



karuna

dedicated holistic support

compassionate care

AUTUMN 2020

NEWSLETTER

Thank you...



WE COULDN'T DO IT WITHOUT YOU

Someone right now is being cared for at home thanks to your generosity

FROM THE CEO'S *Desk*

"It is through gratitude for the present moment that the spiritual dimension of life opens up." - Eckhart Tolle

Welcome to our 2020 Autumn newsletter.

This autumn we're thinking about expressions of gratitude, the desire to be appreciated and just taking a moment to simply say 'Thank You'. Gratitude is a simple, powerful acknowledgement of another person's contribution and value. I was reminded of the importance of this myself recently when a colleague created a moment to recognise and thank someone for all of their dedication and effort.

Sometimes our supporters take us into their life events as well, as you will read in the story of Ben and Erin Green.

Thank you for the many ways you help support our service. Our wish list of items and services is always well-received and we are always so delighted to hear from supporters looking to help us purchase items or cover the cost of a particular aspect of our service. Sometimes sponsors choose something that is meaningful to them because they have a special

appreciation for the real comfort and benefit it will bring to someone else.

Finally, we know it's not always easy to talk about gifts in Wills and many people think that making a Will or changing your existing one is complicated. Our newsletter includes a brief outline of how we apply funds received from Wills and we have prepared a package of information that we would be delighted to share with you. Contact me directly or our office for more information.

Please enjoy our Autumn newsletter.



Tracey Porst Karuna CEO



KARUNA IS THERE *for the whole family*

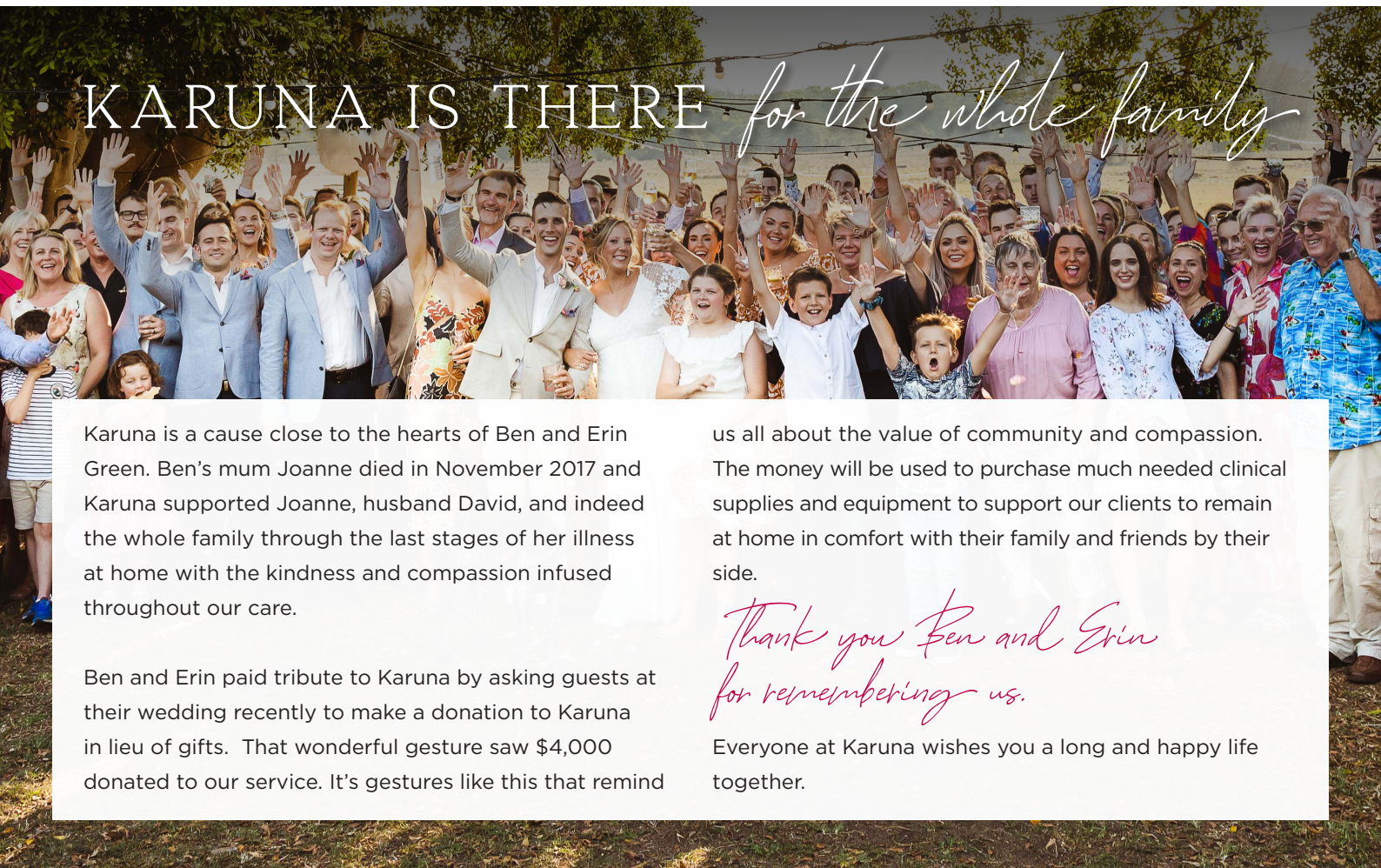
Karuna is a cause close to the hearts of Ben and Erin Green. Ben's mum Joanne died in November 2017 and Karuna supported Joanne, husband David, and indeed the whole family through the last stages of her illness at home with the kindness and compassion infused throughout our care.

Ben and Erin paid tribute to Karuna by asking guests at their wedding recently to make a donation to Karuna in lieu of gifts. That wonderful gesture saw \$4,000 donated to our service. It's gestures like this that remind

us all about the value of community and compassion. The money will be used to purchase much needed clinical supplies and equipment to support our clients to remain at home in comfort with their family and friends by their side.

*Thank you Ben and Erin
for remembering us.*

Everyone at Karuna wishes you a long and happy life together.



ELA Karuna Clinical Nurse

Karuna nurses bestow comfort, compassion, and caring without a prescription.

Ela's day isn't typical, it's very special. Caring for Karuna clients at home with expert clinical care takes a special type of person. Ela says "it's a privilege to care for people at the end of life and I hope that I have made a difference. That is the best gift".

Clients and families tell us they are reassured that a Karuna nurse will answer their call no matter the time of day or night, or day of the week. Ela works as part of a multi-disciplinary clinical services team.

As a specialist palliative care nurse, Ela's day can include:

- Attending a morning meeting with the team to talk through the list of client visits for the day;
- Gathering clinical supplies and equipment before she heads out;
- Providing palliative care to clients in their homes;
- Speaking with family and carers, answering any questions they may have; and
- Liaising with medical practitioners about their client's status.

Keeping nurses like Ela on the road 24 hours a day, 7 days a week takes a village. Karuna's care and support are second to none.

Your donation today will be put to use tomorrow.

You can donate online at www.karuna.org.au

TO ASSIST IN CARING FOR OUR CLIENTS,
WE NEED YOUR HELP.

Your gift of...

- **\$22,000** will enable us to buy a car to replace an older fleet vehicle for a nurse
- **\$5,500** will provide end of life care for a client
- **\$1,100** provides personal hygiene assistance for a client
- **\$1,000** will buy a laptop, docking station and mouse for one of our nurses
- **\$600** will pay for a kit for one of our nurses
- **\$150** gives the gift of a biography, leaving a lasting legacy for their family
- **\$120** provides one counselling session for someone who has reached out to us for help
- **\$100** will pay for one spiritual care session for someone in end of life care
- **\$50** fuels one of our nurses' cars

If you can help with our wish list, please phone us at **07 3632 8300** or email **community@karuna.org.au**

THESE GIFTS MADE
A DIFFERENCE

Thank you

- Kay for the 2 new cars for our nurses and 2 syringe drivers for our clients
- Denise for our new client bed
- Clare for camera and a wheelchair
- Sue for a wheelchair
- Indooroopilly Golf Club for new nurses' kits and syringe drivers
- John for gel cushions
- Tim Nicholls for 2 new event eskies
- Barbara for art supplies








GIFT IN WILL *anyone can do it*

Leaving a gift in your Will is a meaningful way to make a change in the lives of friends and family diagnosed with terminal illness.

As one of the early pioneers of the community palliative service in Brisbane, we have been providing in-home hospice care for over 27 years.

Your gift will play a vital role in ensuring Karuna continues to improve the lives of future generations with specialist, home-based palliative care. **Your gift will be directed to our core service areas which include:**

-  **Specialist nursing care:** palliative care and compassionate support for people living with terminal illness and their carers.
-  **Essential maintenance of nursing equipment:** repairs and purchase of nurse kits and resources to support client clinical care.
-  **Grief and bereavement support:** essential pre and post death counselling for clients and their families.
-  **Spiritual care:** spiritual support and guidance for people of any denomination faced with the end of life and loss.
-  **Education and training:** Karuna provides specialist education programs for our palliative care support volunteers.

Please contact us on **07 3632 8300** or **community@karuna.org.au** if you would like more information about leaving a gift in your Will to Karuna.

REGULAR GIVING *matters*

I'm a regular donor to Karuna. It is my way to continue to thank (or honour) the wonderful carers that helped my wife, Anne. They helped me also.

From the moment Karuna became our guides through palliative care, the sense of shock or anger, in facing the reality of the end of our time together, somehow calmed and was balanced with a reassuring, rational guidance, filled with incredible compassion and armed with professionalism.

All from Karuna, who cared for Anne were simply wonderful.

Thank you

Bernie

Would you consider becoming a Regular Donor to Karuna like Bernie?

Regular donations provide reliable and sustainable income for Karuna which enables us to plan our care programs. This ensures that we are able to care for more people in our community.

Being a Regular Donor means you are joining a very special group of donors who know that their support will help us to be there for other families when they need us the most.

You can choose the amount and the frequency of your gift and you can change your preferences at any time. If you'd like more information, please call us on **3632 8300** or email **community@karuna.org.au**.

WORDS OF *Wisdom*

From His Holiness
The Dalai Lama



Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease. From the least to the most important event, the affection and respect of others are vital for our happiness.

KARUNA *workshops*

Meditation

Monday Meditation returns on 20 April 2020. Each session begins with a relaxation meditation followed by a Tibetan Buddhist meditation suitable for everyone. Bookings not required. Every Monday 3-4pm at Karuna House.

Spiritual Care With the Dying

Focusing on understanding death and dying from a spiritual perspective, these residential retreats draw from the Tibetan Buddhist tradition and its application to end of life care. The course is intensive and deeply experiential. The more we face and prepare for our own death, the more present we can be with others in preparing for theirs. Presenter: Venerable Tenzin Chödrön. Dates to be confirmed. Please phone 07 3632 8300 or email karuna@karuna.org.au to register your interest.

Good Grief - Living with Loss

Good Grief is a free program for the wider community offering guidance on grief and loss. The program, which is run over two sessions, offers practical suggestions for living with grief, including information on self-care, mindfulness techniques, what grief looks like and how loved ones can help. Dates to be confirmed. Please phone 07 3632 8300 or email karuna@karuna.org.au to register your interest.

Living and Dying with an Open Heart Ven. Robina Courtin

Please join us on Wednesday 26 August for an evening with the very engaging Ven. Robina Courtin. Ven. Robina has been a nun in the Tibetan Buddhist tradition for over 40 years. Her unforgettable teaching style is imbued with wisdom, energy, clarity and compassion and after this presentation you will never look at living and dying in the same way again. Please phone 07 3632 8300 or email karuna@karuna.org.au to register your interest.



Festival of Tibet

Karuna is proudly hosting a talk by His Eminence Ling Rinpoche at the festival this year. Friday 17- Sunday 19 April. Tickets will be available at festivaloftibet.org.au. Hope to see you there.

Memorial Day

Join us at Karuna House for our annual memorial service on Wednesday 5 August 2020. Please phone 07 3632 8300 or email karuna@karuna.org.au to register your interest.

Your donation today will be put to use tomorrow.
You can donate online at www.karuna.org.au