

inTouch

with Totara Hospice



Thank you for helping to make days special for patients and their whanau, ensuring they Live Every Moment as well as they can

Winter 2019



You Create Caring Connections

Our Social Worker's day - page 6

Get Involved

Calendar of events on page 4 & 5

"In every moment of care they honoured him"

Read Michelle's story on page 14



SUNRISE FOR WALK HOSPICE

You made the Colours of the Rainbow Collide!

Our 10th annual **Sunrise Walk** successfully painted the Botanic Gardens all the colours of the rainbow! This annual flagship fundraising event raised over \$13,000 in vital funding for our hospice - and it's all thanks to the incredible support we received from you our local supporters. Over 1000 people turned up on the morning to take part in the 5km family fun walk and to enjoy the gala area afterwards. Thank you to our partners at the **Auckland Botanic Gardens** for hosting us, our sponsors **Resthaven Funerals**, **Harveys Manurewa** and **Franklin Vets** and a special thanks to our **Sunrise Angels** for their significant fundraising. Thanks finally to you - all our walkers and volunteers who took part - a huge shout out to you all! We can't wait for next year's event which is set to be bigger and brighter than ever on the 5th April 2020!



You are helping Youth Ambassadors like Tiffany Shine!

Tiffany Horton has always enjoyed giving back to her local community and this year she was the driving force behind record school fundraising for the Totara Hospice Sunrise Walk.



Thanks to efforts by the King's College Year 13 student and her wider school group, they raised an incredible \$5769 for Totara Hospice and supplied 100 volunteers and walkers for the popular event.

Tiffany has been part of the Totara Hospice Youth Ambassador programme for the past two years, following in her older sister's footsteps and having been introduced to Totara Hospice by her mother, who had worked there.

Hospice is also part of the Community Service programme at King's College, in which older students help local charities and organisations through volunteering and fundraising.

"I've always been really passionate about community service," says Tiffany. "I find it so amazing to see the people that you're helping. We're in a position that we can help, so why not?"

Having taken part in last year's Sunrise Walk, this year Tiffany focused on raising awareness of Hospice and its work to get volunteers and walkers signed up. "It was a lot of talking at assembly, and the school was really supportive and posted on its Facebook page too. It was about getting my friends behind it as well... once we had lots of people coming they could see it would end up being quite fun."

Tiffany not only rallied the volunteers, she was also there early on the day to ensure they got to their various jobs as car parking attendants, VIP tent helpers, and track marshalls.

She says it was great to be part of the event. "You're out with the community. It's quite special seeing people walk in their t-shirts with family names on them – it was something a lot of King's students hadn't experienced before."

The fundraising proved trickier, with King's already supporting around 50 groups through its Community Service. "Hospice is quite a personal thing, so a lot of families who had been touched by Hospice all wanted to donate," says Tiffany. "But a lot of young people don't even know what Hospice is really, so it was about trying to put the message out."

Tiffany set up a Givealittle page to make donating simple, rather than trying to collect paper forms and cash. "I think that was the key to our success this year. It just kicked off because it was so easy for kids to get behind – they could just post the Givealittle link to their Facebook page or send it to their parents."

The final tally of an amazing \$5,769 was the highest amount raised by any school in the 10-year history of the

"I find it so amazing to see the people that you're helping. We're in a position that we can help, so why not?"

Totara Hospice Sunrise Walk. It's a trend Tiffany is keen to see continue once she finishes at King's this year and hopes to sign up more students as Youth Ambassadors for next year.

"Hospice is something I hadn't even known existed, but it's close to home for everyone," says Tiffany. "Everyone's family will likely be touched by it [hospice care] at some point. And it's cool that we can help them out."

'I have done what I can to have an impact on the care that patients need – I hope you will all read this and be inspired to Make Hospice Happen as well'.

If you are interested in becoming a Youth Ambassador visit www.hospice.co.nz/our-people/youth-ambassadors or contact Rachel on 09 640 0255 or rachel.clarke@hospice.co.nz



Totara Hospice Youth Ambassador Tiffany Horton at the Sunrise Walk 2019

WHAT'S COMING UP

You can join us at our upcoming events and ensure you **Make Hospice Happen!**

Jail & Bail for Totara Hospice

0000
June
19

Wednesday 19th June - 12.30pm - 3.30pm
Mission by the Beach - 44 Tamaki Drive,
Mission Bay Minimum bail set at \$500
- see page 7 for more details

Could you be an Ultimate Fundraiser for Totara Hospice? Set your Charges & Bail and then get your network to help raise funds to Make Hospice Happen in your community! You will get your own fundraising page and have 10 days to raise as much Bail as you can! The Ultimate Fundraiser will be announced at 3.30pm on Wednesday 19th June!

Contact Mel on 09 640 0208, Melinda.seal@hospice.co.nz or for more information visit www.hospice.co.nz/jail-bail



Turn yourself in for the Ultimate Fundraiser, use your network to raise the most bail, and Return to Paradise in Samoa!



The Ultimate Matakana Experience

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June
22

Saturday 22nd June
Departing from Totara Hospice at 9.00am
- Returning 5.00pm

Come along for a wonderful day out visiting the Matakana area in a luxury coach so you can sit back and relax; stopping at the Matakana Markets, Morris & James Pottery and visit a stunning winery. Enjoy a two course mid-winter lunch at Sculptureum, take your time to explore the art around the garden and within the six indoor galleries which house works from artists including Matisse and Picasso.

Tickets \$150pp - Contact Jo on 09 640 0243
For more information visit:
www.hospice.co.nz/store/products/ultimate-matakana

Living Every Moment: Welcome to our Retirement Community!

Tuesday 23rd July - 10.00am - 2.00pm

0000
July
23

Inviting along the retirement community of South and South East Auckland to Totara Hospice for an Open Day, we have a fabulous group of guest speakers for your enjoyment and some informational stalls. We've got something for everyone! Come and enjoy a wonderful day out as we welcome you to Totara Hospice. \$5pp which includes morning tea.

Contact Jo on 09 640 0243 or for ticketing information visit:
www.hospice.co.nz/store/products/living-every-moment/



Secondary Schools Careers Day

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July
30

Tuesday 30th July, 9.15am - 2.30pm,
Totara Hospice South Auckland

The Totara Hospice Youth Ambassadors host an annual Careers Day – welcoming student leaders from Secondary Schools. A fantastic opportunity to meet a variety of Totara Hospice Staff from the medical AND administration sides of the business, additionally we welcome guest speakers from our community to share their career stories - including Business Entrepreneur's, Dentistry, a Private Detective and a Cake Maker to name a few! The day is designed to provide an inspirational and professional outlet for our youth in a positive, safe and friendly environment.

Note: this is for Secondary Schools only in the South and South East Auckland region.

If you would like to register students from your school email jo.davis@hospice.co.nz.

For more information on any of these events please contact the fundraising team on 09 640 0025 or fundraising@hospice.co.nz

The Totara Hospice Long Lunch

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October
20

Sunday 20th October
11.30am – 5.00pm

Come along to this scrumptious luncheon, showcasing the flavours of the Pacific, matched with a stunning selection of wines. Chefs Ben Barton and Sam Campbell will again be taking on the challenge serving over 9 stunning dishes with a Pacific flair for an afternoon of sharing food, wine, beer and maybe a cocktail or two – time to enjoy with your friends, family and colleagues

Tickets: \$195pp or \$1,850 for a table of 10

Contact Mel on 09 640 0208 or for more information visit: www.hospicelonglunch.co.nz



The Ultimate Golf Day

0000
November
08

Friday 8th November – 10am start

A unique opportunity for Golf lovers (pro or novices!) to try their hand out on the golf course. Promising to be the 'Ultimate Golf day' you won't want to miss

Let the games begin with archery and pistol tin can shooting before teeing off.

Contact Jo on 09 640 0243, jo.davis@hospice.co.nz or for more information visit: www.hospicegolfdays.co.nz

Christmas Night Markets

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December
03

Tuesday 3rd December - 5.00pm - 9.00pm
140 Charles Prevost Drive, The Gardens

Enjoy a festive evening for the whole family - whether it's shopping for original Christmas gifts for friends and family, enjoying Carols, or indulging in the delicious range of international foods available our range of trucks and stalls.

Contact Jo on 09 640 0243 or jo.davis@hospice.co.nz



Sunrise Walk for Hospice

0000
April
05

Sunday 5th April, 2020 – 7.45am warm up
Auckland Botanic Gardens,
102 Hill Rd, The Gardens

Gather friends, family and your work colleagues and *Step-Up* for Totara Hospice while enjoying a 5km walk around the Auckland Botanic Gardens. Step-by-step you will be remembering and honouring someone special you love, whilst raising vital funds for Totara Hospice.

Contact Jo on 09 640 0243, jo.davis@hospice.co.nz or for more information visit www.sunrisewalk.co.nz



For more information on any of these events please contact the fundraising team on 09 640 0025 or fundraising@hospice.co.nz



Judy's connection with the community – that you make happen.

Our social workers play a very special role in the Patient and Family Support team. Offering practical advice regarding the impact of death and dying on the family emotionally, financially and within the functions of their everyday life. The social workers act as advocates, educators, advisors, coordinators of care, and aim to preserve the healthcare and dignity of the patients and their families during and after their illness.

Judy Villanueva one of our social workers, paints a picture of her day-to-day life here at Totara Hospice.



8am I arrive at Totara Hospice and begin by checking our clinical record system, where important information about our patients is collected. Once I am up-to-date I set off for the morning's Inpatient Unit handover meeting.



9am Our Inpatient Unit and Community teams update the wider Clinical teams with information about people staying at Totara Hospice or being supported in the Community. We work together to see how each of us can help, so I see if anyone could benefit from my support.



9.30am A husband and wife have asked to meet me in the Inpatient Unit. He is here for a few days to review and manage his pain relief medications. He shares how worried he is about not having a Will and an Advanced Care Plan in place, he knows he has to do it but when at home becomes overwhelmed with it all.



10am I go back to my desk and contact the Community Lawyer, he confirms he can meet us this afternoon.



10.30am I do a follow up visit to a young mother with 3 children at her home, finalising the work we had been doing on her Guardianship documents and Housing NZ Tenancy lease.



11.30am I follow up a referral to a family with the father in our care, his Community Nurse had asked me to look at their financial situation. After meeting the patient and his wife, I realised there was an immediate need to supplement their dire grocery situation.



1pm Arrive back at Totara Hospice and phoned a number of local Foodbank organisations to organise next day delivery of a food parcel.



2pm I then attend a meeting for a lady who is preparing to return home after staying in our Inpatient Unit. Myself, the doctor, nurse, physio and occupational therapist review how she will be looking after herself as she lives alone. Ensuring that she is content with the move to be back home.



3pm I revisit the couple from this morning's meeting with the Community Lawyer who has arrived. Once the Lawyer is finished, I then work through the Advanced Care Plan document with the patient and his wife.

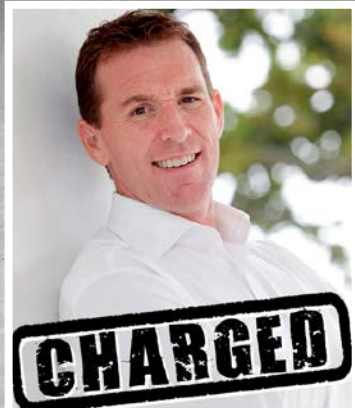
Our Community Services Team of 14 skilled Registered Nurses make over **10,000 visits** each year, covering over **100,000 kms.**



Turn yourself in for the Ultimate Fundraiser, use your network to raise the most bail, and *Return to Paradise in Samoa!*

JAIL & BAIL


For Totara Hospice

CHARGED

DISHONOURING OUR PRESIDENT'S MEETING TIME MANAGEMENT!

Grant Raynor



CHARGED

NEVER FINISHING A MEETING ON TIME SINCE HE TOOK THE LEAD AT BNI METRO


Nigel Perkins



CHARGED

WAY TOO MANY DAD JOKES

Dr James Jap



YOU?

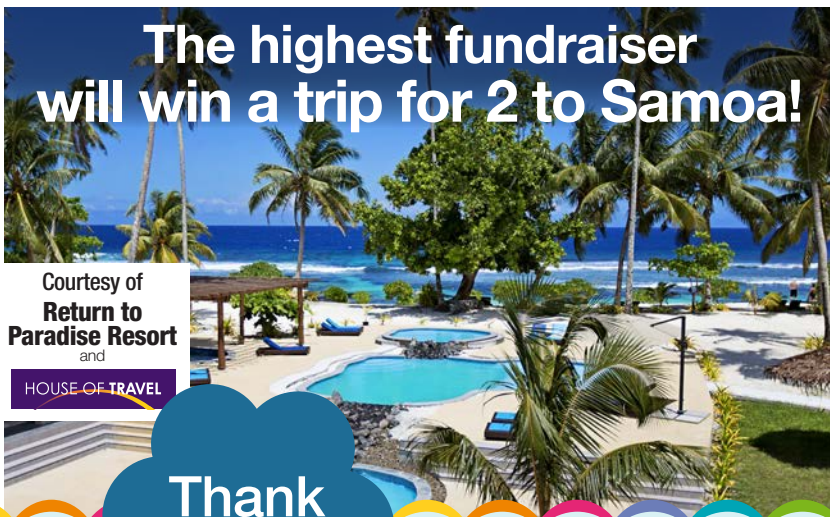
BAIL SET FOR \$500

It's simple - own up to your Charges, and see if you can raise a minimum of \$500 to support Totara Hospice in your community. Once registered we will help setup your own Raisely Fundraising Page so you can share and your network can help you raise funds! All Bailees & a guest will be hosted at the Finale Lunch, a private hosted Lunch at Mission by the Beach including a range of fabulous guest speakers.

WHEN:
19 June 2019

WHERE:
Mission by the Beach
Mission Bay

Bailee Finale!
12.30pm - 3.30pm



Courtesy of
Return to Paradise Resort
and
HOUSE OF TRAVEL

Thank you

PLUS

Everyone who competes and raises over \$500 has a chance to win 6 bottles of Moët or \$400 worth of The Grove dining vouchers.



Visit <https://www.hospice.co.nz/jail-bail/> for full details and to register now!

- Karen Kirk's Christmas Lights - \$2092
- Members of Ladies Club of Highland Park fundraised - \$426
- The Probus Club of Mangere Bridge annual donation - \$125
- Rotary Club of Drury Inc. held their annual golf day - \$16,060
- Howick Bowling Club donations kitty for wrong bias bowls - \$605
- Papakura Ladies Probus Club donation - \$163
- Alison Keall selling food at the Metlife Open Day Market - \$263
- Pakuranga Village Dance Group who love dancing and donating - \$400
- Kennerley Group for holding donation boxes at local Z Energy sites - \$2,170
- Harvey Norman's Big Day Out - \$77,236
- Four Winds Foundation \$50,000 for our Day Hospice Van

Where's your local hospice shop?



Hospice Shop Howick

61 Picton Street
Monday - Friday: 9.00am - 4.30pm
Saturday: 9.00am - 3.00pm
P: 09 534 1545

Hospice Shop Pakuranga

Shop 7 - Pakuranga Plaza, 1 Aylesbury Street
Monday - Saturday: 9.00am - 5.00pm
Sunday: 10.00am - 4.00pm
P: 09 576 2189

Hospice Shop Manurewa

153 Great South Road
Monday - Friday: 9.30am - 4.00pm
Saturday: 9.30am - 12.30pm
P: 09 268 0211

Hospice Shop Takanini

198 Great South Road
Monday - Friday: 9.30am - 4.00pm
Saturday: 9.30am - 3.00pm
P: 09 297 7550

Hospice Shop Manukau

Cnr Cavendish & Lambie Drive
Monday - Saturday: 9.00am - 5.00pm
P: 09 263 5080

Hospice Shop The Gardens

91-97 Charles Prevost Drive
Monday - Friday: 9.30am - 4.00pm
Saturday: 10.00am - 1.00pm
P: 09 269 4472

The Wedding Loft

Cnr Cavendish & Lambie Drive, Manukau
Monday - Saturday: 9.00am - 5.00pm
P: 09 263 5080



hospiceshop



Your Donations:

To arrange for collection of large/bulk or furniture collections call: **09 297 7550**

TradeMe Online Listings

If you're unable to visit us instore stop by our TradeMe listings for lots of unique items; such as a Vintage View Finder with picture reels, a Poole of England Studio Art Plate, Royal Copenhagen Porcelain collectables and so much more.

To view the online listings visit
www.hospice.co.nz/trademe



Volunteer Support driving the Hospice Shops

With over 200 retail volunteers each week across the six Hospice Shops; these smiling faces manage around 450 transactions per day! A staggering number of purchases which all raise funds for Totara Hospice across your community through the sale of the donated goods received.

There are a number of reasons why people choose to volunteer including creating new friendships, becoming involved in the community, developing new skillsets or gaining experience and choosing to donate your time to Make Hospice Happen.

Hospice Shop volunteers ensure funds are raised by managing stock in store, processing customers purchases and the sorting of donated goods you contribute.



Sandra and Kathy (Store Manager) from the Manurewa Hospice Shop



Soumaya, Cheryl and Helen at the Manukau Hospice Shop

If you are interested in volunteering in our Hospice Shops please email volunteerservices@hospice.co.nz or call 09 640 0025.

Thank you to our event sponsors

- Andrew Simms Botany
- Walthall Ward Ltd
- Mike Pero Real Estate Papakura
- Drake Medox
- Davis Funerals
- South Auckland Motors
- Resthaven Funerals
- Barfoot & Thompson – Mary McDonald
- Longford Park Village
- Franklin Vets
- Harveys Manurewa

Thank you

- Aiga Energy selling mints instore at local Z Energy sites - \$728
- BNI Metro Annual Golf Day - \$4,380
- Manh & Li's Vietnamese Community Dinner - \$10,880
- Tyrepower Otahuhu & Harris Road tyre sales fundraiser - \$2,375
- Nestle's Staff Fundraiser - \$895.20
- Maraetai Bowling Club's annual charity day - \$361.35
- Healing Hands Open Day in Papakura - \$3,000
- Daneil Melvin for collectable Lego sales - \$400
- One Tree Hill College's mufti day - \$3,257.50
- Cockle Bay Petanque Club donation - \$100
- Rotary Club of Otahuhu's donation - \$4,200
- NR Thomson Grant \$7652 2 x Portable Oxygen Concentrators
- The Lion Foundation \$10,000 IT Equipment support
- Mt Wellington Foundation \$5572 Patient Services Equipment

Connecting with you, our supporters

Our team of Community Fundraisers can come to you! We love getting out to our local community and sharing stories of Hospice. Learning how we can work together with you all to deliver support and care to those in our community living with a life limiting illness.

Our team is keen to connect with any groups or networks that our supporters are part of. Perhaps you are a Lions member, or a bowling club – or part of a book club or a business team – we would love to come and talk to you.

Our Youth Ambassadors can visit your school and share information on the Youth Ambassador Program and why they support hospice.

If you are looking for some Corporate Volunteer ideas then our Volunteer Services team can help you just contact Trina on trina.napier@hospice.co.nz

Rachel, Jo and Mel are here to connect with you so give us a call, we have a Conference Room available as well so you can even come to us if that suits you!



Youth Ambassadors Fangafua Pooli and Erin Dench

Contact us on fundraising@hospice.co.nz so we can help organise a catch up.

PS. If you are a health care provider and are interested in learning more about Totara Hospice and the services we provide you to support your patients through their palliative journey contact us via email to Georgina.miller@hospice.co.nz or call us on 09 6400025 to talk through.

Left – Right Rachel Clarke, Jo Davis & Mel Seal



Totara Hospice Wishlist

Are you able to donate any of the following items to support the work of Totara Hospice? Please contact Rachel before purchasing:

- ☀ Nescafe Gold Instant Coffee Original (100g) for our Beverage Bay in the Inpatient Unit
- ☀ Biscuits and crackers for our patients, families and volunteers (please note must be purchased/ packaged)
- ☀ \$219 per Black+Decker Lithium Ion Flexi Dustbuster 18 Volt for the Hospice Shop volunteers help to keep the six shops clean and tidy
- ☀ \$159 for a Ryobi 600W Hedge Trimmer to manage the garden and grounds
- ☀ Bunnings or Mitre 10 Hardware vouchers for maintaining the Hospice grounds
- ☀ A magazine subscription for Day Hospice patients to read
- ☀ \$12 to purchase one candle and small plate set to light for a patient at the Inpatient Unit (multiple sets needed)

If you can help please contact rachel.clarke@hospice.co.nz or 09 640 0255, please do contact Rachel before purchasing. Thank you for your support.

National Partnerships that Thrive

House of Travel Howick and Botany hosted their Bi-Annual Trivia Evening and raised an amazing \$10,297.00! This always sold out event is a fun evening for all!

The BNI Networks of NZ donated an astounding \$284,552 to Hospices nationwide, and we are proud to announce that \$74,279 was raised from our linked BNI Chapters. We would like to congratulate **BNI Pakuranga** for hosting their Golf Day raising a phenomenal \$40,653 and **BNI Metro** who raised \$32,826. Thank you for partnering with Totara Hospice for a record breaking 2018!

The Harcourts Foundations funded Hospice NZ Grants Programme provided a generous grant to support the purchase of 2 new Dual Purpose Mattresses for our In Patient Unit rooms, helping to support the comfort and care for our patients.

Pub Charity supporting Totara Hospice in your community for many years

A heartfelt special thank you to Pub Charity Ltd for their generous contribution to supporting the Volunteer Services, Day Hospice, IT and Housekeeping areas of Totara Hospice. Additionally, covering the costs that relate to the operational costs of delivering the palliative care services we provide to the community of South and South East Auckland.



#weneedtotalkaboutdying

We want to support New Zealanders to have more conversations about death in the hope they might worry about it less. Death seems to have become a difficult topic for a lot of people. Many of us have lost the knowledge about what happens, what to say to each other, and the options we have for care. That lack of information often results in fear. But dying is often much more peaceful and gentle than people expect.

Death is a social experience, and we all have a role. We need to talk about dying.

5 conversation starters with your family

- 1 The thing that most worries me about death (of me or a loved one) is... and this is what I can do to manage that worry.
- 2 Talk about a time when someone close to you was dying. What was positive about that? What was hard about that? What would you like done differently?
- 3 If I could describe the type of care I'd like when I was at the end of my life, what would it be?
- 4 What does 'death with dignity' mean to us?
- 5 If someone we loved was dying and we were offered the option to withdraw treatment other than to keep them comfortable, how would we know that was the right decision? Who would we talk to? Who would need to be involved.

Acknowledgements: Australian Palliative Care: Dying To Talk discussion starter

Community Fundraising ways to get involved

Thank you to our community supporters, including Café Miko, Bridge Fruit & Vege, Aiga Energy & Kennerley Investments from Z Energy who display donation boxes on their counters! We appreciate everyone's efforts in **Making Hospice Happen!**



Become a Hospice Adrenaline Angel

Our Hospice Adrenaline Angel Initiative is a fun way to raise money for a great cause. Simply raise \$1,200 and then dive head first off the Auckland Harbour Bridge, brave the leap off Auckland's tallest building, and then top it off with a jump out of a plane... All for free! Find out how to get involved on 09 640 0255 or email rachel.clarke@hospice.co.nz.



Light For Life

**Mahatma Gandhi Centre:
145 New North Rd, Eden Terrace
Saturday 27th July – 6.30pm**

This is a wonderful opportunity to attend an amazing cultural event supporting very worthy causes and your chance to celebrate light AND life.

For more information visit:
www.jpassociates.co.nz/charity.html



**IF YOU HAVE
TIME TO GIVE,
WE WANT TO
HEAR FROM
YOU!**

We are always looking for more volunteers to support the work of Totara Hospice in the community.

Could you be just the person we are looking for?

You can see our current vacancies at

www.hospice.co.nz/our-people/volunteer-with-hospice

or email Trina at volunteerservices@hospice.co.nz.

If want to have a chat to learn more - then give us a call on 09 640 0025



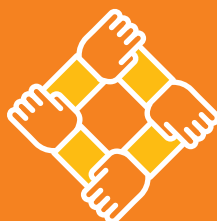
250

People volunteer regularly with us, plus an extra 350 for our fundraising appeals!



20+

Roles across Totara Hospice areas



100,000

Estimated hours donated every year



A Lasting Gift to your Community

We spend much of our lives making sure our loved ones are cared for, and writing a Will is the only assurance we have that family and friends will continue to be looked after once we are gone. We all know the importance of having a Will, but many of us put this off for another day – despite the fact that a small investment of time and money now, will ensure that our loved ones will be taken care of when we are no longer able to do this ourselves.

It is important to make your loved ones a priority in your Will, and ensure that they are well provided for. Many people like to make a gift in their Will as a way of leaving behind a legacy in their community, and leaving a gift to Totara Hospice is an incredibly generous way to help others well beyond your lifetime. No matter how big or small, any gift to Totara Hospice will leave a lasting impact and allow the same level of hospice care to be given to patients and their families for years to come. Without the kindness of our supporters, we would not be able to continue to provide essential Hospice services.



Leave a lasting legacy, by helping to Make Hospice Happen for future generations.

If you have any questions about leaving a gift in your Will to Totara Hospice, or if you have already completed your Will and left a gift for Hospice we would love to hear from you.

Call Nicole on 09 640 0297 or email Nicole.pemberton@hospice.co.nz.

38%
of adult
New Zealanders
currently do not
have a will*



*Statistics NZ 2017

Nicole asked Thada Chapman from The Conveyancing Shop to answer some common questions that our community often have and highlights some misconceptions we may have.

Q What happens if I die without a Will, and what would this mean for my loved ones?

You would be intestate and letters of administration would need to be applied for at the high court. If the estate is worth more than \$15,000 the court will need to administer the estate. Any family member can apply to be the administrator.

Q Who benefits from the estate?

If there is a spouse/ partner but no parents and no children the spouse gets entire estate.

If spouse/partner and children - spouse gets chattels and \$155,000 and a third of the balance of the estate. Children get 2/3 of the balance of the estate. (children inherit in equal shares)

If stepchildren exist - they may not necessarily benefit - lots of factors here need to be considered such as was stepchild dependent on deceased.

If spouse/partner and parents but no children - spouse gets chattels

and \$155,000 and 2/3 of balance of estate and parents get 1/3 between them.

If there are children but no spouse/ partner- children get entire estate in equal shares.

If no spouse/ partner, no children but surviving parents - estate is divided equally between parents.

If no spouse/partner, no children, no surviving parents but surviving siblings - entire estate is divided equally between the siblings.

If no one stands out as a beneficiary then next of kin – such as second cousin twice removed - will be located and - failing all else funds go to the government.

Q When should I update my Will?

Every time anything significant happens- new baby, move house etc. Remember if you get married your Will is automatically invalid.

Q What is an Enduring Power of Attorney (EPOA) and how does it differ to a will?

An EPOA allows you to choose who will make decisions and sign on your behalf if you are physically or mentally incapacitated. There are two types; the first is for personal care and welfare, which authorises the delegated person to make decisions about things like your medical treatment. The second type covers property, allowing your nominated attorney to sign documentation and make decisions about your assets and physical property, including bank accounts. Without an EPOA should anything happen to you, your family will have to apply to court to have one appointed, causing delay, stress and worry during a difficult time. When a person is dead an EPOA is null and void.

Thank you to the team at Conveyancing Shop for their ongoing support of Totara Hospice
www.conveyancingshop.co.nz

In every moment of care they honoured him

Written and shared by Michelle Langstone

My sister called me on a cool October morning and told me the doctor had advised it was time to take our Dad to hospice. I felt my skin ice over like a frost, and I drove from Rotorua to Auckland in frozen dream of dread. Like many people, just the word 'hospice' engendered fear in me.

In my head it was a place everyone went to die, where nothing good could happen, and no light could reach. We'd done a tour of our local hospice early on in the piece when Dad's terminal cancer diagnosis was very fresh.

Everyone had been welcoming, but we were in a daze, so nothing felt real and no outcome requiring palliative care could really be imagined. Now it could.

As we wheeled dad through the generous doors of Totara Hospice the following morning, it was unmistakably a turning point in our lives.

Seventeen months with Dad, two operations, a round of radiation at the highest dose available, two additional stays in hospital, and here we were.

The hospice nestled on beautiful gardens full of trees and birds. Our sunny room had doors opening onto a wrap-around balcony, an ensuite, soft chairs, and little touches everywhere to help you feel comfortable.

We got Dad settled and I left the room, crouched in the hallway, and bawled my eyes out. A nurse came by, placed a box of tissues at my feet, and a hand on my shoulder briefly, and left me to it.

In New Zealand when we talk about palliative care, I think largely we imagine people dying in pale rooms far away from everyone. That's what I thought, anyway.

We seem, at least at a glance, to know little about the services offered.



As the End of Life Choice bill comes before our parliament, conversations both forceful and quiet circulate about what it means to die, what it might mean to choose to leave early via euthanasia, and what a death with 'dignity' means for the patient.

Hospice palliative care, which is the umbrella of care our family came under, generally cares for terminal patients who have stopped medical treatment, and are nearing the end of their life. It aims to help patients enjoy the time they have left, offering support both physical, emotional and spiritual, and neither hastens nor delays death. Other forms of palliative care can assist patients at the time of diagnosis of a life-limiting illness, and throughout medical treatments as well as at the end.

“As he slipped farther away from us, the hospice staff did everything they could to make him, and us comfortable. It was a difficult end for Dad, and nobody hid that from us.”

I don't come down firmly in one camp or the other regarding the bill, even after our positive experience at hospice, but I do feel we are not very good at dealing with death in Western culture. I think it's something we are hopeful will happen when we aren't

looking, perhaps so we don't have to feel too much pain.

This is of course a generalisation. However, over the time since Dad's passing, as I have communicated his life and death, the resounding messages coming back to me are ones of fear and surprise. Fear of death, and of a bad death especially, and surprise at the beauty and laughter I had to share about our experience.

I didn't expect to laugh at hospice, but then again I also never thought we would emerge from there with Dad alive, and I was proven wrong. Many patients experience short stays at hospice, to rest and get stronger. It is a place of healing and empowerment as well as passing. There are day-stay patients, live-in patients, and there is even support in homes.

After three weeks of thorough wrap-around care, we brought Dad home, as was his wish, and cared for him there for another five weeks. There's no way on earth that would have happened if it weren't for the incredible team of doctors and nurses and physiotherapists and counsellors we had access to every single day of Dad's stay, at no cost to us at all.

The standard of specialist care available at Totara Hospice was remarkable. Because it is end of life care, largely any medications are given orally, and the treatments are there to manage symptoms and assist in providing the best level of comfort

possible. Swift, kind, and efficient, I don't think there was a moment that felt unsupported. A press of a buzzer produced help in less than 30 seconds, and equally, letting the nurses know we needed some quiet meant just that - absolute quiet.

It was a very personal experience, and we came to know our nurses and doctors well, something we had seldom experienced in a hospital situation - and we had been in many of them with Dad. They remain the most remarkable people I've ever met - thoughtful, wryly funny, serious and playful. There were nurses my Dad made genuine friendships with, who he couldn't wait to see, with their running jokes to lighten the indignities of bodily functions, and impromptu waltzes when they'd lift and move him around.

There were doctors he would shake hands with and say "Thank you so much for helping me, you're just so brilliant, you really are." They were so respectful of him, no matter what mood they found him in, no matter what bodily state. In every moment of care they honoured him, and in doing so they honoured our family. Nobody pussy-footed around the seriousness of the situation, and because of that transparency, and because no one balked at our feelings in all their array, life at hospice felt normal. It became our safe place, and we felt protected.

At one stage, two rooms along from us, a friend of ours was farewelling his mother-in-law. How strange to stand in the hall with his wife and kids, talking and hugging. How odd to sit with dad and sense them mirroring our journey only metres away.

We saw so many families come and go. A Samoan family farewelled their father, and the hallways were filled with extended family all though the day and night and it felt like comfort. There was so much life and energy around, and it lifted us. We felt connected, and sometimes we even felt strong. I had never imagined that was something palliative care could bring us.

The staff at Totara Hospice let us bring Dad's cat to visit him. I'll never forget that, because it was the most hilarious day in the middle of such a difficult time. Our cat Bailey, true to form, just sat on Dad like a very hairy cushion, and dad loved it, and the nurses who came in and out loved it. It felt

absurdly normal to have our cat in that light-filled room with Dad; it made us feel better, and it gave dad something to anchor to - an imprint of the home he missed.

The time we had at home after that first stay was precious, but it is the last five days of dad's life that stay with me as some of the most beautiful, and profoundly moving.

Dad was transferred to hospice from Middlemore, where he had made the choice to stop any further medical intervention. We were greeted with a sensitivity that defies any words. Dad was never alone. We stayed with him - piling ourselves on spare beds and lay-z-boys, and taking over his bathroom with our toiletries just as if we were on holiday at a bach.

We made food in the kitchen, poured wine in the evenings, played music, and watched TV. It's unimaginable how deeply normal we felt, and I think that's a gift of hospice care - to be given the gift of your own familiar routines, even as everything is changing, is a comfort.

One night I emerged from our room to find my favourite nurses in a huddle at the station. They were watching a video on a phone, and giggled when they saw me. They were learning the choreography to Beyonce's 'Single Ladies', and recording their efforts to see what needed work. You better believe I laughed. You better believe I watched that video and gave feedback. That lightness made my day, and I went back to dad grinning.

As he slipped farther away from us, the hospice staff did everything they could to make him, and us comfortable. It was a difficult end for dad, and nobody hid that from us.

There was practical advice, specific information and instructions that really helped. The doctors and nurses met with us often, and we could ask questions or speak our fears, and dad's care plans would be adjusted swiftly. There was a counsellor always

on hand. She walked me and my brother through the garden on what became our last day, because she could see we were beside ourselves. She reminded us to breathe. We breathed for our Dad, whose lungs were fighting so hard to keep him with us. We held him as he left us, in complete privacy, and it was an end that brought release with it.

I opened the door and stepped out of that room and our nurse was standing in the station down the hall. She met my gaze and I nodded, and she nodded to me, and it was done.


It wasn't over though. Our favourite doctor came to fulfil the official things required by law, and did the

most extraordinary thing I've ever seen. He stood beside dad's body and spoke to him, and asked permission to check him over. It held more dignity in it than anything I could have imagined; respectful and honouring to the last. We got to wash Dad's body, and say goodbye for as long as we liked. In the foyer a candle was lit for him that remained burning until his body was taken away.

Dignity, empathy and compassion - that is what I now associate with hospice, and with palliative care. I recognise this is not the experience for everyone, but it was for my family. It afforded my Dad respectful care and decency when he was at his most vulnerable. It allowed our family to experience the fullness of his life and passing with support. It meant when it came time to let him go we were as ready as we could be, and we processed the loss of him with what I believe was a deep recognition and acceptance.

These qualities are in our inherent nature to give and to receive, but are so easily forgotten in this bewildering race that we call living and dying.

“They remain the most remarkable people I've ever met; thoughtful, wryly funny, serious and playful..”

 **YES! I will help patients and families like Michelle get through one of the toughest journeys of their lives.**

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Your donation will help change patient's journeys

The more you give, the more opportunities you will support for families like Michelle's to be together - Living Every Moment as well as they can.

← Donation form overleaf

inTouch with Tina

Greetings all and welcome to this edition of 'inTouch' our newsletter that shares stories of interest and highlights how Hospice connections are created all across our community.

From large scale community events like the JP Associates Light for Life Dinner in the Mahatma Gandhi Centre to the individual efforts of a fundraising youth ambassador like Tiffany Horton of Kings College, you will see inside InTouch that making hospice happen occurs in ways big and small and with the support of so many wonderfully different people and groups. This is fitting as our community of supporters reflects the great diversity of the community of patients and families we help care for and support.

I hope that you particularly enjoy reading about the day in a life of one of our Hospice Social Workers Judieline Villanueva and get curious about Advanced Care Plans. This is a simple tool that gets you talking about and planning for your future health care and end-of-life care and identifying what matters to you.

So have a cuppa, flick through the pages and share our sense of joy that Totara works, as it is a partnership in

caring at every level. As always please accept our thanks and gratitude for being part of the team.



Tina McCafferty
Tina McCafferty Chief Executive



Kia ora tātou, Kia Orana, Talofa Lava, Malo e lelei, Fakaalofa Lahi Atu, Ni sa Bula Vinaka, Namaste, Ní hǎo, Hola! Greetings All.

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A new range of Supporter T Shirts, showcased below by our lovely staff, are available for sale at our website <https://www.hospice.co.nz/store/> or from reception at Totara Hospice, The Gardens.

A fabulous range of colours are available, we even have some for the little ones, featured here on Liam!

