



You can help your  
local Hospice provide  
care and comfort  
this Christmas

Your gift today  
will comfort patients  
in your Hibiscus Coast  
community

## Please help us provide care and comfort this Christmas

Joanne Ratima refused chemotherapy when she was diagnosed with cancer in 1992, and she refused it again when the cancer returned in 2014 after 20 disease-free years.

In the last four years she has undergone various treatments including surgery, radiation and infusions to manage the symptoms of the cancer which is now in her bones. But she says her most valuable therapy has been provided by Harbour Hospice, particularly a stay in the Hibiscus Coast inpatient unit. Joanne says:

*“It was the best thing that ever happened. I could relax and chill out, right away from the external world. I thought I was totally blessed with the facilities there.”*

Joanne is sharing her story out of gratitude for the help she has received. She now wants to give back by helping Hospice buy new beds for the inpatient unit, as during her stay she noticed her mattress was a little below par. All the beds in the unit are over 10 years old and no longer provide the comfort we aspire to.



**With your help, Harbour Hospice, Hibiscus Coast can make every patient’s stay comfortable by installing six new beds which are specifically designed for patient comfort, and wider to allow more snuggle room with family.**

Joanne says she went into the inpatient unit depleted of energy and came out “like my batteries had been charged”. Her pain was under control and her friends and family commented on how much better she looked. She felt she had been given a new start.

“It was really lovely and the staff were super. The food was lovely and the attention... I had to learn to receive and enjoy that process.”

Feeling uplifted by her experience with Hospice, she began to attend tai chi, massage and sessions such as mindful meditation. Working with staff, she was able to reduce the dose of a medication she did not like, without it causing adverse effects.

“When you’re ill, you forget a lot about your own wellbeing,” Joanne says. “The clinical team is lovely, not patronising, and very accepting of your preferences for treatment.”

One symptom of Joanne’s condition is that many simple movements can trigger painful muscle spasms – reaching, stretching, walking fast or lifting anything can set off a spasm. For patients like Joanne, a comfortable bed is even more important for the relief it can provide.

**This Christmas you can help Hospice to purchase new beds for patients with a gift of whatever you can afford, and in doing so provide care and comfort to more people like Joanne. Please consider a gift today so we can continue to offer patients the comfort and relief of a soft, cozy bed.**

Since returning home, Joanne receives weekly phone calls from a community palliative care nurse and meets up now and then with Hospice’s kaiāwhina for cultural support.

She says Hospice has changed her way of thinking about life and helped her reach a place of acceptance and hope.

*“It was the best thing that ever happened. I could relax and chill out, right away from the external world. I thought I was totally blessed with the facilities there.”*

*“It changes you on all sorts of levels, realising there is somewhere you can feel comfortable enough and heal.”*



New beds will offer improved patient comfort

## Hospice's beds at Hibiscus Coast need replacing: please can you help?

You are part of the Hibiscus Coast community that recently gave Joanne some precious time in the inpatient unit to relax and restore her energy levels.

### She slept on a bed and mattress that now need replacing.

When someone is ill, a soft and yielding bed is crucial to their comfort. We have found beds and mattresses that will better meet the needs of our patients. They are King-single in size, wide and comfortable and use the latest technology. They adjust for sleeping, sitting and relieving pressure points. One bed and mattress costs \$7698.00. With your help, and that of the community we hope to purchase and install six new beds.

### Please help us upgrade our current beds and mattresses, and give the most fundamental gift of comfort for patients like Joanne.

I wish you all the best this Christmas

Yours sincerely



Jan Nichols  
Chief Executive

*P.S. Earlier this year Hibiscus Hospice was renamed, and is now called Harbour Hospice. However the same Hospice services still provide care and comfort as before. Your gift today will directly benefit patients in your community.*



Joanne wants to help raise money to buy new beds for other people who, like her, recently stayed in the inpatient unit at Hibiscus Coast. Can you help her?

## Hospice's beds need replacing: please can you help?

Your name and address

### Please accept my donation of:

Other \$ \_\_\_\_\_

Post to: PO Box 66. Whangaparaoa 0943

### I prefer to make payment by:

Cheque (enclosed)  credit card (see below)

Card No: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Card expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_

If you wish to donate via internet banking:

Harbour Hospice Hibiscus Coast 12 3084 0143511 00

Particulars: Your Name

Reference: Your Phone Number

### Please send me information about:

- Joining our Friends of Hospice Club through monthly giving  
 Including Harbour Hospice in my Will

Gifts \$5 and over are tax deductible

- Please remove my details from your mailing list

Phone us, Hibiscus Coast (09) 421 9180 or go online and donate securely at [harbourhospice.org.nz](http://harbourhospice.org.nz)