



Ave Maria Palliative Care

(A unit of Centre for Development Studies and Education ®)

Mangala Nagara, Kudupu Post, Vamanjoor, Mangalore- 575 028

Phone: 7022620186 (C)

E-mail: ampalliativecare@yahoo.com

Website: www.avemariapalliativecare.org



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.
- ಆರ್ಬುಡ(ಕ್ಯಾನ್ಸರ್) ಹಾಗೂ ಇತರ ಮಾರಣಾಂತಿಕ ಕಾಯಿಲೆಗಳ ಬಗ್ಗೆ ಸಾಮಾಜಿಕ ಜಾಗೃತಿಯನ್ನು ಮೂಡಿಸುವುದು.
- ಆಪ್ತಸೇವೆ ಹಾಗೂ ಅಂತರಾಷ್ಟ್ರೀಯ ವಿದ್ಯಾರ್ಥಿ ವಿನಿಮಯ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಮ್ಮಿಕೊಳ್ಳುವುದು.
- ಜೀವನಾಂತಿಕ ಆರೈಕೆಯ ವಿಷಯದಲ್ಲಿ ಶೈಕ್ಷಣಿಕ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಏರ್ಪಡಿಸುವುದು.

Our Accomplishments:

- 14 Years of in-patient care
- 12 Years of Health Assistants' Training
- 11 Years of Home-based Care
- 56 Internships (6 International)
- 935 Lives touched

ನಮ್ಮ ಸಾಧನೆಗಳು:

- 14 ವರುಷಗಳ ಒಳರೋಗಿಗಳ ಸೇವೆ
- 12 ವರುಷಗಳಿಂದೀಚೆಗಿನ ಆರೋಗ್ಯ ಸಹಾಯಕಿಯರ ತರಬೇತಿ
- 11 ವರುಷಗಳ ಮನೆ-ಸುತ್ತೂಷೆ ಸೇವೆ
- 56 ಆಪ್ತಸೇವೆ ಅವಕಾಶಗಳು (6 ಅಂತರಾಷ್ಟ್ರೀಯ)
- 935 ಬದುಕು ಸ್ಪರ್ಶ

Dear Friends and well-wishers of Ave Maria,

Greetings from Ave Maria hospice, a unit of Centre for Development, Studies, and Education, (Regd.). We are extremely pleased to present to you our twelfth newsletter to let you know what we have been up to in the last two years. Thanks to the immeasurable graces and blessings showered on us by Divine Providence and our Blessed Mother, we have survived COVID-19 and its ghastly consequences.



It warms my heart to declare that in the last fourteen years we have assisted 932 patients find a painful, dignified, and peaceful end to their earthly journey. Our compassionate team of doctor, nurses, health assistants, social workers, chaplain, counselors, cooks, house-keepers, administrative staff, family and volunteers strive relentlessly to address the physical, emotional, social and spiritual needs of our patients 24x7.

We are continuing to extend our services to patients through our “Palliative Care on Wheels” initiative by offering home-based care and our efforts towards cancer awareness are also ongoing.

We gratefully acknowledge the invaluable services rendered by our helping hands- our volunteers who assist us with accounts, training of Health Assistants or by spending time with patients. We highly appreciate and commend you wholeheartedly for your selfless dedication to our cause.

We are profoundly indebted to all our big-hearted donors – individuals and institutions for your continuous support of our humble venture. Indeed it is because of your benevolence we are able to offer our services free of charge to a diverse group of patients irrespective of gender, age, religion, or socio economic status. Please browse through our balance sheet for the last financial year 2021-2022 to understand how we have spent your generous donations. Thank you for being there and for helping us care!

Finally, we thank all our patients and their families for their confidence in us to provide holistic comfort and care. We assure you that we will continue to strive for quality in everything we do.

On behalf of the Governing Council, Staff and beneficiaries of Ave Maria hospice, I wish you a Merry Christmas filled with manifold blessings of health and happiness to last through 2023 !

On behalf of Team Ave Maria,

Dr. Lavina M. Noronha

Director

Governing Council



Dr. Amitha Marla



Dr. Mohammed Guthigar



**Rev. Fr. George Santhumayor
OCD**



Dr. Jessica Serrao



Dr. Rita Noronha



Ms. Aruna Gojer



**Rev. Fr. Charles Serrao
OCD**



Dr. Lavina Noronha (Director)



Ms. Veronica Pinto

Advisory Committee

Dr. M.R. Rajagopal

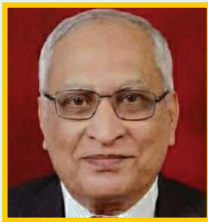
Ms. Ophelia Fernandes

Ms. Obeida Showkath

Prof. Joselyn Lobo

Mr. M.P. Noronha (Legal Advisor)

Loving homage to the Late Prof. Clement D'Souza



Prof. Clement D'Souza, Retired Professor of Economics from St. Agnes College, Mangalore served as an active member of the Governing Council from 2008 to 2020. Prof. D'Souza was also instrumental in divining water at the time of drilling a bore well, rain water harvesting, and biogas installation at Ave Maria. Additionally, Prof. D'Souza conducted training sessions on Yoga and NLP for the staff. He is fondly remembered for his availability and eagerness to guide us on operational matters whenever a

need arose.

Eternal rest grant unto him O' Lord, May perpetual light shine upon him and may his soul rest in peace. Amen.

Thank You Mr. Naveen D'Souza!

We appreciate and acknowledge the contributions of Mr. Naveen D'Souza who served on the Governing Council from 2008 until 2019.



Services to Patients:

Between April 1st, 2019 and March 31st, 2022, 196 patients with advanced terminal illness received personalized care at our hospice unit and breathed their last pain-free and with dignity, out of which 104 have been male and 92 have been female. Home-based care was provided to 33 patients by our 'palliative care on wheels' team. Of the total number of patients served, 115 had cancer diagnoses and 81 had terminal but non-cancer diagnoses.



ರೋಗಿಗಳ ಸೇವೆ:

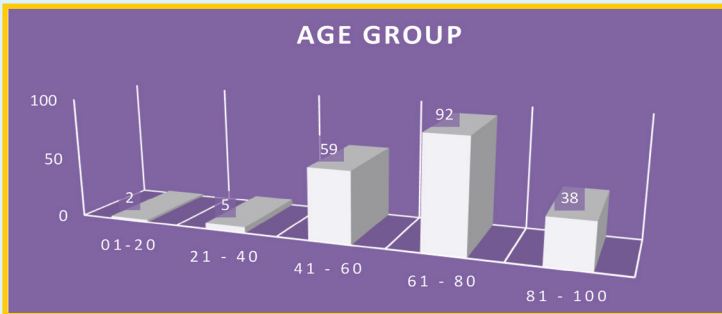
ಕಳೆದ ಏಪ್ರಿಲ್ 1, 2019ರಿಂದ ಮಾರ್ಚ್ 31, 2022ರವರೆಗೆ 196 ಮಾರಣಾಂತಿಕ ರೋಗಿಗಳ(104 ಮಹನೀಯರು ಮತ್ತು 92 ಮಹಿಳೆಯರು) ಆರೈಕೆ ಮಾಡಲಾಗಿದೆ. 33 ರೋಗಿಗಳಿಗೆ ಮನೆ - ಸುತ್ತೂಷೆ ಸೇವೆ ನೀಡಲಾಗಿತ್ತು. ಸೇವೆ ಪಡೆದ ರೋಗಿಗಳಲ್ಲಿ 115 ಮಂದಿ ಆರ್ಬುಡ ರೋಗ ಪೀಡಿತರು ಹಾಗೂ 81 ಮಂದಿ ಮಾರಣಾಂತಿಕ ಆದರೆ ಆರ್ಬುಡೇತರ ರೋಗಿಗಳಾಗಿದ್ದರು.

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

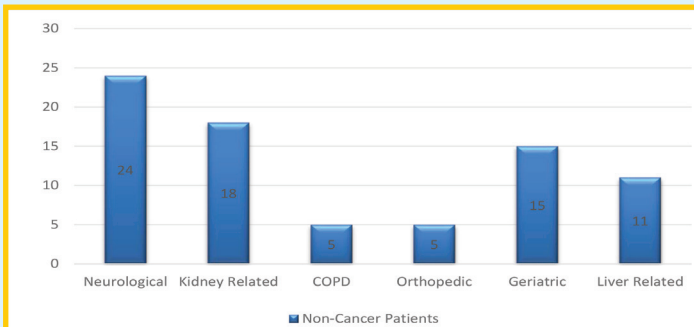
Religion	No. of Patients
Christian	122
Hindu	71
Muslim	3

Gender	No. of Patients
Male	104
Female	92

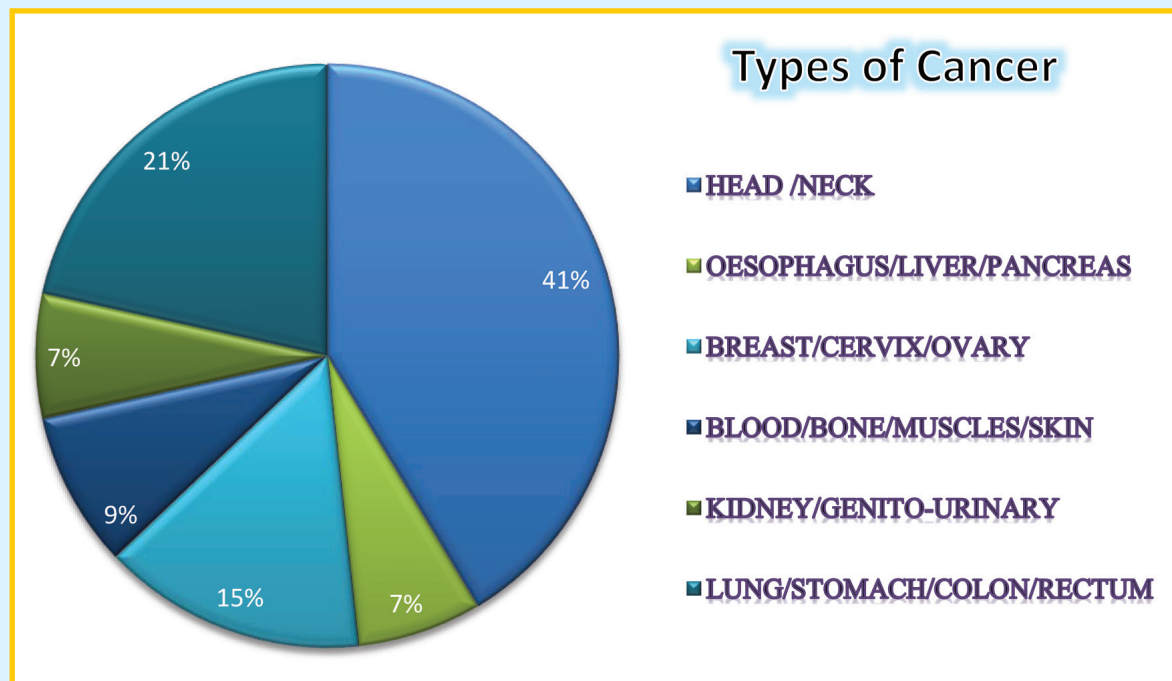
Patient Distribution by age:



The total number of non-cancer patients served are depicted in the chart below :



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



Ave Maria Welcomes Dr. Amitha Marla and Dr. Mohammed Guthigar to the Governing Council!

Dr. Amitha Marla completed her MBBS from Kasturba Medical College, Mangalore and MD in Hospital Administration from Kasturba Medical College, Manipal. Additionally, she has received MHA and Fellowship from ISQua in Patient Safety. Dr. Marla currently serves as the Director of A.J. Hospital & Research Centre, Mangalore and has over 19 years of experience in Hospital Administration, Patient Safety and Quality Assurance Programme. She has successfully completed NABH Assessor course and is a Certified NABH Assessor at Quality Council of India.



Dr. Mohammed Guthigar received his doctoral degree in Social Work from Yenepoya (Deemed to be) University and was a key player in the establishment of M.S.W. Department at YMCH. He also obtained a Diploma in Social Development from St. Francis Xavier University, Antigonish Canada. He currently serves as an Associate Professor & HOD Department of Social Work at YMCH. He was instrumental in the promotion of YEN-SAHAYOG partnership with NGO's for Health Care Delivery. He has more than 22 years of Social work practice & teaching experience. Additionally, Dr. Guthigar is the Secretary of Disha Trust, Kaikamba, Mangalore.



Time for Celebrations !!!



Free Training in Patient Care

We have been training young women from rural and low-income groups in patient care for the past 12 years. This course is of 12 months duration which 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 Sixteenth batch of training is scheduled to commence on 10 January, 2023. 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 12 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, ಪೋಷಣೆ, 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 10, 2023ರಂದು ಆರಂಭಗೊಳ್ಳುವುದು. ಕನಿಷ್ಠ 9ನೇ ತರಗತಿ ತೇರ್ಗಡೆ ಹೊಂದಿದ, ರೋಗಿಗಳ ಸೇವೆ ಮಾಡಲು ಆಸಕ್ತಿಯುಳ್ಳ 18ರಿಂದ 35 ವಯೋಮಿತಿಯ ಮಹಿಳೆಯರು ಅರ್ಜಿ ಸಲ್ಲಿಸಬಹುದು. ಅಧಿಕ ಮಾಹಿತಿಗಾಗಿ ನಮ್ಮನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು.

Services from Physiotherapy Colleges :

Our hospice patients have benefited immensely from physiotherapy provided by the students of College of Physiotherapy, Yenepoya University, Deralakatte and Laxmi Memorial College of Physiotherapy, Balmatta which has enhanced their quality of life. We are grateful to the team of students and the management of these institutions for their contributions.



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.

1. Ms. Clarissa Frederick Da Ga Ma Rose
3. Mr. Shridhar Chowta
5. Mr. Madhava Vaman Shanbhag
7. Mr. Thomas Quadros
9. Mr. Ashwin Kumar
11. Mr. Gregory Rodrigues
13. Mr. RadhaKrishna M
15. Mr. Michael Francis D'Souza
17. Mr. Sadashiva Shetty
19. Mrs. Cecilia Coelho

2. Mr. Russell Rasquinha
4. Ms. Dynora D'Silva
6. Mr. Thomas D'Souza
8. Ms. Carmine D'Souza
10. Mr. Bernard Pereira
12. Mr. Alex
14. Mr. Seetharama Bhat
16. Mr. Philip D'Souza
18. Mr. Jeri Sequeira

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

ಶರೀರದಾನ :

ಮರಣದ ಬಳಿಕ ಸುಟ್ಟು ಬೂದಿಯಾಗಿಯೋ ಅಥವಾ ಮಣ್ಣಿನಲ್ಲಿ ಕೊಳೆತು 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.

1. Mr. Russell Rasquinha
3. Mr. Sadashiva Shetty
4. Mr. Jeri Sequeira

2. Mr. Michael Francis D'Souza
4. Mrs. Anna Mascarenhas
5. Mrs. Muktha R. Rao

ಹೃದಯಾಂತರಾಳದಿಂದ

“ನಮ್ಮ ವೃತ್ತಿಜೀವನದಲ್ಲಿ ದೊಡ್ಡ ಸಾಧನೆಗಳನ್ನು ಮಾಡಬೇಕಾಗಿಲ್ಲ, ದೈನಂದಿನ ನಮ್ಮ ಸಣ್ಣ ಸೇವೆಗಳನ್ನು ಪೀತಿಯಿಂದ ಮಾಡಿ, ಅದು ಇತರರಿಗೆ ತೃಪ್ತಿ ತಂದರೆ, ಅದೇ ದೊಡ್ಡ ಸಾಧನೆ”. ಇವು ಮದರ್ ತೆರೆಸಾರವರ ಮನದಾಳದ ಮಾತುಗಳು. ಪ್ರಸಿದ್ಧ ಆಸ್ಪತ್ರೆಗಳ ವಿವಿಧ ವಿಭಾಗಗಳಲ್ಲಿ ದಾದಿಯಾಗಿ ಹಲವಾರು ವರ್ಷ ಸೇವೆ ಸಲ್ಲಿಸಿ, ಅವೆ ಮರಿಯಾ ಸಂಸ್ಥೆಯಲ್ಲಿ ಸೇವೆ ಸಲ್ಲಿಸಿದ ಬಳಿಕ ಖಂಡಿತವಾಗಿಯೂ ಮದರ್ ತೆರೆಸಾರವರ ಮಾತುಗಳು ಅರ್ಥಪೂರ್ಣ ಎಂದೆನಿಸುತ್ತದೆ.



ನಮ್ಮದೇ ಊರಿನಲ್ಲಿ ಯಾವುದೇ ಜಾತಿ, ಮತ ಭೇದವಿಲ್ಲದೆ ತಮ್ಮ ಕೊನೆಯ ದಿನಗಳನ್ನು ನಮ್ಮದಿಯಾಗಿ ಕಳೆಯಲು ಅನುಕೂಲ ಮಾಡಿಕೊಡುವ ಸಂಸ್ಥೆಯೊಂದು ಕಾರ್ಯಚರಣೆ ನಡೆಸುತ್ತಿದೆ ಎಂದು ಖಂಡಿತವಾಗಿಯೂ ನನಗೆ ತಿಳಿದಿರಲಿಲ್ಲ. ನಮ್ಮ ಹತ್ತಿರದ ಸಂಬಂಧಿಯೊಬ್ಬರ ಭೇಟಿಗಾಗಿ ಈ ಸಂಸ್ಥೆಗೆ ಆಗಮಿಸಿದಾಗ ನಿಜ ಚಿತ್ರಣ ನನಗೆ ದೊರೆಯಿತು, ಅದೇ ನಮ್ಮ ಹೆಮ್ಮೆಯ “ಆವೆ ಮರಿಯಾ ಶಾಮಕ ಆರೈಕೆ”. ಇಲ್ಲಿಯ ಸೇವೆ, ಧೈಯ ಖಂಡಿತವಾಗಿಯೂ ನನ್ನನು ಈ ಸಂಸ್ಥೆಯತ್ತ ಮುಖಮಾಡಲು ಪ್ರೇರೇಪಿಸಿತು. ಪ್ರಾರಂಭದಲ್ಲಿ ಕಷ್ಟಕರವೆನಿಸಿದರೂ ರೋಗಿಗಳ ನಿರಂತರ ಸೇವೆಯಿಂದ ಅವರ ಮುಖದಲ್ಲಿ ಕಂಡ ತೃಪ್ತಿ, ಸಂತೋಷ, ಧನ್ಯತೆ ನನ್ನನ್ನು ಇನ್ನಷ್ಟು ಮುತುವರ್ಜಿಯಿಂದ ಸೇವೆ ಸಲ್ಲಿಸಲು ಪ್ರೇರಣೆಯನ್ನು ನೀಡಿತು. ಕಳೆದ ಮೂರು ವರ್ಷಗಳಿಂದ ಈ ಸಂಸ್ಥೆಯಲ್ಲಿ ಪೂರ್ಣಕಾಲಿಕ ದಾದಿಯಾಗಿ ರೋಗಿಗಳ ಆರೈಕೆಯಲ್ಲಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದೇನೆ. ಇಲ್ಲಿ ನೀಡಿರುವ ಸೇವೆಯು ಇತರ ಆಸ್ಪತ್ರೆಗಳಲ್ಲಿ ನೀಡಿದ ಸೇವೆಗಿಂತಲೂ ತುಂಬಾ ತೃಪ್ತಿಯನ್ನು ತಂದಿದೆ ಎಂದು ಹೆಮ್ಮೆಯಿಂದ ಹೇಳಲು ಬಯಸುತ್ತೇನೆ. ಈ ಸಂಸ್ಥೆಯಲ್ಲಿ ಸೇವೆ ಮಾಡಲು ಸಿಕ್ಕಿದ ಅವಕಾಶವು ಖಂಡಿತವಾಗಿಯೂ ಭಗವಂತನ ಮಹಿಮೆ ಹಾಗೂ ಆಶೀರ್ವಾದ ಎಂದು ಭಾವಿಸುತ್ತೇನೆ. ಒಂದೇ ಕುಟುಂಬದ ಸದಸ್ಯರಂತೆ ನಮ್ಮನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುವ ನಿರ್ದೇಶಕರು, ಆಡಳಿತಮಂಡಳಿ ಹಾಗೂ ನನ್ನ ಸಹೋದ್ಯೋಗಿಗಳಿಗೆ ಸದಾ ಚಿರಋಣಿಯಾಗಿರುತ್ತೇನೆ. ಈ ನಮ್ಮ ಸಂಸ್ಥೆಯು ಇನ್ನೂ ಎತ್ತರಕ್ಕೆ ಬೆಳೆದು, ಹಲವಾರು ರೋಗಿಗಳಿಗೆ ಆರೈಕೆಯ ದೇಗುಲವಾಗಲಿ ಎಂದು ಆಶಿಸುತ್ತೇನೆ.

ಡಯಾನ ಫ್ಲಾವಿಯಾ ಮೊಂತೇರೊ

ಸ್ಪಾಫ್ ನರ್ಸ್

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 33 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:

ಆವೆ ಮರಿಯಾ ಶಾಮಕ ಆರೈಕೆವತಿಯಿಂದ ಮಾರಣಾಂತಿಕ ರೋಗಿಗಳಿಗೆ ಮನೆಯಲ್ಲಿಯೇ ಆರೈಕೆ ನೀಡುವ ಹಾಗೂ ರೋಗಿಯ ಸಂಭಂದಿಕರನ್ನು ತರಬೇತಿಗೊಳಿಸುವ ಕಾರ್ಯವನ್ನು ನಮ್ಮ ತಂಡವು ಮಾಡುತ್ತಾ ಇದೆ. 33 ರೋಗಿಗಳ ಮನೆಗೆ ಭೇಟಿನೀಡಿ ನೋವು ನಿವಾರಣೆ, ಗಾಯದ ಸುಶ್ರೂಷೆ, ರೋಗ ಲಕ್ಷಣಗಳ ನಿರ್ವಹಣೆ ಹಾಗೂ ಮನೋಸಮಾಜಿಕ ಬೆಂಬಲ ನೀಡಲಾಗಿದೆ. ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ದೂರವಾಣಿ ಸಂಖ್ಯೆ 7022620186ಗೆ ಸಂಪರ್ಕಿಸಿ.

Staff in lighter moments !

End-of-life care comes with its share of challenges for the staff which often leads to caregiver stress and emotional burn-out. We make every effort to strengthen their minds and boost their spirits by organizing periodic training, recreation, picnics, birthday celebrations, and a host of other team-building activities. A glimpse of these lighter moments is given below:



A tribute of love to our donors by Will



Late VJ Fernandes

We are deeply indebted to the Late Mr. Vinod Joseph Fernandes (18-03-1972 – 26-06-2018), VJ Fernandes Living Trust, Redwood City, CA for his contribution of 59,600.00 U.S. Dollars to Ave Maria Palliative Care on 30/07/2020.

We gratefully acknowledge the contribution of Rs. 25,00,000/- from the Late Mr. Patrick J. Saldanha (04/03/1934- 16/02/2016), Mumbai on 17/09/2019.

We thank the Late Mrs. Phyllis Philomena Monica Britto for her contribution of Rs. 2,12,615.50 on 14/06/2021.

In Grateful Appreciation



Mr. Aloysius D'Silva joined Ave Maria team as an honorary Accounts Officer in 2009 and has rendered exemplary service over the past 13 years. We are grateful to him for his generosity and selfless allegiance to the vision and mission of our hospice which has been witnessed in his meticulous attention to detail and his passion for excellence. We can honestly say that his unwavering support and unrelenting guidance has helped Ave Maria soar to greater heights. We remain forever indebted to Mr. D'Silva for his varied contributions to Ave Maria.

If you would like to join hands with us and 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: PUNB0096610

Punjab National Bank

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, PAN/Aadhar number 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 Act 1961.

World Hospice and Palliative Care Day

World hospice and palliative care day was celebrated on October 18th, 2019. His Lordship Most Rev. Dr. Peter Paul Saldanha, Bishop of Mangalore Diocese graced the occasion and presided over the solemn candle-light vigil held as a mark of respect for the dearly departed patients. In his message he said “In humanity there are no differences of caste or religion. Pain is a universal phenomenon and only when we join hands as members of one family to respond to the pain and sufferings of others, our life’s purpose is fulfilled. Instilling hope and strength is what we have to do.” Mr. F.M. Lobo and his team serenaded the gathering.

All the helping hands of Ave Maria – the donors and the volunteers were recognized and felicitated with a fruit-bearing sapling as a token of appreciation. Rev. Fr. Wilfred Rodrigues welcomed the gathering and Dr. Lavina Noronha proposed a vote of thanks. The program was compeered by Mrs. Bharathi Shevgoor. The staff performed a folk dance and enacted a short skit. The programme ended with a fellowship meal.



WE ARE GRATEFUL TO OUR HELPING HANDS !



Mangalore Bullet Riders Association



Mr. F.M. Lobo and his team of musicians



Cambridge School



We care, Bangalore



Members of Rotary Club Mangalore Midtown



Mrs. Sharada Suresh and her team of beauticians.

Welcome aboard Mr. Lovel Monteiro and Mrs. Lydia Monteiro, New Volunteers to our Accounts Section !



Visitors to the hospice unit said.....

It was really a wonderful and blessed experience to see these people who are on their death bed. Hats off to the staff who take care of them.

Dr. Ashmitha & Team, Fr. Muller's Homeopathy Medical College

It was a good opportunity to visit such a nice place. The environment is very nice and peaceful and the staff are also taking care of the patients very well. The neatness was also good. We also appreciate all the staff who work here.

Aishwarya V.P. Yenepoya Nursing College

It is the most memorable visit of my life. Service given by the organization is very meaningful which motivated me to start such organization in northern part of Karnataka.

Mr. Chidanand U. Rani chennamma University, Belagavi

It's been a very inspiring visit. You have a very beautiful place here, calm and peaceful.

Drs. Naheeda, Naseer, Nisamudheen, Akhil and Meghna



ಫಲಾನುಭವಿಗಳ ಅನಿಸಿಕೆಗಳು / Feedback from Beneficiaries :

"Ave Maria is a truly beautiful place for the terminally ill to spend their last moments. My sister Clarissa was here for 26 days and her journey to eternal rest was made very peaceful and comfortable. The staff is very committed and motivated. Truly God's work is being done by these caring angels."

Brig. Frederick B. Da Gama Rose

- ◆ ನಗುಮುಖದ ಸೇವೆ, ತಾಳ್ಮೆ ಪ್ರಶಂಸನೀಯವಾದುದು
- ◆ *The staff was very caring and empathetic when dad passed away. They went out of their way to provide help and were very supportive.*
- ◆ ನೀವು ಮಾಡುತ್ತಿರುವ ಕೆಲಸ ತುಂಬಾ ಶ್ರೇಷ್ಠವಾದುದು, ನಿಮಗೆ ಸುಖ, ಶಾಂತಿ, ನೆಮ್ಮದಿ, ಆಯುಷ್ಯ ಆರೋಗ್ಯವನ್ನು ದೇವರು ಕರುಣಿಸಲಿ.
- ◆ ಬಹಳಷ್ಟು ರೋಗಿಗಳಿಗೆ ಯಾರು ಇರುವುದಿಲ್ಲ. ಇರುವ ಕೆಲವರು ಅನಿವಾರ್ಯ ಕಾರಣಗಳಿಂದ ಮನೆಯಲ್ಲಿ ನೋಡಿಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗುವುದಿಲ್ಲ. ಅಂತವರಿಗೆ ಇದೊಂದು ವರದಾನ. ನನ್ನ ಅಣ್ಣ ಅವನ ಕೊನೆಯ ದಿನಗಳಲ್ಲಿ ನಿಮ್ಮ ನೆರಳಲ್ಲಿ, ಕಾಳಜಿಯಲ್ಲಿ ಅನಾಥವಾಗಲಿಲ್ಲ ಅನ್ನುವ ಸಮಾಧಾನ. ತಮಗೆ ನನ್ನ ಹೃತ್ಪೂರ್ವಕ ಮನದಾಳದ ಧನ್ಯವಾದಗಳು.
- ◆ It's a place where one can really spend their end times peacefully without any kind of worries in the mind. It's a place where the patients are simply treated like a newborn baby with love. It is doing exceptionally well keeping human service as a motto.
- ◆ ಇಂತಹ ಒಂದು ಅತ್ಯುತ್ತಮ ಸಂಸ್ಥೆ ಇರುವುದು ಎಷ್ಟೋ ಮಂದಿಗೆ ಇನ್ನೂ ತಿಳಿದಿಲ್ಲ. ಎಷ್ಟು ಹಣಕೊಟ್ಟರೂ ಆಸ್ಪತ್ರೆಗಳಲ್ಲಿ ಸಿಗದಂತಹ ಸೇವೆಯನ್ನು ನೀವು ನೀಡಿದ್ದೀರಿ. ಅದಕ್ಕೆ ಎಷ್ಟು ಧನ್ಯವಾದಗಳನ್ನು ತಿಳಿಸಿದರೂ ಸಾಕಾಗುವುದಿಲ್ಲ. ನಮ್ಮ ಮನೆಯ ಮಗುವಿಗೆ ನೀವು ಕೊಟ್ಟ ಸೇವೆ, ಪ್ರೀತಿಗೆ ನಮ್ಮ ಮನೆಯವರೆಲ್ಲ ಚಿರಋಣಿಗಳು. ನಿಮ್ಮ ಸಂಸ್ಥೆಗೆ ಇದೇ ರೀತಿ ನಿಸ್ವಾರ್ಥ ಸೇವೆಯನ್ನು ಮುಂದುವರೆಸಲು ದೇವರು ಅನುಗ್ರಹ ನೀಡಲಿ ಎಂದು ಆಶಿಸುತ್ತೇವೆ.
- ◆ *God bless you all for the service and love that does not differentiate caste or creed but sees all as one humanity.*

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

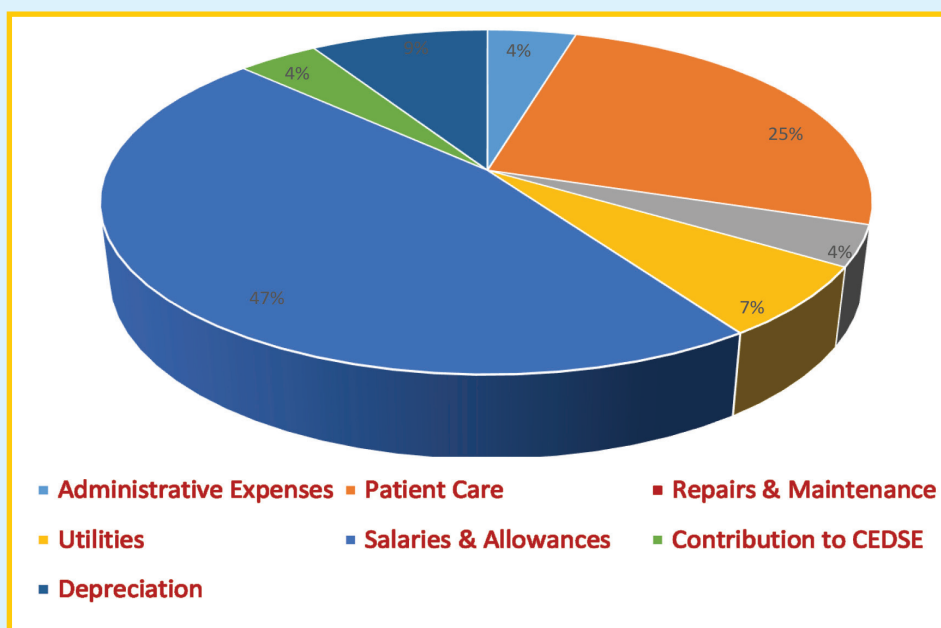
- Mr. Aloysius D' Silva, our volunteer accounts officer who continues to help us maintain accuracy and transparency in our accounts.
- Mrs. Nelly Colaco for training our Health Assistants in nursing skills.
- Fr. Lancy Lewis OCD, our Chaplain, Fr. Charles Serrao, OCD, Superior, and the entire Carmelite Community from Infant Jesus Shrine for their pastoral care of our patients and their loved ones.
- Brothers from St. Joseph's Seminary, Jeppu for their pastoral ministry at Ave Maria.
- MSW students from Aloysius College and Mangalore University, Konaje for their assistance during their placement.
- Ms. Shantila Barnes, Mrs. Lita D'Silva, Mr. Joseph D'Silva, Mrs. Judith D'Silva, Mr. Kenneth Serrao, Mrs. Helen Lobo & Ms. Matilda Salins for being there whenever we need them.

AVE MARIA PALLIATIVE CARE

Income & Expenditure for the year ending 31st March 2022

Expenditure	Rs	Income	Rs
Medical Expenses & Waste Disposal	5,26,816.00	Interest on SB	27,529.00
Boarding Expenses	3,91,635.00	Interest on FD	11,17,527.00
Postage, Printing & Stationary	5,931.00	MESCOM Refund	456.00
Books & Periodicals	3,000.00	Donations Received	23,35,891.00
Stipend, Salaries & Allowances	27,80,502.00	Professional Tax Deducted	8,800.00
Utilities & Taxes	3,42,497.74	Excess of Expenditure over Income	16,14,987.14
Repairs & Maintenance	1,94,278.00		
Contribution to CEDSE	2,05,435.00		
Staff Uniform	16,853.00		
Staff Welfare Fund	83,555.00		
Staff Christmas Gift	54,000.00		
Insurance Premium	11,326.00		
Audit Fees & Professional Charges	36,285.00		
Bank Charges	1,156.40		
Depreciation	4,51,920.00		
	51,05,190.14		51,05,190.14

The pie-chart below provides a glimpse into how we spent your benevolent contributions in the financial year 2021-2022.



AVE MARIA PALLIATIVE CARE

Balance Sheet As On 31st March 2022

FUNDS & LIABILITIES		RS	PROPERTY & ASSETS		RS
Capital Fund			Cash & Bank Balances		
As Per Last B/Sheet	2,71,10,967.60		Cash on Hand	24,185.00	
Add: Donation Received	16,02,000.00		Cash At Bank		
Legacy of Will	2,12,615.50		Bank Of Baroda SB 122301010016699	74,384.78	
	2,89,25,583.10		PNB 09662191005540	13,82,017.11	
Less : Excess of Expenditure over Income	16,14,987.14	2,73,10,595.96	Union Bank SB 520101007670253	1,45,820.07	16,26,406.96
Staff Welfare Fund			Fixed Deposits		
As Per Last B/Sheet	3,17,552.00		As Per Schedule		2,02,00,000.00
Add: Contribution from Staff Members	1,56,355.00	4,73,907.00	Fixed Assets		
Gratuity Payable to Employees			As Per Schedule		60,92,443.00
As Per Last Balance Sheet	1,91,700.00		Security Deposit		
Add: Gratuity Payable	53,900.00	2,45,600.00	As Per Last B/Sheet		4,050.00
			Deposit With BSNL		
			As per Last B/Sheet		1,000.00
			TDS		
			As Per Last B/Sheet	68,237.00	
			Add: During the year (A.Y 2022-23)	50,861.00	
				1,19,098.00	
			Less: Refund (A.Y 2021-22)	12,895.00	1,06,203.00
		2,80,30,102.96			2,80,30,102.96

sd/- Dr Lavina Noronha

Director
Ave Maria Palliative Care

sd/- Prof. Rita Noronha

Managing Trustee
Centre for Development,
Studies and Education ®

sd/- Mr. Sunil R. J. Gonsalves

Chartered Accountant

Are you interested in volunteering ?

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- guiding visitors, preparing wound dressings, listening to patients, comforting families, teaching crafts, or conducting recreational activities. 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?

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 ನಮ್ಮಲ್ಲಿರುವ ಮಾರಕ ರೋಗಿಗಳ ಮುಖಗಳಲ್ಲಿ ಮುಗುಳ್ಳು ಬರಿಸುವ ಪ್ರಯತ್ನವನ್ನು ಮಾಡಿ.



ಆವೆ ಮರೀಯ ಶಾಮಕ ಆರೈಕೆ

(‘ಸೆಡ್ಸ್’ನ ಅಂಗ ಸಂಸ್ಥೆ)

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

Phone: 7022620186 (C)

E-mail: ampalliativecare@yahoo.com Website: www.avemariapalliativecare.org