

# LOVING HOSPICE

## SPRING 2022

## Eight staff receive long service awards



*The seven staff who received their long service awards on September 27 are (from left) administrator Kathryn Bell (10 years), nurse Raewyn Knight (5), shop assistant manager Tony Rain (10), nurse Sue Taylor (20), nurse Helen Glynn (15), nurse Trish Clarke (20) and nurse Brenda Scully (20).*

Eight staff members were honoured with Long Service Awards recently, including one with 30 years of service.

Each received an award certificate and a potted orchid flower at a presentation by chief executive Flora Gilkison at hospice on September 27.

The awards were extra special for one recipient, nurse Corina Calvert. She received her award for 30 years' service – the same period that Hospice Southland has been in existence.



*Nurse Corina Calvert with her 30 years long service award certificate.*

Corina, who began working as an enrolled nurse on 21 July 1992, thanked the staff and said it was a wonderful privilege to be part of the hospice family.

"It's gone quite fast," she said. "From small beginnings in the old nurses' home with one doctor and a nurse manager, to watching it grow and to see what the future brings."

Nursing director John Cochrane praised Corina's dedication to her profession.

"Corina exemplifies what is often seen as an old-fashioned concept these days, that of service, and her 30 years with hospice is a tribute to that. For as long as I've known her, she's displayed huge enthusiasm for her job and has been a tireless worker and advocate for our patients and families."

Flora Gilkison said one of the best things about Hospice Southland is that it is like a bay of calm in a very busy world.

"Patients and their families often comment on the lovely feel hospice has and that it makes them feel less anxious and calmer. This is a direct credit to our staff, from the reception on to nursing and patient and family support.

"What is best is that the staff stay, and we have many that have worked here for many, many years."

Corina, who was unfortunately off sick on September 27, received her award on November 2.

## Dog trials raise \$20,000



Let's give a big 'woof' to the organisers of the Southern Indoor Charity Dog Trials for a record \$20,000 raised for Hospice Southland!

This was more than the initial \$12,000 we said in the last newsletter.

"It was a great to be able to raise so much for hospice," said dog trials committee chairman Mike Joyce. He praised all the businesses who

donated goods and those who participated in auctions.

Usually, items given by businesses were sold by silent auction, but this year the items were auctioned live, which made it easier to collect the money, he added.

Hospice Southland events coordinator Suzanne Prentice, who sang a few of her chart-topping songs during lunchbreaks at the trials, said she was over the moon at the amount raised.

The trials, which had been held since 2016, have raised more than \$100,000 for hospice in that time.

The dog trials committee won the community impact award at the Gore Community Awards on October 28.



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](mailto:office@hospicesouthland.org.nz)



## From the CEO

Spring represents another year I have had the privilege of being Chief Executive Officer at Hospice Southland.

It's a wonderful job as the staff are all so committed to assisting our patients, their families and whānau and their community to face the sad journey of end-of-life. For many, it's a time to sort out relationships and tell each other how much they love and appreciate them. Our clinical staff are very helpful here, giving advice, pain relief, comfort and support.

Hospice is usually a calm, peaceful place and happy. But hospice is not just the building located at the back of Kew Hospital. While the building is special and the gardens wonderful, it's all about the community. Your support through giving time, money, physical donations for the shops and bequests all add up to help us keep providing palliative care to all at no cost.

But the environment is changing and hospices up and down the country are facing rising costs and the need to attract experienced staff. We now contract with Te Whatu Ora / Health NZ instead of the former Southern District Health Board, and we are also developing a relationship with Te Aka Whai Ora, the new Māori Health Authority.

Hospice Southland endeavours to use Dr Mason Durie's Te Whare Tapa Whā holistic model of health care – the four cornerstones or sides of Māori health which need to be in balance for real wellness to occur. It will resonate with many of you.

Many Māori feel a major deficit in modern health services is the lack of taha wairua – the spiritual side. In a traditional Māori approach, the inclusion of the wairua, the role of the whānau (family), and the balance of the hinengaro (mind) are as important as tinana (physical health).

Optimal health comes partly from strong physical health, and this is important in palliative care. But it can't be separated from the other three sides; the strong mental health capacity and recognition, the family support where whanau are considered as important as the patient, and the fourth spiritual side. It's a deeply intrinsic part of life and wellness.

A traditional Māori study of physical symptoms of illness will focus on the wairua to determine whether damage here could be a contributing factor. This is very important in understanding how to assist Māori with their palliative care needs.

On November 29 we are having a workshop to help us embed a Māori perspective of health into our model of care.

**Flora Gilkison, CEO**  
Hospice Southland



*Jo Seagar (right) autographs a copy of her cookbook for Gore Hospice Shop manager Sue Neiman.*

## \$20,000 Christmas dinner

Christmas dinner is all sorted thanks to celebrity cook Jo Seagar.

Jo, patron of Hospice New Zealand, packed out the Croydon Lodge on October 20 when about 280 locals attended her Christmas Made Easy cooking demonstration event.

Organised by the Gore River Valley Lions Club, the event raised \$20,000 for Hospice Southland.

"It was a fantastic night enjoyed by all, with amazing raffles," said hospice events coordinator Suzanne Prentice. "Jo was brilliant, as she always is."

Sue thanked the Lions club and lodge owners the Mataura Licensing Trust for hosting the event, for which guests paid \$40 to learn the latest Christmas menu ideas.

Jo started with savoury pikelets and gluten-free Brazilian cheese bikes, followed by a prawn salad. The main of slow-cooked lamb shoulder was served with flat breads and bay-leaf infused baby potatoes. Dessert consisted of a Pimms-flavoured jelly.

Earlier that day Jo paid a visit to Gore Hospice Shop where she posed for photos with staff and customers and autographed copies of her cooking books.

## Events



These are the upcoming events that hospice is involved in up to Christmas:

- November 26:** Southern Artisan Christmas Fete
- November 30:** Volunteer Christmas Party
- December 1:** E Hayes 90th Anniversary Gala
- December 9:** Staff Christmas BBQ





*Tony Laker helping prepare food for a quiz fundraiser at hospice in 2010. With him are (from left) Annette Chalmers and Craig Kura of AMP Insurance and then house manager Helen Hawker.*

## Remembering Tony Laker

*Invercargill identity Tony Laker was a both a benefactor and patient of hospice. An inspirational and generous man, over 15 years Tony directly raised more than \$28,000 for hospice and much more by way of in-kind donations. This is his story as told by his wife, Tracey.*

Writing about our hospice journey is difficult. It is an organisation that we have supported for many years, never thinking that we would be requiring their services ourselves. A sad irony.

When Tony and I started House of Travel Lakers in 1999 we both felt it was important to give back to our local community where we could. We supported many clubs and organisations during our 22 years in the company.

Hospice Southland however was different; there was a personal connection. Tony's dad Alf passed away in the In-Patient Unit of the hospice in 2004. The specialist care and the loving environment provided by the fabulous team in Alf's last days of life really touched Tony and I, and we wanted to personally give back in gratitude.

Firstly, it was a well-stocked drinks trolley that we donated to the In-Patient Unit to be wheeled around the rooms for a happy hour, offering a drink to the patient and their family and friends visiting, maybe to help celebrate the person's life or perhaps to celebrate getting through the day.

In 2005 Tony and I, along with the other House of Travel owner operators, voted to form a partnership between House of Travel and Hospice New Zealand. Over the years our staff helped at different times; they cleaned hospice offices and vehicles, were on monthly baking rosters, assisted with fundraising and with the annual hospice street appeal.

Tony's personal contribution was, however, next level. He was an incredible speaker, he was positive, passionate, humorous and highly motivational. He initially spoke at schools encouraging students to believe in themselves, helped business owners in workplaces motivating their staff and spoke at many different clubs and organisations about his life and the business we had built.

When Tony was picked up by Celebrity Speakers and was asked to speak at conferences, he decided that whenever he was engaged to

speak in Southland the proceeds would be donated to the hospice. The awareness that Tony continued to bring to Hospice Southland we felt was important and being awarded the [national] Hospice Embrace Award [in 2009] was a highlight for us.

Tony would be so proud to have been recognised as one of the biggest individual benefactors to Hospice Southland, however that wouldn't be the legacy that he would want to be remembered by. He would want to be remembered for his positivity, his eternal optimism and for treating others how he would want to be treated.

Tony was an incredible husband and father, he always put his family first. It's a really tough time in our house at the moment.

Our daughter Meg who at 21 is in her third year studying Psychology at Otago University. She moved home when Tony left Dunedin Hospital and has continued to study online. Tony would be so proud that Meg is pushing through her grief to graduate at the end of this year.

Our son Flynn is 18, has Down Syndrome and is missing his best friend – his dad. Flynn is part of Ruru School in the satellite class based at SIT. The teachers and support workers are really looking out for Flynn, providing a lot of support to help him through the difficult days.

And I am simply heartbroken. When Tony got the terminal diagnosis two years ago, the fight began for as much time as possible. Tony was always positive that he would beat the odds but for me the grief process started then, just silently in the background as I didn't want Tony to think I had doubts. I thought grieving for two years would make me more prepared for when that final day came. That doesn't seem to be the case, and on reflection, potentially the grief process just lasts longer as now my grief is different, not having Tony beside me.

Meg, Flynn and I are all heartbroken together, however that only happens if you have been blessed with a treasure, like we were. Many people reading this will be going through their own journey and my heart goes out to you all.

Thank you to Hospice Southland for providing such wonderful support to the people of Southland.

**- Tracey Laker**

# Welcome Dr Cremasco

Accepting a position at Hospice Southland felt like the right move for a doctor with years of dealings with primary care patients entering their end-of-life journey.

Dr Neil Cremasco started as a medical officer at Hospice on October 17 following an eight-year stint as a rural GP at Otatau Medical Centre in western Southland.

"I've done quite a lot of end-of-life care from the very start of my clinical career back where I'm originally from in Tasmania," he said. "Working with people with HIV and AIDS just before the advent of today's effective antiviral medications was a privilege.

"While achievable, facilitating a dignified death was more complicated then due to the stigma associated with HIV and AIDS. These days, people with HIV can live a full and productive life thanks to advances including the antiviral medications."

Neil trained as a doctor at the University of Tasmania Medical School in Hobart. He and his sister, a nurse, gained personal experience of terminal illness when they cared for their father prior to his death from lung cancer 12 years ago.

He is fully supportive of hospice's motto of 'Living every moment' and has apprehensions around the new euthanasia law. "I love palliative care as we're giving people some choices and control back, helping them and their loved ones feel less frightened and making their end of life as peaceful and meaningful as possible," he said.

Neil, who has Italian origins and lives near Riverton, joins a team

of three other doctors and a nurse practitioner in the clinical team at Hospice Southland, where he has been warmly welcomed. Hospice clinical staff usually visit patients in their homes to assess their condition, choices and medication needs. Many patients stay in their homes with about a third needing to come into hospice's Inpatient Unit.

When he's not working at hospice, car-loving Neil can be spotted cruising around the province in his classic 1974 Bentley T-series. He has an interest in Japanese and Chinese art, New Zealand artists such as Frances Hodgkins, and loves reading books by historians such as William Dalrymple and Simon Sebag Montefiore.

Hospice Southland CEO Flora Gilkison welcomed Neil and says she feels very privileged that Neil has joined the clinical team. "He brings a wealth of primary palliative care experience and is well integrated into rural Southland."

*Dr Neil Cremasco has started work at Hospice Southland.*



## Steaming happy

Hospice's inpatient rooms are super clean thanks to the donation of a new steam cleaner from a local company.

Nickie Cameron from Southern Floor Care in Invercargill, trading as Master Blaster, presented the Lavor professional model GV Etna 4.1 steam cleaner to hospice on August 30.

Nursing director John Cochrane thanked Nickie for providing the machine at a reduced price. "Steam cleaning is an important part of our infection control strategy," he said. "Our current machine is more than 10 years old and playing up, hence the replacement."

The company also covered the cost of upgrading the power plugs in the six IPU rooms to the 15 amps necessary to run the powerful steam cleaner, which has 3kw boiler.

Thanks Master Blaster!

*Hospice healthcare assistant Rose Hasler receives the new Lavor steam cleaner from Matt Snell and Nickie Cameron from Master Blaser.*

## Hospice records surplus

The financial year 2021-22 was marked by large fluctuations in income, expenses and investments but Hospice Southland Charitable Trust continues to run a surplus, the latest annual report shows.

Accounts presented at our 30th Annual General Meeting on October 27 showed the operating arm of hospice recorded a \$236,732 surplus thanks to very generous donations, according to treasurer Peter Heenan.

Staff wages, typically the biggest expense, rose 12.2% while Ministry of Health income was virtually static, up just 2.2%. Revenue generated by the sale of goods in the seven hospice shops rose just over 1% to \$2,186,637 accounting for 30% of total revenue.

Investment division Hospice Southland Foundation reported a deficit of \$401,383 against a surplus of \$2,242,903 the previous year. "This is not a cash deficit but rather a result of market volatility due in part to the impact of Covid and international markets retreating," said Mr Heenan.

Chief executive Flora Gilkison praised the efforts of the shops and their volunteers in challenging times. She thanked the board of trustees for their stalwart support and the staff for their steadfast service.

Guest speaker Wayne Naylor, CEO of Hospice New Zealand, spoke on the funding challenges all hospices face and promised to keep advocating for specialist palliative services at central government level.

# Farmers to hospice volunteers

They've worked side by side on the farm for 50 years and now they're volunteering side by side at Windsor Hospice Shop.

Retirement is still a relatively unknown thing for Bruce and Gay Lamb, who stepped off their Tokanui sheep and beef farm and moved into Invercargill only last year.

Gay didn't need any arm-twisting to get involved. "I always said I'd volunteer at hospice, it's such a worthwhile cause," she said. "You never know if you might need hospice yourself."

Gay, 71, was first to volunteer at hospice last December and her husband followed a month later. "The manager said they needed a man to do the lifting and Gay said to her I might do it, so here I am," quipped Bruce, 74.

Though no-one of their immediate family have been through hospice, they know friends and neighbours who have and fully realise the importance of the palliative care service hospice does. Community service runs in their blood. Gay is heavily involved in the Waikawa Museum, while Bruce was a volunteer ambulance officer at Tokanui. He also coached rugby at the Tokanui club and at Southland Boys High School.

They're both still involved in the Curio Bay Charitable Trust, which runs the award-winning Tumo Toko Curioscope tourism venture at the Catlins coastal village. They also get involved in counting penguins and pest trapping.

"We've met a lot of people over the years through being involved in these things," said Bruce. "We have a bit of time to do other



**Gay and Bruce Lamb volunteer at the Windsor Hospice Shop.**

things now and it's good fun here [at the shop], it makes you want to get up and go."

A dab hand at the till and confident with customers, Gay was quickly appointed a team leader, while Bruce tests and tags electrical goods prior to sale when he's not picking up donated furniture.

Shop manager Heather Moore said she felt very privileged to have Bruce and Gay in her team.

"It was clear right from the start that they were very valuable team members. They are both always willing to go the extra mile whenever needed. Their support, availability and work ethic are simply amazing.

"I cannot thank Gay and Bruce and all our valuable volunteers enough, they all do an amazing job supporting me and helping raise funds for our hospice."

## WAYS TO DONATE

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](http://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](http://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 .....

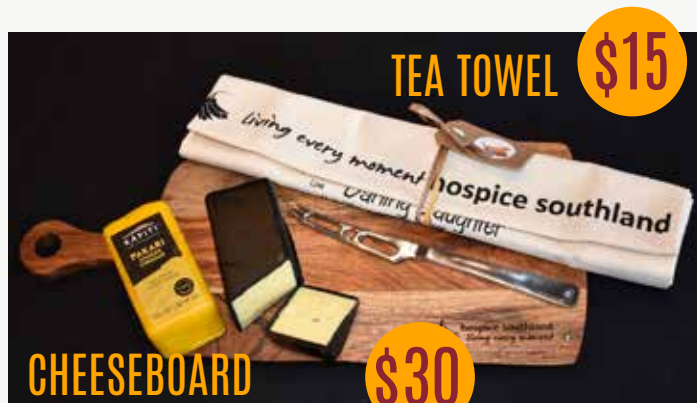
*Thankyou for your generous support. We receive only half our funding from government. Your monies help keep palliative care free to patients with life-limiting illnesses in Southland and Queenstown/Wakatipu.*

Living Every Moment  
**hospice**  
 southland

Charities Commission  
 No. CC22695







## Hospice merchandise for sale

A great way to support hospice is with our new range of merchandise.

We currently have tea towels and cheeseboards for sale.

The tea towel design was created by our team. We all have that beautiful person we miss living every moment with us, which was the thinking behind the design.

The cheeseboards are inscribed with the hospice logo 'Living every moment' complete with a miniature paua shell.

They would make for a lovely Christmas gift or a treat for yourself.

The tea towels are \$15 and the cheeseboards \$30 each.

Available in limited numbers, order and buy them online from our website [hospicesouthland.org.nz](http://hospicesouthland.org.nz), or pick up from reception at our base at Kew Road, Invercargill.

*Delivery is available: NZ Post courier costs \$6.40 while rural delivery is \$4.80 more.*



## Donations

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

### DONOR

### AMOUNT

Anonymous	\$1,000
C S Roofing	\$2,200
Elinor Collins	\$1,000
Estate E M Hammond	\$5,000
Estate M L Murphy	\$3,115
Hugh Anderson Charitable Trust	\$6,000
Kaan's Catering Supplies	\$2,658
Lions Club of Toi Tois	\$1,271
Local Authority Property Association	\$1,000
M W Stearne	\$1,000
Neville Stronach	\$1,000
Rodney Botting	\$1,000
Southern Floor Care	\$2,500
Southern Indoor Charity Dog Trial	\$20,000
Sylvia Stronach	\$1,000

## 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 support their families.

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



- 9-Volt alkaline batteries
- 410g fruit cans
- 1L fruit juices
- 250ml cans Sprite and Coca Cola
- ginger beer
- cheese 800gm/1kg
- eggs
- reduced cream
- tomato chutney
- tinned fish
- laundry powder
- Vanish whitener
- dishwash detergent

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.