



# OTAGO COMMUNITY HOSPICE

*Caring For Our Community*

NEWSLETTER

## A WARM WELCOME TO 2010 FROM THE TEAM AT THE OTAGO COMMUNITY HOSPICE



The year 2010 marks a significant milestone for hospice in Otago – it’s our 20<sup>th</sup> Birthday. One of our long serving staff members, Raewyn Webster, has written a small history of our service for you later in the newsletter. I’d like to touch on what we have planned to celebrate this year.



**Dunedin City Legends Pro-Am Golf Tournament** – 26<sup>th</sup> and 27<sup>th</sup> February at the Otago Golf Course. What a coup for Dunedin, securing this huge golf tournament featuring legend Sir Bob Charles. All proceeds from gate takings for this event are coming to hospice. We were delighted that Gordon Mar, Bill Medder and Pat White of the Otago Golf Club saw this local hospice as a fitting charity to profile and support during this major event. If you would like to help in any way, please email me on [Ginny.Green@otagohospice.co.nz](mailto:Ginny.Green@otagohospice.co.nz) or call 473 6005 for details.

### LIVING EVERY MOMENT

An evening of song at the Chinese Garden featuring Dunedin’s own Jud Arthur. This concert is another exciting event never seen before in Dunedin. Southland Building Society (SBS) and the hospice are delighted to be hosting Jud Arthur, Simon Green, Chris Powley and Emma Fraser in our beautiful Chinese Garden on Sunday, 4<sup>th</sup> April (Easter) from 4.00pm until 8.00pm. Tickets will be available from Ticketdirect from 1<sup>st</sup> March 2010. The \$120 entry fee includes entertainment, food, beverages and a donation to the hospice. The event marks the launch of our new logo and branding message – Living Every Moment. For details, take a look on our website [www.otagohospice.co.nz](http://www.otagohospice.co.nz) or [www.ticketdirect.co.nz](http://www.ticketdirect.co.nz)



### HOSPICE AWARENESS WEEK – OUR BIRTHDAY!

This year’s awareness week in May coincides with our birthday. We have lots of things planned 17<sup>th</sup> – 23<sup>rd</sup> May

- Profiling our staff members and volunteers who have been here from the start
- Birthday Ball – 20 years of hospice
- Golden Centre Promotion
- Envelope Appeal

### GOLDEN CENTRE MALL – CHARITY OF THE YEAR



Golden Centre Holdings has chosen the Otago Community Hospice as the recipient of its first “Charity of the Year Programme”. We are delighted and humbled by the support that will be shown by the Mall for the 2010 year. The Golden Centre will be hosting fundraising and profile events through the year in support of the hospice. Thank you Simon and the team at the Golden Centre for choosing to support us!

All the very best for the coming year everyone. I look forward to seeing you at some point at one of our events.

Regards

Ginny

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## A Witness to Special Times:



I'm not a writer, but for almost three years Lyn Chapman has been trying to get me to write for this newsletter – a persistent woman! It is not that I have nothing to say, as my colleagues will attest to, but it's getting down on paper something you, our supporters, will find worth reading!

As Nurse Director at the Hospice I am frequently witness to special events and times in people's lives. People frequently say, "it must be so sad working there." In fact, it is a very happy place to work.

Patients in our inpatient unit have celebrated many events, large and small, during their time with us. The importance that these gatherings have in the lives of the participants is evident to us, the onlookers. The celebrations aren't an attempt at the end of someone's life to make everything seem okay; in fact many of the celebrations aren't at the end of life. They don't differ from the good times we all enjoy, times with friends and family or perhaps solitary moments, no less special.

- Birthday celebrations with decorated rooms and people arranged to come from near and far, all kept secret till the very moment when everyone shouts SURPRISE!
- An evening meal with pizza takeaway, Italian music and a bottle of red at room temperature.
- A Wedding – Bride and Groom happy and smiling, dressed in Sunday best. Mum and Dad proudly looking on.
- Friday night wine in the garden.
- A wedding anniversary with jokes and laughter about the good times and opportunities to talk and share feelings about the not so good times. Kids and grandkids listening and getting a sense of their history.
- A vintage car ride to St Clair for ice cream.

These are just some of the goings on. There is also attention to the small everyday things that we so often take for granted. The throwing open of blinds first thing in the morning so that the overnight snowfall can be enjoyed; the glorious red sun rising watched in awe; the sharing of a glass of whisky to toast that same sun departing for the day; watching the ducklings coming cheekily into the bedrooms looking for food and at the same time melting hearts; favourite music belting out and spontaneous sing-alongs to old favourites.

What often makes these times seem so very happy is that they involve people who know only too well that these moments are not an infinite commodity. They are to be savoured and experienced to the full because there is indeed a use by date. Whether the staff are involved with these events or moments or not, excitement and joy runs through the whole building. We feel honoured and humbled witnessing these moments of happiness – it's infectious!

It's not news is it? Make every moment count. Take time to smell the roses. Don't miss an opportunity to tell someone you love them. At the hospice we see examples, which remind us these sayings are a good guide for us all each and every day.

**Sharon Stewart**  
Nurse Director



### *Summit to Surf*

*Nolan Hill and Mark O'Donnell and the team which ran from Triple Cone to Dunedin raising \$5,000 for Hospice. Well done, a great team effort running this distance in just under 24 hours. Mark had a mishap breaking his ankle and everyone's thoughts were with him wishing him a speedy recovery.*

## Hospice Services continue to grow - by Raewyn Webster

April 1<sup>st</sup> 1990 saw the Otago Community Hospice open its doors. The first patients admitted were as day patients. We commenced with only one patient and it stayed that way for several weeks, but as the months passed the numbers increased and it gradually got off the ground under the name "Day Care". The inpatient unit followed.

After about 18 months we realised that more beds were needed due to the demand, so we moved to Wakari Hospital for 6 months whilst an addition was constructed at the back of the house.

By 1997-98 it was realised that space again was at a premium, and an active search was commenced for land on which to build a purpose built structure. The site in North Road was bought in 2000, construction started in early 2001 and we moved into the new Hospice on December 3<sup>rd</sup> 2001.

The purpose built facility is a great asset to this community. It can take 12 patients in the inpatient unit and at any one time there can be 150 patients or more on the Hospice Programme that are looked after in the community by our Care Co-ordinators. There are three outreach teams in North Otago, South Otago and Central Otago; each team comprises a Co-ordinator and a Doctor. The Otago Community Hospice is the only specialist palliative care service in Otago.

The Otago Community Hospice continues to grow, with educational courses for health professionals working in general practice and rest homes, the implementation of the Liverpool Care Pathway into Otago and the commencement of the Kowhai Programme for patients and their families.

The Hospice is 20 years old this year and can look back with pride on the accomplishments it has achieved over this time.



### *Hospice has a new fleet of Cars*

*As a community minded Company, the Team at Cooke Howlison Toyota are proud to support The Otago Community Hospice and the work they do in the community. All of us in one way or another have been touched by the wonderful service the Hospice provides.*

**THANK YOU TO THE COMMUNITY OF OTAGO FOR YOUR SUPPORT**

## A Day in the life of a “Maori Boy” with Terminal Cancer



### 9<sup>th</sup> November

D day for me – 6 o'clock – lying in bed thinking; how do I feel? Apprehensive, glad, afraid – yes afraid, why? Because I am afraid I will not be able to walk out on my own accord. I have known some people who have come in and not out on their own accord, so it's those thoughts that have kept me from coming here. And so I wait here to be picked up and taken to my appointment.

So off we go. As we get closer, the butterflies start playing with my mind, but this is eased by the welcome I receive from the staff – I'm made to feel very welcome. I still feel agitated about crossing that line, but move forward I do – or was it the nurse with the invisible hands pushing me (haha). But after all that I am glad that I have taken the plunge into the unknown. I was shown around the facilities and made to feel at home. I don't know why, but all of a sudden I felt this weight lift from my shoulders and for me it has given me the confidence I need to follow through on this.

And where is this so-called five star accommodation? It is the Otago Community Hospice and palliative care unit in North Dunedin. And the dedication these people give those that come here is awesome.



### 15<sup>th</sup> November (Sunday)

It's been a week and I haven't put pen to paper because I haven't been able to carry on. It's a matter of finding the right words, something that we ordinary people can understand. Some days I feel good as gold and others I go into that rut and up shop and don't or can't say anything. Then all of a sudden these people come in and talk with me and it brings me out of the slump and I sort of carry on.

Today I've had some help in getting me to carry on. I really want to express my appreciation of what the helpers do here – it is phenomenal. Everyone – nurses, doctors, social workers and a hell of a lot of volunteers who give their time, young and old. Without these we would not be here. I hope to prove to these people that their time was not wasted and try to get on with life when they release me. I have things to do.

First, I want to get back and see my family. I want to see my dad because I miss him. I haven't seen him for six years. Last time I saw him was at my boy's funeral. So to do this I have to get myself well enough to travel there. I really want to praise this place (Hospice and Cancer Society) and can recommend this to anybody in this situation. Don' be an idiot like me – come in and get the care that you need. I personally recommend it.

I just wish I could do more than give my AROHA to all these people

Thank you.

**(Nute) Te Huri Toheriri**



*Causing quite a scene coming to the Hospice with their fantastic cars to present a donation from a “Car Show” are the Stateside Streeters... spectacular!!*

**HOSPICE CARE – is “Giving Quality of Life for the Rest of One’s Life”**

## Refund limit lifted on charitable donations

“Charitable giving makes an invaluable contribution to our social, cultural, environmental and economic wellbeing”.

So stated an IRD press release last year when announcing the lifting of the refund limit allowed for charitable donations.

Charitable giving is so invaluable to the Otago Community Hospice that we would simply not be able to operate without it. The refund limit is welcome news.

Previously no matter how much you donated, the maximum refund you could claim was \$630. Now you can claim up to the value of your income, or in the case of a company, the amount of the company’s net income.

The more generous refund limit aligns New Zealand with other OECD countries such as Australia, Ireland and the UK and hopefully fosters a culture of philanthropy and charitable giving. If you need any further details go to [www.ird.govt.nz](http://www.ird.govt.nz)



*St Kilda Rotary and the Playground  
1) The Rotary Club of St Kilda ....The team who were helping to install the playground.*



*Farmers 100 Years Celebration*

*The Otago Community Hospice was the recipient charity of “Farmers 100 Years Celebration”, which locally raised over \$30,000.00. Farmers matched this and we were delighted to accept \$61,620.00. Thanks to all who were involved but special thanks to Angela and her committee who drove the campaign.*



*2) The long awaited playground, which was very generously donated by the St Kilda Rotary Club. Many thanks, to all who helped in any way, a job well done. The end result is fantastic and being enjoyed by the children who has a loved one in the Hospice inpatient unit.*

## Hospice Wish List

Thank you for considering helping us out with one of our wish list items. This is an opportunity to support the Hospice in a very tangible way and we really appreciate any contribution you feel able to make. Your quick response for Syringe Drivers was fantastic, thank you very much.

Many of the items we are looking for are quite specific so just give Raewyn or Catherine a call on 4736005 to discuss details.

1. DVD players for inpatient unit. (*We are presently upgrading all DVD players in the hospice. We have negotiated a bulk price from a local supplier. If you would like to contribute to the cost of these (\$109) please contact the Hospice.*)
2. Two couches that convert into beds. (*please ring for details*)
3. Garden and petrol vouchers of any value that we can offer people who provide their services to the Hospice for no charge.
4. Any items of jewellery, clothes, nic-nacs or appliances that can be sold through our shops “**Butterflies**” in Hanover Street and Gordon Road Mosgiel. Items can be dropped off at the Hospice or at the shop. If you have a big load we can arrange for it to be picked up please feel free to give us a call.
5. Wool of any thickness that can be knitted into garments for **Butterflies**.
6. Knitted garments (green hats, scarves and socks for next St Patrick’s Day). We have some wool available so please ask at reception.

*Your Donations stay within Otago and go towards  
Specialised Patient Care*