

LOVING HOSPICE

Autumn 2022

Thank you, Amanda



Dr Amanda Sommerfeldt receiving a long service award and gift.

Understanding what 'chuffed' means and turning right at roundabouts are two of the more interesting experiences for hospice's departing American head doctor.

Dr Amanda Sommerfeldt is returning to Wisconsin in the USA after serving six years as medical director and palliative specialist at Hospice Southland.

After arriving in January 2016, Amanda had to quickly get to grips with Kiwi colloquialisms and driving rules.

"The first time someone said they were chuffed, I assumed they were mad at me," she said. "I quickly learned I could only ask people to repeat themselves twice before they wondered if I had cognitive problems."

Her first driving lesson with a colleague raised tension levels to new heights when she tried to turn right at a roundabout.

However, it is her skills as a senior palliative specialist that has gained her plaudits. A fellow of both the Royal Australasian College of Physicians' Chapter of Palliative Medicine and American Academy of Hospice and Palliative Medicine, Amanda was instrumental in introducing COAST.

The Clinical Order Articulating Scope of Treatment is a simplified one-page document used by medical professionals in Southland and Wakatipu to record treatment wishes for patients with advanced illness or frailty.

She served as a mentor to long-time staff member and registered nurse Lisa Henderson who succeeded last year in becoming a Nurse Practitioner, a high-level clinical position that enables her to prescribe drugs and admit and discharge patients.

As a clinical senior lecturer with the Otago Medical School, Amanda was responsible for the palliative care training of many second-year house officers (junior doctors), medical students, and pharmacy students while on rotation at hospice.

Ever mindful of hospice's 'Living every moment' motto, Amanda was a fierce opponent of the government's End of Life Choice Act, which came into force last November.

"Professionally, I worry that the legislation may not be robust enough to protect vulnerable individuals. The full funding of assisted dying may become a more affordable and expedient way for politicians and policy makers to continue to justify a lack of support and funding for medications and treatments, support for patients, families and aged residential care and home health services, and palliative care."

Amanda says she has experienced many highlights while at hospice. "It has been a privilege to partner with hospital, aged residential care, and primary care providers. I consider it a 'win' that so many people phone us for advice and support or are quick to offer us their assistance."

Hospice Southland chief executive officer Flora Gilkison said hospice was very privileged to have had Amanda as its medical director.

"Amanda brought in some excellent clinical practices, such as COAST. She has really added to the training of many house surgeons who have had a placement here."

"Our board of trustees and staff wish Amanda and her family Scott, Liam and Megan all the very best for the future."

Hospice Southland is currently recruiting for a new medical director, as listed on the Vacancies page on our website.



Hospice Southland Charitable Trust
 PO Box 7020, Invercargill South 9844
 Southland Hospital Grounds
 Gate 1, Elles Road
 Invercargill 9810

☎ 03 211 3081

✉ office@hospicesouthland.org.nz

From the CEO

Autumn is here with some welcome rain and cooler temperatures, the tree leaves changing colour to yellow and orange, as we move into the third year of operating with Covid in our midst.

Despite the pandemic's challenges to us all, the support and generosity we continue to receive from our community is both humbling and uplifting. We really couldn't do without you all and it's so heartening to see the support you all continue to give our shops. Please do remember to wear a mask (or ask for one) when you're browsing and buying.

We had to cancel this year's Rotary Cycle Challenge due to Covid, however one intrepid group called The Amigos completed the challenge on March 19 anyway. We have a really wonderful Winter Warmer Raffle planned with about \$5000 in prizes including a woodfire and flue kit, firewood and other goodies. Tickets will be available through our seven hospice shops and from our website soon.

Hospice Southland has maintained a 'business as usual' philosophy while ensuring we keep staff, patients and families safe. We've continued visiting patients and families at home, our Day Programme



has been very well-attended every week and we've been able to offer some new bereavement support initiatives too.

We've been fortunate that few staff have been affected by the virus, which has had minimal impact on our services, and all our team have been great at helping fill any gaps.

There have been a few staffing changes, the most important of these being medical director Dr Amanda Sommerfeldt who resigned in January, to return to the United States with her family. We really appreciate the work Amanda has done over the past six years and wish her and her family the very best.

Hospice is all about people, so if you've ever thought about getting involved with hospice as a community volunteer please give us a call. Community volunteers serve a few hours a week as companions of hospice patients at home. For more information, please contact our volunteer coordinator Jody Forbes by email at jody.forbes@hospicesouthland.org.nz.

Flora Gilkison, Chief Executive Officer, Hospice Southland

Street Appeal Success

A total of \$16,765.50 was donated locally at hospice's big national annual fundraising event the Street Appeal on February 11.

It was a great effort considering people were understandably nervous being out and about with Covid cases on the rise nationally.

"It went very well,

it just shows the generosity of the community," said Hospice Southland events coordinator Suzanne Prentice.

"For the first time we had eft-pos machines available, and that made it easier for people to donate. We were also lucky with the timing as it was just before Omicron hit down here."

More than 100 volunteers collected money at 26 stations, including supermarkets and pharmacies, around Southland and the Wakatipu basin.

Suzanne thanked those who donated plus all the individual and group volunteers who collected, particularly those who continue to help out year after year.



Rock the programme

The philosopher Plato once said, "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything".

The spirits of attendees at a recent Day Programme session at hospice were certainly given a lift by house officer Dr Ruth Bradley on the piano.

The part-time rock musician and third-year doctor tinkled the ivories and sang for a dozen day patients and their carers on March 29, belting out requests such as Jennifer Rush's 'Power of Love', Sarah McLachlan's 'In the arms of an angel' and Bob Seger's 'Old time rock and roll' – all without any song sheets.

Just goes to show you we're a multi-talented bunch here at hospice. Many thanks for the impromptu performance, Ruth. If hospice ever starts a band, you'll be first in line for the call!

Ruth was one of the junior doctors who come regularly to Hospice Southland for palliative care training under the guidance of our medical director.

"We have been very fortunate to have a series of wonderful young doctors come and train with us," said chief executive officer Flora Gilkison.

"They say they love being with us and we say the feeling is mutual. It's a great way for doctors in post-graduate training to get a feel for Southland medical care other than the hospital."



House officer Dr Ruth Bradley entertains at a recent Day Programme session.

A gem of a gardener

She's described as a "gem" and the "go-to lady" in hospice's team of volunteers.

That's Vicki Drain, and she's the first person Hospice Southland volunteer coordinator Jody Forbes calls upon to organise people to tidy up hospice's expansive gardens at its Invercargill base and help at fundraising events.

"She's a wee gem and she has all the knowledge to be our lead gardener," enthuses Jody.

Vicki is eminently qualified to lead the team of ten volunteer gardeners, having worked for 18 years with the Invercargill City Council's Parks department.

"I was the first female gardener at the council to do a horticultural apprenticeship," she says proudly.

She left when her daughter was born and, after a stint in the private sector, in 2002 was re-employed by the ICC as gardener in charge of the Anderson Park grounds where she stayed until retiring in 2016.

An outdoorsy person, she put her hand up to help in the gardens at hospice five years ago as it "got her out of the house" but also

because of the high level of care she experienced when her sister Susan Snow became sick with cancer.

"I'll always remember how wonderful the support was for the family after she passed away at hospice."

When she's not pruning roses or trimming hedges on the hospice grounds, she's fronting up at a donation desk outside a supermarket for the annual Street Appeal or helping at other fundraising events.

"The other volunteers are lovely people to work with and I've made new friends," she says. "We all just muck in together."

Thanks, Vicki, for all that you do keeping our gardens beautiful.



Lead gardener
Vicki Drain
pruning
roses.

Flights a winner

The dollars are flying in thanks to Air Milford.

The Queenstown-based tourism company donated \$1500 to Hospice Southland following a series of passenger flights around Stewart Island on April 9.

A total of 60 people on board Air Milford's Cessna Caravan planes took in the sights of Rakiura. Thanks to Air Milford, Hospice Southland house officer Dr Ian Koh joined one of the flights free of charge.

"It was an amazing flight over some pretty rugged New Zealand landscapes," said the Malaysian-born doctor. "The highlight for me was the Titi Islands, seeing all the helicopters buzzing around with the start of the mutton birding season and learning about the local Maori tradition of harvesting them for food."

Several people from Western Southland were also on the flights as it coincided with tickets given away as prizes in support of Tuatapere Golf Club's annual Waitangi Day Hospice Charity Tournament.

Air Milford operations manager Antony Sproull said they were



Hospice doctor Ian Koh boards an Air Milford plane in readiness for a scenic flight over Stewart Island.

pleased to be able to raise funds for hospice in conjunction with the golf club. "Especially in this climate that so many events have been cancelled, to have this truck on was very special."

Hospice Southland warmly thanks both Air Milford and Tuatapere Golf Club for their support.

Writing a legacy

Recording the lives of hospice patients is a role a group of volunteer ladies take very seriously.

The Living Legacies team of biographers are special people who record and document our patients' life stories.

Some members of the team met at hospice recently to rekindle their enthusiasm for recording stories.

"These stories become a treasured legacy for their loved ones," explains team coordinator Kate Anderson, who also coordinates the Day Programme for hospice patients.

The patients' stories, either bound in a book or recorded digitally on video, generate a lot of positive responses from grateful family members.

Kayleen Brady, whose father Kenneth Malcolm died recently, praised the work of biographer Beryl Wilcox. "It was a lovely tribute to his life, and we appreciate the time and effort that was put into this book."

Hospice Southland warmly thanks all members of the Living Legacies team for the compassionate and sensitive service you give to our patients.



The Living Legacies team:

From top left: Kate Anderson (team coordinator), Beryl Wilcox, Donna Marie Coats, Edna Weedon (editor), Jody Forbes (volunteer coordinator).

Seated from left: Gillian Poplur, Deidre Stirling, Mary Marshall.

Absent: Barbara O'Shannessy, Pru Field (bookbinder), Pam Winsor-Holmes, Kay Ingram, Helen Rook, Liz Grimwood.

Geoff's the man

A key volunteer will be sorely missed from hospice's Yarrow St store in Invercargill when he leaves.

Geoff Storm is moving on in May after seven years as a team leader in charge of the back-room volunteers.

The back room is where helpers sort through the mass of donated items including clothes, furniture and electrical goods before being presented in the front or retail section of the shop.

It's here that Geoff's professional skills have come to the fore. For 20 years Geoff worked as an orthotist at Southland Hospital fabricating neck braces, hand splints and spinal bases for use by patients who require added support for body parts that have been weakened by injury, disease, or disorders of the nerves, muscles or bones.

Geoff, who has worked three days and the occasional Saturday in the shop, also checks if donated books are in a presentable condition.

"He's a real go-to person," said shop manager Debbie Finnerty. "He will be sorely missed by us all. He takes a lot of stick from the girls but he gives it back too!"

Geoff, 65, said he enjoyed the camaraderie of his fellow workers and was keen to continue volunteering at a hospice shop in Blenheim when he and his wife move there.

As a former professional health care worker, Geoff says he sees the very real need for hospice's palliative care service and is happy to help where he can.

Such is the demand for goods in the Yarrow St shop from customers, part-time facilities caretaker Tony Rain is now employed full-time in the shop. Hospice Southland is recruiting for a replacement caretaker. If interested, please go to our website hospicesouthland.org.nz and look under Vacancies.



Geoff Storm at Yarrow St Hospice Shop in Invercargill.

Getting to know her in Sixty Minutes

By Edna Weedon

We met as strangers
in unfamiliar surroundings
Assessing each other's words
and body language
Before immersing ourselves
in friendly chat
Of life's directions,
younger generations,
Her life ending illness,
her utter weariness.
But I suppose you hear that
every day, she said
Looking at the white cupped hands
in her lap.

I answered gently
"Everyone is different
Everyone has a different story
But they all go through
the same angst."

We held each other's gaze and I saw
A recognition of my sincerity,
An awareness of the person I am.
And I hoped that when we
shook hands
And said goodbye
she saw in my eyes
A love for my fellow human.
For her eyes were sparkling,
her touch warm
And a glow surrounded her.

Edna is a member of the
Living Legacies team and wrote
this poem in 2013 after an
interview with a patient.



Thanks Farmers

Farmers Department Store in Invercargill recently donated 16 display units to our Yarrow St hospice shop.

Farmers is moving soon into their new store in Esk St as part of the renewed central business district of Invercargill and did not need their old white wood and glass shelf cabinets.

Yarrow St shop manager Debbie Finnerty is very grateful for the eight wooden shelf units and eight tall white cabinets, which have been repurposed to display glasses, plates and vases.

Military vehicle aficionado Duncan McGregor of Te Anau takes hospice patient Tom Olphert for a spin in his restored 1944 Willys army jeep during a Day Programme event at our Invercargill base. Several patients enjoyed jeep rides and a slideshow of Duncan's passion presented by his wife Tina, a professional photographer.

The rides and slideshow were part of ANZAC-themed activities for Day Programme patients on April 27. They also enjoyed a presentation of war medals and service certificates by family historian and hospice staff member Jane Miedema.



Welcome Julia

Hospice Southland warmly welcomes our new social worker and counsellor for Queenstown and the Wakatipu area, Julia Kluts.

Julia, who lives at Jack's Point, began her employment with hospice in March providing a social work and intervention service. She also supports patients with a life-limiting illness and their families with counselling and bereavement advice.

A social worker with 17 years' experience, Julia previously served as a development coordinator for a community centre in Christchurch.

Julia experienced the power of palliative care during her husband Jack's terminal illness. "I wish to share this knowledge that through the process of death and dying, dignity and strength can prevail," she says.

"Navigating our emotions and stressors during terminal illness is the greatest challenge, and social support from families, friends and health professionals is essential.

"Facing death and dying is unique and often complex, so professional support through the hospice gives guidance, understanding and strength to those involved."

When she's not working Julia spends her time walking her "unruly" Springer Spaniel dog Poppett, helping look after her grandchildren and reading.

Julia joins community nurses Jill Brown and Rebecca Davey as Hospice Southland's clinical and psychosocial representatives in Queenstown/Wakatipu area.



Julia Kluts, hospice's new social worker/counsellor for the Wakatipu basin.

Events

These are the events hospice is organising or is involved with in the coming three months:

MAY 15

Hospice Awareness Week

JUNE

Winter Warmer Raffle

JUNE 19-25

National Volunteer Awareness Week



WAYS TO DONATE

There are several ways you can donate money to Hospice Southland.

Here are five payment alternatives:

- 1. Internet Banking** Pay directly by internet banking into our Westpac bank account 03-1745-0005791-00 giving your name and phone number as reference details.
 - 2. By post:** List your credit card (or visa debit card) details and amount to donate in the cut-out panel on page 5 and post it in an envelope to us at PO Box 7020, Invercargill 9844.
 - 3. Our website:** Search the internet for hospicesouthland.org.nz, click on 'About Us', then click on 'Make a Donation' and enter your credit card details.
 - 4. By cash:** Drop off cash or swipe your eft-pos debit card at one of our seven hospice shops
 - 5. Givealittle:** Go to our Givealittle page on the internet at www.givealittle.co.nz/org/hospicesth
- If you require any assistance with making a switch to an alternative payment method, please feel free to give our office a call on (03) 211 3081 and they will talk you through the options.*



Yes, I would like to support Hospice Southland.

Title ☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms.

Name

Address

Phone

Email

Please send me information on:

- ☐ Hospice Southland services
☐ Becoming a volunteer
☐ Including Hospice Southland in my will

Please find enclosed my credit card donation of \$

Please debit my ☐ Visa ☐ Mastercard

No.

Expiry date /

Name on card

Signature

Thankyou for your generous support. We receive only half our funding from government. Your monies help keep palliative care free to patients with life-limiting illnesses in Southland and Queenstown/Wakatipu.

Living Every Moment
hospice
 southland

Charities Commission
 No. CC22695



Donations

These donations, grants and bequests of more than \$1,000 were received between January and March 2022. We also receive many donations less than this, including goods and services. We thank you all.



DONOR

AMOUNT

Allan Baxter	\$1,000
Anonymous	\$1,389
Anonymous	\$1,000
Anonymous	\$1,000
Anonymous	\$5,000
C S Roofing	\$1,000
Daniel Phillips	\$1,000
David Griffin	\$1,000
Estate C.H. Moar	\$6,948.65
Estate D.T.A. Brown	\$29,896.34
Estate I.C. Ward	\$46,718.06
Estate Lorena Turnbull	\$5,000
Estate M.L. Murphy	\$268,136.40
Farmers Dept. Store	\$14,826.17
J B W McKenzie Trust	\$5,000
Lindsay and Lynn Brown	\$1,500
Mary Bergman	\$1,000
Millbrook Resort	\$4,431
Mrs M.L. Harris	\$1,000
Mrs L.G. Tee	\$1,500
Neville Stronach	\$1,000
Stabicraft Marine	\$1,235
Token Trust - Toyworld	\$10,024.53



Awesome Amigos

What happens when an organised event gets called off but you're still champing at the bit to go?

You run your own event, of course! That's what The Amigos did when the 2022 Rotary Cycle Challenge – an annual fundraiser for Hospice Southland – was called off due to Covid.

The five Amigos riders – (from left) Callum Chilton, Maurice Allingham, Ross Sutherland, Aaron Galloway and Darryl Greig, pictured with hospice events coordinator Suzanne Prentice – made their own way from Te Anau to Invercargill on March 19.

Suzanne was wearing a sombrero or Mexican hat to greet the Amigos. Our volunteer coordinator Jody Forbes cheered the group off in Te Anau also wearing a sombrero.

The Amigos were supported by family and friends along the 160km route. It was also a personal challenge for Aaron as he rode in memory of his mother-in-law Mary Peters, who died from cancer two years ago and was cared for by Hospice Southland.

Together they raised a staggering \$5110 for hospice from rider sponsorship. Gracias Amigos! Thanks so much for your commitment to the hospice cause and making it happen, guys.

Wishlist



Many of us wish we could give back to the community, but we often just don't have the means. That's why we have our wish list! Big or small, your contribution counts.

By donating these items, you help us reduce our costs and keep hospice's palliative care services free 24/7 to patients and their families.

Drop them off at our Invercargill base in Kew Rd or at your nearest hospice shop.

- 9-Volt alkaline batteries
- Eggs
- 410g cans peaches or apricots
- Tinned fish
- Moccona coffee
- Laundry powder
- 1L fruit juices
- Vanish whitener
- 250ml cans Sprite and Coca Cola
- Dishwash detergent
- Toilet rolls

facebook.com/hospicesouthland
www.hospicesouthland.org.nz

DONATE NOW

To make a direct credit by internet banking, please make donations to:

HOSPICE SOUTHLAND 03-1745-0005791-00

Please use your name or organisation along with your phone number as a reference.