

ISSUE 76 | FEBRUARY 2021

Waipuna Connections



Calling all
superheroes!
Join us for
the 2021
Superhero
Walk/Run.

**"THERE WAS NO WAY IN HELL I WAS GOING
TO END UP IN HOSPICE CARE"**

Denys Moss shares his story on how, in the matter of a few months, he went from hating the idea of hospice, to loving it.

Read more on page two.



WaipunaHOSPICE

Life is Special



Image credit: Bay of Plenty Times

Rambling Rich

Happy New Year! Welcome 2021! I know it sounds strange to wish you Happy New Year when in reality you will be reading this way past 1st Jan 2021.

The new year always offers me the chance to reflect and look ahead. Looking back, 2020 was a bit tough with so many challenges around the world over the past 12 months. But I certainly had a lot of learnings, not only at a personal but also a professional level. Our world has changed and we have changed with it – Waipuna Hospice has changed too.

We hope our patients and families have noticed the changes for the better. Our service delivery model has been re-developed and changed to make services more person-centred and needs-based. This involves the development of interdisciplinary healthcare practices and the formation of three interdisciplinary teams, each one responsible for a geographic area (termed North, South, and Central).

What is interdisciplinary care? It is care provided by a team made up of a group of healthcare providers from different fields who work together or towards the same goal. This way they can provide the best care or best outcome for a patient or group of patients. The team is made up of expertise and specialists in pharmacy, nursing, case management, social work, counselling, occupational therapy, physiotherapy, medicine, cultural liaison or kaiāwhina, to name a few!

We are really excited about this change as it is widely recognised as the gold standard for providing palliative care in our community.

In line with the quote "the only constant in life is change"....we will be seeing more challenges not only at Waipuna Hospice but across the whole health arena. Change is not always easy. I want to recognise and thank the whole team at Waipuna Hospice for pushing through with our strategic plan to help provide a more complete service for our patients.

2021 will present more obstacles – but we will continue to thrive within the challenges and move forward to meet our mission statement – high quality end of life care for all.

SUPERHERO WALK AND RUN!

SATURDAY 27TH MARCH

CORONATION PARK, MT MAUNGANUI

Calling all super heroes! It's time to dust off your capes for a fun day out at the Waipuna Hospice walk (3.6km) or run (6.4km) to honour, remember, and celebrate the heroes in our lives.

Adults: \$10 | Under 18 FREE | Group of 5: \$40

events@waipunahospice.org.nz | (07) 552 4380 ext. 211

WWW.WAIPUNAHOSPICE.ORG.NZ/SUPER-HERO-2021/



Changing Tides with Denys Moss

If you had asked Denys Moss what hospice care meant three years ago, he would have told you it was the place you go to die. Now, Denys' weekly visits to Hospice are one of the highlights of his week.

Eight years ago, Denys and his wife Lynda moved to Tauranga and spent years establishing a life full of joy. Their time was spent working hard in their garden, volunteering for local charities, and for Denys, singing in the local barbershop quartet group, Harmony-a-Plenty. Then, three years ago, life changed when Denys suddenly became short of breath.

"I went along to my doctor and they discovered that I had calcium sitting on the crust of my trachea" explains Denys. "I remember when we got the news that I was terminal. My doctor called me in and asked if I wanted Lynda to join me. When I asked her why she told me it wasn't good news. So I took Lynda in and **when the doctor told us I had four months to live, we just sat there and cried**".

It has been three years since Denys received that initial diagnosis, and although he has beaten the odds to date, life is far from normal. Denys can no longer go on holiday, work on his beloved garden, sing in his barbershop quartet group, or even eat the foods he loves. However, he still has his biggest pleasure in life, his family.

"My wife and family are the only pleasure that I have left in life. Lynda is my best friend, and we're still on our honeymoon after 47 years of marriage. Every night when we go to bed we hold hands, and we never go to bed angry. I still court her like I did when we first met".

Before his diagnosis Denys admits to hating the idea of hospice care.

"If you had asked me three years ago, I would have told you Hospice is the place people come to die and there was no way in hell I was going to end up in hospice care. I hated the idea of it so much I would intentionally take the long way to the garden centre so I didn't have to drive past the building".

However, all that changed for Denys once he became a patient.

"My first hospice nurse was Sandra, and she was phenomenal. She really restored my faith in hospice care by showing me that **it's not about death, but about caring for someone**. The nurses come when you need them, and not only do they provide medical support, but they also calm me down when I am in a panic and remind me that I am not alone, which is important in such scary times.

"The support, strength, and love that comes from Waipuna Hospice is incredible. There is nothing quite like a hospice nurse. You know if someone is coming from Waipuna they are going to be top quality because they truly are a special breed."

Denys now visits hospice once a week for the Day Programme, which is a day of fellowship for patients to come together and enjoy a meal and some form of entertainment. Denys has been coming for the last three years, celebrating Christmas and birthdays alike.

"The Day Programme is one of the highlights of my week. I especially love it when they have Warren, or Uncle Wazza, in to perform because he gives me the microphone every now and then so I can sing along. It's my little spot in the sun, and I love it, especially because I can't sing with my barbershop group anymore. It was a sad time when they had to cancel the programme because of COVID, I really missed it".

The very idea of missing his hospice visits is still an odd sentiment for him, which really shows just how much his view on hospice care has changed.

"In the matter of a few months I went from hating the idea of hospice, to loving it. Coming in every week gives me something to look forward to, and is one of the highlights of my week".

"I think I hated the idea of hospice so much because death is such a scary thing. I didn't want to think that one day I would need hospice care, let alone that one day I was going to disappear. But now, I don't know where I'd be without it".



Denys celebrating his birthday while attending the Day Programme



Denys has celebrated three Christmas's at Waipuna Hospice



Denys (front right) singing with Harmony-a-Plenty

Remembrance Service

Waipuna Hospice warmly invites you and your family, whānau, and friends to our Remembrance Service on the 23rd March 2021.



Waipuna Hospice Remembrance Services are times when families of the bereaved can come together with others to remember their loved ones and the connection they had with Waipuna Hospice.

The service will include music and reflection, and a blessing of all personal messages placed on Waipuna Hospice Remembrance Trees. We encourage you to bring a photo of your loved one.

WHEN: 7:00pm, 23rd March 2021

WHERE: Waipuna Hospice Day Services Atrium

RSVP not required. Anyone is welcome to attend. Please phone us on 07 552 4380 if you would like further information.

Remembrance Tree Appeal

\$801,776 has been donated to hospice services around the country following the Christmas fundraising campaign supported by all Farmers department stores, marking the most successful year to date.

For the seventh year in a row, 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 store remain in the local community, helping ensure hospice care is provided at no cost to people with life-limiting conditions, their families, and whānau.

For Tauranga and the Western Bay of Plenty, the donation of \$63,962.28 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 2020 Remembrance Tree Appeal, particularly in what was an extremely hard year for many. The Farmers teams played a huge part in helping us achieve this excellent result, and we are humbled by the generous support of the Bayfair and Tauranga Crossing branches," says Waipuna Hospice CEO, Richard Thurlow.

"I also want to thank all those in our community who remembered a loved one through this appeal too. Every dollar from this appeal helps us help our community. Lastly, but certainly not least, I would like to make a special mention to the volunteers who made this appeal possible. The time and effort that our dedicated volunteers give to Waipuna Hospice continues to blow me away. During this appeal they contributed over 660 volunteer hours. We really wouldn't be able to do this without them."

Tim Willson, Farmers Bayfair Store Manager, says "as a brand, it's a pleasure to align ourselves with Waipuna Hospice again. It's with great pride that we support an organisation that provides so much assistance to individuals and families, in our community, when they need it most. We are also very grateful to our customers who so generously supported this campaign with their donations. "

Hospice Awareness Week

Hospice Awareness Week (HAWK) 2021 is running from Monday 17th May until Sunday 23rd May with this year's symposium on the 17th May focusing on Compassionate Communities.

SAVE THE DATE

The symposium sells out every year, so register your interest now so you don't miss out!
events@waipunahospice.org.nz
 (07) 552 4380 ext. 211

To kick off HAWK week this year, Waipuna Hospice will be running a one-day street appeal on Saturday 15th May. Volunteers will hit the streets to collect donations for the care of the terminally ill in your community. More details to come.



Ella Pollard (Waipuna Hospice Fundraising Executive), Leanne Webber, Graeme Walker, Annalise Wang, Dee Klinac, Ulene Adams, Catarina Lee, Tim Wilson, Sasima Pearce (Waipuna Hospice Director of Marketing & Fundraising).

The cheque pictured above represents \$26,690.27 raised by Farmers stores in Tauranga. \$37,292.70 was raised by supporters in the community to make a total of \$63,982.97



Upcoming Events



February

Sunday 21st Feb | We'll be collecting donations at the Generation Homes Women's Triathlon. Why not turn your triathlon challenge into a Waipuna Hospice fundraiser using Give-a-Little?

Sunday 7th Mar | We'll be collecting donations at the Blackcaps V Australia T20 cricket match at the Bay Oval, Mt. Maunganui

March

Tuesday 23rd Mar | Waipuna Hospice Remembrance Service.

Saturday 27th March | **Super Hero Walk... Who's Your Hero?**

Individual (over 18 years) \$10 | Group (5 individuals) \$40
Under 18 FREE with a paying individual

www.waipunahospice.org.nz/super-hero-2021/ | events@waipunahospice.org.nz | (07) 552 4380

Coronation Park, Mount Maunganui | **SIGN UP & BE OUR HERO!**



April

1st - 4th Apr | We'll be collecting donations at the Tauranga Jazz Festival. Keep an eye out for our friendly Volunteers.



Friday 2nd Apr (Good Friday) - Monday 5th Apr (Easter Monday)
We have an Easter special in store for you.



14th May | Due to banks across New Zealand phasing out cheques, Waipuna Hospice can no longer accept cheques from the 14th of May. Please call us on 07 552 4380 ext. 211 to discuss alternative options.

May

Saturday 15th May | **HAWK Street Appeal**

Monday 17th May | **Compassionate Communities Symposium**

Monday 17th May - Sunday 23rd May | **HAWK**

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

June

Monday 7th June | Queen's Birthday
Why not celebrate by hosting a Waipuna Hospice Cuppa?

Monday 21st 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!



14 Years of Volunteering With Warwick



Warwick in the Fraser Street shop

Warwick Mackay has been a Waipuna Hospice volunteer for almost 14 years, working in our retail sector and helping us raise necessary funds to support our community.

Warwick first heard about Waipuna hospice when a close friend was referred as a patient. After seeing the level of care provided, Warwick went on to become a Waipuna Hospice member, then later a volunteer.

During Warwick's time as a charity shop volunteer he has seen and done it all.

"Over the years I've done just about everything. From helping refurbish our shops, to making deliveries, picking up donations, fixing furniture and weed eater motors, helping on the till, stocking shelves, repainting goods...the list goes on. You name it, I've done it".

"The most rewarding thing about being a volunteer for me is the people, both within the team and our customers. Waipuna Hospice isn't tied to one interest group, meaning our team and customer come from all walks of life. Every day I learn more about different people who I work with as a volunteer. It's just so interesting."

"I also enjoy encouraging people to realise that charity shops aren't junk shops. It's actually repurposing quality goods that would otherwise go to landfill".

For Warwick, volunteering is an important way for him to stay connected and active in the community during retirement.

"As we get older it's important that we stay in the cycle of life and continue to have worth. Some people find that difficult when they don't have a job. It's so important to get involved. **Volunteering gives us new friendships, new relationships, and new ideas from people who come from new walks of life.** Volunteering gives us the chance to learn from that and find a new sense of worth in retirement".



Warwick painting old photo frames

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CHARITY
COMMUNITY
CONNECTIONS
CUSTOMERS
EXPERIENCE

FRASER STREET
FUN
FURNITURE
GREERTON
HOMEWARE

HUMOUR
KATIKATI
RETAIL
REWARDING
SHOPPING

SOCIAL
SUPPORT
TEAM
TE PUKE
VOLUNTEER

Enjoy fun activities?

BECOME A WAIPUNA HOSPICE CHAIRTY SHOP VOLUNTEER AND JOIN THE FUN!

Our Waipuna Hospice Charity Shops sell used furniture, clothing, and household items, and play an important part in providing revenue to fund Waipuna Hospice. They are staffed almost entirely by volunteers.

AND THEY NEED YOUR HELP!

Some of our shops are at risk of reducing opening hours due to a lack of volunteers. Do you have some spare time? Do you want to help your community? Do you enjoy being part of a fun team? Do you like meeting new people and learning new skills? If so, then volunteering may be for you. There is something for everyone!

Register now at
www.waipunahospice.org.nz/volunteer/
or call 07 552 4380 ext. 314 for more information.

An Update On Using Cheques

With more customers choosing to bank online, there has been a decline in the use of cheques. As a result, **all major New Zealand banks have made the decision to discontinue the use of cheques as a method of payment. Due to this change, from the 14th of May Waipuna Hospice can no longer accept donations in the form of cheques.** We understand this could be disruptive for you and are happy to help anyone affected by the change. Here are a few alternative options.

Donate on our website using your existing bank card. This is the easiest, safest, and most secure way to donate. You can set up the donation how you like, simply select how much and how often you would like to donate. Donations can be set up to occur weekly, fortnightly, monthly, or annually.
Phone us on 07 552 4380 and we will be able to process your donation for you using your bank card.
Visit our lovely reception at Waipuna Hospice, 43 Te Puna Station Road, and we will process the donation for you. You can use your bank card or cash when you visit us.
Online Banking. Waipuna Hospice Inc is already loaded as a payee through online banking. If you are set up for internet banking, all you need to do is write our name in the payee box and our account details will appear. Can't find our account details? They are – Waipuna Hospice Inc 03 0435 0469107 02
Visit or phone your bank and they can put the donation through for you.

If you have any questions, please talk to your bank directly, or call us on 07 552 4380, ext. 210.



Crafting for A Cause

Waipuna Hospice would like to say a huge thank you to Tricia MacLeod who turned her passion for scrapbooking into a way of bringing joy to the lives of others. Tricia recently donated over 50 hand decorated notebooks to Waipuna Hospice for patients and their families.

Tricia is a keen scrapbooker and loves anything crafty. For her, scrap booking is a way of preserving and presenting her family memories on paper. She has been scrapbooking for 15 years now, starting with the birth of her beautiful son Noah.

Tricia is a full time banker, which can be stressful at times. Being able to sit with a cuppa in her craft room or spending time with her friends playing with different products, textures, and colours is how she likes to relax and unwind.

It takes Tricia about half an hour to create each book, which she first started donating to Waipuna Hospice for Christmas in December 2020. Tricia's husband is a current Waipuna Hospice patient, so the note-books are her way of acknowledging the support her family receives.

“We are so lucky to have the team at Waipuna Hospice supporting us through this time and I wanted to share my notebooks to spread a little joy”.

**MAKE
SUMMER
UNSTOPPABLE**



**Unite
against
COVID-19**

New Zealand Government

Thank you to our supporters



BOP Community
 legacy Fund managed
 by Perpetual Guardian



Gift station!

By purchasing our merchandise you're helping fundraise for Waipuna Hospice!

Do you have a merchandise idea or opportunity. We'd love to hear from you! Call us today on 07 552 4380.



\$18

Our White Rabbit Tea Towel makes a lovely gift!



\$18

Mandy Williams Gift Cards 4pk

Designed, crafted, and made in NZ by local artist Mandy Williams, these gift cards are a great way to say thank you, happy birthday, get well, or to simply say hello!

waipunahospice.org.nz/shop

Become a Waipuna Hospice Fundraiser

Fundraising for Waipuna Hospice is about having fun doing something you love while helping people in your community.

It's easy to do, and Waipuna Hospice is here to help you make the most of your event. Need some inspiration? Why not try a bake sale, quiz night, themed mufti day, teach a skill, get physical with running or hiking, organise a fundraising auction, be sponsored to go without coffee or alcohol, or donate your birthday by asking friends and family to donate to the hospice rather than giving you gifts. The options are endless!

If you have an idea don't hesitate to contact us on 0800 4 WAIPUNA or email supporter@waipunahospice.org.nz.

Upcoming Challenges!

Why not take on one of these challenges as your next fundraising mission?

We Run The Night Mount Maunganui 13th March 2021	Marra Sprint Triathlon Mount Maunganui 14th March 2021	Surf2Firth Bush Marathon Coromandel 20th March 2021	Superhero Walk/Run Mount Maunganui 27th March 2021	57th Rotorua Marathon Rotorua 8th May 2021
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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
 Ref: WCFEB21



3. Phone 07 552 4380



4. Donate or shop online at:

waipunahospice.org.nz

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)

- Entertainment Membership \$69.99 Mandy Williams Gift Cards \$18
 White Rabbit Tea Towel \$18

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