



FOCUS ON COMPASSION

a quarterly newsletter

FHSSA Champions offer new opportunities to support those providing hospice and palliative care in Africa

Hospice and palliative care organizations across Africa have a diverse array of needs that when met can have a direct impact on the patients they serve. FHSSA's program partnerships offer US and African organizations a long-term opportunity to work together to form a relationship in which each organization can grow. In an effort to expand upon some of the successes of FHSSA's program partners and to offer another option for individuals, groups, and organizations who are not able to commit to a program partnership, FHSSA is now offering a new way to support our colleagues in Africa through *FHSSA Champions*.

FHSSA Champions work to raise funds to support a specific project or goal of an African organization in great need. Champions differ from program partners in that their commitment is for a part or the whole of a onetime purchase or project. *FHSSA Champions* can also come in all types from an inspired individual wanting to make a difference globally, to a hospice who is not ready to commit to a program partnership, to a school or business seeking to support compassionate care in Africa.

There are a variety of opportunities for *FHSSA Champions*. *FHSSA Champions* will impact our African partner organizations by raising funds and awareness for items such as vehicles, medications, or supplies as well as continued education and trainings. One specific Champion opportunity is outlined in the following description.

To become a *FHSSA Champion* please visit www.fhssa.org and click on "Get Involved."



Champions for a vehicle to support palliative care outreach in rural Tanzania

FHSSA partners with the Evangelical Lutheran Church of Tanzania to train and support palliative care teams at rural hospitals. At each of the sites a nurse and assistant working with doctors reach out with community volunteers to provide much needed physical, psychosocial and spiritual care to those living with HIV/AIDS, cancer and other life threatening illnesses.

Often the patients live miles from the hospital with no easy transportation to get them there for services or to get the palliative care teams to the patients. Much needed vehicles will support the palliative care teams' efforts to expand the areas that they can reach and the number of clients they can see in a day. It also allows the team to bring patients to the hospital if inpatient services are needed.

One hospital in Tanzania is in great need of a vehicle to help them in their work. Bunda Hospital, near the Kenyan border and Lake Victoria, serves a geographically difficult-to-reach population. The Palliative Care Team at this hospital provides services to over 900 patients and could be so much more effective in the outreach and support if they had access to a vehicle. The sum needed for Bunda's vehicle is \$20,000.



Help your hospice become a FHSSA Partner!

FHSSA's goal for 2010, is to reach 100 program partnerships. If you and hospice colleagues wish to widen your impact beyond your community, join hospices in 31 states and 14 African countries who have formed partnerships. While a program partnership is an organization-wide commitment, it often takes a strong enthusiastic voice from within the organization to push a partnership into creation. Successful partnerships come in all types from small rural hospices, to large urban organizations, to state and national associations.

As a FHSSA partner, the US hospice organization commits to a lasting relationship. In this relationship, each partner must:

- set a fundraising goal of at least \$5000 per year
- establish a partnership committee composed of a diverse group of individuals from your organization
- communicate with your partner regularly
- visit your partner or bring them to visit your program in the US within the first two years
- complete a yearly report provided by FHSSA

Each African partner commits to the following:

- communicate with your partner regularly
- visit or host their partner program within the first two years
- provide accounting for all partnership funds sent by FHSSA both in yearly report to FHSSA and confirming receipt of wired funds



Don't know where to start? We welcome you to contact us to learn more about partnerships and to ask any questions you may have. For more information on how to become a partner, contact Erinn Nanney, Program Coordinator, at enanney@fhssa.org or 703-647-6684.

Benefits of Becoming a FHSSA Partner

- Partnerships present an opportunity for US hospices to learn about the patients and families affected by AIDS, cancer and other diseases in communities across Africa. They also present an opportunity for U.S. hospices to share this information with their local communities.
- Partnerships benefit African hospices with the knowledge that they are being supported in their hospice and palliative care efforts to care for their patients, families and communities.
- Partnerships provide financial and in-kind support to an African partner from their US hospice partner. Funds help support and expand their programs. In-kind donations provide medical and home care supplies, professional journals, books and training materials.
- Partnerships lead US hospices to a greater understanding of how quality hospice and palliative care can be provided with limited resources.
- Partnerships lead US and African hospices to create long-lasting relationships and a deeper understanding of both partner's challenges, goals, and successes.

Connect with FHSSA

What's the latest news from FHSSA? Stay up-to-date with all the work that FHSSA is doing by visiting our website or joining us at our three social media platforms:



FHSSA's Quarterly Report gets a new name

You may notice a few changes to FHSSA's Quarterly Report. In a continued effort to update our image and branding, we have redesigned the layout of our newsletter and re-branded the publication as "Focus on Compassion." Highlighting FHSSA's efforts to support compassionate care in Africa, "Focus on Compassion" will continue to provide those interested in FHSSA with a highlight of our current events.

Evan and Dave Fuller’s Cross Country Ride in Support of FHSSA

Father and son, Dave and Evan Fuller of Spokane began their bicycle ride across America on June 14, 2010 in Anacortes, Washington. Despite heat, wind, and rain, their 3,500 mile journey – raising support and awareness of hospice care in sub-Saharan Africa – was successfully completed in Portland, Maine on July 20, 2010.

The Fuller’s herculean effort is in support of FHSSA.

“Our family had recently seen the compassionate benefits of hospice and palliative care with the loss of my brother, Larry,” shared Dave Fuller. “We have much respect for hospice as an organization for their work locally, but also wanted to help be a part of the larger picture...that led us to FHSSA and its work overseas.”

Adding to the passion that is fueling their journey, Dr. Everett “Ev” Fuller, Dave’s father and Evan’s grandfather, received care from a hospice program in Spokane. “This bicycle ride was an opportunity for me to pay tribute to my dad for what he has done for me,” said Dave.

Dakota). The owner took pride in his product options and kept it air conditioned. Our coffee was free, but I couldn’t tell if that was just a rule for cyclists. Outside, a short conversation with a man who organizes work-groups to build houses for tribe elders led to some tearful talk of hospice care. He gave us money for lunch, which we used, and decided to match to the fund as well.

July 4: The campground we found via Google maps was nestled on a pond with a fake swan, and a horde of children riding bikes surrounded us with their wheels and questions. They told us about a firework display happening at 9:30 at the lake down the road a mile, but I could only think about what a campground sounds like when all of the sugared-up children leave.

July 15: Since you last heard from us it was Wisconsin in 2 days, Minnesota in 3, Michigan in 3, Ontario in 2, and now we start day two of New York tomorrow morning. That was 1,200 miles, bringing us to 3,200 or so. 450 to go.

“To say that we are grateful to Dave and Evan would be an understatement”, said John Mastrojohn III, FHSSA’s executive director. “They have endured great challenges to make this journey in honor of Dr. Fuller and to provide funding support where there is such incredible need. Our partners, Board, and staff are most grateful and encouraged by their dedication and commitment.” The Fullers raised approximately \$3,000 for FHSSA during their journey.

Dave Fuller is a physical education teacher at Chase Middle School and assistant cross-country coach at Ferris High School. Evan Fuller is a student at the University of Washington in the School of Pharmacy.

To learn more about FHSSA, or to contribute to the Fuller’s effort and support FHSSA’s work in sub-Saharan Africa, visit fhssa.org and click on the link for “Washington–Maine Line”

(Contributions are processed by FHSSA’s affiliate organization, the National Hospice Foundation; here’s a direct link to the secure, online donation form.)

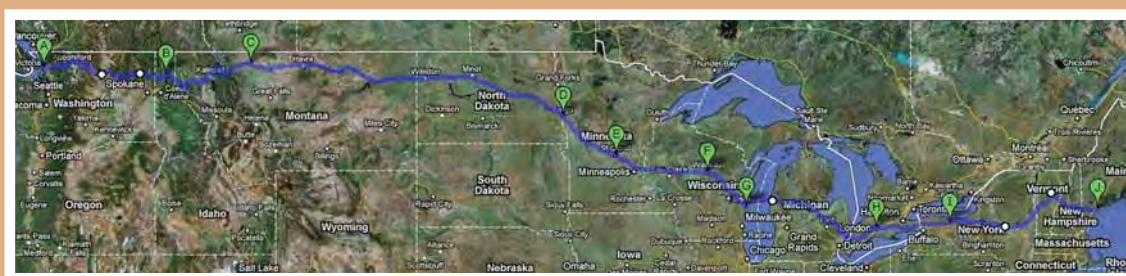
Evan added, “We liked the idea that a portion of the funds [will] pay for bicycles necessary to deliver care...the bicycle part was the deal-[maker], because there’s a myriad of funds worth supporting, and this one seemed personal on a few levels.”

The Fullers created a blog, “[Washington–Maine Line](#),” to document their progress and share thoughts from the road. Here are brief excerpts:

June 30: We had four hours and sixty-five miles of beautiful,

windless riding, but high noon brought the gusts back to kick us back to riding 8 mph for the rest of the day.

The major highlight was the gas station in Tokio (North



Dave and Evan Fuller rode across the country to pay tribute to Dr. Everett “Ev” Fuller, Dave’s father and Evan’s grandfather. As they were completing their journey, Dr. Fuller died peacefully, July 20, 2010 under the care of hospice with his wife at his side.

What's Happening at FHSSA?

FHSSA continues to support our current partners in the US and Africa, as well as looks to expand the number of partnerships to 100 by the end of 2010. The Fall of 2010 is full of events and activities that support FHSSA and our partners.



FROM
Atlanta to Africa...
The National Hospice Foundation invites you to celebrate
FHSSA's IMPACT Fund Event

From Atlanta to Africa is a National Hospice Foundation fund raising event for FHSSA that will be held in conjunction with the National Hospice and Palliative Care Organization's Clinical Team Conference on September 14, 2010. Join FHSSA friends and supporters for an evening of cocktails, hors d'ouerves, traditional African music, and a silent auction. All proceeds from this event will benefit the National Hospice Foundation's FHSSA Fund which supports the work of FHSSA. For more information about this event, please contact Anthony Barnes at 703-647-5167. For sponsorship opportunities please contact Pamala Bouchard at 703-837-3157.



**WORLD
HOSPICE &
PALLIATIVE
CARE DAY**

World Hospice and Palliative Care Day is on Saturday October 9th, 2010. We encourage all of our partners to use this day to celebrate their international relationships and share this day together. FHSSA will be providing additional resource materials for our partners in addition to those available at www.worldday.org. This is a wonderful opportunity for you to share the work that your organization is doing with your community. This year's theme is "Sharing the Care."

World AIDS Day occurs each year on December 1st. This year's theme is "Universal Access and Human Rights." Join FHSSA and our international community in recognizing the rights of the 33.4 million individuals living with HIV/AIDS worldwide to universal access to care and treatment.

African Palliative Care Association's Triennial Conference will be held on September 15-17, 2010 in Windhoek, Namibia. Hospice and palliative care professionals from across Africa and throughout the international community will meet to learn and fellowship with each other. The conference's theme is "Creativity in Practice" and will be attended by a number of US and African FHSSA partners.

FHSSA staff express our sincere gratitude to all 17 US FHSSA partners that provided financial assistance to African partners to attend the conference.

**The Foundation for Hospices in Sub-Saharan
Africa is now doing business as FHSSA.**



FHSSA
Compassion has no borders

**1731 King Street, Suite 300
Alexandria, Virginia 22314
CFC# 11018
(703) 647-5176**

**www.fhssa.org
info@fhssa.org**