

# Newsletter



June 08

[www.nelsonhospice.org.nz](http://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

## Inside this issue:

Chairman's Column	2
CEO's Column	2
Happenings	3
Hospice Shops	5
Raffles	5
Patient Support Services	6
Snippets	6
Volunteer Clipboard	7

Well, we're in and it has been an exciting if somewhat stressful process. The new bedrooms in the recently developed East Wing of the IPU are all occupied and the place is buzzing. Everyone pitched in to help with the move. A patient's wife generously donated some nice cushions to tart up the chairs in the new lounge. Several volunteers braved the mêlée. Equipment got moved around, placed in situ then moved to another place. Then shifted to a better place. Then back to the original place. However, everyone got finally settled in.

Then there was the fire alarm practice....

Still, there were no casualties (apart from the stress levels) and everyone now knows exactly which doors to go out of next time someone burns the toast.

This new IPU wing has immediately increased room numbers to seven and once the "old" wing is reopened, we'll have a total of eleven rooms. AND a volunteer/staff room – such luxury.

**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, or (for rural patients), your nearest District Nurses office.

Since we were talking about the stress of the IPU moves, I offer some suggestions on *How to keep a healthy level of insanity*.

*At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.*

## Comings and Goings

Welcome to new IPU Health Care Assistants (HCAs), **Anna, Anthony, Cindy and Karen** who will be working alongside Marian and Leonie.

Welcome to volunteer staff **Pauline, Bernie, Jahn** (and in the wings), **Wendy** (all IPU), **Chris** (raffles), **Nicola, Kane & Maggie** (biographies) and **Richard** (bed deliveries).

Farewell to Ken (Grounds), Shannon (IPU), Judith and Anna (Family

Support). Thank you all for your time over the years.

Although we haven't actually really said goodbye to Anna – just as a volunteer. She is now working in the IPU as a HCA.

## Chairman's Report *with Elspeth Kennedy*

The redevelopment of the East Wing is now largely completed and has gone smoothly. We have also decided to refurbish the existing rooms as wear and tear in recent years has certainly taken a toll. The CEO and staff have dealt with this upheaval with good heart and loyalty which the Board has greatly appreciated.

On the financial front, these are difficult times for fundraising as we all feel the effects of recent increases in the cost of living. The Board and I certainly value the wonderful support received from

the community with donations from service groups, individuals and business sector.

Please keep an eye on the local press for details regarding the official opening of the East Wing, hopefully in July. Come along and see all the work that's been done and catch up with staff. We look forward to seeing you there.

Until next time.

## CEO's Column *with Bev Parkes*

Hello Everyone

This has been a busy period with the building upgrade continuing at a speedy pace. All patients are now located in the upgraded East Wing with 7 bedrooms in use and we are now completing the alterations to the reception area, upgrading the nurse call system, emergency power to all bedrooms and sluice room in the "old" hospice wing. All going well our official opening will be in July! Now the inevitable initial teething issues are sorted staff, patients and family are enjoying the East Wing although the family/whanau room is being used as a temporary kitchen for now. Four of the new rooms are lovely and sunny and all rooms have their own ensuite bathroom. Our thanks to all those who donated to this project and the contractors and Nelson businesses for your support. Special thanks to Brenda and her team for their patience during these past 10 months of disruption and noise, all done with a smile.

The Annual Mail drop for hospices' is underway and our thanks for your support as we appreciate everyone is feeling the effect of recent price rises on the cost of daily living. We have just completed a challenging budget process for the next financial year and are feeling the impact of increased fuel and electricity charges and the flow on effects through supplies.

Our registered nurses all undertake palliative care training completing 4 hospice modules or papers over 3 years. These are masters level papers with the award of a Post Graduate certificate in Palliative Care for the first 2 papers and the Diploma in Palliative Care on completion of all 4 papers. These are excellent papers developing skills and knowledge in the theory and practice of palliative care

along with those special skills and attributes that make for a good palliative care practitioner - sensitivity, insight and empathy supported by an evidence based knowledge base. Also included are organisational skills where staff have to undertake an audit and the outcomes of these have over the years led to efficiencies and improved clinical practice. To complete these qualifications requires commitment and hard work on the part of each staff member completing assignments in their own time. As an organisation we have a strong experienced team so thank you for your commitment.

We look forward to welcoming Dr Juliet Fleming next month. Juliet will start with us on the 16<sup>th</sup> June and will be working Monday to Thursday at the hospice providing the daily care required including seeing people as an outpatient as required. We are delighted to have Juliet join us to enhance the medical services currently provided by our Hospice medical team. The current team will continue to provide medical services from Thursday afternoon to Monday mornings.

That's all from me for now  
Rug up as winter is upon us and take care

*Put mosquito netting around your work area and play tropical sounds all day.*

# Happenings with Hamish Kennedy, Project Manager

## Recent Events

### Hospice Website

As mentioned in earlier newsletters, we now have our own website [www.nelsonhospice.org.nz](http://www.nelsonhospice.org.nz). Details 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. There is also a range of interesting links to other sites. The newsletter both current and archived are there too.

If you would like to receive up-to-date news and information about events etc, just go to the website and look for the picture of our Care Bear (on the left of screen). Add your name and email address in the boxes provided.

### Gareth Morgan Seminar

Approximately 1250 people attended the seminar and went away satisfied. The final contribution is yet to be confirmed but should be in the region of \$36,000.

### Ngaire Galloway recipe book

Only a few still available, so get in soon to avoid disappointment.

### Charity Bed Sale

During April The Linen Press held a charity bed sale raising \$2200 for the Hospice.

### Annual Appeal

Figures are still coming in for this event.

## Upcoming Events

### Advanced Planning

Lingerie Fashion Show  
Fashion Show September, Fashion Island  
Street Appeal to coincide with International Hospice Day

### Annual Art Auction

The auction due to be held on the 9<sup>th</sup> 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.**

### Trust Office & Gallery

The Trust Office, is located at 18 Buxton Square next to Di Pierri's Café. This months featured artist is Shirley Bowater, 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 fundraising events please contact me:**

Work 03 5463923

Home 03 5483797

Email [Project.manager@nrht.co.nz](mailto:Project.manager@nrht.co.nz)

Fax 03 5463913



## Firewood for Sale

- Untreated 4x2 offcuts (various sizes)
- \$50 trailer load
- On sale Saturday mornings (until supplies run out)
- Site next to Nelson Hospice (follow the signs)

***Our thanks to Waimea Sawmillers Ltd for their generous support.***



# *Bride of the Year*

*Saturday, 26<sup>th</sup> July, 2008, 7.30pm*  
*(Doors open at 6.45pm)*

*To be held at*  
*The Victory Room,*  
*Trafalgar Centre, Nelson*

*Audience Prizes*  
*Raffles*  
*Amazing Entertainers*  
*Auction*  
*Wine & Canape` Function*  
*Complimentary drink for every ticket holder*  
*Cash Bar*

*Tickets on sale at selected pharmacies as from 7<sup>th</sup> July.*  
*\$35.00*

*All proceeds to Nelson Region Hospice*

*Organiser: Heather Harley,*

*ph: 03 - 545 1644*

*email: [heather.harley@xtra.co.nz](mailto:heather.harley@xtra.co.nz)*

**WANT TO KNOW MORE ABOUT THE  
HOSPICE & COMMUNITY PALLIATIVE  
CARE SERVICES.....**

The Trust Ambassadors are available now to  
speak to your community group or organisation



*Dulcie Carson*  
*Ph: 03 546 5240*



*Jeremy Matthews*  
*Ph: 0274 379 485*

## **Greeting Cards**



**\$8 per pack**

*These cards & others are available from the  
Hospice Trust office & hospice raffle stalls*

## Hospice Shops

### Motueka

195 High St, Motueka (Ph 03 528 1178)

Hello Everyone

After a repaint, our shop is looking so much lighter and brighter. We are well stocked with winter clothes so if you are in need of a wardrobe revamp, call and check out our range of reasonable prices. Have a look at our kitchen bric a brac and footwear whilst you are there.

We are actively seeking donations of socks and linen as our visiting workers from Vanuatu have been having large buy ups to take home when they finish the fruit season!

We would also love to hear from one or two people willing to do a basket of laundry a week (laundry powder supplied)

Thanks to all. Keep warm this winter.

Regards  
Cathy

### Takaka

29 Commercial St, Takaka (Ph 03 525 7639)

Hi Everyone

Winter is here so come in and check out our great range of woolen jerseys, jackets and tracksuits. We still have some summer items as well, ready for that overseas trip so please come in and browse. There is always a bargain or two.

We always need good blankets, duvet inners, pillows and cushions. Also kitchenware would be much appreciated.

Many thanks to all who donate their time and goods to help Hospice and support the shop.

Thanks everyone  
Debbie Baker

### Nelson

124 Bridge St, Nelson (Ph 548 1823)

No report this month from Nelson.

## Raffles

**April** (the pig). This was won by J Sice of Richmond, with the winning ticket sold at National Bank Richmond. The raffle alone raised \$1160, \$262 was raised from the sale of merchandise, \$274.60 was given in donations and the grand total from all raffle venues in April was **\$1696.60**.

The **May** raffle has been a load of firewood to be delivered to the winner and the **June** raffle will be

a "winter warmer" (hand knitted/spun men's cardigan and vouchers from Taylors- We Love Shoes for a pair of men's and women's slippers.

*Every time someone asks you to do something, ask if they want fries with that.*

## Volunteers, what do they do?

*Profiling some of the diverse roles undertaken by Hospice volunteers. This month: **Biography**.* This service gives patients the opportunity to compile a life review – tell their story. It is a chance to look back on life – revisit the good times – and the challenging ones. Remembering special events can be a very therapeutic and enjoyable experience, particularly when shared with other family members. Interviews take place in the patient's home, usually with a tape recorder. The biographer then types it up then delivers back the draft for comments and alteration before the next interview.

Photos, newspaper clippings and other printed material can easily be scanned into the finished biography which is then bound and presented back to the patient.

This service is available to any patient and we are *not* necessarily looking for people who have had extraordinary lives. Everyone's life is unique and interesting and the resulting biographies *always* make riveting reading both for patients and their families.

# 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 themselves a day out or give their caregivers a small break. Creative Living runs fortnightly and dates over the next two months are: **3<sup>rd</sup> & 17<sup>th</sup> June** and **1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> July**. 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 or speak to your nurse.

**Motueka Monday Club.** This group meets in Motueka on the third Monday in the month and is for anyone coping with cancer, terminal illness or bereavement. Friends and family welcome. The Motueka Monday Club is a combined Hospice and Cancer Society support group. Next two meetings are on **Mondays 16<sup>th</sup> June** (2pm) & **21<sup>st</sup> July** (11.30am). At the June meeting, the group will be creating hand made cards and in July, sharing a "soup and something" lunch.

**Bereavement Support Group.** This four week programme starts on **Monday 9<sup>th</sup> June 1.30 – 3pm at 46 Manuka St** (Eden Villa, our clinical office on the corner of Tasman and Manuka Sts). Anyone who is coping with a personal bereavement is most welcome to attend. Queries or expressions

of interest to Sharon Beuke, our Bereavement Support coordinator. Messages may be left for Sharon at 546 3910 extn 2.

**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 Kelly or Sonja at the Cancer Society 546 3920.

*When the money comes out of the ATM, scream,  
"I won! I won!"*

***In 2007, 5924 volunteers nationwide contributed 380,000 hours to Hospice. Hospice care cost \$59.5 million to provide and just \$33.2 million of that was funded by government.***

The remaining millions were donated by the community. Where would we be without The Community I wonder? Your continued support is vital.

## Snippets

### Volunteer Garden Party

**IPU volunteers.** Now that we have extra room in our IPU, our 11 patients will include one or two more people staying in IPU for longer periods of time. It is hugely helpful to have volunteers each day who can spend time with these people especially. They provide a different face, someone to go walking with, discuss local events, with whom to have a game of cards read the paper and or share a spirited discussion over a drink (the patients, not the volunteers!)

IPU volunteers work with nurses and do a fortnightly, two hour shift each and also fill in for each other now and again. The role is a mix of patient related and some general housekeeping type work (tidying up, flowers, dishwasher etc). You don't need nursing skills, just good communication/listening skills, to be reasonably fit and active and to be comfortable around illness.

We have current shift vacancies (all fortnightly) on Sundays and Fridays 4.30-6.30pm and Sundays, 10.30am-12.30pm. Please phone Mary 546 3912 or email [mary.garner@nrht.org.nz](mailto:mary.garner@nrht.org.nz)

### Newsletter by Email

We do now have the computer capability to send out this newsletter by email. If you would like to receive your newsletter by email (thus saving postage and paper), please send us an email with your details to: [jen.sims@nrht.org.nz](mailto:jen.sims@nrht.org.nz) and put "newsletters by email" in the subject line. This would be an excellent option for shop volunteers who don't receive a personal hard copy of the newsletter.

*Put Decaf in the coffee maker for three weeks.  
Once everyone has gotten over their caffeine  
addictions, switch to espresso.*

It would be a brave person who tried that in our workplace.....

## Wish List

Apart from donations of time, and thanks to people's generosity, we are very well served at the moment with individual equipment items. The main need now is for extra food items for patients as our catering costs are ever increasing. The following items would help a lot:

*Tins of single serve soup*  
*Packets of biscuits*  
*Packets of jelly*

In addition to that, any of the following staples are *always* extremely well received!....

*Photocopying paper - (ongoing staple but it needs to be 80gm weight to fit our copier.)*  
 Apart from ongoing administration, we also copy

and distribute many patient information brochures and information packs, posters for support groups, event invitations etc etc. – Cost from **\$5 per ream**.

**Postage Paid Envelopes (also an ongoing staple)** – Cost depends upon amount purchased.

**Tissues. Ordinary boxes of 200** - Cost around **\$2 at the supermarket**.

Whoops, hold that thought. Apparently there *is* one more equipment item still wanted for the new wing, a **Water Cooler**.

## Volunteer Clipboard

### Team Meetings & Other Events

Golden Bay (12.30pm 3<sup>rd</sup> Wednesdays – now quarterly with volunteers) **Wednesday 18<sup>th</sup> June 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. Next one not until **Wednesday 5<sup>th</sup> November 11.30** (our end of year pot luck lunch). NB the June meeting has been **CANCELLED** because we covered most business at the special meeting held last month (see note below).

Unit volunteers meeting (2<sup>nd</sup> Mondays bi-monthly normally 12.30). **Monday 9<sup>th</sup> June 12.30 at the Hospice Office**. This particular meeting will be *Very Important* and it will be a good meeting to attend (note those of you who don't normally come to it). Brenda says she has a long list of items to discuss and I expect they will all be about the new East Wing, changes in procedures and security etc. It will also be a good chance to look at how the volunteer role has been affected by the increase in patient beds.

### Training & Inservice

#### Biography training

Wednesday 4<sup>th</sup> June 9.15 – 2.30pm Note that ALL biographers are welcome at this. It is an excellent

opportunity to welcome new volunteers and share your extensive experience.

#### Inservice Days

- ☛ **IPU:** Monday 13<sup>th</sup> October (I'll confirm closer to the time)
- ☛ **Combined (Family/Bereavement Support, IPU & Biography vols):** Wednesday 13<sup>th</sup> August & Wednesday 15<sup>th</sup> October (training refresher). The August date will be just an opportunity for an informal get together with other vols doing similar work to you. If enough people attend, we may break into the separate groups. I will also organize a short topic or speaker as well.

### Notices

**Raffle volunteers.** Do please read the minutes enclosed with this newsletter as we made a few decisions at the last meeting!

**Emails.** I am keen to compile email addresses as an additional way to disseminate information and to contact those of you who access your emails regularly. If you want to be contacted this way, please can you send me an email containing your role/s with hospice (obviously I know this but another volunteer will set up the list).

Name

Address

Phone number

Email address. To: [mary.garner@nrht.org.nz](mailto:mary.garner@nrht.org.nz) with "Vols email" in subject line.

