



# CITTAMANI

CITTAMANI HOSPICE SERVICE LTD  
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## CITTAMANI NEWSLETTER — AUGUST 2022

### CHOICES AT THE END OF LIFE

The Queensland government's Voluntary Assisted Dying (VAD) legislation will become operational in January next year, and the debates around the VAD process provide a focus for us to look at end of life care in general and the choices available to us.

Cittamani is committed to supporting client autonomy and choice and acknowledges that some people may choose to utilise VAD. However, we agree with Palliative Care Australia that VAD is not part of palliative care practice. Additionally, the Buddhist values that underpin Cittamani hold that all of life is sacred, and to be respected. This means that we will of course provide our care to people regardless of whether they choose VAD, but we will not be directly involved in that process.

Despite some of its claims, VAD is not a panacea for improving end of life care, and does not solve the problem of inadequate symptom management or the suffering involved in the end of a person's life. We need instead to focus on improving palliative care for all dying people and their families, and be able to provide optimal symptom management at home where research has shown most people would choose to die. Cittamani has been providing that care here on the Sunshine Coast since 1995.

Palliative care affirms life, and regards dying as a normal process. Palliative care intends neither to hasten nor postpone death. It improves the quality of life of patients and their families facing the problems associated with life threatening illness. Good palliative care attempts to prevent and relieve suffering by means of the early identification, assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Palliative care is explicitly recognised under the human right to health. Every Australian living with a life-limiting illness should always have equitable access to quality needs-based palliative care at any point in their illness journey, with timely referral to specialist palliative care if required. Palliative care is person and family-centred care with the primary goal to ensure patient safety and to optimise the quality of life. Palliative care helps people live their life as fully and as comfortably as possible when living with a life-limiting illness and provides care and support to family and carers after the death.

Cittamani delivers quality end of life care at home to support the dying person and their family. We hope to provide a gentle and caring experience for the client and help them live their best life until the end. *(continues overleaf)*



*The kindness and care we received from your wonderful team at such a difficult time made me as a carer feel so well supported, and it was all done with grace, love and expertise.*

(continued from page 1) We want to help to create memories that will comfort and support families and carers after the death. Below are a few of our clients' experiences.

As Voluntary Assisted Dying becomes operational in Queensland, our focus should be not just on this option but for a viable alternative to this choice. Good palliative care in the community fulfills this need.

Thank you



*The support provided by your team to Dad and I was, in hindsight, what kept me sane and able to fulfill Dad's wish to stay at home for as long as possible.*

*The calmness and compassion you brought at each visit will stay with me forever, as it made the most difficult time and situation able to be dealt with day by day.*

*I'm forever grateful for your role in making Dad's last few months as good as we could possibly have hoped for.*

*Cittamani staff were so friendly and supportive. With your help we were able to keep our lovely Mum at home as she wanted. We were all with her as she died, comfortably and peacefully. For this we are so grateful.*

*What you did for us is beyond words. You enabled my husband to have the almost 'perfect' death and this gift extended to myself in the way of peace of mind knowing he was being cared for so beautifully.*



## MONTVILLE OPEN GARDENS

MONTVILLE OPEN GARDENS, which was held over the Easter weekend, was a huge success with many of the visitors to *The Shambles*, *Lower Woontooba*, and *Wongawilli* also buying plants and refreshments.

Sincere thanks from Cittamani to the gardeners and volunteers for all their hard work. Over \$19,000 was raised to support our Service.

Volunteer Jennie Clark helping out at one of the plant stalls at the Open Gardens weekend.

It is with a heavy heart that Cittamani says farewell to one of our Clinical Nurses, Leeane Milne. Leeane joined Cittamani in 2008, and throughout her time with us she has not only shown dedication to her palliative clinical practice, but also a willingness to go the extra mile in caring for her clients. She was always finding sensitive and thoughtful ways to ease those final days and hours for clients and their families and carers.

Leeane is leaving Cittamani to take up a post with the Nelson Tasman Hospice in New Zealand. Working in palliative care in another country has been a dream of Leeane's for some time and we are delighted that she has this opportunity to further pursue her vocation. We feel sure that she will bring her special brand of caring to all her Kiwi clients, and we wish her all the very best for the future.





We are very excited that we are able to hold our Memorial Service in person again. This year our service will be held in the Eudlo Community Hall in Rosebed Street, Eudlo. There's plenty of parking in the township as well as two delightful cafes, and lovely Olsen Mill Park for a stroll before or after the service — access to the park is next to the Post Office house.

**However, please be advised that it is important to RSVP so we can contact you if there are any changes, for example cancellation due to Covid restrictions. If this is the case, we will film the service and let you know when you will be able to watch it on our website.**

## **CITTAMANI HOSPICE SERVICE**

INVITES YOU TO OUR —

# **ANNUAL MEMORIAL SERVICE**

**DATE: Saturday 15 October 2022**

**TIME: 2 — 4 pm**  
(including afternoon tea)

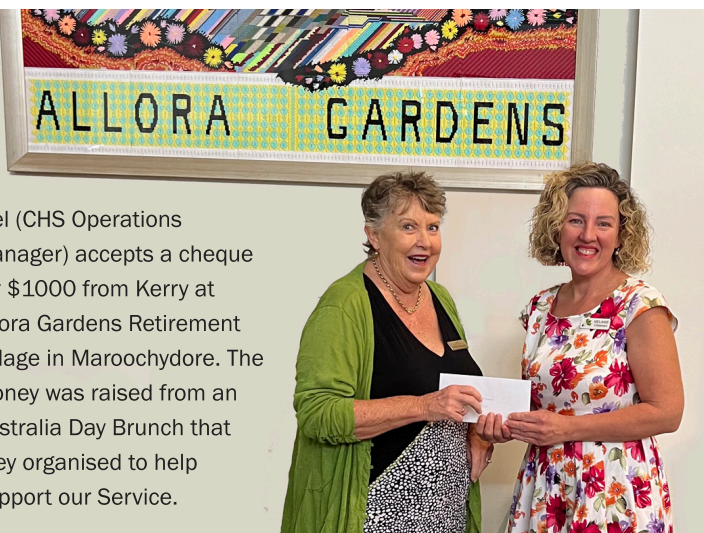
**PLACE: Eudlo Community Hall**  
19 Rosebed Street, Eudlo

**RSVP: Tuesday 11 October 2022**  
Email: [info@cittamanihospice.com.au](mailto:info@cittamanihospice.com.au)  
Phone: 5445 0822

Flowers will be provided as an offering to remember your loved ones. You may like to bring a small photo to place on the altar, which will be returned to you at the end of the service.



Pexels-pixabay image 462118



Mel (CHS Operations Manager) accepts a cheque for \$1000 from Kerry at Allora Gardens Retirement Village in Maroochydore. The money was raised from an Australia Day Brunch that they organised to help support our Service.



*"Happiness is not ready made,  
it comes from your own actions."*

— His Holiness the 14th Dalai Lama

CITTAMANI APPRECIATES THE GENEROUS SUPPORT FROM  
**NAMBOUR RSL** FOR OUR CLIENT MEDICATION SUPPLY PACKS.



## BEREAVEMENT SUPPORT GROUP

We are hoping to begin holding Bereavement Support Groups at Cittamani office in Palmwoods — **First Thursday of the month from 10.00 — 11.30 am.**

If you would like to come along, please email:  
groups@cittamanihospice.com.au  
or phone — 5445 0822.

**It is important that we know who is coming so that we can contact you if there are any changes, for example cancellation due to Covid restrictions.**

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

*"We could not fault the excellent, compassionate care we received from the Cittamani staff. The nurses made the process understandable and put us at ease. They advised us exactly what to expect when Dad passed away and in the final moments before his death."*

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](http://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](mailto:finance@cittamanihospice.com.au)

Cittamani Hospice Service Ltd, PO Box 324 Palmwoods Qld 4555  
Registered Charity ABN 67 110 865 560 — all donations over \$2 are tax deductible.



**Thank  
you!**

Would you like to receive this newsletter electronically? **It will help save postage and paper costs.**  
**If so, please email us and let us know —** [news@cittamanihospice.com.au](mailto:news@cittamanihospice.com.au)

CITTAMANI HOSPICE SERVICE APPRECIATES THE SUPPORT OF QUEENSLAND HEALTH