

Waipuna Connections

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Bringing you closer to the lives you help change



"Our Remembrance Tree Appeal is a time when the community is given the opportunity to leave a message on a Christmas tree for their loved ones, remembering those whom they can't be with."

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WaipunaHOSPICE
Life is Special



Babbling Becky

We've had a great few months since our last publication, though never without its challenges! Richard (our CEO) has taken a well-deserved break, and I have the privilege of stepping up to support our team. Some of you may know me well in the capacity of Director of HR & Quality. But for some of you who I haven't met – my name is Becky Gardiner. I've worked here at Waipuna for over 8 years now, and am part of our Senior Leadership Team. I have lived in Tauranga for over 30 years with my wonderful husband, and our three nearly adult children (19 year old twin boys, and a 16 year old daughter). When I'm not working or with my friends and family, I enjoy a bit of social tennis and volleyball. As Director of HR & Quality, I am fortunate to work across all areas of our organisation, from our Retail team, to our clinical team, and everything in between.

Our team at Waipuna continue to be kept on our toes with Covid-19. Following a number of our Inpatient staff and patients testing positive for Covid, we closed our Inpatient unit for 10 days. Safety of our community and patients continues to be our priority. This swift action from our team limited the number in the 'cluster' and we worked with Te Whatu Ora – Hauora a Toi Bay of Plenty (previously the BOP DHB) and their guidance to ensure our patients and staff were supported.

Hospice New Zealand continues to work tirelessly on our behalf, lobbying the Government for appropriate funding. We are seeing some traction with the first ever national government role dedicated to improving palliative care services for the people of Aotearoa New Zealand having been appointed. The priorities nationally continue to be around understanding what's working and what's not, for patients and whānau. They are starting to address inequities, inconsistencies, and gaps. We are excited about the opportunities of this role. It will support the transition to a new way of commissioning health services with a strong emphasis on co-design with Te Aka Whai Ora - Māori Health Authority and equity for Māori.

Recently, we undertook our annual staff survey (which had been delayed by a year), and we were pleased to find that satisfaction within our team remains high. The feedback gave us some great areas to work on, and these will be our priorities over the next 12 months.

This newsletter will share with you our upcoming Remembrance Tree Campaign and the importance of remembering loved ones during this special time of the year. You can support this campaign by signing up for a 2-hour volunteer shift or purchasing a bauble at all three Farmers stores. Our volunteers will be at collection sites, located in local supermarkets and malls. I would like to encourage you to leave a loving message to someone you miss this Christmas, and donate generously. All donations made in the Tauranga and Western Bay of Plenty community, including the sales of the Christmas Baubles at Farmers stores, stay in our region and are given directly to Waipuna Hospice.

This will be our last newsletter of the year. I would like to finish by extending a huge and sincere "thank you" to you, our community for continuing to support us throughout the year. As the year draws to an end, we wish you a safe holiday season.

Ngā mihi
Becky Gardiner

Thank you to our supporters





— WAIPUNA HOSPICE —

REMEMBRANCE TREE APPEAL

— 2022 —

Waipuna Hospice, in partnership with Hospice New Zealand and Farmers, are once again encouraging our community to leave a message in remembrance to those who are no longer with us with our Remembrance Tree Appeal.



Our Remembrance Tree Appeal is a time when the community is given the opportunity 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, going directly back to helping those in our community facing a life-limiting illness through the work of Waipuna Hospice.

Hospice Baubles are another way to support the Remembrance Tree Appeal, available for \$10 at local Farmers shops. 2022 marks the 9th year that Farmers staff and customers will join together in raising funds to ensure hospice care free of charge in every community across New Zealand.

This year's bauble is the Shooting Star, symbolizing our loved ones who have passed, lighting up our skies with love and warmth. It also embodies New Zealand's first time celebrating Matariki, which signifies a time to remember and celebrate the lives of those who are no longer with us. Limited stock of baubles is available. They are known to sell fast, so please visit your closest Farmers store to purchase this most collectable bauble.

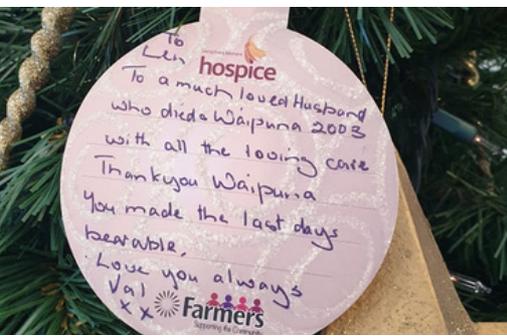
Remembrance trees will be located in all Tauranga Farmers stores, and in local supermarkets and malls. Leave a loving message to someone you can't be with this Christmas, and donate generously. All donations made in the Tauranga and Western Bay of Plenty community, including the sales of the Christmas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

A special gift, just for you.

Christmas is a time when grief and the loss of a loved one are especially hard. **We want to help you remember those you will miss over Christmas, by gifting your own special remembrance tree tags.**

You would have found a complimentary tags enclosed in this newsletter, which you can hang on your own Christmas tree. Please write a note to your loved ones, whether it is a loved one who is no longer around to celebrate with you, or someone separated by land and sea, before placing the tag on your Christmas tree. Alternatively, you can hang your remembrance tags on any of our community trees around town in November and December, or you can send them to us to be put on our Christmas tree at Waipuna Hospice. After Christmas, you can post your Remembrance tags back to us, or drop it in, and we will include them in our Remembrance Service in March where all our tags are blessed and buried under a tree on our grounds.

Being able to express grief through a written message can be a comforting and helpful exercise. We hope these tags will help connect you with your loved ones, even if you may not be able to spend time with them this festive season.



The Philosophy of the Plant Ladies

We all know 'the plant ladies', the ones who quietly come in and visit Waipuna Hospice twice a week to look after the plants in our offices. The plant ladies are actually a professional and friendly team from Living Décor.

Living Décor has been supporting Waipuna Hospice with all the indoor plants, including full maintenance of the plants over a decade. Victoria and Gary Allwood, the Living Décor owners said "we've always had a philosophy of supporting community organisations and groups that would normally not be able to afford a hire plant service".



"Both Gary and I were secondary school teachers - our backgrounds are not corporate business. Our intention is to provide high-quality service to people. It's not so different from teaching, in a lot of ways. Teaching is a service too, so what we do now is provide another service to others. It's not just about providing a plant in a pot. We're contributing to making people feel good. There are a lot of health benefits for having living plants in businesses".

Victoria and Gary are originally from Whakatane and they provide a free service for the hospice and Cancer Center in Whakatane as well. Once they moved to Katikati, they considered it a natural progression to support Waipuna Hospice. Living Décor also extends its support as far as Hawkes Bay hospice as well as other local community groups.

At Waipuna Hospice, a lot of visitors and patients often tell us how restful our offices are. They frequently say they feel as comfortable as they are in their own home.

Victoria said "we try and help where we can. It's a way to thank you for all your amazing work. It's great if our service can make a difference, and that we can do something to give back. It's a good feeling to see people experience joyfulness when they are close to nature".

Victoria and Gary have a similar philosophy to Waipuna Hospice in that we both want to provide a high-quality service. We want people to feel like Waipuna Hospice is a home away from home - a place where one is as happy, relaxed, and comfortable. Living Décor is helping us achieve that.

Gary added, "lots of studies show how plants make a working environment healthier and more relaxed. It's not just about making it look good. It also brings the health benefits and productivity benefits which are being recognised by businesses. In some places, the 'plant lady' might be the only person who comes into the office in a day. This becomes an office highlight because it provides an opportunity for a quick chat. On top of that seeing people's reactions when plants transform their office makes us feel special".

Victoria and Gary started Living Décor about 22 years ago from scratch. They now have branches all over the North Island. This is definitely not just because they have beautiful plants. It is a testimony to their friendly professionalism, and their dedication to their services.

We are so appreciative of the plant ladies from Living Décor. Thank you very much for your ongoing support.

'Free Will September' Results

Our Wills Month campaign this year has been our most successful to date! Thank you to all the legal firms who supported the campaign and to those who signed up.

We are extremely humbled and thankful for the support of our community for gifting to Waipuna Hospice in their will. Gifts in wills play an extremely important role in allowing hospice services to continue to be free for the community. We can only continue to provide the best palliative care with your support. Your generosity makes a big difference.



Volunteer Opportunities

Our shops are busy... *can you help out?*

We are always keen to hear from people in our community who would like to give volunteering in our retail space a go! It's an exciting way to meet new people, have fun, and of course, help out Waipuna Hospice. No experience is needed. Shifts are 3 hours in total.



What are your plans *on Sunday?*

Our Fraser Street Shop would love to open on Sunday! But we need your help, as we need volunteers to help make this possible.

Want to work out *for Waipuna?*

We are seeking fit and able people to volunteer in our depot from Monday to Friday. Roles include sorting donated items and helping ensure our shops have the goods they need! You will be joining a fabulous team of volunteers and staff in a critical part of our organisation.



To learn more, discuss, or sign up, please email volunteers@waipunahospice.org.nz or fill out our form online at www.waipunahospice.org.nz/volunteer

Waipuna Hospice's RETAIL ROADMAP

Our six charity shops are just the place to get your Christmas shopping done. Why not do a tour of them and support hospice while shopping for your family and loved ones!



KATIKATI

17 Main Road, Katikati
Mon - Fri - 9am - 4pm
Sat - 9am - 2pm
Sun - Closed

Heading to the mural capital of the country? Our Katikati store has fabulous window displays, friendly team members and a great shop layout to make finding treasures a breeze!



GREERTON

1267 Cameron Road, Greerton
Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

Touring around all the op shops in Greerton? Have a look in our windows at our brilliant displays, and come in for a range of high-quality items.



FRASER ST

271 Fraser Street, Fraser Cove
Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

Come into our Fraser St store when you're doing some shopping at Fraser Cove. It's a true treasure trove, with an amazing selection of furniture at great prices, and friendly and knowledgeable team members!



MOUNT MAUNGANUI

2 MacDonald Street, Mount Maunganui
Mon - Fri - 9am - 4pm
Sat - Sun - 10am - 3pm

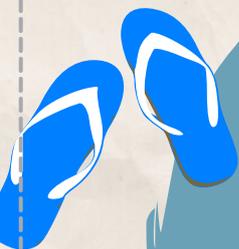
Going to the beach for some sun, surf and sand? Our Mount Maunganui Shop bustles with locals and tourists all donating and shopping from the beautiful collection of goods curated in stunning displays.



PAPAMOA

157 Domain Road, Papamoa
Mon - Fri - 9am - 4pm
Sat - Sun - 10am - 2.30pm

From everything quirky and vintage through to household goods, clothing and furniture, stop by our Papamoa store on your way to the beach or the Plaza – plus we've got plenty of parking!



TE PUKE

200 Jellicoe Street, Te Puke
Mon - Fri - 10am - 4pm
Sat - 10am - 3pm
Sun - Closed

Our Te Puke shop is a perfect pit stop when travelling through on a summer roadie or to your favourite fishing spot. The quirkiest store with bric-a-brac, clothing and singing galore!



Tips for managing grief during the holidays.



Grief can be hard at any time of year, and special events like birthdays or Christmas can be particularly challenging.

If you, or someone you know, is struggling with grief this Christmas, here are a few coping strategies to help. Of course, we know that everyone is different so some may work for you, and some may not. But it's important to remember that it is both healthy and normal to grieve, and remember those we have lost.

Talk to friends and family We all grieve in different ways and you may need to let them know about your feelings or worries.

Include the person in some way Perhaps light a candle or raise a toast, listen to their favourite music or read a poem. It can be daunting, but don't be afraid about acknowledging them, or worry when someone else recalls their life.

Give people permission to talk about the person who has died Family and friends might be frightened of upsetting you, so you can let them know it's healthy, normal and helpful for you to share memories.

Enjoy the company of others People can feel guilty about having fun with friends and family, but there is no expectation for you to be sad all the time. We all grieve, remember and celebrate life in different ways.

It's ok if you need to change plans Explain to your friends and family that you might need to change your plans at the last minute. Grief can come in waves and it's good to have a safety net, and not feel like you're letting anyone down.

Be kind to yourself Christmas is just another day - let your self compassion replace self-criticism as you balance grief with holiday enjoyment.

Source: Hospice UK

2023 Home Diaries



The greatly anticipated Waipuna Hospice home diaries are back, now in a new design! The Waipuna Hospice 2023 Diary is an A5, spiral-bound diary in full colour with two ribbon markers. The diary section has a page per week and features a new recipe for each week, with an accompanying photograph.

They make a lovely gift and are a perfect compact size, ideal for posting to loved ones, or keep one for yourself! A nice, thick cover keeps your notes and appointments safe from damage, while the new spiral-bound edge makes turning pages a breeze and keeps your diary intact longer.

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/2023-diary/>

