

Hospice

News 2023

Otago Community Hospice Newsletter | February

CEO Message

Kia ora koutou

We've all had a well-needed holiday – while keeping a skilled crew on delivering essential hospice services across the Christmas period. And for the most part, we are all refreshed and ready for the challenges this year is certain to bring on.

We have plenty to look forward to. Our Street Appeal, after being cancelled for the last two years, will go ahead on Friday 3rd March and Saturday 4th March. Keep an eye out for our army of volunteers across the region and if you'd like to assist, contact our Street Appeal coordinator on volunteer@otagohospice.co.nz

We have our education team back up and running at full steam, with both a new Education Coordinator, Christina Bowen and a new Education Administrator, Jackie McLaughlan, together at the helm planning for a full calendar of education for nurse, medical and allied health students, aged care workers and others in the health care sector looking to upskill in palliative care. If you know of someone who is looking to upskill, please refer them to our education calendar on the Otago Hospice website. otagohospice.co.nz/education

It feels great to also have our Kōwhiri Programme back face to face, making all the difference for those caring for their loved ones who are on service with the Hospice.

We begin the year incredibly positive about our ability to raise the increased annual fundraising target which is now sitting at \$3million. When I first saw this figure from our financials in June 2022, I was wondering how on earth we could raise that much from our community which already gives so much.

Six months down the track, I find myself so very grateful: to all those trusts who give us grants for our operational costs, to those who attend our events and make them successful, to our volunteers who continue to make such a difference to our costs, to those who donate and shop in our Hospice Shops – which are now starting to make pre-Covid levels of revenue again, and to you – our very special supporters, who year-on-year continue to support us with your giving.

We haven't reached our target yet – we still have five months to go, but it feels like we could with a little bit of luck, and some wind in our sails, make that huge target that seemed so far away at the beginning of this financial year.

Please continue supporting us. As we continue to make a difference to so many people's lives, as you'll read about in Haley's story in this newsletter.

Ngā mihi mahana

GINNY GREEN
CEO
Otago Community Hospice



Haley and Liana in front.

HOSPICE EXPERIENCE LEADS TO FUNDRAISING FOR HALEY FROM ZEN HAIR

Last year, Zen Hair co-directors Haley Cron and Liana King-Biddulph raised an incredible \$17,450 for Hospice services by bringing together hairdressers from all over Otago for a 24-hr charity hair cut-a-thon. It was an epic event, and below Haley talks about her experience with Hospice which triggered this event.

I had heard of the hospice throughout the years but hadn't personally experienced the service until 2016 when my friend Matt was in the hospice and then again when my bonus dad was under the hospice care.

Matt was a very good friend and his family were kind enough to let us be with him and them during his time at the hospice, this was my first experience with terminal illness and with the Hospice.

Watching a loved one pass from a terminal illness is incredibly unpleasant but the hospice make it somewhat bearable. The building is calm and quiet and the staff are supportive, caring and when delivering potentially devastating information they do it with warmth and love but also in a way you can understand.

Matt was young with a large family and friend group, the hospice took this to account and his room was next to one of the family rooms giving his loved ones a space right beside him to have a moment and be with each other.

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Living Every Moment

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CONTINUED – HOSPICE EXPERIENCE LEADS TO FUNDRAISING FOR HALEY FROM ZEN HAIRDRESSER

My bonus dad Wolfgang Gerber the legend was diagnosed with Chronic Myeloid Leukaemia and Systemic Mastocytosis in 2018 and our family's journey with chronic and eventually terminal illness started.

I always believed that the hospice were only involved with people who were in the last part of their lives but have since learnt that the hospice is involved well before that and what they provide is life-saving for the families of loved ones and the carers. It gives them the knowledge, strength and support needed to get through this tough time. But most importantly they help our loved ones try understand what is happening and what is potentially going to happen in the future, what their options are and what can be done to help them the most and make them the most comfortable and happy.

A few things I didn't know the hospice offered were courses for family to get a better understanding of what is happening with their loved ones and to be around other people going through if not the same thing something similar, to share stories and find comfort in each other's experiences. The hospice also have a podcast for carers to provide them information and advice they desperately need.

Wolf wanted to die at home and when I first heard that I was concerned, how can we look after him and, after my experience with Matt, I knew how well people were cared for at the hospice.

However, he made the decision a few days before he died to go to the hospice but the next morning it was too late to move him. But our family was given all the support needed to make his last days comfortable and the nurses regularly visited as well as being just a phone call away – 24/7 – for anything we required.

Watching someone you love pass is horrific but being able to care for them in their last days is a privilege and the hospice gives you the strength, knowledge and courage to be able to do that and let the people you love the most die with dignity.

Unless you have been involved with hospice you really don't understand and no amount of telling someone will help them understand until they experience it but to experience it you know that that building is filled with angels on earth, people who day in and day out deal with something most of us can't even begin to imagine or want to.

What they have done for Wolf and our family, Matt and his family, every other family that has walked through those doors and all the families they will be involved with in the future is one of the greatest gifts. I am forever grateful.

SPOTLIGHT ON HOSPICE KITCHEN VOLUNTEER MAUREEN MURDOCH

Maureen Murdoch retired in March 2022, and by August that year she had joined our volunteer army as a kitchen assistant. She loves being part of the Hospice team.

"I'd always wanted to give back to Hospice since having friends use the service four years ago. It was at this time that I realised the extent of the Hospice service and how much support it provides not only to the patient but also for the family; they help take the pressure off families."

Since joining the Hospice volunteer crew, she has been surprised by the level of Hospice support happening in the community, and that the Inpatient Unit is just a small part of the service.

"It's amazing how hospice support patients and families 24/7 – no matter where those patients are."

Maureen says it's wonderful to be able to give back to such an impactful service.

"I like that I'm giving back; it's good for me to do and good for others to have."

Maureen believes it's really important for retired people to have something to do when they wake up in the morning. She has a busy schedule playing golf, line dancing and looking after a six-year-boy with Down Syndrome (whom she met in her previous job in childcare and formed a special relationship with). But she keeps Wednesdays free for Hospice, doing a regular fortnightly afternoon shift (3pm-6:30pm) and filling in when required on Wednesday morning.

Check out how you can become part of the team –
email volunteer@otagohospice.co.nz to find out more.



HOSPICE EVENTS COMING UP

3/4 March

Street Appeal all over Otago region

10-12 March

Come and see us, alongside the Upper Clutha Trust team, at the Wanaka Show

15-21 May

Hospice Awareness Week

Dunedin Degustation and Preens Winter Coat Campaign – TBC!

Keep an eye on our events page for information as it comes to hand.
otagohospice.co.nz/events

Otago Community Hospice Annual Report – now available on our website otagohospice.co.nz/about-us/annual-reports/

SNAPSHOT OF HOSPICE SERVICE JULY 2021 – JUNE 2022

Total number of patients on programme in the year 750		Average number of patients on programme at any one time 247		Patients by disease 75% CANCER 25% NON-CANCER	
Male 55%	Female 45%	New referrals 546		Rural new referrals 222 – 41% (40% in 2020-21)	
Patients by age bracket		Under 55 7%	55-64 16%	65-74 26%	75-84 33%
				85 and over 18%	
Admissions to the IPU 152		Community visits 3,705		Phone contacts 9,038	
Family support contacts 3,793		Kilometres driven 450,000 APPROXIMATELY		Kōwhiri Programme attendances 146	
		Otago Polytechnic Nurse Student Placements 4			

THANK YOU!

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

Lot 47 Cromwell Community Project

VMD Collier Charitable Trust

Trust Community Foundation

Upper Clutha Hospice Trust

Dunedin Casino Charitable Trust

Marsh Family Trust

JN Lemon Charitable Trust

The Lion Foundation

The Aurora Fund

BECOME A FRIEND OF HOSPICE
TODAY



Consider becoming a Friend of Hospice by setting up an automatic payment.

Contact our new Fundraising Administrator

Amy McDonald

03 473 1044

or email

friends@otagohospice.co.nz

EVENTS PHOTO BOMB



BNI chapters stepped up to our Christmas needs with petrol vouchers, wine, chocolate and donations galore.



The second round of the Edinburgh Realty Ltd Women's Golf Tournament, hosted by Otago Golf Club Inc – was the perfect fun way to round up the year, and raised \$14k to boot.



Preens – one of our long running GOLD Corporate Supporters – dreamt up a brilliant campaign to give beautiful frocks a second life via their dry cleaning and our Vogel St shop. Shoppers got some incredible festive party frocks and over \$5.5k was raised for Hospice. A special shout-out to Charmaine Reveley, Mild Red and Company of Strangers who donated new dresses to the Preens Campaign.



Dunedin Beerfest – Dunedinites love this fabulous event, and we have a new found love for it too after the organising committee donated \$17k from the event's proceeds.



What would we do without the brilliant annual Farmers Campaign – this year raising \$35k. Thank you Farmers Dunedin and Oamaru – and to all their shoppers!



Aotearoa Hospice Golf Tournament – once again got an ace in fund-raising terms, raising \$45k at their legendary golfing event. Thanks to Kevin Galliven and the team for their extraordinary efforts.



Murdoch and his team led the charge with the Mornington Taphouse Car Cruise on its second annual outing raising \$12k.



The Hospice Car Cruise also had a boomer year with \$7k raised – special thanks to long-time event co-ordinator Ken Schumacher.



The Rotary Club of Dunedin South Trailer Raffle, very generously supported by Mitre 10 Mega, made in excess of \$27k worth of tickets across just six weeks. Incredible! Also, there was an extra level of Hospice love when trailer raffle winner - Shane Maaka from Save Money Skips – sold the trailer for \$4,000 and gifted that money to hospice services in Otago. Talk about going over and above for his community! One word - Legend.