

Welcomed with open arms

When Ela Pamera Kraun was referred to North Haven Hospice in April this year, she and wife Casey Kraun didn't have nearly as much time left together as they'd hoped.

But the care they received from hospice workers in those final two months impressed them greatly, says Casey. "The compassion, love and dedication the staff showed towards Ela was incredible."

Ela and Casey hadn't had any dealings with hospice before. "When we first heard about hospice, we thought it was for people who were going to die very shortly. We were terrified at first," says Casey.

But the support hospice could offer soon became clear. "They put you first, whether you're a patient or the next of kin. They help you cope with what's happening."

When Ela was diagnosed with lung cancer in April 2021, she and Casey were living on the outskirts of Kaiwaka. After Ela came under hospice's care this year, community nurse Carolyn would visit their rural home or call regularly, to assess her condition and ensure Ela was comfortable. "Hospice provided a bed for Ela at home, and said if she needed anything else, they would get it for her."

Ela stayed at the in-patient unit in Whangārei for a few days in May this year, to see what it was like, and gave it a rave review. "She said, 'Oh honey, it's beautiful here. I've got my own room, got a TV with internet.' She rated the hospice facility as 110 out of 100."

During that visit, Casey arrived at the unit straight after work, and staff fed her and made a bed for her. "We were welcomed with open arms," she says.

What also struck Casey was how respectful and sensitive the hospice staff were, taking

Ela Pamera Kraun (left) and Casey Kraun.

time to learn what Ela wanted, and listening to the concerns of family members, including Ela's three living children.

Casey reserves particular praise for community nurse Carolyn, social worker Kate, and in-patient unit nurses Mona, Kathy and Tracy. "Each nurse played a special part in my wife's time of need."

She also appreciated how staff were always upfront about their situation, even when the truth was difficult. "One thing I loved about hospice is that the staff never lied to us. This included the doctors, who were making sure that Ela got the best medication required," says Casey.

"The government needs to help hospice more. People are volunteering their services to help hospice – why is it so hard to see

hospice financially needs help? Hospice should be a number-one priority."

Ela returned to the in-patient unit after being discharged from hospital in mid-June this year, and died on June 18, eight years to the day after she and Casey married. The devoted couple's religious faith helped give them strength during Ela's illness, and has provided comfort to Casey in the weeks since Ela's death, along with hospice's follow-up support.

"Each nurse played a special part in my wife's time of need."

Casey's advice to others? "Don't be scared of hospice," she says. "It's just incredible, the love they give you, whoever you are – whether you're a patient or a caregiver. There aren't enough words to explain how much they mean to both of us."





Kia ora

Every season has benefits, and a purpose. Fewer sunshine hours, cooler winds and more atmospheric moisture can create a sense of despondency and gloom. In our

house, the fire is on, the doors are shut and there is a cosiness and quietness not present in summer. The garden sleeps. We are forced to slow down, and rest.

Winter also allows me to see the same thing in a different light – literally. What can look flat, with the sun directly overhead in

summer, now has shape and depth. What was overlooked now takes on a beauty that was previously not visible.

Not many people eagerly anticipate winter, but it is where we find ourselves. Not many launch into hardship or grief with vigour, but it flows through life and our relationships. Maybe we should sit with what these realities create: opportunities to stop, to think, to be and even see everyday things differently. Every season does have benefits and a purpose.

Warrick Jones, medical director and acting CEO

It's a wrap!

Hospice Awareness Week (May 16–22) 2022 sped by in a blur of food, friendly people, drinks, events, and enlightening conversations. The annual campaign aims to raise awareness about how hospice supports people with life-limiting illnesses, dispel common misconceptions, and raise money for our work.



Celebrity chef Jo Seagar entertains guests at the Tikipunga in-patient unit events. Photos: Northern Advocate.

Close to home

We hosted a series of events at our Tikipunga in-patient unit, featuring celebrity chef Jo Seagar, Hospice NZ's patron and ambassador. The morning and afternoon tea events started with a well-received tour around the facility; visitors enjoyed the tranquility, the family-friendly facilities, the gardens and native bush, and learning more about how hospice supports people in the community. Then it was time for tea and treats, including some made by NorthTec students.

The Thursday wine-and-cheese evening featured a talk by Heidi Findlay of event sponsor Craigs Investments, encouraging women to invest for their future. Then Dr Warrick Jones, medical director for North Haven Hospice and palliative medicine specialist for Northland, talked about bridges of hope.

We've all crossed many bridges in our lives, and they have formed who we are, says Dr Jones. And although hope is usually the furthest thing from people's minds when they're referred to hospice, we help support patients and their loved ones to cross the bridge in front of them, even though they might not have chosen that path. "Hope is so important because it makes the difficulties of today easier to bear," Dr Jones says. "Hope is at the core of our mahi." His talk is available in the video section of North Haven Hospice's Facebook page.



NorthTec student Ngatiwai Bennett ices a North Haven Hospice logo on one of the orange biscuits for the morning/afternoon tea events. The three Certificate in Baking students volunteered their time and made 120 biscuits in total.

**He waka eke noa
We're all in this together**

Catching the action out and about

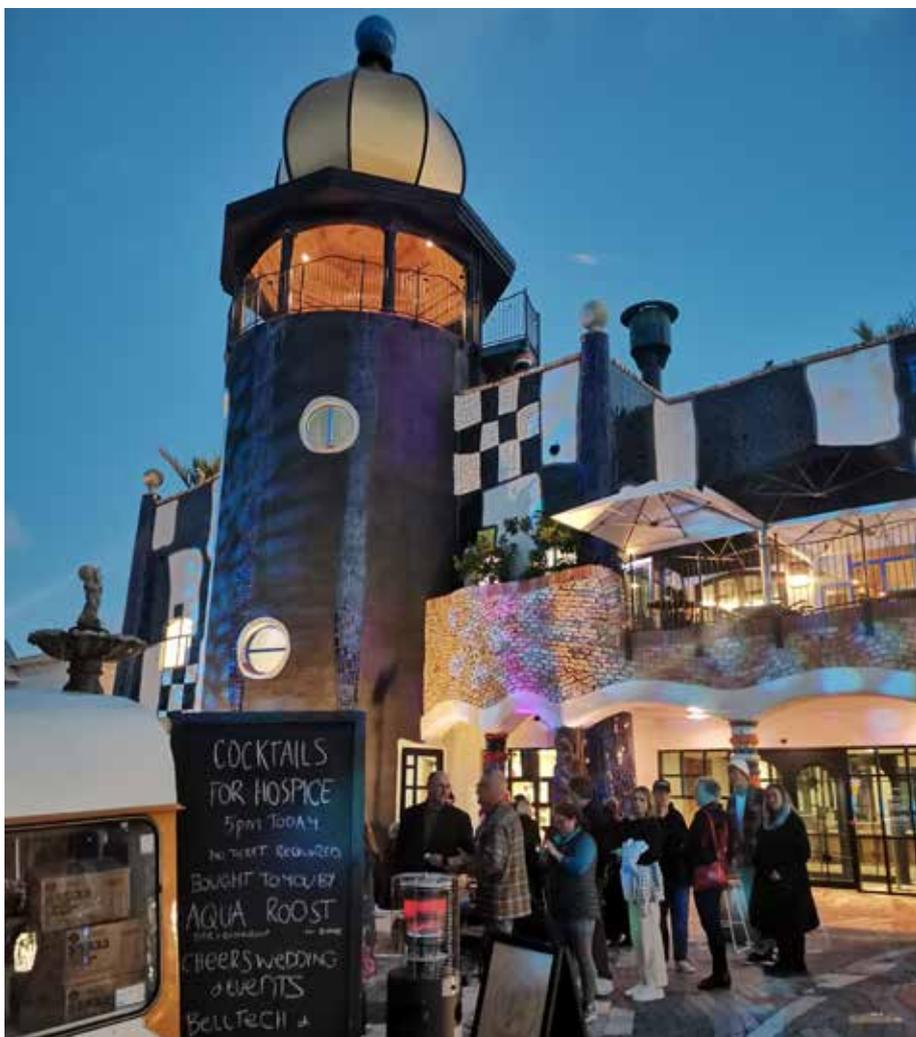
There was a steady hum of activity at the Whangārei hospice shop. Each day brought different specials for bargain hunters, and part of the shop was set up to show how hospice supports people to stay in their homes. There was a free sausage sizzle thanks to The Northern Advocate, and the Harcourts-sponsored coffee cart kept people fizzing.

Around town and out by the water at Tutukākā, local bars (Aqua, Astroboy, Roost, Split and Whangārei Deep Sea Anglers Club) showed their support for hospice by creating and selling special cocktails, and encouraging donations.

And on May 28, as the sun dipped below the horizon and the rain thankfully stayed away, Hospo for Hospice drew people to the courtyard outside the Hundertwasser Art Centre for an encore fundraising event. Staff from Aqua, Astroboy and Roost served their special cocktails (200 in total!) from a retro caravan, while people perched on seats, lounged on beanbags and listened to live music.



Above: In the Whangārei hospice shop, a 'patient's bedroom' was set up to show people how hospice supports patients to stay at home.



Above: Donor relationship coordinator Briar White models the colourful quilt that was auctioned to raise money for hospice.

Left: Hospo for Hospice brought the courtyard of the Hundertwasser Art Centre to life.

Drumroll, please...

During the week, we raised \$4500 for hospice's essential services, and Hospo for Hospice raised an impressive \$2100. Every dollar is appreciated, so thank you to everyone who donated or joined in.

Huge thanks also go to the organisations that helped make this happen: Harcourts, NZME, More FM, Craigs Investments, Aqua, Astroboy, Roost, Split and Whangārei Deep Sea Anglers Club. Also, thanks to The Northern Advocate for pictures of the Jo Seagar events.



Above: Astroboy's 'Let It Be' creation; people line up for a cocktail at Hospo for Hospice.

Cushions are hot property

Long-time hospice shop volunteer Jose Botica (pictured) is refreshingly no-nonsense when she talks about putting her sewing skills to good use.

“I’ve been making cushions for a good 10 years. Well, it’s better than sitting on your bum doing nothing in retirement, isn’t it?!” she laughs. “And I like making money, whether it’s for me or someone else.”

Jose (short for Josephine) makes colourful, on-trend cushions that are sold in the Whangārei hospice shop. Working at home, she makes the covers from donated fabric, and reuses good-quality stuffing from other cushions and pillows.

Her upcycled cushions arrive in the Whangārei shop most Tuesdays, and fly out the door, priced at just \$5–\$15. Jose estimates the cushions make \$200–\$300 a week for North Haven Hospice’s essential work. She also knits slippers, from booties up to men’s sizes, that are sold in the shop.

Jose has volunteered at the hospice shop since mid-2009. When she started, she wasn’t aware of what hospice did “but I knew it was a good cause”, she says. “I get satisfaction from making and selling the cushions, but it’s not always about what you get out of something, is it? You’re giving as well.”



Donations wanted

The Whangārei shop is currently seeking donations, particularly of furniture. They can pick up furniture on weekdays. Phone (09) 438-1050 for details.

Hospice shop opening hours

Whangārei

Mon, Tues, Wed and Fri, 9am–4.30pm
Thurs, 9am–6pm
Sat, 9am–3pm
Sun, 9am–2pm

Waipu

Mon–Fri, 9am–3.30pm
Sat, 9am–1pm
Sun, 10am–1pm



Thank you to...

Morris & Morris Funerals, who generously donated \$5750 to our 2021 Memory Tree campaign.

Kamo High School, which ran a baking fundraiser for Hospice Awareness Week and raised \$310.

Doreen Robertson, who held her annual afternoon tea during Hospice Awareness Week and raised \$1215.

Save the date!

Circle these dates in your diary for two fabulous hospice fundraisers.



November 1–12: Art exhibition and auction

After a two-year gap (thanks, Covid), this popular charity art event returns for its seventh year. Richard Cranenburgh and Shari Pickering from artnorthland are curating and organising an exhibition of local art, to be held at Hangar Gallery. People can bid on the works, and all sale proceeds go to North Haven Hospice. For details, visit www.artnorthland.co.nz or email admin@artnorthland.co.nz.

November 5–6: The Girls’ Club house tour

The Girls’ Club is back with the perfect excuse to nosey around other people’s beautiful homes and gather interior inspiration... raising money for hospice! The long-running event, postponed from 2021, is a self-drive tour around central Whangārei, Glenbervie, Kamo and Maunu. They have some great houses lined up already, but if you have a house – or neighbour – in these areas that you think would add to the event, please email girlsclubfundraising@gmail.com.

Artworks similar to this one by Richard Cranenburgh will be on sale in November.

A lighter path

Spiritual care isn't just about religion. In fact, it's about anything that helps patients identify what brings them meaning and comfort, and makes the path they're walking a lighter one.

Agnes Hermans is North Haven Hospice's spiritual care coordinator, and started working in the support role in April. In the past, the role was commonly known as a 'chaplain'.

Referrals usually come from staff, who perceive there may be issues with pain or discomfort that aren't answered through medical reasons – or something is weighing a person down, and the patient or a family member could benefit from exploring this further.

"Patients are facing events that are out of their control, and the issues that come up can sometimes feel very heavy. Sometimes family members or spouses may not wish to talk to them about this, but coming in as a staff member, I can ask the curious questions, and see if my gentle enquiry will help them talk about what might be going on for them."

She talks with patients, or patients and their families, about whatever comes up. This could be issues with relationships, questions about faith, regrets that need to be laid to rest, or loose ends to tie up as they review their life.

"You meet someone and within 10 minutes, you're having the most intimate conversation with them. It's quite a privilege," says Agnes. "When people come to the end of their lives, they become so clear-sighted about who they want to spend time with, what they want to say. All the bullshit is stripped away."

Her background as a social worker, experience working in Whangārei Hospital, and training in counselling and spiritual companionship, all stand Agnes in good stead in this mahi. She also helps organise the annual remembrance services that happen at the Tikipunga in-patient unit, and provides support to staff.

Spirituality is often a very important part of people's lives, says Agnes, and people can feel very alone if it isn't listened to or acknowledged.



Agnes Hermans, spiritual care coordinator.

"I encourage people to pay attention to how their spirituality can be a resource for them in the end-of-life journey, and also a resource during grieving for those left behind," she says.

"There are many 'gateways' through which people connect to what gives them meaning and opens them to the wonder, awe and mystery of life, or what some of us may choose to call 'God'. For some people their spirituality is expressed through organised religion, and for others it can be through nature, poetry, family, art, fishing or something else. I'm just opening up a conversation to help them access this and recognise what they can do to support themselves."

Mother's Day moments



Above, from left: Lauren Hope, and Madeleine Stanley and daughter, with their Mother's Day flowers.

Mother's Day can be a difficult time for some mums if they're using hospice's services. So in the week leading up to Sunday 8 May, we teamed up with five local florists to bring some brightness and beauty to five local mothers.

Each day, a cheerful flower arrangement was delivered to a mother we were working with at the time. There were mothers whose children (aged in their 20s) had just died, young mothers who are receiving palliative care, and one mother left behind with a baby when her partner died. The oldest mother of this group was in her early 50s, showing that hospice cares for people of all ages.

Thanks to Kamo Village Florists, Wild Ivy Flowers and Gifts, Little Leaf Florals, Flowers on Bank and Mint Floral for their generous (and gorgeous!) floral donations.

HOW YOU CAN HELP HOSPICE

North Haven Hospice patients and whānau need your help. While our specialist care and support is free of charge, it's expensive to provide, and we are only partly funded by the government (via Northland District Health Board).

The gap between the DHB funding and the cost of providing our services means we need to raise approximately \$50,000 each week! Our operational costs are rising, Whangārei's population has increased in the past few years, and more people need our services.

Want to help? You can donate financially, and support us in other ways too.



Ways to donate

Even though cheques are now phased out, there are several ways you can donate to North Haven Hospice.

① Leave a bequest in your will

Provide a legacy to the community by supporting hospice. Contact briarw@northhavenhospice.org.nz for details.

② Online donations

Go to www.northhavenhospice.org.nz and click on 'Donate online' to access the secure fundraising portal – you'll need your credit or debit card.

③ Regular giving

Visit www.northhavenhospice.org.nz/helping-us/donate for how to set up an automatic payment to our bank account at an interval that suits you.

④ Fundraising

Ask us how we can support your event, by contacting Brian Cannons (brianc@northhavenhospice.org.nz).

⑤ Gift a Day of Care

This funds a whole day of care for a hospice patient and their loved ones. It's a great fundraising target for community groups, service clubs and businesses. Details are on our website.

⑥ Sponsorship

We'd love to work with you, and have opportunities to suit various budgets. Contact fundraising@northhavenhospice.org.nz for details.

Other ways to help

- 🔄 Share the posts on our Facebook page to spread the word.
- 🔄 Donate saleable items to our hospice shops.
- 🔄 Volunteer your time, skills and knowledge. There are many ways to be involved, from working in a hospice shop to supporting patients and their carers in the community.
- 🔄 Shop at North Haven Hospice shops. The money you spend goes towards hospice's vital services, and you're shopping sustainably because you're buying second-hand!
- 🔄 Help out at hospice community events.

Find out more at www.northhavenhospice.org.nz/helping-us/volunteer/

Got any questions? Contact us on (09) 437-3355 or admin@northhavenhospice.org.nz.

Did you know?



Each week, **volunteers** give **1365 hours** of their time to help hospice. **Awesome!**

Your donation will make a significant contribution to the essential fundraising we do each year. It ensures we can continue to provide specialist palliative care for local people living with a life-limiting illness, and support for their family/whānau. Thank you!

Ehara taku toa i te toa takitahi,
engari he toa takitini
*My strength is not mine alone,
it comes from the collective*

\$12



supplies a
grief booklet for those
who have lost a loved one

\$38,000

buys
another
support
car for home visits



759

Our nurses
make this many
visits or phone
calls to patients
and their families each week

