

hospice talk

A REGULAR NEWSLETTER FROM HOSPICE MARLBOROUGH

JANUARY 2012

Beth's Update



Happy New Year to you all.

In the time I have been in the role of manager, I have met many people who have been touched in some way by hospice - usually because they have known someone who has experience of

hospice care, either as a patient or family member of a patient. The care provided by Hospice Marlborough extends far beyond the inpatient unit into the community. Our staff are our taonga (treasure) and I am continually moved by what I see and hear each day.

As I arrive at work, I meet Kathy and Jill, volunteer gardeners who have come to tend the garden - today there are roses to tidy, weeds to pull and lawns to mow.

In the day programme, Maria is busy with her volunteers, planning activities for 9 patients who will be arriving shortly. Today they will have Matt singing, undertake an activity, enjoy a gentle hand or foot massage, and share lunch together. Most importantly, patients will be enjoying each others company.

Next door, Anne our Family Support Coordinator is sitting with a family in the Quiet Room - a place for reflection and thought.

In the reception area, Pat is restocking the table displaying handcrafts, knitting, jams and pickles for sale. The beetroot relish is almost sold out, a new load of marmalade has arrived and one pair of baby moccasins remains. Our sales table is stocked by a dedicated group of volunteers who provide and produce the products from fruit and vegetables donated to the Hospice.

Along the corridor, Trish, our volunteer coordinator, is meeting with Laura, a new volunteer who is helping with the day programme and distributing meals in the inpatient unit. Jan and Robyn provide the food that is then prepared by these inpatient volunteers.

The medical and nursing staff will soon meet in the community nurses office to review the care of patients. They are joined by the social worker, and family support team. Care is planned for each patient and every member. There is one person going home today. The community nurses will visit tomorrow. Care of patients in the community is provided 7 days a week and the inpatient unit operates 24/7. Specialist advice is available 24hrs a day by phone.

Nearly at my office I notice Jacqui in the training room. She

has a group of community based nursing staff coming in for a training session on palliative care. These training sessions assist these staff to provide palliative care to their patients, with the support of the specialist palliative care service.

The administration team is already busy at work with quarterly reports and budgets. As a charitable organisation, we are extremely grateful to the community for their support and we are prudent custodians of community donations.

People have said to me, "Hospice must be a very sad, depressing place to work", and "Hospice is where people go to die".

In fact hospice is a wonderful place.

We share laughter and special times with our patients and families and our philosophy is to help people to "live well, until they die".

Beth Tester, Hospice Manager

VOLUNTEERS

WE NEED YOU

Equipment Cleaning



Raffle Selling

Librarian role

Jam Making

Hospital Information Desk

These are some of the opportunities for volunteers we currently have but there are a variety of roles available. Contact our Volunteer Co-ordinator Trish on 03 578 9492 to discuss further, we would love to hear from you.

Hospice Heroes!

Konica for our new photocopier, and reduced costs associated with it.

Wairau Garden Group for the huge effort in our garden for the summer - what an amazing job.

First National Mark Stevenson for continued support and sponsorship.

New World Blenheim management and staff for strawberries and ice cream in huge quantities for our Strawberry Festival - without their sponsorship this event wouldn't take place.

McKendry Motors for their financial support this year, a big thanks also.

Blenheim Trust, thank you for the grant towards art and music therapy for the Day Programme.

COGS, thank you for the grant towards the Day Programme Initiative.

Nurse Isla

I have been thrilled to be the first new graduate nurse at Hospice Marlborough, and have loved my time here. On completion of my degree with Massey University I applied for jobs within the DHBs nationwide, and Hospice was not really on my agenda. However, it's been great the way things turned out.

There have been many 'favourites' of working at the Hospice, but one thing I have really enjoyed is the interaction with patients and their families - I now can't imagine nursing in any other way. It has been a real privilege to be part of people's lives at this end stage, and not one I take lightly.

Working at Hospice has taught me, cliché as it sounds, "to make the most of life". As such, I have made the most of any opportunity to visit family and friends in the North Island.

Sadly, I am leaving the Hospice to



take up another job opportunity in Australia. In addition to nursing skills I will take with me memories of a fantastic new graduate year.

(Isla was selected from a total of 58 applicants that applied for a nursing position at St Vincent's Hospice Sydney - St Vincent's has a reputation as an excellent hospice facility and a renowned research centre). *WELL DONE ISLA!*

The Maritime Nurse

Living out in the Sounds with boat access only is a mixed blessing if you are a nurse doing shift work. You cannot depend on the weather and so it is not possible to travel in and out before and after shifts. For me this means having a flat in town with hopefully most of my duties in a block to avoid too much coming and going.



Jo (Registered Nurse)

So far, touch wood, I have not had to call in and say I can't make it to work although a couple of occasions I have taken heed of Jim's warnings and come in a day early. I have also had to stay in town an extra day when the weather was too rough to bring the boat out to get me. On the plus side, Whatanihi Bay is a great place to unwind and an ever-changing source of inspiration for my paintings.

Regular trips through Havelock have meant that at times I have had a patient or two in the area on my way past. I have also recently been out by boat to a family who live further out than us.

A great way to do a home visit - off the back of our boat onto the beach where I was picked up by my patient's son in his ute and transported up to the farm for a house call. People really appreciate this kind of service, it feels great to be able to do this. All in all I guess not a bad lifestyle.

GIVE IT UP
FOR 
hospice

What a year we have had at the Hospice Shop. Firstly we celebrated our sixth birthday in July, and a huge thanks goes to Marlene our shop manager and the (40) lady volunteers, some of whom have been with the shop right from the day we opened. Thank you for your time, effort and dedication in making the shop a success over the past six years.

Over the last 18 months the shop has been expanded and now offers more room for a variety of goods and collectables including a selection of furniture, books and a better shopping environment. The shop is an integral part of the funding stream for the Hospice facility and any donations would be gratefully accepted.

During November the Hospice Shop was participating in a quirky Give it Up for Hospice Nationwide Campaign, designed to raise awareness to the Hospice shops and it has been deemed a huge success. Designer and labelled items of clothing have been pouring into local Hospices from the public and New Zealand celebrities. Gin Wigmore recorded messages of support for Give it Up for Hospice which are being used on radio and as the voiceover for a TV commercial which went to air on 21 November, and she has also donated concert tickets as prizes for an online competition.

Donation Form

Donation Amount: _____

CHEQUE: Please make cheques payable to Hospice Marlborough

CREDIT CARD: Please debit my credit card: - (Visa or Mastercard only please)

Card Number:

Cardholder Name: _____

Signature: _____ **Expiry Date:**

Donations of \$5.00 or over can be claimed as a Tax rebate. A receipt will be sent.
The Marlborough Hospice Trust is registered with the Charities Commission as a charitable entity (Regn.CC27039) under the Charities Act 2005.

Bequests: If you are interested in receiving information on making a bequest to Hospice please tick the box

Newsletter: If you **do not** wish to remain on our mailing list to receive our newsletter please tick the box

Would you like to receive the newsletter and updates by email? Yes Note: your details will not be shared with other organizations.
If yes, please advise your email address _____

Craig's Investment Partners – Hospice Golf Classic 2011

Another great day and successful event at this year's Golf Classic at Rarangi. Hospice Marlborough has benefited from \$15,000 over the past three years and we raised \$7,500 this year bringing the total raised to over \$22,000 through this charity tournament. It is the biggest single day annual golf tournament in Marlborough. We had 180 keen participants, in four-person teams and were very fortunate to have the expertise of David Winstanley and Levi McCall (Craig's Investment Partners) organising this event with us. A huge thanks to all the sponsors and Rarangi Club President and members for their hospitality and continued support. **WE WILL BE BACK NEXT YEAR!**



The Hospice team featuring, Lucy Jefferis, Lyn Naysmith, Hamish MacNeill, Lloyd James

LUCKY US!

Patients and their families are getting some of the very best care in New Zealand here at Hospice Marlborough – did you know that 75% of our nursing staff have or are working towards a post graduate qualification (a post graduate qualification in

palliative care means nurses who have obtained these qualifications have done between 1 and 5 years further study ranging from a post graduate certificate in palliative care to a masters degree in nursing).
Lucky us!

Art and Music Therapy

Thanks to funding received from The Blenheim Trust we are beginning to expand some of our therapeutic programmes for our patients and their families/whanau.

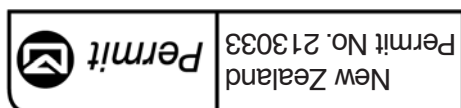
Some of these new initiatives are the use of Music & Art Therapy. Music Therapy can provide an avenue for communication in those who find it difficult to express themselves in words. The use of music is soothing, therapeutic, comforting and provides a way for feelings to be released, explored and stories told. Listening to music for relaxation, songwriting or writing a 'music-ography' of a patient's life can all be facilitated by the Music Therapist and assisted by our hospice team.

Art Therapy is another avenue of



expression for patients and families and over the coming months we are looking at encouraging this within our Day Programme with individual patients and involving families.

If you have any skills or an interest in either of these areas, we would love to spend some time talking with you about how you can be part of our Hospice volunteer team.



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True Determination in Fundraising

We are so fortunate to have such amazing support for our Marlborough Hospice, and one example is a mother Sarah and her son Tom (8 years old) with a passion for fundraising in memory of a very special family member who was cared for here at Hospice, together these two raised over \$10,000 in a very unique and quirky way – shaving their hair off – now that’s astonishing! The commitment by these two is an extraordinary example of love, support and determination. From all the staff,

patients and families, thank you so much Sarah and Tom.

“Tom and I have found what we have done to be a remarkable journey, one that will remain with us for the rest of our lives. We were so overwhelmed by the generosity of family, friends and strangers. By a small action we have managed to raise over \$10,000 to help others, who through their illness, have found themselves under the care of the Marlborough Hospice.”



Sarah and Tom

THE DAY PROGRAMME UPDATE

On a Wednesday between 10am and 2pm we have up to 10 of our patients (and sometimes their family members) in the Hospice Lounge. There is much love and laughter down the end of the hall! There have been some fascinating speakers (the Wing Commander from the Airbase, a forensic policeman, the local mayor, to name a few) and some beautiful therapeutic massage, relaxation therapies, singing, and lots of sharing of memories and stories. The Day Programme, under the

guidance of Maria McConway, one of our Community Nurses, has become an integral part of our Hospice and has provided our patients with care and companionship, laughter and reminiscence. Our team of Day Programme volunteers, who are co-ordinated by Belinda Vavasour, organise the morning tea and lunches, provide a listening ear and make the day run smoothly. Many thanks to all who support this day and if this is something you may want to help with – we would love to talk with you!

BLENHEIM BLUES, BREWS AND BBQ'S

If you are interested in volunteering for Hospice at the Blues Brews and BBQ on Saturday 5 February for a couple of hours doing a BBQ and collecting donations, please contact Trish Holdaway at the Hospice, phone 03 578 9492.