



GIVING BACK TO HOSPICE

You can hear the delight in Colleen Dixon’s voice as she talks about volunteering at the Arohanui Hospice shop.

She feels she is giving something back to the people who gave so much to her and to her late husband, Alan.

“I wanted to do something for them, like they had done for us,” says Colleen.

Four and a half years ago Alan Dixon was diagnosed with an incurable brain tumour. He died eight months ago.

Referred to Arohanui Hospice and over a four-year period, Alan spent time with the day stay programme and in the inpatient unit.

For Alan the day stay programme offered opportunities to rediscover creative skills and try new activities. Although Alan wasn’t keen on arts and crafts prior to his illness, he was good at “making things”. An engineer by trade Alan worked at Crop & Food Research since he was 18 years old. Then known as MAF, Alan was employed as a handyman and worked his way through engineering and woodwork building anything from trailers to scientific equipment.

Throughout his illness this hands-on approach kept Alan going, believes Colleen. At home he made CD racks for his vast music collection, and new gates for the driveway.

“He was a fighter, he just wanted to carry on as normal.”

Colleen refers to the Arohanui Hospice team as part of the family.

“We wouldn’t have coped without Hospice, I don’t know how we would have managed,” she says.

A keen golfer Alan played regularly with a team of workmates. He enjoyed the gym and lifting weights, the heavier the better, according to Colleen.

His soft side shows through in his love of animals. Photos of tigers adorn the walls of the home Alan and Colleen shared.

At home Alan would receive regular visits from palliative care nurse Steph Ash.

“The nurses spent a lot of time with Alan, making sure his medication was right and changing the dosages. They couldn’t always get on top

of the pain, but they always tried. Alan had a headache every day.”

Although visits to the inpatient unit are often a time for family to take a break, Colleen found it difficult to be apart from Alan. She still visited each day and would sometimes stay over night.

“The staff would set up a bed next to Alan for me, they were great.”

Losing Alan has left a large gap in Colleen’s life and she says she takes one day at a time.

Support from Arohanui Hospice is ongoing. Pastoral care co-ordinator Paul Ranby and social worker Kate McKenzie keep in regular contact with Colleen as part of the Hospice Bereavement Support Programme.

“Kate is someone for me to talk to if I need it, she’s offered me lots of support,” says Colleen.

Colleen laughs as she refers to Paul Ranby as down to earth and a “bit of a character”.

“Alan and Paul were always quite cheeky with another. Alan got on with everyone, they all thought the world of him.”

Each year Arohanui Hospice provides specialist palliative care for over 550 terminally ill patients and offers support to their families. Hospice care is free of charge and provided wherever people need it – at the Hospice inpatient unit, at home or an alternative comfortable environment.



Alan and Colleen enjoyed many visits to the Waikanae Bird Sanctuary

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Caring in our Community

The seven palliative care co-ordinators at Arohanui Hospice are all Specialist Palliative Care Nurses. Together they provide specialist nursing support and advice to patients and their families/whanau across a large area. The area encompasses the city of Palmerston North, the wider Manawatu, Horowhenua, Rangitikei and Taranaki regions.

The role of the palliative care co-ordinator (PCC) is to co-ordinate, provide and deliver specialist palliative care to patients, and support to their family/whanau. This is achieved by meeting with the patient and carrying out a holistic comprehensive assessment of symptom management, psychological, psychosocial and spiritual needs.

The process of assessment ensures that timely support, intervention and ongoing care can be provided by the appropriate health professional.

Co-ordination of care by the PCC occurs through active partnerships with other health professionals. These may include general practitioners, aged residential care facilities, Maori health providers, PHOs, specialist nurses, district health boards and district nurses.

Patients are referred to the PCC team at Arohanui Hospice from a general practitioner or other health provider. After initially assessing the appropriateness of the referral, contact is made with the patient and their family.

Occasionally the patient is not expecting a call from the Hospice and staff are required to act quickly to help a patient feel at ease. The role of Hospice and the specialist care that is to be provided is discussed, before arranging a suitable time to meet with the patient and their family or support people.

In the patient's home, or alternative comfortable environment, the palliative care co-ordinator will assess the patient, working through any questions or issues the patient or family may have. A plan of care is implemented, which involves the patient's GP, health or iwi provider.

Team leader Nicki Twigge explains the primary aim of the PCC team is to co-ordinate the care of a patient, ensuring comfort and safety in their preferred environment, and sharing that care with relevant health providers.

"It's important for us to work closely with GPs, district nurses and other health providers, we need to ensure we're all working from the same page," says Nicki.

The palliative care co-ordinators are available each day from 8.00 am until 5.00 pm, seven days a week. Calling outside these hours will connect people with a registered nurse who can offer support and advice over the phone to patients, families or other health professionals. A doctor or district nurse may be contacted if required.



Chief Executive Message

This month it will be 18 years since Arohanui Hospice opened its doors in Heretaunga Street, Palmerston North and there have been many exciting challenges during this time.

Obviously the upgrade of our premises in 2006 was a major development for the hospice and the community can be justifiably proud that the facility is equal to any hospice in New Zealand.

We continue to maintain a unique position in the community as the leading palliative care provider. This has involved maintaining a reputation for excellence and professionalism while providing a quality, caring, compassionate and free service.

Attracting and retaining quality caring and committed staff with a teamwork culture and volunteers has always been an aim of the Trustees and management. Like most hospices throughout New Zealand, Arohanui Hospice was started as a community initiative. The generosity of the community and their commitment to the hospice has been amazing and has continued to be even more so over the past 18 years. "Arohanui" the translation of which means "lots of love" has truly become the community's hospice.

We believe that hospice care should be a partnership between government and the community. Over the years we have developed many palliative care initiatives in partnership with MidCentral District Health Board and we are grateful for their financial support and that

of the Whanganui District Health Board for supporting patient care in Bulls, Marton and Taihape.

I am pleased to advise that Charlie Pedersen has joined the Board of Trustees of Arohanui Hospice. Charlie is a past president of N.Z. Federated Farmers and has already added value to the Board with his community service and rural and business background.

Also I am delighted to acknowledge our Chairman Roger Clausen's honour of being the Manawatu Standard's 2008 Person of the Year. Roger has raised over \$100,000 for the hospice through his Worldbybike tours with Gareth and Jo Morgan.

We are extremely grateful for the support we continue to receive from you all and from various Trusts, Service Clubs, sponsors and people who kindly donated goods for our Hospice shop in Palmerston North. It is with considerable satisfaction that we move into another financial year knowing that we get such outstanding support. However, we never get complacent and work very hard to enhance our profile and reputation in the community.

Arohanui Hospice is very fortunate to have such an enthusiastic and dedicated team of staff and volunteers who serve our organisation with such commitment. I continue to be humbled by it.

Thank you very much for your continued support.

Adrian Broad, Chief Executive

Wish List Can you help us ?

- Portable whiteboard
- Shampoo/conditioner/combs
- Unscented talcum
- Toothbrushes
- Baby monitor
- CD/Radio players x 2
- Glass lidded casserole dishes new or good condition
- Tinned fruit and tomatoes
- Petrol vouchers
- Stamps
- Patient transfer turntable x 2 @ \$265
- Dressing trolley x 2 @ \$435

Bigger Wish List

- Extra wide commode chair approx \$2,000
- Syringe drivers \$2,500
- Pressure relieving mattress approx \$5,200
- Patient hoist approx \$9,100
- Car for Community Nursing Team \$20,000

Thank You

Arohanui Hospice Shop

34 Ngata Street, Palmerston North
Phone 06 356 1960

Do you have excess or no further use of the following?

We welcome good quality household furniture, bric-a-brac, pots, frypans, blankets, pillows, duvets and wool for our shop knitters.

MUST BE CLEAN AND IN GOOD CONDITION

For collection please phone Pam -6 356 1960
Shop proceeds go directly to our Hospice Patient Care

VOLUNTEERS REQUIRED

For sorting and showroom - morning and afternoon shifts available.
Please phone Pam 06 356 1960

**Dr Gareth Morgan
Investment Adventurer**

**will be at the Regent on Broadway
Monday 6th July 2009.**

Cost \$20. All proceeds to Arohanui Hospice. Topics include: Climate Change - Fact or Fiction, Natural or Manmade? After the Panic: Strategies for householders to weather the storm. Exploits from Gareth and Jo Morgan's latest motorcycle adventure through Europe.

GALLERY HOSPICE CHARITY DINNER

Saturday 27th June 2009
6.30 p.m.

Gallery Café Restaurant
412 Church Street
Palmerston North

Fabulous 5 course
degustation dinner
and charity auction

100% of proceeds will go to Arohanui Hospice thanks to the generous donation of the venue, staff, all food and beverages by the Gallery Café Restaurant (Niels & Tamsin Van Uffelen) and their valued suppliers.



Add a Dollar for Hospice

Hospice Awareness Week runs from 11 May through to 17 May and for Arohanui Hospice is a significant time in the fundraising calendar.

As well as using the week to promote the specialist services provided by the hospice, Friday 15 May will see volunteers out in force collecting public donations for the Heretaunga Street based facility. If you are able to help outside supermarkets for a couple of hours, please contact Jacki Smith on 356 6606.

Following the success of last year's "add a dollar" campaign, supermarkets throughout Manawatu, Horowhenua, Rangitikei and Taranaki will be helping to boost funds by asking customers to add \$1 at the checkout to help the hospice.

Residents within Palmerston North and surrounds can also expect a donation envelope delivered with their Tribune and Manawatu Standard.

Fundraising is crucial to Arohanui Hospice. Partly funded by the government, a shortfall of \$1.2 million needs to come from the community to continue to provide free palliative care to those living with terminal illness, and support to their families.

The vision of Arohanui Hospice is that care is accessible to everybody in our community. With an increase in demand for services, comes an increase in costs to provide that care.

"People in our community are generous and we thank them for it. As our costs rise we ask the community for more, and they haven't disappointed us yet," says chief executive Adrian Broad.

The majority of the 550+ patients cared for each year by Arohanui Hospice have cancer, however the number of people with non-malignant conditions such as motor neurone disease, respiratory disease and heart failure continues to increase as the population ages.

Based on individual patient's needs, the aim of Hospice is to improve the quality of life until death. This is achieved by assessing and addressing the physical as well as psychosocial, spiritual and cultural needs of the patient and their family.

Please give generously to Arohanui Hospice during this year's Hospice Awareness Week, 11-17 May.

Homely Environment at Hospice



The 10-bed inpatient unit at Arohanui Hospice is a bright and welcoming place. Families and patients report an open, happy environment, which is often filled with laughter. It is a special place where families can spend time with their loved ones, knowing they are not caring for them alone.

Patients may be admitted to the inpatient unit for symptom management, to have their medication changed or for acute and planned respite. If it is not appropriate for a patient to be in their home environment, they may come to the hospice for the last days of their life. The patient to nurse ratio is low in the inpatient unit ensuring plenty of attention and best outcomes for patients. With their priority to manage challenging symptoms, clinical staff are proactive in getting patients back to their preferred environment. Not a long-term facility, a patient's length of stay in the inpatient unit is determined by their needs.

A plan of care for the patient is created in partnership with the patient and their family, and the inter-disciplinary team of social workers, pastoral co-ordinators, day stay co-ordinators, nurses and medical officers. A Palliative care co-ordinator will be involved in discharge planning, along with general practitioners and district nurses.

Arohanui Hospice volunteers play a vital role in the day-to-day upkeep of the inpatient unit. Daily cleaning of patient's rooms and laundry duties keep a group of four volunteers busy each day. During the weekend volunteers are also involved with cooking patient meals.

There's plenty of colour in and around Arohanui Hospice, from the striking gardens to the vibrant paintings, and the bright quilted bedcovers. The family lounges and kitchen are homely and welcoming, ensuring visiting relatives are comfortable.

"We provide a relaxed and homely environment at Arohanui for patients and their families. It's a place where people can simply be who they are ... and feel comfortable with themselves," says charge nurse Diane Hague.

"It's a place for patients to focus on living rather than dying, a place to assist them to live their time to the fullest."



Arohanui Hospice Upcoming Events May 09-December 09

- May 6** **Roger Clausen (Arohanui Hospice Board of Trustees Chairman and Manawatu Standard's 2008 'Person of the Year' presentation on his fundraising motor bike rides around America and Europe.**
To be held at the Speirs Centre, Palmerston North Boys High School, on Wednesday 6th May from 7pm. Please RSVP to Cathy at Arohanui Hospice on 356 6606.
- May 10** **Feature on Arohanui Hospice to be published in the Tribune Newspaper.** Watch out for the Arohanui Hospice feature in the Tribune. Please make use of the inserted envelope to post your donation back to the Hospice.
- May 11** **Feature on Arohanui Hospice to be published in the Manawatu Standard.** This feature will appear in the Manawatu Standard on Monday 11 May and you can show your support for Arohanui Hospice by sending back the prepaid envelope with your donation.
- May 11-17** **Hospice Awareness Week** including New World Supermarkets 'Add A Dollar' promotion. Another way to show your support of Arohanui Hospice is to donate \$1 through your local New World Supermarket during Hospice Awareness Week.
- May 15** **Annual street appeal for Hospice Awareness Week.** Collectors will be out in force throughout the Manawatu, Horowhenua Rangitikei and Tararua regions.
- May 16** **Pinkalicious:** Christian Community Church, 54 Pascal Street, Palmerston North (The Courtyard). 10am – 4pm. Pinkalicious is a Rubber Stamping and Scrap Booking day. Have a little (BIG!!) bit of fun and raise money for Arohanui Hospice at the same time.
- Jun 27** **Gallery Hospice Charity Dinner at the Gallery Café Restaurant, Church St, Palmerston North.** Tickets \$150 limited to 70 people. Fabulous 5 course degustation dinner and charity auction. 100% of proceeds donated to Arohanui Hospice thanks to the generous donation of the venue, staff, all food and beverages by the Gallery Café Restaurant (Niels & Tamsin Van Uffelen) and their valued suppliers. Contact the Gallery Café Restaurant 06 357 3944 or Arohanui Hospice 06 350 2241 to reserve seats or a table of 10.
- Jul 6** **Dr Gareth Morgan, the Investment Adventurer, will be at the Regent on Broadway, Monday 6th July 2009.**
Cost \$20. All proceeds to Arohanui Hospice.
Topics will include:
(1) Climate Change - Fact or Fiction, Natural or Manmade?"In order to get clarity on this, Gareth commissioned the best scientists in the world on each side of the divide - the Alarmists and the Sceptics. As they did battle and lined up the best arguments for their respective cases, Gareth & his fellow author John McCrystal played the roles of jurors at a technical trial. And they reached a verdict - a view on the science of climate change and which side the weight of evidence favours. The book, Poles Apart, will be published by Random House in May 2009."
(2) After the Panic: - An assessment of how long and deep the recession will be, strategies for householders to weather the storm.
(3) Exploits from Gareth and Jo Morgan's latest motorcycle adventure through Europe, with our very own Roger Clausen.
- Oct 16** **Annual Black Tie Dinner & Charity Auction.**
The Regent on Broadway from 6.30pm.
Dinner by Hester Guy, entertainment by Revival Corporation. Strictly limited to 220. Book your seat or table early to avoid disappointment as this event sells out.
- Oct 30** **Mufti Day**
Proudly supported by the Manawatu Chamber of Commerce. Local businesses, Government Departments, Schools, and Tertiary Institutions etc are invited to participate in this fun day and collect gold coin donations for Arohanui Hospice.
- Nov** **Volunteers' Luncheon.**
This year's luncheon will be held on----- . Meeting place and time to be notified later.
- Dec** **'Light Up A Life' Remembrance Christmas Trees.**
These Christmas trees give people the 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, Palmerston North and in The Levin Mall.

THANKS TO YOU ALL...

Brian Green Property Group • Central Energy Trust • Eastern & Central Community Trust • Endeavour Community Trust • FMG • Higgins Charitable Trust • JBS Dudding Trust • L J Hooker Palmerston North • Lion Foundation • Manawatu Business Park • N Z Community Post • N Z Lottery Grants Board • Page Trust • Pelorus Trust • T G Macarthy Trust • The Kingdom Foundation/Hutter Charitable Trust • The Walter & Rana Norwood Charitable Trust • W Milverton Trust
 ABN AMRO Craigs • Alison & Alan Ford • Alsco • ANZ National Bank • ASB Bank Palmerston North • Aspiring Services Ltd • Barber Groundspray Ltd • Ben & Tara Vanderkolk • Birdcage Bar (Ron White Memorial Tournament) • Bob Lochhead • Brendan Lodge Photography • Brian Green Property Group • Bunnings Warehouse • Bunnythorpe WI • Business Network Inc • C.I.B Social Club • Cartown Palmerston North • CD Field Days • Christine Armistead • Hopelands Horse Treks • Christmas Heirloom Company • Chubb • City Doctors • Coca Cola Amatil • Colyton-Bunnythorpe Lions Club • Courtesy Ford • Daphne Sowerby & Friends • Design Group Elliott Architects • Dilmah Tea • Douglas Engineering • Eileen & John Farquhar • Ezibuy Ltd • Feilding Contract Bridge Club • Feilding Friends Of Arohanui Hospice • Feilding Golf Club • Feilding High School • Feilding Host Lions Club • Feilding Host Lions Inc • Feilding Kowhai Lions Club • Footloose • Four Seasons Home & Leisure • Foxton Beach Senior Citizens Association • Foxton Te Awahou Lions Club • Freyberg High School • Fuji Xerox • Furniture Fair • Gareth Morgan Investments • Gaye & Tony Fell • Glendinnings • Goldfern Golf • Graeme & Fiona McCullough • Guardian Trust • Hester Guy Cooks For You • Higgins Group Holdings Ltd • Horsewyse • House of Travel • Hunting & Fishing • Inner Wheel Club Awapuni • Jan & Steve Lange • Jim & Audrey Willson • Justice Building Services • JVL Prestige Realty Ltd • Kealls Plumbing Plus • Kiwi Income Property Trust (The Plaza) • L J Hooker • Leading Edge Communications • Leon & Jenny Kingsbeer • Levin Cancer Support Group • Levin Cosmopolitan Club • Levin Joggers & Walkers Club • Levin Phoenix Service & Social Club • Lions Club of Feilding Pakeke • Lions Club of Feilding Manchester • Lions Club of Manawatu Pakeke • Lions Club of Rongotea • Lions Club of Woodville • Lower Hutt Police Team • Manawatu Standard • Manawatu Charitable Opera Trust • Manawatu Classic Motorcycle Club • Manawatu Harness Racing Club • Manawatu Racing Club • Manawatu Savage Club • Manawatu Showing Championships • Mangaweka Sports Club • Mansfield Installations Ltd • Marching Manawatu • Marj Whiting & Friends Craft Stall • McDonalds • McIntosh Bros Engineering • Mirage Signs • Mortgage Link Manawatu • Motor Trade Association • Moxon Gemtime Jewellers • My Farm Ltd • Naylor Lawrence & Associates • New World Dannevirke • New World Foxton • New World Levin • New World Marton • New World Pioneer Highway • New World Taihape • Nick Evans Contractors • Northern Bowling Club • NZ Army Band • NZ Rugby Union • Otaki Catholic Womens League • Otaki Womens Community Club • P N Floral Art Club • Pan Pacific Productions • Party Plus • Party Up • Peacock Promotions Ltd • Pioneer New World • Placemakers Palmerston North • PN Heartland Lions Club • PN Police Social Club • Property Brokers Ltd • Puddleducks Nursery & Preschools • Quilt Symposium • Radio Network • RadioWorks • Regent on Broadway • RoadMarking Services • Robert J Cotton & Sons Ltd • Robert Vandenberg Ltd • Rose City Loins 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 • Russell St Indoor Bowling Club • Shane Walker Construction • Shelley Amerio Higgins Imagery • Sheridan Vining • St Brigids Tennis Club • Studio Madfish (David Craig) • Sue & John McOviney • Tararua Districts Lions Club • Tararua Federated Farmers • The Insulation Panel & Door Ltd • The Plaza Shopping Centre • The Warehouse - Palmerston North • Thomas Griggs and Son • Tiritea Country Womens Institute • Tootill E • TR Design • Tribune Newspaper • TypeMatters (Liz MacNeill) • Urban Care Palmerston North • VTNZ (Tremaine Ave) • Waiopahu CWI • Whakaronga CWI

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From the Fundraising Team...

Six months have passed since our last newsletter and what an amazing period it has been for our community fundraising. Some of the highlights and innovative fundraising events were:

- **Mufti Day** – This was held on Friday 31st October 2008 and with the wonderful support of the Manawatu Chamber of Commerce was a huge success. Schools, businesses and retail shops all entered into the fun with some restaurants even hiring costumes. Staff and school students who every day relished the opportunity to go “Mufti” for a gold coin donation which raised a total of \$8,000. This year’s Mufti Day will be held on Friday 30th October and we are hopeful of even more people participating and making it a big fundraiser for the hospice.



- **Marcia Bowler** and daughters held an open day, for invited friends and family, to their just completed home built on the estuary at Foxton Beach. Marcia’s husband John was cared for by Arohanui Hospice and unfortunately never saw the home finished. Special thanks to Marcia and her family for organising this fundraising event and for raising such a substantial amount.



Marcia Bowler and daughters at their Foxton Beach Open Day

- 17 service clubs and businesses plus hospice volunteers helped with our “**Light Up A Life Trees of Remembrance**” promotion in the Plaza during the month of December. Look for bigger and brighter trees in a bigger and brighter Plaza this year. Thank you to Duncan Small from Hunterville who each year threads the candles for us.
- Christine Armistead, of **Hopelands Horse Treks** (Woodville), held a two day horse trek on the weekend of 31st January and 1st February 2009 based at Awapai Homestead, Bluff Road, Woodville.

Arohanui Hospice would like to thank Hire Pool for their sponsorship and Christine and Glenys for donating nearly \$6,000 raised at this event.

- The end of February 2009 marked the return of **Hearts & Homes** where 12 special properties in Palmerston North, Colyton and Feilding were decorated by local floral art groups and designers. We are grateful for the continuing support from our main sponsor Brian Green and **Brian Green Properties** plus the many other businesses and individuals who donated products, money or services. 1,200 people visited the homes and gardens over the 3 days, including one very stormy Saturday, and helped raise over \$70,000 for Arohanui Hospice. A big thank you to the organising committee of Alison Ford, Gaye Fell, Sue McOviney and Rodney Inteman plus the home owners who permitted so many people to enjoy their properties. Thanks also to the many sponsors, designers, florists and volunteers who all helped to make the event so successful. The Hearts & Homes website was kindly designed and created by David Craig and his wonderful team at **Studio Madfish** as a donation to Arohanui Hospice.
- On Sunday 22nd March the **Feilding Golf Club** held the Phil Hutana Golf Tournament as a fundraiser for Arohanui Hospice. This is the 20th year the Feilding Golf Club has staged a fundraising golf tournament and the trustees, staff and volunteers of Arohanui Hospice are extremely grateful for the support over the years.
- On Thursday 19th March an ambrose golf tournament was held at the **Manawatu Golf Club** with 20 teams of four players participating. Over \$12,000 was raised on the day from entry fees and a charity auction held at the official prize giving and meal held at the Chalet.

This inaugural golf tournament will be held every year and is certain to grow in size. Many thanks to the teams that entered, the sponsors and volunteers that all contributed to a fun day.

- “**Blood Brothers**” a joint musical staged by PNBHS and PNGHS at the Speirs Centre donated a performance to Arohanui Hospice. We were able to put up the “Sold Out” signs on the night and those who attended were treated to an amazing performance by many very talented high school students. Thanks to Palmerston North Boys High School for the opportunity and Ernest Adams for the refreshments. Thanks also to the volunteers who helped on the night.

- Nearly 200 **Hester Guy Christmas cakes** were sold as corporate/staff gifts or to hospice supporters with proceeds to Arohanui Hospice. This will be another fundraising project later in the year with our aim to sell 1000 cakes.

