

ISSUE 70 | SUMMER 2019

# Waipuna Connections

**SUPERHERO  
WALK**

[SIGN UP AND BE OUR HERO](#)

**DON'T MISS OUT!**

Don't miss out on what's on  
anymore with our cut and keep

[Events Calendar.](#)

[IT'S MORE THAN JUST  
A CUPPA](#)

Host a Waipuna Hospice Cuppa  
and be in the draw to WIN!

[DO YOU CONSIDER YOURSELF  
KIND AND GIVING?](#)

There are many enjoyable and  
rewarding ways to give back to  
your community.

Super Hero Walk  
**SIGN UP  
& be our Hero!**



**Waipuna**HOSPICE  
Life is Special



## RAMBLING RICH

Welcome to the latest edition of Waipuna Connections. In this edition we talk about a new social media awareness campaign from Hospice NZ titled #weneedtotalkaboutdying. Please visit the Hospice NZ website for more info and watch the videos from healthcare professionals, patients and families. We need to initiate and continue the conversation about death and dying in our communities and families, in the words of the campaign... "let's talk about it more and worry about it less."

We also have our next big event coming up, a Super Hero walk ... Who's your hero? Walk to celebrate someone who's a hero in your life. Please join me and other supporters for this event on 31 March.

Since the last newsletter, we have had two successful events, firstly, the completion of the Waipuna Hospice Remembrance Tree appeal. This appeal was a huge success and I want to take this opportunity to thank all those who either supported us at our trees at Farmers or other locations around the community. A total of \$50,071.28 was raised from all the donations! I would also like to thank the Farmers management and staff for their hard work during this campaign.

Secondly, I want to highlight our new campaign Waipuna Hospice Cuppa - You, Me & a Cup of Tea. For the launch of the campaign, an afternoon tea was held on a beautiful summer's day at Waipuna Hospice. Thank you to all who attended and all those volunteers who helped with this event. We look forward to seeing all the photos from your own Waipuna Hospice Cuppa.

Finally, I want to thank you all for your continued support, without it I would be fearful of what end of life care would be like, in Tauranga and the Western Bay of Plenty.

Richard Thurlow | CEO

Phone: (07) 552 4380



*Richard Thurlow (CEO, Waipuna Hospice) pictured with Jolene James (Breakfast Host, 95.8 Tauranga's Breeze), Elizabeth Nasey (Volunteer Coordinator, Waipuna Hospice) and behind Bridget Coster (Volunteer Coordinator, Waipuna Hospice) at the Volunteer Recognition Dinner.*

**Waipuna**HOSPICE  
Life is Special

Peter Williams,  
Key Supporter

**LEAVE A LASTING BEQUEST**  
*to help Waipuna for Tomorrow*

**Waipuna**  
for Tomorrow  
A DECISION TODAY FOR HOSPICE TOMORROW

Hospice demand is growing  
and we need your help to support  
Waipuna for Tomorrow, Today. Here's  
how you can help:

Make a bequest to Waipuna Hospice by calling  
us on **0800 4 WAIPUNA** (0800 492 478)  
Or email: **info@waipunafortomorrow.org.nz**  
Or visit our website below for more information.

**[waipunahospice.org.nz/bequests](http://waipunahospice.org.nz/bequests)**



## PATIENT RECEIVES QUEEN'S SERVICE MEDAL

Earlier this year Waipuna Hospice celebrated a momentous achievement with Heather McLean. The 81-year-old Waipuna Hospice patient received a queen's service medal for services to genealogy and historical research.

Heather has been involved with the New Zealand Society of Genealogists since 1972 and has been an active member of the society's Tauranga, Te Puke and Katikati groups. Her key contribution has been transcribing headstones in Bay of Plenty cemeteries, which she has done since 1973 for the benefit of family historians and researchers. For years, she has also volunteered her time every week at the Mormon Church's Family History Centre, the Pyes Pā Cemetery office and the Tauranga City Library.

Heather was very excited about receiving the award, in front of her closest friends and family. When asked how she felt the day went she said, "I couldn't have asked for anything more."

## WE'RE STUMPED!

We are stumped on where to locate some shrubs (excuse the pun). We are looking for shrubs to under-plant around trees at our Waipuna Hospice Charity shops in Papamoa and Katikati.

If you can donate anything that is bushy and low maintenance please drop plants to our depot - Unit I, 4 Brook Street, just behind the Fraser Street shop or phone for a free pickup on 07 281 1755.



Online or phone purchases only. To order your Entertainment Membership call (07) 850 6027 or visit [www.entbook.co.nz/154310z](http://www.entbook.co.nz/154310z)

## #weneedtotalkaboutdying

We want to support New Zealanders to have more conversations about death in the hope they might worry about it less. Death seems to have become a difficult topic for a lot of people. Many of us have lost the knowledge about what happens, what to say to each other, and the options we have for care. That lack of information often results in fear. But dying is often much more peaceful and gentle than people expect. 'We need to talk about dying' aims to support communities to reclaim their familiarity with dying by sharing stories and information and to make it easy for them to talk about it more, and to ensure we all feel more ready and able to support each other when we're grieving. Death is a social experience, and we all have a role. We need to talk about dying. [www.hospice.org.nz/weneedtotalkaboutdying](http://www.hospice.org.nz/weneedtotalkaboutdying)

### HOW YOU CAN GET INVOLVED

WATCH our videos, hear what Mary, Pete & Margaret, Stu and Pam have to say about death, dying and living.

SHARE. Please help others by sharing our content on social media - like us on facebook, follow us on instagram - be part of the conversation

TALK to friends and family. Whats important to you when you think about your end of life?

USE the resources. Do you know someone who is unwell, someone whose loved one has just died - use the 5 things to help to know what to say or do to support them.

PLAN. Consider creating an advance care plan - for more info visit [advancecareplanning.org.nz](http://advancecareplanning.org.nz)

**50% OFF**

# CLEARANCE SALE

2019 RECIPE BOOK & DIARY



**\*\*CLEARING THE LAST OF OUR STOCK...**

**SECURE YOUR COPY NOW!**

[www.waipunahospice.org.nz/product/diary](http://www.waipunahospice.org.nz/product/diary)



[waipunahospice.org.nz](http://waipunahospice.org.nz)





**Waipuna Hospice Cuppa**  
YOU, ME & A CUP OF TEA



## **YOU'RE INVITED TO AFTERNOON TEA!**

Love was in the air this Valentine's day, as people dressed in their best frocks and waistcoats to join us at the Waipuna Hospice Cuppa, afternoon tea. Here at Waipuna Hospice we believe that life is special. We encourage everyone to celebrate the friendships in their lives and to celebrate your relationship with us and to thank you for your contribution we held a spectacular afternoon tea.

The afternoon was truly magical with scrumptious food provided by Waipuna Hospice, beautiful flowers kindly donated by Coraleigh from Hi Ho Silver Coffee Cart and delightful music streaming from the harp played by Marg Harper.

We set the bar high... now it's your turn!

## **HOST A WAIPUNA HOSPICE CUPPA AND BE IN THE DRAW TO WIN!**

No matter how big or small your Waipuna Hospice Cuppa is, every cent donated helps us to continue providing first class care for those facing end of life. Host an afternoon tea and fundraise for Waipuna Hospice.

Your generosity means so much - as a way to say thank you, we have some amazing gifts and prizes to give away!

**THERE'S A PRIZE TO BE WON EVERY QUARTER!**

For more information please visit [www.waipunahospice.org.nz/cuppa](http://www.waipunahospice.org.nz/cuppa) or email [events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz) or phone (07) 552 6892.





# Upcoming Events



## March

Saturday 16 March | We'll be selling our reusable bags at the Tauranga Multicultural Festival

Saturday 16 March | See you at the Advantage Tyres & BF Goodrich National 4x4 Trial 2019

Sunday 17 March | St Paddy's Day

Wednesday 27 March | Omanu CHARITY GOLF Tournament

## Sunday 31 March | Super Hero Walk... Who's Your Hero?

Individual (over 18 years) \$15 | Group (5 individuals) \$60

Young persons (Under 18yrs) FREE with a paying individual

[www.waipunahospice.org.nz/superhero](http://www.waipunahospice.org.nz/superhero) | [events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz) | (07) 552 4380

[SIGN UP & BE OUR HERO!](#)



## April



Thursday 18 April | We'll be at the DOWNTOWN CARNIVAL

Friday 19 April (Good Friday) - Monday 22 April (Easter Monday)

We have an Easter special in store for you.

## May

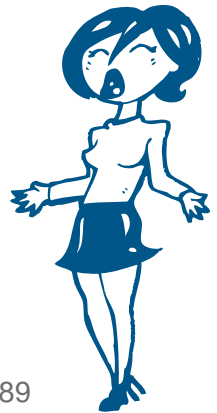
Friday 3 May | See you at the Tauranga HOME SHOW

Monday 13 May - Sunday 19 May | **HAWK**

HOSPICE AWARENESS WEEK - Join us on our Road Show and more

Friday 24 May | **CONCERT** - THE LADY KILLERS

For more ticket enquiries contact [events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz) | (07) 552 689



## June

Monday 3 June | Queen's Birthday

Celebrate Mother's Day by hosting a Waipuna Hospice Cuppa

Friday 21 June | **SHORTS 4 HOSPICE**

Brave the cold and wear your shorts to work for the shortest day of the year and be into WIN prizes! Register now.

**SUNDAY 30 JUNE | Waipuna Hospice 30 YEAR's**

Waipuna Hospice celebrate the first meeting of the Tauranga Community Hospice Committee.

Saturday 29 June - Sunday 30 June | We'll be at the Seriously Good Food Show



FOLLOW US ON FACEBOOK and stay in the loop of Upcoming Events & Promo's

If you have any questions email [events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz)

 Find us on Facebook

[waipunahospice.org.nz](http://waipunahospice.org.nz)





*Clem and Walker in the early days.*

## DO YOU HAVE TIME TO SHARE?

Consider volunteering at Waipuna Hospice, we have a number of roles available and are always looking for a friendly face to join our supportive team.

We are currently looking for:

- Sorters: able bodied persons to receive and sort donated goods at our depot.
- Retail assistants to help in our charity stores in Te Puke, Papamoa, Mt Manganui, Greerton, Fraser St and Katikati.
- Qualified massage therapists. The success of our popular massage service at Waipuna is due to our volunteer therapists who generously work on a rostered basis providing relaxation massage to patients, their caregivers and the recently bereaved.
- Flower ladies to provide floral arrangements at the hospice once a month. Access to flowers would be very helpful.

To apply please visit our website [www.waipunahospice.org.nz/volunteer/](http://www.waipunahospice.org.nz/volunteer/) or phone the volunteer team on 07 552 6897.



*A painting Walker, painted by Clem's childhood friend of over 70 years.*

## **BLIND AT HEART**

His eyes met mine as I walked across the lounge to where he was leaning forward in his lazy-boy. I would come to recognise this spot as "his chair." So, this is my new human. It wasn't the first time I had had a human. I had been with my previous human for two years. It was my duty to guide those who need me. As I approached, I nuzzled my nose into his open hand to show him I was ready to care for him. I felt his need instantly and knew I had to help him. I sat by his chair while he ran his hands through my coat. I could get used to this sort of thing. I liked him from the word go.

It wasn't all smooth sailing. Guiding my human for the first time was a challenge. He was always looking down and had little confidence, slowly ambling around the house. I patiently waited, guiding him around various objects and hazards. Vigilant and on guard at every moment. I couldn't let him down. Within time, my human began to trust me and got the hang of it. Soon we were walking around on all sorts of exciting errands! One of my favourite places was Waipuna Hospice. We would go there every Thursday morning to attend the Day Services Programme. We became inseparable. Wherever he was, there I was, right by his side - his best friend. There were a few near misses. But, I had made a promise to keep my human safe. And so I did. Twice I rescued my human, steering him clear of danger in traffic situations.

Seven beautiful years passed and I had started to age, so too had my human. Things began to change. We used to go for daily walks and then the walks became less often until they just stopped. Even his scent had changed; his breath stale from sickness. He receded back to walking around slowly, until he stopped walking altogether. Now he stays in "his chair" a lot and the kind nurses from Waipuna Hospice come more often.

One day my human called to me from his bed, in respite care at Waipuna hospice. I ran over immediately to be by his side. He was tapping the spot next to him... on his bed. Let me repeat: on \*his\* bed. I'm not normally allowed on his bed. I jumped up and buried myself against the solid warmth of his body, crawling into his lap as much as I could. It felt so good to be that close to him. I will sit here for as long as he needs me. I will never leave his side.

I don't know what woke me up. It was still dark, the darkest part of the night. The whole hospice was silent and still. My human was also very still. I nudged his hand with the front of my face. It moved under my touch, but it was stiff, firm, and cool; with no more life than my rubber toy. There was a smell I instinctively knew, deep in my brain; the sweet sour tang of death.

The day my human left me time came to a standstill. Edna and I would sit quietly with our thoughts during the day, silence filling the room. I missed my human so much. I started following Edna around more and more. She isn't blind so I don't need to guide her. What are my duties now? I'm an old dog and starting to go blind myself. I can only make out silhouettes. I'm really starting to worry, I don't play with my toys much anymore. Who will look after me? What about Edna?

One day Edna nodded off to sleep, instinctively I knew something was wrong. As a blind dog I was trained to never bark unless my human was about to walk into harm's way, but I had to wake Edna, I had to make sure she was OK. I barked until she roused from her sleep. It turns out she had been on the verge of a diabetic coma!

A week later a strange woman came to our house, she took my lead and clipped it to my collar. Worried, I glanced at Edna. In a kind voice she encouraged me to go. Was the strange lady taking me away? But this is my home! Trusting Edna I followed the lady out the house. I walked her along the route my human and I would walk and then guided her back home. She said goodbye and left. The next day another woman showed up and I took her for a walk. And then again the next day a man showed up. What a nice surprise! Everyday somebody showed up to walk me.

I soon began to recognise the volunteers that came from Waipuna Hospice to walk me every day. If it wasn't for them I wouldn't be able to stay with Edna. This will always be my home. Thank you to the volunteers of Waipuna Hospice



## REMEMBRANCE TREE APPEAL

More than \$776,000 has been donated to hospice services around the country following the Christmas fundraising campaign supported by all Farmers Departments stores. This is the fifth year Farmers have supported Hospice donating nearly \$3.5 million to help provide services to patients and families.

Once again Farmers customers and staff were fully behind the campaign – purchasing the limited edition bauble and making donations to the Tree of Remembrance. 100% of all funds donated in each store remain in the local community, helping to ensure that hospice care is provided at no cost to people with life-limiting conditions, their families and whānau.

For the people of Western Bay of Plenty, the donation of \$50,071.28 will enable Waipuna Hospice to continue to provide the best possible specialist hospice palliative care, enhancing the quality of life for those facing end of life and bereavement.

“We were overwhelmed at the support shown for Waipuna Hospice through the Remembrance Tree Appeal. The Farmers teams played a huge part in helping us achieve this excellent result. I also want to thank all those in our community who remembered a loved one through this appeal. Every dollar from the Remembrance Tree Appeal will help Waipuna Hospice provide services to our community,” explains Richard Thurlow,

Michael Power, acting CEO of Farmers and CFO says, “The delivery of a national store-wide approach to our charity campaigns helps build a meaningful opportunity to connect with the community, as our staff work in unison toward a common goal. At Farmers we are extremely proud of the amount raised during our Christmas hospice campaign through a combined effort and generous donations made by our customers, our staff and our business. It’s heart-warming to know the positive difference it will make in our communities.”

## WHAT I LOVE MOST ABOUT MY HOME IS WHO I SHARE IT WITH

Waipuna Hospice has always been on my radar with many friends and family receiving wonderful care from the team at Waipuna Hospice. Also with 15 years in a local service club (Lions), there was always some form of fundraising for Waipuna Hospice. I know donations assist in the day-to-day running of the organisation. Over the last 27 years with Westbay Real Estate, I have had a passion (to assist where I could) with community needs, serving on various committees/working bees etc. and factoring in donations from my property sales.

My latest (20% of commission) promotion, is working well. Volunteers and supporters often wish they could assist Waipuna Hospice to a greater degree. This passive promotion allows a simple referral to me (once sold) to become a significant donation with no strings attached. The big bonus being the seller saves up to \$4,600 with our 2.95% fees.

Waipuna Hospice is not funded by government, while some of their services are contracted from the District Health Board, the shortfall is still huge and the need for community donations imperative. I encourage everyone in our community to support Waipuna Hospice as you never know when one of your family or friends could suffer life threatening issues. I look forward to assisting Waipuna Hospice with many further donations to come. Jim Peterson



*Christine Sadler (Fundraising Executive, Waipuna Hospice) and Richard Thurlow (CEO, Waipuna Hospice), pictured with Graeme Walker (Store Manager, Farmers Tauranga The Crossing), Tim Wilson (Farmers Store Manager, Bayfair, Mt Maunganui) and Sasima Pearce (Director of Marketing and Fundraising, Waipuna Hospice).*

*Please note the cheque pictured above represents \$35,601.98 raised by Farmers stores in Tauranga. \$14,469.30 was raised by supporters in the community to make a total of \$50,071.28*



*Jim Peterson (Real Estate Agent from Westbay Real Estate) with Wayne Bloxham, (Marketig and Fundraising Executive, Waipuna Hospice).*

# Thank-you to all our Supporters!



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4 easy ways  
to donate



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Complete form  
below  
and post



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[www.waipunahospice.org.nz/donate](http://www.waipunahospice.org.nz/donate)

Please include the following information. Reference: Please include your full name, Code: Newsletter. Particulars: Please include your phone number.

**Make a donation** I enclose my cheque / please charge my credit card

I would like to donate: ☐ \$30 ☐ \$50 ☐ \$100 ☐ OTHER \$ \_\_\_\_\_

**Membership** Individual \$20 ☐ Joint \$30 ☐ Business /Organisation \$100 ☐ \$ \_\_\_\_\_

**Diary 50% Off!** ~~\$18 Each~~ Quantity  Now \$8 Each (Plus postage \$4) \$ \_\_\_\_\_

**Tea Towels** \$14 Each Quantity  (Plus postage \$4) \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

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Email: \_\_\_\_\_ Phone \_\_\_\_\_

☐ To help save postage costs for Waipuna Hospice please tick this box to receive your receipt and future correspondence by email.

Charity Number CC2206



**Name on card:** \_\_\_\_\_ **Card holder's signature:** \_\_\_\_\_

Expiry date

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Donations over \$5 may qualify for a tax rebate.

If you wish to unsubscribe from our newsletter, please notify us at [communications@waipunahospice.org.nz](mailto:communications@waipunahospice.org.nz)

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