

# Waipuna Connections

ISSUE 77 | JUNE 2021

Thanks  
to all our  
local  
superheroes!



**NO ONE SHOULD DIE ALONE.**

Jan Garrett was completely alone when she was diagnosed with terminal bowel cancer.

Read more on page two.



*Image credit: Bay of Plenty Times*

## Rambling Rich

Well, we are definitely moving into a cooler and windier patch of weather as I write this. May was a busy time for the Waipuna Hospice team, especially with Hospice Awareness Week in the middle of the month. Thankfully, this year has not been as challenging as last year so we could run our annual symposium. Obviously because of the tricky little virus we had to cancel last year's plans. This year's sold-out event focused on Palliative Care in our Compassionate Community, and the whole event was really well-received by the delegates. Personally, I found the talks and presentation by our wonderful keynote speakers to be very motivating and encouraging.

Another good news story from May was the substantial three-year grant we were awarded by TECT from their Community Development Fund. This amount, totalling \$165,000 a year for three years, will be vital in helping Waipuna Hospice serve our community. On behalf of everyone at Waipuna Hospice, I would like to extend my utmost thanks to TECT for their ongoing support, and to our generous community.

Having said that, what we can see in terms of population growth and increasing patient numbers indicates that our funding needs will continue to grow. I am confident, with the support from people like you in the community, we can continue to provide our necessary care for all those who need it.

It is heartening to see the world beginning to open up in terms of travel. I am looking forward to a brighter future, albeit a little cautiously. It was wonderful to see our volunteers step up and assist with the vaccination centre to help BOP DHB at incredibly short notice. It makes me really proud to see so many people helping and contributing to Waipuna Hospice and our society – so a big thank you from me to you all.



## LIFE IS SHORT WEAR SHORTS4HOSPICE

**REGISTER**

**MONDAY 21 JUNE | REGISTER ONLINE NOW**

**Raise the hemline, raise eyebrows, raise funds, and raise awareness.**



### INDIVIDUAL

Register as an individual for a donation of \$10, then get your friends and family behind you by setting up a Give-a-Little page and help spread awareness.



### SCHOOL/GROUP

Get your school, group, or organisation involved by hosting a multi-day, fundraising event, or donation drop-off. Life is short, help us spread the word!



### CORPORATE

Join our network in the Bay of Plenty by registering your business with a donation of \$200, then encourage your staff to get involved.



**We can support you with resources, posters, and marketing material to help you fundraise and promote the event!**

Visit our website [waipunahospice.org.nz/shorts4hospice21/](http://waipunahospice.org.nz/shorts4hospice21/) to register or email [events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz) for more information.



*Jan and her dog Honey at home*



*Jan at age seven*



*Jan (right) and her friends dressed up for an event*

## No One Should Die Alone

Facing a terminal diagnosis alone isn't something any of us want to think about. Having no family to turn to, no shoulder to cry on, and no one to comfort you when things become too painful, is an agonising reality for many. **When Jan Garrett was diagnosed with terminal bowel cancer, she had no family or community around her, so she prepared to face it alone, with just her dog Honey for support.** That is however, until Waipuna Hospice began to care for her.

*"I remember going to see my doctor when I started to feel very unwell and I was referred to the hospital to get some exploratory tests done. They found I had bowel cancer, and because I was suffering from several other conditions they couldn't do anything to help me. So, as I like to say, I joined the waiting list to go on my way."*

Then Jan's doctor recommended hospice care.

*"I didn't really know or understand what I was in for when my doctor first suggested Waipuna Hospice. I had no conception of what was going to happen to me, or how my symptoms would develop. However, I knew people who had received hospice care, and their families said the support was really marvellous. Knowing I was going to be in good hands made me feel happier about making the choice to come into hospice care."*

**After believing nothing could be done to help her, Jan was a little dubious of the care Waipuna Hospice was offering.**

*"I suffer from fluid build-up in my legs. At one point my legs were almost double in size, and they felt like they were going to burst. I couldn't even touch my legs because the pain was excruciating. Then Moira from Waipuna Hospice came to see me and offered to try lymphatic massage to help remove the excess fluid. I didn't really believe that a massage was going to help, but I could feel the improvement instantly. The pain eased quite quickly and I could touch my legs again without being in agony. I like to call hospice my miracle workers."*

For someone with no family or community support around them, hospice care went a long way in making Jan feel she wasn't alone.

***"Growing up an orphan, and being a widow means I don't have family around me. I am completely on my own. It's just me and my dog, and that was really scary until Waipuna Hospice started caring for me and calling to check on me. It made me feel safe. I know death is coming, and I am frightened to die, but I feel better knowing hospice care is there to help when I need it."***

Ensuring our patients feel safe under our care is our top priority. If we can do something to ease our patients' fears or loneliness, then we do it, whether via a home visit or simply a phone call to check in.

***"My advice to someone facing death would be to consider the value of hospice services. It's worth it. Waipuna Hospice looked after me and did an amazing job of making me feel cared for, both medically and emotionally. If something is wrong, I know I can call hospice."***

Facing death alone is scary, but with the help of our community Waipuna Hospice can make sure people with life-limiting illnesses are supported and feel safe in their final days.

*We would like to thank Jan Garrett, who passed away not long after sharing her story with us. It was an honour to care for and support Jan.*

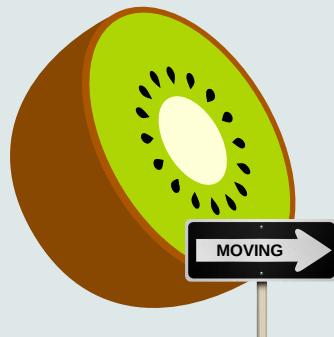
# OUR TE PUKE SHOP IS MOVING

Our Te Puke Charity Shop is undergoing renovations from the 10th of June, so we are on the move! **From the 14th of June, you'll find our new, temporary pop-up shop at 126a Jellicoe Street, Te Puke.**



**From the 14th June you'll find our temporary Te Puke pop-up shop at:**

**126a Jellicoe Street, Te Puke.**  
(the old Sports World shop)



We are sorry about any inconvenience this change may cause, but rest assured, our team are working hard to ensure our new temporary location is ready to welcome our community.

If you have any questions about this change, please call our Te Puke Charity shop on 07 573 4678.

BANK	LAST DAY FOR CHEQUES
ANZ	31 May 2021
Rabobank	31 May 2021
SBS	25 June 2021
TSB	25 June 2021
Westpac	25 June 2021
Co-Operate Bank	30 June 2021
BNZ	30 June 2021
ASB	27 August 2021

## An Update On Using Cheques

All major New Zealand banks have made the decision to discontinue the use of cheques as a method of payment. **As a result, 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 is a handy table outlining the dates banks officially stop processing cheques. **Waipuna Hospice has stopped accepting cheques at the start of the phase out to minimise the risk of donation error.**

Here are a few alternative options if you wish to continue supporting the terminally ill in our community.

**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.

**Thank you to our supporters**



**FACTS + FIGURES****1,035**

Total number of patients

**4,088**

Family support contacts

**243,254**

KM travelled by our team

# FUNDRAISE YOUR WAY FOR WAIPUNA HOSPICE

Every year individuals, local businesses, friends and community groups host loads of creative fundraising activities from skydives and stand-up comedy nights, to clothes swaps, sporting events, and giving up chocolate, to raise funds for Waipuna Hospice.

This type of fundraising means the world to us because it's often inspired by a personal experience with our services.

By 'fundraising your way' you're ensuring we can continue to help locals with life-limiting illnesses live every moment in whatever way is important to them.

To encourage and support these passionate fundraisers, we've created an online toolkit with ideas, tips and guidelines to help plan and complete a successful and fun event.



# Upcoming Events

*June***20 - 26 June****National Volunteer Week**

Let's celebrate our wonderful family of volunteers!

**Monday 21st June**  
**Shorts for Hospice**

Wear your shorts on the shortest day of the year to support Hospice.

**26 - 27 June****Seriously Good Food Show**

Keep an eye out for our friendly volunteers collecting donations!

*August***27 August****The final phase out of cheques**

ASB is the last bank to stop accepting cheques on the 27th of August

*September***25 September****The Roaring 40's Concert**

Tauranga Civic Choir presents Their Roaring 40's musical concerts

**Wills Month**

Wills Month is back for 2021!

*October*

**25 October**  
**Labour Day**

Enjoy a long weekend!



## SUPERHERO WALK AND RUN!

To all the local superheroes who dusted off their capes and slipped on their masks for our annual Superhero Walk and Run on the 27th of March - THANK YOU! We had such a fun day out in the sun, and loved seeing all your creative outfits.

The money raised at this event will go a long way to help care for terminally-ill people in our community, - to support them and their families.

We'll see you next year superheroes!

## THE ROARING 40S IS COMING TO TAURANGA ON THE 25TH SEPTEMBER!!

Follow the story of the 1940s through its music, events, and people, with two musical variety concerts at Holy Trinity Church featuring:

Tauranga Civic Choir  
Tauranga City Brass  
Peter Williams  
Leon Gray  
Youth choir

Join in and enjoy a nostalgic and fascinating trip down memory lane. Concerts will be at 2:00pm and 7:30pm on the 25th September.

Details and tickets will be available in the coming months. Please email us on [events@waipunahospice.org.nz](mailto:events@waipunahospice.org.nz) if you would like to register your interest.



# Committed to the Cause

## Greerton Charity Shop volunteer recognised for her long service.



### Betty Parnwell

Our 'family' of nearly 900 volunteers are special folk and we appreciate just how wonderful each one of them is. In this issue of Waipuna Connections, we want to introduce you to Betty Parnwell, one of our longest standing, currently active volunteers from our Greerton Charity Shop.

Betty has been volunteering at our Greerton Charity Shop for over 19 years. In the beginning she used it as a way to keep herself busy while her husband was still working - 19 years later and Betty is still volunteering with Waipuna Hospice.

"One of the most rewarding aspects of volunteering for me is meeting people. I have made some lovely friends at the shop, and I often get recognised while walking down the street with my husband. People will stop and say hello and ask how I am."

"I also enjoy shopping here! Our staff love to see all the fabulous gifted items and can't resist shopping. However, my favourite thing about volunteering is I get so much satisfaction out of doing something to help others. There are so many families in our community who are affected by a terminal illness. It is so rewarding to know I am doing my bit to help care for them."

"I will be 82 in June, and intend to keep volunteering while I can. I have rheumatoid arthritis and get a bit sore at times, but I can't just sit at home and moan."

"Volunteering is an enjoyable day out. We have a really friendly team here too which makes it fun. Every now and again someone will burst out laughing and a customer will say 'I think I should volunteer here', and we always say, why not?"

Interested in becoming a Volunteer? Register now at [www.waipunahospice.org.nz/volunteer/](http://www.waipunahospice.org.nz/volunteer/) or call 07 552 4380 ext. 314 for more information.

## MAKE AN IMPACT : DONATE GOODS.

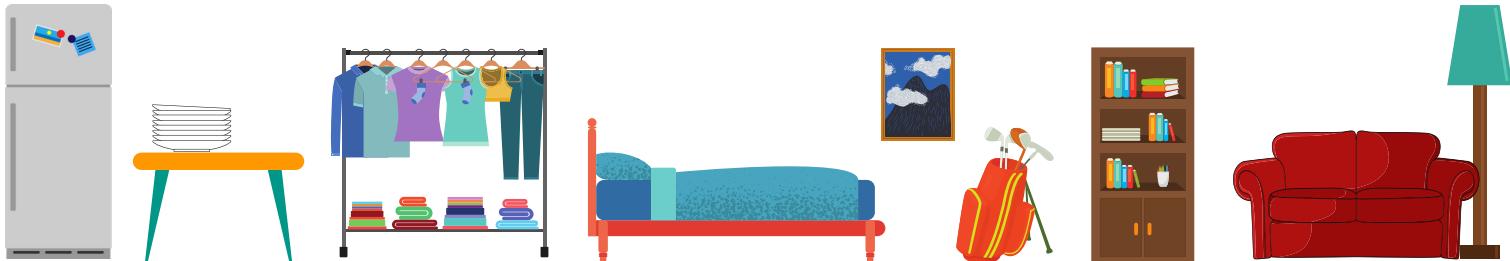
Lounge, kitchen, closet, bedroom, or even garage! Whatever room or space you want to clean out and declutter, Waipuna Hospice will happily accept your donated goods and turn them into first class care for the terminally-ill in our community.

We have six charity shops across our region and we need your help to keep each one stocked with affordable, good quality items.

We offer a FREE collection service

(Monday – Friday between 9am – 3:30pm only)

Or you can drop them off at Unit 1, 4 Brook Street, (just behind the Fraser Street shop), use the form at [www.waipunahospice.org.nz/shops](http://www.waipunahospice.org.nz/shops) or call our hotline on 07 281 1755 to request collection of your donated items.



# INSPIRE OTHERS WITH YOUR STORY.



Your experience can make a difference in the lives of others.

One of the most amazing ways you can help raise awareness and provide support to others in your community, is by sharing your story. Sharing your story is a powerful way to remind others that they're not alone. Hearing someone else's story can bring comfort to those who are facing a similar illness or dealing with the grief of losing a loved one.

Stories can get people talking, change attitudes, challenge stigma, and help people in your community by inspiring future support. If we've looked after someone close to you during their final days, or you have a unique story about what hospice care is and how it helps, we'd love to hear from you.

Please visit [www.waipunahospice.org.nz/share-your-story/](http://www.waipunahospice.org.nz/share-your-story/) or call us on 07 552 4380 ext. 211.



## Gift station!

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, or hello!

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

Do you have a merchandise idea or opportunity. We'd love to hear from you!



Become a Waipuna Hospice member today.

Better Connection, more impact, and stay informed.

For more information call 07 552 4380 ext. 318.

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: WCJUN21

Please include your phone number.



3. Phone 07 552 4380



4. Donate or shop online at:

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

Please send me a Direct Debit form

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](mailto:communications@waipunahospice.org.nz)

Waipuna Hospice - 43 Te Puna Station Rd, Bethlehem - [supporter@waipunahospice.org.nz](mailto:supporter@waipunahospice.org.nz) - (07) 552 4380