



# Song tells a tale of love

The day-stay facility at Arohanui Hospice helps patients in all sorts of ways.

For Palmerston North man Chris McDonald, telling his 15-month-old daughter Rosema how much he loves her isn't easy.

Chris has motor neurone disease, so finds talking difficult. But with the help of Arohanui Hospice's day-stay centre, he has come up with a unique way of communicating with Rosema.

He expresses his feelings through a song, produced with the help of singer/songwriter Suzy Hawes – a hospice volunteer and musical specialist who has previously worked with individuals to compose songs.

When the opportunity to work with Suzy was presented to him, Chris seized it enthusiastically. Only two sessions were then needed to come up with the special song.

"Chris has some words, and the melody just kind of arose. I think my guitar found the melody," Suzy says.

At the second session, Chris and Suzy "changed a few things around" and incorporated some more ideas before coming up with the final version.

It was Suzy who suggested the song be recorded. "It was a real responsibility and a serious pleasure to play Chris' song and to make it the way he wanted it. I had to take care I didn't put my own interpretation on it."

The recording was made two weeks ago and first played on a television set, via a DVD player, for Chris' family. It was an emotional moment for the family.

Rosema knew at once it was her special song, and went straight up to the television set and kissed the screen.



Singer/songwriter Suzy Hawes and Chris McDonald in the garden at Arohanui Hospice, where they wrote a song for Chris' daughter Rosema. Getting in on the act is Chris' dog Scania.

PHOTO: Sue Emeny, Manawatu Standard

The song tells of Chris being told by his doctor that he would be unable to have children. It then tells of the joy he experienced on learning that Val, his partner, was pregnant. The song calls Rosema a miracle baby.

The creation of the song represented a progression of Chris' deep interest in music. He has worked as a sound mixer and says he enjoys all sorts of music.

He was diagnosed with motor neurone disease in 2007, and has been under the care of the hospice since January 2009. He has been attending the day-stay facility twice a week since October, and met Suzy when she took part in a music session at Christmas.

Day-stay co-ordinator Faye Lloyd says music is one of the things that people respond well to. "To have Suzy come in and do things individually with patients is very special."

Suzy says she would love to be a music therapist. But becoming one is a difficult process, so for the time being she is happy to develop her role as a music specialist.

She sees lots of potential to work with the hospice.

"But we are only just putting our toes in the musical water."

STORY COURTESY OF THE MANAWATU STANDARD

# Keeping up with demand

To keep up with the demands of a growing and increasingly complex organisation, responsible for the delivery of palliative care to the people of our region, Arohanui Hospice has made some changes to its leadership team.

After eight years at the helm, Adrian Broad has moved into a new role focusing on identifying and developing additional income streams, critical to keep Arohanui Hospice thriving. As Director of Funding Development, Adrian will also work on extending and promoting the planned giving programme. His knowledge of Arohanui Hospice also means he is a suitable ambassador for Arohanui Hospice, promoting the specialist work of the hospice to our community.

The current fundraising team, Phil Burt (Fundraising Manager), Robyn Boyle (Fundraising & Event Management), and Jacki Smith (Fundraising & Communications) will continue to fundraise the \$1.2 million required annually to provide specialist palliative care, free of charge, to people in Manawatu, Horowhenua, Rangitikei and Tararua.

Hospice Chairman Roger Clausen acknowledges the valuable contribution from the community. However, changes in health

funding, and the need to grow the hospice for our community, has necessitated a review of resources and requires us to find new ways to develop fundraising potential.

"It is a time for change at Arohanui Hospice as we mature and adapt to a continually challenging environment."

The recruitment process for the new Chief Executive has commenced.

Until an appointment is made Clare Randall, Director of Clinical Services for Arohanui Hospice, has stepped into the role as Acting Chief Executive. Supported by PA Shell Haworth, Clare has assumed the dual responsibility of both positions.

Clare was employed at Arohanui Hospice in 2007 as its pharmacist and has held the role of Director of Clinical Services since October 2008.



Clare Randall—Acting  
Chief Executive &  
Director of Clinical Services

## HOSPICE WISH LIST Can you help us?

- ◆ Shower gel/body wash
- ◆ Shampoo/conditioner/combs
- ◆ Soft tissues
- ◆ Toothbrushes
- ◆ Watties tinned fruit and tomatoes
- ◆ Sugar
- ◆ Onions
- ◆ Spotlight/Warehouse Stationery vouchers
- ◆ Craft supplies
- ◆ Heat tool for card making
- ◆ Postage stamps
- ◆ Petrol vouchers

## BIGGER WISH LIST

- ◆ iPod with docking station for day stay
- ◆ Sponsor the power at one of our shops for a month; \$500
- ◆ Pressure relieving mattress; approx \$5,200
- ◆ Massage chair; approx \$1,300
- ◆ Small truck for Levin shop; \$12,000

*Thank you*

## JO SEAGAR IS COMING TO TOWN

Join Jo Seagar for dinner and hear some of her amusing tales and secrets of the culinary world. Enjoy pre-dinner drinks, canapés and wines produced by ex-All Black John Ashworth. You can also expect a delicious dinner, dessert, cheeses and coffee. There will be goodie bags worth over \$100 and spot prizes too.

**When:** Monday 26 July 2010

**Where:** Manawatu Golf Club, Centennial Lagoon, Palmerston North

**Time:** 6.30 pm – 10.00 pm

**Cost:** \$65.00 per person



### TICKETS ARE AVAILABLE FROM

House of Travel, corner Main Street and The Square, and from the AA Centre, 185 Broadway Avenue, Palmerston North; Footloose Shoes, Downtown Shopping Centre; Arohanui Hospice Shop, Rangitikei Street, next to McDonalds, Palmerston North; and from Arohanui Hospice reception, 1 Heretaunga Street, Palmerston North.



# A gardener's promise kept

In 1999 Adrian Turner made a promise to his wife that when he retired he would volunteer at Arohanui Hospice. He kept that promise and has been voluntarily taking care of the Arohanui Hospice gardens for the last five years.

Adrian has lost two wives at Arohanui Hospice, one in 1999 and another in 2004. Volunteering has given him the opportunity to give back to the organisation that led him through some tough times.

As the head gardener Adrian has built up a group of 19 volunteer gardeners.

"When I started I was only the second gardener there. We gradually got one or two more so we could get the gardens in better shape," Adrian says.

The small group started to meet regularly and it was suggested that Adrian become the "head gardener". "I said I would be happy to do the job."

Being the head gardener means Adrian oversees what the team are doing and buys plants and gardening equipment.

"We have a favourable arrangement with

Oderings Nurseries. They give us a discount off plants and composts and I make it my job to go and buy things."

Adrian is well suited to his role at Arohanui Hospice. He owned a gardening and lawn-mowing business for over 20 years and has been keen on gardening since he was a young boy.

Having parents that were both keen gardeners at their half acre section meant Adrian had plenty of opportunity to muck in when he was growing up.

These days he enjoys a smaller property with "just enough garden and lawn to not be a burden". Enough room for a great summer show of Impatiens and Marigolds, a couple of his favourites.

Adrian and his team at the hospice are on the lookout for two more keen gardeners.

"It's great if the volunteers already have some gardening knowledge and experience, but as long as someone is keen to learn, they're welcome to join us."

Interested gardeners should contact the Volunteer Co-ordinator, Megan Peterson.



Head gardener, Adrian Turner

## VOLUNTEERS WANTED

### HAIRDRESSER

Could suit non-practising or retired hairdresser

### WEEKEND KITCHEN STAFF

Helping prepare breakfast and dinner

Please contact Megan Peterson,  
Volunteer Co-ordinator on 06 356 6606

Thank you FROM THE PN HOSPICE SHOP ...

To Douglas Engineering for donating a dishwasher for use at the shop; and to Kowhai Feilding Lions Club for providing funds for a dryer.



## DONATE YOUR UNWANTED GOODS

Donating goods to the Arohanui Hospice shop in Palmerston North is a great way to support Hospice patients and their families.

### Do you have a surplus of the following?

Household furniture • Household linen, duvets, blankets, pillows • Kitchenware, pots, pans • Books • Bric-a-brac • Wool for our shop knitters • Clothing • Jewellery • Pictures and paintings

### We are also collecting items for our annual Heritage Sale in October

Bric-a-brac • Antique jewellery • Furniture • Retro garments

All goods must be clean and in good working order.

To arrange collection please phone Pam 06 356 1960  
OR bring goods to our shop at 285 Rangitikei Street, PN

SHOP HOURS: Mon-Fri 9am-5pm and Sat 9am – 1pm

**THANK YOU, YOUR SUPPORT IS SINCERELY APPRECIATED**



# A lasting gift to those needing hospice help

Arohanui Hospice thanks all those who have decided to contribute to future generations through a gift in their Will.

Arohanui Hospice is committed to providing free quality care to people with a life-limiting illness, and supporting their families.

By leaving a gift in your Will you will help to ensure palliative care services remain free of charge to those who need it, assuring your part in helping to provide care for people in your community, beyond your lifetime.

A bequest in your Will also provides the means to contribute to the hospice without affecting your current financial situation.

We would love to know that you have left a gift in your Will, simply so we can acknowledge your gift and thank you.

Please be assured that your bequest will be kept strictly confidential, unless you request otherwise.

**If you would like more information about leaving a gift in your Will, please contact Adrian Broad, Director of Funding Development on 06 350 2240.**

## 'an evening of stylish motivation'

A well known stylist and guest speaker, Lisa educates and inspires women to love the way that they look, and how to look the way they want !

This fundraising event for Arohanui hospice will be fun, informative and informal. Lisa will cover body shapes, colours, clothing styles, common wardrobe dramas, make-up, grooming and accessory wearing.



**When:** Wednesday 17 November 2010

**Where:** Spiers Centre, PN Boys' High School, Featherston Street, Palmerston North

**Time:** 7.00 pm – 10.00 pm

**Cost:** \$25.00

### TICKETS ARE AVAILABLE FROM

House of Travel, corner Main Street and The Square, and from the AA Centre, 185 Broadway Avenue, PN; Footloose Shoes, Downtown Shopping Centre; Arohanui Hospice Shop, Rangitikei Street, next to McDonalds, PN; and Oxford Street, Levin; and from Arohanui Hospice reception, 1 Heretaunga Street, PN.



## Van Uffelen Arohanui Hospice Charity Dinner

**Saturday 28th August 2010 – 6.30 p.m.**  
**Gallery Restaurant**  
**412 Church Street, Palmerston North**

Fabulous 6 course degustation dinner and charity auction  
\$150 per head limited to 80 people

Proceeds to Arohanui Hospice thanks to the generous donation of the venue, staff, food & beverage and auction items by the Van Uffelen family and their valued suppliers.

Guest M.C. for the evening: Mayor of Palmerston North Jono Naylor

Reservations

Contact the Gallery Restaurant 06 357 3944

Tables of 10 available so get a group together or join the Hospice table and have a memorable night.



# Massage benefits patients

Since 2004 aromatherapy massage specialist Sue Cottle has been providing Arohanui Hospice patients with comforting and calming massage.

Sue uses highly concentrated essential oils, extracted from plants, which have specific therapeutic properties. These oils can be absorbed into the body through inhalation or through topical application.

Some of the oils Sue uses during massage are orange, popular lavender, spicy ginger and calming chamomile.

"Citrus oils are uplifting. Orange is one I use often. It's referred to as the "happy oil", Sue says. "Chamomile is a calming oil that is often used for pain relief. And lavender has calming and relaxing properties too."

Sue generally gives gentle hand or foot massages, but shoulder and back massages can also be helpful and a private room at the hospice is available for this.

"Gentle is key when massaging hospice patients, especially cancer patients. Those patients may have low platelets and therefore bruise easily. It's important I massage them gently."

The benefits of gentle aromatherapy massage for hospice patients include the relief of pain and symptoms such as nausea. It may also assist in treating inflammation, and help deal with feelings such as anxiety, depression and lethargy.

Sue's nursing background is valuable to her work. She has been nursing since 1969 and in 2003 graduated with a Bachelor of Arts, majoring in nursing. Further study saw her graduate again in 2009 with a Clinical Masters in Nursing.

When Sue's sister-in-law was diagnosed in 1996 with cancer, and then her husband in 1997, Sue naturally wanted to help as much as she possibly could. Her brother, who is a naturopath, suggested massage could help. So in 1998 Sue began studying at UCOL part-time and in 2002 gained a double Diploma in Aromatherapy and Massage.

Craving knowledge and understanding the importance of upskilling, Sue is now studying towards a Postgraduate Diploma in Palliative Nursing.

"Patients often ask me medical questions. They ask about the drugs they're taking. But I always refer them to their nurse or doctor. It's important to remember everyone's journey is an individual journey."



Sue Cottle massages a patient's foot in the hospice day stay centre

She says the time she spends with a patient is a time for sharing too.

"People enjoy the time to talk one-on-one. It can almost be like counselling. I can talk to the patients about their everyday activities. And they're interested in what I'm doing in my life as well."

Sue is available for hospice inpatient appointments on Tuesday and Thursday afternoons, and to Palmerston North day stay patients. On Wednesday afternoons she visits hospice patients at the Levin creative living centre. Other appointments can be made through a patient's palliative care co-ordinator.

Appointments with Sue Cottle are free of charge to hospice patients, made available through community funding.

## Staff comings and goings

We welcomed a number of new staff recently to the Arohanui Hospice family and farewelled some valuable members of our team.

Welcome to Megan Peterson, the new Volunteer co-ordinator, who has been enjoying the role since April. Megan has been busy meeting as many volunteers as she can, and looking at ways she can increase the volunteer pool. An increase in hours for this role means Megan is

available everyday to current and prospective volunteers, from 9am to 3pm.

Sadly we said goodbye to Leonie Goodbehere as the HR Co-ordinator. We have welcomed June Dallingier into the HR role.

We also farewelled Bridget Marshall earlier this year as our nurse educator. Bridget had been with Arohanui Hospice for almost 10 years. We wish her well in

her new role as the National LCP Facilitator for Oceania Group.

In August we welcome Sonya Christianson all the way from San Diego to take up the role of Medical Officer. Sonya is a Fellow of the Institute of Palliative Care in San Diego, California, and will be working with Arohanui Hospice part-time. We look forward to welcoming her to Palmerston North.

# Diary of events

Visit [www.arohanuihospice.org.nz](http://www.arohanuihospice.org.nz) for more event details

- Jul 26-27 Jo Seagar, Manawatu Golf Course, 6.30pm**  
Join Jo Seagar for dinner and hear her amusing tales and secrets of the culinary world. Enjoy pre-dinner drinks, canapés and wines produced by ex-All Black John Ashworth. You can also expect a delicious dinner, dessert, cheeses and coffee. Tickets \$65.
- Aug 28 Van Uffelen Arohanui Hospice Dinner**  
Fabulous 6-course degustation dinner and charity auction, held at the Gallery Restaurant. Contact the Gallery Restaurant on 06 357 3944 to reserve your seat, or book a table for 10. Tickets \$150. Limited to 80 people.
- Sept 11-12 Antique Fair Charitable Trust**  
Freemasons Hall, Fitzherbert Avenue, PN. Open Sat, 10am to 5pm and Sun, 10am to 4pm. Proceeds to Arohanui Hospice.
- Oct 2 Services Ball—Army and Air Force Personnel, 7.30pm**  
Held at the Silks Lounge, Awapuni Racecourse. Drinks on arrival and supper. A live band will provide entertainment. Cash bar. More details available at [www.arohanuihospice.org.nz](http://www.arohanuihospice.org.nz).
- Oct 7 Arohanui Hospice Shop Heritage Sale, 5.00pm**  
Good quality vintage items for sale. Sale continues until Saturday 9 October.
- Oct 29 Annual Black Tie Dinner & Charity Auction, Regent on Broadway, 6.30pm**  
Dinner by Hester Guy, entertainment by Vicki Lee and Karl Perigo. Strictly limited to 220. Book your seat or table early to avoid disappointment as this event sells out.

- Oct 29 Green Muffi Day—Proudly supported by the Manawatu Chamber of Commerce**  
Local businesses, government departments, schools and tertiary institutions are invited to participate in this fun day and collect gold coin donations for Arohanui Hospice.
- Nov 17 Lisa O'Neill—An Evening of Stylish Motivation, Spiers Centre, PN Boys' High School, 7.00pm**  
Well known stylist and guest speaker, Lisa O'Neill educates and inspires women to love the way they look and how to look the way they want! Tickets \$25.
- Nov 20 Cross Hill Gardens Country Fair, Kimbolton**  
(RD 54, 4km north of Kimbolton). Gates open 9am. Superb selection of quality stalls. Entry \$10 adults, children under 16 free. Proudly supporting Arohanui Hospice.
- Dec 5 Volunteers' Luncheon**  
This year's luncheon will be held to coincide with International Volunteers Day. Further details to come.
- Dec "Light Up A Life" Remembrance Christmas Trees**  
These Christmas trees give people an opportunity to express their feelings and thoughts for a loved one who has passed away. For a gold coin donation people can fill out a card and place it on a Remembrance Tree. The trees will again be situated in The Plaza and Downtown (Palmerston North), Rangitikei Club (Feilding) and in the Levin Mall.

## THANKS TO YOU ALL ...

Brian Green Property Group • Central Energy Trust • Eastern & Central Community Trust • Endeavour Community Trust • Feilding Friends of Arohanui Hospice • Higgins Charitable Trust • Infinity Foundation Trust • JBS Dudding Trust • L J Hooker Palmerston North • Manawatu Business Park • NZ Community Post • NZ Lottery Grants Board • Page Trust • PNCC • T G Macarthy Trust • The Lion Foundation • Walter & Rana Norwood Charitable Trust • W Milverton Trust

ABN AMBRO Craigs • Also • ANZ National Bank • Arohanui Hospice Craft Group • ASB Bank Palmerston North • Ben & Tara Vanderkolk • BF Higgins Family Trust • Blackmore & Associates • Broadway Dental Centre • Bunnings Warehouse • Bunnythorpe WI • Business Network Inc • Capture Signs Ltd • Carramar Motor Inn • Cartown Palmerston North • CD Field Days • Christmas Heirloom Company • Chubb • City Doctors • Coca Cola Amatil • Colyton-Bunnythorpe Lions Club • Design Group Elliott Architects • Dilmah Tea • Douglas Engineering • Downtown Cinemas • Ezibuy Ltd • Feilding Contract Bridge Club • Feilding Golf Club • Feilding High School • Feilding Host Lions Club • Feilding Kowhai Lions Club • FMG • Freyberg High School • Fuji Xerox • Furniture Fair • Gareth Morgan Investments • Gaye & Tony Fell • Glendinnings • Goldfern Golf • Guardian Trust • Hester Guy Cooks For You • Higgins Group Holdings Ltd • Hiwinui Country Estate • House of Travel • Hunting & Fishing • Inner Wheel Club Awapuni • Insulation Panel & Door Ltd • Jeff Gray European Ltd • Jim & Audrey Willson • Jim Bull Holdings • Julia Wallace Retirement Home • JVL Prestige Realty Ltd • Kelly's Footwear Ltd • Kevin Bills Photography Ltd • Levin Cosmopolitan Club • Levin Phoenix Service & Social Club • Lions Club Feilding Pakeke • Lions Club of Bulls & District • Lions Club of Feilding Manchester • Lions Club of Fitzherbert • Lions Club of Hunterville • Lions Club of Kairanga • PN Lions Club of Manawatu • Lions Club of Pahiatua • Lions Club of Palmerston North Heartland • Lions Club of Rongotea • Lions Club of Woodville • Lower Hutt Police Team • Machinery & Plant Marketing (2005) Ltd • Manawatu Kilwinning Lodge • Manawatu Standard • Manawatu Charitable Opera Trust • Manawatu Harness Racing Club • Manawatu Racing Club • McIntosh Bros Engineering • Mortgage Link Manawatu • Murphy Properties • NARGON Manawatu • Naylor Lawrence & Associates • New World Dannevirke • New World Feilding • New World Foxton • New World Levin • New World Marton • New World Otaki • New World Pioneer Highway • New World Ruapehu Drive • New World Taihape • Ngatarawa Wines Ltd • Northern Bowling Club • Oderings Nurseries • Otaki Catholic Womens League • Otaki Womens Community Club • PN Floral Art Club • Palmerston North Boys' High School • Palmerston North Storage Ltd • Pan Pacific Productions • Party Up • Personal Investment Centre Ltd • Peacock Promotions Ltd • PN Police Social Club • Professionals Unique Realty Ltd • Property Brokers Ltd • Public Trust • Radius Pharmacy (Awapuni) • Rangitikei Meat Distributors Ltd • Regent on Broadway • Robertson Motors • Robert J Cotton & Sons Ltd • Rose City Lions Club • Rotary Club Feilding • Rotary Club of Levin • Rotary Club of Marton • Rotary Club of Milson • Rotary Club of Otaki • Rotary Club of Palmerston North • Rotary Club of Taihape • Rotary Club of Takaro • Rotary Club of Terrace End • Rotary District 9940 • Rural Fuel • Russell St Indoor Bowling Club • Shell NZ • Shelley Amerio Higgins Imagery • Sheridan Vining • Vicki Stewart • St Brigids Tennis Club • Sue & John McOviney • Taranua Districts Lions Club • The Gallery Restaurant • The Tribune • The Plaza Shopping Centre • Thomas Griggs & Son • Tiritea Country Women's Institute • Tony Way Ltd • Toolill Electrical • TR Design • Tutaenui Branch Rural Women NZ • TypeMatters (Liz MacNeill) • United Manawatu Lodge 1721 • VTNZ (Tremaine Ave) • Wadham Goodman Lawyers • Yummy Mummy's Cheesecakes (Woodville) • Waiopahu CWI • Whakaranga CWI

### Management

|                               |                |
|-------------------------------|----------------|
| Acting Chief Executive        | Clare Randall  |
| Director of Palliative Care   | Dr Simon Allan |
| Director of Clinical Services | Clare Randall  |
| Senior Nurse                  | Diane Hague    |

### Trustees

Roger Clausen QSM (Chairman) • Dr John Crowley • Rod McKenzie • Mary McKenna • Tim Mordaunt NZQM • Paul Rieger QSM • John Freebairn • Barbara Cameron • Dr Esther Willis • Charlie Pedersen • Minutes Secretary, Jillian Cooksley

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