

Hospice
Awareness Week
14 - 20 May, 2018

Our people



Hospice
cares for
people *in*
any place
they call
home

Living Every Moment 
hospice
Tairawhiti

www.hospicetairawhiti.org.nz

A message from Hospice Tairawhiti General Manager - Barbara Grout

Hospice Awareness week is all about profiling the work hospices do every day all around New Zealand. In this publication we aim to highlight the work Hospice Tairawhiti does in our community, and the very special people involved.

Maybe you know someone who could benefit from a referral to Hospice, maybe you will attend one of our events, or maybe the stories will inspire you to get involved. Whatever you take from this doesn't matter, as long as you take something and we open the dialogue. We don't want death to be a hushed subject but rather something that is talked about, understood and regarded as an important stage of life. The last few days, weeks, months, and years of a person's life can be as important and meaningful as any other time – we want to help our patients and whanau live every moment.

Hospice Tairawhiti cares for a little over a third of all deaths in our region each year so chances are you know, or will at some stage know, someone who has been cared for by our team.

We provide care for people with any life limiting condition - in any place they call home - free of charge to patients and whanau.

The service of course is not free to provide and with DHB funding covering around 70% of our costs there is still a large amount to be raised from the community. Our community has always been extremely generous and has never failed to support us, however this year we are asking you all to dig just a little deeper and help us to build a new home for Hospice.

After 38 years of operation, with a growing team, growing patient numbers, and plans to expand the programmes we offer, we feel it is time to own our own purpose-built facility.

It's both exciting and a little scary at the same



Barbara Grout

time, but we look forward to this change and growth, which ultimately will benefit our entire community. 🌟

You can find out more about us by visiting our website, www.hospicetairawhiti.org.nz

A Helping Hand for Hospice

Hospice Tairawhiti is calling on the community to get behind its fundraising campaign to raise an estimated \$3 million to construct the new building desperately needed to house increasing staff numbers extend service.

Hospice has long outgrown the office space it currently rents from the DHB, and with a focus on making hospice services more visible and accessible to the public, the decision has been made to build a new facility on hospital land. "We work very closely with hospital services and many of our patients are still having active treatment, so we have chosen to stay on the hospital grounds," says Hospice general manager Barbara Grout. "Agreement has been reached on the land lease details and we are now just waiting for ministry approval." As well as providing more space for staff Hospice will be looking at a more social model, where first assessments, ongoing assessments, social work, and counselling will be done more on site, rather than home for ambulant patients.

"Our doctors and nurses will continue to visit patients at home, but the less time they spend on the road, the more time they will have to help more families. A bonus is that patients will be able to meet and support each other, and we will be able to offer a greater range of therapies," says Barbara.

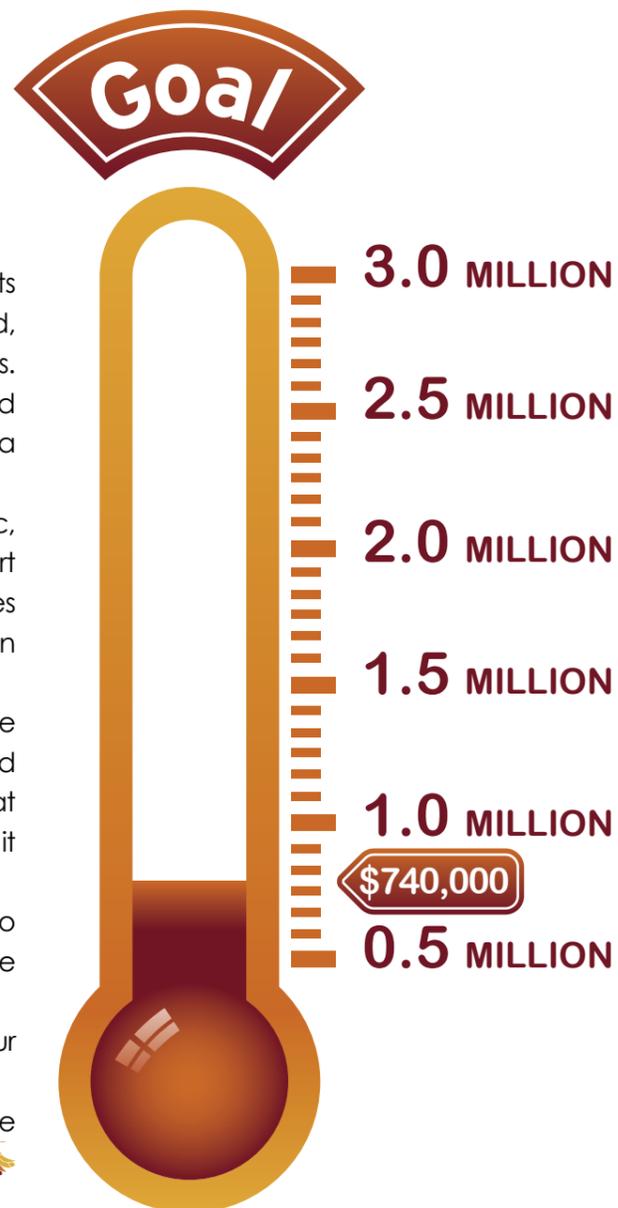
Patients will be able to see a nurse or doctor in a clinic, take part in complementary therapy, join support groups, and actively participate in day programmes – most of which have not been able to be offered in Hospice's current building.

The proposed site for the new administrative centre has plenty of space to future-proof the service and while there are no plans to include in-patient beds at this stage there will be an area left for expansion if it is needed.

Hospice has been quietly fundraising for over two years for this project and already has a quarter of the estimated funds needed.

"We now need the community to help us reach our target," says Barbara.

If you would like to make a donation towards the building fund, head to www.hospicetairawhiti.org.nz. 🌟



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Support Helps Through Tough Times

Tony Leggett lost the “love of his life” in 2016 to a rare form of cancer but says the help and support he and their two daughters have received from Hospice Tairawhiti has been invaluable.



Tony and Annalise on their wedding day with Tony's daughter Ashleigh, Piper and Elspeth. Photo by Black Balloon

“I have learnt that over time, it does get easier and there is light at the end of the tunnel,” says Tony.

He and Annalise met through work and, by his own admission, fell madly in love.

“I was always a little dismissive of soulmates, but I can tell you now . . . it actually happens and Annalise was truly my soulmate.”

The couple had plans and dreams, but in August 2015 she was diagnosed with a rare cancer. The ensuing eight weeks involved trips to Waikato, chemotherapy, radiotherapy, MRIs, specialists, isolation wards and more. The cancer was inoperable and growing at a frightening rate.

“It was so tough on her but she was incredibly strong. As strange as it sounds, that time brought us even closer.”

Right there, every step of the way with them, were Annalise's parents, Jackie and Alan Hughes, who often looked after Elspeth and Piper.

Then in November 2015, after a routine test, they got the news they hadn't dared hope for – the cancer was in remission.

“We thought ‘yay, we've beaten cancer’,” remembers Tony. “We thought we'd had a lucky escape.”

They bought the pod caravan they had always wanted and made more fun family plans. Tony, Annalise and their daughters Elspeth and Piper headed into the Waioeka Gorge to spend Christmas at the Manganuku Campsite.

“It's just bush, the stream and green . . . the kids could swim in the pool and I could fish.”

Another test in the new year was also clear and Annalise was starting to go back to work. Around May she complained of a sore back and a visit to the doctor the following month suggested it may be gall stones, so they ran some tests.

“The doctor rang that night and said Annalise's liver enzymes showed the cancer was back.”

The visiting oncologist confirmed their worst fears – it was back, it was secondary and it was terminal.

“We walked out of there shell-shocked. We had come from the huge high of getting through it to be dealt this blow . . . we just looked at each other.”

They were told Annalise had just months to live – something Tony says they took to mean 12 months and

started thinking about Christmas. However, the cancer in her liver continued to grow, putting pressure on other organs and making her very uncomfortable. More drugs were prescribed along with treatment, to give her a better quality of life.

Staff from Hospice Tairawhiti started to call by, offering support and giving Tony literature to prepare him and the family for what was to come.

“It was really helpful and I appreciate that a lot,” says Tony. “They were just so compassionate and right there whenever we needed them. They must see so many people but when they are with you, you feel you are their only patient.”

Before the cancer the couple had talked about getting married and when Annalise's health started to deteriorate they decided to take the plunge. It took Tony just 10 days to organise and on May 23 they had a beautiful, small wedding.

“We didn't tell people why but some guessed. Annalise didn't want people feeling sorry for her. They had put her back onto chemo and she wanted to have the ceremony before her hair fell out.”

As it turned out, they shaved her head two days before the wedding when the drugs had their effect.

Tony says the help the family received from Hospice Tairawhiti fell into two distinct phases.

“It was comforting to have them around and reassuring to know they were just a phone call away.”

Hospice Tairawhiti sourced a wheelchair so Annalise could get to the spa – a place she loved to spend hours as it relieved the pressure on her body. Hospice doctors and nurses helped with medication to alleviate the pain and when the time came, they were at the house to help.

In the immediate aftermath, Tony says he just didn't think he was going to cope.

“It was like the weather – cloudy some times and fine the rest. Nicola (Carroll, a Hospice counsellor) was so helpful. I honestly thought I was going nuts.”

But with some help from Nicola, he and the girls established routines and began to make headway.

“She understood how much I loved Annalise and just said the more you love, the longer it takes. She's right.”

The girls wanted to go back to the Manganuku Campsite for Christmas 2016. It was particularly hard for Tony.



Tony and Annalise on their wedding day with daughters Piper and Elspeth and Annalise's parents Jackie and Alan. Photo by Black Balloon

“I cried every day . . . but eventually it gets better. At the time you think you are drowning but with some help, life starts to become more bearable. Nic said it would take one to two years to come up for air and she was right.”

The family and Annalise's close friends also find solace in monarch butterflies. She had a tattoo on her ankle of a monarch in memory of her Nana Joy. Since Annalise's passing, there seem to be more of them around them all.

“Whenever we get in the car to go on a trip, one appears in front of the car . . . and they come into the back garden, even when we went back to Manganuku to celebrate what would have been her 40th birthday. It is quite freaky but for Piper it is mummy coming to visit. It is comforting.” 🦋



The Changing Face of Volunteering

If you think that the typical Hospice volunteer is a middle-class, semi-retired, Pakeha women, then think again. There's a diversity within the volunteers at Hospice Tairawhiti that's rare to find.

Coordinator Jane Kibble has over 180 volunteers on her books, and they span in age

from 15 through to 91 years old, and come from a variety of backgrounds and cultures. Each volunteer brings their own unique skill set which is great for hospice and the community. "It is very exciting to have so many different people involved – there is certainly never a dull moment," says Jane.

It's Jane's job to ensure volunteers are well matched to what they do for Hospice. "My

role is as diverse as the people I support. An average day can find me meeting people and patients, joining and supporting our volunteers in their places of work – be that supporting a patient and whanau, singing in a rest home or sorting in our shop"

Coming from a background in nursing and years at the Volunteer Centre, Jane was attracted to this role because of its holistic approach. "Volunteers are the crux of this organisation. It is very important all our volunteers feel valued and that they are making a difference."

Jane says it is a two-way street, with volunteers getting so much out of helping others. "It can make a real difference to their health and wellbeing too."

People volunteer for various reasons. For some it is driven by the desire to help, to give back to an organisation that has helped them, or that they believe in – for others it may be about the social contact and filling time.

All volunteers are carefully screened, trained and supported. "With so many facets of Hospice, there is something for everyone to be able to do."

If you are interested in learning more about volunteering for Hospice contact Jane on 869 0552, or email jane@hospicetairawhiti.org.nz



It's all about the team . . . one that spans generations, cultures, and backgrounds (from back left) . . . Hospice Tairawhiti volunteer coordinator Jane Kibble, Olivia Sinoti, Pakeeza Merwish, Heni Karauria and Corinne Norman. Front, Raymond Hawaikirangi, Cynthia Hanover, Ted White, Zillah Smith and Dana Stoltenberg.

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WHAT'S ON?

Hospice Week

14 May to 20 May

MAY MONDAY 14	MAY TUESDAY 15	MAY WEDNESDAY 16	MAY THURSDAY 17	MAY FRIDAY 18
Pop-Up Cafe Hospice Shop Open 10am – 2pm Jo Seagar will be opening the Cafe	Pop-Up Cafe Hospice Shop Open 10am – 2pm	Pop-Up Cafe Hospice Shop Open 10am – 2pm	Pop-Up Cafe Hospice Shop Open 10am – 2pm	Pop-Up Cafe Hospice Shop Open 10am – 2pm
An Evening with Jo Seagar The Vines 7pm \$35 per ticket Tickets can be purchased from Hospice Shop and Paper Plus	Where There Is Life The Dome 6pm A married couple learn the true meaning of loving and caring when illness strikes. Margaret (49) was diagnosed with a terminal disease in 2011 and husband Stephen became her full time carer. Filmed over four years Where There is Life is the intimate and sensitive portrayal of one family's courageous journey. Followed by questions and answers. Free entry, food and drink available to purchase. Doors open at 5pm, movie starts at 6pm.	Die Alogues Hospice Shop Cafe 10am – 12pm Hospice staff will be facilitating conversations around Advance Care Planning	Understanding Me When I'm Dying perspectives from different cultures Poutama Room, Gisborne Hospital Learning Centre 9am – 12:30pm Speakers from different cultures helping health care professionals understand what is important to patients and families at the end of life. To register email: clarice@hospicetairawhiti.org.nz	Evening of Remembrance Tairawhiti Museum 6pm An evening for our community to come together and remember loved ones who have passed.

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ANNUAL NIGHT OF

Laughs

IN ASSOCIATION WITH **Electrinet**
A member of the Horizon Energy Group

Friday 8 June 2018, 8pm

War Memorial Theatre, Gisborne

Featuring...

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Many Special Reminders and Memories for Natalie and Nopera

Natalie Potini has turned to Hospice Tairawhiti three times in six years.

The mum-of-one lost her husband Genesis in 2011, her mum Bubs exactly a year later, and more recently, in January 2017, her brother Shane.

But Natalie has an air of calm about her when we talk through what had to have been some of the toughest days of her life. She is a very spiritual woman, and that belief and faith has certainly stood her in good stead for the sometimes rocky road of life.

It was sharing that journey and she made it ok."

Natalie is thankful there is plenty around to remind her of her husband Genesis – and particularly their seven-year-old son Nopera who has similar mannerisms, expressions and personality to his father.

"It is reassuring for me and a lovely reminder of who Nopera is."

Genesis was the central figure in the movie *The Dark Horse* – a film that was said by some to be one of the greatest New Zealand films ever made.



Natalie and Genesis

"I will never forget that night . . . none of us will. I have so many memories of it."

It was a year to the day when her mother died. The family were in Auckland with her older brother Shane who was on life support after a big operation linked to his pancreatic cancer. "She started going all funny and we thought it was just the stress, but when I took her down to ED, they knew immediately what was going on. She would be angry, then get mixed up about things, fixated on where we were going to stay, and all sorts of weird things."

Days later when they came home, she couldn't recognise their home or close family. Natalie took leave from her job in preparation for looking after her mother.

"I thought I would grow old looking after her," she said. "Mum stayed in the lounge and all the mokos slept by her on the floor."

Hospice prepared the family for what was to come, recognising the pain signals and helping keep Bubs comfortable.

Bubs had a brain tumour and her body was riddled with cancer – they never found the primary source and she died within days. She was 58 years old.

Again, Natalie sought out Hospice and found tremendous relief in being able to talk to a counsellor. 🌿



Natalie (centre) with her late brother Shane and mum Bubs.

True to spirit, Natalie doesn't dwell on the sadness, but rather on the good times and those who helped her through the darker days. "Counselling with Hospice Tairawhiti enabled me to validate the feelings I had and to see the way forward," she said.

Natalie worked with Hospice counsellor Nicola Carroll.

"She would take my own words and turn them into poetry and I would think 'hey, that's me'.

"I am blessed to have the documentary, movie and lots of photos of him around us," she says. "His legacy continues to stream through so many people's lives."

Genesis was her first "real loss". It was sudden and she was extremely thankful she was right there with him. Her beloved mum was in the other room with Nopera, who was just nine months old at the time.

Tauti mai ki te mahau o te aroha Hospice Tairawhiti

warmly invite you, your whanau and friends to join us in an

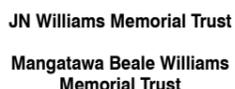
Evening of Remembrance

Where: Tairawhiti Museum (Main entrance)

When: Friday 18th May 6pm – 7pm

Please join us for light refreshments after the service

This occasion is open to the community, not only those who have had an association with Hospice



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4949
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Strong Relationships Pave Way for Success

Palliative care nurse liaison Jenny Jensen may be new to the job at Hospice Tairawhiti, but she's an old hand in this position.

A registered nurse, she moved to Gisborne from Rotorua where she worked in palliative care for the past 12 years – including 12 months establishing the very same position she is now doing at Hospice Tairawhiti. Jenny works in partnership with aged residential care staff to ensure both they and clients are supported in the best possible way. Her job also includes supporting and liaising with nurses working in rural Tairawhiti.

It's a new position for Hospice Tairawhiti, and came through Government initiative funding.

"I am finding my way around the district and establishing relationships with staff in aged

residential care facilities," says Jenny. "Those relationships are key to the success of something like this. A lot is about trust and them feeling confident to contact me when they have a question regarding palliative care."

Jenny says she is well aware the staff deal with death and dying on a daily basis so it is knowing when they need support. She also works closely with families.

"I am part of the wider team here at Hospice. It is very exciting to see this new position grow and actually working." 🌿



Hospice Tairawhiti's new palliative care nurse liaison Jenny Jensen prepares an information pack as part of her growing education armoury for those working in the industry.

Every Little Bit Counts at Hospice Shop

Annette Price worked for years in quality control, and now she is putting similar skills to good use as a volunteer at the Hospice Shop.

The suggestion to help came from a friend and Annette has become so entrenched in the organisation that she has brought in her husband Terry and sister Katrina Browne.

Katrina helps her sorting drapes and other material to ensure it is shop-ready while Terry picks up some of the larger donations with his ute.

"He's a retired carpenter so also helps repair things that may need a little attention too," says Annette.

"It is quite rewarding, you definitely know you have done a good day's work."

Annette helps sort the inwards donations – separating the books from the shoes, linen

from bric-a-brac, putting everything in bins for other volunteers to price and get out onto the shop floor.

"Our main donations are clothing, which need to be sorted and checked thoroughly before being hung, ready to be ironed, tagged and priced."

The clothes not suitable are set to the side and at the end of her shift, Annette takes them home to cut into rags which are later sold to workshops.

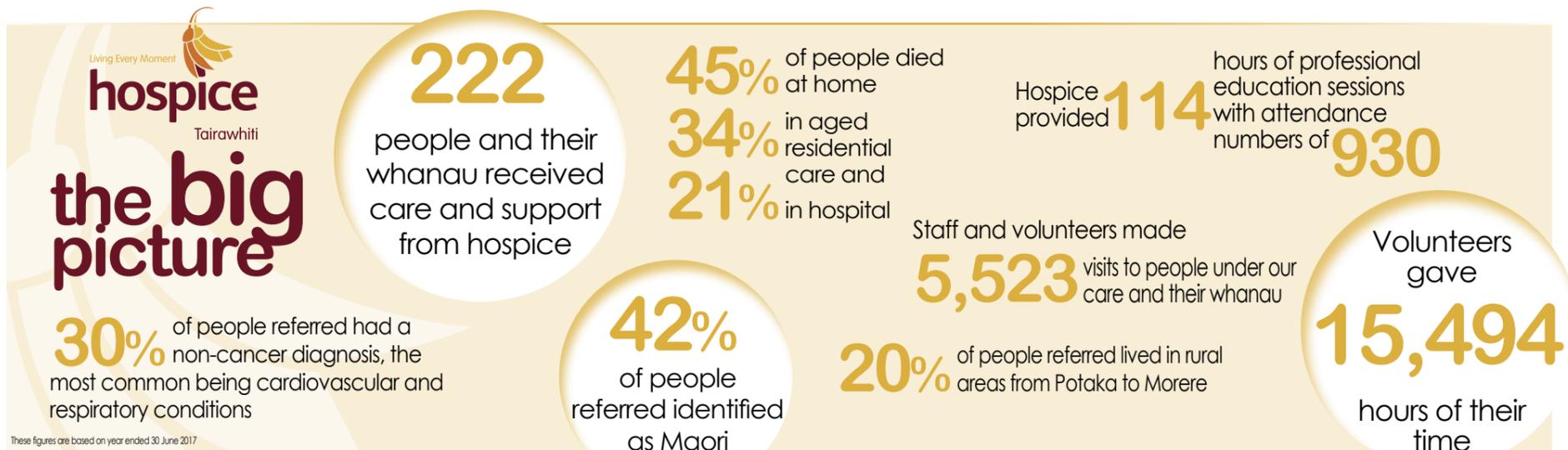
"I have about 10 businesses who support the shop by regularly buying a bag of rags," she says. "It's nice because it means nothing is wasted."

Annette says she loves her voluntary work.

"I enjoy the work and the company of the girls on my shifts. We have lots of laughs as well as serious discussions too." 🌿



All in a day's work . . . volunteer Annette Prince gets a helping hand sorting through the linens with Hospice Shop assistant manager Jacqui Ritchie.



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Volunteer Board Holds Hospice Dear to Heart

Hospice Tairawhiti is governed by a voluntary board of trustees who have chosen to be involved for a variety of reasons, but for many it has been the experience of having someone close to them cared for by Hospice.

That could have been a parent, cousin, partner, or friend, but regardless, the care received left a lasting impression, and one strong enough that has led them to be part of the organisation that helps so many.

Responsible for the stewardship and future wellbeing of the organisation, it is important the board has an appropriate mix of skills and knowledge, and is representative of the community it serves.

David McLean has been involved the longest, dating right back to the formative stages of the Gisborne Pain and Terminal Care Trust, the organisation established by principal district nurse Hilda 'Frostie' Allen and Dr James Carstens. It was from this the Hospice Tairawhiti of today has grown.

David was working in the health service when he was coerced by Frostie to join her and James as a trustee on the trust. "This I gladly did," he says. "I have stayed on over the years due to the quality of the people involved in the governance of an evolving and growing organisation, but perhaps more particularly because of the great staff and volunteers who make it happen."

It is a similar story for former chair **June Hall**. The local accountant was first involved from a business side but then through family and friends who had help from Hospice. "I have had first-hand experience and seen how amazing those involved with Hospice are," she said.

Barry Atkinson's company Electrinet were Hospice Tairawhiti's first long-term naming-right sponsor. But for many years prior, he had supported the organisation. "A number of relatives had used the Hospice service, so I decided it was a worthy organisation to support financially," says Barry. "Once I got further involved, it was a welcome transition being asked to be a board member."

He says there is huge motivation being part of the upcoming build and helping Hospice have a sound future.

Jane Williams has also benefited from Hospice personally. "I found the knowledge and support from nurses when I was working as a rural health nurse up the coast to be invaluable," said Jane. "It is a natural fit for me to be involved and has been one of the nicest environments to be a volunteer within the organisation. Basically, for me, it is a privilege."

Tina Swann needed little convincing to join the board when approached. "Having received the unwavering support and understanding from the Hospice staff not just for myself but also my whanau when I lost both my parents, the decision was a no-brainer for me," said Tina. "This opportunity has allowed me to give something back to all the wonderful staff, fellow board members and volunteers who continue to provide guidance, empathy and understanding to families in need, as mine once was."

Solicitor **David Ure** was also asked to consider joining the board, and says he too has immense admiration of the hard work the volunteers, his fellow board members and staff carry out. "I believe the organisation offers an essential service to vulnerable people in need," said David.

For another former chair, **Glenda Stokes**, Hospice is a cause very dear to her heart. In her early 30s, Glenda lost three friends to cancer over a three month period. "We all attended the same church . . . two had been neighbours and two were mothers with young children. It was very close to home and impossible to ignore," she says. "Being involved is a way I can give some time and my marketing and profiling type skills back."

Local GP **Dr Gill Haywood** has been on the board since 2011 and says the service Hospice Tairawhiti provides is invaluable to the local community. "It is a privilege to be part of the Board and work alongside the other board members, in the decision-making needed to continue generating good outcomes for all."

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Who's Who at Hospice Tairawhiti

Board of Trustees:

Barry Atkinson, June Hall, Dr Gill Haywood, David McLean, Glenda Stokes, Tina Swann, David Ure, Jane Williams

General Manager:

Barbara Grout

Clinical Leader:

Dr Moira Cunningham

Hospice Doctors:

Dr Victoria Siriett, Dr Anna Meuli, Dr Robin Briant

Community Hospice Nurses:

Linda Hauraki (team leader), Kathleen Labrado, Jude Francis, Catriona Jones, Laura Robertson

Palliative Care Nurse Liaison (ARC & Rural):

Jenny Jensen

Counsellor:

Nicola Carroll

Administration:

Teresa Gray, Lizzy Ngatai-Hawtin

Education Coordinator:

Clarice Alderdice

Funding Development & Public Relations Coordinator:

Kelly Simpson

Volunteer Coordinator:

Jane Kibble

Hospice Shop Manager:

Brenda Kinder, Jacqui Ritchie (assistant)

Hospice Tairawhiti is supported by over 180 Volunteers



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Patron Passionate About Hospice

Decades nursing and caring for others didn't prepare celebrity chef Jo Seagar for just how much of an impact Hospice had on the lives of her own family when it came to caring for her dying father.

"Hospice provided the nuts and bolts of the care so dad could be at home," she says. "When he died there was a great sense of normality about it . . . and it was a very special time for us all. I had thought Hospice was a place you went to, but they truly helped us as a family – for us to be dad's children and my mum to be his darling wife."

And so began a relationship with an organisation that helps so many. Jo is now Hospice New Zealand patron and ambassador, and in that capacity is at events each fortnight, speaking to community groups and generally doing all she can to spread the word.

"When my dad died, I thought this is how it should be – surrounded by those he loved and we all cheered him on with his journey."

As such a popular chef, Jo was inundated with requests to help with all sorts of organisations

and fundraising. It was 1999 and she was most definitely looking for someone to help, but it was she who approached Hospice.

"I think they were a bit surprised," she says, "but it has been a very happy marriage and my job, as one of the thousands of volunteers around the country, is to help raise funds and awareness of the work Hospice do."

She wears her Hospice hat at any possible time and says she will continue to champion their cause for as long as she is able.

Her visit to Gisborne is bound to bring back some favoured childhood memories.

"I grew up in Hawke's Bay so we had lots of holidays at Anaura and Tolaga," she says. "I am a country girl at heart and very passionate about regional and rural New Zealand . . . it feels wonderful to me to be coming to Gisborne."

Hospice Tairawhiti funding development and



Jo Seagar

public relations coordinator Kelly Simpson is delighted to have Jo in town to help kick off Hospice Awareness Week activities.

"It is great to have such a high profile and passionate person involved with Hospice nationwide," says Kelly.

Jo will be opening the Pop Up Café at the Hospice Shop in Peel Street at 10am on Monday (May 14) before the evening event at The Vines. 🍷

Living Every Moment
hospice
Tairawhiti

An evening with
Jo Seagar
IN ASSOCIATION WITH BRONWYN KAY

14 May 2018 out at...
166 Main Rd,
Makaraka
Gisborne

The Vines
ESTABLISHED 1988

Jo Seagar

\$35 per ticket | Glass of bubbles on arrival, Starting at 7pm

Contact Kelly Simpson - Hospice Tairawhiti on **0274 318 764** for more information

Tickets available from The Hospice Shop and Paper Plus



Shorts Day, 21 June 2018

On the shortest and possibly the coldest day of the year, we challenge you to remember that life is short and for hospice patients it's even shorter!

We challenge businesses, schools, individuals and organisations to throw away their inhibitions and wear their liveliest and most outrageous shorts on the shortest day and to raise funds for an extremely worthy cause. This day challenges people to have fun, to celebrate life and make the most of the day.

For more information about this event please contact Kelly phone 8690552 or email kelly@hospicetairawhiti.org.nz or register at www.hospicetairawhiti.org.nz. 🍌

