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# hospice matters

WINTER 2016

Living Every Moment  
**hospice**  
southland

## From the CEO



As we mark the 24th year of operation for Hospice Southland it is pleasing to see the number of changes to our service over the past year. We now have a full-time Hospice Nurse working in the

Queenstown area thanks to generous community support. We also instigated a new programme of Hospice Nurses working with Aged Residential Facilities, employed a Social Worker, introduced an education programme for family members involved in caring for loved ones who are terminally ill, and are working closer with GP's, Hospital staff and community carers. These are just a few of the highlights.

It is important that we continue to reflect on our humble beginnings and the journey we have been on, none of which would have been possible without the huge support of our community. It is your support that gives us the confidence to continually strive to improve and do more.

Of course there are always challenges as we balance what we would like to do with the funding available. However, thus far the generosity of the many forms of community funders, be it the ILT who has supported Hospice with funding grants each year, the many bequests received over the years from individual estates, the clubs and societies who fundraise through annual events like Invercargill North Rotary, Lions Clubs or the Invercargill Working Men's Club, the increasing number of businesses donating regularly, through to the individuals who send a donation in an envelope and the hundreds of volunteers gifting their time and skills, it all makes a huge difference and is humbling for the team.

In a time when as a society we are too often accused of becoming increasingly self-centred, locally the ongoing support for Hospice is certainly an example to dispel this myth. Together we make a difference in the lives of Individuals and families faced with a terminal diagnosis.

The team at Hospice Southland certainly looks forward to the challenge of continuing to improve and grow as we strive for the very highest quality service for those in need of Palliative Care, never forgetting it is all thanks to your support.

ILT Marketing and Sales Manager Chris Ramsay chats with All Blacks Coach Steve Hansen. Around 400 people turned up to Ascot Park Hotel to listen to inspiring All Blacks Coach Steve Hansen on Friday 29th April.

The lunch, a fundraiser for Hospice Southland, was organised by the Invercargill Licensing Trust and Harcourts, with over \$30,000 raised for Hospice Southland. Thank you to Sean Bellew and Chris Ramsay for all your hard work in organising such a successful event.



## Family Care programme

Hospice Southland has been developing a new programme aimed at family members who care for a loved one at home. This is a four-week programme that looks at a variety of topics that can benefit and support those who are supporting their loved ones.

Week one looks at what palliative care is, self-care and the importance of looking after yourself, physical handling and equipment that can make that easier and safer, navigating the system and what our social worker can offer.

Week two covers common symptoms and how to deal with them, medications, knowing what they are and how to manage them, nutrition, and guidelines on managing low appetite and problems with eating.

Week three explores communication with the many people around at this time, emotions and building resources to get through, relationships and intimacy and how they can be affected by illness, spirituality – not just religion but also spirituality and finding meaning.

Week four looks at managing at home with carers if they are needed or considering rest home options, what to expect in someone's last days and how to cope, funeral planning and some of the plans that can be made in advance that might help with costs, bereavement support and what we can offer after the death of a loved one, living every moment – finding joy and making the most of the good times available.

This program has run over four weeks in June and once we have evaluated the participants feedback and made changes or improvements, we will consider how, where and when to repeat the program for others. If you would like to know more, please get in touch with Denise van Aalst, Clinical Manager at Hospice Southland.

## Remembrance Services in Queenstown

Hospice Southland has now introduced Remembrance Services in Queenstown.

Until February of this year families from the Te Anau and Queenstown areas were invited to attend one of our Invercargill Remembrance Services when the time came to remember their loved one in this way.

However with our expanded service in Queenstown, which includes the presence of Palliative Care Nurse Specialist Celine Collins, we are delighted to be able to offer Remembrance Services on a six-monthly basis – one in February and the other in August.

Te Anau families will have the option of travelling to Queenstown or to Invercargill, whichever suits them best.

Remembrance Services are an important part of our Bereavement Support Service. They provide an opportunity for family and friends to light a candle in honour of their loved one, and for all who are gathered to reflect on all that has been experienced. Acknowledgement is given that grieving is a very individual experience; that whilst for some life may be returning to some normality, others may still be experiencing the intensity of their loss. Being able to sit in contemplation can bring a sense of peace.

We always appreciate the valuable support of our volunteers at our Remembrance services, and it is great to have the support of the Queenstown community in this way too.

## Invercargill's Premiere Death Cafe

Death Cafés ([www.deathcafe.com](http://www.deathcafe.com)) are part of a global movement, designed to start conversations about death and dying. It is a sharing time to talk about what gives us meaning in our life and what may be meaningful at the end of our life too. It's to allow people to think about starting conversations with their loved ones, about what we value in our finite lives. On Tuesday 17th May Hospice Southland held Invercargill's first Death Cafe at the City Gallery, during our Art Exhibition for Hospice Awareness Week. More than 20 people took part and it was an interesting night with some lively discussion and many interesting topics discussed around the tables, as people enjoyed tea, coffee and home baking. Some that attended were surprised at how much laughter there was! Those that came suggested they had very much enjoyed the night and look forward to another opportunity in the future. While a date has not yet been set we do plan to hold another Death Café so if you are interested watch out for information or you can call us and register your interest and we will let you know directly once the date and venue are arranged.



## Invercargill Hospice Shop thanks you

Thank you to Trevor Helm, Ross, Dan and Patrick of Tyre Land for donating their time to service our Hospice Shop Truck.

Thank you to Harvey Norman for supporting Hospice Southland with flyers in-store for customers to take the opportunity to trade in their old furniture by donating it to Hospice Southland.

Thank you to Donald Erskine and the team from Invercargill Engineering for donating and installing our new clothing rails and Ray Watson supporting the setup of these rails. Thanks also to Invercargill Lions South for assisting in helping our volunteers to move all our furniture stock from our temporary store at 123 Yarrow Street back into 117 Yarrow Street.

I would also like to extend a huge thank you to all volunteers, staff, family and friends for the hard work that was put into running our Pop-Up Furniture Store at 123 Yarrow Street over the last six months. It was a valuable learning experience and moving forward we have redesigned our distribution area at the back of our shop to cater for more furniture donations.

## Joan's Journey



Joan Lawson was in the hospital before being admitted to Hospice Southland's In-Patient Unit. Once back at home Joan has regular contact with the Hospice Community Nurses and attends the Day Programme. Joan has also compiled an autobiography using our Living Legacies service.

Having had such an involvement with the many Hospice services available here in Southland, Joan would like to share her story in a bid to break down some of the fear associated with Hospice:

I have to say that I am quite grateful that I took sick when I did. This is because I had the opportunity to come to the Hospice and at that time,

## Gore Hospice Shop Fashion Show

The second Gore Hospice Shop Fashion Show was held on Friday 15th April, with a sell-out crowd. Models from different ages and stages of life strutted their stuff in some impressive outfits put together from the Gore Hospice Shop stock.

The audience were quick to flock to the clothes racks following the show to grab some bargains and create some fabulous looks of their own.

The Gore Hospice Shop Spring Fashion Show will be held on Friday 9th September from 7pm at the Gore Hospice Shop. If the success of the first two events is anything to go by, it is sure to be a fantastic night out!



## Wakatipu Basin gets behind Hospice

The Wakatipu community has continued its great support of Hospice Southland and local palliative care nurse Celine Collins, with a number of fantastic fundraising events.

The Queenstown Bowling club ran a six-week competition for Hospice. While the Hospice team didn't feature in the winners list, it was great profile for the work of Hospice and raised an impressive \$3,800. A big thank you to Lindsay Thomas and the bowls committee.

We received a wonderful donation from the Queenstown Inner Wheel Club of \$1,200, raised through their charity work, and from Phil Wilson and his team representing the \$10 Challenge, we were presented with a cheque for \$2,000.

On Monday 13th of June, Lauren Keith and her House of Travel team organised a quiz at Graze, Lake Hayes Estate. 20 teams took part in a fun night and \$2,204 was raised for Hospice Southland services in the Wakatipu.

These community events and the support we receive in the Wakatipu Basin helps to ensure Hospice Southland services will continue in the area, free of charge.

## Thank you from Winton Hospice Shop

A huge thank you to Farm Source Winton for its generous donations of coffee, washing powder and other grocery items gifted to the Winton Hospice Shop. This donation helps save our budget in this area which allows more money to go towards Hospice Southland services.

they saved me basically. I know it might sound a bit silly to people, but you need to understand. When I was taken to Kew Hospital I was very sick and later, I was fortunate enough to be released over to Hospice Southland to get all my pills and everything else set up for me to get me back on track. People thought that was going to be a hard thing for me to do. I don't give up easily and kept pretty strong in my mind and sure that I wasn't going anywhere and I am still here today. I just want to thank Hospice for everything. They are amazing people.

A lot of people think Hospice is a place you come to die, but it's not. It's a place to give your family a break, and it put me back on the road to recovery. You don't come to Hospice to sit and dwell on things, it's the opposite of that – the nurses regularly check in and you can phone them 24/7 even if it's just for comfort and guidance. The Day Programme is therapeutically marvellous, you meet up with happy go lucky people to make things and do activities together. If only people who are sick like me could understand this, come along and enjoy being here.

Hospice has given me the opportunity and encouraged me to do what I'm doing now. So I want to say from the bottom of my heart, a great big thanks to the Hospice Southland staff.

# Thank You to all of our volunteers!



24 years ago a small group of passionate volunteers determined that Southlanders with a terminal illness deserved the very best care. They dreamed of a Hospice service to be proud of. To bring this dream into reality they started fundraising and there were many thousands of cheese rolls made.

We are very proud of the achievements of the hundreds of volunteers who over the years have never let the spirit of Hospice fade. As a volunteer today, your contribution is as important as ever to the service we provide so a small team from the staff made cheese rolls for some of our volunteers to enjoy during National Volunteer Week to say THANK YOU.

We have so many volunteers we weren't able to get cheese rolls to every one of you; however, please know that we are truly grateful for your time, without you we would not have the Hospice service we are all so proud of.



During Hospice Awareness Week we held the Southlanders Living Every Moment Art Exhibition at the City Gallery in Invercargill. Pictured are the winners of our people's choice awards, Helen O'Meara (painting) and Michael Pemberton (photography).

Held on Friday 24th June, Shorts Day for Hospice was about having some fun with what you wear, and raising much-needed funds for Hospice services. Businesses, schools and individuals were challenged to throw away their inhibitions and wear their liveliest and

most outrageous shorts for one day. A number of local businesses, primary schools and a childcare centre got on board, with more than 700 people baring their legs to raise over \$3,000 for Hospice Southland on one of the coldest days of the year!



## Palliative Care Nurse Specialist in Aged Residential Care



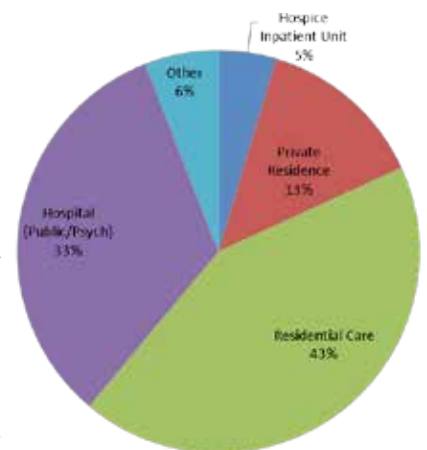
Over the next 20 years it is expected that the number of deaths in Aged Residential Care will increase dramatically.

For this reason, 12 months ago Hospice Southland established a role for a Palliative Care Nurse Specialist in Aged Residential Care. This role has now increased to two nurses, Lisa Henderson with 36 hours per week and Jess Brammer with 16 hours per week.

Hospice Southland was previously working in Aged Residential Care facilities; however, only with Hospice patients requiring specialist care. Lisa and Jess are available to support Aged Residential Care staff and all palliative residents – not just those receiving hospice services.

Aged residential care is the biggest provider of palliative care. The role of our Palliative Care Nurse Specialists is to empower and teach the Aged Residential Care staff to deliver the care, provide support, advice, education and training to all staff providing palliative care and to role model and mentor staff in palliative care nursing practice.

Working in collaboration with staff in Aged Residential Care to provide optimal palliative care to any patients who are palliative, Lisa and Jess provide informal on the spot education as situations arise, liaise with GP's, other service providers and families where needed and provide education on identifying dying and medication use. The growth of this role has allowed Hospice Southland to better meet the future palliative care needs of our community.



Place of Death	2016	2038	% change
Hospice Inpatient Unit	155	151	-3%
Private Residence	410	439	7%
Residential Care	839	1395	66%
Hospital (Public/Psych)	819	1072	31%
Other	167	193	16%
<b>Total</b>	<b>2390</b>	<b>3250</b>	<b>36%</b>

## Hospice High Tea with Jo Seagar



Spend a leisurely Sunday afternoon sipping tea and sampling scones, sandwiches and other tasty treats. Hear lots of handy tips from Celebrity Chef and Hospice Ambassador, Jo Seagar, and show your support for Hospice Southland by joining us for a Hospice High Tea at the Invercargill Workingmen's Club at 2pm on Sunday 11th September.

To celebrate the release of her new cookbook, Elbows off the Table, Please, Jo Seagar will host the afternoon, where she'll run through foodie gift ideas, how to lay a table, finished products wrapped as gifts and lots of cunning tips and tricks to help make us all a little more thoughtful as we go about our daily lives and bring a little joy to others.

Tickets are \$20 per person and include an assortment of Dilmah's finest teas and a mouth-watering selection of sweet and savoury treats. Tickets are available from Hospice Southland and our Invercargill, Gore and Winton Hospice Shops.

Paper Plus Invercargill will be selling Elbows off the Table, Please at the event, with \$5 from every book sold going to Hospice Southland.

Take the opportunity to bring your own fine china tea set to use – bring along a cup, saucer and side plate from your treasured tea set, or pop into one of our hospice shops to pick up a set today! Some tea sets will be supplied but we encourage you to take this opportunity to use that special set you have stashed away at home.

Tickets go on sale on 1st August and will be limited so don't miss out!

# The Great Race Saturday 8th October



A fundraiser for Hospice Southland, The Great Race is an Amazing Race style event where teams of four will compete on foot to solve clues and get to a particular location where they will complete challenges.

Team entry is \$100 (\$25 per person) and other fundraising is encouraged. For example, each team member could aim to raise an additional \$100 prior to race day, with all proceeds going to Hospice Southland. Fundraising could include bake sales, scratchie boards, sausage sizzles and anything else the team can dream up!

So grab three friends, colleagues or family members, and register your team for The Great Race today! Prizes and spot prizes, share your updates and photos on social media using #hospicesouthlandgreatrace. For race rules and registrations email [events@hospicesouthland.org.nz](mailto:events@hospicesouthland.org.nz)



## Thank you to our generous donors!

Andrew & Jo Smith	\$1,300	Steve Hanson Lunch Auction
Anonymous	\$5,000	Donation
Baillie & Lewis	\$5,000	Donation
Bernie McKone	\$4,100	Steve Hanson Lunch Auction
Brad Robert	\$3,600	Steve Hanson Lunch Auction
C S Roofing	\$1,000	Donation
C S Roofing	\$1,300	April Donations
Craigs Investment Partners Ltd	\$3,000	Sponsorship 2016 Hospice Classic
Crowe Horwath Ltd	\$2,009	Volunteer "Fuse" Day
E Hayes & Sons	\$1,670	Community Donation Box
E Hayes & Sons Ltd	\$1,264	Community Donation Box
Ian Shefford	\$1,000	In Memory Donation
Inner Wheel Club of Queenstown	\$1,200	PCNS Nurse - Wakatipu Basin
Invercargill Working Mens Club	\$9,000	2016 Spud Dig
JBW McKenzie Trust	\$2,000	Donation
Jeff Walker & Cleland Murdoch Law	\$5,000	Estate C M Fischer
KJ & LM Burns (Z Energy)	\$2,000	In Memory Donation
Lions Club of Gore Pakeke	\$3,000	Donation
Lions Club of Riverton	\$3,000	Annual Lamb Fundraiser
Mr & Mrs AC & LG Tee	\$1,500	Donation
Mr & Mrs Greg & Sue Cain	\$1,135	In Memory of Donation
Mrs Margaret Basta	\$1,250	In Memory Donation
Mrs Pat Stronach	\$2,000	In Memory Donation
NZME Southland	\$1,620	Hokonui Gold Advertising Promotion
P W Morris	\$1,000	Donation
Public Trust	\$4,000	Estate Doreen Griggs
Public Trust	\$129,948	Estate Doreen Griggs
Queenstown \$10 Challenge	\$2,000	Donation
Queenstown Bowling Club Inc	\$3,800	Bowling Event
Rachel Moore	\$1,000	Donation
Rotary Club of Invercargill North	\$10,625	Proceeds from Annual Christmas Raffle
RSA Matakura	\$1,041	Spud Dig Proceeds
Silva Construction	\$5,700	Steve Hanson Lunch Auction
Southern Insulation	\$1,000	Donation
Trish Prendergast	\$2,000	In Memory Donation
W Duncan Bickley Trust Fund	\$10,000	Grant - unfunded medications
Windsor Brass Ltd	\$1,000	Donation

## Last night of the proms

The Innerwheel Club of Invercargill North is presenting a musical extravaganza "Last Night of the Proms" at the Civic Theatre on Saturday 29th October at 7.30pm, with proceeds from the event going to Hospice Southland.

Featuring Southland entertainers including Rebecca Ryan, Michelle Walker, Dave McMeeking, Ascot Park Hotel Brass, Invercargill Symphonia and over 100 choir members from several leading local choirs.

Tickets are \$30 for adults and \$25 for seniors and students with ID, on sale at Ticket Direct. Booking fee applies.

## Wishlist...

- Supermarket plastic bags • Napisan
- Janola • Blue Cod – a treat for patients • Campbells boxed stock • Moccona coffee
- Petrol vouchers – for Living Legacies volunteers • Pamper vouchers – for family members who need a pick me up

We are currently seeking funding for the purchase of two low walking frames for use in the In-Patient Unit. These are used to increase the safety and stability of patients.

We currently have two walking frames but as we have a six-bed In-Patient Unit, there is often a need for up to four walkers at a time. We have obtained a quote for \$298 for each walker and any contributions towards us reaching this goal would be greatly appreciated.

We are also seeking funding for a steam mop for our In-Patient kitchen. A steam mop will allow us to give the kitchen floor a thorough clean daily, improving hygiene and health and safety. We have obtained a quote for a Hoover twin tank steam mop for \$339 and any contribution towards this purchase would be appreciated.

## Equipment Amnesty

We have some equipment available for limited community use. If you have something at your house that was borrowed but is no longer needed we would appreciate its return so that we can loan it out to someone else. If you are unable to drop it off, please call us at Hospice Southland to arrange someone to collect it. We appreciate that sometimes things get forgotten but we would love to have them back in store for the benefit of another person.