

Newsletter



Oct 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

A nice wee joke that had us all laughing. It involves several staff members. **Nurse Donna** was organizing a surprise birthday party for **Receptionist Barb**. Donna's preparations were running a little late and she badly wanted Barb to be held up at work for just a bit longer. Enter stage right, **Nurse (protected identity!)** who has a frightening sense of humour came up with the idea of how we could stall Barbara at the IPU. Enter stage left, **Doctor Juliet** who has a sudden urgent need to get a letter off to a specialist in Wellington. Needless to say the letter was *most* complicated, involving words of a *minimum* of four syllables which the ever obliging yet increasingly frustrated Barb had to look up in a medical dictionary (including one word which wasn't even there and she went on line to research). Dr J played her part well, insisting that Barb type up this letter despite Barb's agitation about being late collecting her son from friends.

Mission was eventually accomplished. Barb was appropriately on time for her surprise party (albeit stressed), we all had a great laugh and the letter (which was a medical work of art) has been framed.

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.

*TOMORROW
One of the greatest labour saving
devices of today*

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

Hello everyone

It is with much sadness that we farewell Bev Parkes who leaves us later in the month to take up a clinical position in Australia. Bev's journey with hospice in Nelson started 25 years ago when she was part of a small team all sharing the same goal, to provide hospice care to the region. Her vast knowledge of palliative care and keen understanding regarding the workings of the health sector has been invaluable to the Trust Board. Her passion and dedication has seen her work tirelessly, particularly in the last 10 years, towards the establishment of the comprehensive service we are now so lucky to have. We will miss Bev

greatly, but wish her the best as she returns to something she has always loved, palliative nursing.



Bev Parkes, CEO

Comings and Goings

Welcome to IPU nurse **Ramona**.

Welcome to volunteer staff **Steve** (IPU) and **Lynda** (Volunteer Programme Admin). And in the "all good things come [back] to those who wait" dept, welcome *back* **Wendy & Lynne** (IPU) and **Shaaron** (Family Support and possibly Biography).

We said goodbye to Karen, our hospice rural liaison nurse who is retiring for family reasons. However, we hope to still see Karen from time to time as a District/Hospice nurse in Golden Bay.

Farewell also to Sue (Raffles MU), Elizabeth (Raffles NN) and Anne, (IPU). Thank you for your

time over the past year or two (more in the case of Elizabeth) and all the best.

I might add here that many of our volunteers who resign elect to remain on the newsletter mailing list to keep in touch. For many of them, it is a combination of lifestyle and family/work reasons that lead them to often reluctantly resign. It is wonderful that so many are keen to keep in touch with Hospice.

ADULT

A person who has stopped growing at both ends and is now growing in the middle.

CEO's Column with Bev Parkes

Hello

This month we say a special farewell to Val Eyles. Val, employed by Manuka Street Trust Hospital has been a cleaner in the Hospice since it opened in 1999. Val's high standards and attention to details along with her lovely manner will be greatly missed by us all. We wish you all the best Val in your new endeavours.

It is great to have all the services back to a routine again after such a busy time.

Our main task remaining is to complete 2 audits in November and the team have been working towards this for some time.

We are committed to delivering a high standard, quality service, it is what we are about and although we may say 'another audit', the process does make you review, reflect and continually fine-tune and improve the services we provide and the organisation as a whole.

Special thanks to Edith, Nan and Richard for all their work in the Hospice gardens which look a picture at present with spring flowers, tulips, cherry blossom. Particularly after the recent storm, with debris everywhere.

It is with quite some sadness and mixed feelings that this will be my last newsletter as I resign to take up a part time position in New South Wales. These have been 25 of the best years for me at the hospice, holding a variety of roles. From the early

days with a very small team to the comprehensive service we have in place today. Key through all these years has been the team, very special people each of you. It has been a privilege to work with you all, as it has to have been part of the journey of our patients, their families/whanau. Thank you to the Hospice Trust Board for your support, trust and vision.

Take care everyone.

Kind regards and best wishes.

Bev

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

Ngairé Galloway recipe book

Due to the demand Ngairé's book has been reprinted a will be available at all the outlets.

2009 Calendar Jo Tyson

Its time to buy our 2009 Calendar; featuring the works of Jo Tyson launched. Still only \$10 and its October, definitely time to think of Christmas presents for friends and loved ones here and overseas.

Wine Tasting

The Hospice hosted Jean-Christophe Poizat at the Nelson Club for a tour of the wine regions of France.

Upcoming events

World Hospice Day

This World Hospice Day is the 10th of October a time to reflect on the work of the wonderful staff and Volunteers.

Melbourne Cup Day

1. The Honest Lawyer, Monaco. Lunch, raffles, "Fashion in the Field", spot prizes and the chance to win a brand new car, all for \$40.

2. Wakefield Hotel. Lunch, Music and spot prizes.

Full TAB facilities at each venue

Lingerie & Fashion Show

25th November at the Boathouse. Businesses participating include: Foxy Lady, Shine, Labels and Jays.

Scenes from the Ballet Russe

The Up-Close and Classical Company of DanceNelson, with special guest Sir Jon Trimmer. 17th, 18th December at the Suter Theatre. More details in the next newsletter.

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.**

Trust Office & Gallery

The Hospice Trust Office, is located at 18 Buxton Square next to Di Pierri's Café. This months featured artist is Barbara Franken, 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

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



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

MELBOURNE CUP

TUESDAY 4TH NOVEMBER



THE HONEST LAWYER, MONACO

Grab your flash gear & join us for a fun afternoon.

- ◆ Lunch
- ◆ Stars of the track
 - Best Dressed Lady
 - Debonair Gentleman
 - Dashing Bachelor
 - Glamorous Hat
- ◆ Melbourne Cup Main Race on the big screen
- ◆ \$40 per person
- ◆ Starts 1.30pm

Houston Motors will be giving a car to anyone who can pick the first 6 horses in order in the main race.

WAKEFIELD HOTEL, WAKEFIELD

- ◆ Lunch
- ◆ Music and spot prizes.

Full TAB facilities at each venue



Houston Mitsubishi



Hospice Shops

Motueka

195 High St, Motueka (Ph 03 528 1178)

Cathy wasn't able to get a report in for the newsletter but everyone over in Motueka is enjoying the spring weather and the shop is keeping pretty buzzy with lots of customers. All contributions of any saleable items are most welcome.

Cathy Raey-Mackey (*Shop Manager*)

Takaka

29 Commercial St, Takaka (Ph 03 525 7639)

Hello Everyone. Lovely to see some sunny days at last. Come in and check out our great selection of Spring and Summer clothing. We also still have a great range of warmer clothing (just in case). We're replenishing the racks daily so there is always a bargain or two.

The shop continues to be as busy as ever (even with our continuing leaks), so we're always keen for any donations of sundries, bric-a-brac, jigsaws and games.

Thanks to everyone who supports our shop.

Debbie Baker (*Shop Manager*)

Nelson

124 Bridge St, Nelson (Ph 548 1823)

Unfortunately no report this month.

SECRET

Something you tell to one person at a time.

Raffles

July (Foot Spa). This was won by Norma Wells of Motueka with the winning ticket sold at The Monday Club meeting. The raffle alone raised \$666.00. \$250 was raised from the sale of merchandise, \$208.50 was given in donations and the grand total from all raffle venues in July was **\$1124.50**.

There was no raffle in August and the **September** raffle has been an Avon gift basket. The **October** raffle will be a gourmet food hamper kindly donated by (two) Dorothy/s.

Also a heads up re the **November/December** raffle. This will be a *heritage rocking horse*, hand crafted by Paul Trolove especially for hospice. Paul

has been working on this for some time. Indeed, I saw one of his stunning rocking horses at a craft fair last November. He was working on the head of the "hospice" horse way back then. Because of the value of this fabulous work of art, the ticket prices will be increased just for this one raffle. Tickets will go on sale in November as usual but will be available in other outlets and of course from our Trust office in Buxton Square.

WRINKLES

Something other people have, similar to my character lines.

Volunteers, what do they do?

Volunteers, what do they do? *Profiling some of the diverse roles undertaken by Hospice volunteers. This month: IPU Beauticians.* Woman Beauty Day Spa is our only "corporate volunteer," generously freeing up their staff during the working day to volunteer in IPU.

Mostly for "pampering" purposes, their consultants' role can also include advice on skin care where there are medication related problems. A large part of what they do however, is wonderfully soothing

procedures such as head/neck massages, manicures and pedicures, hand/foot massages etc.

VOLUNTEERS

Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead

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: **Tuesdays 7th & 21st October, 4th & 18th November.** 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.

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 20th October (2pm) & 24th November (12.00 midday).** At the October meeting, the group will be making Christmas cards with Sally Crocker and in November, going for the Christmas lunch to Gothic Restaurant in Motueka. Meet at the restaurant at 12 midday

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 equipment 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.

Service of Remembrance. Sunday 16th November 3pm St Stephens church, Tahunanui Drive. Personal invitations will be sent to our more recently bereaved families but anyone is welcome to attend.

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, Karen or 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 corner opposite the Boys College.

DUST

Mud with the juice squeezed out

Snippets

True Deception - A new novel by local writer Loren Teague. Following your passion in life is what Loren Teague reckons can help you face adversity. A year ago, after being diagnosed with breast cancer, and this year after the cancer had metastasised in her lungs, she underwent a gruelling five months of chemotherapy. However, what kept Loren going was her passion for writing and her promise to herself she would go back to Scotland. She says, "I found as a cancer patient you need things to look forward to. Hope is so important." With that in mind, as soon as she finished treatment, she booked her flight to Scotland to visit family she hadn't seen for twenty years and also to do some promotion for her novel. Her advice is, "Even if you have cancer or any other terminal illness, never give up ... follow what you want to do...what's in your heart. It doesn't matter how ambitious." You can read more about Loren's journey and her new novel on www.lorenteague.co.nz.

Pearly Queen. An update on the extraordinary contribution to Hospice that is Nelson's own Pearly Queen. We are lucky enough in Nelson to even have a Pearly Queen since the position requires someone who was "born in London [and] with 100 years of London ancestry".

Shirley Miles, assisted by husband John, is Nelson's Pearly Queen and Shirley has been raising funds for hospice since January 2003. In that time she has raised a massive \$47,000 and is hoping to get to \$50,000 by the end of the year.

Since much of the contributions to Shirley's bucket are coins, husband John has to be on hand to empty the bucket regularly and to drive Shirley to her locations and appointments. Up to the end of the last financial year, John has driven a distance equivalent to a trip from Bluff to Kaitiāia and back again – 4,836km.

So, if you see Shirley at the Flea Market, put some cash in her bucket to help her realize her dream of reaching \$50,000 for hospice.



Poetry book. Whilst we are talking about generous contributions to hospice, we wish to acknowledge and thank Ollie Reid for yet another donation of \$120 being sales from her book of poems. All

profits from these lovely little books go to hospice. They contain not only Ollie's delightful poems but also her beautiful photography. Anyone interested in purchasing a \$15 book may phone Ollie on ph 5448934 – leave a message if necessary.

A sample of Ollie's work....

Adversity

When I first met Adversity
It soon got the best of me
It made me sad and lonely
Soon I was not good company
It took my money and my health
But I soon found a better wealth
I learnt to use a computer and look
Soon these poems filled a book
I had found a simple gift
Which gave other folk a lift
And while I had so much to give
These new interests helped me live
If adversity had not visited me
What a selfish person I could be
I do not need the best of health
I can live without great wealth
I don't need things gathered round me
Life is easier and far more free
I can use my hands to draw and write
My future is more sure and bright
My eyes can see a truer worth
A world of beauty and sometimes mirth
When I look back where I met Adversity
Conquering it has given me more empathy

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. Our main current need now is for extra (non perishable) food items for IPU patients as our catering costs are ever increasing. The following items would help hugely:

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 **\$8 per ream.**

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

Tissues. Ordinary boxes of 200- Cost around **\$3 at the supermarket.**

Wool and Fabric. The Nelson Hospice shop has someone who makes items for sale but she is run-

ning seriously low in **wool and fabric.** Any contributions of either would be very warmly received. They can either be dropped into the shop in Bridge St (as above) or phone the shop and someone can collect them.

Sewing We are looking for a permanent volunteer to help us with sewing. This involves a mix of new and/or repairing linen items for the IPU but occasionally includes clothing alterations for patients. Examples include little pillows, syringe driver covers, nightie alterations, mending of some (expensive to replace) mattress covers etc It requires someone experienced with sewing, with access to their own machine and for practicality, to be living in the Nelson or Richmond area. It is not a hugely busy role. Typically, weeks go by when nothing is needed. At the moment, we need for example, some more little bags for syringe drivers (the most complicated of what is generally pretty routine sewing). If you can help, please phone Mary at the volunteer office Ph 5463912. Please do leave me a message if I'm not in. Or email me, mary.garner@nrht.org.nz

Volunteer Clipboard

Team Meetings & Other Events

- Golden Bay (12.30pm 3rd Wednesdays – now quarterly with volunteers) **Wed 17th Dec 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. Our end of year pot luck lunch has been changed from 5th November to **Wednesday 12th November 11.30 Eden Villa, Manuka St** We will be hosting auditors early in November so have had to reschedule some meetings. Although based in Nelson, any raffle volunteer is welcome to attend this last meeting of the year. Please can everyone bring a plate of finger food to share.
- Mapua and Motueka raffle volunteers will be meeting for lunch on **Monday 6th October 1200 at Muses** in Motueka. Please RSVP to either Mary (546 3912 mary.garner@nrht.org.nz) or to Lorna ph 5288844 please.
- Unit volunteers meeting (2nd Mondays bi-monthly normally 12.30). **Monday 13th Oct 12.30 at the Hospice Office.**
- IPU advisory group is meeting again on the same morning, **Monday 13th at 10am.**

Inservice

For any interested Family/Bereavement Support, IPU & Biography vols **Wednesday 15th October**

(training refresher). The programme will be included with this newsletter. ***Please can you RSVP so we can prepare the photocopying.*** Some of you might like to just attend one or two sessions and that will also be fine so long as I am aware. RSVP to me on 5463912 or mary.garner@nrht.org.nz

Notices

Timesheets. Just a reminder to please name your timesheets AND indicate the area in which you have worked. I received one timesheet recently which had a considerable number of hours but with no name and no work area, we couldn't even guess!

Mary's answerphone. I am sorry that some of you have trouble reaching me. I do get a lot of "hang ups" on my answerphone. Please, if you want me, DO leave me a message. I am often there but just in another room. I have lost count of the times I've raced up the stairs only to get to the phone too late! Also, I do access my phone from home so it is worthwhile leaving a message (unless urgent of course in which case hang on and dial 0 to get Jen).

IPU vols unable to find duty replacements (e.g. emergencies or illness). If you have to call in at the last minute and you get my answerphone, please can you dial 2 and speak to Jen. She will be able to say if I am physically in the building. If not, all you can do is get put through to IPU and leave a message there. Some things are just unavoidable!

Take care everyone

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