

Hospice SHOP OPENS

“Please donate pre loved treasure and help families in their time of need. Ring our shop Manager, Angela, to arrange collection or just drop off at the shop.”



**109 The Strand
WHAKATANE
PHONE 307 2301**

Mon—Fri 9am—5pm

Tour 10 stunning homes



**29th & 30th
January 2010**

Tickets \$50 on sale at

**PRESENTABLES
Whakatane**

**KERRY NOTT
PHARMACY Opotiki**



www.toasttothecoast.co.nz

TOAST TO THE COAST CAPTURES IMAGINATION

January 2010 will see the first of an exciting new event in aid of our Hospice which has captured the imagination of hundreds of people.

For two days – 29th and 30th of January – 10 stunning private homes will open their doors and invite the public to step inside and look around. This is a rare opportunity as none of the homes taking part this year will ever participate again.

The 10 properties located between Coastlands and Opotiki are gorgeous and range from award winning, absolute beachfront modern to a villa with extensive gardens and a tantalizing peep of the sea.

These fabulous homes will be dressed by local designers and floral artists to further enhance their charm.

They will also feature artworks for sale by several local artists including Anna

Toast To The Coast chairperson, Lynda Osborne, says that the committee deliberately set out to find homes which were different from each other so that visitors received value for money and would be delighted by what they saw. She says the generosity of the owners in throwing open their homes has been quite overwhelming.

“It’s indicative of the quality of the homes that one has already been featured in the December issue of NZ House & Garden and another will appear next year,” said Lynda.

It is an opportunity for interior designers, floral artists, architects, builders and kitchen designers to showcase their work and for visitors to the event to see what a wealth of talent there is in the area. The organizers plan to stage the event every two years

Visit the Toast to the Coast

MANAGER'S MESSAGE



It's summer at last and Christmas is almost upon us. What a great year 2009 has been for Hospice.

The Hospice shop is up and running, the support from local businesses and the community has once again been humbling. The shop has provided an excellent excuse to have a sort out at home.

Our wonderful nursing team has been working hard, and has also undertaken caregiver training sessions in Opotiki Whakatane, and Kawerau, as well as organizing a Palliative Care Study day for nurses at the hospital.

Those of you who ring or visit Hospice will notice that our lovely volunteers are now on duty at reception in the mornings assisting Lisa.

We are keen to increase or volunteer numbers to help assist in all aspects of Hospice. Please ring Anne at Hospice if you are interested or to assist at the shop RING Angela (307 2301) if you have some time available.

At the AGM in October Haydn Read was elected chair, with Steve Franklin becoming Deputy Chair, Terri Eggleton remains as treasurer, and the remainder of the Board is unchanged.

A very exciting time lies ahead, with the renovations to the villa next door, progressing with accreditation.

We have also had a proposal accepted by the Cancer Service Development Fund to interview palliative "rural" Maori cancer patients and whanau about their journey for which we are currently seeking expressions of interest.

All this on top of business as usual.

I would like to take this opportunity to thank all our staff & volunteers for their work and dedication over the past year, and to all the groups and individuals who continue to support us – many many thanks.

I wish you all a very blessed Christmas and look forward to catching up in 2010.

40

Welcome aboard Angela!



Introducing our new shop Manager, Angela, who has worked tirelessly over the past month.

"I feel blessed to be chosen

to set up and run the Hospice Shop, I never realized what a journey it would be throughout the process."

The shop's success has been possible thanks to the hard work of Graeme Watt who has given his time and expertise with the renovations and shop fit out; to the Kope and Whakatane Lions who painted; Smiths City, Mike Price and Burgess Flooring for their generosity and assistance with laying the carpet; Farmers for the fittings; and Bunnings for

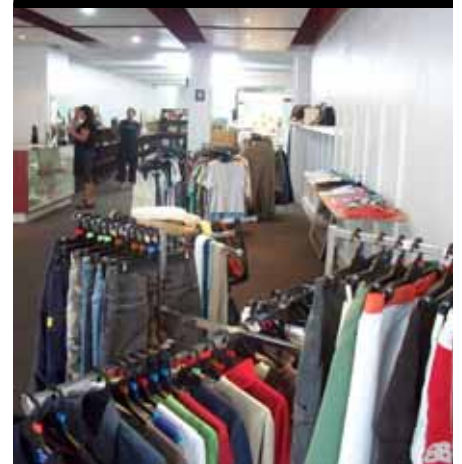
the building and paint supplies.

Thanks to Karen and Kevin Glibbery of Tamars Café who sustained our appetites with their wonderful coffee and ongoing food. A special thanks to Aroha Hawkins and Maude McKinnon who have donated so many hours of their time ironing, washing and sorting.

The Hospice Shop brand is renown for quality and our Hospice Shop is certainly living up to that reputation.

Without this amazing team and the wonderful donations from so many people none of this would be possible.

pre-loved items gratefully accepted



LCP, a new way to care



Sarah Last
Palliative Care Coordinator

The Liverpool Care Pathway (LCP) is an

internationally used care pathway for patients who are actively dying. It is used in the last few hours/days of life, generally when a patient is bed bound and can no longer swallow their medications. The benefits of using the LCP include a team of Health Professionals being involved in a patient's care, and everyone having the same plan to follow.

It provides guidance on the

comfort and measure, anticipatory prescribing of medicines and discontinuation of inappropriate interventions.

The plan includes a range of goals that include both patients and family understanding the planned care.

Hospice EBOP is working with Waipuna Hospice who are already using the LCP, and are currently introducing it to Tauranga Hospital and in 2010 into Whakatane Hospital.

Our team will be introducing LCP into the community next year and are really excited about this opportunity to improve care for patients and their families.

Please listen to our story!



The study of breast cancer treatment

This was the plea made by patients at a recent Breast Cancer study day at Waikato Hospice. Four women made themselves available for a panel session as part of the day. They spoke strongly and with passion about their illness. Each spoke frankly about their experiences, hopes and disappointments. This resonated deeply to Hospice nurse Wil Kruithoed.

"When we as health professionals reflect on how we can do better, the key theme is to listen. Listen to each individual's story, understand their journey and ensure that we continue to listen as we plan the management of their disease," said Wil.

"Personally in the future I would like to implement a similar forum of women with Breast Cancer in our own unique area, to ensure that we as an organization are listening to, and 'hear' our patients' needs."

Palliative Care Nurse Deborah Budd-Goring also attended the study day and she recalled how one Maori patient spoke about shyness and how her whanau was reluctant to question doctors or nurses, or to ask them to explain further if they did not understand.

This emphasized to Deborah that silence does not necessarily mean understanding or acceptance, it may mean that culturally they do not feel comfortable asking or challenging the Health professional.



A message from the chair

It is an honour and a pleasure to be elected Chair of Hospice. I look forward to continuing to work with the Board providing effective governance of Hospice.

I was very privileged to have recently attended Te Whare Wananga o Awanuiarangi - Live the Journey Charity Ball, and to accept on behalf of Hospice a cheque for \$35,000.

My congratulations to distinguished Professor Graham Smith, the evening was outstanding, and a true reflection of the calibre of organisation the Wananga is.

We are very fortunate to have them

as part of our community.

The end of a year is often time to reflect back at our successes of which there have been many: Dancing with Stars, opening the Hospice Shop, committed staff, excellent patient feed back, and continued great community support. Our Remembrance Trees provide an opportunity to remember loved ones and highlight how special and unique everyone's journey is plus the importance of our work as part of that journey.

I look forward to an exciting 2010 and wish you and your family a safe and happy festive season.

Haydn Read



Taumau Namana, Trish Gurnick, Manager Dave Glover and Kiri Kingi were delighted to present Manager Ngairé Lewis with a \$1,321.34 cheque generated from bag sales.

Paying for plastic has paid off for Hospice with a sizable donation from the sale of shopping bags. *"We are pleased to be able to help save the environment from pollution while raising funds for Hospice.*

"They were an obvious charity choice for the work they do in the community, when customers realized the reason for



Steroids in Palliative Care - Dr Murray Hunt Specialist Palliative Physician

We were extremely fortunate to have Dr Murray Hunt, Medical Director of Waipuna Hospice, as a keynote speaker at a local "Palliative Care Dinner" attended by a mix of 50 local GPs, Whakatane Hospital Doctors, Palliative Care Nurses and Pharmacists.

Dr Hunt provided a lecture on the use of steroids which create dilemma for practitioner and patient alike. Steroids can have both positive and negative affects, the "moon face" being common, and in some patients their altered self image can cause considerable distress for them and their family.

All these and other aspects must be

Farmers & Pop raise

\$7,980

It all started with a Children's Pajama party with Pops Pumpnickel magic show, plus a lot of cookies and cakes, raffles and sausage sizzles. That's how the staff of Whakatane Farmers raised part of the \$7,980 for Hospice.

'We were hugely grateful to the Farmers Whakatane team for choosing Hospice as part of the Farmers centenary charity project.' Their wives and partners pitched in to help raise the money locally matched dollar for dollar by the Farmers Company.

'I cannot speak highly enough of the effort and enthusiasm put in by all the staff and their families. The generosity of loyal Farmers customers is greatly appreciated,' reported Jan Morgan, Hospice Fundraiser.



(Photo supplied by Whakatane Beacon)

Farmers Merchandising Manager Trevor Warner, Farmers Store Manager Brian Strutt, Jan Morgan Hospice Fundraiser, Retail Manager Kelvin Willmoth and Regional HR Coordinator Sheryl Anderson celebrate Farmers 100 years of trading

All Blacks score

We can't all be winners but many did receive a cash prize from the winning half and full time "Blind Rugby Jackpot Score" tickets from the Quota International Whakatane ladies.

This great promotion raised a total of \$5,500 for Hospice which tips the total raised thanks to the kind assistance from the Quota ladies to a staggering \$35,000 this year.

Quota co-organized the Dancing with Stars promotion along with other numerous fundraising campaigns.

Manager Ngaire Lewis said "Quota is an amazing organization. Their support for Hospice has truly gone above and beyond. They are the backbone of our service and we are very thankful for their support."



Quota Treasurer Ina Murphy & President Lorna Subritzky proudly present a cheque for \$5,500.



Robyn achieves

Masters in Palliative Nursing Care

It is with a great sense of relief and delight that I completed my Master of Nursing degree in June. There to

and Mother, husband Brian the camera man.

Undertaking postgraduate education in Nursing and in particular, palliative care has enabled me to develop leadership, education and clinical skills.

On a day to day level this education provides support for colleagues in clinical decision making, for patients and families, increased confidence in the team's abilities.

It has been a long journey starting in 2000, involving the challenge of managing 3 teenagers and university study. Along the way I have been able to meet many inspiring leaders

academics and clinicians. Education is a privilege for which I am most grateful especially the clinical education and research papers that add the necessary dimensions to specialist palliative nursing.

My last piece of work was a dissertation on the turnover of nurses in palliative care which investigates workforce issues and how to retain our valuable nursing team.

It is great to look forward to a summer without study in the Eastern Bay of Plenty- watch out for a walking, swimming, carefree Robyn!

New Syringe Drivers a safer option

Thanks to a \$4,500 grant from the Whakatane District Council and a \$5,000 grant from the Opotiki Community Health Board we were able to purchase three of the five new syringe drivers required to meet the NZ standard at a cost of over \$2,700 each.



Pain control is essential in palliative care and when oral medication is no longer an effective route we need to quickly and effectively administer using the subcutaneous method.

Our new syringe drivers enable us to manage a range of distressing symptoms including nausea pain and delirium.

The 3 new cardinal pumps have been purchased in line with regulatory changes improving safety for patients and the nursing team.

Extra training has been undertaken by our palliative care nurses and in turn they are coaching and training other nurses, such as District Nurses and those employed in private hospitals and rest homes.

Payroll Giving

from 7 January 2010

To encourage a culture of generosity in NZ, a Parliamentary bill was signed into law introducing a **voluntary payroll** giving scheme.

The scheme allows employees to make regular charitable donations directly from their pay as part of an employer-initiated workplace giving scheme to approved charitable organisations.

The donor will receive immediate tax credits reducing the total tax payable at the end of the financial year. This means employees don't need to wait until the end of year to claim a tax credit

Dogs add dash to Fun

Run ...The 5th annual 2009 Smiths City Fun Run Walk raised over \$2,000 from 400 run/walkers who this year were invited to bring along their fluffy four



legged friends. Many dogs and owners dressed up in the hope of winning the 1st ever Pets4Vetz 'Dog Wedding', just one of the major prizes up for grabs. Thanks to all sponsors, Ohope Beach Lions Club helpers and the Ohope Beach Community Board.



Volunteers honoured

Anne Keene

**Volunteer
Coordinator**

Hospice has had a busy year with fundraising events and in house activities.

Our Hospice Volunteers have been right to the fore helping us out with the many calls of assistance in their family support role to patients.

Hospice is blessed to have such a great team of people who give us their all; the Hospice team are all so pleased, proud and appreciative of their compassionate support.

The successful Dancing with Stars was a huge fundraising undertaking for Hospice and many hands from the Volunteers

helped make light work of food preparation for all the other community groups, hair, makeup, photographers, security, and of course the numerous performers and entertainers who took part.

Helpful hands at the Planting of Trees at Ohope, joining in the Fun Run/Walk gave us helpful feet as well as helpful hands, and the many people who sat out with the Hospice Remembrance Trees set up around the EBOP added to the glow of the tree ribbons.

Our Volunteers are an **exceptional group of ordinary people doing extraordinary things**. May you all be blessed by the loving Spirit of Christmas.

Two sweeties Class 17 of Whakatane's James Street Primary School

held a sweet stall to raise money for Hospice, not surprisingly this was a sell out choice of product, raising \$239.60. "Thank you to everybody involved with the project, we were very impressed that such young school children would raise money for Hospice. I was truly touched by this lovely gesture."



Paulah Adams

Hospice has lots of friends!



Local artist & Hospice Volunteer Jill Needham

We have 80 in fact! Our new friends and loyal supporters have paid a \$20 annual subscription/ donation for the privilege of joining the "Friends of Hospice" membership. Many thanks to the efforts of **Jill Needham** whose forthright determination launched the project at Dancing with Stars Fundraiser.

As a Friend of Hospice, the members receive advance notification and priority of Hospice special events. "Some very disappointed people missed out on tickets to Dancing with Stars, they sold out so quickly. Now this can be avoided by becoming a Friend of Hospice." Jill's advice is to fill out your details on the form over the page, and you can rest assured that your donation will help us make a difference to the lives of our patients and their families to live each day as fully as possible.

Hospice Remembrance Trees

popular - Some families struggle with Christmas without their loved ones. The Hospice trees of remembrance offer an opportunity to remember loved ones that cannot be with them for Christmas. A personal message is written on a card and placed on the tree for a small donation to Hospice.

The cards are carefully collected and blessed at the 'Ceremony of Fire,' a special remembrance service for bereaved families where the cards are burnt and the ashes scattered in the garden. It will be held in the New Year here at Hospice House. We owe our gratitude to the many volunteers who donated their time to sit with the trees. (A Remembrance Tree will remain at the Hospice Shop until Christmas Eve.)



Collectors item

We are delighted to introduce you to the very collectable 2009 Strawberry Angel



Christmas decoration, now available to purchase for \$10 at the Hospice Shop. Every year another unique Hospice strawberry angel is designed and branded with the current year to add to your special Christmas decoration collection.

All donations over \$5 will be acknowledged & qualify for income tax exemption in accordance with IRD rules. The privacy Act of 1993 requires us to advise you that we keep contact information of supporters on file to help us with fundraising. If you do not wish us to store your information, please advise.

If you wish to be removed from our mailing list, please notify us. phone Lisa on (07) 3072244

A thank you letter from a family

Dear Hospice,

Many thanks for all the Nursing staff and the help over the last 18 months with the care of Ted. Your service is A.1. When you have a loved one at home who gets ill, not knowing what to do scares you. With a call for help to Hospice the knowledge that a nurse would be on your door step with advice or they were on the phone to deal with the situation is priceless. We were comforted in the knowledge you were there.

Keep up the good work, and once again many thanks.

The Family

Nurses' caregivers tip - Keep a jug with filtered water in the fridge at all times, adding ice cubes and/or lemon/lime for a refreshing drink to keep patient hydrated.

Lunchbox tip—Put your waterbottle filled with water in the freezer overnight and have cool water all day.



Many thanks to Robert from About Water Ltd for donating a much needed water cooler for our nurses

Thank you to our Corporate Supporters & Partners



Thank you for the recent support of

Sports World Whakatane, Outlet Production, Lazer Photos, Personal Touch Engraver, Tui Party Hire, Ohope Womans Institute, Rural Woman NZ Awakaponga, Otakiri Womans Institute, The Warehouse Whakatane, Kerry Nott Pharmacy Opotiki Mah Jong Club, BNI Whakatane Chapter, Joanne Black Photography, Wilson Bros Eathmovers Ltd, James Street School Room 7, Sheaffs Rest Home, Peria House, House of Many Faces, Mr Whippy Eastern Bay of Plenty, Graeme Watt, Lighting Design & Construction, Ideal Electrical, Bunnings Warehouse, Whakatane Lions, Kope Lions, Farmers Whakatane Mike Price Flooring, Burgess Flooring, Smiths City Alectra, Patz Plumbing, Tamars, Whakatane Great Outdoors, Toi Toi Bar & Restaurant, Sports World Whakatane, Artisan Weddings, Allen James Eastern Bay Removal, Lions Club of Whakatane, Lions Club of Kopeopeo. - For small sewing alterations or mending call Lorna (07) 3088711.

Help us save money on postage — we can email this **Newsletter**

Contact Lisa on (07) 307 2244 or email lisa@hospiceebop.org.nz —

Or download and keep current check out our web site—www.hospiceebop.org.nz

How you can help **HOSPICE EASTERN BAY OF PLENTY**

'Make a difference to the lives of people with a terminal illness'

NAME _____

ADDRESS _____ **Postal code** _____

Email Address _____

PHONE (day) _____ **(Evening)** _____

I would like to:

Become a Member of Friends of Hospice EBOP @ \$20 single annual membership fee.

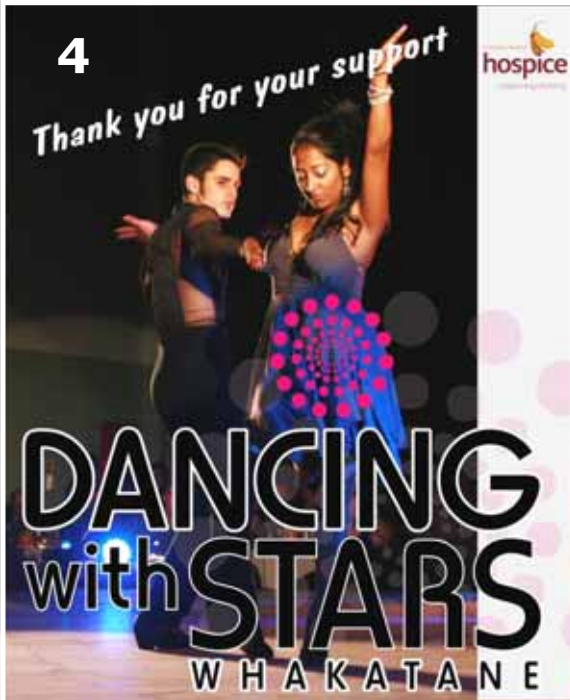
Become a Hospice volunteer (delivery teams, office, fundraising, home care, the Hospice shop) - phone Lisa on (07) 307 2244

I would like to make a bequest to Hospice EBOP phone Jan Morgan on (07) 307 2244

OR SIMPLY MAKE A DONATION \$ _____ **Post cheque to**

Hospice EBOP, P O Box 275, Whakatane 3158

For a credit card or direct credit payment simply log onto the donation page of our Hospice Web site



WE ARE ETERNALLY GRATEFUL TO THE FOLLOWING PERFORMERS, ARTISTS AND HELPERS WHO SACRIFICED THOUSANDS OF HOURS TO ENSURE THE SUCCESS OF THIS MAGNIFICENT EVENT

1. Rebecca Rouse & Ian Finch
2. MC Cliff Stockwell, hospice chairman Haydn Read, President Quota International of Whakatane, Lorna Subritzky, Master Builders Assoc President Gary Hunt & Co Host Hon Anne Tolley MP for East Coast
3. Juliette Sivertsen & Kenny McCracken
4. Winning couple, Sita Thakersi & Scott Muncaster.
5. Shelley Morgan & John Spring
6. Diane Turner & Teua Chapman
7. Lili Latham & Te Haunui Tuna
8. Zoe Drake & Te Haunui Tuna
9. Sian McEwan & Dean Cole.
10. "Hostesses with the mostess" Quota International of Whakatane ladies.

11 Vanessa Hamman - Choreographer, Dance Instructor, Stage Manager, Event Co-organizer dancing with Co Host Cliff Stockwell