

# Hospice News

February 2019

## Otago Community Hospice Newsletter

### CEO Message

I am not sure where 2018 went, time has flown by. We had another busy year doing what we do throughout the community. The year ended with us being selected as a finalist in the Otago Community Trust Excellence in Not-for-Profit section at the Westpac Business Excellence Awards in November.

Seventy businesses from around Otago attended the award ceremony at the town hall and were congratulated for their courage and willingness to stand out.

"The Westpac Otago Business Awards celebrated those with the courage to turn the tall poppy syndrome on its head as well as the many innovative, passionate, creative and downright courageous people in the region," said Otago Chamber of Commerce chief executive Dougal McGowan.

Sadly, we didn't take out the top prize, but it was great to be a finalist and it was well worth the time taken to review what the Hospice team has tackled in the last few years. The exercise was a good reminder that we should all take time to look back and see what we've achieved and give ourselves a wee pat on the back every now and again.

We were extremely proud to have been recognised in this way.

And here we are in 2019 already. Happy new year to you all. This year promises to be another eventful year through the district. We have plenty of things for our supporters to get involved with, which you can read about in this newsletter, from the inaugural Dinner Club in Central Otago to shopping at our new Oamaru Hospice Shop.

Thank you for your continued support of what we do in your community. We simply couldn't do it without you.

*Ginny*



### Farmers Remembrance Campaign

The Farmers Hospice campaign has generated a fantastic financial contribution to Hospice, raising \$38,054.00.

Once again Farmers' customers and staff were fully behind the campaign – purchasing the limited edition bauble and making donations to the Tree of Remembrance. 100% of all funds donated in each store remain in the local community.

"The campaign is a really significant one, where local Dunedin and Oamaru Farmers turn their finely-tuned fundraising efforts towards our Hospice services for a whole month – during the busiest shopping season of the year. We love working with the Farmers teams – they are such committed and generous fundraisers and the campaign also shows what an incredibly generous community we have here in Otago," says Ginny.

"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. The awareness raising that comes from being involved with Farmers is invaluable. Thank you so much to everyone who participated."



Hospice Executive at the Business Awards



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## A Central Otago Story of Hospice Care

(by Russell Garbutt)

I still remember with absolute clarity the day that our GP rang me to ask Bev and I come to see him the following day. Bev had been feeling slightly unwell and the locum she had seen had got her to have an ultrasound and blood test. It was the first time that Bev had seen our GP and he had to tell us that she had advanced ovarian cancer. Before we left his consulting room Bev was referred to an oncologist in Dunedin and was in the system to prepare for surgery in a couple of weeks. It was the start of a long journey through the surgery and subsequent chemotherapy and referral to a variety of health professionals. But early on we were referred to Hospice. Neither of us had experience of hospice other than vague thoughts that it was a place where people went with no hope. Within minutes of our first meeting in our home with one of the Central Otago Community Care co-ordinators we realised that we weren't on our own and Hospice was there to help us through a really tough time.

Everyone treats serious disease differently. For me, I wanted to know all I could about ovarian cancer while Bev only wanted to know what she needed to know. Over those long months that extended into a couple of years, every step of the way the Hospice ladies were there. And along with them was the visits from the Hospice doctors. We were just amazed to have this incredible doctor sitting on our lounge floor for over two hours taking us carefully through any questions we had and what options we had in treatment. We went together and separately to see Natalie who doubled as a Community Care nurse and Counsellor who was just amazing. Of course we regularly saw the visiting oncologist and more rarely our GP, but it was Hospice that we saw and talked to most.

Near the end, it was Hospice who suggested Bev go to Dunedin for a short stay at the Hospice and I stayed in the



house just round the corner. The care and love we both received there was outstanding and for a few hours each day I was able to take care of myself knowing that Bev was in the very best of hands. We travelled home to Clyde and within a few short days Bev had to go to Dunstan Hospital where she died a few days later. Even then, the care from Hospice didn't end with Natalie providing some much needed advice over the ensuing weeks of dealing with my loss and grief. My family and I also attended memorial functions both at Cromwell and Dunedin.

I will never forget Hospice and that is why I'm so anxious to help them raise money so that these amazing people will be here for all that need them.

## Central Otago Dinner Club kicks off with Pioneer Energy and Paulina's

Russell Garbutt (see story above) has been instrumental in extending Otago Community Hospice's fundraising arm to Central Otago with an inaugural Dinner Club fundraiser hosted by Alexandra-based Pioneer Energy.

Being held on Wednesday 8th May, the Central Otago Dinner Club features a three course meal at Paulina's Restaurant, guest speaker Jim Hopkins and exclusive auction items including a lap in an Aston Martin Vulcan and a jet plane flight.

The Dinner Club concept was triggered by Russell who was keen to volunteer for the Hospice in some capacity.

Ginny says the Hospice Community team based in Cromwell has seen growth in patient numbers and complexity in the Central Otago region, so it is wonderful to have volunteer fundraisers like Russell helping out with enthusiasm, contacts and local knowledge to ensure the service can meet the need.

"Russell jumped into this Dinner Club boots and all, and even lined up the key sponsor Pioneer Energy."

Pioneer Energy COO Jonathan West says the community-owned and focussed Pioneer Energy was keen to come on board as supporters for the Dinner Club, recognising the vital service the Hospice provides in the region.

"Paulina's will be a great night of food and fun. We only have capacity for 70 guests, so we expect the tickets to sell out fast," says Mr West.

Tickets cost \$125 each and can be purchased by: emailing [DinnerClub@pioneerenergy.co.nz](mailto:DinnerClub@pioneerenergy.co.nz) or phoning 03 440 0022 or 0508 363 749.





# NORTH OTAGO HOSPICE HUB OPENS ITS DOORS



It was with much anticipation that the North Otago Hospice Hub opened its doors to a gathering of more than 80 community and corporate supporters on Tuesday 11 December.

Mayor Gary Kircher cut the ribbon with CEO Ginny Green to celebrate the official opening. And the generosity of the North Otago community shined brightly on the night, with fundraising stalwart Sally-Ann Donnelly providing the catering, wine from Point Bush, Quartz Reef and Pasquale vineyards, beer from Craftwork and Scotts, flowers from Estelle Flowers and photography by Alice Hore. The Hospice also received an unexpected donation of \$2472 from Plunket Electrical's recent Movember efforts.

The North Otago Hospice Hub on 343 Thames Highway provides a purpose-built space for the Otago Community Hospice's Patient Services, Hospice Education Services and a new Hospice Shop.

Otago Community Hospice CEO Ginny Green says the hub is set to be an amazing community asset.

"Our Hospice now has a sustainable, visible, functional and flexible home in North Otago. The shop, the training centre, the clinic space, the counselling room – all under one roof serving the North Otago Community."

Ms Green credits the community's generosity and support with bringing the hub to life.

"This all started with Sally-Ann Donnelly having a vision for Hospice in North Otago, and kick-starting the fundraising drive. That was followed by a very generous bequest which enabled us to buy our building. And then in behind that, the Waitaki Hospice Care Trust, the Lions clubs, the Oamaru Licensing Trust, various church groups and the community have dug into a terrific fundraising drive.

We are so grateful the community has rallied behind this project. We are 100% committed to equitable delivery of specialist palliative care services to the people of North Otago."



# Hospice News

## Hospice Upcoming Events

### Charities Bowls Tournament

**Sunday 10 February 2019** RSA Bowling Club, Alexandra

### Dunedin Dinner Club

**Friday 15 March 2019** Glenfalloch, Dunedin

### Oamaru Dinner Club (with Spivey Real Estate)

**April 2019** Oamaru

### Central Otago Dinner Club (with Pioneer Energy)

**Wednesday 8 May 2019** Paulina's, Clyde

### Hospice Awareness Week

**Monday 13 May – Sunday 19 May 2019**

### The Night Circus

**Saturday 18 May 2019** Otago Polytechnic, Dunedin

### Volunteer Awareness Week

**Sunday 16 June – Saturday 22 June 2019**

## #We Need to Talk About Dying

Hospice NZ has launched a national campaign to encourage conversations about death and dying.

There is growing concern internationally that many communities are losing touch with the dying process, and the lack of information often resulted in fear. Hospice NZ's nationwide campaign 'We need to talk about dying' provides information about death and dying and encourages people to talk about it more, including about any concerns they may have, what sort of care they want, and what a 'good death' means to them.

"Death seems to have become a difficult topic for a lot of people," says Ginny Green.

"Death is a process. We at Hospice tend to know what's going to happen, and can support people through it. It's usually not anywhere near as bad as they might be expecting. If we could talk about it more and get more familiar with what happens, then we might all worry a bit less.

Improved conversations would also make people feel more ready and able to support friends and family who were grieving. Dying involves a whole community, not just an individual, and we all have a role. We think it's important to learn to talk about it while we're well, so we don't have to learn that difficult lesson as someone we love is dying."

As part of the campaign there are resources on the HospiceNZ website: [www.hospice.org.nz/weneedtotalkaboutdying/](http://www.hospice.org.nz/weneedtotalkaboutdying/) covering off challenging situations like ways to talk to children about death, tips for writing condolences and ways to help someone who is grieving.



# THANK YOU!

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

**Alexander McMillan Trust**  
\$13,678

**COGS Central Otago**  
\$2,300

**Goodwill Trust**  
\$8,290

**NZ Lottery Grants Board**  
\$28,750

**Southern Trust Grant**  
\$9,570

**ANZ Staff Foundation Trust**  
\$10,000

**Hospice NZ Grant**  
\$10,000

**JN Lemon Trust**  
\$50,000

**Marsh Family Trust**  
\$10,000

**Waiakarua Lions Club**  
\$5,000

**Waiareka Valley Lions Club**  
\$5,000

## Inpatient Unit Heating and Cooling Project Nears Completion Thanks to Grants

Last summer, after some of our rooms became unbearably hot and with the underfloor heating starting to wobble, Hospice decided to tackle a new heating and cooling system for its North Road building. This work is nearly completed and will allow a greatly improved environment for our patients and staff. This project wouldn't have been possible without the generous support of the community and in particular three significant grants. We are very grateful to Otago Community Trust (\$100,000), AAW Jones Charitable Trust (\$40,000) and the Lions Foundation (\$50,000). We truly appreciate their support which ensures our Hospice Inpatient Unit is well future-proofed.