



HOSPICEnews

The Newsletter of Arohanui Hospice



Love **MANAWATŪ**

Sarah Platt's 'Love Manawatū' project to benefit Arohanui Hospice

A Palmerston North artist famous for her iconic colourful two-dimensional townscapes has added a whole new dimension to the way she works.

Sarah Platt has employed four apprentices to work on her distinctive artworks, a five-painting project called Love Manawatū, featuring five of the region's towns.

"I've designed the paintings and I'm overseeing the work, as well as painting Palmerston North," Platt said.

The other paintings depict Pahiatua, Shannon, Woodville and Feilding, and the originals are to be auctioned at a gala event on December 13. Entry and proceeds from sales will be donated to Arohanui Hospice.

A single one of Platt's highly detailed paintings can take months to complete. By replicating herself with apprentices, Platt was able to work full-speed on five paintings at the same time.

"I only decided a month ago to go ahead with this. I have never designed five paintings at once before," she said.

Platt was looking for apprentices with a specific and meticulous set of skills when she recruited them on social media.

Lisa Tippett, who is working on the Shannon painting, drives from Hawera two hours away to spend two days a week with Platt and the other women.

"I have been painting at home, but that hasn't been easy with five children," Tippett said.

"My baby just started school last week, so that coincided with me being able to do something for myself."

Despite being embroiled in NCEA exams, Palmerston North Girls' High student Sarah Barnes, 17, was making good progress on the Pahiatua painting.

"We've had lots of social media responses from people in Pahiatua and in Shannon about the things they wanted to see in the paintings," Platt said.

For Pahiatua, that included the Harvard plane and the Tui Brewery.

"We are really telling their story," Platt said.

From Lower Hutt, Tessa Bardsley, 20, was responsible for the Woodville painting, with Feilding detailed by Platt's daughter Becca Platt, also 20.

"They are a team of high achievers. I enjoy having the girls in the studio with me. The hours I paint by myself can be quite lonely," Platt said.

With the originals to be auctioned by Property Brokers' Tim Mordaunt at Local on Broadway, a donation of \$200 allows buyers to pre-order Love Manawatū collection prints at special release prices.

■ *Richard Mays Fairfax*

"I only decided a month ago to go ahead with this. I have never designed five paintings at once before"



FROM THE **CHIEF EXECUTIVE**



Welcome to our summer newsletter – isn't it fabulous to see the sun?! After such a wet autumn and winter, I didn't think I would be commenting to the hospice gardening volunteers that it looks like we need some rain! The hospice gardens are bursting with growth – roses are in full bloom and the annuals are adding an extra splash of colour.

Our biennial Hearts and Homes Event was held on 10th and 11th November – this amazingly successful event is organised by a small team of staff and volunteers and we are so fortunate that the homeowners are willing to open their homes for the two-day self-led tour. The weather fined up, and over 1300 people, some from as far away as the USA, enjoyed ten fabulous homes in Palmerston North and Feilding – with a special morning/afternoon tea/lunch stop at the CoachHouse Museum. Thank you to Robyn Naylor, Robyn Higgins, Gaye Fell and Ali Gracie for organising this wonderful event which raised over \$100,000 towards our funding shortfall. Thank you also to the many sponsors who make this fundraising result possible.

The fundraising team has been busy since the last newsletter – with the Black Tie Ball and the sale of the Hospice/UCOL House both being successfully completed. Next on the agenda as we approach the festive season are the Trees of Remembrance in partnership with Farmers, and the Magic of Christmas Night Market which supports hospice. Look out for staff and volunteers down at the Plaza at the Trees of Remembrance – pop down and say hello when you remember a loved one this Christmas.

It was lovely to be able to celebrate with Daphne Sowerby in November as her family; friends and Arohanui Hospice recognized and thanked her for her amazing fundraising for hospice. Over the past 26 years, Daphne has raised over \$100,000 for Arohanui Hospice. Daphne's oven mitts, her pikelets and her jams are my favourites! Thank you Daphne.

The clinical and family support team has been busy both at the hospice inpatient unit and in the community this year. Our 2016/17 data shows us that our patient numbers are growing – and predictions are that they will continue to grow. In the 2016/17 year, we cared for almost 1000 patients and their families. On average, we received 64 new referrals to hospice services each month and our community nurses made an average of 285 home visits every month. Thirty one percent of our patients had a stay in our inpatient unit – but more than two thirds of our patients are cared for entirely in their home, with home visits from our nursing, medical and family support team. Our focus is to continue to provide care that is free of charge, and that meets the needs of our patients and families – no matter where they live in our region, or what their diagnosis is. As always, we are happy to receive feedback so if you can think of ways we can improve our service, please let us know.

Wishing you and your family a happy and safe festive season, from us all at Arohanui Hospice. Take care out there on the roads; wear plenty of sunscreen and a hat if you are enjoying the outdoors and we look forward to catching up in the New Year.

Clare

READY TO **BOWL** **'EM OVER**

The Levin Bowling Club will be hosting its 2nd annual Arohanui Hospice Charity Bowling Tournament on Saturday 24th February 2018.

It will look to follow up on the successful inaugural tournament of 2017 that raised \$13,000 for Arohanui Hospice

As well as having an abundance of prizes up for grabs, the tournament will raise funds to support the work of Arohanui Hospice in the Horowhenua community.

There will be raffles and an auction held at the club to benefit Arohanui Hospice.

Neville Turnbull said “the tournament is the perfect opportunity to take some time and help out an organisation which helps so many people in the Horowhenua and throughout the Manawatu and Rangitikei regions. With nearly one third of Arohanui Hospice's patients being from the Horowhenua area its such an important part of our community”

“Arohanui Hospice do a lot to help people and tournament will be a fun way to support the hospice with everyone dressed up. We hope to have the full quota of 32 teams”.

The 2017 event maintained an emphasis on having fun and featured creative, colorful dress-up outfits. It featured bowlers ranging in age from 30 to their 90s.

Applications are now open for the 2018 tournament. Entry fee is \$40 per team. The tournament is mixed fours with at least one of each gender per team. Contact Neville Turnbull (06 3678089) or nev.sha.turnbull@paradise.net.nz for more details and entry forms



— COPING *at Christmas* —

Christmas is usually a joyous time, but can also be a painful time, whether it's your first year without someone who has died, or you were bereaved long ago.

We know that facing Christmas alone, or whilst grieving, can be a daunting prospect. One of the things that can help is to spend some time trying to work out well in advance which arrangements will best suit your needs and the needs of others who share your loss.

Whether to celebrate

Some bereaved people find that they do not wish to celebrate Christmas at all, whilst some find that simply maintaining their routine and celebrating as normal is the best tribute they can pay their loved one. It may feel important to make a special effort to remember the person who has died. This can be as simple as 'speaking' to the person, silently or out loud, or it may involve visiting their grave, or a place that was special to them. These can be things that we do alone, or with friends or family. You may have

photos or particular memories which you treasure; sharing these with others may be something that brings you together.

Different ways of mourning

We know that people remember and mourn in different ways. Conflict within a family can sometimes arise when we have expectations of how others should grieve, so try to be sensitive to others' needs, and to talk openly about what will be best for you.

Routine and self-care

The Christmas period may mean that your normal routine is disrupted, and this can make it easier to forget to look after yourself. Trying to keep to regular patterns of sleeping and eating are small things that can make a difference. We can all drink more on festive occasions, but it's important to remember that using alcohol to escape the pain of loss provides only very temporary relief. Seeing friends or family, or volunteering for the day, can all help.

Memories of time passed

As time passes, special occasions like Christmas can help us to begin to focus on happier memories of good times shared in the past. However they can also be difficult, intensely emotional times when we need to look after ourselves and those around us.

WISH List

ADMINISTRATION/IPU

- Energizer max 9-volt batteries
- Combs
- Energy saving light bulbs – warm white – bayonet and screw fittings
- Luxury pastel pillow cases
- Petrol vouchers
- Postage stamps
- Prepaid DLE size envelopes
- Razors
- Rubik's Cube
- Seven day x 4 Pill Tray

- Spirograph
- Toothbrush
- Toothpaste (mini sized)

DAYSTAY

- Portable 'cool melts' glue gun x3
- Spotlight vouchers
- UNO
- Warehouse stationery vouchers

HOUSEKEEPING

- Airwick life scents diffuser and spray (summer delights)
- Large black rubbish bags
- Silver ladies kitchen pads
- Toilet brushes
- Toilet paper
- Toilet Seats

KITCHEN

- Beer (for the drinks trolley in Day Stay)
- Biscuits
- Carnations evaporated milk
- Cocoa
- Coffee
- Cooking spray oil (Canola)
- Crackers
- Soft drink bottles – individual size (ginger beer, ginger ale)
- Drink cans (Lemonade or Coke, regular, diet or zero, L&P)
- Highlander sweetened condensed milk
- Icing sugar
- Jelly
- Napkins (coloured)
- Packets of cuppa soup (cream of chicken, mushroom, leek and potato, pea and ham)
- Snack packs of peanuts and cashew nuts
- Snack packs of plain crisps/chips
- Supermarket vouchers
- Tinned fruit in fruit juice (apricots, crushed pineapple, fruit salad, peaches, pears, plums)
- Wine (small bottles for the drinks trolley in Day Stay)

Thank you!

— DAPHNE Sowerby —

On Saturday 1st June 1991, Daphne Sowerby was celebrating her 40th wedding anniversary. Just one week later she was grieving the loss of her much loved husband, Albert.

As a result of Albert's loss, Daphne's 26 year relationship with Arohanui Hospice began. Her relationship began like so many others with a loved one being referred into the care of Arohanui Hospice. It was this care during some of the darkest times in Daphne's life that left her feeling she wanted to do all she could so that others could experience the positive and caring experience she and her family had had. Daphne will never forget how caring and gentle the team from Arohanui Hospice were. She often walked in to find staff just sitting with her husband holding his hand and comforting him. She says, "It was a blessing and so comforting knowing how well looked after he was", especially when the family weren't present. Daphne found that "Knowing how well he was cared for made such a difference", and feels that Hospice staff are handpicked to be there for patients and their families.

Losing her husband of 40 years left a big gap in Daphne's life. "I didn't know anything about Hospice before he went there. It was so wonderful for him and the family, and I decided that doing something for Arohanui Hospice was what I wanted to do to fill in my time." Daphne's husband was one the first patients of Arohanui Hospice, and after experiencing Hospice care, she wanted to make sure she helped others experience the same amazing quality of care Albert had received.

It just so happened that the Hospice was looking for volunteers at the time, especially for people to help with fundraising. Daphne volunteered her services and set a goal that she would fundraise \$100,000 for Arohanui Hospice. So Daphne and her daughter decided to test the waters and hold an afternoon tea at her home. "We put on afternoon tea for free and sold a few crafts, a bit of cooking and odds and ends. We raised \$200. The following year we raised \$400, and the next \$600." As the years went on, the kitchen table became too small and they moved to her daughter Aileen's house, where they could accommodate more people, and then stayed there for the next 17 years. During the last few years, Daphne's annual sale has moved to Activate Church in Feilding who give her the use of the building free-of-charge for this popular event. This has

meant they can now have a bigger sale and can set-up the night before.

During this time, Daphne was also speaking to groups and would take various items to sell with her, which along with her annual sale helped her earn approximately \$5,000 per year! She has also organised many events, including garden visits, museum visits, mystery drives, guest speakers and afternoon teas.

Daphne's biggest one-off venture was a concert at her local church. She organised 12 entertainers and gave a free supper, charging just \$12 per ticket. The event was a massive success, and brought in over \$7000!

In 2013 Daphne's commitment to Arohanui Hospice and her local community earned her a Community Honours award from the Manawatu District Council. She is also a strong supporter of her church, Feilding Activate Church, and for many years delivered Meals on Wheels.

Daphne has been tireless in her efforts and never wavered on

her goal, despite battling ill health in recent years. In 2017 her goal was achieved, and she surpassed the \$100,000 mark for Arohanui Hospice. She has worked quietly without seeking any publicity and is quick to point out she would not have achieved her goal without the help of the many businesses that have donated goods, and the people who helped her with her sales by making goods or giving time, even though a lot were people in their 80s and 90s.



“It was a blessing and so comforting knowing how well looked after he was”

Daphne often offered to pay for items they needed to make the goods, but this offer was usually turned down, as those involved said it was their chance to give to Arohanui Hospice. Daphne says of those who have helped her, "They're all part of it and without them I wouldn't have made it to \$100,000 raised. They're very hard workers, reliable and willing and all want to give back to Arohanui Hospice"

Daphne Sowerby's contribution is simply astonishing, and individuals like her enrich our community, and give us faith in humanity. Her commitment to helping others in their greatest time of need for the past 25 years is truly amazing, and Arohanui Hospice is blessed by having the support of incredible people like Daphne Sowerby.

■ Arran Stevenson



THANK *You*

Thank you to everyone who has donated this year, your generous donation helped our fundraising become a success. Thank you so much for believing in our cause.





WHAT HAVE WE DONE THIS YEAR?

Thank you



A big thank you to the trustees of Pub Charity Ltd for their significant donation towards Arohanui Hospice. Donations like this help us fulfil our purpose of providing our services free and allows that will be there for patients and families for many generations to come. We would like to acknowledge the support and contribution of the local venues: Masonic Hotel, the Royal Hotel, Willow Park Tavern, Sportsman's Bar, The Stunned Mullet, Rongotea Tavern, Captain Cook's Bar & Café, Gretna Hotel, Rangitikei Tavern

Sarah Platt would like to invite you to the unveiling of her new collection

'Love Manawatu'

5 ORIGINALS TO BE AUCTIONED

on the night in support of Arohanui Hospice, Palmerston North

All proceeds from ticket sales and 1/3 of profits above reserve go to Arohanui Hospice. Tickets \$25

Tickets can be purchased by calling 021 027 44806 or emailing admin@sarahplatt.co.nz

doors open at 5pm on Wednesday, 13th December

@ LOCAL (Property Brokers). Drinks & nibbles upon arrival. Auction starts promptly at 6pm

1. *Love Palmy* by Sarah Platt
2. *Love Feilding* by Sarah Platt & Becca Platt
3. *Love Shannon* by Sarah Platt & Lisa Tippet
4. *Love Pahiatua* by Sarah Platt & Sarah Barnes
5. *Love Woodville* by Sarah Platt & Tessa Bardsley

www.sarahplatt.co.nz - *Painting the places we love*





— TREES of remembrance —

This time of year people are looking forward to Christmas movies, food, sharing gifts, and time with friends and family. It is a very joyous time of year for most. For some, however, it can be a difficult time.

■ *Arran Stevenson*

Christmas is usually when people look forward to being with loved ones, but when those loved ones have passed away it can be very sad spending the holiday without them. While our own mortality and that of our loved ones is as sure and inevitable as tomorrow's sunrise, it's a very difficult thing to endure at this time of year. It takes away, at least in my humble opinion, the most precious thing any of us have – the company of those we love, be they family or friends. There is one thing death does not have the power to take and never will, that being our memories.

We can always take solace in the memories of our loved ones and what they meant to us, and for that matter, the world. While it is not the same as having them here and being able to hold them close, it is a comforting thing to remember them and the impact they had on our lives.

To that end, Hospice New Zealand has partnered with Farmers nationally to continue the Caring Connections in our Community initiative which reflects the community-based nature of hospice services and the sense of connection that Farmers has in the community. We are hugely grateful for the support we receive from Farmers for this very special campaign, and appreciate the enthusiasm of their staff who help us to achieve a great result each year.

There are two ways that you can support Arohanui Hospice at local Farmers stores. Everyone who makes a gold coin donation will receive a beautiful card to write a personal message to a loved one who is no longer with us and then hang it on the tree. Farmers are also selling limited-edition and specially designed, hand painted glass Christmas tree baubles, proceeds from which are donated to Arohanui Hospice.

The "Trees of Remembrance," trees will be located in Farmers in The Plaza, Farmers Home Centre in Rangitikei Street, and Farmers in Levin. We also have a tree in The Plaza between Farmers and Stevens, where we have volunteers who can help you place your card on the tree. Glass Christmas tree baubles are available for purchase from Farmers stores at \$10 each. This year's bauble features a breathtaking design championing the Tui and Pohutukawa Tree, created

by young designer Jemma Smith who follows FLOX and Michel Tuffery in taking up the honour of designing the annual Farmers Hospice Christmas Bauble. A must-have for the Christmas season.

The baubles are available exclusively at Farmers.

The Tree of Remembrance is an opportunity to remember someone special in the lead up to Christmas. Anyone who has lost someone is encouraged to write the name of that person on a card and place it on the tree. Many people have commented on what a wonderful way this is to keep our loved ones' memories alive, especially this time of year

It's truly wonderful to watch as the tree fills with the memories of so many loved ones.

The trees will remain up throughout the lead-up to Christmas.

All the money raised at the local Farmers store stays in our region, and will help care for people in the Manawatu, Horowhenua, Rangitikei and Tararua regions. Arohanui Hospice

provides care for people with life-limiting illnesses your support helps to ensure that this care remains free of charge.

So when you see a Hospice Christmas Tree of Remembrance, take a moment to reflect on the things that matter. Take the time to think of your loved ones remember loved ones who are no longer with us and to share a special memory with each other.



“It's truly wonderful to watch as the tree fills with the memories of so many loved ones.”



What's HAPPENING?

NAME Trees of Remembrance

WHEN 1 December – 24 December

DETAILS The Tree of Remembrance is an opportunity to remember someone special in the lead up to Christmas. Everyone who makes a donation will receive a card to write their personal message on, they can then place it on the dedicated remembrance tree outside Farmers in The Plaza. All funds raised are donated to Arohanui Hospice.

NAME Love Manawatu

WHEN Wed 13 Dec 2017, 5:00pm

WHERE LOCAL - Licensed Cafe & Eatery, 240 Broadway Ave, Palmerston North

DETAILS General Admission: \$25.00. Come to the unveiling of local artist Sarah Platt's new collection 'Love Manawatu'. The collection is made of five pieces: Love Palmy, Love Feilding, Love Shannon, Woodville & Pahiatua. The five originals will be auctioned off at the event and a third of the profits above reserve and all ticket sales will go to the local Arohanui Hospice. Doors open at 5pm and the auction will start promptly at 6pm. Please note prints of this new collection on high-quality canvas or framed prints will also be available for order on the night.

NAME Arohanui Hospice Charity Bowling Tournament

WHEN Saturday 24th February 2018

DETAILS A day of fun in the sun with bowls for all ages and wear your brightest colours. Entry fee is \$40 per team. The tournament is mixed fours with at least one of each gender per team. Contact Neville Turnbull (06 3678089) or nev.sha.turnbull@paradise.net.nz for more details and entry forms.



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Patrons: Sir Mason & Lady Arohia Durie

Trustees: John Freebairn (Chairman) Roger Clausen QSM, Ross Hadwin,
Mary McKenna, Tim Mordaunt ONZM, Murray Georgel, Dr Fred Hirst, Lorraine Vincent,
Minutes Secretary, Jillian Cooksley

Management: Chief Executive: Clare Randall | Director Palliative Care: Dr Simon Allan
Director Clinical Services: Steph Ash | Director Strategy & Operations: Louise Curtis
Corporate Support Services Manager: Gail Savage | IT Manager: Megan Peterson



Yes! I would like to be a COMMUNITY SUPPORTER OF AROHANUI HOSPICE

Mr/Mrs/Miss/Ms First Name _____ Surname _____

Address _____

Phone _____

Email _____

- I would like to volunteer for Arohanui Hospice
- I would like to give monthly; please send an auto payment form
- Please send details on leaving a gift in my Will to Arohanui Hospice
- I have already left a gift in my Will to Arohanui Hospice

\$100 \$60 \$40 Other \$ _____

Cheque enclosed Please charge my credit card

Mastercard Visa Amex

Card no.

Cardholder name _____

Expiry date _____ Signature _____

Internet banking: Westpac **03-0502-0414019-00**

Please ensure you use your supporter reference number if you know it, along with the code **DEC17**, so we may acknowledge your gift. Alternatively, phone or email us to let us know you have credited our account.

Please return this form to:
Freepost 206743,
Arohanui Hospice,
PO Box 5349, Palmerston North 4441