



December 2023 SUMMER NEWSLETTER

Message from the CEO

As 2023 draws to a close, it is a pleasure to welcome you to the Summer edition of the Karuna newsletter.

Throughout the year, community engagement has been a significant priority for Karuna, as we connect with new patients and families in extended regions including Caboolture. This has been led by our Community Services Manager Sophie who recently attended the annual Seniors Forum.

We also continue to work with our existing community groups and new supporters, who have greatly assisted us in raising much needed funds and awareness for our organisation. Supporters such as our dedicated crafting group and the Quilting Queens, who have done a wonderful job of fundraising for Karuna in the community, which you can read about below.

With Christmas only days away, I would like to take the opportunity to thank you for your generosity throughout the year, including the kind words you shared with our frontline teams. We are so grateful to receive this feedback. I wish you and your family the very best during the festive season. Stay safe and we look forward to connecting with you in 2024.

Tracey Porst
CEO, Karuna Hospice Service



Palliative Care in QLD Awards

We are very proud of our Karuna Community Services team for being recognised at the 2023 Palliative Care in Queensland awards. Karuna was nominated for *Outstanding Team/Organisation Delivering Holistic Palliative Care*. Also, clinical nurse Diane, who we featured in our tax appeal earlier this year, was the winner of the *Emerging Leader in Palliative Care* award.

Congratulations Diane, and all of our Karuna nursing and family support staff. Your dedication and compassion for our patients and their families is a beautiful representation of Karuna care.



Memorial Service

Earlier this year, we recognised past patients and families during our Annual Memorial Service at Karuna House. We had a beautiful evening remembering loved ones and we hope that families found comfort in the words shared on the night.

If you would like to view the service, we have now uploaded a video from the night for you to watch. You can access the video by scanning the QR code above.



Leave a gift in memory

With Christmas fast approaching, don't forget that you can commemorate your loved one by placing a bauble in their name on our virtual Christmas tree. It has been very special to see the tree filled with baubles and thoughtful messages. Donating a bauble could make a lovely personal gift to someone who has everything. To donate a bauble, please visit <http://give.karuna.org.au/Christmas>



Caboolture Seniors Forum

Recently our Community Services Manager, Sophie, had the pleasure of presenting at the annual Seniors Forum hosted by The Hon. Mark Ryan MP (State Member for Morayfield). The forum was held at the Caboolture Memorial Hall, providing a great opportunity for Sophie to talk about the programs and services delivered by Karuna and discuss our recent expansion back into the Caboolture region.



Sophie enjoyed connecting with the local community, including supporters, volunteers and former family members.

Your feedback



"Your compassion and loving kindness was so deeply appreciated by Mum and by me. You made it possible for mum to pass on her own terms, at her own time – a gift that I wish could be shared with everyone. Please accept my most sincere and heartfelt thanks."

- Maria

PEPA and IPEPA Partnership

Karuna has proudly partnered with PEPA (Program of Experience in the Palliative Approach) and IPEPA (Indigenous Program of Experience in the Palliative Approach) for the last few years. During this time we have welcomed 10 PEPA participants to Karuna, where they developed skills, knowledge and confidence in caring for people affected by life-limiting illness during placements with Karuna nurses and our patients.

We were pleased to discuss this ongoing partnership with Aurora and Sue from PEPA/IPEPA, when they stopped by Karuna House recently. Thank you to the PEPA/IPEPA team for providing us with a Certificate of Appreciation for our contribution as a PEPA host site.



How to be kind in an unkind world

Sunday 14 January | 10am to 12.30pm | \$20 per person | 27 Cartwright Street, Windsor

Join our Spiritual Care Practitioner, Tsultrim, for a new workshop that explores how we can respond to upsetting news in a way that encourages us to use patience, compassion and wisdom towards people and situations we may find disheartening and distressing.

Tsultrim will include some simple mindfulness and meditation techniques that we can use to help us develop these essential qualities.

Please register by Friday 5 January 2024 via the QR code or email events@karuna.org.au



COMMUNITY CORNER



CRAFTERS HOST SUCCESSFUL MARKETS

A big Karuna THANK YOU to the talented group of ladies who ran two hugely successful Bridge days and a Christmas market for Karuna in 2023.

They sold many beautiful homemade items and raised over \$22,300 for Karuna, across all three of their events. Their dedication and support of Karuna is greatly appreciated.



QUILTING QUEENS ANNUAL STALL

The Quilting Queens, who feature in our Christmas Appeal, hosted their annual stall at Brookside Shopping Centre in November.

It was lovely to see so many people who came out to support the stall and Karuna, plus grab themselves a Christmas bargain. The Quilting Queens had a goal to raise \$10,000 and they outdid themselves by raising a whopping \$13,500.



CELEBRATING CHRISTMAS "EARLY" AT THE CAXTON

Karuna are grateful to have been chosen as the recipient of The Caxton Hotel's "Ridiculously Early Christmas Party" fundraiser. The giant raffle was filled with everything from a Duke Box to football jerseys and, of course, many different types of alcohol.

Thanks to everyone who attended and bought tickets, which resulted in \$7,500 being donated to Karuna.