

Our Mission is to provide the South West community with excellence in respite and end of life care within a home-like environment; embracing respect and compassion for all people.

Upcoming Events

The Parkinson's Support Group meets on the fourth Friday of each month. The next meeting will be Friday 28 January 2022.

We acknowledge the valuable contribution to Anam Cara, of the following businesses, organisations and community groups:

- Lochie Pty Ltd
- Colac Otway Shire
- Colac Community Enterprises Ltd
- The Honda Foundation
- Department of Health
- The William Angliss Charitable Fund
- FRRR - ANZ Seeds of Renewal
- DHHS Community Shades Grant

**QIC Accredited Organisation
Member of Palliative Care
Victoria Inc (PCV)
Member International
Association for Hospice and
Palliative Care (IAHPC)**

Anam Cara House Colac acknowledges Aboriginal and Torres Strait Islander Peoples as the First Australians and especially the Gulidjan (also known as the Kolakngat) people who occupied the Lake Colac region of Victoria.

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A word from ...

Diane Wright OAM, Founder & President

Greetings to you, our Anam Cara 'soul friends', as this year draws to a close and we prepare to hopefully celebrate Christmas with family and friends.

2021 has been another year of continuing to "hold the ground" at Anam Cara House Colac. Our care team, with the guidance of Karen Eccles our Hospice Manager, has remained focused on our mission, namely to skilfully and compassionately provide respite and end of life care to our regional community. In addition, when our Day Hospice programmes had to be suspended at various times throughout the year, we continued to reach out to those at home, for example with phone and video calls, in order to remain connected and ameliorate isolation. Our care team, guided by Naomi Lettieri, Anam Cara's Community Liaison Nurse and assisted by some of our volunteers have provided this support not only during 2021 but since the onset of the coronavirus pandemic.

Over the past twelve months the community has continued to see Anam Cara House as a safe haven for family inclusive end of life care and as a result we have experienced a steady increase in demand for our care. Consequently, as well as providing short-term respite care throughout the year, it has been our privilege to care for 18 guests on their sacred end of life journey and to provide support to their carers and loved ones.

In this challenging year there has also been many encouraging milestones, including the ongoing support of our valued philanthropic partners the H & L Hecht Trust. Also at our November Annual General Meeting we were delighted to welcome two new Members to our Committee of Management - Maryjane Crabtree and Claire Dagley who respectively bring outstanding legal expertise and clinical experience to our Committee.

The care provided at Anam Cara Colac is possible due to the ongoing support of our local and wider community plus the commitment of our Committee of Management - and the exemplary care provided by our staff and volunteers who work hard to provide our outstanding "home like" specialised care.

We certainly conclude this year on a high, the tenth year since our official opening, having completed our third triennium of Accreditation (provisional) under the Quality Improvement Council Health & Community Service Standards and knowing we are proudly fulfilling our commitment to the South West Community, in the provision of excellence in short-term respite and end of life care.

On behalf of all at Anam Cara House, I thank you for your ongoing support and wish you and your loved ones a blessed and safe New Year.





Soul Friend

Groundsperson/Maintenance Volunteer

We are seeking to add to our Volunteer Team - particularly to assist with our grounds and maintenance. If you have a couple of hours spare each week, or would like more information, please contact Jodie Lemke on 03 5233 8203.

With Thanks to Colac Otway Shire

We are delighted to have completed the upgrade to our courtyard, with thanks to the Colac Otway Shire Community Grants Program. We have installed a new bbq and purchased a larger outdoor setting with plenty of shade coverage provided by our new umbrella. Our guests are thoroughly enjoying this reinvigorated space!



A Blessing for the Senses

May your body be blessed.

May you realize that your body is a faithful and beautiful friend of your soul.

And may you be peaceful and joyful and recognize that your senses are sacred thresholds.

May you realize that holiness is mindful, gazing, feeling, hearing, and touching.

May your senses gather you and bring you home.

May your senses always enable you to celebrate the universe and the mystery and possibilities in your presence here.

May the Eros of the Earth bless you.

- John O'Donohue, from Anam Cara (pp. 105-106)

Website Upgrade

We were very fortunate to receive funding from Acciona (as part of the Mt Gellibrand Wind Farm Sponsorship Program), to upgrade our website. GOOP Digital in Geelong were engaged to re-create the website and we are thrilled with the results! We sincerely thank Acciona and GOOP Digital for their assistance with this project. You can view the website at www.anamcarahousecolac.org.au

Accreditation

This has been a big year for quality and compliance. In February we underwent an assessment process to renew our registration as NDIS service providers and the year ended on a high note with the successful completion (provisional) of our third cycle of accreditation. At Anam Cara House Colac we take Quality Management and Improvement very seriously and always strive to do better for our community.



Greater Digital Connectivity

With thanks to the Gardiner Dairy Foundation, we can now help connect people with their medical and allied health teams with digital technology. An upgrade of our WiFi, 2 digital devices and 3 new Smart TV's means that we have the capability to do telehealth calls, it also means we can connect families with their loved ones at a time when being together is challenged by travel restrictions. Many of our guests have limited access to digital communication tools. Connecting people is an important part of ensuring that our guests receive the highest quality standards of care. It also means we can support good mental health and wellbeing of our guests through the digital world.

Free To Good Home

As we were recently able to upgrade 3 of our tv's, the older ones need to be re-homed. We have 2 x 42 inch Soniq tv's and 1 x 50 inch TCL tv - all with AV, USB and HDMI ports. All were wall-mounted (wall brackets not included) and therefore don't have bases. Each has a remote control. If you would like one, please contact Jodie Lemke on 03 5233 8203.

Find Us

Visit the Website - to find everything you need to know about Anam Cara House Colac www.anamcarahousecolac.org.au

On Facebook - "Like" us on Facebook to keep up with the happenings at the hospice.

Donate - Donations can be made by mail, phone, in person or via our website or Facebook page.

All donations over \$2 are tax deductible. Contact us today to make your donation.



a
place
like
home