

OUR VOLUNTEERS ARE



CELEBRATING MOTHERS



From the CEO

May celebrates Mother's Day, and the Hospice Southland Autumn Quarterly is focused on celebrating mothers and all they do for their families and their communities.

Mhari Baty a Trustee on the Hospices Southland Charitable Trust Board since 2008. She recently passed away with her

tangi at the Murihiku Marae. Mhari was a great support to her community.

Suzanne Prentice has combined a 50-year International Career with motherhood and "stardom" my words, Suzanne is far too humble to say this.

Archie Lang's Mother is teaching her young lad how to be entrepreneurial but not to forget that there are others less fortunate and needing support. Archie's business venture was a great example of this.

Over half of our patients have been mothers and it is wonderful to see the love and care that their children give when they become one of our patients and their last few days are approaching. This was epitomised by the Neho family with the love surrounding their gran and her mokopunas.

We are sadly seeing more young people with terminal conditions and their dedication to being mothers is so important to them. We work our hardest to support these families when they come onto the Hospice books.

Thank you so much for all the support we get, donations in money and in kind, volunteering at the shops, in the gardens, the kitchen, the cleaning and the Living Legacy work.

Enjoy your last few days of Autumn.

All the Best

Flora Gilkison CEO, Hospice Southland

Ways to donate

Here are five payment options:

- 1. INTERNET BANKING** Pay directly by internet banking into our Westpac bank account 03-1745-0005791-00 giving your name and phone number as reference details.
- 2. BY POST** List your credit card (or visa debit card) details and amount to donate in the cut-out panel and post it in an envelope to us at PO Box 7020, Invercargill 9844.
- 3. OUR WEBSITE** Search the internet for hospicesouthland.org.nz, click on 'About Us', then click on 'Make a Donation' and enter your credit card details.
- 4. BY CASH** Drop off cash or swipe your eftpos debit card at one of our seven hospice shops.
- 5. GIVEALITTLE** Go to our Givealittle page on the internet at www.givealittle.co.nz/org/hospicesth

If you require any assistance with making a switch to an alternative payment method, please feel free to give our office a call on (03) 211 3081 and they will talk you through the options.

Yes, I would like to support Hospice Southland.

Title Dr. Mr. Mrs. Ms.

Name

Address

Phone

Email

Please send me information on:

- Hospice Southland services
- Becoming a volunteer
- Including Hospice Southland in my will

Please find enclosed my credit card donation of

\$

Please debit my Visa Mastercard

No.

Expiry date /

Name on card

Signature

Thankyou for your generous support. We receive only half our funding from government. Your monies help keep palliative care free to patients with life-limiting illnesses in Southland and Queenstown/Wakatipu.



AUTUMN 2024



CELEBRATING MOTHERS



Saying Thankyou to Mhari Baty

Hospice Its not what you think it is..... Its Better

We celebrated the life of Mhari Baty and all she brought to Hospice Southland as our long term Murihiku Board Trustee. The HospiceSouthland Board of Trustees has had Mhari Baty as our local Māori trustee since 2008. Mhari brought key Maori leadership attributes to the Board. She certainly made Hospice better.

She was grounded in tikanga and the values of whakaiti, kaitia, kitanga. These came through her cultural grounding

and being well versed in te Ao Maori. Mhari had strong relational skills and deep roots into the community. One of the many aspects she brought to the Hospice was getting involved with some of the Invercargill Mens Prison and getting a group together to learn to carve and to carve pous for the Hospice. They are a tribute to the energy and Māori focus Mhari brought to the Hospice.

In meetings Mhari's constant refrain was "are our people being cared for in a culturally right manner".

We enjoyed her presence at the Hospice and when she passed - at the Hospice, we were privileged to be able to be with her and her whānau during those last hours.

Okioki i runga i te Rangimarie Mhari - Rest in peace Mhari and thank you for all you did for us.

Helen McCurdy, Chair Hospice Southland



Hospice Southland Kaitiaki

I have an apology to make, I incorrectly attributed this wonderful kaitiaki Hospice Southland has in its front entrance to the wrong artist. Jodi Cameron carved this piece.

His description is "This kaitiaki represents staff and patient and their whānau... the separation in the chest speaks of the ki te AO ki te po ... the head of the kaitiaki speaks of the care given to all while here and as you move from light to night everyone's journey is different... shown in the two different styles on the legs ... the overall design represents the manawa - heart, breath "

It's a carving noticed by one and all and completed in 2004.



A loved Grandmother

The Neho family gathered at Hospice to farewell a much-loved grandmother Leeona Neho. What a delight it was to host these polite, charming young children. How they loved their grandmother, and you can see even right at the end her love for them. That's what families are all about.

Its all about caring and giving. We have Rose who loves to knit and crochet, and she made all these wee toys that each child was able to have to help them remember the time they spent with their grandmother.



A Mother's Teaching

Learning to give is a lesson many children learn when they are making or buying something for their family at Christmas time.

Learning to develop a business is something many people try to do but don't always succeed.

Meet young Archie Lang our entrepreneurial gardener. Last summer Archie developed a business raising seedlings and selling them. He was very successful and made \$300.00. Archie has also learnt to give and donated half of his earnings to Hospice.

What a marvellous gesture and life- long learning for Archie – Hospice Its Not What You Think?.... Its Better

An Evening with Suzanne Prentice - celebrating 50 years was held in Te Anau on May 10th.

The combined service clubs of Fiordland (Te Anau Lions, Rotary Club of Fiordland and Te Anau Kepler Lions) presented a fabulous evening with Suzanne Prentice, ably supported by the talented Te Anau ukulele band "From the Top" (see below). They warmed up the audience by singing some real foot tappers. Johnny Cash, John Denver, Johnny Be Good, Bad bad Leroy Brown – all great sing along songs.

Suzanne came on stage to much love and applause and was terrific. She sang some oldies and then some more recent material. When she opened up that powerful voice of hers and sang Hallelujah it made the hair on my neck stand up and I couldn't help but clap along with her.

She then had a fireside chat with the audience, making it feel that it was just a personal one on one talk with Suzanne. She told the audience many many great stories about her 50 years as an international star. These are my words as Suzanne is far too humble to use them. Tammy Wynette, Johnny Cash and June Carter Cash, Neil Diamond, Morecombe and Wise the two Ronnies – and even Roy Orbison she's performed with them all. What a career and all the time she's stayed grounded living in Invercargill, making sure her children were protected from the ills of stardom and loving her absolute champion of a husband Steve.

We were so lucky to have her perform, it was a delight and such fun.

Suzanne is one of the mothers we celebrate. The work she does for hospice, and the community is just so special. It is indeed a privilege to have Suzanne supporting Hospice Southland.



HOSPICE UPDATES



Dr Amanda Landers one of our specialist palliative care doctors has just completed her doctorate in developing a model for end of life care for people with COPD (Chronic Obstructive Pulmonary Disease). Her research has developed three models of care which will help provide high-quality services for people with severe COPD.

She graduated in 2000 with her MBChB from the University of Otago. She specialised in palliative care medicine and has worked in a number of communities across Aotearoa New Zealand and Australia.

Amanda is currently Head of Department, Department of Medicine Christchurch and is the module convenor for Palliative and End of Life Care for doctors.

She also leads the Aotearoa Australia Pancreatic Enzyme Replacement Therapy (ASPRT) multi-disciplinary research group with over 20 members which is committed to improving the lives of people with pancreatic cancer

Amanda is a fantastic Mum, a palliative care specialist doctor, a Head of Department at Otago University and an international researcher. The power of being positive and setting goals has empowered Amanda to be the wonderful person she is. Our patients, families and staff are all so grateful she visits our patients, especially in Gore and Queenstown.

WITH WINTER COMING SO DO COUGHS COLDS AND FLU!!!!

This is from one of our nurses and it's a good read, although you may shudder.

You may sometimes think about how much bacteria are on our hands and on surfaces that you touch.

A few facts to inspire more conscious hand hygiene.

- The average human hand houses 150 different kinds of bacteria
- There are typically between 10,000 and 10 million bacteria on each of your hands
- Most germs can survive on your hands for three hours
- Damp hands spread 1,000 times more germs than dry hands
- Apparently, only one out of three adults wash their hands after coughing and sneezing.
- Washing with hot water and soap for over 30 seconds is required, and don't forget your wrists.

BACTERIA CAN BE GOOD AND BAD BUT THESE FACTS MAY FREAK YOU OUT.

- Most things are measured against the bacteria count on the toilet seat, so as a base line - Most toilet seats have an average of about 295 bacteria per square inch, including E. Coli, Salmonella, Staphylococcus, Influenza and more.
- Keyboards and computer mice are around 400x more contaminated than the toilet seat. For those of you who share a keyboard, that microbe count increases even more.
- Mobile phones have a 10x higher bacterial load than most toilet seats
- Just as a note to remember when you are getting your groceries – 72% of shopping carts tested positive for fecal bacteria, 50% tested positive for E. coli!

SO WHAT TO DO - HAND HYGIENE IS CRUCIAL, DON'T TOUCH YOUR FACE OR PUT YOUR FINGERS IN YOUR MOUTH. GIVES A NEW MEANING TO "FINGER LICKIN GOOD".

- Clean work surfaces with anti- bacteria wipes or similar, and clean hands frequently with alcohol based gel or soap and hot water.
- Turn the key board upside down to shake out any debris, do not blow on keyboard as this potentially spreads bacteria and viruses.
- Dry with lint free cloth if required.
- Take hand sanitiser with you to use when out and about, swish them round that shopping cart, and wipe your hands after going out. Those ETPOS machines are used thousands of time a day so sanitise your hands after use.

Remember most businesses do clean their environment and try very hard to keep you safe but personal responsibility is also required.





Dying at Home? Can we as a family manage?

How Hospice Southland helps those end-of-life patients die at home.

Home based palliative care happens to about 2/3's of all our patients. That's right most people prefer to die at home if they can and we aim to help them.

What is needed to be able to achieve this? Firstly, good communication and a well-integrated team. This means that the GP, the district nurse, the Hospice nurse, Doctor or Nurse Practitioner, the spiritual coordinator and our counselling team all work together in an integrated way with you as the patient our most important person.

End of life conditions can cause discomfort and can at times cause pain. With our special nurses, Nurse Practitioners and Doctors your pain should be manageable, and your physical symptoms helped as well being kept fresh and clean. Adult incontinence products (nappies) are quite often needed in this day and age. They are great and help keep moisture away from the skin so that it doesn't get raw. End of life can mean being on a morphine pump to help manage your pain. Our nurses can teach your family how to operate these for you in your own home. We also prescribe medication for constipation and ensure you have the right equipment to help you "go to the loo".

Dry mouth is a terrible thing, just having a lemonade ice block to be rubbed around your mouth will help ease the dryness of the mouth that often comes with dying. These are all things that help you have a "comfortable death" at home.

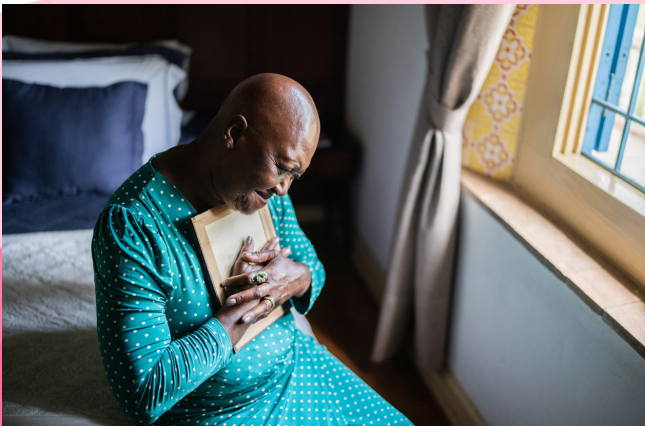
Sometimes it's necessary to come into the Hospice, not because your time is near but to get your symptoms and pain managed and then you can go home again. I have people say, "I thought that was the end for Mum when she came into the

hospice, but she was home again 3 days later and feeling much more at ease, with the pain managed".

Holistic care is the name of the game. This means not just physical pain is treated but the whole family and whānau are cared for. We acknowledge people's roots and have a Living Legacy service where our patients can tell their life story and have all the photos they want put into the book. This means that once they have passed their family have a written and pictorial memory of them. We also care for the spirit and soul, a very important part of end-of-life care.

A comfortable death is where all aspects come together and the patient along with their family have managed to find answers to their questions and can focus on coming to terms with their grief and saying their goodbyes.

A home-based death can and is in the main a comfortable and peaceful death for our patients.



OUR GENEROUS DONORS



Hospice Southland Needs to Be Financially Sustainable

This article will resonate with many in the Not-for-Profit sector. The name of this sector which is huge just means it's not the commercial business sector or the public sector – i.e. government sector but all the rest. It's the thousands and thousands of groups who work for their communities. It is estimated that over 250,000 Kiwis volunteer for Not for Profits every week, on average contributing the equivalent of over \$4 billion GDP.

The sector raises over \$12 billion annually and what grinds my teeth is because we have lived beyond our means for many years the interest alone bill the Government has to pay is about \$8 billion per year. They must say thank goodness for the Not for Profit sector. But lately many of us are working in deficit, ie the income does not match the expenses. Some of us will not survive this year.

For those of us in the Not-for-Profit sector we scratch our heads every month to see how we can keep costs contained within the income envelope. As a kid I used to get pocket money and I kept it in a brown envelope. I spent some of it on lollies or an ice cream, those ice cream sundaes at the Ranfurly milk bar with a pink wafer were longed for when we visited Ranfurly. But each week I had money over and saved that for Mums birthday or Christmas. Oh to have money over each week now.

So how do we go about setting being financially sustainable. There are four pillars of Financial Sustainability

1. Strategic and Financial Planning – how do we pay staff, keep the building up to standard and do all those things we

have to do? What plans do we need to have for future growth and how do we budget for those?

2. Income diversification, relying on just the one income stream especially in the Not-for-Profit sector is very risky so we need to brainstorm other income streams and make sure these are genuine possibilities.

3. Sound administration and financial review. On a monthly basis I look at income and expenses. Check each invoice to pay only for what you is expected. When times are tight this can be difficult, but you must do this.

4. Own income generation. All businesses know that success comes from the mantra "Revenue revenue revenue" so keeping a firm eye on revenue generation is essential.

For Hospice Southland we have several income streams. The main one about 40% of what we need is from the Crown. Health NZ pays us about \$3 million a year. While we are very grateful this doesn't even cover just nursing and medical salaries. So, we need to raise the rest. We do this through the very generous support we get from Donations, Grants, Bequests, Events and our Hospice Shops around the region.

Its tough times but our staff and volunteers work so willingly to be able to supply the Hospice service to those in need. We live our motto "Living Every Moment" and fill our days with joy and poignant memories for all those patients and their families we touch on a daily basis.



What do those four panels in the Hospice entrance way mean?

When you come into Hospice Southland just to your right there is a series of wall hangings. Many people ask us what they mean? They represent the holistic care we give to both our patients and their families/whānau.

Hinegaro stands for mental wellbeing. Hospice care is very focussed on mental wellbeing. Helping our patients and families get their affairs together can be a major stress. We have a wonderful team of counsellors and social workers who can help our patients move from their home through Hospice into Aged Residential Care, who can help organise an Enduring Power of Attorney or perhaps if someone has been living on their own and their condition means they have lost weight we can organise some new warm clothes. Jess our wonderful social worker has such a good heart, she's organised coal for an old chap who had no heating, petrol vouchers for parents who live out in the country to enable them to come into town and visit their loved one as well as getting neighbours to check on patients.

Tinana is physical wellbeing, and our nurses and doctors ensure physical wellbeing is looked after, by managing physical symptoms then the mind can rest, and fear of the unknown can be held at bay. We also have 3 Nurse Practitioners which is a real coup for Southland. They are our nurse specialists. They can diagnose, prescribe and sign death certificates.

Whānau is of course family and shows how rooted into the land we are. Whānau brings family love, support and caring. At Hospice we often have large groups of family visiting and they stay well into the night or even overnight. Our door is open day and night, and you are always welcome.

Wairua is the spirit. We all have a spirit whether we are religious or not. As death approaches this is often the time when the spirit is strongest, and our spiritual team are there to talk with patients and family to recognise this need. Families are asked to our Remembrance Services during the first year of their loved ones passing. These services are very poignant, a time to reflect, remember and light a candle of remembrance. Then we have a fantastic supper where people can mingle, talk, eat and drink.

All of our staff understand the four integrated aspects of holistic care. We all try to shape our lives around this and to be very aware that at any time any of the four parts came be at the surface of feelings.

Once we have explained these hangings our visitors look at them in a different light.



GORE HOSPICE SHOP

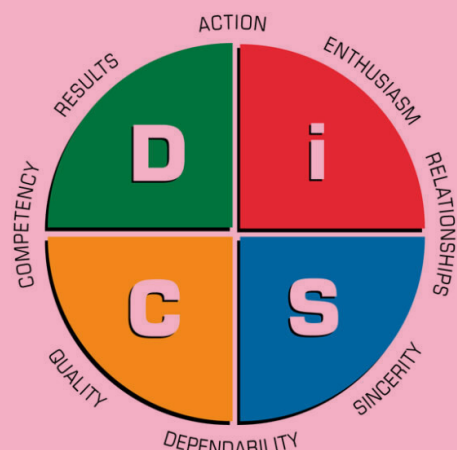
Recently the Gore Hospice shop held a training day for staff and volunteers. It was a DISC workshop which is designed to develop each person's DISC profile and helps individuals become more effective and lifts team performance. This is done by helping team members understand how they can work together. Each volunteer and staff member completed an online assessment to see what their personality and skills basis were. Then these were shared so you could work out how best to work with each other by understanding what their style is. For example, if you were an S this means you prioritise relationships, sincerity and dependability.

It was a fun morning and showed how important it is to get the best from each other and to work as a team.

One of the fun things was teaching 80-year-olds to do an "on-line" assessment when they are not very computer literate. One of the volunteers is now able to email her grandson - what's next TikTok? Who knows?

So, if you want to join a great team, average age at the workshop was 75 amongst the volunteers, don't be shy come and meet with Sue at the shop and we can take e it from there.

It's a brilliant wee shop where you can buy just about anything. The local Gore shoppers are very supportive, and the shop also gets a fair few out of towners. Love to see you there.



We Love to Say Thanks

At Hospice we love to thank those who donate to us. Hospice Southland was the very grateful recipient of funds from the excellent show "Last Night at the Proms" put on by the Invercargill North Inner Wheel Club.

We like to thank our donees in many different ways and so had a high tea as a way to say thankyou. Of course we dressed up.

Hospice Its Not What You Think? ... Its Better.



High Tea to thanks North Invercargill Inner Wheel March 2024

Donor	Amount	Comments
C S Roofing Ltd	\$1,700.00	July Donations
Southland Express Community Newspaper	\$1,166.10	Hospice Awareness Week
Mee & Henry Law Ltd	\$20,000.00	Est JS Mee
Karen Sinclair	\$5,000.00	In Memory Of Doug Sinclair
Neville Stronach	\$1,000.00	Donation
E Hayes & Sons Ltd	\$1,300.00	Community Box Donations
H & J Smith Ltd	\$1,300.00	Donation
Private Donor	\$1,712.00	Givealittle
Neville Stronach	\$1,000.00	Donation
Pat Stronach	\$1,000.00	Donation
Anonymous	\$1,000.00	Anonymous
Lynn Mouat	\$2,000.00	N I Pedler Estate
Anonymous	\$1,000.00	Anonymous
Southern Indoor Charity Dog Trial	\$30,000.00	Dog Trials 2023
GWD Russells Ltd	\$1,500.00	Estate G R Hill
Joe Benson	\$1,000.00	In Memory Of Donation
Rodney Botting	\$1,000.00	Donation
Neville Stronach	\$1,000.00	Donation
Anonymous	\$5,000.00	Anonymous Donation
Give a Little	\$1,709.00	Private Donor
Neville Stronach	\$1,000.00	Donation
Duncan & Joan McKenzie	\$5,000.00	Donation
Anonymous	\$1,000.00	Donation
GJ & JM Boyle Family Trust	\$2,500.00	Donation
JBW McKenzie Trust	\$5,000.00	Donation
Lynette Tee	\$1,500.00	Donation
Anonymous	\$1,000.00	Donation
Southerly46 Trust	\$5,000.00	Donation
ILT Foundation	\$35,000.00	Grant 2022-2023
Invercargill Licensing Trust	\$30,000.00	Grant 2022-2023
Sheddan Pritchard Law Ltd	\$50,000.00	Estate K R Edwards Trust
Lynette Tee	\$1,500.00	Donation

Southland Hospital Volunteers	\$1,200.00	Donation
Waihopai City Lions Club	\$1,147.93	SIT Childcare Donation
Anonymous	\$3,333.34	Anonymous
Anonymous	\$1,666.66	Anonymous
Peter Levett	\$1,000.00	In Memory of Donation
IL & DS Hamilton	\$2,000.00	Donation
Caduceus Club of Southland	\$1,000.00	Charity of Choice 2024
Cruise 4 Care	\$12,070.45	TI \$17,000 Dec'23-Mar'24
Squash City Juniors	\$6,000.00	Squashathon
Terry Boyle Memorial Trust	\$7,000.00	Donation
Southland Ford Falcon Club	\$1,000.00	Donation
Neville Stronach	\$1,000.00	Donation
Hugo Charitable Trust	\$21,000.00	Donation - Queenstown vehicle
Blake Holden	-	Donation of Electric Wheelchair
Baillie & Lewis	\$3,000.00	Donation
Kaans Catering Supplies Ltd	\$3,155.70	Quarterly Credit of Account
E-Type Engineering	\$1,200.00	Annual Donation Total
ILT Foundation	\$35,000.00	Grant
Invercargill Licensing Trust	\$30,000.00	Grant
N McGowan	\$1,000.00	Donation
G Buckingham	\$2,000.00	Donation
Baillie & Lewis Pharmacy	\$1,138.00	Donation
Hokonui Bowling Club (Inc)	\$1,485.00	Donation



HOSPICE SOUTHLAND CARES FOR YOU AT NO CHARGE TO YOU



THIS IS THANKS TO OUR VERY SUPPORTIVE COMMUNITY

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