

ISSUE 74 | WINTER 2020

Waipuna Connections



**Do you
have a Will?**

**The Hickson
family talk about
their legacy.**

**Find out how you can get a
*Free Will or update your
current Will.**

***conditions apply**

**TAURANGA BUSINESSES FLASH
THEIR LEGS!**

Have a look inside for all the pictures
from this years Shorts4hospice



WaipunaHOSPICE

Life is Special

30 YEARS

Always caring. Always here.

Rambling Rich

The last time I wrote my usual ramblings we were moving through the year nicely, approaching Christmas and getting ready for 2020. There was optimism in the air as we moved into another decade. Then Covid-19 hit.

Whilst we coped with lockdowns and daily reports on case numbers, Waipuna Hospice implemented a pandemic plan which we had hoped we would never have had to do. Was the plan complete enough that we all knew exactly what we were doing? Well yes and no... we knew the theory, we understood how pandemics such as this propagate and spread, but we were not fully aware of how society in the broader sense would be affected. Lockdown was strange. Some were treating it as a free holiday to complete jobs, hobbies and pastimes – but others, like the team at Waipuna Hospice carried on as an essential service. Our services had to change through multiple directives and guidance from the Government, the Director-General of Health and the Ministry of Health. Sometimes these guidance documents changed daily! But our team rallied.

Yes, we had to reinvent our services in a short period of time. We had planned some team structural changes for later this year, which suddenly needed implementing. We had hoped we could phase these in and test them over six months – we did it in a week. Was it hard? Yes it was, but we did get through – thanks to the excellent leadership in the Clinical, IT, HR and Operations areas. Our services were restricted to largely phone and Zoom (or Zui as we called them), with essential home visits only. This was tough for families and patients. As we have come out of lockdown, we have moved to normal patient visits with extra questions on wellness for all people in the patients care bubble. The clinical team did an amazing job.

Our inpatient unit was closed through lockdown levels 4 and 3. This was not an easy decision, but was made to assist with the tough visitor directives at these levels and also ensure our patients in the community had access to extra support when needed with extra resourcing (through re-tasking our Inpatient team) into the community services area. The Inpatient Unit is now fully open again. There was also a wider impact.

Other parts of Waipuna Hospice were also hit hard. Our Waipuna Hospice charity shops closed, then at level 3 they were assessed and restructured to be ready to open with level 2 restrictions. The work of the shop staff and volunteers has been amazing and the re-opening has been a success. Thank you if you have visited our shops, please also don't forget that we need donated stock to help raise funds for Waipuna! Our fundraising activities had to change too. COVID-19 has affected our ability to fundraise through traditional ways. Some grant funding has been withdrawn and many fundraising events have been cancelled. We focused on more online and digital channels to communicate and raise awareness of our needs. We also sent out an appeal letter to our supporters - thank you all those who so graciously offered support and donations through this tough time.

What about the future? It isn't going to be easy, we understand how others are finding this "new" normal. The economic and psychological impact of this pandemic has yet to be fully felt. We are, at time of writing, hearing of more cases in large part due to returning New Zealanders from around the globe. We are all hoping and praying that our border controls hold, that we can continue to contain this "genie" that might escape its bottle. To do this we still need the team of 5 million. We still need to keep track of where we have been and with whom, we need to use hand sanitiser when available and we need to wash our hands, wash our hands, wash our hands!

Kia kaha - Richard Thurlow | CEO



Anthea Bryant (nurse educator) with Cat Walden (Waipuna Hospice nurse) in full PPE gear.



DESIGNED, CREATED & MADE IN NZ BY LOCAL ARTIST MANDY WILLIAMS
\$18 FOR PACK OF FOUR (Normally retailing at \$7.99 individually)

100% of all funds from the sale of these cards go to Waipuna Hospice to ensure hospice care and support is provided at no cost to people in our local community.
[Available online at - waipunahospice.org.nz/shop](https://www.waipunahospice.org.nz/shop)

Hospice for mum... and dad

This is the story of our parents, Don and Antonia Barnes (nee Boglio)
- 'one in a million people.'
Written by son, David Barnes.

Dad grew up in small town New Plymouth, while Mum was raised in Milan, the fashion capital of Italy. Their paths crossed at a New Year's Eve party in London which transpired into a blooming romance. One thing lead to another and they married and moved to the far-away land of New Zealand in the mid-60s, a small country not well known in Italy in those days.

My sister and I had a happy childhood growing up in Auckland and after a life-time of moving around, our parents retired to the Bay in 1999. By this time our family unit had grown and our parents became devoted grandparents to Diva, Massimo and Lily - the joys of their lives. Fast-forwarding, our family life was shattered by our mother's diagnosis with oesophagus cancer in 2016 and then Dad shortly after, with brain cancer in early 2019.

"Hospice was a god-send. Both our parents were terminally ill and were referred to Waipuna Hospice for support. It was a great comfort to us that Waipuna was as much there for the families of patients as they were for the patients themselves."

Hospice is not about dying - but about living. We immediately recognised Waipuna Hospice as a deeply caring and compassionate community that affirmed the importance of life. Waipuna's focus is on enabling patients and their families to enjoy the best quality of life together for as long as possible.

Mum was treated at home and received regular nurse visits, pain management, care and moral support that came from having kind nurses drop by for a chat. Waipuna also coordinated district health nurse care. Mum was a kind and warm-hearted Italian. She loved having people in her home and Waipuna staff became part of her life, sharing her memories, fears and the difficulties of dealing with cancer. Waipuna Hospice became a source of stability which enabled us to cope with the distress, uncertainty and constant 'shifting sands' that are part of cancer life. Mum chose to spend her final hours at Waipuna Hospice. Her passing was merciful and made dignified by the staff. It was comfortable for all of us.

Dad survived only three months after his diagnosis but Waipuna Hospice ensured his care was well organised, safe and comfortable. He loved telling stories about his life, career and adventures. Dad suffered a lot from anxiety at the end of his life.

"Waipuna staff listened and helped our father be as peaceful with his situation as possible. They made him feel there was a caring community behind him and he was not alone with his illness."

As a couple, our parents were hospitable people and had an easy manner. Mum's exquisite yet simple cooking was well loved by friends and family. People were always coming over for lunch and dinner. She was also a talented knitter, often giving away knitted items to charities and for fundraisers. Mum knitted a colourful blanket during her final six months. She continued to create and find beauty in life until the end. They were involved with Lions, Rotary, church and they hosted and visited people around the world through the International Friendship Force. Dad was an IT wizard (not so common for a man of his generation) and at the drop of a hat would go help neighbours with their computer issues. Everywhere they lived, Dad would be asked to be the Chair of some sort of community group.

I'm so grateful to Waipuna Hospice for the grief counselling I received after both Mum and Dad passed. We are grateful to have been their children. We expected them to live longer as they were both very healthy until their final years. But both had lives that were well lived. That is what really counts. In turn, we are truly grateful to Waipuna Hospice for the support it gave our family, and probably thousands of other families.



Our parents, David and Antonia Barnes (nee Boglio) in their later years.



David, Carole and parents, David and Antonia Barnes (nee Boglio).



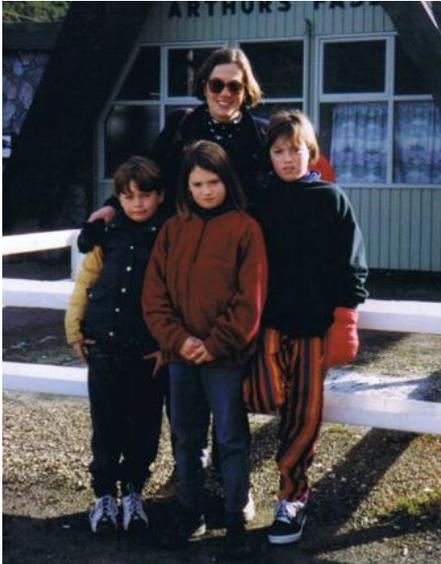
Our parents, David and Antonia Barnes (nee Boglio) in their early years.

Love, Loss, and Legacies with The Hicksons

There is nothing worse than losing someone you love, but there is courage in making a difference and creating a legacy in the wake of that loss. When Helen Hickson was faced with a terminal diagnosis she knew she wanted to give back to Waipuna Hospice. With the help of her husband Andre and their three children, Helen's legacy now lives on in the work we do.



Andre Hickson and his loving wife, Helen Hickson.



Helen with her children Tim, Sally, and Tessa.



Even after her diagnosis, Helen lived life to the fullest.

Andre's and Helen's story started almost 50 years ago on the sandy shores of Pilot Bay thanks to a mutual friend and a jellyfish fight. However, it wasn't until four years later when the pair met again that their romance began. Helen was living in Otago and Andre was studying at Lincoln University, but they made the distance work for many years. Andre and Helen went on to spend over 40 years together creating memories and building their loving family. They welcomed three wonderful children into their lives and went on many adventures.

In 2018 Helen was diagnosed with bladder cancer, and from there the news only got worse. After having her bladder removed, the family received the painful news that the cancer had spread to Helen's lymph nodes, dramatically reducing the time she had left. What was meant to be five years, turned into seven months.

However, that didn't stop Helen from seeing life as a gift and enjoying the time she had left. Helen was a fighter and was determined to keep going until the very end. "She was amazing," says daughter Sally with affection. "She was just so full of life and I am so proud of how she dealt with things when she became sick."

When faced with Helen's terminal diagnosis, Andre and Helen sat down to talk about life and Helen's wishes. Reflecting on the life they'd lived, the adventures they'd been on, and the three amazing children they'd brought into the world, Helen and Andre agreed they had no regrets in life. "Helen was quite adamant she'd had a good life, and would often remind us of that."

One thing Helen wanted was to recognise the help and support their family received from Waipuna Hospice by donating. It was a sentiment shared by Andre and the children after their first-hand experience with the care and support offered by Waipuna Hospice.

Andre had always known about Waipuna Hospice, but it wasn't until Helen was referred to our services that he came to understand how much we help.

"If you haven't been through the experience you just think of Waipuna as a building and don't understand what they do."

"What I came to learn is that Waipuna Hospice is about people who come into your family when you need them and make the whole journey less painful."

As Sally explains, it wasn't just the medical help that made a difference to the Hicksons. "Waipuna Hospice not only helped Mum pass away in a peaceful environment with no pain, but they also helped us understand what was happening to her and what to expect so it didn't seem so scary. It felt more natural. I don't know what we would have done if Waipuna Hospice weren't involved."

Helen died in November 2018 in the comfort of her memory-filled home surrounded by her loved ones. After seven months of living life to the fullest the Hicksons learnt to make the best of every day. "There will always be little gems and bad days can become good days quite quickly," reflects Andre. "It's hard, but we try to make everyone appreciate that, and surround yourself with good people."

"The other thing we learnt is that when you're in the situation to give back, you do. It can be as simple as giving in your Will."

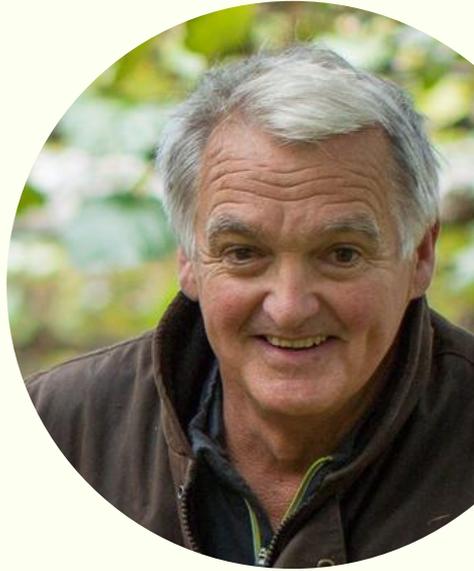
For the Hicksons this meant honouring Helen's wishes and donating to Waipuna Hospice, in turn creating a legacy for Helen which lives on in Waipuna Hospice's work. As the Hicksons learnt, it can be as simple as giving in a Will or making a donation, but for them it was an easy way to recognise the support they received and ensure Waipuna Hospice will continue to be there to support future generations.

For a limited time Waipuna Hospice and local solicitors who have volunteered their expertise are making it easier for you to create or update your Will.

Simply select the participating solicitor of your choice and they will draw up, FREE of charge, a basic Will or amendment to an existing Will. In return for their time and expertise they would ask that you leave a bequest* gift to Waipuna Hospice in your Will (your financial advisor or solicitor will be able to advise you according to your circumstances). Whether you have a little or a lot to contribute, it all helps.

"One thing my wife – Helen wanted was to recognise the help and support our family received from Waipuna Hospice. The other thing we learnt is that when you're in the situation to give back, you do. It can be as simple as giving in your Will."

- This is a sentiment shared by Andre and their children



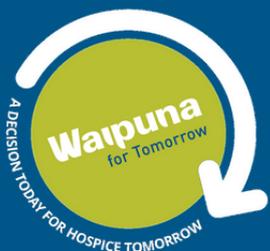
For the Hicksons this meant honouring Helen's wishes and gifting to Waipuna Hospice, creating a legacy for Helen which lives on in Waipuna Hospice's work.

***Bequest - a gift in your will**

Your gift will make a long-lasting difference and help ensure Waipuna Hospice can continue to provide world-class specialist palliative care for our loved ones.



Butler Gray Law Office



To receive a voucher for your FREE basic Will contact 0800 4 WAIPUNA (0800 492 478) info@waipunafortomorrow.org.nz before Friday, 18 September 2020





Shorts4Hospice - because life is short!

Local businesses rallied together by wearing Shorts4Hospice and raising awareness and funds to support their local hospice. Many people have had their lives touched by the loss of a loved one, perhaps a partner or child, friend or neighbour. Shorts4Hospice was 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.

Bayleys Tauranga, KPMG, Baker Tilly Staples Rodway and Rothbury Insurance hosted a Short Parade, resulting in it's usual hilarity and creative costumes. This years show featured a Covid edition with full PPE uniforms. Jolene from the Breeze was their to announce the winners for "most sexy," "shortest shorts," "what where they thinking?" and many more prizes.

A massive shout out to all the other businesses who came on board and individuals who supported the cause through Givealittle. To view all the images visit our Facebook page facebook.com/WaipunaHospice/photos.



Why does Sarah volunteer at hospice?

After Dad passed we discussed it as a family and we felt the need to donate to Waipuna Hospice. We all decided, "this is the organisation we will donate to." Then after Aunty Dawn died, I thought, "it's just not enough." I had a real yearning to give back in some way – I couldn't just say thank you and let it be.

I felt the need to become a volunteer.

Written by daughter and niece, Sarah Clayton.

I had no idea about hospice before Dad became sick. My initial thought was, "he doesn't need it" and Dad thought the same. Dad wanted to stay at home for as long as he could, but he agreed if it became too hard for us to care for him at home we would take him into the Inpatient Unit. But he had a lot of fear around that. He thought that once he goes in he's not coming out.

When you don't realise what's going to happen and the high level of care required, you don't see it for what it is. You have an idea of how it's going to go, but until you've experienced it, you don't really know the complications that can occur. As Dad was deteriorating he was getting distressed and all of a sudden we needed help. "We were so grateful for the support because we were really fearful about how it was going to go. At home he started getting agitated and we couldn't manage his pain. As soon as hospice arrived it was a massive relief for us."

It was a weight off our shoulders. We finally felt we could take a step back and just let him be cared for in the best way possible. We became more confident receiving such reliable guidance and anything that happened, like his breathing changing the hospice nurses talked us through it, assuring us things were normal and helping us understand what to expect. We felt really well nurtured and supported, but it wasn't invasive. We were given privacy when we needed it and all of a sudden the nurses and doctors would be there when we needed them. We were blown away with the timing of it all. We stayed with Dad until he passed. We were gently ushered from the room for a few moments, and when we came back to say our final goodbyes, he looked like himself. That was a great comfort to us.

Whereas, we were a lot more prepared with Aunty Dawn because we had been through the process and knew we would need hospice support. It took a while for her - she would go down and then her energy would return and she would be joking with everyone. It was a real roller-coaster. But we were grateful for the care given by Waipuna Hospice. We asked so many questions, because we realised it wasn't the same experience we had with Dad. Again the experience was completely positive, and the loving care given by the staff in such a comforting environment was more than we could have wished for.

"I'm finding volunteering really good - it's allowed me get outside of myself. Unless you've been through it, it's hard to empathise with people and understand what they need. It's good for me being part of the Waipuna Hospice service because I've been the family member visiting or the person phoning and wondering if the community nurse will be calling. I can empathise with that person. As a volunteer you become part of Waipuna Hospice - you're part of the team. You see the nurses working with passion, and you're interacting with families of patients."

A Poem from our Volunteering Coordinators for National Volunteer Awareness Week to show our appreciation for our beautiful volunteers

*It is a time for us to take note,
on the kindness you offer to keep us afloat*

*From our gardeners and writers, and to those that prepare meals,
to our car cleaners, our admin and drivers behind the wheels*

*To our volunteers who offer a simple loving ear
to the ones who shake a bucket at a certain time of year*

*To the ones that sort through other peoples donated stuff
to the ones who offer support when our patients are doing it tough*

*Each one of you is prized, admired and a treasure
we can't thank you enough, your value has no measure*

*Here at Waipuna Hospice our volunteers, YOU, matter so, so much
for all you do thank you, thank you, thank you!*



Sarah Clayton pictured above with her Aunty Dawn, Dad, Mum, and siblings.



Sarah Clayton with her Dad, during his final stages.



Aunty Dawn at Waipuna Hospice while the family have a picnic outside her room.



Happy Father's Day!

SUNDAY 5TH SEPTEMBER



Wish you knew more about the "little details" of your grandparents or in fact even your parents?

Questions of where and when they were born, first memories, best friends, favourite teacher, pets, family details, employment, special interests or talents can and should be recorded. With today's families frequently fragmented, many of these "little details" are difficult or impossible to obtain.

My Gift of Memories to You is the perfect little journal for you to compile your gift of memories in a fun, easy to use, organised journal. Buy one for yourself to journal or for an older family member to capture their memories before it's too late.

You can buy a copy for \$10 at Waipuna Hospice main reception, any Waipuna Hospice Charity shop and online at waipunahospice.org.nz/shop

Back by popular demand!

Our annual Home Diary with Recipes is back by popular demand. Please purchase your copy earlier to avoid missing out.

FREE freight for all orders before Monday, 31 August.

The 2021 New Zealand Home Diary is A5, making it easy to fit into any bag.

This clearly laid out diary comes in full colour with a ribbon marker and hard cover preventing it from getting tatty.

For weekly recipe inspiration secure your copy of the 2021 NZ Home Diary with Recipes at:

waipunahospice.org.nz/shop



It's smart, dynamic and fun, just like Dad. The Entertainment Digital Membership is more useful than a tool kit, fits neatly in Dad's smartphone and has great offers for dining, movies, activities and travel - all the things he loves to do with you.

To order your copy visit entertainmentbook.co.nz/orderbooks/154310z

Keep these easy to donate details handy!

4 EASY WAYS TO DONATE



1. Mail the coupon on the right to:
Waipuna Hospice
PO Box 16299
Bethlehem
Tauranga 3147



2. Internet Banking
Please confirm by email to:

supporter@waipunahospice.org.nz

Waipuna Hospice Account details:

Waipuna Hospice Inc
03 0435 0469107 02



3. Phone 07 552 4380



4. Donate or shop online at:

waipunahospice.org.nz



Waipuna HOSPICE 30 YEARS
Life is Special Always caring. Always here.

YES! I would like to make a donation so people in our community facing a terminal illness can receive the care they need.

Step 1 - My Gift \$25 \$50 \$75 \$100 (other)

Step 2 - Donation Frequency One-off Set-up a regular payment

Step 3 - Direct Debit Please send me a Direct Debit form

Step 4 - My Payment

- Cheque Please include the following information:
Reference-your full name. Code-newsletter. Particulars-your phone number.
- Debit my credit card

Card Number			Expiry Date
Name on Card	Signature		

I would like to purchase the following Waipuna Hospice merchandise (GST included)

- | | |
|--|---|
| <input type="checkbox"/> 2021 NZ Home Diary & Recipe Book \$18 | <input type="checkbox"/> 4 pk Mandy Williams Cards \$18 |
| <input type="checkbox"/> Memory Journal \$10 | <input type="checkbox"/> White Wabbit Tea Towel |
| <input type="checkbox"/> Entertainment Membership \$69.99 | Was \$18 Now \$10 |

I would like to become a member to receive discounted event tickets and other offers

- Individual \$20 Joint \$30 Organisation \$100

TOTAL \$

My Details

Title	First Name		Date of Birth
Address			
Phone		Email	

Donations of \$5 may qualify for a tax rebate. Charity # CC2206
If you wish to unsubscribe from our newsletter, please notify us at communications@waipunahospice.org.nz
Waipuna Hospice - 43 Te Puna Station Rd, Bethlehem - supporter@waipunahospice.org.nz - (07) 552 4380