

ISSUE 69 | SPRING 2018

Waipuna Connections

EXCLUSIVE TOUR OF MATAKANA ISLAND

Ever wondered what's on Matakana Island other than all those trees?
See for yourself inside this issue. p.3

WANT TO GET INTO SANTA'S GOOD BOOKS?

We can tell you how. p.6

HOW TO GIVE AND SHARE THE JOY THIS CHRISTMAS

This year's winning bauble
designed by Myesha at
Waipuna Hospice. p.6

A recipe for the holidays
(a FREE Sampler)



A NOTE FROM THE CEO

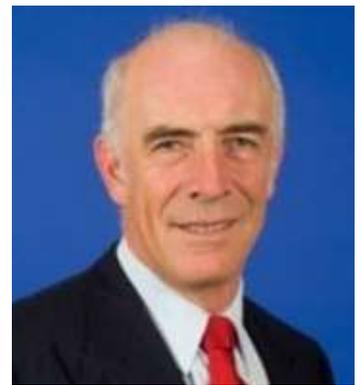
It's surprising how quickly our years fly by these days. Nevertheless, the pressure does not let up even as we progress into spring and summer. We are looking ahead as an organisation – considering the future needs of our community. Over the past few years, Waipuna Hospice has provided data to projects run nationally by the Ministry of Health, highlighting current and future needs for hospice care in New Zealand. Projections are quite staggering with the Baby Boomer generation making an impact on the number of deaths per year. In fact, in the next 20 years the number of patients requiring palliative care are expected to increase dramatically. Some estimates suggest an increase of 60% more patients requiring palliative care in our region alone. As you will no doubt imagine, it is not going to meet these needs without significant investment from central government and district health boards.

This forecast is higher than projected population increase in percentage terms and will affect many parts of the healthcare system. The Waipuna Hospice team are committed to being ready for the increase in patients and are working with Bay of Plenty District Health Board and other regional hospices to identify the best way to continue to provide care despite pressure on the available dollar. This process of planning for change is challenging in its own right as healthcare is a large and multifaceted organisation that has many participants involved. In order for us to be able to think of the long-term future of care for our loved ones at the end of their lives we need your continued support. We cannot provide the care our community deserves without your support. To all those who do so freely and regularly, I thank you.

Richard Thurlow
Chief Executive Officer

ACKNOWLEDGING BRYAN

Waipuna Hospice wish to thank each board member for their voluntary governance contributions for another year, and in particular, Bryan Thorn who steps down from the board this year. He has given 12 years of excellent and dedicated service to Waipuna Hospice, particularly in the areas of medical and clinical governance. We wish him well for the future.



WELCOME TO JEREMY ROSSAAK



A very warm welcome to Jeremy Rossaak who has come on board in the area of medical and clinical governance. Jeremy has extensive medical knowledge and is a general surgeon specialising in endoscopy and laparoscopy. He is also a senior lecturer at the University of Auckland. He believes the future of medicine is in patient-centred care. Welcome Jeremy!



We would like to invite you to participate in a small focus group.

The focus group will be relaxed, informal and friendly. It will take about an hour and is just for research - finding out about your thoughts and opinions about bequest giving to charities.

If you are interested, please contact Wayne 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



GENEROSITY RUNS IN GENERATIONS

At Waipuna Hospice we are incredibly grateful to have a very supportive community, from the volunteers who come on board to support us to the donations received from the public. But what about all the background stuff? What about the medical supplies and the waste? Who takes care of that? Nicole Fraser can tell you more about what happens to the medical waste at Waipuna Hospice.

Nicole's grandparents, Ian and Sonia Monagh became aware of Waipuna Hospice and their services when their close friend was diagnosed with cancer. Since then Sonia has seen her own family go through hospice care as well. Shortly after, Ian decided to start a medical waste business to dispose of the medical waste in an environmentally friendly way. Ian generously offered to supply sharp containers and dispose of the waste at no cost to Waipuna Hospice. The sharp containers are a necessity within any hospice to reduce the risk of needle stick injuries to our patients and provide safe storage of sharp objects before they are disposed.

Ian and Sonia have supplied Waipuna Hospice with sharp containers for over the last 26 years until Ian was diagnosed with prostate cancer. It was his wish to continue providing the service for Waipuna Hospice. He has since passed the business onto his granddaughter's partner, Taylor Dick to continue his legacy. Taylor and Nicole moved back home to the Bay earlier this year in April, from Melbourne. The generous nature of the family continues as the two support Waipuna Hospice showing appreciation for the support they received while Waipuna Hospice was caring for their family.



WERE YOU TOO NAUGHTY THIS YEAR?

Didn't get what you wanted from Santa? Get in Santa's good book this year by donating your unwanted gifts to charity. Drop them into any Waipuna Hospice Charity shop or phone to request a free pickup on 07 2811 755.

www.waipunahospice.org.nz/our-shops/

WE ARE ALL MAD (MAKING A DIFFERENCE)

We cannot express our gratitude enough towards the amazing team of volunteers who continue to support Waipuna Hospice over the years. Each volunteer contributes in their own way and raises the bar high with their level of dedication and charisma.

The Katikati community awards recognised the efforts of the Waipuna Hospice Katikati charity shop volunteer team, winning the award for best volunteer group.

We are always looking for volunteers, if you can lend a helping hand please submit an online application form - www.waipunahospice.org.nz/volunteer or phone us on (07) 552 6897.





'TIS THE SEA-SUN

There was an abundance of sea and sun as local supporters strolled onto the barge over to Matakana Island on Sunday, 21 October. The weather was bright and sunny and so were the hundreds of supporters as they started trickling onto the Omokoroa ferry terminal as early as 8am.

The day marked the one-year anniversary of the passing of Neil Scott, much beloved husband of Minda Kuka. There is a walk organised on the island as an annual event, however this walk was a one-off special event in recognition of Neil. Neil was one of the few Pākehā people living on the island and was fondly known by locals. They would spot him on his daily walk with Minda and the dogs, strolling the roads of Matakana Island.

With just over 300 people living on the island the population doubled for the day, when around 200 supporters came across from the main land. Many people jumped on the opportunity to explore and enjoy the culture and customs of Matakana Island. The 12km walk allowed walkers to absorb the stunning views via interesting and varied terrain, including farmland, rolling hills, roads and estuary.

Minda organised the walk on Matakana Island in memory of her late husband and as a fundraising initiative to raise funds for Waipuna Hospice. Waipuna Hospice cared for Neil during his last weeks. Minda wanted to personally acknowledge and show her appreciation for the wonderful and loving care given to Neil.

All funds raised from the Neil Scott memorial walk go towards providing specialist medical care for patients living with a life limiting illness and support services for them and their families. This financial year Waipuna Hospice needs to raise \$3.7 million to be able to continue providing the best possible specialist palliative care services to the community.



PART OF THE WAIPUNA HOSPICE FAMILY



“Sixteen years ago my late husband Brian was in your care, you were truly my lifeline, now our dear friend, Ted has passed away and I just know you were the same for dear Ted and his lovely wife Liz. I can't thank you enough for what you do for us in our time of need, you are amazing people.”



Waipuna Hospice is known to provide care and support to patients facing the end of their lives. What isn't so well known is the care and support Waipuna Hospice also provide to the family members of patients. Marlene is one such family member who considered Waipuna Hospice her lifeline when her husband Brian, was diagnosed with lung cancer. Her advice to anyone faced with the same heart-breaking situation of a family member become terminally ill is, “contact Waipuna Hospice, because they become like friends really. I would be quite lost without the support, it's extremely important.”

Marlene hates to think what it would have been like to go through what she did with just herself and her ill husband. And then again, when her dear friend Ted was ill. Marlene's recalls her interaction with the nurses at Waipuna Hospice, “the nurses were amazing. I was a nurse too. Many years ago... 60 something years ago. But they're different. The hospice nurse - they are different. They are more caring - they understand what you're going through.”

Marlene's story is like many others in the community. She had no initial thoughts or really any idea of what hospice care was and what it involved. Now she knows all too well about the many misconceptions. “When you talk to people about hospice, they think you go there to die there. I really think that they're not aware of what Waipuna Hospice actually does.” She now advocates our services and has had five friends pass through hospice to all of whom she shares her learnings. “I say to them, you do know they do this? That's how they learn. I've become a member since my first experience with Waipuna Hospice and I realised how wonderful they were.”

Once you're part of the Waipuna Hospice family, your network extends and doors open to the many support services available. The realisation of not being alone dawns on Marlene. “There is so many of us that have gone through this. I think it is a brilliant idea to donate to the hospice instead of flowers (to the deceased patient's family). Instead of having donations just in memory, why not have donations in celebration, such as donations from weddings, birthdays and anniversaries?”

Marlene also shares her knowledge and experience with her friend's family about the ongoing support services available after the loss of a loved one. She was unfamiliar with all the services available until she went through the process herself. At the time she thought, “I don't need grief counselling. I am strong, I can cope. When she came, I was so wrong. The services don't stop when the person dies. Hospice was absolutely amazing.”

During the festive season, Marlene supports us through the remembrance tree appeal. It is an opportunity to reflect on the loved ones who might not be with you at Christmas time. Leave a special note on our Christmas trees, which will be located around the community. Everyone is welcome to share a message. Every year Waipuna Hospice hold a Remembrance Service to bury the messages under our foundation stone.



GIVE AND HELP SHARE THE JOY THIS CHRISTMAS

Once again all Farmers stores will be raising funds for hospices throughout the country in the lead up to Christmas. As well as having the Trees of Remembrance in all stores - Farmers are also selling a specially designed hand-painted glass bauble.

The 2018 design features a sparkling heart representing the importance of being surrounded by love at Christmas. The baubles are available exclusively at your Farmers store, located at The Lakes and Bayfair. They are \$10 each and 100% of the purchase price is donated back to hospice to help keep our services available at no cost to our patients and their families.

Last year's bauble sold out, so don't delay! Visit your local Farmers store to purchase this collectible piece of art for your Christmas tree and help raise funds for your hospice.

THANK YOU

A huge thank you to our fantastic team of volunteers who bring a wealth of expertise, commitment, strength and compassion and collectively gift between 6,000 - 7,000 hours of their time every month. What a fabulous contribution.

VOLUNTEER VACANCIES

DELIVERY ASSISTANT

Assist with delivery of lazy boy chairs to patients' homes. Two to three hours per week (flexible). Manual handling training given.

RETAIL ASSISTANT

At our charity shops in Te Puke, Greerton, Fraser St, Katikati, Papamoa and Mount Maunganui. Customer service skills, and ability to use or learn to use efpms machine is required.

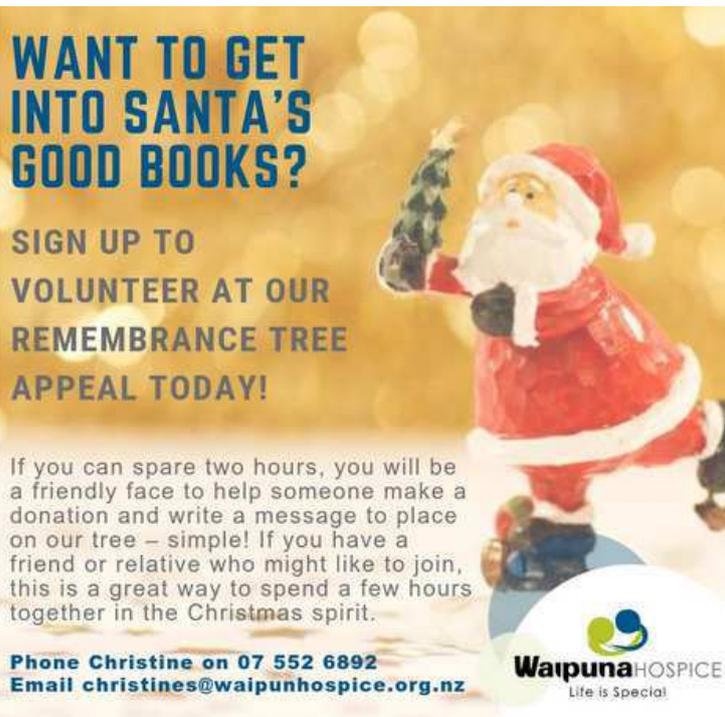
SORTING ASSISTANTS

Help sort and prepare donated goods for sale at our Brook Street depot.

KITCHEN ASSISTANTS

Assist with the preparation and delivery of tea time meals to patients staying in our nine bed Inpatient Unit. Weekday and weekend shifts available. One and half to two hours.

In the first instance please complete and submit a volunteer application form online via our website www.waipunahospice.org.nz or phone us on **07 552 6897** to request an application form.



WANT TO GET INTO SANTA'S GOOD BOOKS?

SIGN UP TO VOLUNTEER AT OUR REMEMBRANCE TREE APPEAL TODAY!

If you can spare two hours, you will be a friendly face to help someone make a donation and write a message to place on our tree – simple! If you have a friend or relative who might like to join, this is a great way to spend a few hours together in the Christmas spirit.

Phone Christine on **07 552 6892**
Email christines@waipunahospice.org.nz

Waipuna HOSPICE
Life is Special

CAN YOU VOLUNTEER AT ANY OF THESE PLACES?

TE PUKE, PAPAMOA AND MOUNT MAUNGANUI

Bayfair Shopping Centre (17-24 Dec, 10am - 9pm)
Papamoa Plaza (19-24 Dec, 9am - 6pm)
Pak n Save, Papamoa (17-23 Dec, 9am - 3.30pm)

CENTRAL TAURANGA

Elizabeth Street Café (26 Nov-02 Dec, 9am - 1pm)
TCC Arcade (10-14 Dec, 10am - 2pm)
New World, Brookfield (10-16 Dec, 9.30am - 3.30pm)
Countdown, Cameron Rd (13-16 Dec, 9.30am - 3.30pm)
Countdown Bureta Park (13-16 Dec, 9.30am - 3.30pm)
Goddards Centre (10-15 Dec, 9am - 1pm)

BETHELEHEM, KATIKATI AND OMOKORO

Countdown Bethlehem (26 Nov-02 Dec, 9.30am - 4:30pm)
Palmer's, Bethlehem (3-9 Dec, 9.30am - 3.30pm)
Countdown Katikati (3-9 Dec, 9.30am - 3.30pm)
Nourish, Te Puna (3-9 Dec, 8:30am - 2pm)
Fresh Choice Omokoroa (3-9 Dec, 10am - 4pm)
Farmlands, Te Puna, (22 Dec, 9am - 12pm)

THE LAKES, GREERTON AND PYES PA

Noel Leeming, Tauriko (30 Nov-2 Dec, 10am - 4pm)
Pak n Save - Tauriko (19-23 Nov, 10am - 2pm)



AVOCADO BROWNIE

Page 31 of the 2019 NZ Home Diary. Gluten free recipe. A new recipe available in you diary each week.

Make sure you secure your copy before they run out!

INGREDIENTS

Cooking spray
 1 med ripe avocado, mashed
 1/4 C extra-virgin coconut oil, melted
 2 large eggs, beaten
 1/2 cup maple syrup
 1 tsp vanilla extract
 3/4 C unsweetened cocoa powder
 1/2 tsp sea salt
 1/4 C gluten-free flour
 1/3 C dark chocolate chips

Preheat the oven to 180°C
 Combine the avocado, oil, egg, maple syrup and vanilla extract in a bowl, mix well.
 Combine the cocoa powder, salt and flour in a bowl, mix well.
 Add the cocoa powder mixture to the avocado mixture and mix well.
 Add the chocolate chips, mix until blended.
 Pour the batter into a 20cm square baking tin lined with foil and lightly coated with cooking spray.
 Bake for 33-36 minutes, or skewer comes out clean. Cool for an hour before removing.



Thank you for your generosity and support provided to us over the year. With your help we are able to take care of our patients and their families during this holiday season.

We wish you a safe and happy holiday with family and friends. See you in the new year!



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

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:	<input type="checkbox"/> \$30	<input type="checkbox"/> \$50	<input type="checkbox"/> \$100	<input type="checkbox"/> OTHER \$ _____				
Membership	Individual \$20 <input type="checkbox"/>	Joint \$30 <input type="checkbox"/>	Business /Organisation \$100 <input type="checkbox"/>	\$ _____				
Diary	\$18 Each	Quantity <input type="text"/>	(Plus postage \$4)	\$ _____				
Tea Towels	\$14 Each	Quantity <input type="text"/>	(Plus postage \$4)	\$ _____				
TOTAL				\$ _____				
Name (Mr, Mrs, Miss, Ms) _____								
Address: _____								
Email: _____			Phone _____					
<input type="checkbox"/> 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		<table border="1" style="width: 100%; height: 20px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>						

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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