

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

SAVE THE DATE

Annual General Meeting &
Ten Year History Book Launch
Monday 8th November 2021
5pm at St Mary's Parish
Gathering Space

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

- **Mt Gellibrand Wind Farm Pty Ltd**
- **NAB Community Grants**
- **Colac Otway Shire Community Grants**
- **Commonwealth Bank Colac**
- **Country Hockey Umpires Inc**
- **Colac Otway Resident's Action Group Inc**

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

Contact Us

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A word from ...

Diane Wright OAM, Founder & President

In our February newsletter our Hospice Manager Karen Eccles wrote about 2021 "bringing a little more normality to life" - however later that same month it was clear that further change and uncertainty was to be the "new normal". This has been verified in our most recent COVID Lockdown. During this time, as during 2020, Anam Cara Colac has continued to provide a high standard of "home-like" respite care and family inclusive end-of-life care to our regional community, with Day Hospice paused but recommenced mid-June. Our Executive Team under Karen and indeed all our staff and volunteers are to be commended on their capacity to respond so compassionately and flexibly in their provision of care during these challenging times - our "new normal".

The last three months have seen us farewell not only three end-of-life guests that we have had the privilege of caring for at Anam Cara House, but also farewelling some outstanding Anam Cara Colac Champions.

The first was Dr Isabel Joy Bear AM, a Foundation Member of Anam Cara Colac and my much loved Aunt who died on 8th April 2021. Joy was a great Champion and benefactor of both Anam Cara Geelong and Colac. Vale Joy



Dr Isabel Joy Bear AM



Frank Costa AO

Then on the 2nd May 2021, the death of Frank Costa AO was another significant loss. Frank graciously accepted my request to be Patron to Anam Cara House Geelong and was also a supporter and benefactor of Anam Cara House Colac. Our sincere condolences have been conveyed to Frank's wife Shirley and their family. A true Champion of many people and organisations, the accordance to Frank of a State Funeral was indicative of the high esteem in which he is held in by the Geelong and wider community. Vale Frank

Our third Colac Champion recently farewelled, was another Frank - Frank Lawrence. A wonderful community man who brought great joy to the lives of others. Vale Frank

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End of Financial Year Donations

As the Financial Year draws to a close, you may be considering making a donation to charity. Donations made to Anam Cara House Colac (over \$2) are tax deductible.

Donations can be made:

- Via www.anamcarahousecolac.org.au
- by credit card - ph 03 5233 8203
- by direct deposit to BSB: 633-000 A/C 128 787 173

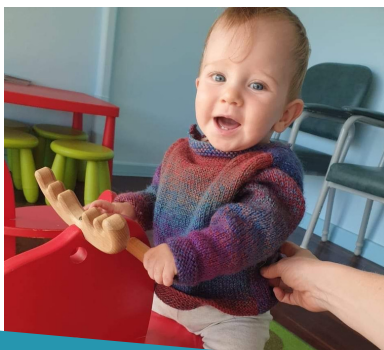
Soul Friend

On a beautiful sunny Autumn afternoon on Sunday 23rd May, we had the honour of welcoming Elizabeth Wood and close family and friends to our hospice, for the Dedication of the Brian Wood Prayer Room. Brian, an inaugural member of our Melbourne Committee and stalwart Champion of Anam Cara Colac was remembered with the unveiling of a portrait and the naming of our Quiet Room in his honour. A very special and happy occasion during which I paid tribute to Brian, saying "Brian was a man of integrity, insight and enormous energy and has been an invaluable advisor and mentor to Anam Cara Colac and to me personally". Always a man of his word, Brian loyally 'stayed the distance' and consistently gave of his time and skills to our community hospice with our best interests always in his heart and on his mind. He was a much loved part of our Anam Cara Colac Family and will be remembered for his generous and selfless contribution to our Hospice.

There has however, also been much cause for joy over the past months, with the arrival or pending arrival of new Grandchildren for some of our Anam Cara House "family" and none more welcomed than Karen Eccles's first Grandchild, Wally.

So, as in all the seasons of life, the past few months have been marked by both joy and sadness, as indeed St Augustine so eloquently said: *"...life enables us to experience that indeed our sorrows, just as much as our joys, are a part of the celebration of all of life. And that life and death in fact kiss each other at every moment of our existence."*

I conclude by wishing each one of you well and saying that we hope to see many of you at our 2021 AGM on Monday 8th November to also feature 10th Anniversary Celebrations, short Re-Dedication Service led by Fr Michael O'Toole and also the Book Launch of "The Anam Cara House Colac Story".



Wally



Michael Stewart & Elizabeth Wood

Volunteer Week Celebrations

On the 21st of May we celebrated Volunteer's Week with a wonderful morning tea and many of our volunteers. Heike Fleischmann, Volunteer Engagement & Capacity Building Manager at Palliative Care Victoria was present and asked each volunteer if they could reflect on their most memorable moments volunteering at Anam Cara Colac. It was so lovely to hear these reflections, with some volunteers remembering interactions with dying guests and others remembering special conversations and friendships that have developed through their volunteering experiences.



Heike Fleischmann (Back row, 3rd from left) pictured with many of our Volunteers

Palliative Care Week Open Day

On 25th May, we hosted a presentation via Zoom, by Andrea Grindrod. Andrea is a research fellow and project manager from the Palliative Care Unit at La Trobe University and she presented on the Healthy End of Life Project that she researched and developed. Thank you Andrea.

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