

## A privilege to care

**Sometimes you just need a listening ear. After a lifetime of hard work and a recent huge loss, Denis Blanche is feeling a bit worn out but he's keeping up his sense of humour.**

At 88, he's a community-based patient of Nelson Tasman Hospice and a resident of Stillwater Lifecare and Village in Richmond. His problems include painful arthritis in his left shoulder, a broken hip, chronic obstructive pulmonary disease, and heart failure - which is why he is in hospice care.

Denis says the hospital-level rest home nurses look after him very well, but having Hospice involved means he has more people on his team.

Denis's wife of 66 years, Jessie, was in the dementia unit at Stillwater, just across in another wing, and visited Denis regularly before she died in May.

Losing her, especially when the country was in Level 4 lockdown, was a huge wrench. His three children are in Australia and could not get back at that time.

Denis has been visited in his bereavement by Nelson Tasman Hospice Family Support and Pastoral Carer David Moynan. Denis says David comes "just to talk" and says he appreciates the listening ear.

*"I can walk about. I can still do the Highland Fling," he jokes.*

David says it's a privilege to be alongside people such as Denis.

"Reminiscing with Denis, one can immediately recognise all that he has done in life, his beautiful relationship with his wife Jessie and with his children, two daughters Joanna and Susan who live in Australia, and son, David, who lives and works between New Zealand and Australia," David says.

"I often receive much more from my visits

with people than I can offer them - this is certainly the case with Denis, so I'm really privileged in my role as Hospice pastoral carer or chaplain."

Palliative Liaison Nurse for Aged Residential Care Ruve Francis visits once or twice a

fortnight. She says the GPs manage Denis's conditions and she adds her support for symptoms as they occur.

"Ruve always comes up with something new," Denis says.

Daughter Joanna, who has been over from Australia for two months now, says Ruve has especially helped with pain relief and Denis's oxygen machine.

"It's lovely being able to email someone. The GP obviously trusts Ruve's ideas too - because this is her field of experience."

Denis is a retired farmer - he spent years milking dairy cows in Motukarara, including a herd of 30 by hand in the early days, and later breeding Appaloosa horses in Wakefield. He has photos of both farms on the wall beside his bed in his room at Stillwater. He and Jessie also travelled New Zealand selling the soaps she made, in a business that grew and grew.

He says his working life and the accident in which he broke his hip have left him feeling scarred. He sticks to his room quite a lot, although he can get up and about when he needs to. "I can walk about. I can still do the Highland Fling," he jokes.

Sleep was difficult for a time, but Ruve has helped with getting his pain relief right to sort that out.

"Sometimes she just shows up," Denis says. "She has a good yarn, talks about how we could improve on medication. She comes in with different ideas."

*Denis Blanche at Stillwater*

## Chair's message

**As for many others, Covid-19 remains a focus for our organisation.**

When the new lockdown was announced, the Hospice team was ready and swung smoothly and competently into level 2 mode, calling on the experience and practices from last time. It's been hard, but the focus has remained on providing the care to those who seek our services, and I feel very proud of the whole hospice whānau for the way they have responded.

In the non-Covid space, we have been focused as a board and staff on the implications for us of the End of Life Choice Act which will be voted on in the upcoming referendum. While fully understanding and respecting the range of perspectives around euthanasia, we have been concentrating on what it will mean for us as a hospice if the Act is passed into law. As an organisation we are focused on palliative care, with an established philosophy to "neither hasten nor postpone death" and our practices of care are focused on this. So at our August meeting, the Board resolved that, in the event the Act becomes law, Nelson Tasman Hospice will declare itself a conscientious objector as allowed under the Act, and euthanasia will not be provided by the organisation. While we will not provide the procedure itself under the Act, as a hospice we will continue to support people regardless of their desire for euthanasia, and we will always provide our support for patients, their family and whānau up to and after any death from euthanasia.

This has been a challenging topic for us, and we recognise that whatever decision we made would not meet everyone's expectations. But the decision best reflects the ethos of what we do, and our determination to help patients "live every moment".

*John Peters*  
Nelson Tasman Hospice Board Chair



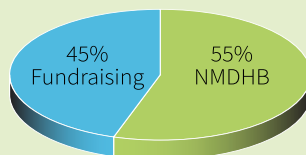
# Keeping on caring

**With spring upon us, we can enjoy the quality of life here in Nelson and Tasman – and we can especially appreciate our position here with the resurgence of Covid-19 in the North Island.** While this latest outbreak is of course concerning, we can all take comfort in the fact that our collective effort seems to be once again stopping the spread of the virus.

At Hospice, we've been taking appropriate measures to keep our staff, patients and their care-givers, and our volunteers safe, while maintaining our various services – including our inpatient unit, our community team caring for patients in their homes, our aged care facility team supporting palliative care in all the facilities in the region, and our hospital in-reach team supporting palliative care in Nelson Hospital.

The economic impact will have long-term effects on the region's businesses and charities, including your hospice. We need your support now more than ever.

As a charity, we hold a contract with the Nelson Marlborough DHB to deliver palliative care services for our regions. That contract provides approximately 55% of our annual operating budget – leaving about 45% for us to raise each year from the community.



You can support our care-giving team by donating goods to, and shopping at, our four hospice shops – in Nelson, Richmond, Motueka and Takaka.

You can also donate - it's very easy on our web site using a credit card or making a direct credit. Just go to [nelsonhospice.org.nz](http://nelsonhospice.org.nz) and click the donate button. To give your donation even more impact, you can make it a recurring monthly donation. Even



a gift of \$20 a month makes our professional caregiving team's work possible. If you'd rather make your credit card donation by phone, please call us during regular business hours on 546 3950.

We also have a range of options for how you can make a lasting gift as part of your legacy. If you'd like to discuss including Nelson Tasman Hospice in your will, or making a legacy gift with naming rights at the new hospice facility in Stoke, please contact one of our team members (below).

We're always keen to hear from our supporters who have ideas for fundraising initiatives. Please get in touch early on so we can talk through how best we can support your efforts.

*Hudson Dodd*

**Hudson Dodd**, Fundraising & Marketing Manager: 021 546 252 [hudson.dodd@nelsonhospice.org.nz](mailto:hudson.dodd@nelsonhospice.org.nz)

**Dr Georgia Ciaran**, PhD, Philanthropy Coordinator: 027 548 1845 [georgia.ciaran@nelsonhospice.org.nz](mailto:georgia.ciaran@nelsonhospice.org.nz)

**Joanna Davis**, Communications Coordinator: 021 223 7131 [joanna.davis@nelsonhospice.org.nz](mailto:joanna.davis@nelsonhospice.org.nz)

## Hospice shop donations needed

**A Golden Bay businessman, inspired by the care his sister received in hospice, is paying it forward by offering reduced rent to Takaka's second-hand hospice shop.**

As a result, the Takaka shop took up its new lease in bigger, brighter premises on September 5.

Hospice shops are an important earner for Nelson Tasman Hospice, with the four shops (Takaka, Motueka, Richmond and Nelson) bringing in a turnover of more

than \$1 million a year. Although significant income was lost during lockdown, the shops have been trading incredibly well since they were allowed to reopen in Level 2.

Unfortunately, we are victims of our own success to some degree and donated items are now running low. If you have any quality furniture, bric-a-brac, clothing, books and toys tucked away that you no longer need, please drop them off to one of our four sites during business hours. We can pick up larger items such as furniture. Please call (03) 543 7017.

*Ruth Seapright*

*Retail operations manager*

*Dot Waygood has been volunteering at Nelson Hospice Shop for 12 years.*

## DID YOU KNOW?

**Only about 20 percent of people admitted to our SPCU spend the last days of their life in the unit.**

**Most people are admitted for respite care or to receive special care to stabilise their conditions so they can continue receiving care at home.**

## How can I help?

- Donate the cost for an item on our wish list.
- Make a recurring donation. Your recurring monthly or quarterly donation gives you peace of mind that your support is ongoing and gives us confidence in our budgeting.
- Sponsor a Day of Care for a patient in our inpatient unit by donating \$1000. You choose any day of the year for your gift to apply - perhaps the birthday of a loved one, or the anniversary of their passing – and we will recognise your gift on that day.
- Please call us if you would like to make a major donation in your lifetime or make a gift to hospice in your will. To learn more, please visit our website [www.nelsonhospice.org.nz/donate](http://www.nelsonhospice.org.nz/donate) or contact Philanthropy Coordinator Georgia Ciaran 03 539 0717 or 027 548 1845 or [georgia.ciaran@nelsonhospice.org.nz](mailto:georgia.ciaran@nelsonhospice.org.nz)
- Donate quality goods to – and shop at – one of our Hospice Shops, where we turn second hand goods into first class care. We have shops in Nelson, Richmond, Motueka and Takaka.
- If you would like to volunteer your time to Hospice, please call our Volunteer Programme Manager Krisca Gould on (03) 546 3912.





# Our wishlist

## People often ask us what they can do to help provide for our patients and whānau. This is our current wishlist:

- Emotion stones and cards sets for use by social workers: two sets needed, \$82
- Bed wedges (memory foam), to be used under a pillow to raise upper body or under knees for support: four needed, \$165 each
- Wheelbarrows (No 8 Ezy Barrow) for volunteers to use in Hospice gardens: two needed, \$180 each
- Syringe driver lockboxes (Niki T 34 model) for securing medication: five needed, \$175 each
- Roho pressure-relief cushion for use in patient's home: one needed, \$1125
- Electric lift chairs for use in patient homes (similar to a La-Z-Boy): two needed, \$2200 each
- Laptop (HP Probook 450 G7 including support) for use in SPCU by clinical staff: \$2700
- Portable bed (Etude Plus bed with Softform Premier mattress) for use in patients' homes: one needed, \$2839
- Shops truck. We need a second-hand truck to increase our hospice shops' business - especially for carting donated furniture. We have \$7500 already donated and need an extra \$12,500.

## Our thanks to recent wishlist donors:

- Roger Duncan has given \$2275 for chair scales for weighing patients in the SPCU
- Jean McConachie has donated the cost of a reclining (La-Z-Boy type) chair in memory of her late husband who died on our service in December 2019.

- Virginia Gray has donated \$1000 for the Wishlist laptop cart for medical use (\$950) in memory of her sister Margaret Cronin Busch who died in November 2018
- Sally Battersby has donated \$300 for hearing aid headphones for use in the SPCU
- Chris and Joan McKeown also donated \$300 for hearing aid headphones for use in the SPCU
- June Beattie donated \$8,200 which allows us to buy one Roho mattress, and two Aeria 5 Specialist Air Mattresses and to put \$800 towards the annual Trees of Remembrance Campaign.
- Celia Smith has given \$2700 for a chest mannequin for nurse education "in honour of Ros Pochin and her friend Paula Stringer".
- Sioux Line Dance are fundraising and nearing their current goal of \$2200 for a reclining chair  
Thank you all!

## Thanks, Celia!

Accountant Celia Smith recently made



## a significant donation in honour of two women - breast surgeon Ros Pochin, and Celia's friend Paula Stringer, who recently died in hospice care.

Our education team was in need of a \$2700 chest mannequin – a lifelike model of a human torso which has access points so nurses can practise clinical procedures.

Celia says she was inspired to donate the money for the mannequin by her friend Paula's earlier donation of \$1900 for a camera. She was happy to choose something from our wish list, adding that a wish list is a "great tool for fundraising because it gives people something tangible to donate toward".

Celia is a long-time patient of Ros Pochin and also wanted to do something in appreciation of the great care Ros has given her over the years. Since she knew Ros was involved with and is a supporter of Nelson Tasman Hospice, she thought a donation to Hospice would be a nice gesture of appreciation to Ros.

If you would like to make a donation for one of the above items – or for much-needed general purposes - please call our Philanthropy Coordinator Georgia Ciaran on 027 548 1845 or email [georgia.ciaran@nelsonhospice.org.nz](mailto:georgia.ciaran@nelsonhospice.org.nz) You can also donate directly to our NBS bank account: Nelson Tasman Region Hospice Trust 03-1354-0532930-00. Please include your name and phone number on the two reference lines, and contact Georgia to let her know what your donation is for.

Celia Smith

## Meet Our People: Irvina and Chris

### Physiotherapist Irvina Koefoed started with Hospice just before lockdown.

Before joining Hospice, she worked in muscular skeletal physiotherapy for 10 years, mostly in Auckland but also at Sports Therapy on Collingwood Street - where she still works half-time.

Irvina enjoys the mix, saying her work at Hospice is broader than the mainly injury-based physio patients she sees in private practice. With Hospice patients, she concentrates on helping them improve their comfort and mobility.

"For some people it's just being able to pick up a cup of tea, for some it's helping them keep moving around."

### Nurse educator Chris Dunn started with us this year, continuing a long career in nursing that included 26 years overseas, working and studying in Australia, England and Canada.

Chris's commitment to lifelong learning has seen her gain a Masters in Nursing Science, as well as post-graduate certificates in intensive care, coronary care, community care and adult teaching and learning.

She is still studying - this time through Auckland University, where she is doing a post-graduate certificate in palliative care. Chris also works in our inpatient unit which allows her to keep her hands-on skills up and gives her the patient contact she loves.

**Thanks for your work and care for Hospice patients, Irvina and Chris.**

Irvina Koefoed (above) and Chris Dunn (below).



# Hospice Angels: Former nurse donates Days of Care and a bequest

**Nita Schweizer of Nelson will turn 90 this October. Born in Zurich, Switzerland Nita trained as a nurse in England shortly after WWII and married her childhood sweetheart, Tell Schweizer.**

Tell was offered a job as a mechanical engineer in Sao Paulo, Brazil so they lived there from 1954 to 1961 where Nita worked as a theatre nurse, and she recalls that the hard part was that they both had to learn Portuguese in a hurry. Nita and Tell were married for 59 years and have six children, 12 grandchildren and 13 great-grandchildren.

After visiting their daughter in New

Zealand, Nita and Tell decided to move to Mapua in 2000. Sadly, Tell fell ill in 2006 and Nita looked after him alongside Hospice nurses at home. She recalls how wonderful their care was for Tell and how essential it was that her husband also had respite care in Hospice.

Nita's reason for donating 3 Days of Care annually (which support a patient at the inpatient unit), making a bequest and letting her story be told is that she "hopes it makes people know how important Nelson Tasman Hospice is and that they donate to it whenever they can".



## In profile: Board chair John Peters

**Nelson Tasman Hospice board chair John Peters started off his management career in IT**

**but found his home in health where he "enjoyed going to work every day".**

John was born in Southern Rhodesia (now Zimbabwe) and grew up in Zambia and Malawi before going to university in South Africa. He moved to New Zealand with his Kiwi wife in 1983 soon after their two children were born.

He transitioned from IT to health after being headhunted to become chief executive of Wairarapa Crown Health Enterprise in 1989.

"I very quickly realised I loved working in health," John says. "I hate the way it's politicised at a macro level, but I love the on-the-ground aspects of health with people who are totally committed to it."

John spent many years working in both IT and health management, including in the role of chief executive at Nelson Marlborough District Health Board. He relished the complexity of health management across 56 departments at the biggest employer in the region.

"The level of commitment of the people and the fact that mostly you're dealing with highly intelligent people in health is uplifting. I enjoyed going to work every day."

After retiring at the end of 2012, he was invited to join the boards of Nelson Tasman

Hospice, having known then Board Chair Elspeth Kennedy and knowing the "reverence and high regard in which hospice is held by the community". He also chairs the hospice's separate investment trust.

At hospice, John says the role of the board is to oversee the strategic direction and sustainability of the organisation.

Staff satisfaction is also a priority. "We want to be an employer of choice."

Outside of work, he is an avid reader, and a self-professed DIY nut. He's skilled at origami, once making an origami elephant from a postage stamp "complete with tusks and trunk". John loves spending time with his four grandchildren and has got at least one of them hooked on origami too.



Denis Blanche

**Yes! I would like to support a patient like Denis to "live every moment" of the time he has left.**

Please rush my donation of:  \$10  \$20  \$30  \$50  \$100  \$.....  Please make my donation a regular monthly payment.

I am paying by:  Cheque (Please make payable to Nelson Tasman Region Hospice Trust)  Mastercard  Visa

Credit card No:             Expires: .../.../...

Name: ..... Address: .....

Phone: ..... Email address: .....

Post completed form with donation to: Nelson Tasman Region Hospice Trust, PO Box 283, Nelson 7040.

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I prefer not to be contacted. Please remove me from your mailing list.