

It's because of the generosity of our community that Hospice services can remain free of charge. If you are a supporter of Hospice Waikato, our whole team sincerely thanks you for your support.

August 2024

Sam's Story

It started as a fairly innocuous day in the life of Shane and Sam.

Shane was a healthy, fit, and vibrant young man, a great mate, and a father. Sam was a busy mum of gorgeous four-year-old Sophia, pregnant with their second child, and studying to be a nurse.

Sam remembers Shane calling from work - "I don't feel very well, I've got something wrong with my eyes", and Sam, who was in the middle of writing an assignment, responded with "I'll book you in with the Optometrist, we'll get your eyes sorted".

Shane phoned Sam back, almost immediately, and said "No, there is something really wrong with my eyes" and the next thing Sam knew, Shane had a grand mal seizure at his workplace.

Weeks of tests followed, and Shane, just 35 years old, was diagnosed with an aggressive brain cancer and his life became a rigorous schedule of chemotherapy and radiation.

As a family unit, they decided not to talk about the prognosis or potential time frames, they had so much to live for. Baby Maia was born and Sam describes that as both a joyous and a terribly sad time. "Shane was such an active Dad but was restricted in what he could do because of his ongoing treatments."

Sam was working as a registered nurse when Shane was given a terminal diagnosis, and the option of being referred to Hospice care was discussed.

Shane was adamant that Hospice wasn't for him. In his mind, Hospice was a place where old people went to die. And he wasn't ready to die.

Sam didn't want to admit defeat either. So the conversation stopped for a couple of weeks, until Stuart, a Hospice nurse, visited them at home and explained that Shane's timeframe with Hospice could be weeks, months, or even years. He explained that accepting Hospice care didn't mean Shane was going to die. It meant that he could access support for himself and his family, and live his best life, for however long that may be. It was that conversation that shifted Shane's thought process and together, Shane and Sam decided that maybe they did need to accept this help. And Sam is so grateful that they did.

From that point on, Sam had someone to call if she was unsure what was happening with Shane. Stuart was always available, listening to their concerns and offering support, guidance and the very best of nursing care.

It was at that time that five year old Sophia accessed psychosocial care through the Rainbow Place counselling team. Support was available whenever she needed it and Sophia still remembers the connections she made and the hours of sand play that enabled her to open up and talk. "Sophia has very fond memories of Rainbow Place," says Sam. "She doesn't remember it as the scary place where Dad died, it actually has a lot of really positive, fun memories for her as well, which I think is such a beautiful thing for her to grow into a young woman and live her life."

Towards the end of 2015, Shane opted for private brain surgery. Unfortunately, this surgery was too much for him and he didn't recover. He spent three months in Waikato

Hospital and came home on Christmas Day for the family's final Christmas together. Then, in early January,

Shane started actively dying. With the support of Stuart, Shane was moved to Hospice Waikato's In-patient Unit.

Sam says the staff were amazing. Shane was unconscious, but the staff continued to talk to Sam the entire time. They set up a huge double bed so that Shane, Sam, Sophia and Maia could stay together.

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Pictured: (L-R) Sophia, Shane, Sam, Maia.



The Last Breath – podcasts about death and dying

The Last Breath – a podcast about death and dying, will be a series of podcasts developed from conversations with members of our Hospice Waikato team, our volunteers and people who are connected to hospice as they have had a loved one die in our care. The conversations have been captured, edited and produced by local freelance writer Andrew Johnstone, whose father died in Hospice care in late 2023.

Described as a renaissance man – Andrew claims to be interested in everything but a master of nothing. He is a musician, an artist, a gardener, a writer, and many, many other things. Andrew is perhaps most proud of his 2022 film, *When The*

Cows Come Home – a documentary about him and his cows, directed by Costa Botes whose works include a 1995 film he co-wrote and directed with Peter Jackson called *Forgotten Silver*.

Currently, his focus is on people and their stories and besides this project for Hospice Waikato, he is helping record content for the Cambridge museum archives.

The Last Breath podcasts are an honest, compassionate and thought-provoking insight into the last days of life. You can listen to the first of these podcasts here:

<https://rebrand.ly/TheLastBreath-FreeFM>



Introducing Hospice good sort Karen Sutton

When you enter the massage room at Hospice Waikato on a Friday, it is dimly lit and smells of delicate scented oils.

You're welcomed by the warm presence of Karen Sutton, a Spiritual Life Coach and Qualified Reiki Practitioner, who has provided Reiki treatments at Hospice, as a Volunteer, every Friday for almost three years.

Reiki is an ancient form of energy healing, originating from Japan, that supports people emotionally, mentally and physically. It can calm the body and mind, provide clarity, relieve anxiety and stress, and boost energy levels. Over the past three years, there have been literally hundreds of patients, family members



and staff who have benefited from this treatment.

When you meet Karen, you can immediately tell that she is a carer. She is spiritual and thoughtful, she doesn't rush, she takes time to talk, and her treatments

are gentle and respectful. Karen says she was partly drawn to Hospice because her husband of 29 years is walking his own cancer journey. They don't know what the future holds for them, but they do understand the importance of wellbeing of the soul.

We feel extremely blessed to have Karen share her craft with us, as do the patients and their family members who have received one, and often many, Reiki treatments.

"I feel equally blessed to be able to support the wonderful work of Hospice Waikato" says Karen. "And I feel very lucky that Reiki sits so beautifully alongside the cloak of care that Hospice provides. If I was to describe Reiki in just a couple of words, I would say it is about finding peace. And it is never too late to find peace".

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Sometimes Sam didn't know where the girls were. They would have been taken away by staff who helped them make little memory boxes for Shane, or bring back moisturiser so they could give him hand and food rubs. Sam was encouraged to display photos and play music and all Shane's friends came to visit. Sam talks about the daily drinks trolley being a highlight, because friends and family could all sit around and just relax, talk about Shane and talk to Shane. And at the same time the nurses and caregivers would

come and do all of his cares, just to ensure he was comfortable. "They were so, I guess, mindful of the fact that was a really special time and they didn't want to disrupt us."

Sam is very grateful for the way that Hospice Waikato supported them to have a beautiful, dignified death for Shane. "As Shane lost consciousness, the staff said I could stay. Shane had always said to me, don't leave me when I die, just don't leave. So I stayed."

That wasn't the end of Sam's journey with Hospice Waikato. Charmaine, a member of the Hospice Waikato Family

Services Team, reached out to Sam to offer bereavement support which she accepted. Sam allowed us to capture the rest of her beautiful story in a video which is available as a news article on the Hospice Waikato website, www.hospicewaikato.org.nz.

Sam's story has a wonderful ending. And she credits Hospice Waikato for getting her through some very difficult times.

Sam's girls are happy, gorgeous, and full of life. Sam has a wonderful new partner and in her words – She got to have her happy ever-after twice!



Te Awamutu's Hospice Shop is on the move!

The Te Awamutu Hospice Shop is on the move, to a bigger and more accessible space.

The Manager of Retail at Hospice Waikato, Teresa Bidlake, credits the need to move to larger premises to the loyal support of so many shoppers and donors, and the efforts of the great team of staff and volunteers who have made the shop so successful.

The move is anticipated to occur later in August, when the renovation of the old Timmo's Building is complete. It will be 580m² of shop, and the staff have no doubt that they will be able to fill it with stock right from the start!

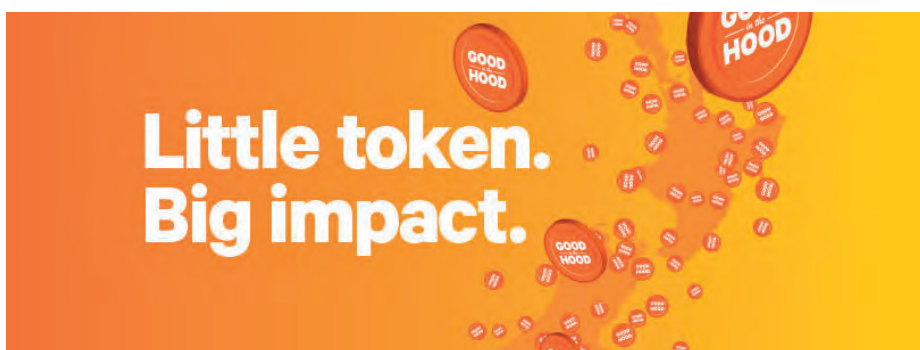
After almost 30 years in Te Awamutu, in three different locations, Hospice Waikato is delighted to move into this 'fit for purpose' site. With a great team of volunteers, the move is expected to take about two weeks. The new shop will be open for seven day trading, so all offers of volunteer help will be appreciated. If this sounds like you, please contact Karen Mansfield, our Volunteer Manager, on karen.mansfield@hospicewaikato.org.nz.

The current shop will remain open until its

final trading day of the 30th August, giving loyal shoppers the opportunity to grab some real treasures at a huge relocation sale! The shop manager, Hassan Shariff, is keen to sell everything, rather than move it, so he encourages the wonderful supporters in Te Awamutu to visit for the final time, in the weeks ahead, to donate, or to buy!

Acting CEO of Hospice Waikato, Susan Hassall, expressed the very real gratitude felt by the organisation, for the support it gets from all those people who donate to, and shop at, one of Hospice Waikato's nine retail stores. "We are very fortunate to benefit from the long term support of our Waikato community. In these challenging times, we recognize that we keep asking, and that the community continues to be willing to give. In my role, I witness every day the difference that this makes to ensuring that those at the end of life, can live well until their last breath. So I thank you all for the many ways in which you make a difference!"

The new location of the Hospice Shop is the corner of Te Rahu and Cambridge Roads, Te Awamutu.



Vote for Hospice Waikato at Z Ngatea, Z Hautapu and Z Kahikatea Drive. Thanks to Z Energy for running this important community fundraiser again this year.

Our wish list

Please drop off donations to Karen Mansfield at our office at 334 Cobham Drive, Hamilton.

- Supermarket vouchers (any supermarket)
- USB sticks (for patient life stories)
- Petrol vouchers



Thank you!

It's been a few months since we've had a chance to thank some amazing organisations for their support -

Altus, Aotearoa Gaming Trust, BlueSky Community Trust, BNI - Morrinsville, Dinsdale Lions Club, DNA Farms Limited, Dragon Community Trust, Farmers NZ, Gallagher Charitable Trust Board, Glenice & John Gallagher Foundation, Hillview Trust, Holden Special Vehicles Club, Hugo Charitable Trust, Industrial Tube Manufacturing, James Russell Lewis Charitable Trust, Lindsay Foundation, Lions Club of Tamahere, Lottery Waikato Community Trust, Mazda Foundation, McCosh Charitable Trust, Momentum Waikato, New Zealand Community Trust, Ohaupo Ngahinapouri Lions Club, Otorohanga Lions Club, PwC, Rotary Club of Hamilton Central, Sargood Bequest, SKYCITY Hamilton Community Trust, Te Rapa Carwash, The Lion Foundation, The Shop Of Happiness, Tidd Foundation, Trillian Trust, Triple F Waikato Trust, Trust Waikato, Un Cadeau Charitable Trust, Waikato Lyceum Club International, WEL Energy Trust, Youthtown Trust

Special mentions to Azzie Specialist Limited for removing an asbestos fence at Hospice Waikato at no cost. Thanks also to ASR for not charging for the Asbestos Clearance Certificate.

And to the Rotary Club of Hamilton Central for hosting another spectacular Chef's Night Out!

Ways you can support Hospice Waikato & Rainbow Place

I would like to...

(Tick all the boxes that apply)

- ☐ Stay up-to-date with quarterly Hospice newsletters.
(Fill in section 1 of the panel on the right)
- ☐ Become a friend of Hospice and make regular donations
(Fill in sections 1 & 2 of the panel on the right)
- ☐ Make a one-off donation
(Fill in sections 1 & 2 of the panel on the right)
- ☐ Donate five days of patient meals: \$250
(Fill in sections 1 & 2 of the panel on the right)
- ☐ Donate a community nurse visit: \$520
(Fill in sections 1 & 2 of the panel on the right)
- ☐ Donate a one-night patient stay: \$1,300
(Fill in sections 1 & 2 of the panel on the right)
- ☐ Donate a one-day Rainbow Place child respite stay: \$1,850
(Fill in sections 1 & 2 of the panel on the right)

For more information about donating to Hospice Waikato, please visit www.hospicewaikato.org.nz/en/donate or scan the QR code below.

If you'd like more information about how you can support Hospice Waikato, phone Cherie or Rosemary on **07 859 1260** or email: marketing@hospicewaikato.org.nz



www.hospicewaikato.org.nz/en/donate

Donations over \$5 can qualify for a LD1 tax credit

Hospice Waikato Trust,
Charities Commission
Reg No: CC20547
IRD No: 26-079-713



E-receipts

Would you like to receive your receipt via email?
Please include your email address below and return this to us in the prepaid envelope provided.

Section 1. Your contact information

^ YOUR NAME

^ YOUR EMAIL ADDRESS

^ YOUR PHONE NUMBER

Section 2. Your donation

\$

^ VALUE OF MY DONATION

- ☐ **Donate via Internet Banking.** See HW bank details, below.
- ☐ **Credit Card - Monthly.** Debit this amount to my credit card monthly.
- ☐ **Credit Card - One Off.** Debit amount to my credit card just once.

^ NAME OF CARDHOLDER

^ CARD NUMBER

Mastercard Visa

^ EXPIRY DATE

^ SIGNATURE

Please return this form in the enclosed stamped addressed envelope to:

Hospice Waikato, PO Box 325, Waikato Mail Centre, Hamilton 3240

Donate via internet banking to:

Westpac 03-1555-0091553-00. Please ensure you use your name and DON04 as a reference so we can identify your donation.

Donate over the phone by:

Calling 07 859 1260 and speak to one of our team.



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