

## Tropi-follicle fundraiser

**When Kara Hosznyak accepted a dare to style her hair as a pineapple she decided it could also inspire fundraising donations for a charity close to her heart – North Haven Hospice.**

“I’m pretty free-spirited so probably would have done it anyway, for fun; but I thought if I am going to have pineapple hair, I’d like to also use it to support a good cause doing important work in our community,” she said.

Kara set up a Givealittle online fundraising page, titled Pineapple Do, and raised \$910 worth of public donations for North Haven Hospice.

“I thought back fondly of the help from Hospice that we had for my grandad who passed in May.”

While her grandfather Donald Britton was in Hospice care for only a short time, Kara said the support was invaluable to her family.

“I didn’t know much about Hospice services until that first-hand experience. I thought people always went to the Hospice building, not realising that most patients are cared for in their homes.

“Grandad also wished to pass at home, and Hospice made it happen.”

Kara, who co-owns Whangarei café Hello Pickle, said customers especially loved her temporary tropical look.

“I’m not obsessed with pineapples, but my wife Laura is. So, it’s a theme that’s reoccurred throughout our relationship and now business, with pineapple wallpaper on one of the walls. We didn’t think masses of pickles pictured was the way to go, although there is one there. A spot the pickle!”

Kara said the tropical hair style notion started via a social media post in which she was tagged by a friend “double-daring” her to do it. “So I can’t claim originality, as someone out there has done it before.”



Kara’s pineapple hair style was created by her friend Vincent, a barber who was more than happy to take on the challenge.

“This was the most colour in my hair I’ve ever had. I’m not that adventurous with hair dos, but this was a lot of fun. It was quirky and went down a treat, and I was pleased with how positive people’s reactions were.”

*Thank you Kara for supporting North Haven Hospice care for patients and their families/whānau.*



## A Message from Ann

**North Haven Hospice  
Board Chair**

Kia ora koutou katoa,

This has certainly been another year of extraordinary challenge for the whole community as we have endured ongoing uncertainty and concern over the COVID pandemic, with the added threat of the Delta strain. Our heartfelt support goes out to the wider Hospice whānau of patients, families, carers, volunteers, corporate sponsors and supporters, donors and staff. The dedication of staff to the provision of excellent, specialist palliative care has been showcased through a range of insightful adaptations to ways of working under lockdown conditions. For this, we acknowledge their skill and commitment to excellence in care.

The continuing refresh and rejuvenation of our five-year strategic plan through workshops and much discussion has led to confirmation of the embedded values of North Haven Hospice and has been a catalyst for ongoing planning to make the most of limited resources to provide best palliative care for patients and their whānau.

In recent months we acknowledged the enormous and enduring contributions of two retiring long-serving members of staff - Elizabeth Lee (Quality and Safety Manager, 15 years from February 2006-2021) and Walter Nasarek (Registered Nurse then IT Coordinator, 23 years from 1998-2021). We wish them well-deserved time to do their own things.

We have many people in our community to thank for their generous support. The ongoing commitment and active support from before the first turn of soil for the foundations of the building by mana whenua, Ngati Hau, of Pehiaweri Marae is deeply appreciated. We acknowledge and thank our volunteers in many support roles for your invaluable help. The continuing generosity of sponsors, supporters and donors who have donated financially has been a lifeline in a year of financial constraint brought about by lockdown-enforced shop closures and cancelled fundraising events.

Lastly, we are grateful for the constructive contribution to the Board of retiring members Pamela Head (2016- 2021) and Gabrielle Thompson (2018-2021) and look forward to welcoming new members in 2022.

Noho ora mai,

*Ann McKillop*

**Dr Ann McKillop, Board Chair**



## Q & A with Maureen Frayling

**Specialist Palliative Care  
Nurse Educator**

**How do you describe your work?** The aim is to provide quality primary palliative care education to staff at aged care facilities and other organisations. I teach the Fundamentals of Palliative Care (a three day course with 10 topics) three times a year. This is offered free for those working in health care, such as health care assistants, nurses, social workers, GPs and pharmacists. Registered Nurses can also train in the theory, use and management of syringe drivers (also known as pain pumps).

**What makes for a good day?** My favourite days are when I am teaching. I really enjoy the sharing of experiences and knowledge with those who dedicate their working lives to looking after others. I am privileged to hear stories of the love and dedication that staff provide to those in need. I also enjoy being invited to aged care facilities to provide training.

**What is the biggest challenge or opportunity?** The frequent turnover of staff in aged care facilities makes it hard to know the wider effect of the trainings. I hope that the professional development days make a difference in patient outcomes, particularly pain management. Excellent communication with patients and their families is a passion of mine and is the keystone of excellent patient care. Opportunities lie in the variety of people who attend the courses and bring with them their knowledge and experiences, both from work and from their cultures.

**What is something about your job/work that you've always wanted people to know?** Ongoing learning makes my job exciting and meaningful. Never stop learning and never stop growing; it is a key to a rich and fascinating life. My nursing career has taken me throughout the world and I have loved the life. My counselling training in my 40s further enriched my world. I believe as a health care worker I have a responsibility to bring the best of me each day.

**What is something about North Haven Hospice that you've always wanted people to know?** We are dedicated to the community. The majority of the care and support is provided through our staff and volunteers visiting patients at their homes. Patients come into the In-Patient Unit for issues such as symptom control, respite for family caregivers, and emotional and spiritual support. They very often go home again. Hospice is not 'a place to die' and although some people do die in the IPU, most die in their homes.

# Fuel discounts for you and/or donations to Hospice



**North Haven Hospice has teamed up with Kora to offer you fuel discounts from Mobil or Waitomo, combined with donations to North Haven Hospice. The Kora team like to call this Kora Taupua - 'to support'.**

There are three options, with varying savings for you and contributions to North Haven Hospice:

- **GIVE 2 supporter:** for each litre of fuel purchased, you will save 8 cents and give 2 cents to North Haven Hospice.
- **GIVE 4 supporter:** for each litre of fuel purchased, you will save 6 cents and give 4 cents to North Haven Hospice.
- **GIVE 10 supporter (superhero):** you will forgo your discount and give the full 10 cents (per litre of fuel purchased) to North Haven Hospice.

#### To get on board:

- Simply apply for a Kora membership by visiting [kora.co.nz/northhaven](http://kora.co.nz/northhaven)
- Fill in the online form (it takes no more than 10

minutes) with your driver licence and bank details handy so you can complete all the steps.

- You choose whether to be invoiced weekly, fortnightly, or monthly.
- Kora will send you the fuel cards in about 1-2 days.
- Start the savings by using the cards to buy fuel from Mobil or Waitomo.

Kora membership is only \$2 per month, which covers Kora's admin costs. Kora will calculate the contributions from Kora Taupua and pay this to North Haven Hospice every quarter.

- For more info on how Kora works, visit their website: [kora.co.nz/how-it-works](http://kora.co.nz/how-it-works)
- To become a member, visit [kora.co.nz/northhaven](http://kora.co.nz/northhaven) or scan the QR code
- Any questions can be made to [support@kora.co.nz](mailto:support@kora.co.nz) or 0800 KORA NZ (0800 567 269)

Happy fueling! Kora and North Haven Hospice thank you for your support!

# Hospice Shop a treasure-trove for Vivienne

**Whangarei fashion identity Vivienne Shepherd knows what treasures can be found in charity shops, and the North Haven Hospice Shop is at the top of her must-visit list.**

Vivienne visits every week, shopping for fabric and items to adorn her home-made steam punk outfits (all made from second-hand/recycled items). She enjoys that her garments bring smiles and joy to others in the community.

One of her most popular was a 'tiger hunting' outfit, including knicker-bokker trousers, blouse, silk and satin jacket, hat and accessories all from the Hospice Shop.

Vivienne is a sewing tutor, dressmaker and does alterations (as Glass Button Design) and can be contacted on 021 656 605 or [vivshepherd1@gmail.com](mailto:vivshepherd1@gmail.com)





## Support Hospice at Farmers this Christmas

**Christmas can be a time of year when we think of loved ones who won't be with us during the festive season.**

They may have died, they may be living overseas or in other parts of the country, or perhaps they just can't be with us for other reasons.

Our yearly Christmas fundraising campaign with Farmers is now underway. From now until Christmas Eve, everyone who makes a donation to North Haven Hospice while at a counter in Farmers Whangarei will receive a remembrance card. You can write the name of or a message to someone special and place it on the dedicated Tree of Remembrance in-store near the front doors. 100% of all donations will be passed onto North Haven Hospice to help its essential fundraising to provide care for local people with a terminal illness or life-limiting condition, and support for their families/whānau.

Another great way to support Hospice is to buy a limited-edition collectable bauble, available at the counters in Farmers Whangarei. This year's bauble is titled Togetherness and hanging one on your tree this year is a symbol of being around those you love. Gifting a bauble is also nice way to show a loved one that you will always be with them, even if you're physically apart.

The baubles are \$10 each and Farmers will donate the full purchase price to North Haven Hospice.

Thank you to Farmers Whangarei staff and customers for supporting Hospice.



## Recipes from the IPU kitchen

### *Blue Cheese Dip*

- 1 cup mayonnaise
- ½ cup sour cream
- 1 small yellow onion (finally chopped)
- 3 cloves garlic, crushed
- 2 tbsp red wine vinegar
- ¼ cup chopped parsley
- 75-100 gm crumbled blue cheese

Combine all ingredients.

Serving suggestion: enjoy with polenta and parmesan chips; or on a beef burger with crisp iceberg lettuce; or drizzled on steak, baked potatoes or roasted vegetables.

### *Hot Smoked Salmon & Green Peppercorn Spread*

- 200gm hot smoked salmon
- 200gm cream cheese
- 1.25ml plain yoghurt
- 2 tsps capers (strained and chopped)
- 1 tsp green peppercorns (rinsed)
- Salt & pepper
- Juice of 1 lemon
- Finely chopped chives or spring onion

Combine all ingredients.

Serving suggestion: Enjoy on cucumber rounds; or spread on pizza base and topped with baby spinach and feta cheese; or on bruschetta topped with rocket or watercress.

# North Haven Hospice and the End of Life Choice Act

## Three key points:

1. The intention of our services is to enhance the quality of life of patients and their loved ones, who are faced with the need for specialist palliative and end of life care, and to help them continue living every moment. A core philosophy of hospice is to neither hasten nor postpone death. This will not change.
2. North Haven Hospice care will continue to be available, free of charge, to anyone with a terminal illness or life-limiting condition, who lives in our service area, including support for their families/whānau; regardless of their views on assisted dying (euthanasia or physician assisted suicide).
3. North Haven Hospice staff and volunteers will not administer or be present for assisted dying procedures, nor can these procedures take place in our In-Patient Unit (IPU) or anywhere else at our premises.

## Hospice is a life-affirming service

**North Haven Hospice respects a person's right to make choices, particularly around the end of their life.**

We will continue to provide specialist palliative care and end-of-life care to any person needing support, regardless of their personal views on assisted dying.

However, North Haven Hospice are not required to provide assisted dying procedures and has chosen not to do so.

Palliative care by its nature is concerned with maximising life and the safety of our patients. Being involved in the deliberate termination of life does not fit with our philosophy and values. It is not within the scope of our service, nor is it required in our contract or service specifications. We will retain our position as a safe space for people at the end of life; where they continue to be valued and there is no pressure around hastening death.

If a patient has requested assisted dying, we will continue to provide our care, as normal, until a non-hospice medical practitioner or nurse practitioner arrives at the patient's home to carry out the procedure to end their life, OR the patient is transferred out of Hospice's IPU to their home or other place of choice for euthanasia or physician assisted dying.

With hospice's life-affirming specialist palliative care, people who have a terminal illness can live well and die well.

Hospice care is very active care and the pursuit of excellent symptom control will continue through to the end of life.

Our care is holistic, supporting the physical, emotional, social, cultural and spiritual wellbeing of the patient and their family/whānau. This approach may even help to address underlying factors which motivate a request for assisted dying, such as unresolved physical or emotional pain, fear of being a burden, depression or isolation.

Hospice care also continues for families/whānau during their bereavement. This important part of our service will not change, even if their loved one has opted for assisted dying.

We will continue to focus on showing death as a part of life, and dying as a natural process; breaking down barriers and misunderstandings around palliative care, as well as death and dying, to address the fears people may have when approaching the end of life.



SUPPORTIVE



# Upcoming Events

## Memory Trees

**Monday 6th -  
Friday 17th  
December**

Our annual Christmas event takes a new format this year (due to you know what). We won't be able to have volunteers with our trees, but you're welcome to take a heart or star card home, write a name or message in remembrance of someone special, and then hang it on your own Christmas tree. Donations can be made via the donation box or mobile 'tap n go' eftpos machine by the Memory Trees, which we plan to have located at Mitre 10 MEGA, New World Regent, PAK'nSAVE, Countdown Tikipunga, and our North Haven Hospice Shop in Whangarei. Thank you for your support and also to event sponsor Morris & Morris Funerals which will donate \$1 for every \$2 from the public.



# Thank you for your support

**BNI Whangarei** for donating \$5008; proceeds from local business members' breakfast payments at the chapter's Thursday meetings over the year.

**McGoldrick Law** for donating \$3000; proceeds from their Will Special (half price wills with \$50 from each donated to North Haven) in July. Thank you Vanassa McGoldrick and Nola Sooner (legal executive).

**Coastal Care Tutukaka and Northland Vintage Car Club** for donating \$1505; proceeds from their combined fundraising event in November.

**Harcourts Whangarei & Bream Bay** for donating \$1025 to help pay for the teardrop flags outside our Hospice Shop in Whangarei and for the uniform shirts worn by our Shop truck drivers/loaders.

**Whangarei Deep Sea Anglers** for donating \$750; proceeds from their mid-winter lunch in July.

**You** for donating to North Haven Hospice. Every dollar counts towards making a positive difference to the quality of lives for our patients throughout the Whangarei District and south-east Kaipara, and support for their families/whānau. Thank you!

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Find us on  

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