

ONE YEAR ON: ARADHNA'S STORY

On the anniversary of her husband Kuben's passing, Aradhna reflects on the past year and celebrates his life by raising an incredible \$3,905 for Tōtara Hospice.

One year ago, Kuben Padayachie sadly passed away from pancreatic cancer. His wife, Aradhna, is grateful to the team at Tōtara Hospice who helped them in many ways since his diagnosis and, as Aradhna says, are "still very much a part of our lives today."

Kuben was first diagnosed after experiencing ongoing stomach pains. At that time, options such as Hospice were discussed but the family had so much to process and were trying to make sense of it all.

A few months later a nurse gently told them that it was time to make contact, so they talked to Tōtara Hospice. Aradhna remembers, "From that point on there was a team of people supporting us at every stage."



Aradhna reflects, "Every person we were in touch with was so compassionate and caring. They gave us guidance and support on both a practical and emotional level, from leaving supplies and organising prescriptions to just being on the end of the phone to give advice."

Aradhna, Kuben and their son emigrated to New Zealand 15 years ago. "With no family in New Zealand, and with the COVID restrictions, we could have felt so alone," says Aradhna. "It was such a relief to have people I could call at any time. At night and weekends when you can't call the GP's office, Tōtara Hospice was there."

Entering Hospice

When it came time to plan for end-of-life care, once again Tōtara Hospice provided practical knowledge and emotional support. The Hospice counsellor talked through options with Aradhna and then they discussed Kuben's wishes as a family. The counsellor prompted them to talk about funeral planning, cremation and where Kuben would be in his last days. This let Aradhna know exactly what he wanted and made those decisions that little bit easier.

Kuben decided to be in Tōtara Hospice for his final days.

Aradhna remembers, "We were treated with so much dignity, respect and compassion. I could not think of a better place for us to be in that week. Everyone there talked to us like we were old friends and there were so many little things they did that showed empathy. We were constantly checked on but also felt like we were given space and could care for Kuben in the way we wanted to."

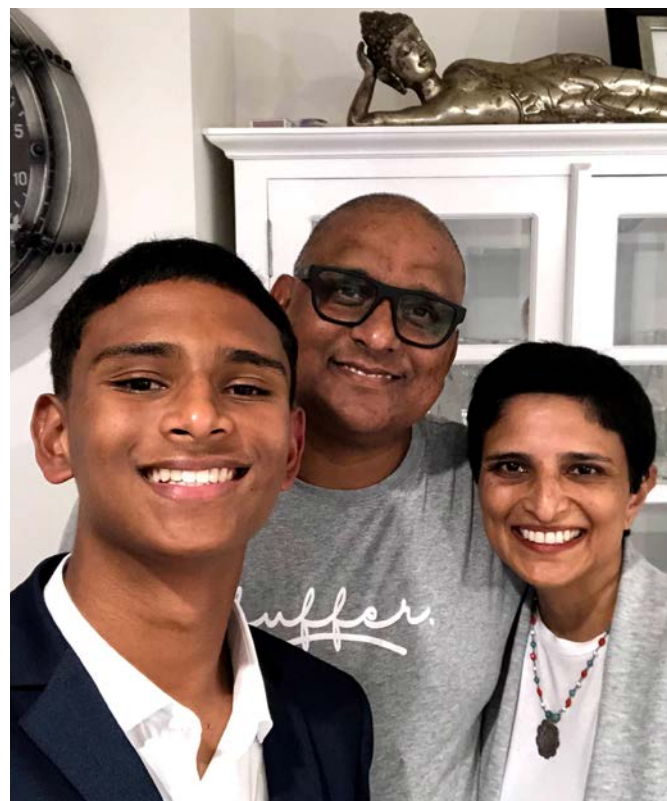
Those days were understandably hard on their teenage son and having the Hospice counsellor there to sit and speak with him gave Sahil support and also allowed Aradhna some time to process and grieve.

In his final days, Kuben's pain was managed and it was the most serene, calm, and respectful time. "On Kuben's last night the nurse sat with me. She talked me through each stage and what to expect and, it made those final hours a little less overwhelming."

A Year of Support

Once Kuben passed, Tōtara Hospice continued to provide the family with support and guidance.

Tōtara Hospice offers grief counselling for loved ones. Aradhna found this to be a huge support and it helped her through the festive season that was soon after Kuben's passing. "The availability of counselling through Hospice has let me talk things out and work through grief. It has taught me that it's ok to ask for help and that there is no time limit on grief."



Seven months after Kuben's passing, Aradhna's Hospice counselor, Cari, invited her to join a grief group. The group initially met with Cari who helped them to talk and process, and they now continue to keep in contact and support each other in their daily lives. "I'm grateful to Cari, who brought all of us together and matched us so well. We all come from different walks of life but have a similar outlook in the way we see life and death. It is heartening to connect with people who have been through it, there is a shared understanding."

As Kuben's one year anniversary approached, Aradhna wanted this time to count for something. She decided to raise money for Hospice to support others on the same journey. "I talked to Hospice about raising money and what goal to set. I couldn't believe having someone in a bed at Hospice costs them \$1,500 a night, yet we pay nothing for it."

Aradhna raised an incredible \$3,905 for Tōtara Hospice, in honour of Kuben.

Aradhna says, "Hospice has carried us for well over a year. The holistic nature of the care meant we were supported in so many ways. The team was behind us, supporting us, talking us through the process. We were never alone."

Hospice in the Home

While Kuben was at home, the Tōtara Hospice community nurses would visit in between chemotherapy appointments. Initially the nurses helped with pain management, then later would offer practical support and guidance with the complications from chemotherapy. These checks became more frequent until the nurses were a daily fixture in the Padayachie home.

Tōtara Hospice also provided a physiotherapist who helped Kuben with exercises for his circulation when he was unable to get out of bed.

If you would like to support the work of Tōtara Hospice please consider making a donation, details can be found on the back page, or visit www.hospice.co.nz/donate.



Have you given a donation to Tōtara Hospice or any charity this last financial year? We just want to remind you that it is almost tax time, and you may be eligible for a 33.33% tax credit on your donation.

It is easy to process your donation tax credit by submitting your tax claim through myIR or your accountant. Or if you would like to automatically re-gift your donation tax credit back to your favourite charity you can use an online service such as Supergenous, thus turning a \$100 donation into a \$133.33 donation!

Every little bit helps. Thank you for Making Hospice Happen in your community.

Claim and re-gift your donation tax credit at www.supergenous.co.nz

Did you know? You can claim donation tax credits from donations made up to four years ago.

A Day In The Life of our Takanini Manager

Delivering Just the Good Stuff

Kelly's role is a greatly varied one, and she wouldn't have it any other way. From supporting her team and shops to organising deliveries, increasing sustainability measures, and even jumping on the truck when needed.

Kelly Sweet started at the Tōtara Hospice Distribution Centre (DC) six years ago. From a two hours per week volunteer, she is now the Takanini Manager responsible for providing stock for the six Tōtara Hospice stores in

Auckland through the DC, as well as managing the Takanini Hospice store.

Today, she has taken a quick break to share with us a day in the life of managing the Takanini DC and store.



8.30am Starting the day

I walk in the door with a plan for my day but it's sure to change. I greet each of my team, I love working with them.



9am Sorting

I get the team quickly settled into a rhythm of sorting and packing.

Everything donated to a Tōtara Hospice shop arrives here to sort. We have strict quality standards and only stock the Good Stuff. Sustainability is key for us, and we have many ways of reusing and recycling to reduce landfill.

Once a box is filled it is labelled and stored until a store calls asking for more stock. The stock turns over quickly so I know these boxes won't be here long.



9.30am Takanini store display

I check in with our staff and volunteers at the Takanini store right next to the DC; they are setting up a lovely display for an upcoming book and clothing sale. We discuss what they might be missing and whether we have some items in the DC which could help make the sale even more impressive.

I also help a customer load a mattress into a trailer. He has got a great buy, the mattress is almost new!



10.00am New volunteers

I take a call with a corporate keen to have a team come in and



help us. I love getting these calls! It's a great team-building experience and allows people of different ages and backgrounds to get stuck in and learn from each other.



11.00am Planning ahead

While the volunteers are sorting, I'm planning ahead for an upcoming boutique market.

These events are a way for us to gather the community and showcase our best products, including fashion brands with tags still on! I check the racks to see what we already have for the market and let my team know what to be on the lookout for as they sort.

I also check our stock of winter goods. This year we have a goal of 1,000 boxes of winter clothing to put into the stores. There's always high demand for winter clothing and bedding and we start planning and setting aside items for this now.



1.00pm Truck delivery

Our Hospice truck arrives after a morning of pick-ups.



2.30pm Store displays

A store manager gets in contact for help with a store display. They've just taken down the Chinese New Year display and we discuss what items sell well with their customers. We're always changing out our goods to keep the shops fresh.



5pm Home time

Today was a great day. The team finished off the display for the upcoming book and clothing sale and it looks great! We also managed to get a pile of donated goods sorted and catalogued, and there is more to do tomorrow, but for now, it's time to head home to my family.



To learn more about volunteering at Tōtara Hospice contact Gen on (09) 640 0220 or email her at volunteerservices@hospice.co.nz

VISIT US AT ONE OF OUR HOSPICE SHOPS WHERE YOU WILL FIND NOTHING BUT THE GOOD STUFF!



What an awesome place to shop. Great, clean second-hand clothes at an excellent price. I commented to the sales assistant that the dress I bought could have been sold in a Parnell second-hand shop for \$50! Will definitely be back! 99

Hospice Shop Customer

THE GARDENS HOSPICE SHOP

91-97 Charles Prevost Drive
The Gardens

PAKURANGA HOSPICE SHOP

Cnr Reeves Road and Gossamer Drive,
Pakuranga Heights

HOWICK HOSPICE SHOP

Rice's Mall, 61 Picton Street
Howick

TAKANINI HOSPICE SHOP

198 Great South Road
Takanini

TŌTARA HOSPICE MEGASTORE

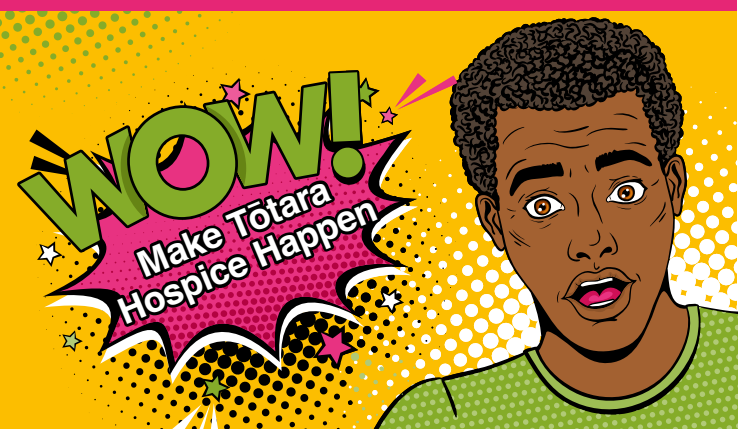
42a Ben Lomond Crescent
Pakuranga

MANUKAU HOSPICE SHOP

Cnr Cavendish & Lambie Drive
Manukau

And don't forget you can drop your donated goods at our Takanini Distribution Centre, 198 Great South Road or Megastore at 42a Ben Lomond Crescent, Pakuranga.

For more information visit www.hospice.co.nz/shop-with-us/retail-shops



TURNING GRIEF INTO GROWTH

Meet our new Volunteer Manager Genevieve Simati, who has recently joined the team. Having had her husband Tala, cared for in the community by Tōtara Hospice, Gen as she likes to be called knows first-hand what Hospice offers both patients and families. "We spent years feeling like we had difficulty accessing the appropriate medical care and support for Tala, however, once Hospice became involved, we just didn't have to worry anymore, they helped us with everything we needed. They looked after us. It was such a relief."

Gen has previously been the National Volunteer Manager at World Vision. She has also worked in adult education and recruitment. All these skills make her the perfect fit to lead the Tōtara Hospice volunteer workforce.

Gen's deeply personal experience with Hospice is one of the main drivers for her joining the team, and this role gives her the opportunity to help others in the same position. "When Tala was alive, we agreed that we would help Hospice any way we could including sharing our story with Newshub to raise awareness of Tōtara Hospice's work in the community. Now I get to be a part of the team and continue building our volunteer network."

Gen's vision for the volunteer team is to help bring a stronger connection of how each volunteer role, no matter how big or small, leads to the delivery of services that Make Hospice Happen in the community.

"Volunteering is a beautiful way to feel connected with your community and help others at the same time. It's a win-win situation. I would encourage anyone who has thought about volunteering to contact us. Our volunteers really do help Make Hospice Happen."

Forever In Our Hearts

Our family purchased a plaque for Alexia on the memorial walkway at Tōtara Hospice on what would have been her 35th birthday. We felt that this was a way for us to keep our precious loved one close to our hearts and minds forever.

Alexia and Warren, our son, met in London and moved back to New Zealand to settle down, it became a place she loved. They had just bought their first home when they received the news that Alexia had breast cancer. Her journey with breast cancer was fought with courage over seven years; she always remained positive, adventurous, and funny.

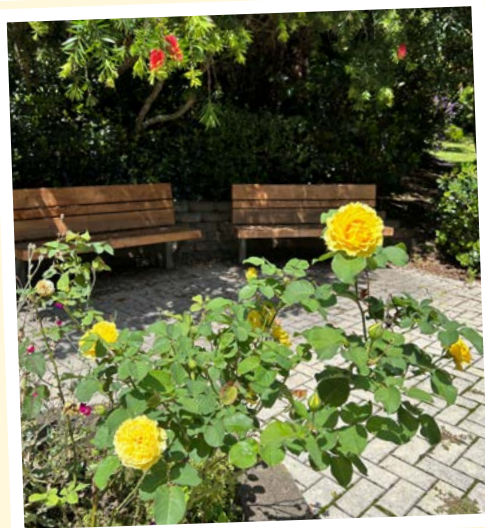
The Tōtara Hospice team was there for Alexia when she needed them; the care and support Alexia and our family received was immeasurable.

Our beautiful and courageous daughter-in-law spent her last days under the care of the wonderful Hospice team. Alexia loved the beautiful gardens at Tōtara and adored Charlie Watson the resident cat. The roses were her favourite as they reminded her of her precious grandmother back in England.

On her birthday we wanted to honour Alexia in a way that was meaningful, and we also wanted to thank and contribute to Tōtara Hospice; a plaque felt like a special way to do both.

Such a sense of peace came over us when we went to see the plaque for the first time on the walkway in the beautiful garden and it gave us a lot of comfort.

The Stevens family



HONOUR A LOVED ONE

Loved ones are forever in our hearts and never forgotten.

You can honour someone special to you with a memorial ceramic, plaque, or a love heart padlock. These are displayed at Tōtara Hospice for you to visit at any time.

Acknowledging the memory of a cherished loved one is a special thing to do, and is also a way to support the work of Tōtara Hospice.



To order your personalised memorial go to www.hospice.co.nz/store

A SPECIAL THANK YOU

Thank you to Z Energy for running Good in the Hood, and to you for using your token to vote for Tōtara Hospice. \$6,313 was raised in 2022 in support of Tōtara Hospice.



WHAT'S COMING UP IN 2023 - COME ALONG TO OUR UPCOMING EVENTS AND ENSURE YOU MAKE HOSPICE HAPPEN!



Hospice Shop Crawl
Saturday 13th May 2023
9am – 5pm. Starting and finishing at Tōtara Hospice, 140 Charles Prevost Drive, Manurewa - Tickets: \$65pp

Come do some good shopping while getting some great deals - grab your friends and join us for the ultimate shopping trip – and be assured your credit card won't take a hit! Jump on our private coach, visit 4 Hospice shops, enjoy food and drinks along the way and have a delicious lunch in between. Spend the day shopping for Just the Good Stuff. Could be the perfect Mothers Day present!

Tickets at www.hospice.co.nz/upcomingevents



COME DO SOME GOOD WHILE GETTING SOME GREAT DEALS!



SPECIAL OFFER: TREAT YOUR LOVED ONES Spoil your loved ones this Easter and Mother's Day with our special treats.

Easter Cookies in a Jar

Nothing is as sweet as Easter Cookies in a Jar! This Easter treat is easy and fun to make, all the ingredients are there just add butter and eggs and bake your own delicious cookies. Once baked these are crispy on the outside, and chewy in the middle! The perfect gift for Easter.



\$25

Easter Bunny Smash Cakes

This is the ultimate chocolate gift for Easter if you are looking to surprise or delight someone! Grab the hammer, smash the cake open, and see what's inside!

You have the option of choosing a 'filled' or 'unfilled' smash cake. If you select the filled option - underneath the hollow chocolate will be a range of delicious chocolate Easter treats. If you select the 'unfilled' option you receive the chocolate mould to fill as you please with Easter treats or vouchers.



from \$40

Mother's Day Cupcakes

You can order a yummy box of four cupcakes as a special treat for that special lady in your life this Mother's Day.

You can also gift a box of cupcakes to one of the many mums that we are currently caring for, an amazing way for you to make a patient's Mother's Day that extra bit special.




\$25

It's so easy to order, simply visit www.hospice.co.nz/store and be prepped and ready early!

HOSPICE CHRISTMAS WRAP UP

Christmas 2022 was a hive of activity at Tōtara Hospice with so much happening from luncheons to care packs and gift distribution and lots of events happening in the community. Read about all the different ways Tōtara Hospice was able to help Make Christmas Happen. If you would like to get involved with one of our Christmas activities call Shelley Piper on (09) 620 0280.

Generosity



Christmas is such a special time when families come together to celebrate, and it is even more so for our terminally ill patients. This Christmas was no different and thanks to the generosity of one donor we were able to host a Christmas three-course luncheon for patients and their whanau who might not otherwise get to celebrate together.

Support



Christmas can be a difficult time of year for many of our families whose financial situation may already be stretched. Thanks to a generous donor and NZHL this year we were fortunate to get gift packs and food parcels for some of our families. Staff and volunteers dropped off the Christmas packs as a surprise to our most in-need families.

Commitment



Without the fantastic support from volunteers, Tōtara Hospice simply wouldn't be able to provide all the services our patients and families need. Every Christmas we celebrate our volunteer's commitment and the difference they make to the lives of thousands of people in our community by honouring them at two special luncheons. Their many hours of dedication and service do not go unnoticed and always deserve a special thank you from the wider Tōtara Hospice team.

Collaboration



Gifts for Christmas is run through local gyms and sports groups, this year the support of Wiki Workz, Fitness Plus Manukau, Peak Fit For Life, and the Sunnyhills Tennis Club meant we were able to supply our patients with Christmas gifts for their children. Our clinical staff delightedly distributed the gifts to many of our patients for their tamariki and mokopuna. The joy these gifts bring to parents and grandparents who would otherwise not be able to give out gifts on Christmas day is immense.

Community



Each year Farmers' stores sell Hospice baubles and raise funds through their Trees of Remembrance campaign. Thousands of you make a donation and write cards in honor of your loved ones to go on the tree, meaning they are never far from your thoughts. A special thank you to our local Farmers stores, and their staff at Botany, Manukau, Papakura and Pakuranga who continue to support us each year and this year raised \$32,884 for Tōtara Hospice.

Respect



Families and friends pay their respects to loved ones each year at a special Light up a Life ceremony held at the close of our Christmas Night Markets. Each light shines in honour of someone special. This year donations from Light Up a Life were matched from the 3rd of December thanks to a generous donor, and over \$10,000 was raised.

Thank You!!

Grateful for Charity Golf Days

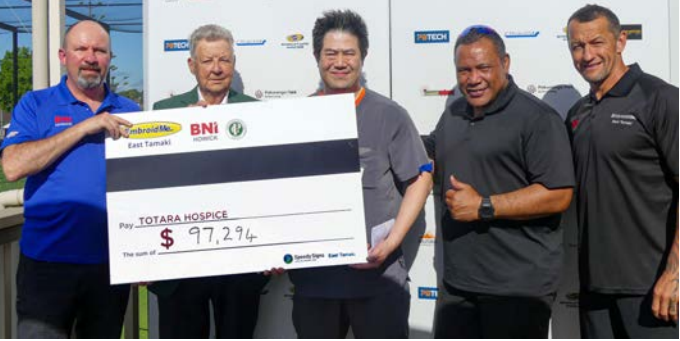
Thanks to BNI Howick who hosted their Charity Golf Day in partnership with the Pakuranga Golf Club raising an incredible \$97,294. Shout out to all those that support, attend, and continually help raise funds whilst enjoying a day out on the greens.

Thankful for Business Partnerships

A special thank you goes to the Resthaven Funeral team who helped collect donations at our Christmas Night Markets. Community from far and wide joined us for our first Christmas Night Markets since 2019 and what a night it was, and \$1,885 was raised.

Appreciative of our Supporters

Our Christmas Memory Maker Appeal to our regular supporters has raised almost \$45,000. Each donation received no matter how big or small has an immediate and positive impact on our ability to continue to deliver services to our local community and for that, we say thank you!



YES! I would like to donate to help Hospice support patients and their families. It's easy to donate!

Donate online

Visit www.hospice.co.nz to donate please enter reference NL0323

Internet Banking

ASB 12-3032-0715880-02
Particulars: Surname/Company
Code: First Name Reference: NL0323

Call

Donna James
(09) 640 0250

Mail

Mail the donation slip below to Tōtara Hospice
PO Box 75560, Manurewa 2243

Here's what your generous gift could mean for terminal patients in your community right now:

- \$35** towards comforting, nourishing meals for patients at the Inpatient Unit
- \$62** for an hour of care for a terminal patient at the Inpatient Unit
- \$290** for a Hospice at Home visit by a community nurse
- \$1500** a day's care in the Inpatient Unit for a terminal patient

Please accept my donation of:

Details:

First Name:

Surname:

Address:

Suburb: Postcode:

Phone: Mobile:

Email:

If you wish to pay via credit card:

Please debit my: Visa ☐ Mastercard ☐ Amex ☐

Card Number:

Expiry (mm/yy):

Cardholder's name

Signature

☐ I'm interested in learning more about leaving a gift to Tōtara Hospice in my Will

☐ I'd like to receive communications from Tōtara Hospice

☐ I'm interested in volunteering for Tōtara Hospice.

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