

NEWSLETTER

Message from the CEO

As we enter a new financial year, I wanted to give a heartfelt thanks to you all for supporting Karuna over the past year. We know times are very tough – especially for our patients and their families. Without you, it would be difficult to provide specialised in-home palliative care to those who need our support most – so thank you again for digging deep and giving during these challenging times.

As we enter one of my favourite seasons, Spring, I wanted to share a quote from Thich Nhat Hahn, that makes me think of philanthropy and our wonderful donors. “During Spring, thousands of different types of flowers wake up. Your heart can bloom too. You can let your heart open to the world. Love is possible, don’t be afraid”. Philanthropy is made up of two parts — Greek phil, “loving” and anthrop, “mankind.” It refers to the desire to help people or the actual deeds a person does to benefit mankind. Thank you again for your philanthropy. It is what makes Karuna sustainable and able to continue our mission of providing specialised and personalised palliative care in the home well into the future.

Best wishes,



Tracey Porst
Chief Executive Officer | Karuna Hospice Services

Meet our new

Team Members



Dr. Wendy
Medical Officer



Bec
Clinical Nurse



Sophie
Community Services Manager



Preshni
Communications &
Marketing Manager

A visit from Geshe Tenzin Zopa

We recently had the great pleasure of hosting Geshe Tenzin Zopa here at Karuna. Geshe Zopa is an accomplished teacher and practitioner and an FPMT touring teacher very much in demand around the world. He was in Australia for two months sharing his wisdom and compassion on the “Cultivating Kindness Tour” around the various FPMT centres across the country. He very kindly accepted our invitation to join our staff for afternoon tea whilst he was here in South East Queensland.

Although some staff had met Geshe-la before, there were a number who had not and it was very nice for everyone to share in this special opportunity. He generously offered each staff member a blessing cord and some squares of the holy robes taken from the ancient Buddha statue at Bodhgaya in India, where the Buddha attained the mind of enlightenment.

All of us at Karuna were very grateful that Geshe Zopa was willing to take a little time from his very busy schedule to visit Karuna House and share his thoughts with staff. We would like to thank Geshe-la very much for his generosity and we wish him good health and request that he return to Australia again soon.



DID YOU KNOW?

In addition to providing clinical palliative care, Karuna also provides the following services to patients and their loved ones:

Practical and Social Support: Assisting patients and their families to navigate the health system, connect and organise support services (financial, legal, insurance etc.)

Counselling: Provided by qualified counsellors to assist with any emotional or psychological concerns

Spiritual Support: Karuna's spiritual support is a non-sectarian, non-dogmatic service offered by a Buddhist nun. This spiritual support is inclusive and offers care to everyone.

Grief and Bereavement Support: Helping patients, carers or family members understand and process grief. Our bereavement support continues after the death of a loved one and is tailored to individual experiences of loss and grief.

Thank you to our community supporters

Gilead Sciences

We recently welcomed Gilead Sciences to Karuna, who kindly volunteered their time in our gardens. Their staff spent the morning helping us with some mulching, and did a beautiful job of freshening up the gardens in time for Spring. We want to give a big thank you to the amazing crew who came to help us out.



Swift Storage



Thank you to Swift Storage for partnering with Karuna and providing a car storage space to meet our demands in Caboolture. Louise and Sheridan from Swift Storage recently visited Karuna and enjoyed sharing a morning tea while discussing the growth of this fantastic business. To learn more about their 100% contactless, drive up and hassle-free storage www.swiftstorage.com.au.

Bridge Day

Some of our community fundraisers hosted another beautiful bridge day event to raise funds for Karuna. This group have hosted the bridge day fundraiser for many years and we are grateful for their ongoing support and kindness.



Save the Date!

Quilting Queens Market: Saturday, November 25

The Quilting Queens are back at Brookside Shopping Centre with their beautiful market to honour their sister, who sadly passed away after receiving personalised palliative care through Karuna. Please come along and purchase your quilting gifts for Christmas. They will be set up outside the chemist. All proceeds will be donated to Karuna.

Interested in hosting your own fundraiser for Karuna?

We would love to hear from you! If your community group, school or club would like further information on how to fundraise for Karuna, please email community@karuna.org.au.

National Palliative Care Week

At the end of May we proudly recognised our dedicated team as part of **National Palliative Care Week**.

We have helped thousands of Queenslanders by offering expert clinical and emotional support, so that remaining at home is possible, peaceful and positive for our patients and their loved ones. NPCW highlights the efforts of palliative care workers, like those on our own Karuna team, throughout Australia and also seeks to inform, educate and support communities with information about palliative care.

We were delighted to end the week with a small celebration at Karuna house for staff and supporters.



 gatheredhere
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charity in your will.

Write your free online will today.

 karuna
dedicated holistic support
compassionate care



SCAN ME

Win a beautiful handmade quilt!

We are delighted to be raffling a handmade quilt made by The Quiltsitters. By purchasing a ticket you will help Karuna continue our work in the community. Call us on **(07) 3632 8300** to purchase tickets.



"Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness."

- His Holiness the Dalai Lama