

## HOSPICE AT HOME *Most people wish to die at home, surrounded by family and friends.*

The Palliative Care Council predicts the annual Death rate in New Zealand will double over the next 20 years. This increase will mostly be in the 85 years plus age group. It also anticipates that Aged Care Facilities will care for more people in their last days of life. Accompanying this, New Zealand workforce predictions show a declining workforce. Mindful of these trends, Hospice Wairarapa is redesigning future services to ensure better access and equity of care. This means using resources wisely and shifting the focus from IPU beds to benefit only a few, to support and care in the community benefiting a greater number of people, dying at home, where they wish to be. The establishment of the volunteer Care Companion Programme, Social Worker and Spiritual Carer roles are the first steps in this new direction.

### *Spiritual Carer*

Sharon Penny is newly appointed to the role of Spiritual Carer at Hospice Wairarapa. Sharon's background has been in raising a family, primary school teaching, pastoral care, and leadership in faith communities.

Sharon believes that all people have a spirituality whether religious or not, and it is an integral part of a person and their life which needs to be acknowledged and nurtured, especially during the end of life.

In the Spiritual Carer role, Sharon will work with patients and families to listen and support them in exploring and reflecting on ways of expressing their own spirituality, while respecting an individual's and family's culture, religion, values, beliefs, choices, experiences and diversity.

Spiritual discomfort may be feelings such as vulnerability, sadness, regrets, losses; concerns or questions; and equally loves, joys, hopes, friendships to explore and remember; and all that has been most precious to each patient and their whānau.

Connecting with the wider spiritual care community, Sharon will assist with preparing and leading rituals, remembrance services and assisting families to plan funerals or memorial services for their loved one.



Welcome to Sharon Penny and Michelle Hayes

### *Social Worker*

Michelle Hayes has joined Hospice Wairarapa in the role of Palliative Care Social Worker. Michelle enjoys spending quality time with her family and doing activities in nature, such as tramping, camping, and biking.

As a Palliative Care Social Worker Michelle will help patients and their families/whānau adjust to changes and challenges in their lives when faced with a life limiting illness.

As part of the multidisciplinary team, Michelle's role also includes supporting people with the process of arranging wills, funeral planning, advanced care planning, enduring power of attorney and other legal issues, obtaining resource assistance and financial problem solving.

Michelle can facilitate family/whānau meetings and help patients and families navigate the emotions of complex relationship challenges and conflicts that can emerge from the stressors experienced during their end-of-life journey.



# Volunteer News - Care Companion Service off to a great start

Earlier this year, Hospice Wairarapa began training a team of Care Companion volunteers to provide practical and emotional in-home support for individuals, and their families, who are living with life limiting conditions. There are now eight Care Companions trained, with more coming on board in the new year.

Referrals for Care Companions started being allocated to volunteers in August. Using skills of empathy, sensitivity and patience, good listening, and communication skills, Care Companions generally commit to a weekly visit, with most visits being an hour or so. Care Companions often take some baking along (donated to Hospice by the Good Bitches Baking group). Care Companions have been able to support family carers, by sitting with the patient, so family can use the time to attend their own appointments. Care Companions are trained to notice if there are unmet needs that can be followed up e.g assistance needed to get to a medical appointment, or a patient wishes to have their biography done by a Hospice Biographer.

Care Companions themselves have found the opportunity to be a practical and emotional support very rewarding:

*"As a Care Companion Volunteer, giving time and support to others and showing kindness, revitalises one's own wellbeing."*

*"Each time we meet it is like reconnecting with an old friend, basking in the warmth of recollections with old photos, past interests. This is their time to share."*

*"I find it a privilege to be alongside my patient as they navigate through their illness. I also find it a humbling experience."*

**Do you have the time, heart and skills to be a Hospice Care Companion?** Services that Care Companions might deliver include companionship, letter writing, creative or bequest projects, running errands, reading to patients, light gardening, pet care, light meal prep, driving to appointments etc. Please contact Steph Blossom (see footer for contact details) if you would like more information about this vital volunteer role.

## Current Volunteer Vacancies

**Care Companions** - see article above for what this role entails. Would suit people who have a care background and/or have personal experience of supporting someone through a palliative journey.

### Retail Volunteers for Masterton and Greytown shops

- Customer facing - ½ day shifts
- Receiving and sorting donations, cleaning, steaming and pricing etc.

### Garage Sale Team

- Help on Saturday mornings to set up/ pack down the weekly Garage Sale - some lifting required
- A 'second in charge' to assist with organisation and oversight of the Garage Sale

### Fundraising Team

- We need a team of volunteers who would be willing to help with the planning/running of fundraising events.
- Event set up team – people who can lug boxes/tables/ set up gazebo etc

### Special Skills

- Please get in touch if you have a special skill or expertise that you could offer on an ad hoc or project basis.

For more information about any of these roles please contact Volunteer Manager  
Steph Blossom at [Steph@hospicewairarapa.co.nz](mailto:Steph@hospicewairarapa.co.nz) or call 06 929 7503 for further information



# Fundraising and Events



**HOSPICE WAIRARAPA**  
*Christmas Fete*  
**Sunday 18 December**  
*10am to 4pm*  
Greytown Town Hall  
Main Road, Greytown  
**35+ stalls of quality artisan goods**  
*the perfect opportunity to do your last minute Christmas shopping!*  
Hospice Wairarapa  
*Free entry*

## Calendar of Events

- 18 Nov: Christmas Fete - Greytown  
Nov/Dec: Farmers Campaign - *bauble sales and Tree of Remembrance*  
6 Dec: Remembrance Service - Masterton  
7 Dec: Remembrance Service - Martinborough



**FABRIC 'n' BRAC**  
GREYTOWN  
9:30am- 1:30pm, Saturday 21 Jan 2023  
Greytown Town Hall  
Main Street, Greytown

## Remembrance Services



**Masterton: 4pm-5pm, Tues 6th December 2022**

**Te Kowhai, 59 Renall Street - led by Rev. Liz Greville**

**Martinborough: 4pm-5pm, Weds 7th December 2022**

**Wharekaka, 20 Oxford Street - led by Sharon Penny**

As Christmas approaches, we are aware that it can be a difficult time for anyone who has lost a loved one. We extend an open invitation to our annual Christmas Remembrance Services in Masterton and South Wairarapa. These services provide an opportunity to remember loved ones in the company of others - all welcome.

## Christmas Hours



**Te Kowhai (59 Renall St)**

Closed from 22 Dec - Open Jan 9

*There will be a staff member on call over this period*

**Garage Sale (59 Renall St)**

Closed from 24 Dec - Resumes 21 Jan

**Masterton Shop**

Closed from 24 Dec - Open 28 Dec

Closed from 31 Dec - Open 4 Jan

**Greytown Shop**

Closed from 24 Dec - Open 28 Dec

Closed 1 Jan



To access any of our free services and programmes contact [referrals@hospicewairarapa.co.nz](mailto:referrals@hospicewairarapa.co.nz)  
or call 06 378 8888 for further information



# 8 TIPS TO HELP AVOID CAREGIVER BURNOUT

Caregiver burnout is a very real state that can affect anyone providing care for a loved one. Here are 8 helpful tips for Caregivers.

## 1 SET REASONABLE GOALS

Set monthly goals such as scheduling and paying bills. Weekly goals such as laundry days and Daily goals such as washing dishes. But don't stress if something doesn't get done right away. Be sure that goals are reasonable and are not overwhelming.

## 2 KNOW YOUR LIMITS

Know when to STOP! Know when to simply SLOW DOWN! Know that it is OK to not always meet every goal! Know your own limits!



## 3 UNDERSTAND WHAT YOU'RE DEALING WITH

Understand what your caregiver duties are. Learn about your loved one's condition. Try to understand and empathize with their emotions. Understanding what you're dealing with may help you set your own limits and reasonable goals!



## 4 LEARN TO ACCEPT YOUR FEELINGS

It's OK to feel guilt, anger, irritability, stress and resentment. Negative feelings are part of caregiving. Understanding these feelings and learning to accept them may help in finding coping mechanisms.

## 5 REACH OUT AND TRUST SOMEONE

Though, not always easy, it is important to reach out and learn to trust someone. Fostering relationships outside of the caregiver-caretaker relationship may help prevent isolation and could serve as a great way to help cope with stress.



## 6 FIND A SUPPORT GROUP

Find a support to meet other caregivers in similar situations. While having friends and other close relationships is great; they may not understand the challenges of being caregiver. Check out local support groups or online communities; i.e. Facebook Groups or Blogs.

## 7 STAY HEALTHY AND POSITIVE

Aim for walks after dinner, Pilates or Yoga sessions. Join a gym and participate in group workout sessions.



## 8 BE REALISTIC

Be realistic in every aspect of caregiving. You may know your loved one has memory problems; is it feasible to expect them to remember every chore?

[www.theimprovecaregiver.com](http://www.theimprovecaregiver.com)

## STAFFING UPDATES FROM THE BOARD

### Suzie Adamson

The Board of Hospice Wairarapa Community Trust advises that Suzie Adamson resigned from her position of General Manager at Hospice Wairarapa in August and has retired early to pursue other opportunities. We thank Suzie for her commitment and contribution over a long period of time that



included the initial actions as part of a group to get Hospice Wairarapa off the ground and functioning. We wish her all the very best in her future endeavours. At present Hospice Wairarapa is being run by the existing Management Team already in place and they are being ably supported by the Board of Trustees.

### Tracey Harris

We welcome Tracey back to the role of Fundraising Manager after a period of absence. Tracey has extensive experience in not-for-profits having worked within management roles with the Cancer Society Wellington and Mary Potter Hospice, with one of her many strengths being



fundraising. We are pleased to have Tracey back in the team. Her focus will be on up and coming events: fabric a brac, the annual golf tournament, alongside planning some new event opportunities for 2023. Tracey is your go-to person if you want to talk sponsorship, bequests, grants and community events. She will also be starting a fundraising focus group and event committees in the New Year. Please get in touch if you would like to join in on these groups and support hospice in this way.

Phone Tracey on 06 377 3250 or 027 5274254 or email: [tracey@hospicewairarapa.co.nz](mailto:tracey@hospicewairarapa.co.nz)

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