



## Our corner

February - March 2018

Spring is here, and PAMEMMAZI continues its programs with active collaboration from staff from the General Oncology Hospital Kifisias Agioi Anargyroi. In today’s newsletter, you will read about our activities, and the feedback and thoughts of patients, caregivers, and hospital staff.

The PAMEMMAZI team

### Hospital staff speak about us

Today, we spoke to Ms. Dimitra Vlahogeorgou, social worker at Agioi Anargyroi Hospital. She said: *“The provision of creative services to patients with chronic illness offered in the hospital space is perfectly aligned with the type of support services that must accompany these patients, especially when they are in the hospital.”* Ms. Vlahogeorgou’s experience in two activities (dance expression and yoga) was *“positive and helped reduce stress from the pressure of the work environment of the hospital”* She believes that our activities cover patient needs well.

The supportive spirit of hospital specialists is essential for the success of PAMEMMAZI!

### Corrective makeup from Avène

PAMEMMAZI hosted the Avène team at the Agioi Anargyroi Hospital, where it contributed a note of beauty

to patients and nurses in the Outpatient Unit of the hospital.

With products for corrective makeup, they offered participants not only excellent results, but also some pleasant hours. In the photo below, two members of the Avène team rest after the event with PAMEMMAZI volunteers Vania Mountanou-Kourouniotti, Tessie Catsambas, Eleni Tzavara and Aphrodite Lafi-Matzourani. Many thanks to Constantino Moisiadi for his initiative, and Ms. Dora Gritzali.



## Facial care by Oriflame

On February 22<sup>nd</sup> and March 15<sup>th</sup>, PAMEMMAZI and Oriflame gave patients and caretakers a few moments of relaxation with their excellent facials and face massage. This was followed by makeup. Thank you to Ms. Argyro Kanavou for her never-ending support.

In the photo, friends of Oriflame in action.



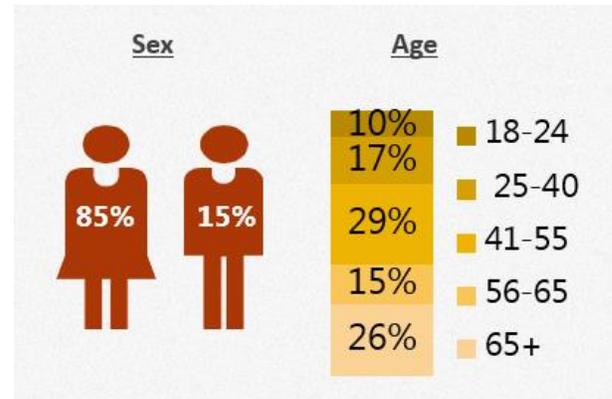
## Feedback from patients and caregivers

PAMEMMAZI believes in transparency, dialogue and collaboration. From the beginning of its work, participants are asked for their feedback after every program. We take the feedback we receive very seriously at every step.

Five hundred (500) people have taken part in PAMEMMAZI activities from November 2017 to February 2018.

All participants are given the same questionnaire at the end of every activity. One hundred and fifty-eight (158) people responded to our surveys (31.4%).

Respondents were:



The evaluation results were as follows:

1. 100% of respondents said the “liked” or “liked very much” all activities.

2. Patients responded that they had a good time and they felt an improvement in their psychological condition.

They commented:

*My difficult hospital stay was improved better*

*I decompressed*

*[I had a good time] and my happiness is great, because in a hospital where we would constantly talk of illness, we got away for a time, we learned new things, and we became a community. What can I say? Thank you so much.*

3. Patients said that the image they had of the hospital improved.

They commented:

*Even entering such a space with so much color, your mood changes.*

*I am thrilled with what you are doing, I have a good time and I like being in the hospital even though I was operated on. By all means, continue this work.*

*My difficult stay was made beautiful.*

4. Patients applaud our efforts and want to see it continue.

They commented:

*This work is excellent, I give you an A; it is creative, and I have not seen take place anywhere else.*

*A beautiful initiative, everything was perfect, continue like this and may there be something similar in every hospital.*

5. Patients found the PAMEMMAZI activities appropriate.

They commented:

*The activities you selected are most appropriate.*

*Thank you so much for the lovely time we had together, which was simultaneously so creative.*

*Congratulations!*

6. Patients are interested in creative activities, and caregivers wish for information and education.

They commented:

<p>PATIENTS Soaps Makeup Dance Ceramics Gardening Exercise</p>	<p>COMPANIONS Medical information Issues of technology Soaps Practical activities Education Swimming</p>
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## PAMEMMAZI at TEDxNTUA 24-3-2018

On March 24<sup>th</sup>, PAMEMMAZI was hosted by TEDxNTUA of the Athens Polytechnic School with the title “CHAOS” that took place at the Evgenidou Institute – Planetarium. PAMEMMAZI had a stand, and distributed information about its activities to attendees.



## Easter is coming

It is amazing how a simple paper napkin can transform a plain candle into a beautiful decorative one. Our participants made such beautiful crafts when they visited the PAMEMMAZI room at the Agioi Anargyroi Hospital.

In the photo, one of our decorative candles. Happy Easter to everyone!

