



Carolyn Rappel, Photo Athol Smith & John Cato studios 1972. Property of The Australian Ballet.

A dancer's life

The Australian Ballet School opened its doors to 23 founding students in 1964 - Carolyn Rappel was one of them.

Carolyn was one of the first graduates of the school and went on to become a Principal Artist with the Australian Ballet.

"She was always so beautiful to watch, even in rehearsals. Every other dancer was so in awe of her dancing ability and whatever role Carolyn was handed, she always fell into the soul of that role," says her friend and Principal Dancer with The Queensland Ballet, Irina Blackmore.

Carolyn toured the world with the Australian Ballet, performing with greats like Dame Margot Fonteyn, Rudolf Nureyev, Garth Welch and Sir Robert Helpmann. She featured in the renowned Australian Ballet film *Don Quixote* and danced on stages in London, Paris and New York. She later performed for the Queensland Ballet.

After retiring from ballet in 1977, she worked at the Queensland Performing Arts Centre (QPAC). It was while working for QPAC that she began to lose muscle strength in her foot. A few years later she was diagnosed with Motor Neurone Disease - for which there is no treatment or cure.

"I was trained to chase perfection; to strive for the most beautiful line or the most harmonious kind of movement. So to feel all of my strength and will diminishing within me was frustrating and depressing," said Carolyn.

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Message from the CEO

We begin 2018 by expressing our overwhelming gratitude to all our donors, volunteers and staff who contributed their time and money to ensure we were able to support and care for 536 clients and their family members in 2017.

I feel honoured to begin this year in the role of Chief Executive Officer, supported by experienced, caring and talented staff.

I've spent the last couple of months consulting with staff and reflecting on our priorities for 2018 and on the value and importance of our role in the community.

The value of in-home palliative care, counselling and bereavement services, and our education programs is difficult to quantify.

There is no doubt that our service relieves pressure on health and hospital systems. But how do we quantify the value of Karuna's compassionate care, which adds to our clients' sense of dignity and the enrichment of their lives prior to death?

In 2018 we plan to communicate the high social value of what we do, in all that we do. We hope to engage and encourage greater support from the community and our partners in the palliative care sector.

We want to be greater advocates for our unique model of care. In so doing, our vision is to grow our service so that the many people who

seek our support may have it.

To support these goals we hope to explore and develop innovative income streams, expand our psychosocial and spiritual support to include art therapy and education for nursing staff in the wider community.

We will, as always, rely on the generous support of donors and volunteers to achieve our goals.

With your help, Karuna will continue to grow while maintaining our excellent reputation for providing holistic in-home palliative care and support for our families so that they have the courage and confidence to face deteriorating illness and loss.

With best wishes for 2018.

Lea-Anne Tuala CEO



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Carolyn contacted Karuna to 'learn how to deal with the devastating changes in my body, my mind and my spirit'. Her husband Peter Roy says Karuna gave her the strength of mind to get through to the end.

"She wanted to die well and with dignity in her own home and Karuna's involvement enabled Carolyn to do that," says Peter.

"Close family were able to come to our home whenever they liked and relax and if Carolyn needed a nap they could simply go and watch TV and wait for her to wake. It meant a lot to her family to have that time."

Karuna cared for Carolyn and supported her spiritually for four years prior to her death in 2010, aged 63. Her daughter Sasha Webb says Karuna's nurses and family support volunteers inspired her to retrain as a registered nurse.

"Their support was so constant and individually tailored to mum. The nurses, counsellors and volunteers were always there for comfort, conversation and medical attention day or night," she says.

"Their dedication was truly inspiring."

Melene's car is on the road

Karuna was thrilled to accept a very generous donation from Melene's family - a new car!

Karuna's team of nurses rely heavily on our fleet of cars to get to and from our clients' homes morning, noon and night.

For three months, a Karuna car would regularly pull up out the front of Melene's house and one of our nurses would visit Melene and offer care and support until her death in November last year from breast cancer.

"Mum was determined to be at home and Karuna helped us right through to the end with medication that actually gave her relief and without Mum having to head out of her home. She had a very comfortable end to her life," says her son Jay.

"We were so impressed by Karuna's outstanding professional service that my siblings and I wanted to give back and what better way to do that than to give Mum's brand new car."

We thank Melene's children - Jay, Toby, Nikita and Stacey - for their very generous donation which will now contribute daily to the care and support of other Karuna families.





Walking the journey

Kelly Oldham cares for children and adults in their last hours, days and weeks before they die, alleviating pain and providing comfort while gently guiding them to a place of acceptance. Many of their stories stay with her.

"I have learnt so much from the families and children I care for, every experience comes with me in my imaginary backpack and helps me to better care for the next family."

"You work out pretty quickly what is important in life when you are caring for someone who is dying - love, compassion and kindness."

Kelly specialises in paediatric palliative care and was instrumental in establishing Queensland's only children's hospice Hummingbird House. She is now training to be a nurse practitioner and works for Karuna and Hummingbird House.

She says caring for children who are dying is rewarding, although sometimes it is a challenging vocation.

"What I love about palliative care, in particular with children, is that they really do appreciate the here and now. To be able to walk gently alongside the families creating special moments is a wonderful job," says Kelly.

Kelly has worked in palliative care for fourteen years. In the early days she was struck by the difference in the experience of children who die in hospital compared with those that are enabled to die at home or in a hospice.

"Sadly, a hospital environment can lack the privacy and individualised care that can be given at a hospice or in the home," she says.

"The more experience I had with palliative care in the hospice, the more I questioned the palliative care practice in the Neonatal Intensive Care Unit (NICU). I wondered why parents did not have the choice to take their baby to the hospice or home so that they could spend their precious last days together in a home like environment."

Kelly developed a neonatal palliative care pathway between the NICU, the hospice and the home in the UK before moving to Australia in 2014. She says Karuna's model of care, which enables children and adults to die at home with their families, empowers families to make choices that suit their own individual circumstances.

"There is a real movement around educating communities and growing resources so that they are able to provide and support the dying within their own community and culture," she said.

"Death should not be a medicalised model of care, it should be holistic and family focused. This should then be backed up by symptom and pain management by community based organisations like Karuna."





In Memory of Julie Lindsay

Julie Lindsay devoted much of her life to helping others as a counsellor, friend and volunteer for various community groups and organisations. Julie is described by her family as a natural healer who 'loved nourishing people' as well as the soil, plants, vegetables and flowers surrounding her home.

Julie also devoted much time to Karuna. She was introduced to Venerable Pende Hawter by Hilary Clarke after they had been trekking in Nepal together. She was a member of the steering committee that established Karuna and continued to work as a Karuna counsellor for many years. Julie died of cancer in December last year, aged 74. Karuna has lost a dear friend and supporter.



Bridge to Brisbane

This year Karuna hopes to bring together a team for Brisbane's iconic Bridge to Brisbane fun run to raise much needed funds for our service. We will be encouraging our supporters to individually fundraise for Karuna. You don't have to run, you can also choose to walk the 5km course. Stay tuned for further information on how you can register and join our team.



Our craft group needs a home!

Do you have space to house our wonderful Karuna Craft Group? They need secure storage for craft supplies and the space to meet weekly. Our Craft Group have lived in the buildings surrounding Karuna for five years but unfortunately the cottage they are now in will be moved to make way for a car park.

Our Craft group works tirelessly all year round to prepare for our Christmas market, our yearly major fundraiser. We need to find them a new home, please call Verena on 3632 8309 if you can help.

Art can heal

Art Therapy is now well recognised as a significant contributor to emotional and mental health well-being. This year we invited Art Therapist and Counsellor Hiromi Ogata to trial art therapy classes to our clients and their families. The response has been very positive. So much so that we are now seeking donations to enable Karuna to employ Hiromi on a part-time basis. If you are interested in donating to this important new addition to our holistic care program please contact Verena on 3632 8309.



Memorial service - remembering our loved ones

Karuna will hold a memorial service to celebrate the lives of those we have lost on Wednesday, 18 April from 10-11.30am. If you would like to, please bring a framed photo of your loved one to place on the memorial table. It will be returned at the end of the service. Please RSVP by Friday 6 April by phoning 3632 8300 or emailing karuna@karuna.org.au with your name and names of those you are remembering.

Thank you

The Ladies' Committee of the Royal Queensland Golf Club has been raising much needed funds for Karuna since 1993. In total they have raised \$50,070 from their Charity Bridge and Golf Days. Last year, they raised \$15,813 for Karuna. Ladies, we are so grateful for your support.





Facing fear

Having counselled many people at the end of life as they face the reality of their own or a loved one's death, Karuna psychologist Sandy Hutchison says fear often causes the greatest suffering.

"While the deterioration of physical health is difficult, it is often the psychosocial and spiritual distress that causes the greatest suffering for clients and their families," says Sandy.

Clients fear being a burden, not knowing what will happen, leaving their loved ones and that they will die in pain. Similarly family members fear loss, separation, the dying process and worry about their ability to provide care for their loved one.

Psychosocial and spiritual support is a vital component of palliative care. Karuna's psychosocial team provides grief and bereavement services for clients and their families, as well as the wider community, while Karuna's spiritual carers provide crucial spiritual support.

"Most people are able to reach some level of acceptance in time. Our job is to walk with them on their journey, reassure them of the normality of their fear and grief, and to support grieving family members to integrate loss into their life," says Sandy.

Bereavement Counsellor Helene Hipp provides support for bereaved family members and contacts them four weeks after the death of their loved one, at six months and then again at twelve months. Family members can also contact any of our counsellors at any time for additional support.

"Reactions to the death of a loved one are as different as each individual. Many want to know if they are grieving 'properly'. Some



worry that if they cry they won't stop, while others are concerned that they are not crying enough or that their grief is visible to others," says Helene.

"Often people just want to talk to someone outside of their family, who may also be coping with their own grief, and our job is to just be a compassionate listener."

Both Sandy and Helene agree that having the option to die at home is an important part of a person's care at the end of life and may have a positive impact for them as well as their family and friends.

"It is always lovely when a family has the opportunity to be together in a positive way at home in the final days or weeks prior to the death of their loved one," says Helene.



AUTUMN NEWSLETTER 2018 - DONATION

I would like to give you a gift that will help Karuna provide essential care to the community.

Title:..... First Name:
Surname:.....
Address.....
.....
Suburb: State: Postcode:
Phone:..... Mobile:
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\$50 \$100 \$250 \$500 or \$ _____

Please tick preferred payment option:

- Cheque/money order payable to "The Karuna Hospice Service Ltd"
- Please charge my credit card for the amount above
- Please deduct the regular amount of \$ _____ each month from my credit card
- Please send me details on making a gift to Karuna in my Will

Mastercard Visa Diners Amex.....

Name on card:.....

Credit Card Number:

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

Expiry Date: ___/___/___ CVC:.....

Signature:.....

Date: ___/___/___

Donations to Karuna of \$2 and over are tax deductible. Our Privacy Policy is available at www.karuna.org.au.

ABN 28 055 211 473

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Windsor QLD 4030
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www.karuna.org.au





Community Workshops

Eight Verses of Thought Transformation

Eight Verses for Training the Mind is one of the most important Buddhist texts from the Lojong (mind training) tradition. His Holiness the Dalai Lama refers to this work as one of the main sources of his own inspiration and includes it in his daily meditations. The goal of mind training is to transform adverse conditions which cause suffering into causes of happiness by using compassion, wisdom and skill.

DATE: Sunday 29 April 2018

TIME: 9.00am-4.30pm

VENUE: Karuna House

COST: \$95pp

PRESENTER: Venerable Lozang Drolkar

Good Grief - Living with Loss

These workshops are free and give guidance to the wider community on grief and loss. They offer practical suggestions for living with grief, including advice on self-care, mindfulness techniques, what grief looks like and how loved ones can help. They are offered in two locations - Bribie Island and at Windsor - and are run over two sessions.

Bribie Island

DATE: Wednesday 23 & 30 May 2018

Brisbane

DATE: Wednesday 12 & 19 September 2018

TIME AND VENUE: TBA **COST:** Free

PRESENTER: Bereavement Counsellor Helene Hipp

Workplace Grief and Loss - Education for Health Professionals

Nurses, health and aged care staff face grief and loss every day at work. Karuna has developed training to enable health workers to better manage workplace grief and loss at individual, team and management levels. This workshop is tailored to individuals who want guidance and information on workplace grief and loss.

DATE: Wednesday 13 June 2018

TIME: 1.00-4.00pm

VENUE: Karuna House

COST: \$99pp

PRESENTER: Bereavement Counsellor Helene Hipp

Spiritual Care with the Dying Retreat: Compassion in Action - Level 1 Retreat

This six day residential retreat, held high in the mountains of Springbrook, focuses on understanding death and dying from a spiritual perspective, drawing 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.

DATE: Thursday 18 - Tuesday 23 October 2018

PRESENTER: Venerable Tenzin Chödrön

The Wisdom of Mindfulness

Mindfulness is a simple, practical and powerful practice to change the way we think and feel about life, work and family. This introduction to mindfulness does not require any previous meditation experience or a Buddhist background.

DATE: Sunday 1 July 2018

TIME: 9.30am-4.30pm

VENUE: Karuna House

COST: \$95pp

PRESENTER: Venerable Carla Pearce

Karuna Book Club

The Karuna Book Club meets the first Wednesday of each month, at 6.30-7.30pm.

Meditation on Mondays

Please join us on Mondays for weekly meditation at Karuna House from 4-5pm. By donation. Bookings not required.



Bookings Essential. Please phone 3632 8300. www.karuna.org.au