

ISSUE 71 | AUTUMN 2019

Waipuna Connections

LIFE IS WORTH LIVING

Hear Claire Freeman's views first hand at the YOLO symposium.

Want to see Lady Killers Live?

waipunahospice.org.nz/ladykillers/

WHAT DO PEOPLE FEAR MOST WHEN THEY'RE DYING?

Dr Catherine Byrne shares her insightful findings.



WaipunaHOSPICE
Life is Special

RAMBLING RICH

We have moved into Autumn and the weather is starting to change. The grass is looking greener, although temperatures are beginning to fall. Autumn is a beautiful season with the trees changing colour as the air becomes cooler and cleaner.

Our team here at Waipuna Hospice has had an interesting Summer. We have continued to provide our specialised services in our community, while our shops have provided an important financial "back-stop" to our income needs.

I cannot say enough, how appreciative I am to our donors, volunteers, shop teams and customers. Without them, we would only be able to offer about 75% of the services we currently provide. Every month we put out appeals for volunteers for our shops and depot. Please consider this important role for Waipuna Hospice... it really does turn "second-hand goods into first class care!"

I would like to take this opportunity to thank those who attended the recent inaugural "Super Hero Walk". It was a great event, honouring, celebrating and remembering "our Heroes" with plenty of superhero dress-up. I look forward to the walk again next year as we will make it an annual event for Waipuna Hospice.

Lastly, I wish to thank all of our supporters over the past few months. When we witness the events in Christchurch and feel the pain and sorrow for a community hurting at all levels, I often think of how wonderful our local community is. It demonstrates an outstanding example of caring and sharing. Yes, there is always room for improvement. We can always get better. We need to be the best we can be, but what we have witnessed in Christchurch shows us how caring communities bind us together.

We need to continue this focus with our families, friends, neighbours and truly become a community who cares.

Richard Thurlow | CEO



[Click to view all the Super Hero Walk photos.](#)

"Captain CEO," Richard Thurlow, (CEO, Waipuna Hospice) pictured with "Sporty Catwoman," Gemma McCaw, "Buzz Lightyear," Todd Muller and local "Spider Mayor," Greg Brownless at the Waipuna Hospice Super Hero walk.



Peter Williams,
Key Supporter

LEAVE A LASTING BEQUEST

to help Waipuna for 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

THANK YOU TO OUR SUPPORTERS





YOLO

YOU ONLY LIVE ONCE

SYMPOSIUM 2019



13 MAY 2019

Join us for a fast-paced, interdisciplinary fueled full day of learning, sharing and connection as we engage with one another, across disciplines, practices and professions to transform the end of life care into a person-centred experience because - **You Only Live Once.**



**RT Hon Sir
Bill English**



Dr Vicki Jones
Music Moves Me Trust



Dr Catherine Byrne
Waipuna Hospice



Anneke Barkwith
Oceania Healthcare



Carole Mahood
Death Café



Clair Freeman
Life is worth living

HELD AT WAIPUNA HOSPICE | 43 Te Puna Station Rd, Tauranga

Tickets are \$90pp and available online

Includes morning & afternoon tea, refreshments & light lunch

limited seats
**BOOK
NOW!**



Phone: 07 552 4380
events@waipunahospice.org.nz
www.waipunahospice.org.nz



Road Show 2019



**COME AND VISIT US ON OUR HOSPICE
AWARENESS WEEK ROADSHOW**

Let's chat about why 'life is special' and how
Waipuna Hospice helps our community.

Add a Waipuna Hospice Frame to
your Facebook Profile Picture

Sponsored By:



waipunahospice.org.nz/hawksroadshow/

**SATURDAY
25 MAY**

157 Domain Rd
Papamoa

**SUNDAY
26 MAY**

Tauranga
Crossing

**MONDAY
27 MAY**

1267 Cameron Rd
Greerton

**TUESDAY
28 MAY**

271 Fraser St
Tauranga

**WEDNESDAY
29 MAY**

17 Main Rd
Katikati

**THURSDAY
30 MAY**

200 Jellicoe St
Te Puke

**FRIDAY
31 MAY**

2 MacDonald St
Mt Maunganui



Dr Catherine Byrne in the Waipuna Hospice gardens.

3 TOP TIPS TO SUPPORT SOMEONE WHO IS DYING

- Ask 'what can I do to help?' - rather than, 'let me know if there is anything I can do to help you?'
- Let your friend know that you are okay about them talking about their death and dying – research tells us that the majority of people who are dying want to talk about it with someone they trust, but let them lead you. Listen without interrupting or giving advice unless they ask for it.
- If you find that your dying friend is spending a lot of their time comforting you, talk about how their dying is affecting you with someone else. This will help you be more present with them and their emotions.

These tips have been provided by Waipuna Hospice Chaplain, Donna Denmead, "these tips come from patients I have supported over the years and have been shared with me many times."

For more information please visit:

www.hospice.org.nz/
[we need to talk about dying](http://www.hospice.org.nz/we-need-to-talk-about-dying)



WHAT'S THE BIGGEST FEAR PEOPLE FACE WHEN THEY ARE DYING?

Through years of studious labour, Waipuna Hospice Dr Catherine Byrne has found some of the answer. She was awarded distinction on completion of her Masters, a research project based here at Waipuna Hospice. She credits the staff, "it depended entirely on all the help I got at Waipuna Hospice. Without the support of the hospice and the nurses, it would never have been finished."

So what was the research about? It was a two-part research project. The first focusing on how to help patients who don't have a religious faith, who are suffering spiritually at the end of life and are afraid of dying. Dr Catherine points out, "if they have a religious faith they are relatively easy to help, but without that it's very difficult to offer hope to some people." Through reading countless studies, mostly written in America and South East Asia, which are quite religious countries, Dr Catherine saw that religion seemed to help prevent fear and offer hope to the dying – but would it be the same in a country that was not generally religious? Successive censuses have demonstrated that New Zealand is becoming less and less religious. Her own research showed, "60% of our patients have no religious faith at all and they don't find religion helpful or comforting at the end of life. Of the 30% who are religious, only the people who are very strongly religious find it helpful – but these people do find their faith very comforting." Dr Catherine notes, "whether they are religious or not, the research confirms everybody is spiritual in some way and may need spiritual help when they are dying; not necessarily religious help."

Leading to the second part of Dr Catherine's research, what helps patients if religion does not? Relationships. Dr Catherine provides an insight on types of relationships, "If people have close relationships with others, family, friends or with God, they are less fearful as they near death. I think that's why religion helped, because it was a relationship with God. It could even be a relationship with a loved pet, something close to you, that responds to you. Those people seem to suffer less than people who have no close relationships. As health professionals we should try to help people to appreciate relationships that matter to them and work on those that aren't so good." So what does give patients hope? Dr Catherine explains "joyful memories from the past and being able to give and receive love from family and friends – so really it comes down to relationships." A sense of achievement, direction, value and purpose in life were also very important. Waipuna Hospice provides valuable biography services for patients to help them recognise the value of all they have achieved in their life – usually much more than the person realised. Every life is valuable and important but sometimes people need help to recognise that.

What causes patients the most suffering? Surprisingly, not pain. "The issues that really cause people to be sad at the end of life are seeing themselves as a burden to their family and being aware of the impact their death will have on family and friends. Pain is only the third most important factor." Dr Catherine was surprised to see pain so far down the list of things that cause patients distress, "it was nowhere near the most important thing that causes distress and I thought it was very relevant for the euthanasia debate, because that's the big argument that advocates give for a change in the law. The things that make people most distressed, are the very things you need time for. Euthanasia will completely cut out the possibility of dealing with sadness and spiritual pain because there won't be time for it, life will just end. Whereas if you have good palliative care, you have time to start working through those spiritual issues - the very things that make people most afraid and suffer as they near death."

Dr Catherine doesn't want to give the impression that pain isn't an issue, but her findings show palliative care can help, "you don't have to have euthanasia because you have pain. You can deal with pain with good palliative care, so pain shouldn't be the reason for euthanasia and in fact it's not the reason cited for euthanasia in many cases in countries where it is carried out. 60% of people who go through to completion in other countries give as their reason fear of being a burden on their family. If we encourage the feeling that euthanasia is a good way out, that is encouraging people to think they're a burden. What we should be doing as a society is saying "You're not a burden because you're sick, or elderly, or disabled or mentally ill, you're a strength to society and we could learn from you, we value you, and you matter." Her research reinforces the idea that if patients can be helped with good palliative care to have symptoms controlled and to celebrate important relationships, death need not be frightening whether you have a religious faith or not.

SUPERHERO WALK

THANK YOU TO ALL OUR SUPER HERO'S!

Super heroes from all over the Bay dusted off their masks and capes to answer the beckoning call for the Super Hero walk. They walked in honour, to remember and celebrate the hero's in their lives, past and present. By signing up to register for the walk participants were heroes in themselves, as they helped raise much-needed funds to support the 1 in 3 people living within our community with a life limiting illness and their families.

We were overwhelmed and humbled by the support from our community, including a number of public figures, from Super Mayor Grey Brownless, Buzz Lightyear Todd Muller, Cat Woman Gemma McCaw and Simon Bridges. Imaginations ran wild as outfits of all sorts were dreamt-up and super heroes were rewarded prizes for best dressed and ingenuity, along with spot prizes for participation.

The walk proved to be a meaningful and eventful day and a fun way to celebrate life and make the most of every day! In the words of Batman "you only have your thoughts and dreams ahead of you. You are someone. You mean something." Life is special.



LIFE IS SHORT WEAR SHORTS4HOSPICE

[JOIN US](#)

FRIDAY 21 JUNE 2019 | [Register online now](#)



The days are getting colder, which means it's nearly time to bare the legs in support of Waipuna Hospice.

Friday 21 June is the day when thousands of New Zealanders will wear shorts for hospice. Get out your boldest, biggest, most trendy shorts and have fun with your colleagues, friends, family, neighbours or organisations.

Challenge others to get on board and help fundraise for Waipuna Hospice.

Visit our website www.waipunahospice.org.nz/shorts/ to register or email events@waipunahospice.org.nz for more information.

My Life is special because...



ENTER
TO WIN!
Entries close
24 June



Send us your best colouring in & tell us why your life is special to be in the draw to WIN a family pass to the MT Hot Pools
Send entries to Waipuna Hospice PO Box 16299, Bethlehem, or drop into any Waipuna Hospice Shop. Need more entries for your siblings or friends? Do mum and dad want to wear shorts to work or for school drop off?
For more information visit waipunahospice.org.nz/shorts

*AGE *Must be under 12 years of age to enter.

NAME

ADDRESS

PHONE

Make a donation - Waipuna Hospice appreciates all donations. If you would like to make a lasting gift to provide care and support to those facing the end of the life please fill in the donation form below. I would like to donate:

☐ \$10 ☐ \$20 ☐ \$50 OTHER \$

Name

Address

Email

Phone

☐ I am happy to receive my receipt via email

1. Cheque (please enclose with submission)

2. Credit Card (please fill in details below)

Name on Card |

Card Holders Signature

Expiry Date

3. Bank Deposit (please include your full name as the reference, shorts as the code and your phone number in the particulars) 03-0435-0469107-02



S _ H _ O _ R _ T _ S

LIFE IS SHORT - WEAR SHORTS4HOSPICE - 21 JUNE 2019

**“WE MAKE A LIVING BY WHAT WE GET, BUT WE MAKE A LIFE BY WHAT WE GIVE.”
- WINSTON CHURCHILL**

The year is 1966 and Pat Davis is sitting inside her brick terraced house in England. Outside the sky is a dull gloomy grey, reflecting her mood. She desperately longs to escape somewhere where the weather isn't persistently drab. Pat entertains the idea of moving to Canada... no, too cold. She wants to escape the cold. Australia... no, too hot. Besides there's far too many creepy crawlies in Oz.

Pat dismisses the idea of relocating anywhere. That is until Sunday. She's flicking through the TV channels and a documentary on New Zealand catches her eye. Nice and warm there, nothing that could harm her.

Fast forward a few months, it's now November and Pat and Brian are standing on the pier ready to set sail down under. Pat spent most of the journey throwing up and dismissed it as seasickness. After an examination by the Greek doctor, he exclaimed she wasn't sea sick – she was baby sick!

Five weeks later, on December 23, 1966 they finally arrive to a place they would now call home - New Zealand. Pat and Brian settled in Hamilton and raised their beautiful daughter Sarah Jane and son Mark Richard. It took them a while to find their feet, shifting from the Waikato to Auckland and then finally to the Mount in September 1996.

Pat and Brian were born in a generation where things were made to last. Use could be found for anything. Brian made toy dogs out of cigarette packets, which he then swapped for scrap rubber. Pat could turn her hand at anything that involved material, from up-cycling old electric blankets to making tote bags for Waipuna Hospice. These unique, reusable bags can be purchased for \$10 from any of the Waipuna Hospice Charity shops.

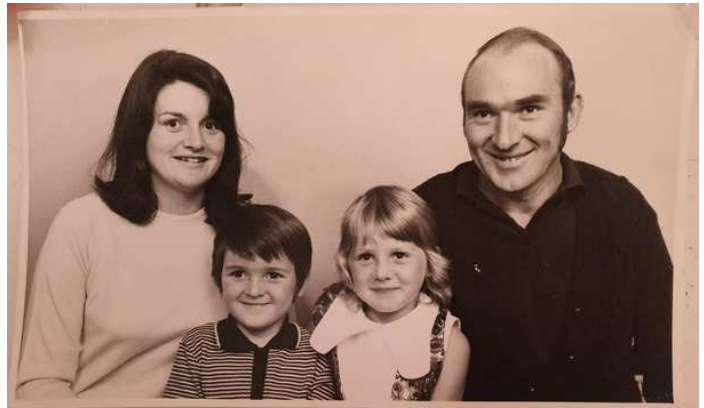
In fact, Pat Davis is a much-loved volunteer in our Waipuna Hospice Charity shop located in Mount Maunganui. After seeing a recruitment notice for volunteers at our shop, she signed up and has been coming to lend a hand every Friday for the past four years.

Volunteering is a great way to get out and about and support your community. If you're socially isolated and would like to meet the wonderful and supportive team in our Waipuna Hospice Charity shops please contact our volunteer team on (07) 07 552 6897 or apply online at www.waipunahospice.org.nz/volunteer/

Volunteers are the backbone of Waipuna Hospice. Without them, much of the work we do would not be possible. Thank you Pat and the other 800 volunteers for your continued support.



Young Love, Pat and Brian in their youth.



Pat and Brian with their two children Sarah and Mark.



Pat modelling her reusable tote bags, in the Mt Shop.



Mary and Pat supporting Waipuna Hospice Events, here they are at the launch of Waipuna Hospice Cuppa. If you would like to host your own Cuppa please visit www.waipunahospice.org.nz/cuppa/



WaipunaHOSPICE
Life is Special



The Lady Killers

waipunahospice.org.nz/ladykillers/

N.Z'S FAVOURITE FEMALE VOCALISTS

Venue: Holy Trinity Church, Tauranga
Members \$55 or Regular ticket \$65
GET YOUR EARLY-BIRD TICKET NOW!

24 MAY | 6.30-9.00pm
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07 552 4380

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

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Diary \$18 Each Quantity (Plus postage \$4) \$ _____

Reusable Tote Bag \$10 Each Quantity (Plus postage \$4) \$ _____

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TOTAL \$ _____

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Email: _____ Phone _____

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Charity Number CC2206



Name on card: _____ **Card holder's signature:** _____

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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
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