



# CITTAMANI

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## CITTAMANI NEWSLETTER — AUGUST 2023

### FROM THE DIRECTOR

Looking back over the many years I have been involved with Cittamani, change has been a constant theme. Sometimes we have welcomed it and at other times we have resisted and resented it. But really, we should not be surprised by it because change is one of the few constants in our lives.

I have been privileged to witness the growth and development of Cittamani over the 25 plus years that I have been involved with the Service. So much change has occurred over this time to take the organisation from the dream of a small group of people to the strong resilient organisation that it is today.

What has enabled the organisation to flourish through all this change has been the unwavering commitment by everyone involved to the values that underpin every aspect of the service.

Cittamani's vision is to provide a service based on values of kindness and compassion, that acknowledges and fosters the positive qualities and potentials in all — staff, volunteers, and clients. We see death as part of life and seek to support and empower people facing the end of their own life, or of someone close to them, to live their life on their own terms and in a way most meaningful to them.

So now I need to let you know of another change at Cittamani. This will be my last 'From the Director' as by the time you read this newsletter, I will have retired from the role of Director.

There is of course a certain sadness involved in this decision but also a lot of joy and excitement. There is such a great team here — Board, management team, staff, and volunteers — to guide Cittamani into the future.



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I am really pleased to say that Melanie Bruhn has agreed to take on the position of Director and I cannot think of a better person to fulfil this role. Things will of course continue to change, but I am confident that our values will remain strong and central in the process.

Thanks to everyone who has shared our vision to create this immensely valuable service and for all the support you have given to Cittamani and to me personally over the years.

Warmly, Alex

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through the past 25 years  
in a remarkable way ...  
We say a bitter sweet  
goodbye to our Alex  
and wish her all the very  
best for a wonderful  
retirement.*



## FAREWELL TO ALEX

ALEX MOORE our Executive Director is leaving Cittamani to take her well-earned retirement. We are sorry to see her go, but glad she can experience a new and enjoyable time in her life. We would like to take time to reflect and acknowledge her contribution and service to Cittamani.

Alex joined Cittamani in 1996 as our first nurse, starting the specialist palliative care nursing service that we offer today. She became our Executive Director in 1998 and has held that position ever since. Alex has led Cittamani through the past 25 years in a remarkable way — taking a small group of local people who saw the need for an at-home hospice service on the Sunshine Coast, and growing Cittamani to the respected organisation it is today. Since inception we have now looked after more than 4500 terminally ill patients and their families.

Of course, Alex would say it took others as well to take Cittamani to where it is today. But it was her outstanding vision, integrity and leadership that always guided the process, inspiring all who worked with her.

With her Buddhist values, Alex created a service based on care and compassion to support and empower people facing the end of their life, or the life of someone close to them, to live and honour their remaining life on their own terms. The focus at all times is on the quality of life for the terminally ill person, care and support for the family and those caring for them. Cittamani balances professional care with a holistic approach to each individual palliative client.

Throughout the years, Alex fiercely defended these values and her vision of what palliative care should be. She would carefully contemplate proposed changes to the organisation, making decisions in the best interests of Cittamani, always staying true to the compassionate model.

The past years have not been without their challenges. There have been financial struggles from the early days

before the Queensland Health contract, and continuing to the present as Cittamani tries to meet the ever-expanding need for quality palliative care.

There was growth and learning as Alex set structures in place to ensure the smooth running of our service. She gave priority to building a great team, and with her careful staff selection, created a group of like-minded individuals who worked effectively to achieve her vision. She also created a supportive network of connections across the Sunshine Coast — staff, clients and carers, local GPs, hospitals and the local Queensland Health Palliative Service.

The Buddhist values of care and compassion that Alex has imbued and practised were felt by everyone at Cittamani. This spread out to all the clients and carers we interact with and the wider community we come in contact with. Alex created a warm and encouraging workplace for all staff, inspiring us to work for the highest ideals in caring for our clients.

Words cannot express what her support, motivation and guidance have meant to all staff. With enormous gratitude, we say a bitter sweet goodbye to our Alex and wish her all the very best for a wonderful retirement.



*“Open your arms to change,  
but don’t let go of your values.”*

— His Holiness the 14th Dalai Lama



CITTAMANI HOSPICE SERVICE

# ANNUAL MEMORIAL SERVICE

Will be broadcast on our website on

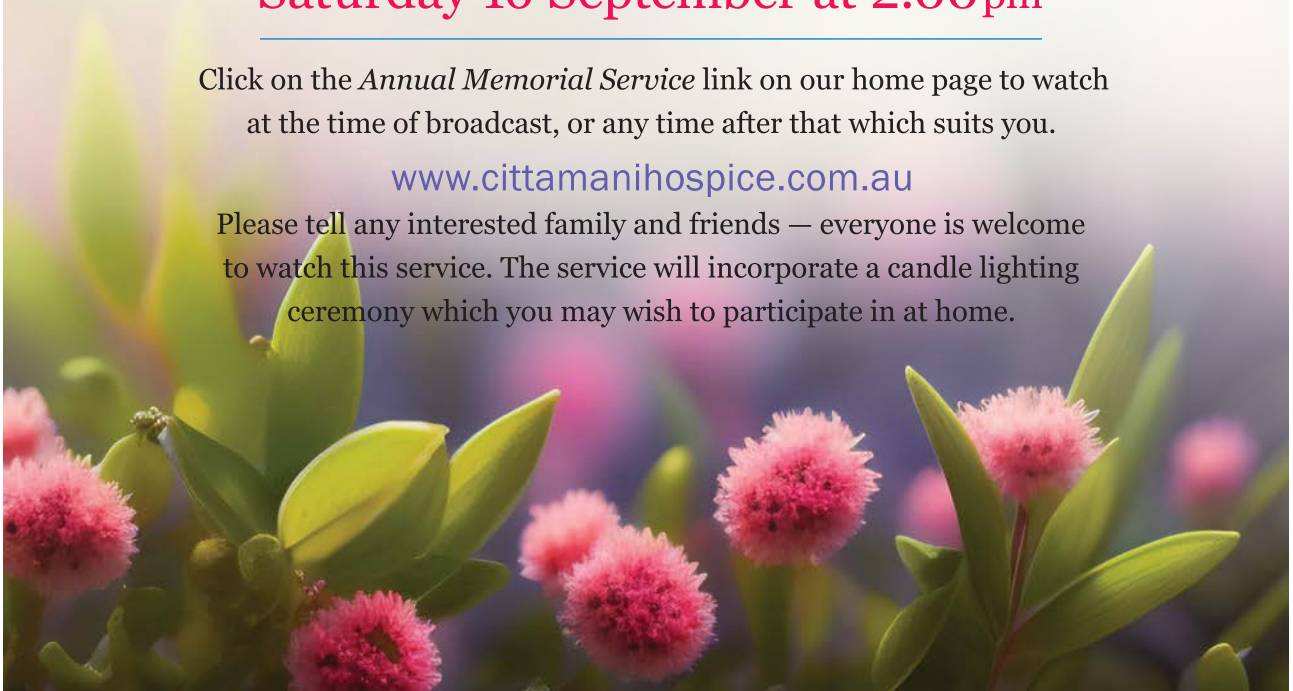
**Saturday 16 September at 2.00pm**

Click on the *Annual Memorial Service* link on our home page to watch at the time of broadcast, or any time after that which suits you.

[www.cittamanihospice.com.au](http://www.cittamanihospice.com.au)

Please tell any interested family and friends — everyone is welcome to watch this service. The service will incorporate a candle lighting ceremony which you may wish to participate in at home.

Image by Sketchepedia



Cittamani staff and other community members share a reflective moment at the three day course at Chenrezig Institute.

After many years of working as Spiritual Care Co-ordinator at Karuna Hospice in Brisbane, highly respected Buddhist Nun, Venerable Tenzin Chodron developed a three-day course entitled '*Spiritual Care with the Dying*'.

This course has been highly valued and recommended by the participants, who found it to be of great benefit for both personal growth and in their caring roles. We feel very grateful that Ven. Chodron came to the Sunshine Coast to facilitate this course at Chenrezig Institute for us.



CITTAMANI GREATLY APPRECIATES THE ONGOING SUPPORT OF NAMBOUR RSL.

## Heritage | Palmwoods

Community Branch

Cittamani Hospice Service is proudly supported by the Heritage Bank Community Branch Palmwoods. Mel and Brigitte are pictured accepting a cheque at a sponsorship evening in July with Sophia DiFernando and Megan Tennant of Heritage Bank Palmwoods Branch.



Sincere thanks to the  
**QUEENSLAND COMMUNITY  
FOUNDATION**  
for supporting Cittamani with  
our technology project.

Cittamani would like to thank Susie Blue for all the wonderful graphic design work she has done for us over the past decade. Like some of us, Susie has now also decided to retire. We will miss her, but wish her lots of fun and adventures in the next part of her life.

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)

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If you are interested in becoming a regular monthly donor, please send an email to:

[finance@cittamanihospice.com.au](mailto:finance@cittamanihospice.com.au)

REGISTERED CHARITY ABN 67 110 865 560 — ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE.



**Thank you!**

**Cittamani Hospice Service Ltd,  
PO Box 324 Palmwoods Qld 4555**

If you do not wish to receive any further correspondence from Cittamani Hospice Service, please contact our office (07) 5445 0822 to advise our staff.

Would you like to receive this newsletter electronically? It will help save postage and paper costs. 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**