

Waipuna Connections

Issue 85
December 2023

Bringing you closer to the lives you help change

*"FOR WAIPUNA HOSPICE,
YOU WOULD HAVE TO
TAKE ALL THE STARS
OUT OF THE SKY TO GIVE
THEM AN ACCURATE
RATING, AND IT STILL
WOULDN'T BE ENOUGH."*



Waipuna Hospice patient, Baden Jury shares his experiences with Waipuna Hospice on page 2.

Plus, Waipuna Hospice Counsellor Karen Schilperoort gives guidance on how to get through Christmas.


WaipunaHOSPICE
Life is Special

Rambling Rich

Hello everyone,

We have had a busy end to the year with the hospice services under significant pressure during an increasingly under-resourced period for the whole of healthcare. The team are working really hard to cover gaps in the team due to the difficult recruitment environment. With Christmas on the horizon I know that the team appreciate the support we get at this time of year from our patients, their families and our community in general.

In November we had our AGM where we said farewell to Vanessa Hamm, David McClatchy, and Glenda Hutchison from the Board. We welcomed four new Board members:

- Debbie Pattullo
- Simon Darmody
- Sue Lund
- Skye Duthie



I am also pleased to announce Debbie Pattullo is our new Board Chair and the team and I are looking forward to working with her.

You'll see in this issue the large amount of work the team are also doing to raise funds for Waipuna Hospice services - these are so important for our patients and families, and we could not provide what we do without the excellent support from you, our community.

It is difficult to ask for funds when costs are rising for everyone - a fact that is now the subject of a national campaign being coordinated by Hospice NZ. You can find out more and learn about how to support this campaign by visiting www.hospice.org.nz/get-involved/fund-us-fairly/. This campaign is to advocate to the new incoming government that hospices are still experiencing inequity of funding compared with other health services provided by Te Whatu Ora.

As this is the last newsletter of the year, I wish you all a peaceful and merry Christmas. Remember when you get new to replace old - please consider donating your quality secondhand goods to our shops!

Ngā mihi,
Rich

Thank you to our supporters



All The Stars In The Sky ²



On a sunny day, nestled in the heart of Waipuna Hospice sits Baden Jury, a patient of ours who at the time of this interview was staying in our Inpatient Unit for respite care.

35 years ago, Baden was first diagnosed with cancer and given months to live. But, with a stubborn streak he credits to his Irish Grandmother, he looked at his doctor and said (in not quite as polite terms) that he wasn't going anywhere. With a 5-10% chance of survival, Baden underwent surgery, and 35 years later, is still here. However, while his cancer went into remission, it wasn't smooth sailing for Baden as he battled serious heart and lung problems. Problems that are escalating as time goes on.

Baden reached out to us and said he would like to express his gratitude, as he couldn't believe how well looked after he had been. We sat down with him to hear more about his story and get to know the man behind the 35-year battle of life and death.

“You know, when you stay at a hotel they rate it out of five stars,” began Baden with a lump in his throat. “Well, for Waipuna Hospice, you would have to take all the stars out of the sky to give them an accurate rating, and it still wouldn't be enough – there just aren't enough stars in the sky to describe how amazing their care has been.”

After taking a moment to regain his composure, Baden went on to tell us all about his stay in our Inpatient Unit, and the “wonderful” staff that took care of him.

“Everybody here is just so amazing. From my point of view, when you come to Waipuna Hospice, you know you're going to get treated well because their care is just incredible – I couldn't fault it. Given it's a charity, the quality of everything, even the people, is amazing. It's not a back corner charity, it's professional in every way.”

Baden has been struggling with his health since he was first diagnosed with cancer 35 years ago. Then, his heart and lungs started causing problems, with multiple hospital visits, heart attacks, pancreatitis, and more. Baden joked that as one problem slowed down, the others escalated.

Baden has been a patient of ours for a few months now and gets weekly visits from our team, both from a medical point of view and with our Counsellors and Spiritual Care Coordinator. But Baden knows his time is coming, and after 35 years, credits his survival to his body.

“While we all know that we're born to die, I now know my time has come. I'm not so sure I'm even fighting anymore, it's just that my body's not prepared to give up. By now, I think it's muscle memory. I guess you can thank the Irish in me for that. But, when the time comes, I couldn't imagine a more beautiful place to pass.”

“This place is full of love and helpfulness. Everybody goes out of their way to help you, and no one ever makes you feel like you're too much trouble. My stay in your Inpatient Unit has just been wonderful. Everybody seems to love what they're doing. They're here because they want to be and they're here because they love it. **Everybody just pumps so much love and healing into you that you just can't ignore it.”**

Although Baden understands his life is coming to an end, he still finds space in his life for humour.

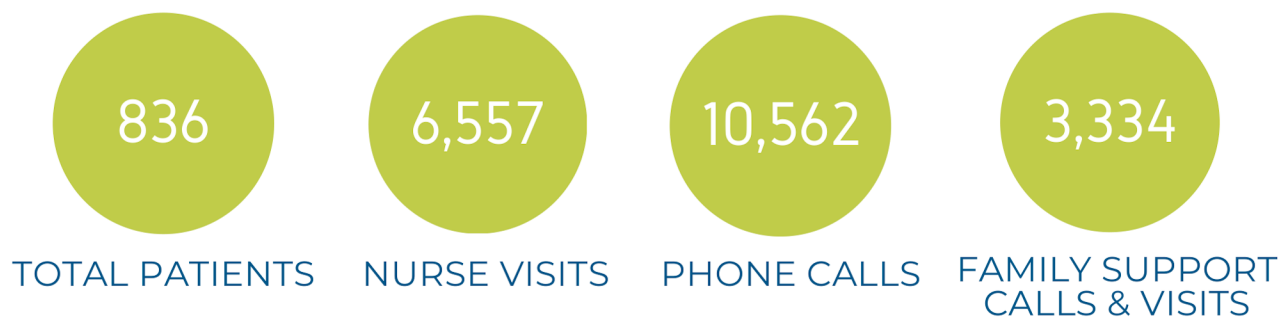
“I have just spent a week in your Inpatient Unit, and I have joked with the nurses that it will either be my partner Lyn picking me up or the hearse, but I think Lyn will win this time.”

Well, Lyn arrived a day later, and Baden has been at home since, receiving the same quality care he got in our Inpatient Unit, but from the comfort of his own home. **We'd like to thank Baden for sharing his story with us, and for his kind words.**

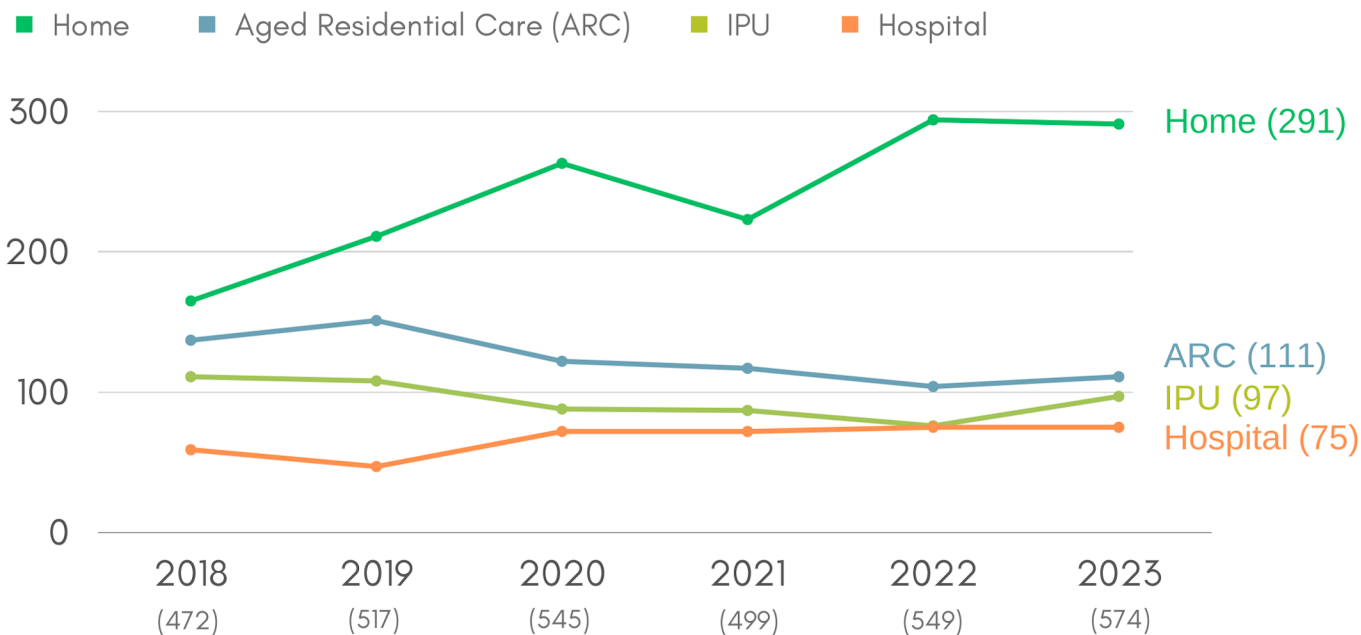
A YEAR AT A GLANCE

Every year we take time to reflect on the year, looking at what went well, and the challenges we faced, and plan for the future.

Here is a snapshot of what you helped achieve in the 2022 - 2023 financial year.



Waipuna Hospice Patients - Place of Death



Ethnicity

NZ European	Maori	European	Asian	African	Pacific	Other
615	98	88	14	8	6	7

236,981

KM TRAVELLED
BY OUR TEAM

173

INPATIENT
ADMISSIONS

860

CURRENT
VOLUNTEERS

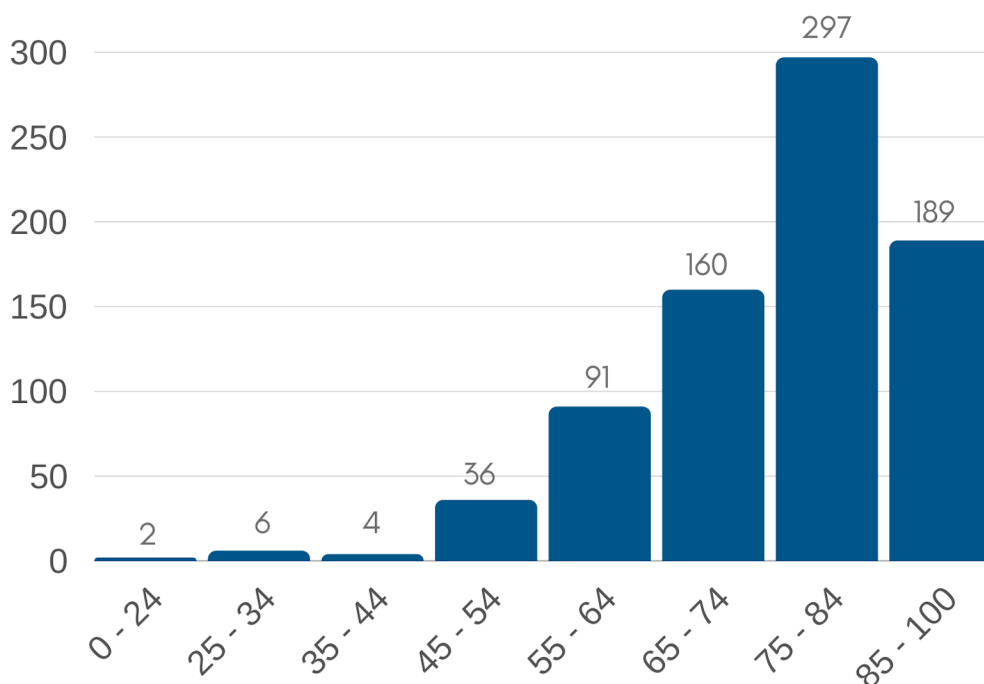
8.68

AVERAGE
DAYS IN IPU

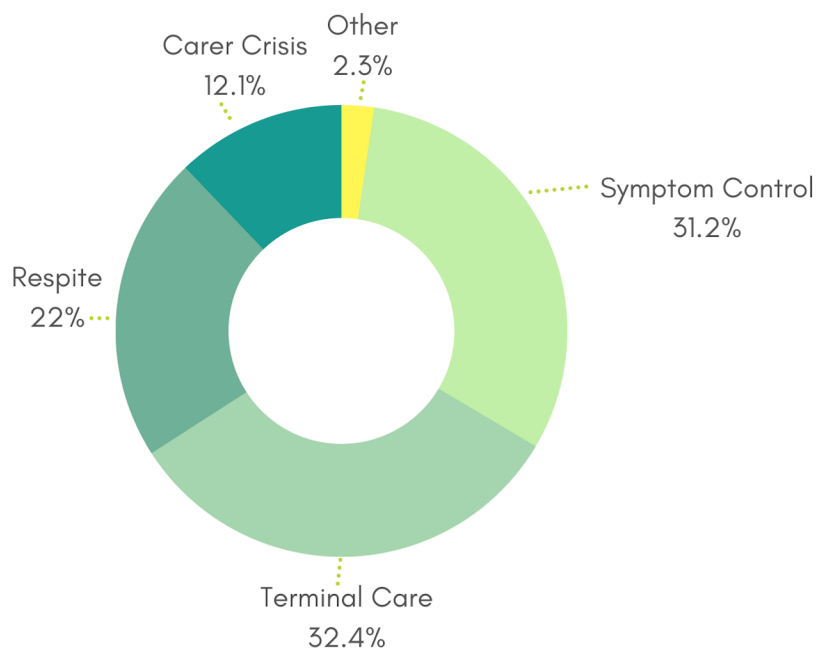
785

REFERRALS

New Patient Referrals By Age



Reasons For Admission To IPU



20,453^{*}

contacts were made to our
patients and their families.

*phone calls, telehealth and in person



Got stuff you no longer need? Donate goods and change lives



Visit our depots, charity shops, or
book your free collection by calling

07 281 1755

Please help us by donating your quality used goods to our charity shops!

Our Waipuna Hospice Charity shops urgently need your donated items in the lead-up to Christmas. Help keep our doors open, and our shelves stocked by donating today. We accept anything that still has value and is in clean condition - especially furniture and bric-a-brac!

Not only will you be decluttering and clearing space at home, but you'll also be helping care for your community through the work of Waipuna Hospice.

To learn more or book a FREE goods donation collection visit www.waipunahospice.org.nz/donate-goods/

Community Spirit In Action

We are blown away by the exceptional fundraising efforts of our community recently. They have gone above and beyond to help care for and support the dying and bereaved.

We'd like to say a huge thank you to Mount Ocean Sports Club who raised \$15,000 at a casino night, Evolution Muay Thai who raised \$15,240 at Lights Out For Hospice, the Rotary Club of Tauranga Sunrise who raised \$13,212.21 at their recent Rotary Breakfast, and The Vines Bethlehem for raising \$5,685.70 at their market day. **Thank you for your amazing dedication to supporting our work, you truly are community heroes and we couldn't do what we do without you.**

Want to join in on a good cause and fundraise for Waipuna Hospice? Email us at fundraising@waipunahospice.org.nz and let's chat.





It really is..... **Good in the Hood**

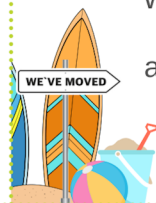
We'd like to say a HUGE thank you to Z Palm Beach and Z Bethlehem, and all of their incredible customers, for supporting Waipuna Hospice in the 2023 Good in the Hood campaign.

Thanks to our community, Good in the Hood raised \$2,546 for Waipuna Hospice, which will go directly towards helping us care for the dying and bereaved in Tauranga and the Western Bay of Plenty.

Our Mount Shop Has Moved!

Our Mount store has relocated to **35 MacDonald Street, Mount Maunganui.**

We haven't gone far! It's the same road as our previous location, just further along. Make sure you pop in, say hello, and find yourself a treasure or two.



Christmas Hours



Patient & Clinical services

Patient & clinical services will remain open and running, with no disturbance to our standard operating hours during Christmas and the New Year period - with the exception of some services on public holidays.

Administration Services

Our Finance, Human Resources, Operations, Marketing and Fundraising, and Volunteer Departments will be closed from the 22nd Dec, and will be reopen from the 3rd - 8th Jan depending on the service.

Charity shops

Our Charity Shops and Depot will be closed between 24 Dec - 2 Jan. Fraser St and Papamoa are exceptions and will be open on Dec 27-30.

If you have any questions or want specific departmental hours, please call our reception on 07 552 4380. Our reception will be staffed as normal during December and January - that is Mon - Fri, 8:00 am till 4:00 pm, with the exception of stat days.



Waipuna Hospice Candlelight Concert

In October we hosted our first concert in several years, and had such a blast. By the flickering light of hundreds of candles, in the stunning Holy Trinity Tauranga, string quartet Kulios performed the exhilarating music of Hans Zimmer, and what a show it was!

Thank you to all those who joined us, we loved meeting you all and hope you enjoyed the experience.

We look forward to seeing you again soon! If you would like to be one of the first to know about future events, please email us at events@waipunahospice.org.nz.

Coping with Loss During the Christmas Season



Waipuna Hospice Counsellor Karen Schilperoort gives guidance on how to get through Christmas, an often difficult season for those who have lost a loved one.

As the Christmas holidays approach, anticipating special occasions can be particularly difficult for families grieving a loss. Families can find meaningful ways to connect with their loved ones over the holidays and continue their bond in new and different ways. Continuing bonds refers to your person always being a part of your life. When a loved one dies, our relationship with them doesn't. Your loved one is still your loved one. They mean the same to you now as they did before they died. By accepting this fundamental truth, you empower yourself to find new ways to keep them in your life.

This year, plan a Christmas that feels comfortable for you and your family and remember that how you feel from one day to the next may change so take each day as it comes. Remember to be patient and kind to yourself, allow yourself to be authentically you, check in with how you are, and try not to overdo things.

Here are some ways you can navigate Christmas while grieving:

- **Plan ahead.** Acknowledge that Christmas will now be different and while you may choose to keep some traditions, others might have to be changed or dropped altogether. Ask yourself which traditions are important to you, and what you can reasonably cope with this year. Have a couple of plans that give you options on the day and over the Christmas period.
- **Think about what is meaningful and realistic for you and discuss this with your family.** Talk to family or friends and let them know if you are comfortable talking about the person who died or if you would prefer not to mention their name. People may assume you don't want to be doing either. Accept both practical and emotional help.
- **Be gentle with yourself.** Perhaps lower your expectations and only do as much as you feel able. Remind yourself the grief journey takes its own time, and most people experience days when they're coping, and other days when they get hit by a grief wave. If you are with others, allow timeout for yourself. If you are alone, stay in contact with family and friends.
- **Consider acts of remembrance,** such as lighting a candle, talking or writing to them as if they are here, treasuring photos, or doing special shared activities with those who support you.
- **Plan some quiet time for yourself.** Grieving is tiring and energy-sapping. Have a nap or take a short walk. If you accept invitations, change your mind, or leave early if you need to.
- If you're concerned about your friend or relative's grief over the festive season, **talk to them about it and take cues.** Many people won't use the name of the person, while some like to be speak about their loved one.

Waipuna Hospice counsellors compassionately listen to worries and fears, providing care plans for specific needs, saying goodbye and bereavement care. We offer a weekly drop-in bereavement group and a bi-monthly Navigating Grief Seminar for our families, and our Child and Family Therapist runs a coffee group for parents who've lost a partner. **Our counsellors are available to Waipuna Hospice patients and their families, Monday – Friday, excluding public holidays.** Alternatively, you can free-call or text 1737 at any time. 1737 is a free service for anyone who needs to talk to a counsellor (please note, 1737 is not a Waipuna Hospice service, it is a national telehealth service).

**"I'LL ALWAYS FEEL YOU CLOSE TO ME
AND THOUGH YOU'RE FAR FROM SIGHT...
I'LL SEARCH FOR YOU AMONG THE STARS
THAT SHINE ON CHRISTMAS NIGHT."**

- Unknown



— WAIPUNA HOSPICE —

REMEMBRANCE TREE APPEAL

— 2023 —



Waipuna Hospice, in partnership with Hospice New Zealand and Farmers, are once again encouraging our community to leave a message in remembrance of those who are no longer with us with our Remembrance Tree Appeal.

This is the 10th year that Farmers have supported hospices nationally in the lead up to Christmas with customers donating nearly \$7 million over that time, helping keep hospice services free of charge for patients and families.

The government funds less than half the cost of running hospices. In the 2021-22 year, it cost over \$186 million to provide free hospice care across New Zealand. While the Government provided \$92 million, hospices had to raise over \$94 million from their communities to bridge the gap.

Our Remembrance Tree Appeal helps by giving people the opportunity to leave a message on a Christmas tree for their loved ones, remembering those whom they can't be with, in return for a donation.

Hospice Baubles are another way to support the Remembrance Tree Appeal, available for \$15.99 at local Farmers shops.

The star of the 2023 bauble is the pōhutukawa. The iconic red flowers bloom each year around Christmas time, earning it the name 'New Zealand's Christmas Tree', and signifies the beginning and the end of the journey of life. Limited stock is available, and they are known to sell fast.

Remembrance trees will be located in all Tauranga Farmers stores, and local supermarkets and malls. Leave a loving message to someone you can't be with this Christmas, and donate generously. All donations made in Tauranga and the Western Bay of Plenty, including the sales of the Pōhutukawa Christmas Baubles, stay in this region and are given directly to Waipuna Hospice.

A special gift, just for you.

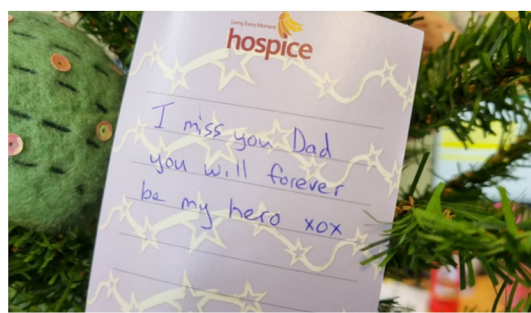
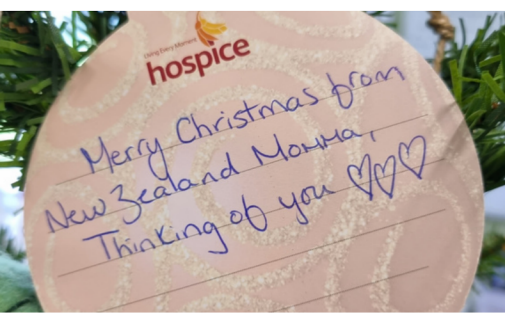
Christmas is a time when grief and the loss of a loved one are especially hard. **We want to help you remember those you will miss over Christmas, by gifting you your own special remembrance tree tags.**

You will have found complimentary tags enclosed in this newsletter, which you can hang on your own Christmas tree. Please write a note to your loved ones, whether it is a loved one who is no longer around to celebrate with you, or someone separated by land and sea, before placing the tags on your Christmas tree. Alternatively, you can hang your remembrance tags on any of our community trees around town in November and December, or you can send them to us to be put on our Christmas tree at Waipuna Hospice. After Christmas, you can post your remembrance tags back to us, or drop them in, and we will include them in our Remembrance Service in the new year where all our tags are blessed and buried under a tree on our grounds.

Being able to express grief through a written message can be a comforting and helpful exercise. We hope these tags will help connect you with your loved ones, even if you may not be able to spend time with them this festive season.



Hang your baubles on your Christmas tree and use it to remember someone special!



Waipuna Hospice's

CHARITY SHOP SUMMER ROAD TRIP

Our six charity shops are just the place to get your Christmas shopping done. Why not do a tour of them and support hospice while shopping for your family and loved ones? Don't forget, our Mount shop has relocated to their new home at 35 MacDonald Street!



KATIKATI

17 Main Road, Katikati
Mon - Fri - 9am - 4pm
Sat - 9am - 2pm
Sun - Closed

Heading to the mural capital of the country? Our Katikati store has fabulous window displays, friendly team members and a great shop layout to make finding treasures a breeze!



GREERTON

1267 Cameron Road, Greerton
Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

Touring around all the op shops in Greerton? Have a look in our windows at our brilliant displays, and come in for a range of high-quality items.



FRASER ST

271 Fraser Street, Fraser Cove
Mon - Fri - 9am - 4pm
Sat - 10am - 3pm
Sun - Closed

Come into our Fraser St store when you're doing some shopping at Fraser Cove. It's a true treasure trove, with an amazing selection of furniture at great prices, and friendly and knowledgeable team members!



MOUNT MAUNGANUI

35 MacDonald Street, Mount Maunganui
Mon - Fri - 9am - 4pm
Sat - Sun - 10am - 3pm

Going to the beach for some sun, surf and sand? Our Mount Maunganui Shop bustles with locals and tourists all donating and shopping from the beautiful collection of goods curated in stunning displays.



WE'VE MOVED

PAPAMOA

157 Domain Road, Papamoa
Mon - Fri - 9am - 4pm
Sat - Sun - 10am - 2.30pm

From everything quirky and vintage through to household goods, clothing and furniture, stop by our Papamoa store on your way to the beach or the Plaza – plus we've got plenty of parking!



TE PUKE

200 Jellicoe Street, Te Puke
Mon - Fri - 10am - 4pm
Sat - 10am - 3pm
Sun - Closed

Our Te Puke shop is a perfect pit stop when travelling through on a summer roadie or to your favourite fishing spot. The quirkiest store with bric-a-brac, clothing and singing galore!



Just 3.5 hours a week can help us make 6,557 nurse visits.

HELP US TODAY BY BECOMING A SHOP VOLUNTEER

Volunteer for just 3.5 hours in our charity shops or depots and make a real difference in the lives of our patients and their families.

Last year our charity shops raised \$5M*, and that was only possible thanks to our incredible volunteers. Join us today and help care for your community, be part of a fun team, meet new people, and possibly make lifelong friends.

Sign up by visiting www.waipunahospice.org.nz/volunteertoday or give us a call on 07 552 4380 ext. 219.

*these figures are based on the 22/23 FY.



SUPERHERO CHALLENGE

With each step we honour the heroes in our lives and raise money to help care for the dying and bereaved.

Heroes assemble! The 2024 Superhero Challenge is coming, so mark your calendars and get ready to join our band of everyday heroes. **Online registrations open on the 23rd of January** and it's simple to sign up - all you need to do is register your details and pick your fitness challenge (we have something for everyone), then you'll be ready to start your fundraising mission.

At the end of the four-week challenge, we will host our Superhero Celebration Walk where we can come together for a fun-filled morning, celebrating the heroes in our lives. Bring your hero along, either in person or in a photograph, and walk together creating a special memory you can cherish forever.

Key dates:

Registrations open - 23rd Jan

Four-week Superhero Challenge - 19th Feb – Fri 15th Mar

Superhero Celebration Walk - 16th Mar



Gift Station

Get your Christmas gifts sorted while helping care for your community.

Light of Life Candle



\$20
Each

Handcrafted pillar candles made from premium manuka beeswax. Made in Katikati by The Candle Cottage.

Happy Socks

Fun, crew length socks that come in a variety of colours and patterns. Design chosen via lucky dip.



\$15
Each



\$20
Each

2024 Diary

A5, spiral bound, one week per page diary. Features gardening tips and recipes from Yates, as well as stories from those impacted by Waipuna Hospice.

Keep these easy to donate details handy!

I would like to make a donation so people in our community facing a terminal illness can receive the care they need.

4 EASY WAYS TO DONATE



1. Mail the coupon on the right to:
Waipuna Hospice
PO Box 16299
Bethlehem
Tauranga 3147



2. Internet Banking
Please confirm by email to:

supporter@waipunahospice.org.nz

Waipuna Hospice account details:

Waipuna Hospice Inc
03 0435 0469107 02
Ref: WCDEC23
Please include your phone number.



3. Phone 07 552 4380
Ext. 211



4. Donate or shop online at:

waipunahospice.org.nz



Step 1 - My Gift \$30 \$50 \$75 \$100 \$ _____ (other)

Step 2 - Donation Frequency One-off Set-up a regular donation

↳ Please send me a direct debit form
↳ Debit my credit card (see step 3)

Step 3 - My Payment (if paying via credit card)

Card Number Expiry Date

Name on Card Signature

I would like to have a say in the future of Waipuna Hospice by becoming a Member

Individual \$20 Joint \$30 Organisation \$100

I would like to purchase the following Waipuna Hospice merchandise (GST included)

Entertainment Membership \$69.99 2024 Diary \$20 Happy Socks \$15
 Native Bird Cards 4pk \$18.00 Light of Life Candle \$20.00

TOTAL \$ _____ + \$5 shipping on all merchandise orders.

I would like to cover the 2.5% card transaction fee for Waipuna Hospice.

My Details

Title First Name Last Name Date of Birth
Address
Phone Email

I would like to receive future communications via email.
 I would like to know more about becoming a regular giver.