

ISSUE 68 | WINTER 2018

# Waipuna Connections

In this issue:

**DELIVERING SPECIALIST  
PALLIATIVE CARE**

Waipuna Hospice provides training under an inter-disciplinary model to future GP's

**CAN YOU LEND A  
HELPING HAND?**

Christmas can be especially hard with the loss of a loved one... learn how you can help

**What's the best way to express compassion, courage and kindness?**

**FEATURED: SHORTS 4 HOSPICE  
RAISES A FEW EYEBROWS**

Thousands of locals exposed their legs on the shortest day of the year to raise funds for hospice

  
**Waipuna**HOSPICE  
Life is Special

## A NOTE FROM THE CEO

Winter is now on its way out (hopefully). It has certainly been cold this year, with our fair share of rain.

Every winter I reflect on the year and what the next year has in store for the fantastic organisation I have the privilege of managing. Sometimes this can be a tough process as it takes real honesty to reflect on where you can do things better.

Waipuna Hospice's financial year started on the first day of July and we have a new budget, business plan and key performance indicators. This sounds very complex, and I suppose some of it is, but we still have our mission and vision firmly in focus for another year:

"To provide high quality end of life care for all" and "To provide the best possible specialist hospice palliative care, enhancing the quality of life for those facing end of life and bereavement."

This explains what we are striving to achieve, but is increasingly difficult when contracts for the services we provide barely cover half the costs.

We are hearing a lot about 'inequalities' of pay and 'recognition of jobs' in terms of appropriate salary, but not a lot about health services that are just keeping ahead of increasing costs, not met by funding. We hope government, ministry and DHB recognise our needs too.

This is the position of all hospices of New Zealand. We can not function without your help and support. Thank you for helping us to continue to provide the outstanding end-of-life care our community needs.

Richard Thurlow  
Chief Executive Officer

Phone: (07) 552 4380



*Leona Smith (Event Manager of Ladies Charity Lunch) pictured with Bond Boy, Richard Thurlow (CEO, Waipuna Hospice).*

## WHAT'S THE BEST WAY TO EXPRESS COMPASSION, COURAGE AND KINDNESS?

Almost 1000 ladies found the answer at the 2018 Ladies Charity Luncheon in Mt Maunganui. The Ladies' Charity Luncheon is held annually and is organised by two very skilled and organised women; Leona Smith and Wendy Robertson. We thank them for their ongoing support and also for the proceeds raised this year for Waipuna Hospice and Mt Maunganui Lifeguard Service.

The luncheon was hosted by winner of The Bachelor - model, writer and business owner Matilda Rice. And guest starred celebrities Miriama Smith and Suzy Heazlewood. Miriama Smith is a well-known actress from Xena Warrior Princess, Shortland Street, The Tribe, Filthy Rich, 800 words and Finding Aroha. Not only is she an actress, she is also a marriage and civil union celebrant in the Bay of Plenty. Suzy Heazlewood is a well-known television personality and cosmetician – "The Puraz" lady. After landing her dream job and becoming the face of collagen capsules Puraz, Suzy found herself at the centre of a cruel backlash. She showed true courage as she shared her experiences of bullying and severity of various taunts.

This year's theme of 'compassion, courage and kindness' mirrors Waipuna Hospice values. Waipuna Hospice is well known for its values of compassion, advocacy, respect, empathy and quality. These are what allow us to provide the best possible specialist hospice palliative care. We were overwhelmed by the success of the Ladies Charity Luncheon, which raised a substantial amount for Waipuna Hospice. This will help contribute towards the \$3.7million needed to be raised this year to continue providing our services for people in the community.

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

## WATER IS LIFE

Te Puna Waiora, is a fitting name for the new water stone that greets patients, staff, family and friends visiting Waipuna Hospice. Te Puna, translates to 'the well' or 'spring', Wai translates to 'water' and 'Ora' translates to 'wellbeing, wellness or life'. Together Te Puna Waiora translates to 'Water is Life' and to us here at Waipuna Hospice, it reflects life in the best possible form... after all 'Life is Special.'

Kindly gifted by Growers Direct the water stone is symbolic in many ways. Water is universally recognised for its cleansing properties. It is associated with peacefulness and connection. In Māori custom it can be used to bring ourselves into a state of noa (freed from the extensions of tapu or restriction). At Waipuna Hospice many unwell people visit us. The water stone is within hands-reach of those walking in and out the front doors, allowing everyone to utilise the life force of Te Puna Waiora.

The blessing and naming ceremony took place fittingly as part of Mātāriki, the Māori New Year. The rising of Mātāriki signals a time for reflection on the past. It signals the end of an old year and a time for the community to come together to farewell those who have departed. It is a time when our mourning ends for loved ones who have passed away during the previous year, allowing us to turn to the future. A time to connect - give thanks to the land, sea and sky; prepare for a good harvest and welcome the new generation.

Many people brought a stone or shell to place at the base of the stone to share their mauri and help the water stone settle into its place. Here it begins the mahi of caring and supporting our patients, families, visitors and staff.



*Paul Nielson and Debra Heyworth, (from Growers Direct) receiving a certificate of recognition from Angela Shaw, (Director of Nursing at Waipuna Hospice).*

A promotional poster for the 'New Zealand Home Diary 2019 with recipes'. The background is a vibrant green with white daffodils. The text is arranged as follows: 'New Zealand' in white, 'Home Diary' in large red letters, '2019' in large red letters, and 'with recipes' in white. A blue circle on the left contains the price '\$18'. Below this, a white box with a blue border contains the text 'NOW ON SALE!' in large blue letters. Underneath the box, it says 'BACK BY POPULAR DEMAND DON'T MISS OUT!' in white. In the bottom right corner, there is a logo for 'Waipuna HOSPICE' with the tagline 'Life is Special'.

ON SALE AT WAIPUNA HOSPICE SHOPS,  
RECEPTION, OTHER LEADING RETAILERS AND

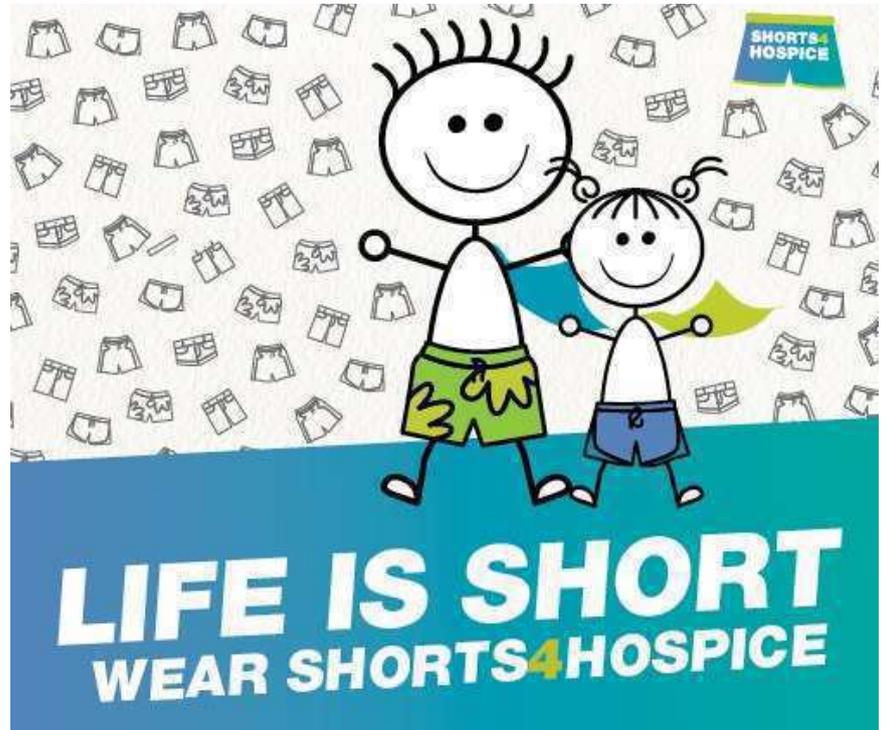
[www.waipunahospice.org.nz/product/2019-new-zealand-home-diary-with-recipes](http://www.waipunahospice.org.nz/product/2019-new-zealand-home-diary-with-recipes)



*Even Laser Plumbing Mascot dons a pair of shorts*



*These guys pulled out all the stops as part of the fashion show*



## **SHORTS FOR THE SHORTEST DAY - BECAUSE LIFE IS SHORT**

Thousands of locals exposed their legs to raise funds for hospice, as part of the Shorts4Hospice fundraiser this year. Thursday, 21 June marked the shortest day, and perhaps the coldest day in the calendar. But what an excuse to wear shorts to work!

There are many people who have had their lives touched by the loss of a loved one, perhaps a partner or child, friend or neighbour. Shorts4Hospice is a light-hearted way to raise the subject of end-of-life care and community involvement with a fun activity, easy to participate for everyone.

This year's event raised a few eyebrows with some very creative shorts and costumes. Skinspots Skin Cancer Clinic is just one organisation that has registered every year for the last four years. They had their shorts tailor-made to fit for this year's campaign! Heidi Moller, from Skinspots believes it's the perfect team-building initiative and never fails to produce a few chuckles. The patients got to see a different side of the staff, which raised a few smiles or two. Even the doctors wore shorts. It's a bright occasion that raises funds for the fantastic work Waipuna does.

Laser plumbing dressed up their company mascot in shorts! Bayleys, Staples Rodway and KPMG took it to another level and held a fashion show with some amazing creations and fashionista taking away awards. Be sure to check out our Facebook page for the full album from the day.

Mark the day in your calendar and make sure you register early for next year's Shorts4Hospice day (it's on the shortest day of each year).



Comvita



Boffa Miskell



ANZ



KPMG at the Bayleys fashion show



Skinspots Skin Cancer Clinic



Zespri



Crombie Lockwood



Morning tea winners, Rothbury Life



Holly Wilson and Dr Murray Hunt

## 6 MINUTES WITH 6 YEAR MEDICAL STUDENT

6th year medical student intern, Holly Wilson provides a snapshot of what she learnt and why she chose Waipuna Hospice for her placement.

**Why Waipuna Hospice?**

I chose Waipuna Hospice partly because I'm interested in palliative care as a future career option and I saw it as a good opportunity to learn about common symptoms and the management process. Doctors often have concerns around palliative patients and are not 100% sure how to manage them. This could be because they are unfamiliar with certain medications or really high doses of pain relief.

**What's been one of your highlights?**

I've got to say I really love the ukulele group here in the morning, it's so good!

**What's an important learning or "a-ha" moment you've had?**  
I feel like there's been many, but mostly medical drug management.

**What has been the most heart touching moment?**

A gentleman bought a sweet sugary bun for his wife. I like it when people bring in personal items for their family - I find these gestures really special.

**What inspired you to choose this profession (doctor)?**

There was no particular moment as such, but I guess I just want to help people as well as satisfy academic interests.

**Why do you think placements should continue at Waipuna Hospice?** It's a just a really good place to learn.

---

## GP REGISTRAR TRAINING AT WAIPUNA HOSPICE

The Royal NZ college of GPs contracted Waipuna Hospice to deliver a palliative care training session to GP (general practitioner) registrars. This year they have requested two training sessions because the one delivered last year received such great feedback.

It is valuable recognition of our specialist medical knowledge, and of Dr Murray Hunt's standing in the palliative care community. Teamed with Vicki Jones who has teaching experience as a palliative care specialist, they deliver an excellent training package.

Last year, under Dr Murray Hunts leadership, Waipuna Hospice developed an inter-disciplinary panel to emphasise our commitment to working under an inter-disciplinary model. The training session in July included presentations around emergencies in palliative care; the role of the interdisciplinary team (consisting of a physiotherapist, kaiwhakamaru, nurse educator, social worker, family support, in-patient unit, community services) and a tour of Waipuna Hospice.

GP Registrar training provides Waipuna Hospice a good opportunity to provide information to future GPs about our services, our referral criteria and our ways of working. It provides a forum to share our medical knowledge of specialist palliative care and develop good working relationships with new GPs.

## FOOD WITH A PURPOSE

Food With A Purpose provides snack boxes with all sorts of goodies to businesses and organisations. The residual income raised from selling the treats is given to a charitable cause. Here in Tauranga, Graham Savell purchased the franchise on TradeMe 8 years ago and choose to donate the residual income to Waipuna Hospice.

Why does he do it?

Well, to get him out of the house. Graham is semi-retired and doing something for the community by creating awareness for Waipuna Hospice gives him a sense of purpose.

“Waipuna Hospice is an asset within our community and makes a real difference to those who seek their services. I am pleased to be able to provide assistance in my own way and believe that our society, acting together, should get behind this very worthwhile charity”, Graham Savell.

There are many ways in which anyone can raise funds or awareness for Waipuna Hospice. If you would like support with a fundraising idea please contact us at [supporter@waipunahospice.org.nz](mailto:supporter@waipunahospice.org.nz)

Or if you would like one of the snack boxes in your work place please phone Graham on 027 500 7172.



Graham Savell, from Food with a Purpose

## REGISTER YOUR INTEREST NOW FOR THE REMEMBRANCE TREE

Everyone has a memory of loved ones they have lost or who can't be with them at Christmas. Every Christmas we have remembrance trees around the community where people can make a donation to place a message to their loved ones on the tree.

The collaboration between Hospice New Zealand and Farmers will continue across the country later this year.

We are looking for interested helpers, from individuals, clubs, teams and corporates to stand by the trees.

If you have a few hours to spare in November and December and would like to spend it doing something rewarding, and consider yourself friendly and positive, then we invite you to sign up to help us look after our trees and help others to leave a special message for a loved one.

Phone: (07) 552 6897  
OR email  
[volunteers@waipunahospice.org.nz](mailto:volunteers@waipunahospice.org.nz)



**Waipuna HOSPICE**  
Life is Special

Peter Williams,  
Key Supporter

### LEAVE A LASTING BEQUEST

*to help Waipuna for Tomorrow*

**Waipuna for Tomorrow**  
A FUNDRAISING DRIVE 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](mailto:info@waipunafortomorrow.org.nz)  
Or visit our website below for more information.

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

# THANK-YOU!



**Westbay** real estate Ltd. mreinz  
 Licensed Under The Real Estate Agents Act 2008  
**JUST LISTED**  
 IN YOUR NEIGHBOURHOOD!



Jim Peterson – Westbay Real Estate Ltd since 1991  
 For every referral from Waipuna Hospice contacts which results in the sale of a home or property, I will donate 20% of the full commission to the work of Waipuna Hospice in our community.

Please call me on my Freephone if I can assist you.  
 Phone 0800 220012 or email jim@westbay.nz  
 www.westbayrealestate.co.nz

Waipuna Hospice is fundraising with *entertainment*  
 Enjoy thousands of up to 50% off and 2-for-1 offers from the best restaurants, hotels, activities, travel and more...  
 Still just **\$65** giving you over **\$20,000** of value!  
 The *entertainment* Book OR The *entertainment* Digital Membership  
 20% of each Membership sold contributes directly to our fundraising. Thank you for your support!  
 To see what's inside, please visit [www.entertainmentbook.co.nz/about/flickbook/waikato](http://www.entertainmentbook.co.nz/about/flickbook/waikato)



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



**Please donate.**  
 4 easy ways to donate



Internet banking –  
 Waipuna Hospice Inc.  
 030435 0469107-02



Complete form below and post



Phone (07) 5524 380



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

[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** \$18 Each Quantity \_\_\_\_\_ (Plus postage \$4) \$ \_\_\_\_\_

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

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

Name (Mr, Mrs, Miss, Ms) \_\_\_\_\_

Address: \_\_\_\_\_

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

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

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

Expiry date

--	--	--	--	--	--	--	--	--	--

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)  
**PO BOX 16299, Bethlehem, Tauranga 3147 | Ph: 07 552 4380 | [www.waipunahospice.org.nz](http://www.waipunahospice.org.nz)**