

Waipuna Connections

Issue 78
Nov 2021

Bringing you closer to the lives you help change

"HOSPICE IS ALL ABOUT LIFE BEFORE, DURING, AND AFTER SOMEONE DIES".

- Sophie Adams, daughter of past Waipuna Hospice patient.

Your special complimentary Christmas tag included inside!

RUNNING FOR RICH

Thanks to your support we were able to care for Sophie's dad in his final days - now she is giving back in her own way.

Read more on page two.



Rambling Rich

Hi everyone, well it has been a while since I have written to you, and a lot has happened both at Waipuna Hospice and nationally. COVID-19 has resurfaced in the community meaning level changes were rolled out across the country. Despite this, and because of our generous community, Waipuna Hospice continues to provide excellent care in these uncertain times. We are also spending a lot of time planning for the “what if” moments that COVID can bring with it.

Thank you to everyone involved in this planning phase, and our local community for your ongoing support. We were blown away by the level of support we were shown post lockdown, and thanks to you we have managed to bounce back and hit the ground running.

I would also like to extend my thanks to everyone who has been vaccinated against COVID-19. Because of you we are better placed to protect our loved ones, healthcare sector, and community. Here at Waipuna Hospice, we are working with our teams on the vaccination rollout for healthcare workers and associated staff and volunteers and I am pleased to say we are on target for a fully vaccinated team by the government deadlines.

On a personal level, I encourage you all to get vaccinated – and, if you do feel unwell, please get a test.

The most devastating thing for Waipuna Hospice would be for one of our team members or families to fall sick. This would put us under huge pressure as we would move to a “skeleton staff” whilst we were all “close contact” tested. This could take several days.

I want us to be there for our loved ones and community into the future with the same excellent care our community expects. Getting vaccinated will greatly help us maintain that.

Please – if you are not vaccinated yet, consider getting the jab – it is for more than just you, it is for all of us.

Kia kaha and stay safe,

Rich



REMEMBRANCE TREE VOLUNTEERS NEEDED

We're looking for volunteers to help people in the community write a special message for someone they love or for loved ones who can't be here with them this Christmas during our Remembrance Tree Appeal.

Can you and a friend spare some time this Nov and/or Dec to help at one of our Remembrance Tree sites?

To register please visit
www.waipunahospice.org.nz/trees or contact
Dottie on 07 552 6892.

Please note that if you wish to volunteer for our appeal you will need to be vaccinated against COVID-19 as the volunteer positions are customer-facing roles and the wellbeing of our community is our priority.

Running For Rich

At just 18, Sophie Adams lost her father to an aggressive form of cancer while he was in the care of Waipuna Hospice. Two years on, and Sophie has decided to give back to Waipuna Hospice by organising a running fundraiser. Here is her story.

Sophie's dad, Richard (Rich) Adams was diagnosed with an aggressive form of esophageal cancer in October 2019. After originally being admitted to the hospital for a suspected heart attack, the diagnosis was a shock for the family.

*"When dad was first diagnosed, we all went into a bit of a shock period. None of us saw it coming. **It's one of those things you watch other people go through on TV, but you never think it will be you. You never think it will be your dad who gets cancer until it is.**"*

With no treatment available, Rich was referred to Waipuna Hospice immediately, and by December, his health was declining rapidly.

*"**When dad started to get really sick Waipuna Hospice nurses were at our house every day, supporting not only dad, but our whole family.** The nurses would come and help us change him and care for him. They taught us how to care for him if they weren't there, and they would answer our phone calls no matter the time of day, patiently answering our questions. So even when they weren't there, we knew they were only a phone call away".*

After three months of in-home care, Rich passed away surrounded by his loving family. But the care didn't stop there.

*"After dad died Waipuna Hospice continued to care for us. Mum was getting massages and we were all going to counselling out in Te Puna. It was such a beautiful experience; Waipuna Hospice is such a calming place. I was coming in for one on one counselling sessions, as well as group counselling with mum and my brother. Their care even carried on through lockdown with phone calls. **I still have my counsellor's number so when the grief wave comes through again I know I can always reach out to Waipuna Hospice and they will be there**".*

After experiencing Waipuna Hospice's care first hand, Sophie has decided to give back by turning her first ever half marathon into a fundraiser.

*"I started running in lockdown and decided to challenge myself with a half marathon. Inspired by a family friend doing something similar, I decided to run in honour of dad and turn it into a fundraiser. Although it was originally lockdown inspired, **I am doing this for dad and I am doing it for Waipuna Hospice**".*

"The training has been gruelling and I know it's going to be mentally and physically challenging, but it's all worth it. Over 80 people have donated to my fundraising page and helped me raise almost \$4,000, which means I am really close to my \$5,000 goal. It's incredible".

After going on this journey, Sophie understands the importance of living life to the fullest.

***"If I have learnt anything from this experience, it's that you can't take life for granted. Nobody knows what the next day holds and what life will throw at you, so make the most of it while you can. It's also really important to support organisations like Waipuna Hospice, because although you might be like me and think it will never happen to you, death is a huge part of life, and one day your situation may change and you may need them. Support them now so that if the tables do turn they will still be there to help you and your family get through"**.*



Sophie, aged 7 and her dad Rich celebrating Sophie's birthday.



Rich on holiday in Rarotonga in 2019.



Sophie and Rich at Sophie's Graduation celebration while Rich was battling cancer.

We would like to thank Sophie for sharing her story and for her support. To donate to Sophie's fundraiser please visit givealittle.co.nz/fundraiser/sophies-journey-to-21km.

A YEAR IN REVIEW

959

TOTAL PATIENTS

7,794

NURSE VISITS

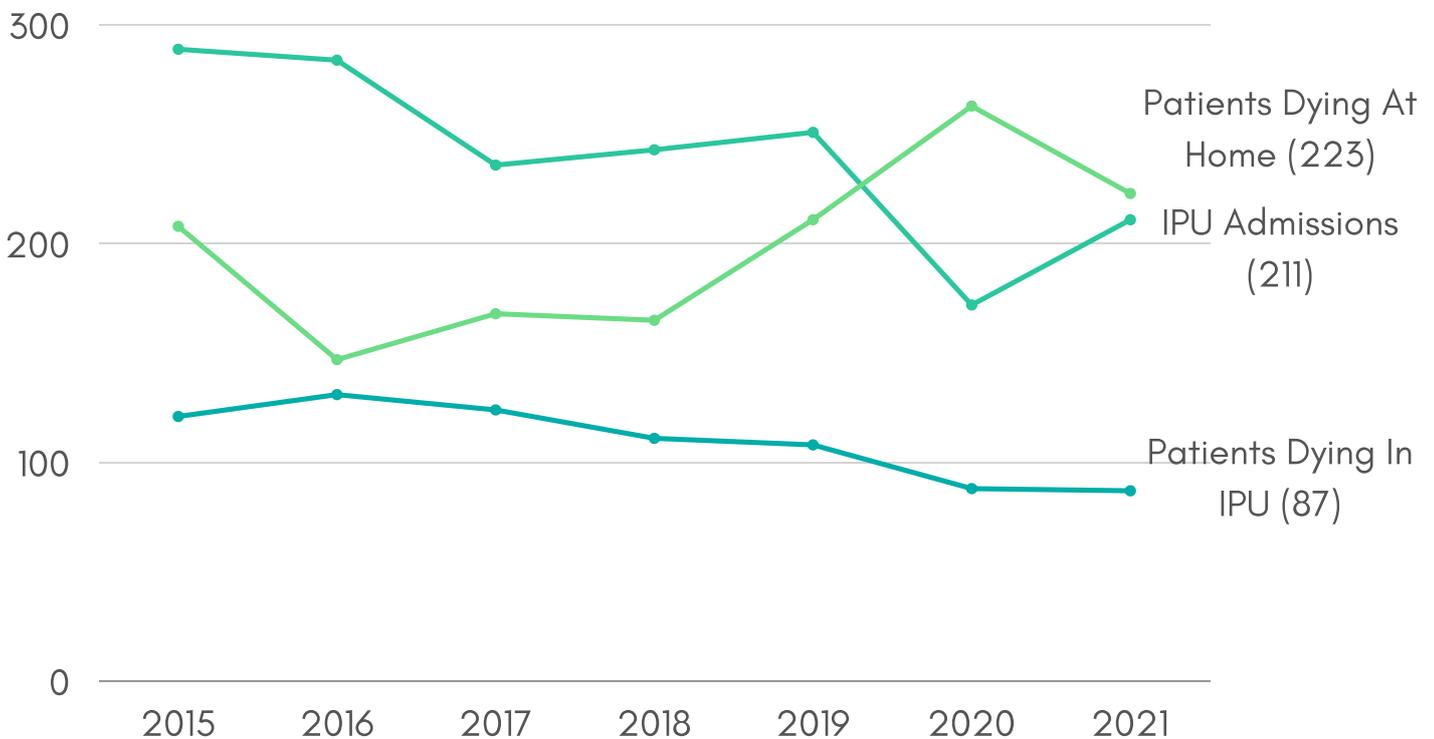
15,019

PHONE CALLS

3,886

FAMILY SUPPORT CONTACTS

Patient Trends



4,845

people, their family and whānau were supported by Waipuna Hospice last year.

252,826

KM TRAVELLED BY OUR TEAM

211

INPATIENT ADMISSIONS

928

CURRENT VOLUNTEERS

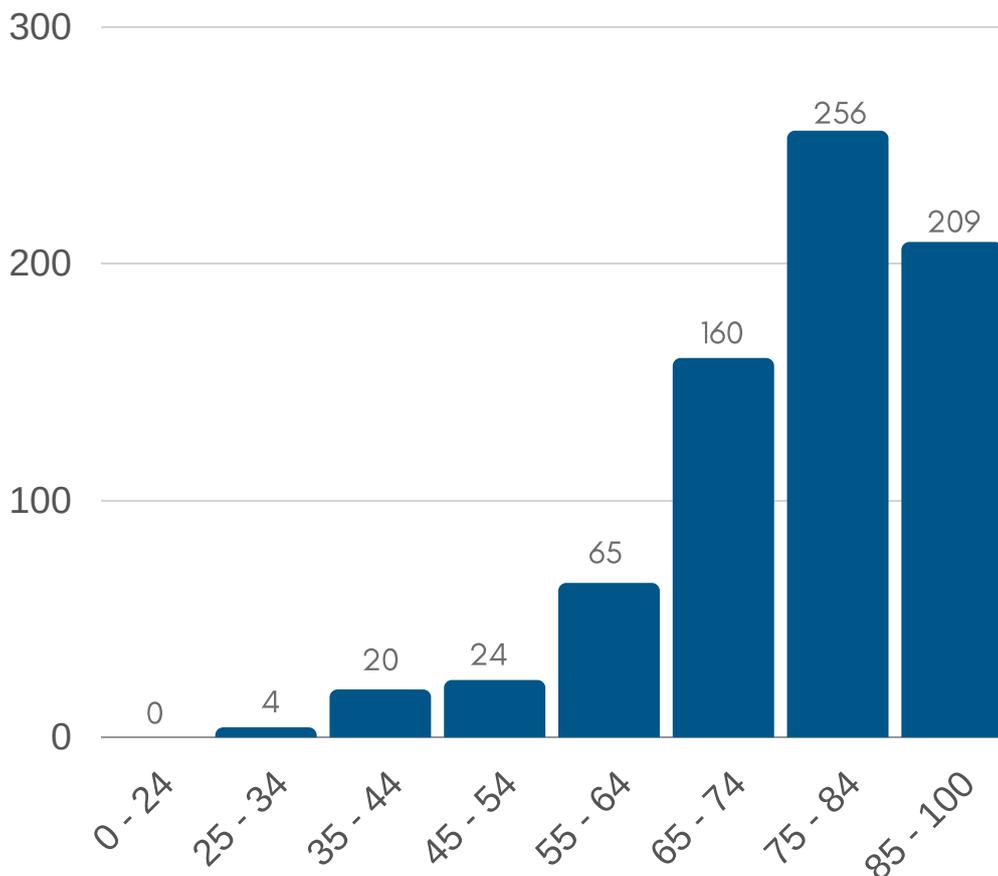
8.15

AVERAGE DAYS IN IPU

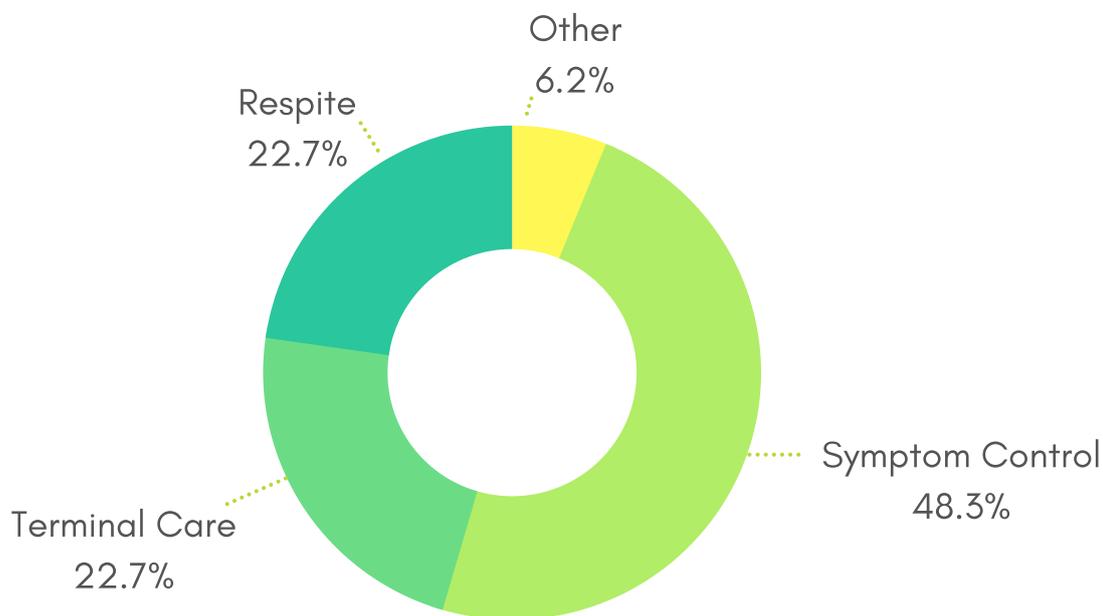
738

REFERRALS

New Patient Referrals By Age



Reasons For Admission To IPU





— WAIPUNA HOSPICE —

REMEMBRANCE TREE APPEAL

— 2021 —



Waipuna Hospice, in partnership with Hospice New Zealand and Farmers, are once again giving our community the chance to remember those held dear with our Remembrance Tree Appeal.

Our Remembrance Tree Appeal is a time when the community is encouraged to leave a message on a Christmas tree for their loved ones, remembering those whom they can't be with. In return, a donation is made which goes directly back to helping those in our community facing a life-limiting illness through the work of Waipuna Hospice.

Another way to support the Remembrance Tree Appeal is with the Hospice Bauble available for \$10 at our local Farmers shops. 2021 is the 8th year that Farmers staff and customers will join together to raise funds to keep hospice care free of charge in every community across Aotearoa.

This year's bauble is Togetherness by Hospice, which evokes the Christmas spirit, where family, friends and communities come together to enjoy each other's company and to make lasting memories. There are limited numbers available, and if previous years are anything to go by, they will sell out, so please visit your closest Farmers store to purchase one before it's too late.



Remembrance trees will be located in all Tauranga Farmers stores, and in local supermarkets, cafes, and more. Please donate generously, and leave a loving message for someone you can't be with this Christmas. All donations made in the Tauranga and Western Bay of Plenty community, including the sales of the Christmas Baubles, stay in this region and are given directly to Waipuna Hospice.

A special gift, just for you.

We know that Christmas is a time when the loss of loved ones can be strongly felt. **So, this year we want to help you remember those you can't celebrate with, by gifting you your own remembrance tree paper bauble.**

Enclosed with this newsletter you would have found a complimentary remembrance tree tag – this is for you to put on your tree at home. Please write a note to your loved ones, be it a loved one who is no longer around to celebrate with you, or someone separated by land and sea, and place the tag on your Christmas tree. Or, visit our Remembrance Tree sites around town in November and December and hang it on our community trees, or you can send it to us to be put on our Christmas tree at Waipuna Hospice. After Christmas, you can post your Remembrance tag back to us, or drop it in, and we will include it in our Remembrance Service in March where all our tags are blessed and buried under a tree on our grounds.

Giving voice to grief through writing a card to express how you feel can be a comforting exercise. You may not be able to spend time with your loved ones this festive season, but hopefully, this tag helps you feel like they are still with you.



You're Not Alone

Tips for managing grief during the holidays.

The holidays, although filled with family, friends and celebrations, can be a stressful time of year under usual circumstances. But when you are managing grief, it can be particularly challenging.

It is important to remember that everyone experiences grief differently and that it's a normal, human reaction to the loss of a person. It is common and reasonable to experience anxiety, stress, sadness, regret, anger or isolation as part of the grieving process.

This holiday season, take the time to acknowledge any grief in your life and use these tips to support yourself and your loved ones:

Acknowledge

Acknowledge that the holidays will be different and they may be emotionally difficult.

Remember

Remember those you have lost and find creative ways of remembering them on Christmas day. For example, light a memorial candle for them at the dinner table.

Communicate

Be honest. Tell people what you do and don't want to do for the holidays. Listen to yourself, trust yourself, communicate with your family, and do what works for you.

Traditions

Decide which traditions you want to keep. Decide which traditions you want to change. Maybe create a new tradition in memory of your loved one.

Help

It's okay to admit you are struggling with your grief, and it's okay to say YES to people who want to help and offer their support.

Practice Self Care

Make efforts towards mindfulness, a healthy lifestyle and stress management. For some, this may be meditating for 15 minutes every morning or going for a brisk walk and for others getting a massage is helpful.

Be Flexible

Be understanding and supportive if someone wants to do things differently this holiday season. Remember that not everyone will be grieving the same way you are grieving.

Hustle and Bustle

Don't feel guilty about skipping events. If you need to take some time to yourself instead of attending events, make sure you let the organiser know that you're not feeling up to it and make an effort to see them when you're feeling better.

It's okay to be happy

Finding happiness and enjoying the holidays does not diminish how much you love and miss the person who isn't there this holiday. Don't feel guilty for the joy you do find this holiday season.



It's important to remember that we are all different and grieve in our own ways. Don't do anything that makes you uncomfortable – you are the one grieving and need time to do that. If you need support our counsellors are available to Waipuna Hospice patients and their families, Monday – Friday, excluding public holidays. Alternatively, you can free-call or text **1737** at any time. 1737 is a free service for anyone who needs to talk to a counsellor.

Assisted Dying and End of Life

Assisted dying will be legal in **New Zealand** from the 7th of November 2021.

Waipuna Hospice supports the international palliative care definition that Hospice neither "hastens nor postpones death". We believe in caring for a patient until their natural end of life.

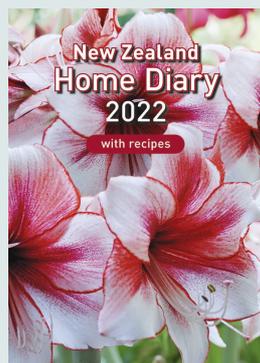
While Waipuna Hospice recognises that patients have a legal right to assisted dying, we have taken an organisational position of conscientious objection in relation to the End of Life Choice (EOLC) Act 2019. This means that if you are exploring the option of lawfully requesting medical assistance to end your life (assisted dying) Waipuna Hospice staff will refer you to the Support and Consultation for End of Life in New Zealand (SCENZ) Group.

For more information on Waipuna Hospice's stance, please visit

<https://www.waipunahospice.org.nz/assisted-dying-end-of-life/>

2022 Home Diaries

Back by popular demand the 2022 New Zealand Home Diary is A5, hard covered, full colour with a ribbon marker. The diary section has a double page per week and features a new recipe for each week, with an accompanying photograph. The recipes are new every year and are short and easy to follow. They include gluten-free and Low GI sugar recipes. They make a lovely gift and are a perfect compact size, ideal for posting to loved ones as a gift!



Purchase your copy today in any of our charity shops, by visiting our Te Puna reception, by returning the donation slip on the back of this newsletter, or via our website:

<https://www.waipunahospice.org.nz/product/2022-home-diary/>

Christmas Hours

Patient Services

Patient services will remain open and running, with no disturbance to our standard operating hours during Christmas and the New Year period - with the exception of some services on public holidays.

Administration

Waipuna Hospice Administration, including Finance, Human Resources, Operations, Marketing and Fundraising, and our Volunteer department, will be closed from the 24th of December, to the 5th of January.

Charity Shops

Our Charity Shops and Depot will be closed from the 24th of December till the 5th of January, with one exception: our Papamoa shop will also be open on the 29th, 30th, and 31st of December.

If you have any questions or want specific departmental hours, please call our reception on 07 552 4380. Our reception will be staffed as normal during December and January - that is Mon - Fri, 8:00am till 4:00pm, with the exception of stat days.

Thank you to our supporters



When Giving Back Is Who You Are

Waipuna Hospice volunteer recognised for her dedication to the cause.



Christine dressed as the Queen at a Waipuna fundraising event with CEO, Richard Thurlow.



Christine (centre) and fellow volunteers.



Christine at the Waipuna Hospice Superhero Walk 2020.

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 Christine Conn, one of our diverse volunteers who is willing to help whenever and wherever she can.

Christine has been a volunteer for Waipuna Hospice for over six years now. In the beginning, volunteering was part of her healing process after losing her husband.

"When my husband became very ill he was welcomed into the care of Waipuna Hospice. They looked after him so well, that when he died, I decided that I wanted to give back and thank them for what they did for our family. So, I became a Waipuna Hospice volunteer."

In her time as a volunteer, Christine has volunteered for a variety of roles and is always one of the first to put her hand up to help. From helping with our Day Service programme every week to volunteering at our Remembrance Tree Appeal, Christine says no matter the role, she finds volunteering to be a rewarding activity.

"Working with people that are ill and being able to give them support is incredible. I just find the whole volunteering experience to be really rewarding, no matter what I am doing. The people are always lovely, the staff are helpful, and when I am volunteering I truly feel like I am part of the Waipuna Hospice family."

Christine doesn't plan on giving up her volunteering role any time soon, because, for her, it's part of who she is.

"Volunteering will definitely remain a part of my life because I enjoy it too much to give it up. It makes me feel like I am needed, and I find it so satisfying to help others. I can't really explain how it feels to volunteer, but there is just something inside me that just makes me want to help others, and Waipuna Hospice is the perfect place to do that"

As a big believer in volunteering, Christine is often trying to encourage others to volunteer and has even managed to recruit new volunteers for Hospice.

"If you are thinking about volunteering my advice would be to just give it a go and see how you enjoy it because I bet once you start you won't go back. Often people are put off by the idea of Hospice, and I know this place holds a lot of memories for people. For me, there are certainly some bad memories, but there are also some really good ones too. When I look back, I think volunteering was probably part of my healing process, and perhaps it still is."

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



**Become a
Waipuna
Hospice
member
today.**

**Better Connection, more impact,
and stay informed.**

For more information call 07 552 4380 ext. 318.

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.

Email us on
supporter@waipunahospice.org.nz
and let's fundraise!




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/
or call us on 552 4380 ext. 211.

Remembrance Service - Save the Date

Waipuna Hospice warmly invites you and your family, whānau, and friends to our Remembrance Service in March 2022.

Waipuna Hospice Remembrance Services are a time 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 a blessing of the personal messages placed on Waipuna Hospice Remembrance Trees, music, and reflection. We encourage you to bring a photo of your loved one.

WHEN: March 2022

WHERE: Waipuna Hospice Day Services Atrium

Anyone is welcome to attend. Refreshments provided.

Please note, further details will be released in the new year. **If you would like to register to receive more information please email**
graemec@waipunahospice.org.nz.



Waipuna Hospice's

RETAIL ROADMAP

Our six charity shops offer a huge variety of quality pre-loved goods, from clothing and footwear to furniture, cookware, electronics, books, and more. Thanks to your support, our shops are able to help turn second hands goods into first-class care for terminally ill patients and their families. With the festive season upon us, why not take a tour of our charity shops and get ahead of your Christmas shopping?

START

GREERTON

1267 Cameron Road, Greerton

Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

KATIKATI

17 Main Road, Katikati 3129

Mon - Fri - 9am - 4pm
Sat - 9am - 2pm
Sun - Closed

FRASER ST

271 Fraser Street, Fraser Cove

Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

MOUNT MAUNGANUI

2 MacDonald Street, Mount Maunganui

Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

TE PUKE

200 Jellicoe Street, Te Puke

Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

PAPAMOA

157 Domain Road, Papamoa

Mon - Fri - 9am - 4pm
Sat - Sun - 10am - 3pm

FINISH



Merry Christmas!

Need some Christmas inspiration? Waipuna Hospice Merchandise not only makes a lovely gift, but it's a gift that gives back to your community.



Mandy Williams Gift Cards 4pk

Designed, crafted, and made in NZ by local artist Mandy Williams, these gift cards make a lovely addition to your special gift this festive season.

waipunahospice.org.nz/shop



Our White Rabbit Tea Towel makes the perfect gift or stocking stuffer this Christmas!

A time for giving & getting together

Buy an Entertainment Membership to help us raise **MORE** this festive season.

FUNDRAISING WITH
entertainment

T&Cs apply. Ends 11:59pm 31/01/21 AEST.

Get into the holiday spirit and buy an Entertainment Membership to help us raise funds this Christmas! You'll also save on everything you love to do during the holiday season. Memberships are packed with thousands of incredible savings on dining, activities, travel, and shopping. Together we can make a difference.

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
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 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 2022 Home Diary with Recipes \$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	

- I would like to receive future communications via email I would like to know more about becoming a regular giver.