



Newsletter



Dec 08

www.nelsonhospice.org.nz



Nelson Region Hospice Trust
(P O Box 283)
Nelson

Hospice & Palliative Care
Community Services
(46 Manuka St)
5463 910
Inpatient Unit
(40 Manuka St)
5463 950
Trust Administration &
Fundraising/Marketing
(Buxton Square)
5463 923

Christmas Greetings everyone

*I heard the bells on Christmas Day,
Their old familiar carols play.
And wild and sweet the words repeat.
Of peace on earth goodwill to men.*

Henry W. Longfellow

We will be singing carols at the hospice on Monday 22nd Dec at 6.30pm. If you would like to join us please assemble outside the IPU in the carpark area.

Welcome to this newsletter if you are new to our service over the last couple of months. We post the newsletter out to all current patients and families, paid and unpaid staff members and to bereaved families and other supporters in the community. The newsletter has a circulation of around 1000. You aren't obliged to receive it however! If you

want to remove your name from our mailing list, just phone us 546 3910 extn 2, or (for rural patients), your nearest District Nurses office.

Some words of advice for coping with Christmas ...

CHRISTMAS CARDS: sending them is a boring, pointless task. When December comes again, will anyone remember you didn't send a card last year? You should never throw your cards away. Store them with your Christmas decorations and display them every year. Friends and relations will envy your popularity (and certainly be puzzled by it).

MRS MILLS SOLVES ALL YOUR PROBLEMS

Wit and Wisdom from the *Sunday Times* Agony Diva

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Chairman's Report **Elsbeth Kennedy, MBE**

Hello everyone

Christmas is almost upon us, so I would like to begin by expressing my very good wishes to you all.

We were sorry to see Bev Parkes depart for the shores of Australia, thus giving them the one of our best palliative care nurses. Her total commitment to hospice has been greatly appreciated, not only by us here in Nelson but also at a national level. Our loss is definitely Australia's gain.

The staff are facing a few busy months ahead until a new person is appointed

and the Board certainly appreciate all they do. They have been stretched this year with implementation of the new patient management system PalCare, plus the redevelopment of the East Wing which put a great deal of pressure on all.

To all those who have participated in fundraising events throughout the year (and still to come), our grateful thanks to you all. We are very aware of all the hard work that goes into organising these events.

The various charities have been generous to us this year, as have the people of Nelson. Our thanks also to

The Up-Close and Classical Company of Dance! Nelson is again this year holding a gala performance with proceeds to the Nelson Region Hospice. We are very fortunate to have Sir Jon Trimmer making himself available for these performances. It is such a wonderful opportunity to see Sir Jon and other members of the Royal NZ Ballet.

I would also like to take this opportunity on behalf of the Board and myself to wish the staff and volunteers all the best for the festive season.

2009 I suspect will be a little like sailing into a full force storm in the southern ocean, with a few icebergs thrown in for good measure. Hopefully Father Christmas will be able to push more sun our way.

Best wishes to you all for the holiday season.

Elsbeth Kennedy

Comings and Goings

The big one of course was Bev Parkes, our CEO who left for pastures anew. In Australia. Regardless, we do wish her very well and we are soldiering on without her as best we can!

Welcome to volunteer staff **Rebecca** (IT assistance for the volunteer programme), **Daphne** and **Alison** (Raffles MU and NN), **Jan** (sewing) and **Caroline** (IPU relief). Lovely to have you all in the hospice team and thank you so much for offering us some of your precious time.

Farewell to Bell (Raffles NN), Durham (IPU). Also to volunteers who have been on leave but now formally resigned Eleanor (IPU), Dan (Beds and

Maintenance), Kathy and Ian (Raffles). Thank you all for your time over the years (a creditable 15 in the case of Bell).

BATTERIES have every size and 12 of each, otherwise you will have weeping children clutching useless ray guns, static racing cars and speechless talking dolls. For your own sanity, make sure they have only half an hour of life left in them.

IPU Leader Column *with Brenda Watson*

Hello everyone from the IPU

As Christmas approaches I would like to take this opportunity on behalf of the team and myself to extend our heartfelt thanks to all those who have helped us over the last 12 months. We do appreciate it. It has been a very busy year for us in the Unit but with the renovations completed we are taking time to consolidate and enjoy our new surroundings..

One of the main attractions, is the addition of our new bath. The patients are really enjoying this treat, which allows them to have a warm and relaxing soak to help ease those aches and pains and provide a little relaxation. If anyone has some spare bubble bath or similar that is excess to requirements we could certainly put it to good use! (Just drop it in or give it to any volunteer or staff member)

We had our first summer barbeque lunch last week, which was kindly cooked by Ron and prepared by

staff. The patients drooled over the smell of onions, meat patties and sausages. It was lovely to see them outside having a good chat to one another. So hopefully there will be more of this to come.

Anthony leaves this week to go back home and have a well-earned break. I will miss his whistling around the corridors. We welcome Alison and Sharon to the nursing team along with Kate and Cheryl on the cleaning team.

That's all from us in the Unit so until next year, please accept our best wishes for Christmas.

Brenda Watson

Happenings with Hamish Kennedy, Project Manager

Nelson Hospice now has it's own website visit www.nelsonhospice.org.nz. Details of the services provided, upcoming events (both from the Hospice and Nelson wide) and how you help (secure online donation service is available) are now on the web. We also have a range of interesting links to other sites. The newsletter both current and archived are there too.

Recent Events

Melbourne Cup

A great day was had by all. Unfortunately final figures are unavailable as yet. I'd like to thank Wakefield Hotel, Honest Lawyer, Houston Motors and all the sponsors.

2009 Calendar Jo Tyson

It's time to buy our 2009 Calendar featuring the works of Jo Tyson. At only \$10 it's an affordable Christmas present for friends and loved ones both here and overseas.

Infashion Show

Held on 25 November at the Boathouse. Models from Jays, Gustaves, Shine & Foxy Lady presented the latest fashions. As this event is happening as we go to print, final amounts raised are not available. We'll let you know in our next newsletter.

Upcoming events

Victorian Heritage Rocking Horse Raffle

From November thru January 19 we will be giving you the opportunity to win a magnificent hand crafted Rocking Horse. Made and donated by Paul Trolove and carved using macrocarpa, elm and recycled rimu. Tickets are \$5 and available from the Raffle stalls and the Hospice.

Megathon

The students of Nayland College will embark on a sponsored work in favour of the SPCA and us. The charities were chosen by the students themselves.

Trees of Remembrance

The Trees of Remembrance are a traditional Hospice event held throughout the country in the lead up to Christmas each year. This year, Trees will be in Nelson, Richmond and Motueka from 15th - 23rd December. For a gold coin donation, people are invited to hang a star, ribbon or bauble on the tree in memory of someone who will not be with them this Christmas. *If you can help us man the Trees, please phone the Trust Office 546 3923.*

Dancing with the Tsar

(please see advert on next page for full details)

Tug of Peace

Late January, back for it's 10th anniversary. With all the usual suspects in attendance. Jeff, Promotions Manager at Radio Nelson has made a commitment to making this years event the biggest yet.

Annual Art Auction

The auction due to be held on the 9th of March 2008 has been **postponed**. However it will take place later in the year. **If you or someone you know would like to donate a piece of art, it is not too soon.**

Hospice Trust Office & Gallery

The Hospice Trust Office, is located at 18 Buxton Square next to Di Pierri's Café. This months featured artist is Angela Reidie please come in and enjoy the fruits of her labours.

We still have good stocks of greeting cards, books and pens available at reasonable prices.

If you have suggestions for fund raising events please contact me:

Work 03 5463923

Home 03 5483797

Email Project.manager@nrht.org.nz



SIR JON TRIMMER
ADRIANA HARPER
PRINCIPALS FROM THE ROYAL NZ BALLET



THE MAGIC OF BALLET STAGED WITH IMAGES, NARRATION & SURPRISE!
AN ORIGINAL PRODUCTION FROM THE UP-CLOSE & CLASSICAL COMPANY OF DANCE!NELSON

17TH DECEMBER 7.30PM & 18TH DECEMBER 6.00PM & 8.00PM
SUTER THEATRE BRIDGE STREET NELSON

GALA PERFORMANCE FOR NELSON REGION HOSPICE TRUST 17TH DECEMBER
BOOK AT HOSPICE TRUST OFFICE BUXTON SQUARE 5463923 TICKETS \$35 INCLUDE
COMPLIMENTARY PRE-SHOW WINE & AFTER SHOW RECEPTION WITH SIR JON TRIMMER

PERFORMANCE 18TH DECEMBER 6.00PM & 8.00PM TICKETS \$20
BOOK AT DANCE!NELSON STUDIO 9 TRAFALGAR STREET NELSON EVERY WEEK DAY 3PM ONWARDS
OR PHONE RESERVATIONS AVAILABLE 03 5432559

Hospice Shops

Motueka

195 High St, Motueka (Ph 03 528 1178)

Hello everyone

One month to school holidays again. In store we have lots of lovely summer clothes for children and adults, we do keep some warm clothing too, for those cooler days. Our shop also has a lovely selection of ornaments, dinnerware and glassware.

Bedding will be in great demand so we would appreciate any donations of towels, sheets, duvets or blankets. We would also love to hear from any reliable person willing to do a basket or two of laundry weekly. Soap powder supplied.

We're very grateful for all donations however small. Unfortunately, because of shortage of storage space, we are unable to accept furniture.

The staff and I would love to wish you all a Happy Holiday season.

Cathy (Shop Manager)

Takaka

29 Commercial St, Takaka (Ph 03 525 7639)

Hi Everyone

Only a few weeks to Christmas now and the shop has been as busy as ever. We have a great selection of summer clothing as well as some winter for those cooler days. We're replenishing the racks daily so come in, check us out and see what bargains are there.

We are in need of fry pans, teapots, jugs and coffee mugs and would love to receive more mens' clothing. We would also really welcome more bedding, blankets, towels and teatowels. All of these items sell well.

I would like to acknowledge and say thank you to everyone who donates their goods and time

and otherwise gives support to our hospice shop. We wish you our best for Christmas.

Debbie (Shop Manager)

Nelson

124 Bridge St, Nelson (Ph 548 1823)

Hello Everyone

What happened to the year? It's hard to believe it's almost Christmas again! "THEY" tell me years become shorter as you become older. "THEY" don't lie!

Now is the onset of an extremely busy time in the shop - up until May or June. So to keep the shop buzzing, we're very keen to receive donations of good sundries, bric-a-brac, good furniture and lovely loud Bling jewellery. In fact any saleable item in good condition will be welcomed with open arms.

I would like to express thanks to all those people who donated goods to our shop. Without your generosity we couldn't survive and your hospice would be far poorer for it.

To our loyal customers, I hope you all managed to find a bargain or two. The stock is replenished all day and every day so keep coming in and there's a guarantee you'll find treasures. As one of our customers said, "it's an Aladdin's Cave!"

Thank you, as always, to our hard working team of shop volunteers. What would happen without you? Many working behind the scenes as well as on the shop floor, and juggling your lives around to accommodate us when we're short staffed due to sickness or holidays. You all make my job so great and bring fun and laughter into the shop.

The shop volunteers and I hope your Christmas celebrations go well and wish you all a safe and peaceful Christmas.

Irene (Shop Manager)

Raffles

September (Avon gift basket). This was won by P. Reay of Stoke with the winning ticket sold at New World, Stoke. The raffle alone raised \$850.00. \$264 was raised from the sale of merchandise, \$293 was given in donations and the grand total from all raffle venues in September was **\$1407.00**.

October (Gourmet food hamper). This was won by Thelma Fry of Motueka with the winning ticket sold at New World, Motueka. The raffle alone raised \$992. \$352 was raised from the sale of mer-

chandise, \$229.90 was given in donations and the grand total from all raffle venues in October was **\$1575.90**.

The current Nov/Dec raffle is the heritage rocking horse, hand crafted and donated by Paul Trolove. Tickets will be available for this until mid January.

THE PUDDING the supermarkets do very good ones these days. Spend Christmas Eve destroying all evidence of the packaging.

Volunteers, what do they do?

*Profiling some of the diverse roles undertaken by Hospice volunteers. This month: **Biographies.*** This service gives patients the opportunity to look back on their lives, revisit and enjoy the good bits – or record the challenges. Biographies can be a chronicle of a whole life or just specific periods within it. Alternatively, it may be just a collection of events, letters to family members or even “words of wisdom” to leave for the children or grandchildren. It may also provide the opportunity to “have the last word.” Many patients undertake biographies because they are restricted in mobility and activity and the process offers a distraction. A distraction that includes that most enjoyable of occupations – going through the family photos and scrapbooks.

Biographers are volunteers with writing and computer skills who compile the biographies based on interviews over several weeks. The finished biographies can include photos, newspaper clippings, letters or even recipes. At a time when everyone else is focusing on a patient’s illness, this is the one hospice service that allows the patient and family to step outside that arena – to remember good times perhaps long forgotten and to celebrate achievements.

Patient Support Services

Creative Living. This is a day programme for patients to come into Eden Villa for some good company, good conversation and useful activity – to give yourselves a day out or give your caregiver a small break. Creative Living runs fortnightly and dates for the next month are: **Tuesdays 2nd & 16th December.** The 2nd December will coincide with the annual patient Christmas BBQ (see later). Annie will be in contact with those of you who are interested in attending. If you haven’t heard but would like to attend, don’t hesitate to call us – 546 3910 extn 2 or speak to your nurse. Creative Living will resume again in February 10th.

Motueka Monday Club. Monday Club will have had their final (Christmas lunch) meeting of the year by the time people receive this so will not meet again now until **Monday 16th February** to plan the 09 year.

Motueka Monday Club meets in Motueka on the third Monday in the month and is a combined Hospice and Cancer Society support group for anyone coping with cancer, terminal illness or bereavement. Friends and family members are most welcome to also attend.

Biography Letter Writing. Do you want to leave letters or other written mementos for family members but just don’t know where to start? Our biographers have developed an information booklet that covers all the basics of how to go about it. The booklet includes such useful suggestions as wording and where to start, how to store written items for posterity and the sort of writing equip-

ment to use. Of course our biographers are available to help any patients who are unsure but many people just need a few hints on getting started. For further information, either talk to your nurse or phone Mary direct in the Volunteers’ office 546 3912.

Patient/family Christmas BBQ. This will be held at Eden Villa (cnr Manuka & Tasman Sts) on **Tuesday 2nd December 12 midday.**

Please can everyone bring a small wrapped present valued at no more than \$5.00.

You are most welcome to bring a family member or support person but we would like an idea of numbers for catering (i.e. number of bangers to buy!!). Please

RSVP to Jen on 546 3910 or email jen.sims@nrht.org.nz



Cancer Support Services and Groups. Just a reminder: The Cancer Society offers an extensive range of support services and groups for people with cancer. If you would like information about any of their services, just phone Sonja at the Cancer Society 546 3920. NB The Cancer Society has moved. They are now at 76 Waimea Rd one up from the Hampden St/Waimea Rd.

THE TURKEY: start cooking it on Christmas Eve and insist that your husband gets up every hour throughout the night to check it. This means that he will inevitably be awake to deal with the children when they leap out of bed at 4 a.m. You have previously insisted that you are on no account to be disturbed before 9 a.m. as you have so much cooking to do.

Snippets

Spray Point Holiday Offer. Jenny and Roland Mapp are Marlborough high country farmers. They have opened their Merino sheep station with unique cob cottage holiday accommodation to the public – with an extra special offer for hospice supporters. *For each hospice supporter who books a holiday (minimum two nights) the Mapps will donate \$50 to the hospice of their guest's choice.* Pam Young from Ian Welsh House of Travel in Blenheim spent a weekend at Spray Point and writes: “ *I strongly recommend this holiday destination. We had a wonderful and very scenic drive from Blenheim up the Waihopai Valley and when we checked into our own Cob Quarters mud cottage, the fire was burning and the place was warm, cosy and welcoming...birds, bees and beauty, this place has it all. It is truly a hidden gem*”. The Cob Cottage with queen bed and four single bunks costs \$180 per double and \$30 per extra person. Two night bookings required. Full details including photographs can be found at www.spraypoint.co.nz or by emailing Jenny Mapp directly on jenroland@clear.net.nz

Kowhai Embroidery. The Nelson Embroiders Guild have worked, framed and presented to hospice the most wonderful embroidery featuring the

Hospice NZ symbol, the Kowhai. The work consists of different panels, each featuring some part of the kowhai (flower, seed pod, leaves etc). If there is room, we'll try to include a photograph of this exquisitely crafted work of art which will hang in the quiet room of the IPU East wing.

Newman Donation. In 2007, approximately one million bottles of Paul Newman's Own salad dressings were sold in New Zealand, with Paul Newman's Own profits being given to local charities. Hospice NZ was one of nine NZ charities to receive funding this year. HNZ will receive funding to hold a workshop for the member hospice managers of volunteers and provide an updated Guide to Managing Volunteers which is a national resource for all hospice Volunteer Service Managers. The Guide was created specifically for the hospice environment and the updated version is soon to be distributed among member hospices.

BULLYING AUNT: there will be one who will insist that the television is turned off and everyone plays games. Everyone should show enthusiasm and suggest Hide and Seek. When she has safely tucked herself out of sight (preferably in the garden), everyone gives up looking for her and returns to Only Fools and Horses.

INTERNATIONAL VOLUNTEER DAY, DECEMBER 5TH. An estimated 1,217,000 New Zealanders volunteered in the last 12 months (33.8% of all people 10 and over). Of these, 969,000 both volunteered and donated money or goods. (Statistics courtesy of Volunteer Nelson).

In the Nelson region, around 340 people volunteer their time for hospice. They allow us to:
offer services we would not otherwise be able to
free up staff members to extend their own roles
raise funds to help us maintain a comprehensive hospice service for the community

Volunteers can help celebrate this amazing contribution by wearing the enclosed sticker on Friday 5th. If you are going to be involved in a group activity and would like more stickers, just phone Jen at hospice ph 5463910 or Mary 5463912. Furthermore, if you want to take a photo of your sticker wearing clan, we'll put it in the next newsletter. Just email it to us: jen.sims@nrht.org.nz

Oh yes, and check out Volunteer Nelson's new website www.volunteernelson.org.nz

Volunteer Clipboard

Team Meetings & Other Events

➤ Golden Bay (12.30pm 3rd Wednesdays – now quarterly with volunteers) Wednesday 17th December 12.30pm is the next one. Please bring a small plate of food to share.

➤ Bereavement Support Volunteers. By negotiation with Sharon!

➤ Raffle volunteers Meeting. We have had our last meeting. Next one will probably be in March but I'll confirm closer to the time.

➤ **Mapua raffle volunteers** will be meeting over coffee on **Monday 1st December, 10am at Hamish's on the wharf.** We will be saying goodbye to Gloria (Mapua's raffle loss is Richmond's gain), working on the roster for next year and (hopefully), meeting two new volunteers. With all of that, we might still be there by lunchtime!

➤ **Unit volunteers meeting (2nd Mondays bi-monthly normally 12.30).** **Monday 8th December 12.30 at the Hospice Office.** A POT LUCK LUNCH so please bring a plate of finger food to share. IPU Nurses and HCAs are invited to attend.

Notices

➤ **IPU volunteer programme audit.** We haven't needed any further meetings but I've been working through some of the recommendations. I sent off another batch of changed procedures and ideas to Brenda just last week. They included updated a.m. and p.m. duty lists so it might be a good idea to keep a lookout in the folder. There will also be a new "calendar" to cover off the conditioning of lazyboy chairs. They each need conditioning twice a year so each month there will be two chairs to do – possibly a good p.m. job for when it is quieter.



Whilst the following has only a rather tenuous link to Christmas, it made me laugh so in the interests of sharing.....

A young man named John received a parrot named 'Chief' as a gift. The parrot had a bad attitude and an even

worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity.

John tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to 'clean up' the bird's vocabulary. Finally, he was fed up and he yelled at the parrot. The parrot yelled back. John shook the parrot and the parrot got angrier and even ruder. John, in desperation, threw up his hand, grabbed the bird and put him in the freezer.

For a few minutes the parrot squawked and kicked and screamed. Then suddenly there was total quiet. Not a peep was heard for over a minute. Fearing that he'd hurt the parrot, John quickly opened the door to the freezer.

The parrot calmly stepped out onto John's outstretched arms and said, 'I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behaviour.'

John was stunned at the change in the bird's attitude. As he was about to ask the parrot what had made such a dramatic change in his behaviour, the bird continued, 'may I ask what the turkey did?'

Take care everyone and all of us at hospice wish you a very peaceful Christmas.

Mary, Jen and the rest of the Hospice Team.



Yes, I would like to support the work of the Nelson Region Hospice Trust in our community.

\$10 \$20 \$30 \$50 \$100 My choice \$ _____

I am paying by

Cheque (please make out the Nelson Region Hospice Trust)

Mastercard Visa Credit Card No.

Expiry Date: _____

Cardholders Name: _____

Name

Telephone

Address

Names & addresses are held in accordance with the Privacy Act 1993 & are only used for Nelson Region Hospice Trust purposes. If you do not want to be informed about the work of the Nelson Region Hospice Trust, please contact the Hospice Trust Office, Ph: 03 546 3923.