

The Hair Market paying it forward

Not many who frequent a hair salon stop to think about the number of empty bottles and used hair foils that salons go through.

Michelle Boudreau, of The Hair Market, has done something about it, all while finding a way to pay it forward. In December 2021, Arohanui Hospice gratefully received a monetary donation, which had come about thanks to part of The Hair Market's recycling programme. We spoke with Michelle, to find out more.

The Hair Market is a wholesale supplier to salons all over New Zealand for hairdressing supplies. "Every week we're supplying salons with dozens of products. Without the recycling programme, that is a lot of bottles headed for landfill! That's not even counting the foils that are being

used and thrown out." Speaking to how the idea came about, Michelle explains, "The idea of recycling came about because we were looking at packaging options and making our own branded combs. I did a bit of research on recycled plastics and found a local company that would take our used bottles and grind them up to recycle. We have put branded recycling bins in some salons for plastics and other salons just bring them into us."

"We also take in used hairdressing foils, they don't need to be washed or cleaned. The majority of these come from local salons but we also have out of town customers who bring foils in to contribute too.

Once a month we take these to a metal recyclers who pay us per kilo for them. We save the money we get all year and then choose a charity to donate the proceeds to at Christmas. This initiative is something that we would like to grow, but with Covid-19 – it's been a bit difficult this year [2021]."

"This project raises money we wouldn't otherwise have, so I like to be able to pay it forward. We were really pleased to choose Arohanui Hospice as our choice of charity this year, they do an incredible job and our community truly values their cause."



Leave a lasting legacy

A very special way to support hospice is by including a bequest to Arohanui Hospice in your will.

A bequest is a lasting legacy that not only helps those whose lives are ending, but also those who carry on: family, whānau, friends and carers.

To receive an information booklet please contact the foundation team at hello@arohanuihospice.org.nz or to find out more, please visit

www.arohanuihospice.org.nz/helping-us/leave-a-bequest/

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Account Number: ASB 12-3211-0033340-00
Account Name: Arohanui Hospice Foundation
Reference: DMJUN22
Particulars: Your Surname

Online at www.arohanuihospice.org.nz/helping-us/make-a-donation/ (Please use the reference: DMJUN22)
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Charities registration number CC 40360

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Arohanui news

Our exclusive newsletter for Arohanui Hospice supporters

— MANAAKITANGA THE POWER OF HUMAN KINDNESS —

A little bit of paradise

For most people being at home while they are on their end of life journey is important to them; this is no different for Andy and it's easy to see why.

Andy and Tracy live in the old Raumai School which has been uniquely transformed into their home. They have over the years, shared their beautiful property with their children whom are now all grown, and some lifestyle pets, including kune kune pigs, turkeys and chickens. The outlook and surroundings are simply picturesque, a feast for your eyes.

Andy and Tracy met in 1998 at Massey University where they were introduced by a mutual friend and colleague who suggested they should help each other with baby-sitting as they were both solo-parenting at the time. This arrangement worked very well. Six months on and the two families went on a holiday and from there the families blended.

In July 2020 Andy's GP sent him for a warrant of fitness and general check up at the hospital. Andy, aged 70, went in feeling "as fit as a fiddle." The results were not to be so positive, discovering that tumors had grown on his lungs. Upon further investigation they discovered Andy had kidney cancer; he was diagnosed with renal cell carcinoma and it had spread to his lungs. Andy had a couple of pre-existing conditions which included kidney disease and chronic obstructive pulmonary

disease. As a result of these pre-existing conditions there were limited treatment options available. Andy received targeted medication which was effective until October 2021. At this point they were offered immunotherapy as a treatment option, but after weighing up the pros and cons, opted to enjoy their summer instead. On 17th January, Andy had a seizure at home and, as a result of this, they were told that Andy's cancer had spread to his brain.

This was when Andy was referred to Arohanui Hospice. At the time he said, "I was feeling fairly ok, asymptomatic, but not as good as I used to be." Andy lost mobility very quickly and had a couple of falls. He was admitted into the hospice inpatient unit where he spent a week to stabilise his symptoms. When asked about this experience, Andy and Tracy share how pleasantly surprised they have been. "Andy was reluctant to go to hospice; you hear that people go in and never come out," said Tracy.



Andy continued, “I was expecting something out of Florence Nightingale... it’s not like that at all.”

Having utilised various areas of the service the pair have appreciated the ease of navigating this challenging journey with the support of the hospice team. “You have a mantra where you need to make an informed decision, which you have no idea how to do, hospice provides the link between the different systems to be able to make sensible decisions. This was a stand out for me,” explained Andy. Tracy spent two nights in hospice with Andy as she was finding it incredibly difficult to leave him. With tears in her eyes she talks about the support she received, “The nurse just made me a bed, made me cups of tea. I stayed 2 nights, I slept so well.”

Along with the inpatient unit, the pair have had support from specialist doctors, palliative care community nurses, lymphodema therapist, and assistance from the family support team, who have helped with a visa application to get their daughter-in-law out from the USA. Hospice also arranged home health support through Healthcare NZ. While in the inpatient unit, Andy longed to be home by Sunday. All the medical team knew this, and everyone worked towards this goal. The pair belong to a ‘Long Lazy Sunday Lunch Club’. Every two months they catch up and take turns hosting. It started 5-6 years ago, with 6 other couples in Pohangina. Much to their delight Andy made it home for his long lazy lunch where Tracy, Andy and their friends cooked an Indian banquet.

Throughout this journey Tracy has been particularly grateful for the support she has received as Andy’s main carer. “I am not a medical person, or medically trained, it’s been comforting to be able to pick up the phone 24/7, and know that a nurse is there to talk about the

problem and help solve the situation. They always end the conversation telling you how amazing you are, and ask how they can help you. It is comforting to know someone is genuinely caring about us,” expressed Tracy.

Although unwell Andy still has an incredible sense of humour. After sharing how his appetite has increased due to the steroids he is taking and expressing how lovely his experience has been with Arohanui, he suggested a new fundraising activity. “If you get stuck for fundraising you could start up an upmarket Airbnb, the hospitality is fabulous and the food is delicious,” said Andy. On a more serious note he continues, “I think I have learnt with their help, just because you’re a bloke doesn’t mean you can’t cry. I’m still not fluent in it, but I found that very valuable.”

The pair discuss how beautiful the rooms are. Tracy says, “For some people these rooms in hospice would be the nicest place they have been in the world.” Andy follows that up with a beautiful closing statement.

“There’s a little bit of paradise in Heretaunga Street, it’s a beautiful lovely place to stay and be looked after.”

What is comforting for the pair is the knowledge of what hospice is really like, and that if required, Andy is happy to revisit the inpatient unit, giving them both peace of mind.

Since writing this story it’s with sadness that we report that Andy died peacefully at Arohanui Hospice with his beloved wife Tracy by his side.



SPOTLIGHT ON OUR VOLUNTEERS

Faith and Keith Martin

Volunteering is in the blood for husband-and-wife duo Keith and Faith Martin, who have both always looked to help their community.

Faith joined hospice as a volunteer in 2013 and Keith followed a couple of months later. When asked what the biggest highlight has been for each of them, they beam reflecting on their experiences. You can feel the joy they get from being here in our Lombard Street shop. Keith’s response is immediate – ‘Oh it has to be being able to offer my skills as an electrician’ followed by, ‘and it was helpful I had my truck license’.

Faith taking a minute to respond, clearly reflecting on the experiences she has had over the last 7 years. “There was this older gentleman who came through looking for some trousers for his granddaughter’s wedding. He was a bit hopeless at shopping, but I could tell he was so appreciative of my help. Together we found him the right size, and I hemmed them for him, so they were perfect for the big day. Oh, and of course the Sew On group” she adds, referring to the sewing upcycling group she started. When asked why they would encourage others to volunteer with hospice, they both agree – ‘certainly for the social aspect, we’ve both made great friends here.’ Keith goes on, “What we do is helping people in need and it is so true that every dollar makes a difference. The hospice is really special to



Faith and Keith

us – our friends went through hospice and it has a true community around it which is just something else. We could volunteer with lots of other charities, and there’s no one better than another but for us, Arohanui Hospice is the pick of the bunch.”

“...for us, hospice is the pick of the bunch.”

Hearts AND Homes

CHARITABLE EVENT

Save the Date:
11-12 November 2022



Nga mihi nui
Thank you very much.

Your generosity returns care and aroha to so many people in our community... at a time when they need it most.

A special thanks to the following Grant and Foundation Funders:

- Aotearoa Gaming Trust
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