

## Cittamani Newsletter | Autumn 2024

### Welcome

Hello to our Cittamani community,



We hope you enjoy our new look newsletter for 2024 and thank you for supporting us and keeping connected. I would like to introduce myself as newly appointed Director of Cittamani, since our foundation Director Alex's retirement in July last year. I am very proud to be part of such a wonderful organisation and look forward to representing Cittamani in the future.

In support of Palliative Care week, we will be holding an open day morning on Wednesday 22<sup>nd</sup> May from 10am – 12noon at our office in Palmwoods. An opportunity to meet our team and connect with our community. More details in the flyer below.

**Happy reading and best wishes, Melanie**

### Say hello to our team!



Collette and Sharnie



Elli, Melissa and Jane



Rachel, Debbie, Jacqui,  
Analisa, Jude



Meg, Tiffany, Melanie, Gail, Tina,  
Brigitte and Marion

### Vision & Values Evening... *sounds dull? Far from it!*

Every couple of years (we've had a longer gap recently due to Covid and staff changes), staff, board members and volunteers at Cittamani Hospice Service gather to see if we're still on track with what we say we hold dear as an organisation and what is happening in real time on the ground.

We speak about what brought each of us to Cittamani and what keeps us connected to this jewel of our community, this amazing collaboration of people who deliver loving, specialised care to those in the community facing a terminal illness and their carers. We tell stories and speak in metaphors about strong trees with deep roots and spreading branches, and contrasting snowflakes, fragile, impermanent, and beautiful as life can be.

Our organisation vision is founded in a Buddhist base, which includes:

- The value and dignity of life
- Compassionate service
- Empowerment
- Universal responsibility

These Vision & Values evenings are a chance for us all to speak up and voice not only consensus but also concerns we may have in the spirit of universal responsibility to look after ourselves and each other. We do this to be able to sustain this precious work. Issues that are unable to fully be addressed in the flurry of a busy evening can then be followed through in subsequent discussions. We need to keep round holes and round pegs so we can stay present with people in true compassion and loving kindness.

*Jude Venn, Cittamani Social Worker*

## Cittamani Open Day

Wednesday 22nd May 2024

**10am to 12pm**

**230 Woombye Palmwoods Road, Palmwoods**

In support of National Palliative Care week, we welcome you to come and meet our care team and chat with us about our service and the support we can provide to our community.

## Save the date

**National  
Palliative Care  
Week 19–25 May 2024**





## Val Ross artist has Studio Sale for Cittamani

My motivation was to financially support Cittamani's vision "that the promotion of healthy dying requires terminally ill adults and children and their loved ones to have choice in where and how they spend their remaining life and that people undergoing the dying process should not be separated from their everyday life".



Although I am not a Buddhist I believe in their values and as an artist I strongly believe in the interconnectedness of all things. Cittamani provides unique support through the dying process. It is something which is not readily available in our society because it is difficult for many people to acknowledge dying as part of life.

*Val Ross held a studio art sale in August 2023, thank you Val for your wonderful support.*



## Community Coffee Day

We wish to acknowledge the kind and generous support we have received from Bean There Done That Espresso Bar in Pelican Waters. Staff and customers of the coffee shop raised donations for Cittamani in memory of Michael Adams – a colourful and well-respected member of the Pelican Waters community. This inspiring gesture of kindness and community spirit is a perfect example of the qualities Michael portrayed so fervently throughout his life.

The generous fundraising in memory of Michael was greatly supported by his friends and the local community. The team at Bean There Done That Espresso Bar wish to specially acknowledge the kindness they received from Michael's friend Tennille, who supported them to achieve their fundraising goals.

Cittamani is honoured to have been able to support Michael and his family, and to form such a meaningful a connection with the Bean There Done That community. Michael is remembered with love, and his regular presence at the coffee shop has been memorialised by a plaque in his honour.

*"The more we care for the happiness of others, the greater our own sense of well-being becomes."*  
**– His Holiness The 14th Dalai Lama**



With many thanks to the Nambour Heights Bowls club for the ongoing support to Cittamani.



The support through grants from the Buderim Foundation and Sundale Community Foundation assisted in replacing our fleet with Hybrid vehicles, thank you very much.



We thank Pat and the team from Jabula Roses who kindly support our community by donating beautiful roses for our clients and families.

## How can you help

**Donations** can be made using the QR code to the right from your phone or tablet

Or via our website  
[www.cittamanihospice.com.au](http://www.cittamanihospice.com.au) then click on "Donate Now"



**Fundraise** – if you have a fundraising event or activity and would like to support Cittamani, we look forward to hearing from you – please contact us to discuss on **(07) 5445 0822**  
 We would love to hear from you!

Any feedback or suggestions for future newsletters are welcome and can be emailed to [info@cittamanihospice.com.au](mailto:info@cittamanihospice.com.au)



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