

Would you like to volunteer?

If you would like to spend a few hours on a weekly basis or on occasions at our hospice unit, we could use your services for attending to the phones, guiding visitors, preparing wound dressings, listening to patients, comforting families, teaching crafts, conducting recreational activities and much more depending on your skills. Additionally, you can help identify patients in need of our services in the community and be a link between patients and the hospice unit.

We guarantee that the time spent here will be very gratifying and meaningful for you. Why don't you give us a call if you would like to put a smile on their faces, even if it is for a few brief moments?

ನೀವು ನಮ್ಮ ಸಹಾಯಕಸ್ತಗಳಾಗಲು ಬಯಸುತ್ತೀರಾ?

ಈ ಸಂಸ್ಥೆಯ ಕಾರ್ಯಕ್ಷಮತೆಯನ್ನು ದ್ವಿಗುಣಗೊಳಿಸಲು ನಮಗೆ ಸ್ವಯಂ ಸೇವಕರ ಅಗತ್ಯವಿದೆ. ನಿಮ್ಮ ಅಮೂಲ್ಯವಾದ ಸಮಯವನ್ನು ಈ ಶಾಮಕ ಆರೈಕೆ ಕೇಂದ್ರದಲ್ಲಿ ಕಳೆಯುವ ಇಚ್ಛೆ ನಿಮಗಿದ್ದಲ್ಲಿ ನಮ್ಮನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು. ನೀವು ಇಲ್ಲಿ ಕಳೆದ ಸಮಯವು ನಿಮಗೆ ತೃಪ್ತಿಯನ್ನು ನೀಡುವುದರಲ್ಲಿ ಸಂದೇಹವೇ ಇಲ್ಲ. ಇಂದೇ ನಮಗೆ ಕರೆ ಮಾಡಿ ನಮ್ಮೆಲ್ಲರೂ ಮಾರಕ ರೋಗಿಗಳ ಮುಖಗಳಲ್ಲಿ ಮುಗುಳ್ಳು ಬರಿಸುವ ಪ್ರಯತ್ನವನ್ನು ಮಾಡಿ.



ಆವೆ ಮರೀಯ ಶಾಮಕ ಆರೈಕೆ

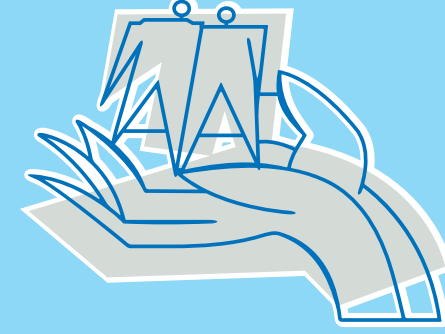
(‘ಸೆಡ್ಸ್’ ನ ಅಂಗ ಸಂಸ್ಥೆ)

ಮಂಗಳ ನಗರ, ಕುಡುಪು ಅಂಚೆ, ವಾಮಂಜೂರು, ಮಂಗಳೂರು – 575 028

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Ave Maria Palliative Care

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Our Motto

When cure is impossible, the possibilities for care are endless

ನಮ್ಮ ಧ್ಯೇಯವಾಕ್ಯ:

“ರೋಗ ನಿವಾರಣೆ ಅಸಾಧ್ಯವೆನಿಸಿದರೂ, ಆರೈಕೆಗೆ ಕೊನೆಯಿಲ್ಲ”

Our Goals

- ✧ Offering holistic comfort care to patients with incurable, life-limiting conditions and providing relief from distressing symptoms.
- ✧ Training compassionate caregivers for in-home care of the terminally ill.
- ✧ Empowering patients' families with short-term training in caring for patients in their own homes.
- ✧ Enhancing community awareness on cancer and other debilitating conditions.
- ✧ Facilitating internships and international exchange programs.
- ✧ Educating professionals by conducting training programs on end-of-life care.

ನಮ್ಮ ಉದ್ದೇಶಗಳು :

- ✧ ಜೀವನ ಮಿತಿಗೊಳಿಸುವ ಹಾಗೂ ಗುಣವಾಗದ ರೋಗಗಳಿಂದ ಬಳಲುವ ವ್ಯಕ್ತಿಗಳಿಗೆ ನೆಮ್ಮದಿಯುಕ್ತ ಸರ್ವತೋಮುಖ ಆರೈಕೆ ಮತ್ತು ರೋಗ ಲಕ್ಷಣಗಳ ಪರಿಹಾರ ನೀಡುವುದು.
- ✧ ಮನೆಯಲ್ಲಿಯೇ ರೋಗಿಗಳ ಆರೈಕೆ ಮಾಡುವುದಕ್ಕಾಗಿ ಅನುಕಂಪವುಳ್ಳ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರನ್ನು ತರಬೇತಿಗೊಳಿಸುವುದು.
- ✧ ಮನೆಯಲ್ಲಿ ರೋಗಿಗಳ ಆರೈಕೆ ಮಾಡುವ ಸಲುವಾಗಿ ಅಲ್ಪಕಾಲಿಕ ತರಬೇತಿಯನ್ನು ನೀಡಿ ರೋಗಿಗಳ ಪರಿವಾರವನ್ನು ಸಿದ್ಧಗೊಳಿಸುವುದು.
- ✧ ಅರ್ಜುನ್(ಕ್ಯಾನ್ಸರ್) ಹಾಗೂ ಇತರ ಮಾರಾಣಾಂತಿಕ ಕಾಯಿಲೆಗಳ ಬಗ್ಗೆ ಸಾಮಾಜಿಕ ಜಾಗೃತಿಯನ್ನು ಮೂಡಿಸುವುದು.
- ✧ ಆಪ್ತಸೇವೆ ಹಾಗೂ ಅಂತರಾಷ್ಟ್ರೀಯ ವಿದ್ಯಾರ್ಥಿ ವಿನಿಮಯ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳುವುದು.
- ✧ ಜೀವನಾಂತಿಕ ಆರೈಕೆಯ ವಿಷಯದಲ್ಲಿ ಶೈಕ್ಷಣಿಕ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಏರ್ಪಡಿಸುವುದು.

Our Accomplishments

- ✧ 8 years of in-patient care
- ✧ 7 years of Health Assistants' Training
- ✧ 6 years of Home Care
- ✧ 46 Internships (6 international)
- ✧ 484 lives touched

ನಮ್ಮ ಸಾಧನೆಗಳು :

- ✧ 8 ವರುಷಗಳ ಒಳರೋಗಿಗಳ ಸೇವೆ
- ✧ 7 ವರುಷಗಳಿಂದೀಚಿಗಿನ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರ ತರಬೇತಿ
- ✧ 6 ವರುಷಗಳ ಮನೆ - ಸುಶ್ರೂಷೆ ಸೇವೆ
- ✧ 46 ಆಪ್ತಸೇವೆ ಅವಕಾಶಗಳು (6 ಅಂತರಾಷ್ಟ್ರೀಯ)
- ✧ 484 ಬದುಕು ಸ್ಪರ್ಶ

Straight from the heart.....

Dear friends of Ave Maria,

It gives us an immense sense of satisfaction to present to you our eighth annual newsletter showcasing the activities from April 1, 2016 to March 31, 2017 and an overview of our receipts and payments for the last financial year ending 31st March, 2017. Established as a unit of Centre for Development, Studies and Education (Regd.) in the year 2008, we have come a long way from very humble beginnings. Our doors continue to be open to all who need us irrespective of gender, age, religion and socio-economic status.

Being of service to those who are battling advanced terminal illnesses has truly been a humbling experience. When someone gets a death sentence and the days are numbered, when hope becomes bleak and spirit gets weak, every second, every minute and every hour of every day becomes invaluable. Our compassionate and ever so competent team of doctors, nurses, health assistants, social worker, chaplain, facility supervisor, kitchen staff, housekeeping staff, and the ambulance driver join hands in caring for the body, the mind and the spirit- be it in managing pain, dressing the wounds, assuaging emotional distress, comforting loved ones or offering spiritual support. In addition to providing round the clock care at the hospice unit, we have been able to reach out to patients in the community by offering in-home care through our 'Palliative Care on Wheels' programme.

We acknowledge with gratitude the selfless service rendered by scores of volunteers who help us in multiple capacities- accounting, medical intervention, teaching health assistants or just being there whenever we need them. It is our earnest prayer that the dearly departed souls of those patients who have left for their heavenly abode find the peace and rest that they truly deserve. While empathizing with the loved ones in their grief and sorrow, we thank them for entrusting their beloved members to our care. We salute the families of those patients who have cared enough to consider eye donations thus lighting up the lives of many and those who have donated the bodies of their loved ones to medical colleges.

We remain truly indebted to Divine Providence for strengthening our hearts and minds in our quest of providing quality care. We appreciate all our big hearted donors- individuals and organizations for supporting us throughout the year. It is because of your never-ending generosity manifested both in cash and in kind we are able to offer our services free of cost to people of all walks of life.

On behalf of Team Ave Maria,

-Dr. Lavina Noronha



In-patient hospice unit:

Between April 1st, 2016 and March 31st, 2017, we have cared for 96 patients with advanced terminal illness out of which 52 have been male and 44 have been female. Four patients benefited from our home care service. Of the 92 patients who received personalized care at our hospice unit, 76 have breathed their last with dignity and free from pain. Of the total number of patients served, 58 had cancer diagnoses and 34 had terminal but non-cancer diagnoses.

ಒಳರೋಗಿಗಳ ಘಟಕ :

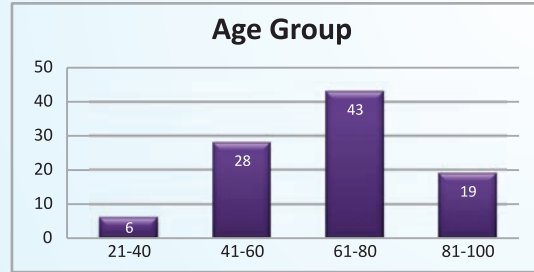
ಕಳೆದ ಏಪ್ರಿಲ್ 1, 2016ರಿಂದ ಮಾರ್ಚ್ 30, 2017ರವರೆಗೆ 96 ಮಾರಣಾಂತಿಕ ರೋಗಿಗಳ (52 ಮಹನೀಯರು ಮತ್ತು 44 ಮಹಿಳೆಯರು) ಆರೈಕೆ ಮಾಡಲಾಗಿದೆ. ನಾಲ್ಕು ರೋಗಿಗಳಿಗೆ ಮನೆ - ಸುಶ್ರೂಷೆ ಸೇವೆ ನೀಡಲಾಗಿತ್ತು. ಆರೈಕೆ ಕೇಂದ್ರದಲ್ಲಿ ಸೇವೆಯನ್ನು ಪಡೆದ 92 ರೋಗಿಗಳಲ್ಲಿ 76 ರೋಗಿಗಳು ನೋವಿಲ್ಲದೆ ಕೊನೆಯುಸಿರೆಳೆದಿದ್ದಾರೆ. ಇವರಲ್ಲಿ 58 ಮಂದಿ ಅರ್ಜಿ ರೋಗಿ ಪೀಡಿತರು ಹಾಗೂ 34 ಮಂದಿ ಮಾರಣಾಂತಿಕ ಆದರೆ ಅರ್ಜಿರಹಿತ ರೋಗಿಗಳಾಗಿದ್ದರು.

The following tables depict the distribution of patients by religion and gender:

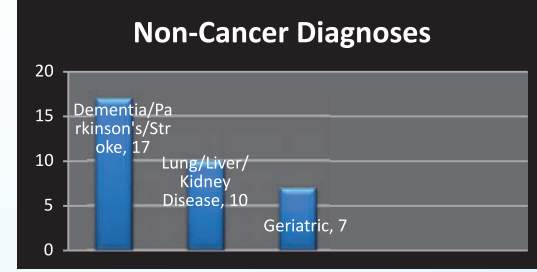
Religion	No. of Patients
Christian	47
Hindu	48
Muslim	1

Gender	No. of Patients
Male	52
Female	44

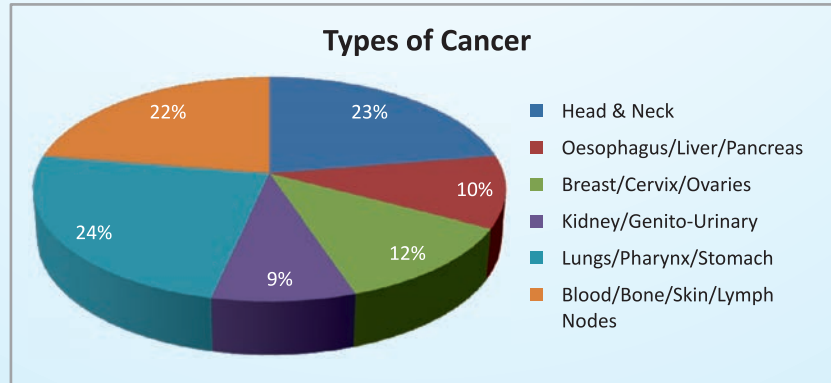
The bar diagram below shows the age group of our patients :



The total number of non-cancer patients served between 1/04/2016 and 31/03/2017 are depicted in the chart below :



The following pie-chart provides a bird's eye view of different types of cancer patients served :



Training Health Assistants

We have been training young women from rural and low-income groups for the past seven years in patient care. This one year course encompasses basic nursing skills, wound care, housekeeping, nutrition, feeding, bathing and grooming of end-stage patients. During the tenure of their training, the trainees are provided free board, accommodation and uniforms at the hospice unit and, a stipend of Rs. 2,000/- per month for the first six months and Rs. 3,000/- per month from the seventh month.



Once trained, the Health Assistants are either absorbed at the hospice unit or are deployed as caregivers to families who need assistance. In addition to elevating their standard of living, this training has helped many young women to reach out in compassion and also have a rewarding career.

The Twelfth batch of training is scheduled to commence on 8 January, 2018. Women aged 18-35 years with a minimum qualification of IX standard and an interest in patient care are eligible to apply. Kindly contact us for more information.

ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರ ತರಬೇತಿ

ಕಳೆದ ಆರು ವರುಷಗಳಿಂದ ನಾವು ಗ್ರಾಮೀಣ ಹಾಗೂ ಅರ್ಥಿಕವಾಗಿ ದುರ್ಬಲ ವರ್ಗದ ಮಹಿಳೆಯರಿಗೆ ರೋಗಿಗಳ ಸುಶ್ರೂಷೆಯಲ್ಲಿ ತರಬೇತಿ ನೀಡುತ್ತಾ ಇದ್ದೇವೆ. ಒಂದು ವರುಷ ಅವಧಿಯ ಈ ತರಬೇತಿಯು ರೋಗಿಗಳ ಸರ್ವತೋಮುಖ ಆರೈಕೆ - ಗಾಯದ ಸುಶ್ರೂಷೆ, ಶುಚಿತ್ವ, ಪೌಷ್ಟಿಕತೆ, ಮೋಷಣೆ, ಸ್ನಾನ ಹಾಗೂ ರೋಗಲಕ್ಷಣಗಳ ನಿರ್ವಹಣೆಯನ್ನು ಒಳಗೊಂಡಿದೆ. ತರಬೇತಿಯ ಅವಧಿಯಲ್ಲಿ ತರಬೇತುದಾರರಿಗೆ ಉಚಿತ ಊಟ, ವಸತಿ, ಸಮವಸ್ತ್ರ ಹಾಗೂ ಮೊದಲ 6 ತಿಂಗಳು ರೂ. 2,000/- ಮಾಸಿಕ ವಿದ್ಯಾರ್ಥಿವೇತನ 7ನೇ ತಿಂಗಳ ನಂತರ ರೂ. 3,000/- ವಿದ್ಯಾರ್ಥಿವೇತನವನ್ನು ನೀಡಲಾಗುವುದು.

ತರಬೇತಿ ಪೂರೈಸಿದ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರಿಗೆ, ಆಸಕ್ತಿ ಇದ್ದಲ್ಲಿ ಶಾಮಕ ಆರೈಕೆ ಕೇಂದ್ರದಲ್ಲಿ ಅಥವಾ ರೋಗಿಗಳ ಮನೆಗಳಲ್ಲಿ ಸುಶ್ರೂಷೆ ನೀಡಲು ನೇಮಿಸಲಾಗುವುದು. ಈ ತರಬೇತಿಯು ಅನೇಕ ಮಹಿಳೆಯರ ಆರ್ಥಿಕ ಸ್ಥಿತಿಯ ಸುಧಾರಣೆಗೆ ಕಾರಣವಾಗಿದೆ ಮಾತ್ರವಲ್ಲದೆ ಪ್ರತಿಫಲಯುಕ್ತ ಉದ್ಯೋಗಾವಕಾಶಗಳನ್ನೂ ಕಲ್ಪಿಸಿದೆ.

ಮುಂದಿನ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರ ತರಬೇತಿಯು ಜನವರಿ 8, 2018ರಂದು ಆರಂಭಗೊಳ್ಳುವುದು. ಕನಿಷ್ಠ 9ನೇ ತರಗತಿ ತೇರ್ಗಡೆ ಹೊಂದಿದ, ರೋಗಿಗಳ ಸೇವೆ ಮಾಡಲು ಆಸಕ್ತಿಯುಳ್ಳ 18ರಿಂದ 35 ವಯೋಮಿತಿಯ ಮಹಿಳೆಯರು ಅರ್ಜಿ ಸಲ್ಲಿಸಬಹುದು. ಅಧಿಕ ಮಾಹಿತಿಗಾಗಿ ನಮ್ಮನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು.

A FRUITFUL EXPERIENCE....

“To share Joy is to share Love, to share Love is to know God

To know God is to do Good, To do Good is to spread happiness with whom we live”

Yes. With this in mind we, the novices of Ursuline Franciscan Congregation of Mangalore Province marched forth to Ave Maria Palliative Care to share our goodness and to spread the happiness amidst this suffering humanity. It was the first and a very enriching experience of our lives. In the beginning we were hesitant, confused and afraid to witness the suffering of patients but as the days passed we mustered courage to understand and respond to their pain. Thus we became part of the Ave Maria Family.

“We cannot do great things on this earth, only small things with great love”. With this thought we rendered our service with love, through our tiny deeds, kind words, gentle touch and moreover through our prayerful support. In every patient we observed cheerfulness despite their pain, spirit of endurance, acceptance and faith in God, being positive at the last stages of their lives and the beautiful smile on their faces, all these inspired us to march forth in our religious life with the challenging spirit and to accept the realities of life.

Gratitude unlocks the fullness of life. It turns what we have into enough and more. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. We remain grateful to Dr. Lavina and the staff for providing us an opportunity to have a rich and memorable experience over here. We thank you for your love, support, encouragement, friendly nature and for accepting us as your own sisters. Also, we were deeply moved and motivated by the love, concern that you show to persons under your care. In return, we ask God's numerous blessings on you and on this Institute. May He always keep you healthy, help you to continue His mission and bless all those people who come over here. Once again, a 'big thank you.'

Silviya, Shilpa, Renita, Reena, Pavithra, Metilda and Joylin

Ursuline Novices, Mangalore Province



Celebrations at Ave Maria

This financial year we celebrated Independence Day, Harvest Feast, Deepavali and Christmas with our patients and their families.



When my doctor told me I have lung cancer

Of course, many thoughts flood the mind. The first thought that comes to mind is “how long do I have to live?” This question only remains a thought as I never had the courage to ask nor did I really want to know.

Like most people, I was well aware that Cancer is lurking around every corner of our lives, but again like nearly everybody else I was so sure that “it will not happen to me.” But when it did happen, the big question was “**Now what?**”

Even before the treatment started, most of my friends and extended family suddenly became the 'experts' in the field of cancer treatment and cure. I would get calls with suggestions, home remedies, forwards from all sorts of experts and of course I would hate to open What's app because there would be a ton of forwards and almost every one happens to know the best Oncologist, so they highly recommend I go for a second opinion. The worst part about all this was that the people who wanted to show their care and concern were actually creating a lot of confusion, uncertainty and fear in my mind.

A new day.....a new beginning.

The day of my first chemotherapy, I woke up very early. Actually I am not sure if I slept at all. My thoughts were on how to face this “monster” called Chemotherapy. I had heard so much from friends and others about the hardships and pain that goes along with this treatment. When the IV line was inserted and the infusion started, I was so excited, nervous and scared. “What is going to happen now? When will I start feeling dizzy? When will the vomiting start? To my surprise it was just like any other infusion and none of the side effects mentioned by my highly experienced friends set in. Yes, there were some effects but thanks to modern medicine which has been tested and tried, the whole process was very manageable.

Going home a day after the infusion there was a whole new feeling and meaning to life. The uncertainty and fear was higher than before. The same question.....how long do I have? The days went by and it was time for the next infusion.....and the nextand the next, and as we have heard many times before, time is a great healer. As time went by, my mind started to accept the things I couldn't change. I realized that there is nothing I could do to change anything. I did the easiest and time tested and proven thing. I thought to myself that nearly every day since childhood, I have said Our Lord's prayer- “The Our Father.” I now came to a point when I should put my prayers to practical life and tell God, “**Your will be done.**” From that day, my battle has been easier as I have left it to the will of The Father. I found solace in the fact that there are people suffering more than I am with many other ailments and trials and tribulations of life.

Death is not caused by Cancer alone. We see so many deaths due to different reasons. I accepted that I am not the only one with an ailment. I had two choices. First choice would be being miserable and getting into the '**why me?.... kind of self pity** mode or the second would be to face reality head on, lift up my head and say to myself every morning.....I will fight. I will set an example that my frame of mind will be my best medicine.

Have I suffered alone? It would be selfish to say 'yes.' My family has been my strength- my wife and children, my parents, brother, sisters and their families. They are the motivation for this fight to go on.

They have suffered too.

How do you deal with a person fighting Cancer?

Please note that we do not want your pity. Just be normal as you would with any other person. What usually happens is that when a person fighting Cancer is going about his life, people tend to talk in hushed tones about him/her to such an extent that it makes it very uncomfortable. Every time we are told “don't worry, God will take care of you, I am praying for you.” Yes we need your prayers but we don't need to be reminded each time we meet that you are praying for us. What do you expect us to tell you?

Cancer is not a death sentence.

There are so many among us who have fought and won this battle. Talk to your Oncologist to clarify any doubts. Don't Google for everything as Google does not know you the way your doctor knows you. Each person is different and we all need to be addressed and taken care of differently. Don't stop your prescribed medicines unless told by the Oncologist just because your friend told you that modern medicine is money making and there are alternates to Allopathic medicines.

Life is very beautiful. Yes it is tough and has a lot of challenges and as we know it, life is not fair to all. But it is worth the challenge. Don't let the fear of death stop you from living. Death is a part of every life. Remember that Cancer is not the only cause of death.

It has been three years since I started this journey of “a new day and a new beginning.” There is so much good around us but we don't see it. There is so much fear within us and we live with this fear without trying to understand the reason or fight it.

For every person fighting Cancer or any other life threatening ailment.....**THERE IS ALWAYS HOPE.**

Mr. Selwyn Crasto
Volunteer



Helping hands from Yenepoya University

College of Physiotherapy, Yenepoya University, Deralakatte has been providing physiotherapy to our patients for the past one year. We are grateful to the team of students and the professors who accompany them to guide them every Thursday.



Celebrating Patients' Lives



Cancer Awareness

Our efforts at creating awareness on cancer are ongoing. A team of oncologists and other experts from a variety of specialties are available for interactive sessions on causes, prevention, early detection, treatment and palliation of cancer. These awareness programs are conducted free of cost. If you would like to organize a programme in your locality, please contact us for more information. Come, join hands with us in the battle against cancer, won't you?



We Salute our Eye Donors!

It has been estimated that in India, there are approximately 11 lakh people who are blind waiting for corneal transplantation. One person's donation can give sight to two people who are deprived of eyesight. The families of following persons have been very thoughtful and benevolent in donating the eyes of their deceased members despite their grief.

Late Mr. Philip Rodrigues	Late Mr. Rajashekhar
Late Mr. Joseph (Charles) Lobo	Late Mrs. Violet Pereira
Late Mr. Louis Cutinho	Late Ms. Agnes D'Souza
Late Mr. Godwin Salins	Late Mrs. Pramila Fernandes
Late Mr. Thomas Danthis	Late Dr. Mohit Chirodian
Late Mr. Radhakrishna N. Shenai	Late Mr. Anand
Late Mr. Paul D'Souza	Late Mrs. Tharavathi
Late Mr. Peter Sequeira	Late Mr. Rama Devadiga
Late Mr. Michael Miranda	Late Mrs. Varija
Late Mrs. Suketha	Late Mr. Lancy Fernandes
Late Mr. David Madtha	Late Mr. Marcel D'Souza

44 persons have been able to see the light of day because of your compassionate gesture. Thank you!!!

ಶರೀರದಾನ:

ಮರಣದ ಬಳಿಕ ಸುಟ್ಟು ಬೂದಿಯಾಗಿಯೋ ಅಥವಾ ಮಣ್ಣಿನಲ್ಲಿ ಕೂಳೆತು ಹೋಗಿಯೋ ನಿಷ್ಪ್ರಯೋಜಕವಾಗುವಂತಹ ನಶ್ವರವಾದ ಶರೀರವನ್ನು ವೈದ್ಯಕೀಯ ವಿದ್ಯಾರ್ಥಿಗಳ ಪ್ರಯೋಗಕ್ಕಾಗಿ ದಾನಮಾಡುವುದು ಶ್ಲಾಘನೀಯ. ಈ ಪ್ರಪಂಚದಲ್ಲಿ ದೇವರು ಸೃಷ್ಟಿಸಿ, ಜೀವದಾನ ನೀಡಿದ್ದರ ಋಣ ತೀರಿಸುವುದಕ್ಕೆ ಇದೊಂದು ಸದಾವಕಾಶ.

ನಮ್ಮ ಸಂಸ್ಥೆಯಲ್ಲಿ ಮರಣ ಹೊಂದಿದ ಈ ಕೆಳಗಿನ ರೋಗಿಗಳ ಶರೀರಗಳನ್ನು ಅವರ ಪ್ರೀತಿಪಾತ್ರರು ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣಕ್ಕಾಗಿ ದಾನವಾಗಿ ನೀಡಿದ್ದಾರೆ. ತಮ್ಮ ಮನೆಯವರ ಅಗಲುವಿಕೆಯ ನೋವಿನಲ್ಲಿದ್ದಾಗಲೂ ಇತರರ ಅಗತ್ಯಗಳಿಗೆ ಸ್ಪಂದಿಸುವ ಈ ಕೃತ್ಯವೂ ನಿಜಕ್ಕೂ ಅಭಿನಂದನಾರ್ಹ. ಅವರಿಗೆ ನಮ್ಮ ತುಂಬು ಹೃದಯದ ಕೃತಜ್ಞತೆಯನ್ನು ಸಲ್ಲಿಸುತ್ತೇವೆ.

ದಿ. ಶ್ರೀ. ಜೊಸೆಫ್ (ಚಾರ್ಲ್ಸ್) ಲೋಬೊ	ದಿ. ಶ್ರೀಮತಿ. ವ್ಯಾಲೆಟ್ ಪಿರೇರ
Late Mr. Joseph (Charles) Lobo	Late Mrs. Violet Pereira
ದಿ. ಕುಮಾರಿ ಕ್ಲೆಟಿಲ್ಡಾ ಡಿ'ಲೇಮಾ	ದಿ. ಡಾ ಮೋಹಿತ್ ಚಿರೋಡಿಯನ್
Late Ms. Clotilda D'Lima	Late Dr. Mohit Chirodian
ದಿ. ಶ್ರೀ. ಆನಂದ್	ದಿ. ಶ್ರೀಮತಿ. ತಾರಾವತಿ
Late Mr. Anand	Late Mrs. Tharavathi
ದಿ. ಶ್ರೀ. ಗುರುದತ್ತ್ ಎ. ಸುಜೀರ್	
Late Mr. Gurudutt A. Sujir	

We try to care for those who care!

End-of-life care comes with its share of challenges for the staff which often leads to care-giver stress and emotional burn-out. We make every effort to strengthen their minds and boost their spirits by organizing training, recreation, picnics, birthday celebrations, and a host of other team-building activities.



In appreciation.....

"I have always admired the great work that your team is doing for the patients at Ave Maria. May God grant you the best of health to continue to do your good work. We cannot be there with you physically to help you out. Hence we thought it befitting to help you in a small way with our contribution. May the lamp of love keep burning in your hearts always and may people of good will continue to be oil twigs to help you in doing so. Our sincere love and affection will always be your strength."

Ms. Eulalia D'Souza
Proprietor, Lia Travels



Donation of an Oxygen Concentrator from Corp Kiran, An Association of Wives of Senior Executives of Corporation Bank.

If you would like to make a donation, kindly use the details below:

Cheques may be drawn in favour of CDSE-Ave Maria and sent to:

Ave Maria Palliative Care

Mangala Nagara, Kudupu Post
Vamanjoor, Mangalore- 575 028

Details for direct electronic transfer to our bank account:

Account Name: **CDSE-Ave Maria**

SB A/C # 0966219 1005540 IFSC Code: ORBC 0100966

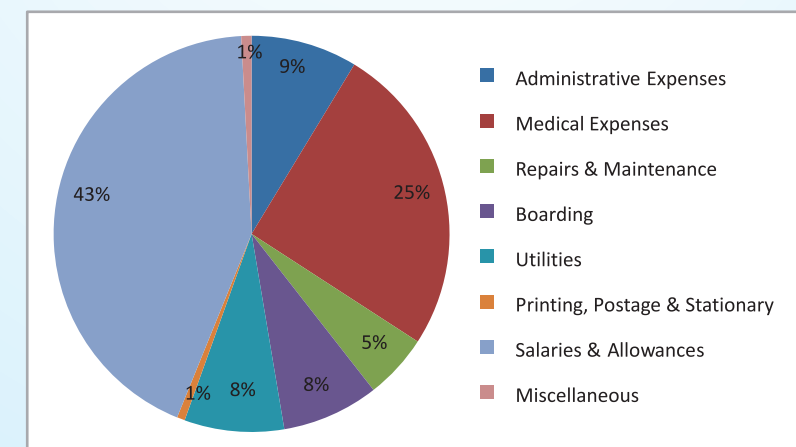
Oriental Bank of Commerce, St. Joseph's Engineering College, Vamanjoor, Mangalore- 575 028

Please Note: If you are making a direct transfer to our bank account, kindly e-mail us at ampalliativecare@yahoo.com and let us know your name and address so that we can mail you a receipt and acknowledge your contribution.

All donations to Ave Maria are tax-exempt under 80 G of IT 1961.

Where did your contributions go?

The pie-chart below provides a glimpse into how we spent your benevolent contributions in the year 2016-2017.



Palliative Care on Wheels

Team Ave Maria has been serving patients living within a 10 kilometer radius in the comforts of their homes. The team visits homes of patients with terminal illness and offers holistic care- pain management, wound care, symptom control, and psycho-social support as needed. Additionally, family caregivers are trained in providing quality care to their loved ones. This financial year 4 patients and their families received palliative care on wheels. If you would like to avail this service, kindly get in touch with us on 7022620186.

ಚಲಿಸುವ ಶಾಮಕ ಆರೈಕೆ:

ಮಾರಣಾಂತಿಕ ರೋಗಿಗಳಿಗೆ ಮನೆಯಲ್ಲಿಯೇ ಆರೈಕೆಯನ್ನು ನೀಡಲು ಹಾಗೂ ರೋಗಿಯ ಸಂಭಂದಿಕರನ್ನು ತರಬೇತಿಗೊಳಿಸಲು ಅವೆ ಮರಿಯ ತಂಡ ತಯಾರಾಗಿದೆ. ರೋಗಿಗಳ ಮನೆಗೆ ಭೇಟಿನೀಡಿ ನೋವು ನಿವಾರಣೆ, ಗಾಯದ ಸುಶ್ರೂಷೆ, ರೋಗ ಲಕ್ಷಣಗಳ ನಿರ್ವಹಣೆ ಹಾಗೂ ಅಗತ್ಯವಿದ್ದಲ್ಲಿ ಮನೋಸಮಾಜಕ ಬೆಂಬಲ ನೀಡಲಾಗುವುದು. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ದೂರವಾಣಿ ಸಂಖ್ಯೆ 7022620186ಗೆ ಸಂಪರ್ಕಿಸಿ.



Ave Maria Wish List

The following items are on our wish list for the next financial year. If you would like to sponsor an item/items from the list below, kindly contact us.

Sl. No.	Product	Cost	No. Required	Total Price
1.	Fumigation Machine	20,500.00	1	20,500.00
2.	Wheel Chair (Powder Coated)	4,900.00	2	9,800.00
3.	Paper Shredder	8,000.00	1	8,000.00
4.	Waterbed	2,500.00	6	15,000.00
5.	Steel cupboard	8,000.00	6	48,000.00
6.	Flask	1,750.00	6	10,500.00
7.	Television Set	8,000.00	2	14,000.00
8.	Insect Lamp	3,500.00	1	3,500.00

ಫಲಾನುಭವಿಗಳ ಅನಿಸಿಕೆಗಳು

“ನಮ್ಮ ಪ್ರೀತಿ ಪಾತ್ರರು ಮೃತಪಟ್ಟ ನಂತರ ನಮಗೆ ಅಂಬುಲೆನ್ಸ್‌ನ್ನು ಒದಗಿಸಿ ಪಾರ್ಥಿವ ಶರೀರವನ್ನು ಮನೆಗೆ ತರಲು ಅನುಕೂಲ ಮಾಡಿ ಕೊಟ್ಟರು.”

“ನಿಜವಾಗಿಯೂ ಈ ಸಂಸ್ಥೆ ದೇವಾಲಯವಿದ್ದಂತೆ. ನಮ್ಮ ಅಮ್ಮನನ್ನು ಬಹಳ ಚೆನ್ನಾಗಿ ನೋಡಿಕೊಂಡಿದ್ದಕ್ಕೆ ಹಾಗೂ ಅವರು ನೋವಿಲ್ಲದೆ ಸಮಧಾನದಲ್ಲಿ ಪ್ರಾಣ ಬಿಡಲು ಅವಕಾಶ ಮಾಡಿದಕ್ಕೆ ಧನ್ಯವಾದಗಳು. ನಿಮ್ಮ ಸಂಸ್ಥೆ ಇನ್ನೂ ಹೆಚ್ಚಿನ ಅಭಿವೃದ್ಧಿ ಸಾಗಿಸಲಿ.”

“ಶೃದ್ಧಿಯಿಂದ ಮತ್ತು ರೋಗಿಗಳ ಮೇಲಿನ ಕರುಣೆಯಿಂದ ಮಾಡಿದ ಸೇವೆಗೆ ಕೃತಜ್ಞತೆಯನ್ನು ಸಲ್ಲಿಸಲು ಬಯಸುತ್ತೇವೆ.”

Being part of the team

“Great indeed are your works O' Lord.” To find oneself one must lose oneself in the service of others. So, here I am to pen down my experience of service at Ave Maria Palliative Care. When I first joined this hospice, working with the terminally ill patients was a challenge for me but as the days passed by everything went on well since I always had the desire to take care of cancer patients.

I have completed one and a half years of service here. This hospice provides complete quality, loving care and a quiet, peaceful resting place to all the end-stage patients without any discrimination. The staff gives its best while taking care of patients and working with the team here gives me a sense of joy and satisfaction.

At Ave Maria, we provide the best of nursing care and compassionate service to the patients admitted here. We work as a team and support each other in carrying out our duty. God has blessed me abundantly in my life. So I raise my heart in gratitude to thank the Director and the Management for giving me an opportunity to work in this beautiful place and I pray God's choicest blessings on everyone.

Michelle D' Souza,
Staff Nurse



Welcoming New Staff



World Hospice and Palliative Care Day

World hospice and palliative care day was celebrated on October 9th, 2016 on Ave Maria hospice premises. Mr. Mohammad Nazeer, the Commissioner of Mangaluru City Corporation was the chief guest on the occasion. Prof. Rita Noronha welcomed the gathering. The loved-ones of deceased patients took part in a solemn candle-light vigil which proved to be a sentimental yet meaningful way of remembering the dearly departed. All the helping hands of Ave Maria – the donors and the volunteers were recognized and felicitated with a small token of appreciation. Fr. Joe Tauro, OCD proposed a vote of thanks. The program was compeered by Mrs. Judith D'Silva.



And some of the students who visited our hospice said....

"We are very glad indeed that we got an opportunity to visit this heaven on earth for cancer patients. We appreciate your dedication in helping people towards a peaceful journey towards death."

- Students of Alva's Ayurveda Medical College, Moodbidri.

"We are incredibly touched by the work you are doing here every single day. Thank you for helping so many people in this important stage in their lives, both clients and the families."

- M.Sc Global Health Students, The Netherlands

"It was a wonderful experience coming here. We learnt there's much more to life than medicine- how to smile and how to be happy even in times of trials. We are indeed inspired by the service you render to society and we promise to do the same."

- Students of Father Muller Medical College

"The peaceful atmosphere and the care that you are providing is truly appreciable. The cleanliness of the surroundings and compassionate service to patients is very noteworthy."

- Students of City College of Nursing



A big thank you to OUR HELPING HANDS- Our volunteers!

- ◆ Dr. Jessica Serrao, our medical officer for catering to the medical needs of our patients and for guiding our nursing staff.
- ◆ Mr. Aloysius D' Silva, our volunteer accounts officer whose meticulous attention to detail helps us maintain accuracy and transparency with our receipts and payments.
- ◆ Mrs. Nelly Colaco for training our Health Assistants in nursing skills and Mr. Selwyn Crasto for teaching them English.
- ◆ Fr. Barnabas Monis OCD, our Chaplain, Fr. Joe Tauro, OCD, Superior, Deacons Ashwin and Tony and the entire Carmelite Community from Infant Jesus Shrine for their pastoral care of our patients and their loved ones.
- ◆ Brothers from St. Joseph's Seminary, Jeppu and Jesuit Scholastics from Asha Kiran for their pastoral ministry at Ave Maria.
- ◆ MSW students from Manipal University, M.Sc. Students from Roshni Nilaya and St. Agnes College for their assistance during their placement.
- ◆ Novices from Ursuline Franciscan Congregation for their ministry and care of our patients for three weeks and also the Apostolic Carmel novices and Mount Rosary novices for their service.
- ◆ Students from Sahaya project, St. Aloysius College, Mangalore for their help.
- ◆ Col. John Serrao, Dr. Manjunath Kamath, Dr. Shivashanker Bhat Angri, Mrs. Lita D'Silva, Mr. Joseph D'Silva, Mrs. Judith D'Silva, Mrs. Violet D'Souza, Mr. Kenneth Serrao, Ms. Priya D'Souza, Mr. Austin D'Souza, and Mr. Jason D'Mello for being there whenever we need them.

AVE MARIA PALLIATIVE CARE

Income & Expenditure for the year ending 31st March 2017

Expenditure	Rs	Income	Rs
" Administrative Expenses	88,000.00	" Donations Received	20,56,938.00
" Audit Fees	10,500.00	" Bank Interest Received	7,64,268.00
" Postage, Printing & Stationary	16,541.00	" Interest on TDS Refund	3,549.00
" Boarding Expenses	2,51,130.00	Excess of Expenditure over Income	8,25,220.14
" Bank Charges	2,801.00		
" Repairs & Maintenance	1,28,636.90		
" Dr. Consultation Fees	1,44,000.00		
" Salaries & Allowances	11,88,673.00		
" Stipend for Trainees	1,42,235.00		
" Staff Uniforms	27,714.00		
" Staff Welfare Fund/ Management contribution	26,955.00		
" Utilities & Taxes	2,58,279.31		
" Conveyance Expenses	31,261.00		
" Miscellaneous	26,566.00		
" Books & Periodicals	4,030.00		
" Transportation	6,900.00		
" Garden Maintenance	9,800.00		
" Registration Fees	7,500.00		
" Medical Expenses to Patients	6,41,230.00		
" Medical Waste Disposal	23,308.00		
" Traveling Expenses	20,507.00		
" Bonus to Staff	35,000.00		
" Insurance for Staff	17,190.00		
" Immunization for Staff	22,100.00		
" Cleaning Expenses	12,409.00		
" Palliative Care Day Expenses	31,378.00		
" Depreciation	4,75,330.93		
	36,49,975.14		36,49,975.14

Our Governing Council



Ms. Aruna Gojer



Rev. Fr. Charles Serrao,
OCD



Prof. Clement
D'Souza



Dr. Jessica Serrao
(Medical Officer)



Rev. Fr. Joe Tauro,
OCD



Mr. Naveen D'Souza



Prof. Rita Noronha



Ms. Veronica Pinto



Dr. Lavina Noronha
(Director)

AVE MARIA PALLIATIVE CARE

Balance Sheet As On 31st March 2017

FUNDS & LIABILITIES	RS	PROPERTY & ASSETS	RS
Capital Fund		Cash & Bank Balances	
As Per Last B/Sheet	1,56,21,626.90	Cash on hand	21,786.88
Add: Donations Received	<u>23,10,001.00</u>	Cash at Bank	
	1,79,31,627.90	Vijaya Bank SB 16669	1,36,128.75
Less: Excess of		Oriental Bank of	5,17,328.65
Expenditure over Income	<u>8,25,220.14</u>	Commerce	
		Corporation Bank	2,49,145.00
		SB 16711	
Staff Welfare Fund		Fixed Deposits	
As Per Last B/Sheet	94,779.00	Vijaya Bank FD	43,00,000.00
Contribution from Staff	<u>54,790.00</u>	Oriental Bank of	
	1,49,569.00	Commerce FD	37,00,000.00
Less: Paid	<u>54,424.00</u>	Corporation Bank FD	18,00,000.00
		Staff welfare Fund	
		Vijay Bank	<u>95,145.00</u>
			1,08,19,534.28
		Fixed Assets	
		As Per Schedule	63,59,081.48
		Security Deposit	
		As per last balance sheet	2,650.00
		Less: Refund	<u>2,000.00</u>
			650.00
		Deposit with BSNL	
		As per last balance sheet	1,000.00
		TDS	
		As per last balance sheet	50,183.00
		Add: during the year	<u>3,085.00</u>
			53,268.00
		Less: Refund	<u>31,981.00</u>
			21,287.00
			1,72,01,552.76
Sd/- Lavina Noronha	Sd/- Rita Noronha	Sd/- Sunil J.Gonsalves	
Director	Managing Trustee	Chartered Accountant	
Ave Maria Palliative Care	Centre for Development, Studies and Education ©		

Our Advisory Committee

Dr. M.R. Rajagopal
Ms. Obeida Showkath
Mr. M.P. Noronha (Legal Advisor)
Ms. Ophelia Fernandes
Prof. Joselyn Lobo



Mr. Aloysius D'Silva
Our Accounts Officer (Honorary)