



Duncan and Sally McCormack

Leaving a Lasting Legacy

It's hard to believe that just 37 years ago, Nelson had no hospice services.

In 1983, a working group formed in Nelson with Bev Parkes, Douglas Short, Merle Moffat, Gail Deaker, John Emmanuel, Shirley Walker, Barbara White, Rob Riley, Andrew Divett, and Terry Gavin, who all recognised the need for hospice care. The next year, the Nelson Hospital Board announced plans to establish hospice services in the region. Their biggest challenge would be funding. However, thanks to a bequest, by 1986, Nelson Tasman Hospice began as 'Hospice at Home,' providing in-home care for people with a terminal illness.

The bequest came from Sally McCormack, who died from breast cancer in 1983. Sally left a portion of her estate – \$65,000

– to establish a hospice service in Nelson. According to Bev Parkes, as quoted in 'At Home with Hospice: Stories from 30 Years in Nelson Tasman,' "The bequest was an impetus for the Hospital Board to say, 'We have this money, now we really have to make this work.'"

Nelson's hospice had its first taste of independence when it was moved to a Nelson Hospital Board-owned villa at 96 Waimea Road. This villa was aptly named 'Sally McCormack House,' acknowledging the contribution that promptly initiated the establishment of a base for hospice staff and services. As Bev noted, "It could well have taken years without the bequest."

Since then, Nelson Tasman Hospice has grown into an organisation that delivers specialist, interdisciplinary palliative care. This holistic approach encompasses the core value of hospice care and is so important to people with life-limiting illnesses. It focuses on physical symptoms, as well as supporting patients and their whānau with the social, emotional, and spiritual impact of their illness. The specialist services provided are based on the needs of the patient and whānau. Hospice care is available throughout the Nelson Tasman region and is provided in the home, in aged-care facilities, in hospitals, and in our purpose-built Specialist Palliative Care Unit (SPCU).

Sally's legacy has been celebrated in many ways. Notably, in 1989, the support group 'The Friends of Sally McCormack House' was established. In 1991, the Motueka service was renamed the 'Sally McCormack Service,' and a fund for donations was called the 'Sally McCormack Trust Fund.' Sally McCormack House served as hospice's residence until 1999. Sally's legacy continues at the new Suffolk Road facility, with the 'Sally McCormack Room'; a boardroom situated next to the community nurse's station.

Sally McCormack's bequest laid the cornerstone for Nelson Tasman Hospice's evolution, which has grown into a vital specialist palliative care service for the Nelson Tasman community. Her legacy of giving has been joined by other generous gifts in wills ensuring this legacy continues. Sally's memory lives on through the support offered to those in need, a testament to the enduring impact of a compassionate community.

September is Wills Month

September marks New Zealand's 'Wills Month', a time when the important yet delicate conversation of end-of-life planning is openly talked about and encouraged.

Back in 1986, Nelson Tasman Hospice, originally known as 'Hospice at Home,' was established thanks to the generosity of Sally McCormack's bequest. Today, the specialist palliative care provided by Hospice is integral to the fabric of the Nelson Tasman community offering much-needed comfort and support at a time when people need it the most

Every year, the Nelson Tasman Region Hospice Trust relies on the generosity of the community to help bridge their funding shortfall, which comes to around \$3.5 million. This united effort allows the hospice to continue its mission of providing free services to those in need.

The Nelson Tasman Hospice Region Trust makes a big difference in the lives of many people in the community thanks to the support of everyday people like you. If you are considering leaving a gift to Nelson Tasman Hospice services in your will, you can do this knowing that you're helping to make the region's future better.

A bequest can take various forms—property, investments, or a portion of your estate. Since a will is a legal document, it's important to seek the right advice and wording. A solicitor, or another entity that specialises in wills, can help answer any questions you may have. Whatever the choice, leaving a bequest to the Nelson Tasman Hospice Region will undoubtedly leave behind a legacy of care and compassion.

To learn more about leaving a bequest for Nelson Tasman Hospice, contact Donna Ching-Tregidga, Head of Supporter Engagement and Income Development. Ph 03 546 3950
donna.ching-tregidga@nelsonhospice.org.nz



Know us for when you need us

Emily McDougal NZROT
Occupational Therapist and Community
Services Clinical Lead

Barry Howell
Equipment & Maintenance Coordinator

What does a day look like for you?

“As I wear 2 hats – Clinical Lead for Community Services and Occupational Therapist my day is mixed and varied throughout the week. Usually, my day starts off with a collaborative team meeting to set the day and work for the community service. Then, I work alongside the inpatient and community teams to provide Occupational Therapy input and advice to assist patients and their families/whanau to engage in meaningful activities of daily living.”

What's a myth about Hospice services that you'd like to dispel?

That hospice is a service that is fully funded by the government and that we are the ‘flash building on the hill’. We need to raise around 50% of our income from donations and fundraising opportunities to cover expenses each year.

What do you find most rewarding about the work that you do?

Getting to hear amazing life stories and experiences from the wonderful people in the Nelson Tasman Region and being able to give people comfort in challenging times.

If you could describe yourself as an item of clothing, which would you be and why?

I would be a bright pink woolen jersey!
Bright because it lights up any space it's in and woolen as it brings warmth and comfort from wearing it. It's also a talking point and helps to break the ice and even bring fun to any situation!

What does a day look like for you?

Working days for me at Nelson Tasman Hospice is a mixture of routine and the unexpected. That's what I enjoy about my role and our team. Each day starts with set tasks and compliance checks within the organisation. These can be anything from online maintenance requests for buildings too community equipment requests from a variety of Health disciplines. There are urgent jobs that pop up unexpectedly. Not knowing what's around the corner is part of what drives me.

What was your motivation when you applied for the role at Hospice?

I started with the Nelson Tasman Hospice at the end of 2019. Apart from a trade apprenticeship when I left school, I have always worked in the Health sector. I was looking for a part time role where I could put the experience of my past career to some practical use, where no two days were the same and where I could hopefully make a small difference to the wider palliative care system. I am familiar working for ‘not for profit’ providers, so it was a natural fit.

What is the most challenging part of working for Nelson Tasman Hospice?

As the role is varied, widespread and covers Nelson and the whole District of Tasman, meeting the expectation of everyone can be a challenge. We rely on our dedicated team of Equipment volunteers to make the deliveries and pickups. Some days we must finely balance how much work they are given verses sometimes unrealistic expectations.

In your home, which is your favourite piece of furniture and why?

Sharing first equal is my Lazyboy chair and Bose sound system and noise cancelling headphones. I enjoy music as my go to for relaxation, so both items (plus a nice Red) are important for that to happen. It's a great unwinder and reset button.

Did you know?

In the last 3 months, our nursing team have had **2278** consultations, our doctors have had **472** consultations, and our Allied Health team have had **444** consultations. Consultations can take place both in person and over the phone.

That's a total of **2194** points of contact in 3 months!

Whānau Feedback

“(my friend)’s sister told me that angels work there. Thank you for your service and heartfelt care.”

“On behalf of (my husband) and family we wish to thank you for your exemplary love and care for us all in our time of need.”



Empowered by Knowledge

June Scales was raised at a High Country Station in Tekapo. Very much a hands on, spending long days mustering and sleeping outside in all types of weather childhood, she was brought up driving a grader, trucks, and other types of farm machinery. June was incredibly practical and very brave. Her daughter, Wendy, says "She could do anything as well as any man could. She was a wonderful cook and the best wife to dad. My parents were very, very close. Like two peas in a pod. She was a wonderful mother and we were best friends. We all miss her terribly."



June and Wendy

June was 79 when she died and fit as a fiddle before she was diagnosed with melanoma, so much so that she was still doing handstands up until a few years ago. What the doctor had initially thought was a cough turned out to be the melanoma that had already spread into her liver, so it was only six months from her diagnosis until she died.

Wendy picked her mum up from Nelson Hospital to bring her home to Golden Bay in July 2022, shortly after she had been given the news that she was now a palliative care patient. The doctor that discharged her gave Wendy a "huge list" of medications that June would need to take. Wendy found this quite overwhelming, knowing that she and her dad would be the ones that would be looking after June at home (with support and help from June's two sisters, Maryann and Claire). The next day, however, one of the district nurses from Golden Bay Community Health came, sat down, and went through all of the medications with Wendy. What they were for, how much to give and when, making the big, overwhelming list from the doctor, understandable. The nurse also had with her a "big suitcase" full of the medications that would be used closer to June's end of life. Having that conversation and knowing the care that was available, Wendy says, took away the fear that she had that her mum might suffer and her worry about how she was going to cope. The nurse gave the reassurance that the medicines were there, that the team would

"Knowing that the support and expertise were there, was very comforting."

help every step of the way and that Wendy and her dad wouldn't be alone. Knowing that the support and expertise were there, was very comforting.

Wendy says that she asked "so many questions all the time" as she is the kind of person that likes to know every possibility of what might happen, and how to deal with situations as they arise. The palliative care services provided by the Golden Bay Community Health team are supported by Nelson Tasman Hospice and district nurses started by visiting once a week, or more often if required. Wendy told us that each and every nurse they had that was involved with the care was fantastic. They took the time to answer every question and she was given the knowledge that she needed. She found that invaluable. Not only did that give her peace of mind, but it was also great for her mum to know that Wendy and her dad felt confident in caring for her.

"All of the equipment meant that we could look after mum at home and it really helped her quality of life."

Dr Juliet Fleming, who is based at Nelson Tasman Hospice in Stoke, visited June on one of her trips to Golden Bay early on after the terminal diagnosis. June had issues with her skin being very sensitive and itchy due to her illness and this was a big problem for her. She couldn't sleep well and was very uncomfortable. Juliet was able to prescribe a medication that worked immediately. Juliet also had some difficult conversations with June about her diagnosis and how she felt about it, as well as some planning for the future and what was going to happen. Wendy says "Juliet was fantastic, she didn't avoid talking about the hard things and I think that those conversations were a good thing for mum." The way that Juliet was able to answer questions that Wendy and her dad had was also really appreciated. Once when Dr Juliet couldn't get to Golden Bay due to slips on the Takaka Hill she did a zoom consultation with the family. She visited another time in person closer

to the end too.

Wendy says she just can't praise the team enough. "They are all very calm and calming." They were completely on hand if she ever called, and it was made very clear early on that the family could ring whenever they needed to. Wendy says they had "every resource they could possibly need".

Wendy says the team went out of their way to help them and they never forgot anything. "We asked whether it might be possible to have the use of a wheelchair, and it was there the next day, the

same with a chair for in the shower and a commode. Anything that we could have possibly wanted, we got, and anything that we couldn't even think of that we wanted, we got."

June was supplied with a specialist bed which meant she was able to be with the family in the main living area but still rest. The family were given the use of a specialist air mattress after the first week which June thought was wonderful! The air mattress meant that she never got any bed sores, or felt uncomfortable from lying all the time. Having the specialist bed on wheels, also meant they could push June out onto the deck to enjoy the sunshine.

"All of the equipment meant that we could look after mum at home and it really helped her quality of life." The district nursing team were problem solvers and did everything they could to make June comfortable. Wendy says they always stayed in touch and came when they said they would. They cared about everyone and how they were feeling and they cared about the carers too.

Wendy and her dad cared for June fulltime at home for the three months. "I was lucky, actually mum was lucky, that she didn't need to be in a hospital and her time wasn't painful and horrible." It was invaluable for them to be able to contact the team when they needed to, and they felt empowered to care for June.

"If I had to do without them, I don't know how I would have done, to be honest. It's a scary time. You don't know what's going to happen. But the team is amazing and all of the conversations over the months prepared us. Juliet and everyone had talked to us about how it was likely going to happen and exactly what they said, did. When she actually died, it made her passing easier. I knew what to expect because it had all been explained to us.

The team was constantly in contact with us to offer their support and let us know they were there. But because it was all happening as we had been told it would, we didn't even feel that we needed one of the nurses there right at the end. I'd been given the knowledge and I felt confident to deal with what was in front of me."

Volunteer Vacancies

Community Massage Volunteer-Richmond

Certified massage volunteer to offer relaxation massage to community patients. One morning, afternoon or day per week. This is an additional service and extends our reach into the community.

Equipment Volunteer-Nelson

Volunteers to assist with equipment deliveries and pickups from patient homes. As and when required. An average of 1-2 days per fortnight. Monday-Friday.

Shop Volunteers

Nelson, Richmond, Stoke, Motueka and Takaka- various shifts. This role assists us in raising funds for Nelson Tasman Hospice and aim to raise almost half of the \$3.5M funding shortfall each year.



Celebrating Volunteers

with Community Care Coordinator, Michelle Falkner

As a community care coordinator, our clients and whānau often have complex health needs. Through assessment we identify physical, emotional, social, cultural, and spiritual needs.

Along with other interdisciplinary assistance, we may identify how volunteer support could benefit and enhance client's health journey. Our volunteer coordinators have the uncanny ability to match the perfect volunteer with the right client. We provide handover to the assigned volunteer and answer any questions or concerns.

I have witnessed many volunteers forming meaningful relationships with clients and whānau, providing a sense of self and enhancing quality of life at a time of need. Some spend time just sitting and being and connecting or knitting or doing puzzles. Others go for walks or drives or shopping. Some volunteers allow significant others time for themselves knowing their loved one is safe with someone staying by.

I have the upmost respect and gratitude for our volunteers offering their time to make a significant difference in people's lives.

Together, our care is more holistic.

Wish List

By donating for specific items you have a tangible sense of the impact of your gift; whether it be equipment, which is loaned free of charge to families in their homes or placed in our SPCU, or stationery to support our daily business, each item you donate helps make a difference to our patients every day.

- \$15 each (\$300 for 20) USB Stick x 20
- \$100 Book Binding Materials – for life storywriter volunteers who work with patients to tell their stories
- \$140 each Bed cradle - adjustable x 2
- \$144 each Shower stool x 1

- \$250 Timber for wheelchair ramps in patients' homes
- \$392 Bath transfer benches x2
- \$430 per box Copy paper for daily business support
- \$700 per box NZ Post 500 pre-paid envelopes
- \$2600 each Euro Lift recliner chairs x2
- \$3945 each Auto Morpho plus Air mattress x 1

\$115 could cover the cost of a week of personal care and wash products including Sage Comfort shampoo caps - providing clean hair without the use of water, relieving for patients who are unable to wash their hair in the shower

\$550 could cover the cost of a month of patient pain relief and comfort; such as infusion sets for medication and mouth spray bottles

You can also make a one-off or regular gift to support hospice services in Nelson Tasman.

If you would like to fund an item from our Wish List, please contact Rachel Lake on 027 222 1344 or Rachel.lake@nelsonhospice.org.nz. We would love to hear from you.

Thank you to the amazing recent supporters of our Wish List for being part of our compassionate community.

Yes! I would like to support the future of Hospice services in our region.

I would like to make a donation of: \$10 \$20 \$30 \$50 \$100 \$ _____

I am paying by: Mastercard Visa

Credit card # Expiry: ____ / ____ 3 digit security code: _____

Name: _____ Address: _____

Phone: _____ Email address: _____

Signature: _____

To make a direct credit donation using online banking, please use NBS bank account # 03 1354 0532930 00 Please include your last name and phone number on the two reference lines

Please bring the form in to Nelson Tasman Hospice, 331 Suffolk Rd, Stoke or post completed form with donation to: Nelson Tasman Region Hospice Trust, PO Box 283, Nelson 7040

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