally like to attend, but for various reasons are unable to do so. People were able to access this beautiful service in a more private way — at their convenience, with a friend or loved one to hold their hand at home, or to share with family and friends who are far away.

“A good heart is the source of all happiness and we can all be good-hearted with some effort. But better still is to have a good heart imbued with wisdom.” — His Holiness the 14th Dalai Lama



"Let us learn to live with kindness, to love everyone, even when they do not love us." — Pope Francis



BEREAVEMENT SUPPORT GROUP

Cittamani is again holding a Bereavement Support Group to share conversations about people's experiences of grief and loss.

Subject to Covid-19 restrictions, we will be meeting on:

**The first Thursday of each month
from 10am — 11.30am** at our Palmwoods office,
230 Woombye-Palmwoods Road, Palmwoods.

If you would like to attend, please RSVP to our office on 5445 0822
or email: groups@cittamanihospice.com.au

CITTAMANI THANKS **THE JUNE CANAVAN FOUNDATION** FOR GENEROUS ONGOING SUPPORT



'The girls were amazing ... so understanding, compassionate and comforting to both me and my husband. He retained his dignity, and his wishes were always respected. You are priceless angels and I thank you from the bottom of my heart.'

I wish to make a tax deductible gift to Cittamani's FREE 24-hour home hospice service.

- Click '**DONATE NOW**' on our SECURE WEBSITE: www.cittamanihospice.com.au
- **DIRECT DEBIT:** Cittamani Hospice Service BSB: 484799 Account No: 160888044
PLEASE QUOTE the code above your name OR the initial of your first name, surname, and postcode.
- For **CHEQUES** (payable to Cittamani Hospice Service), or **CREDIT CARD** (Visa or Mastercard)

Please complete the following: AMOUNT \$ _____

Name: _____

Address: _____ Postcode: _____

Phone No: _____ Email: _____

Card Details: _____ / _____ / _____ / _____ Expiry: ____ / ____ ccv (3 digit) _____

If you are interested in becoming a regular monthly donor,
please send an email to: finance@cittamanihospice.com.au

Thank you!

Cittamani Hospice Service Ltd, PO Box 324 Palmwoods Qld 4555

Registered Charity ABN 67 110 865 560 — all donations over \$2 are tax deductible.

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If so, please email us and let us know — news@cittamanihospice.com.au

CITTAMANI HOSPICE SERVICE APPRECIATES THE SUPPORT OF QUEENSLAND HEALTH