

hospice matters

WINTER 2015



From the CEO



Our purpose statement or "Vision" at Hospice Southland is "Living Every Moment". One of the most challenging parts of my role as CEO is articulating what that means when I'm presenting to the many groups I'm asked to speak to each month.

One of the groups I was most concerned about recently was when I was asked to present at the Southland Boys' High assembly. Fortunately I was there to receive a generous donation from the students and wasn't expected to speak for too long. I managed though to walk away from the stage with a gift far greater than the \$750 cheque. I walked away with a greater appreciation of just what "Living Every Moment" means to Hospice and the community we serve. This was all thanks to Rector Ian Baldwin who shared a story of his recent experience with Hospice Southland.

Ian shared a story of a dear friend of 30 years who had passed away three weeks earlier. He told the boys about the time he had heard his friend had been diagnosed with terminal cancer. Upon hearing the news Ian rushed to Kew Hospital to pay a visit.

Ian shared with the boys how he walked into the room and was hardly recognised by his closest friend due to calcium build up in the blood affecting his brain as a result of the cancer. Ian's closest friend of 30 years with whom he had shared so much, was struggling to hold a conversation with him.

Ian then talked of how his friend was admitted to Hospice Southland and how the specialist team worked on his symptoms, adjusting his

medications and most importantly, cared for him while supporting the family during this distressful time.

After two weeks in Hospice he was released home and Ian talked of how he was able to once again engage in fabulous conversation with his dear friend who had, thanks to the care and treatment he had received at Hospice, recovered his ability to interact and converse with family and friends. Ian's dear friend survived for eight days at home, supported by the team from Hospice Southland and cared for by his loving family and friends. He passed away peacefully at home, surrounded by his loved ones.

Listening to Ian talk to the audience of over 700 boys, I realised that Ian had succeeded far more than I could ever do in explaining why it is that Hospice has the vision statement of "Living Every Moment". His story of being able to enjoy a few precious moments in which to say goodbye to a dear friend with dignity was moving and truly reflective of the Hospice core purpose.

In Ian's story we truly understand that Hospice is not a place, but a philosophy of care where it is the quality of the journey that is the focus, so that patients and their loved ones can travel that journey with dignity. What is the value of one last loving experience when you've lost all hope? These are the stories that truly reflect what Hospice is.



National Volunteer Week 21-27 June

Volunteering has a massive impact in New Zealand. More than 200 people generously give their time to work as volunteers for Hospice Southland. Many of these people work in one of our four Hospice shops, but they also help with gardening, cooking, cleaning, day programme and events.

To our wonderful team of volunteers, thank you for your generous contribution to Hospice Southland – we couldn't do what we do without you!

Thank You!!

The Waiau Valley Lions Club has been supporting Hospice Southland for the past 20 years through its annual Waitangi Day Hospice Golf Tournament. In that time, the club has raised an impressive \$33,200 for Hospice Southland. Each year up to 40 couples enjoy playing the picturesque Tuatapere course and partaking in the local hospitality and barbeque.

One of the tournament's organisers Wendy Knowler, would like to thank the Tuatapere Golf Club for the use of their facilities every year and the many sponsors for their support. Huge thanks go to our loyal sponsors who have continued their support of this tournament year on year. With up to 50 sponsors there are too many to mention individually but their enthusiasm for assisting us and Hospice Southland through tournament and raffle prizes, vouchers and auction prizes, and donations to assist with expenses has been greatly appreciated.

Thanks also go to the past members and their husbands who have continued coming back to support the event, assist with obtaining sponsorship and cooking the Barbeque Mrs Knowler said.

Wishlist

Toilet paper	Sugar
Coffee	Bisto pouch liquid gravy
Pak n Save or New World vouchers	Aunt Betty's single serve desserts
Milo	

Funding for a Defibrillator

We are currently seeking funding for the purchase of a defibrillator/AED (automated external defibrillator) to keep on site at Hospice Southland. We have a high number of older visitors come into hospice, often with their own health issues and perhaps an added burden of grief. We also have many volunteers, people attending meetings and staff. We would like to have an AED at Hospice Southland so that in the event of a collapse from a cardiac event we have the ability to best support the person at the time.

We have obtained a quote from Southern First Aid of \$3,737. Whilst this is not a small purchase, we feel it is an important piece of equipment for us to have on hand; therefore, any contributions towards us reaching this goal would be greatly appreciated.

A poem by Brian McKnight

Brian's wife, Joan died in Southland Hospital on 07 October 2014, with Brian taking up Hospice Southland's bereavement support services soon after in the form of one-on-one home visits from Family Support Worker, Cathy Hanson-Friend. Brian also participated in Hospice Southland's Grief Group (The Healing Journey) over 6 weeks during February and March 2015.

Brian explains that he has always written poetry, finding it therapeutic and that the words come naturally and mostly in the middle of the night, hence he keeps a pad and pen handy by his bedside.

Since Joan's death Brian has written approximately 20 poems about his grief journey to date, with some of them willingly shared (and much appreciated) during the Grief Group sessions.

Brian was also very happy and willing to share this particular poem too for the newsletter:

'Was it a Dream?'

***It was seven pm when he realised
He had not spoken all day
This is what happens being alone
No one to speak to, nothing to say***

***Sitting in comfort in his chair
He drifted off to sleep
Almost immediately he saw her
With tears of joy he began to weep***

***Don't cry, we will walk together
I have much to show you while you are here
What you will see is for all who comes
What you will experience is love and care***

***Through a field of swaying grasses
Through a garden with flowers of colour
Through an avenue of soft green trees
He couldn't believe he was here with her***

***Walking past strangers and some he knew
The happy laughter of children playing
Peace he felt was all embracing
Peace he felt was amazing***

***This is all ahead of you
When your turn is to join us here
Remember this is a awaiting
You will be like me, happy without fear***

***He woke with a start
Neither sure to smile or cry
Believing the dream was so real
The experience of emotion apply***

Brian describes his experiences with the Hospice Southland's bereavement support services as "strengthening" and has found the bereavement support girls Cathy and Megan to have "a calming and peaceful effect" on him. He states that "I can say how I feel and what's happening without being judged." Brian's final choice of words for the newsletter was describing the Hospice as a "haven" but he's quick to point out – "It's not the building that's a haven it's the people."

Thank you Brian for your contribution – your poetry and words are inspirational and encouraging.



Go the Highlanders!

Patients, family and staff watch the big game at Hospice Southland

www.hospicesouthland.org.nz

To keep up-to-date with all Hospice news

National Hospice Awareness Week

18-24 May was National Hospice Awareness Week. With 29 hospice services across the country, Hospice awareness Week provided an opportunity for people to better understand what their local hospice provides for people with a life-limiting condition.

Hospice services nationally – the numbers:

- 16,041** During 2014 the 29 hospice services throughout the country provided care and support to over 16,000 people living with a life limiting condition. They also supported these people, family and whanau.
- 142,151** Hospice is a philosophy of care and whilst most hospice services have inpatient facilities, the majority of people are cared for in their own homes. In 2014 hospice staff made over 142,000 visits to people in the community.
- 11,384** Hospice services are firmly grounded in the community and rely heavily on people giving their time to support our work. In 2014 more than 11,300 people donated their time volunteering to work for hospice.
- 1,100,902** The generous team of volunteers gave over 1 million hours of their time to support hospice services during 2014. Volunteers do a variety of work in a huge range of roles – we are extremely grateful to everyone who gives their time freely to hospice.

Hospice services locally – the numbers:

- 432** During 2014 Hospice Southland provided care and support to 432 people living with a life limiting condition. They also supported these people family and whanau.
- 1,526** In 2014 Hospice Southland staff made over 1,526 visits to people in the community.
- 200** In 2014 more than 200 people donated their time volunteering to work for Hospice Southland.
- 26,093** The generous team of volunteers gave over 26,000 hours of their time to support hospice services during 2014.

Record total for Hospice Southland's Street Appeal!



At the end of April, More FM surprised us with a cheque for a whopping \$6,000 being proceeds from local businesses supporting our Street Day Appeal advertisements. This brings the total raised during Street Day to \$24,779 - the most we have ever raised in the 20 years of running our Street Day Appeal!

Thank you More FM and thank you to those businesses that supported these advertisements!

Saturday 22nd August, 7pm, Ascot Park Hotel

Town vs Country is a collaborative event, fundraising for Hospice Southland, Gore Women's Refuge, SPCA and ILT Stadium Southland.

The aim is to raise funds for the charities involved through many channels including auctions and raffles. Reminiscent of a telethon, a fundraising update will happen throughout the night as we work towards reaching our total.

Local sporting stars including Jason Rutledge and Davin Heaps and the best of Southland's musical talent including the Townley family and the Hayes family, will battle it out on stage in a raft of challenges that are designed to answer the question once and for all, who is top dog, Town or Country?

Tickets are on sale now from Ascot Park Hotel, \$400 for a table of ten which includes supper. Get in quick as tables are strictly limited!



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New Palliative Care Nurse Specialists for Southland and Queenstown

We are very pleased to announce that we have appointed two new Palliative Care Nurse Specialists.

Lisa Henderson will be taking on the role of Palliative Care Nurse Specialist in Aged Residential Care. She will be working to support all staff and residents in aged residential care in Invercargill, Gore and surrounding areas.

This is an exciting opportunity to work with aged care staff so that we can share knowledge between our facilities and enhance the end of life care for residents.

Celine Collins will be joining us as a Palliative Care Nurse Specialist in the Wakatipu Basin area. She too will work with staff and residents in aged care but will also act as a Community Nurse to offer specialist palliative support to patients in the region as well as liaising with hospital staff and Medical Centres.

This will create the opportunity for Hospice Southland to give a much greater level of support to residents of Queenstown and the Wakatipu Basin than has been previously possible

Thanks to our generous donors!

ADEPT - MacTodd Charitable Trust	\$79,500	Expansion of services in Queenstown
Anonymous Donation	\$10,000	Donation
Anonymous Donation	\$10,683	Wide Air Mattress
Anonymous Donation	\$1,000	Donation
Arrow Events	\$1,000	Iron Run Event
AWS Legal	\$27,486	Estate of E H Dickson
Baillie & Lewis	\$3,000	Donation
Craigs Investment Partners	\$3,000	Hospice Classic Sponsorship
D & M McAllister	\$1,000	Donation
E Hayes & Sons	\$1,500	Community Donation Box
H & J Smith Ltd	\$1,000	Donation
Harley Owners Group	\$1,724	Iron Run Event
ILT Foundation	\$1,000	Grant for Town vs Country event
Invercargill Working Mens Club	\$10,000	2015 Spud Dig
J B W McKenzie Trust	\$2,500	Donation
KJ & LM Burns (Z Energy)	\$2,000	In Memory Donation
Lifeline Southland Inc	\$6,000	Donation
Lions Club of Gore Pakeke	\$2,000	Donation
Lions Club of Riversdale	\$1,500	Donation
Lions Club of Waiau Valley	\$3,500	Waitangi Day Golf Tournament
Living Every Moment Event	\$1,974	Awareness Week event
McKenzie Gray Barristers & Solicitors	\$30,000	Estate William Scott
More FM	\$6,000	Street Day donation
Mr & Mrs A & L Tee	\$1,000	Donation
Mr Colin McDonald	\$1,000	In Memory Donation
Mrs Rhonda Baird	\$1,000	In Memory Donation
Ms Erin McElhinney	\$100,000	In Memory Donation
Ngairie Young	\$1,000	In Memory Donation
Northern Tavern	\$2,000	DB promotion
Radio Network Southland	\$2,400	On Air Campaign
Rotary Club of Invercargill North	\$9,537	Annual Christmas Raffle
Southern Insulation	\$1,000	Donation
Southern Wings	\$2,500	Town vs Country event sponsorship
Sport Southland	\$2,934	BNZ Surf to City 2015
Tokonui Tavern	\$1,700	Wild Buck Big Three Hunting Competition

Thank you for your ongoing support:



H&J Smith

