

Your Hospice *matters*

march | māehe 2024



a place to
recharge

“our lives are much
more settled now”

Te Kahu Pairuri mai i Takarunga ki Te Hana

harbour
hospice



Kia ora

I'm always very grateful to patients and families who willingly share their stories to help others better understand what hospice is and how we can support families.

In this newsletter you'll meet Scott and Julie Beson, who joined our Harbour Hospice whānau 16 months ago. Scott has type 1 diabetes and a progressive respiratory illness, and benefits from care from the community team and respite stays in our Inpatient Unit. The couple also utilise other key hospice services.

What Scott and Julie's story highlights is the important place that hospice has in your community.

Before the Besons were accepted into the service Scott was admitted to hospital 23 times in 24 months. Now, those hospital visits are far fewer and the couple is enjoying a more settled life.

Their story also helps to dispel some common myths about hospice. People think of hospice as a building where people go to die, yet nearly three quarters of those who come in go home again. (In addition, we offer day respite at our Warkworth site, and you'll meet one of our regular day respite patients, Norman Nelson, on page 7.)

Many think that people need to be right at the end of life to receive our care. Yet Scott has been with Harbour Hospice for 16 months so far (which is an unusually long time). The earlier people are referred to hospice, the more we can do to support them and their family.

Many believe that hospice is only available for people with cancer, yet Scott is one of 440 people in our care right now and one in three of them do not have cancer.

It's because of your support that hospice is there for patients with a life-limiting illness in so many ways. You're not only helping people like Scott and Julie to have a much better end of life, you're helping us to provide a service that is more far-reaching than many realise.

Thank you so much for your ongoing support. You're making a difference to the lives of families in hospice care every day.

Ngā mihi nui,

Jan Nichols, Harbour Hospice Chief Executive

1 in 3*
patients have
a non-cancer
illness

*FY Jul-22 to Jun-23

hospice admissions

74%* symptom management or respite care

26%* end of-life-care

“We're not in this on our own and it has meant we've been able to focus more on enjoying our time together.” Julie



a place to recharge

Many people think of hospice as a building where you go to die, yet 74% of stays at Harbour Hospice are for symptom management or respite care. That means that most people who are admitted to a Harbour Hospice Inpatient Unit (IPU) leave feeling better than when they went in. Their carer gets a much-needed break, too, to rest and recharge their batteries.

Ex-Marine Scott Beson, 74, and his wife Julie, 64, know this only too well. Scott has type 1 diabetes and Chronic Obstructive Pulmonary Disease (COPD) - a progressive illness that affects your respiratory system. He is cared for at home by Julie with Harbour Hospice support, and both say they don't know what they'd do if hospice respite care wasn't available to them.

During Scott's IPU stays hospice's multidisciplinary team closely monitors his symptoms. They review his medications and adjust them as his needs evolve and change, and they ensure that his mental and spiritual wellbeing is being looked after, too. Scott says his time in the IPU makes him feel like he's at a resort. "The way they treat you, the staff and volunteers. They make you feel good, and the food is beautiful.

"I didn't even know there was a place like Hospice. But boy, what an A-plus place."

Meanwhile, Julie gets to hand over the responsibility of Scott's care for a few days.

"So often the caregiver is put on the backburner - yet your whole world is dominated by caring for your loved one and you need support too," she says.

To begin with Julie would "hover" when Scott went in for respite, fearing he'd take a turn for the worse. But in the 16 months that the couple have been with Harbour Hospice she has gradually learned to relax. She took her first holiday in four years when Scott went into the IPU in late 2023, treating herself to a trip to Melbourne. "I had an absolute ball!"

continued over ...

*FY Jul-22 to Jun-23

a place to recharge *continued*

Before Scott and Julie joined the Harbour Hospice whānau their lives had been in constant upheaval. “In the 24 months before Scott went into Hospice care he was in and out of hospital 23 times,” Julie says. “Now the hospital visits are far, far fewer and our lives are more settled.”

As well as benefiting from respite care, Scott is cared for by the hospice community nursing team, who make weekly phone calls and fortnightly visits - visiting more frequently when needed.

Julie has regular counselling sessions with a hospice counsellor, saying, “It gives me a place to vent and explain my feelings. I go from being very sad to very upset and angry to ‘why has this happened?’ and the counsellor has helped me to understand that all of this is okay.”

Scott and Julie, who met 45 years ago in a crowded pub in Australia, are fortunate to have Julie’s family living next door. Julie’s mother and sister are three doors down and the couple’s two daughters and grandchildren live next door.

But sometimes Scott simply craves the company of men, so Harbour Hospice’s Family Support Team arranged for a male volunteer to start visiting him. He loves it. “It’s just so good to talk to a man!”

The couple know and understand that Scott is on his “final journey”. In his youth Scott had fought

in the Vietnam War and was one of only three men in a battalion of 50 to come home alive and with all his limbs. His injuries were a broken back and burst eardrum. He’s the first to admit he has dodged a lot of bullets in his lifetime - but he will not dodge COPD.

Julie says Scott is someone who has made her feel safe all her life. She was so sure he was “the one” she moved in with him after only two weeks of knowing him.

“In a way I’m already grieving. And what I like about hospice is they respect our situation and they talk to us about it. There’s no sugarcoating it but they do it in such a nice way.

"This full and frank approach has helped us prepare for Scott’s passing. And I think that’s important, to be as prepared as you can be,” Julie says.

"In the time that we’ve been with hospice the team has got to know Scott really well,” she concludes. “They have multidisciplinary meetings every week to talk about his care, and the thread of his storyline goes through the whole system. Everybody, from the doctors to the inpatient nurses to the community nurses to the counsellors, is on board with how Scott is week to week.

“For me that brings great peace of mind. We’re not in this on our own and it has meant we’ve been able to focus more on enjoying our time together.”

space to rest, tend to their own needs and take the time to recharge.

Some still choose to visit their loved one every day and if they do, we just encourage them by saying, “Just be their wife/husband/partner. Let the nurses take care of the physical care.” Sometimes they need that “permission” to step back.

Karoline Marshall, Harbour Hospice Counsellor

Please donate to Harbour Hospice today to ensure respite care for people like Scott and Julie

Every donation helps provide specialist palliative care programmes, at no cost, to our community.

Donations over \$5 are tax-deductible. Make your claim before 31 March.



A carer’s role is, to some degree, unseen work, and at Harbour Hospice we are keenly aware of the responsibility carers hold. So, as well as offering respite care we run carer support groups, we offer counselling and social work support, and we acknowledge the important work carers do, and how much energy it can take to care for a loved one at home.

Respite care is important because as time goes on, or disease progression occurs, the carer gets less and less of a break and it’s very common for them to become exhausted and to need some

Michael Hart **ensuring the care of future generations**



Annette & Michael



When you leave a gift in your Will to Harbour Hospice you’re ensuring that hospice care will be there for generations to come. It’s important to take care of loved ones first, but you can still make a very real difference after considering family.

We are grateful to Michael Hart, who died in June 2023 and left a gift of \$102,000 to Harbour Hospice. Michael’s wife of 35 years, Annette, had been cared for by Hospice in early 2000 and Michael was so grateful that he never forgot Hospice, and chose to give back in his Will, says his stepmother, Patricia Hart.

“Michael just thought Hospice was wonderful. They would come to their home and then Annette went into the Inpatient Unit when Michael was no longer able to manage at home.”

Michael divided his estate between family members, Hospice and another charity. He and Annette, who had originally met on a blind date, had shared a great love of animals and devoted their time to growing award-winning orchids and breeding Birman cats.

To learn more about making a gift in your Will, contact our Planned Giving Manager, Suzie Smith, by emailing Fundraising@harbourhospice.org.nz or calling 09 421 9180.

trusts
provide vital support

Thank you to the trusts and foundations that support Harbour Hospice. In the last six months, grants have contributed towards medical costs and equipment, counselling services, education and wellbeing, operating costs, salaries and improvements to our Hibiscus Coast Inpatient Unit. **Many thanks to the following organisations:**

- Four Winds Foundation
- North & South Trust Ltd
- Maurice Paykel Charitable Trust
- Elsie Steele Trust C/- Northern Presbytery
- Charles Rupert Stead Charitable Trust, proudly managed by Perpetual Guardian
- Louisa & Patrick Emmett Murphy Foundation, supported by Public Trust
- The Zelda Roberts Charitable Trust, managed by Public Trust
- Milestone Foundation
- Ralph & Eve Seelye Charitable Trust
- Lister Presbyterian Health Trust
- Pub Charity Ltd
- Dragon Community Trust
- The J A Redwood Charitable Trust, proudly managed by Perpetual Guardian
- Lake Memorial Charitable Trust, proudly managed by Perpetual Guardian
- BlueSky Community Trust
- Boyd Clarke Foundation
- Oxford Sports Trust

- Lottery Auckland Community
- Hugo Charitable Trust
- Whakatapu Aotearoa Foundation
- Constellation Communities Trust
- VMD Collier Charitable Trust
- Dairy Flat Community Trust
- AK Franks Charitable Trust, proudly managed by Perpetual Guardian
- Freemasons Hospice Charitable Trust
- The Kelliher Charitable Trust
- Dorothy Williams Charitable Trust
- Freemasons Foundation
- NR & JH Thomson Charitable Trust, proudly managed by Perpetual Guardian

Your community or family trust can support patient care too. Please contact Grants Manager Lesley Cranston on 021 871 064 or Lesley.Cranston@harbourhospice.org.nz

A very big thank you to everyone who supported our Christmas campaign in some way. Every single donation helps to keep Hospice services free of charge for local families and we couldn't achieve this without you.

Christmas campaign wrap up



Top left - Woolworths Takapuna Jake & Jacob - BNI Takapuna, Top right - Katie & Lucie Noble
Bottom right - New World Whangaparāoa Jackie Wilson

Trees of Remembrance magic

It was great to get out into the community again with our Trees of Remembrance campaign and to have so many of you support us. We had trees in more locations than ever before, and so many of you volunteered, connected, remembered and shared stories of your loved ones with us throughout the week, leaving us feeling very humbled. Collectively, you raised \$18,000 for hospice services in your community.

After the trees were taken down we had your messages blessed and cremated to honour your aroha for your loved ones.

Thank you to Albany Pak'nSave, Albany New World, Albany Westfield, Takapuna Woolworths, Milford Shopping Centre, Devonport Library, Orewa New World, Whangaparāoa New World, Silverdale Mall (Christmas wrapping), Warkworth Pak'nSave, the Matakana Market and retirement villages North Bridge, Hibiscus Village, The Botanic, Warkworth Oaks and Summerset Falls who kindly hosted us.



Record support for Christmas appeal

Record numbers of you supported our 'Help Claudine have a Sparkly Christmas' campaign and raised \$42,000, with donations still trickling in.

Christmas can be tough for patients who don't have family and whānau around them. Families' anxiety can also be heightened because they know this Christmas may be their last one together.

Because of you we are there for patients like Claudine 365 days a year and when our nurses visit over the festive season they see the huge difference a friendly face can make.

Christmas cake sales up

We're very fortunate to have the ongoing support of **The Great New Zealand Christmas Cake Company** who donate a percentage of every Christmas cake sold to Harbour Hospice. Sales were up this year, raising \$4500 for hospice services.



Farmers Christmas campaign cheer

Now in its 10th year, Farmers' annual Christmas campaign has raised nearly \$8 million for hospices across Aotearoa. **Thank you for supporting the campaign by buying a special Christmas bauble from your local Farmers store or making a donation, and thank you to our local Farmers stores and their staff.** You collectively raised an incredible \$48,055 for patient care.



recent events

Greek Extravaganza ends on high

More than 200 gathered for Theo Simeonidis' annual hospice fundraiser, the Greek Extravaganza, on 2 December and raised \$26,800. This was the event's seventh year, with Theo and the Rotary Club of Orewa - Millwater raising more than \$137,507.87 in total over that time. Supporters enjoyed fabulous food from **Emily's Greek Kitchen**, music and entertainment by **Arabellas Bellydance with Tais**, Greek dancing with **Vinnie Mendidhi and Theo**, and Greek wines and beverages from **Taste Of Greece**.

Sadly, that was our last Greek Extravaganza.

Thank you for your amazing support over the years, Theo and team.



The Harbour Hospice event team

mARTakana success

This year we welcomed a number of new artists, with the star of the show being 95-year-old exhibitor **Norman Nelson**, who is the first current Harbour Hospice patient to exhibit in a mARTakana fine art exhibition. Norman comes into Tui House every Wednesday for day respite and loves it so much he was more than happy to share his art in the exhibition.

Thank you to everyone who supported mARTakana 2024 including the wonderful volunteers, Principal Sponsor Barfoot & Thompson, New World Warkworth, St Pierre's Sushi, Mahurangi Artist Network and Matakana Coast App. Collectively, you raised a record high of \$29,242.



Norman Nelson

upcoming events

We have more exciting events coming up, including: Gibbs Farm Experience in Kaipara, Catwalk Arts and the Art Exhibition & Sale in Orewa.

Find out more at: harbourhospice.org.nz/our-events



Please donate to
Harbour Hospice
today to ensure
respite care for
people like Scott
and Julie

\$20

\$50

\$100

my choice

\$

Gifts \$5 and over are tax deductible. Charity#CC22413.

☐

Please make my donation monthly so I can support more people like Scott & Julie

I will donate via



SECURE WEBSITE Visit harbourhospice.org.nz/donate/newsletter



INTERNET BANKING Deposit into **12-3026-0781961-00**
REF: NL March 24 CODE: Your name



CREDIT CARD Return donation slip in the envelope provided.



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☐ **I want to ensure hospice care is available long into the future**
We'll send you information on how you can leave a Gift In Will to Harbour Hospice.

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