

Hospice

News 2020

Otago Community Hospice Newsletter | February

CEO Message

Happy New Year!

We said goodbye to 2019 with several large fundraising campaigns coming to an end. The Farmers Campaign, the Rotary Club of Dunedin South Trailer Raffle and the Speedprint calendar were all full steam up until Xmas time.

It makes for a busy December, which is lucky because in 2020 we are set to boost staff numbers throughout the region, building more support in the community, which is where the majority of our palliative care to patients is provided. Almost 50% of our patients, at any given time, are residing in our rural centres.

The New Year sees two new Care Coordinators joining our teams in North Otago and Central Otago and we are increasing counselling hours and employing a spiritual coordinator and social worker in Central Otago.

In another boost for the regions, this year we are rolling out the very valuable Kowhai Programme to Central Otago and North Otago.

We developed the Kowhai Programme in 2010 following research undertaken by Dr Jennifer Angelo, a hospice occupational therapist, using a research method called photovoice.

Patient care givers were asked to take pictures of things that held meaning for them and what they struggled with as main caregivers for a loved one who was dying. The research findings formed the basis of this programme giving caregivers the tools, knowledge and confidence to carry out the multiple tasks they need to perform to keep their family member safe, comfortable and maintaining a meaningful quality of life.

Due to resource constraints we have delivered Kowhai via face-to-face sessions only in Dunedin, and created a website of content for those further afield but it was clear that we needed to offer these face-to-face sessions throughout Otago.

It's vital that all our patient carers have the opportunity to attend a Kowhai session if they are able to. There is nothing like being in a room with the experts, asking the questions that

keep people awake at night and being equipped for the challenging tasks ahead. It also provides a valuable opportunity to connect with others who are sharing similar experiences.

We are extraordinarily proud of this programme, so it is wonderful that we now have the resources to roll it out to the broader region.

As always, a very big thank you for all your support, and I hope you will continue to support our Hospice, ensuring our free, excellent palliative care service for all those who need it.



Ginny

LETTER FROM A DAUGHTER

To the amazing staff,

My father, Robert Graham Murray – passed away on 9 September 2018 at the Otago Community Hospice. His passing after 8 weeks of diagnosis of asbestosis (was given 4 – 10 months) was a real shock, yet he was at peace and died with the respect and dignity he so deserved with his daughters with him. Of all the staff that cared for my father, I cannot thank you enough. From the gorgeous nurses and the carers to the beautiful ladies who made his favourite food – everyone made his last 6 days so wonderful. I thank you sincerely. He was given the Masonic room (he was a mason for over 60 years) – it had orange in the room –his favourite colour – and blossom on the tree outside. It was perfect.

SANDRA WHIPP

No Age Limit to Fundraising

Shayla Thomas (10) and Wade McClenaghan (10) hadn't quite finished their day after their final assembly at Northeast Valley Normal School in December 2019. They were yet to deliver four huge bags of donated goods for our Inpatient Unit kitchen. At the end of the year, instead of paying two dollars for their regular Friday sausage sizzle, the kids brought in baking goods to give to the Hospice. A big hearty thank you to all the kids at Northeast Valley School, their whānau and the PTA.



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Living Every Moment

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Hospice News

Vogel Street Opening Heralds Era of More Sustainable Fundraising

It was with MUCH excitement that the Gordon Allen Foundation Trust took possession of a large building in Vogel St in September last year.

This building will be home to a Hospice Superstore from early March, combining the staff and volunteer teams from Bond St and George St Hospice Shops in one big premise – 650 square metres of second hand goodness and a large sorting, storage and distribution centre.

127 Vogel St is situated in the heart of the historical Warehouse precinct. Originally a Dalgetys Wool store built in the 1890s, it has had many uses including a Countdown supermarket and most recently a pharmaceutical distribution centre.

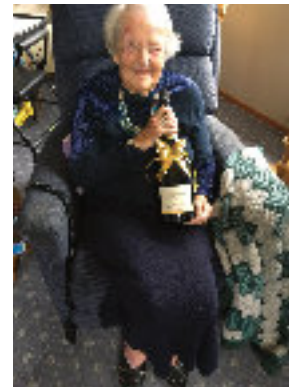
"The building is full of historic charm but has needed some major renovations to make it fit for purpose for a Hospice Superstore. We are very close to it being ready, with the last of the new windows going in this month, and the ceiling work finishing up in February. It is going to be an amazing commercial Superstore which will continue growing our sustainable income to support Hospice services," says Hospice CEO Ginny Green.

"We really appreciate the wonderful support and foresight of the Foundation to make this investment."



Dawn Ibbotson

It was with much sadness that we heard the remarkable Dawn Ibbotson died on January 10th. Dawn was a strong supporter of Hospice for 16 years. Dawn rang Hospice looking to raise money for us back in 2004. Charitable work was always part of her life and she loved people and always wanted to get involved. She had a deep love and knowledge of gardening and this extended to her making cards for us with pressed flowers from her garden. She could name every species of plants. Fairly early on she told us she had left a bequest for the Hospice in her Will so was invited to join the Bequest programme 'The Monarch Club'. Our team has fond memories of her at the age of 93 sitting on the stern of the Monarch looking out to sea during a Monarch Club outing. Another favourite moment was when she bailed up the medical director during an information session asking him if she'd make it to 100. He responded that the odds were that she would, and she definitely did.



Champagne, Cake & Couture with Style Icon Barbara Brinsley

Fifty people crowded into the gorgeous drawing room of Lyn and Malcolm Farry's home on Forbury Rd to see 33 high fashion outfits – just a slice of style icon Barbara Brinsley's fantastic fashion collection at the Hospice's Champagne, Cake & Couture event in October 2019.



This extraordinary fashion event raised \$5800 for the Otago Community Hospice, with every part of the event donated.

Victoria Muir from Sequel Events created the event from scratch. She, Barbara and fashion historian Dr Jane Malthus curated the fashion line up; the champagne was supplied by Wine Freedom, and sponsored by Deloitte Dunedin; the coupe glasses were supplied by Oamaru

Hospice Shop Manager Jenifer Callanan; and a glorious selection of cakes were donated by Heritage Cafe, The Tart Tin, Rosalind Alison and Amanda Burke.

During the "Champagne, Cake & Couture" historian Dr Jane Malthus and Mrs Brinsley discussed her collection, which featured many international labels, including Dior, Valentino, Jean Paul Gaultier and Maison Margiela, as well as her favourite New Zealand brands and treasures she has found at the Otago Community Hospice retail stores.

THE NEW OAMARU HOSPICE SHOP - PART OF THE NORTH OTAGO HOSPICE HUB - HAS CELEBRATED ITS FIRST FULL YEAR OF OPERATION AND IT'S BEEN VERY SUCCESSFUL ALMOST TRIPILING ITS SALES INCOME! BIG THANKS TO ALL THOSE WHO HAVE KINDLY DONATED GOODS TO THE SHOP - IT MAKES ALL THE DIFFERENCE.

Cruising for Charity

In its 10th year, the annual Otago Hospice Charity Cruise – run by a committee of two Ken Schumacher and Nathan Baker – made a whopping \$6860 for Hospice. This was \$2000 plus more than any previous year of the cruise, and Ken puts that down to a gorgeous sunny day, a record 250 vehicles entered and a fabulous new venue at Hancock Park in St Kilda.

Dunedin & Oamaru Farmers Stores Raise \$32k for Hospice Services in Otago

We have once again been overwhelmed and humbled by the support from our local Farmers Department Stores and their customers in the lead up to Christmas.

Money made from the campaign, and sales of the Farmers Christmas bauble resulted in a donation of \$31,837.26 which will be used to roll out the Kowhai at Home programme which supports carers with education around patient care in their own home.

Not only did the team at Farmers embrace raising funds for our Hospice, they also worked as ambassadors for our services, helping the community to better understand the work we do. We are wowed by the continuous enthusiasm and commitment that the Farmers staff have for this campaign, and also for the wonderful support from Farmers customers.



BECOME A BEQUESTOR

A BEQUEST IS A WONDERFUL WAY TO SUPPORT THE LONG TERM SUSTAINABILITY OF OTAGO COMMUNITY HOSPICE. A BEQUEST MEANS A GREAT DEAL TO THE PEOPLE WE CARE FOR AND HELPS OUR SERVICES REMAIN FREE TO YEARS TO COME. PLEASE CONSIDER LEAVING A BEQUEST TO HOSPICE - TALK TO YOUR LAWYER OR CALL US TO FIND OUT MORE.

Share Your Story

We are looking for stories to help us raise awareness of Hospice care. If you've had a family member receive Otago Community Hospice care, and are willing to share your experience to inform and inspire others, please contact Becs Wilson, Development and Engagement Manager, 021 103 2757 or becs.wilson@otagohospice.co.nz



5 ways to help someone who is grieving

1. Grief happens to everyone – everyone experiences grief differently, so follow their lead. Understand that there are good and bad moments, and those will go on.
2. Those close will give advice and try to build one person on to the person or better – try not to tell them how they should grieve, that they'll love again, that it'll be better than.
3. Anticipate, don't ask – don't say 'tell me if you need anything'. Say 'I'll bring dinner tonight' or 'I'll take up the dishes with your dog' or offer to rearrange the sofa for the kids.
4. Don't try to be the ultimate person to help your way.
5. Love them!

As part of the HospiceNZ campaign – 'We need to talk about dying' – a range of resources have been developed based on our experience caring for people who are dying.

We've included one here about dealing with grief – something all of us face.

There are many others resources available, and they can be found here:

www.hospice.org.nz/what-is-hospice/weneedtotalkaboutdying/



Consider becoming a Friend of Hospice by setting up an automatic payment. Your regular payment will go directly to the costs associated with specialist palliative care. This will also help us overcome the impending bank changes with many set to phase out cheque use. Please call us if there's anything we can do to help your move away from cheque donations. Contact Michelle on 03 473 1044 or friends@otagohospice.co.nz anytime.

Below are some examples of where your donation will go:

- A session at our Kowhai Programme = \$70
- A weekly counselling session for a family member = \$125
- A home visit from our Community Care Co-ordinators = \$140
- A specialist doctors visit in the community = \$300
- A night nurse sitting with a patient overnight for a week = \$950
- A visit to our Inpatient Unit for a week = \$3500

Every time you donate it helps us keep our services free of charge to patients in Otago.

Hospice News

We cherish the continuous and valuable support we get from our Corporate Supporters and National Supporters.

These are the organisations who help us keep everything ticking over with donated goods and donations. They often also volunteer for our street appeal and working bees.

Corporate Supporters



Mercy Hospital



Colliers
Mitre 10 Mega
Fat Sallys
Pioneer Energy



Toyota Cooke Howilson
Firebrand
Total Carpet Services
Harcourts
Kaans Catering Supplies Ltd
Pacific Finline
Emersons
PGG Wrightsons



Carpet Court
Otago Polytechnic
ODT
Speedprint
Dunedin Casino
Little India Restaurant

National Supporters



Harcourts



BNI

THANK YOU!

Our heartfelt thanks to the following Trusts who recently supported us with extremely generous grants:

Bendigo Trusts Grant

The Southern Trust

NZ Lottery Grants Board

JN Lemon Charitable Trust

Dunedin Casino Charitable Trust

Otago Community Trust

Marsh Family Trust

Hospice Events Calendar 2020

6 & 7 March – Annual Street Appeal

To start the year of fundraising, we have pulled our Annual Street Appeal forward from May to this earlier, hopefully sunnier, date! If you would like to volunteer as a collector please let us know.

Friday 13 March – Dunedin Degustation Dinner

For the second year running, our Dunedin Degustation Dinner is booked in at Glenfalloch Restaurant. This is a beautiful evening, combining an incredible 7 course menu designed by chef Hannes Bareiter with a small but finely curated auction including a Michel Tuffery painting of Tairaroa Head and Ben Smith's jersey from his last game with the Highlanders (framed). Supported by Harcourts Dunedin.

Friday 27 March – Central Otago Dinner Club

Following the tremendous success of the inaugural Central Otago Dinner Club in 2019, Russell Garbutt is once again coordinating a dinner for Central Otago and Pioneer Energy are leaning in with fantastic support. The Dinner Club this year is at Rebecca and Barry Farrell's The Packing Shed, Earnsclough.

Saturday 20 June – BNI Midwinter Ball

Just days before the end of our financial year, the BNI chapters are combining efforts with our fundraising team to create the BNI Midwinter Ball to be held at the Otago Polytechnic Hub. It promises to be a night to remember!

Keep an eye on our website page for more information on these events as they happen.

www.otagohospice.co.nz