

### Website update

Our website [www.hospicemc.nz](http://www.hospicemc.nz) has recently been updated.

Referrals for Hospice Mid Canterbury can now be completed online. The online form will simplify the process and make it easier for anyone wanting to make a referral. Please note that anyone can make a referral to Hospice Mid Canterbury, including self-referrals.

 [Client Referral Form](#)

Our website now includes lists of all the books we have in our Hospice Mid Canterbury library. Images of book covers and descriptions of the books we have in our collection will help people select appropriate books for additional information and support. The descriptions are organised in sections for example, books on dementia, caregiving, supporting children and adolescents and grief.

## Supporting Mid Canterbury

In the last year, volunteers and service providers have given 1,987 hours to support clients and their families. Volunteers in the shop worked 2,057 hours to raise funds to support our clients.



Biography has proved to be one of our most popular services. In the last year, our biographers have worked on 23 biographies, some completed, some still in progress.

In 2018, we provided 70 hours of counselling for clients and their carers. Our therapists provided 254 hours of support, including massage, reflexology and reiki.



We are currently supporting 40 clients and their families in the Ashburton district. 15 of these clients are getting multiple supports.

**Hospice Mid Canterbury - Here when you need us**



***“Although our death rate sits resolutely at 100%, many of us find it hard to talk about it. We’ve become strangers to dying and many of us worry about it more than we perhaps need to.”*** from the #weneedtotalkaboutdying campaign

Hospice New Zealand is currently running a national campaign encouraging Kiwis to reclaim their familiarity with dying by sharing stories and information. The aim is to make it easier for us to talk about it more, in the hope that we might worry about it less. This will ensure that we all feel more ready to talk more openly about death and dying, and so be able to support each other when the time comes.

For more information, check our facebook page <https://www.facebook.com/hospicemidcanterbury/> or the Hospice NZ website.

**Principal Sponsor:**



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GROUP

## How to manage ... Coping with the news of a terminal diagnosis

Learning that you or someone you love has a life-limiting illness is one of the most distressing and difficult events that can happen in a family. The points below may be helpful to anyone with this diagnosis and their loved ones as they move forward.

### First Reactions

There is no right or wrong way for people to feel when they receive such a diagnosis. Hearing that your illness cannot be cured can be a frightening experience – and many people will be unable to take everything in.

Give yourself the time to take in what is happening. You might want to be on your own. Or you might need to spend time with your partner, family or friends, to help you deal with the news. You may experience a range of emotions from fear and anger to relief and acceptance. This is normal.

As hard as it can be, try not to push your emotions aside completely. At some point, it's better to express how you feel if you can manage it, even if it's uncomfortable and hard to cope with.

### Telling others

Sharing the news with others is not easy. Think about who you want to tell about your diagnosis. The first people you talk with are often those you are emotionally close to.

Tell who you want or need to tell, and don't feel pressured to tell anyone else. Remember too that you don't need to tell everyone all the details of your diagnosis. You can tell them as much or as little as you wish.

At some stage, you will need to tell those people who will help you "put your affairs in order" – your lawyer,

financial advisor, accountant and various other healthcare providers.

### Living with your diagnosis - One step at a time

What you are dealing with can feel overwhelming, but you may be able to make it feel less so by thinking about it as smaller "pieces". Decide on some small achievable goals to help you manage. This could be something like finding out what support is available in the community, talking to a counsellor or just making small changes to your daily routines to make them more manageable.

You can still think about bigger issues, such as where you would like to receive your care in the future, but don't feel that you need to tackle everything at once.

### Living with Uncertainty

Knowing that you have a life-limiting condition inevitably leaves you living with uncertainty. You will probably have questions to which there are no definite answers, such as how and when your body is going to change, the effect this will have on your independence and your relationships, what will happen at work, and exactly how much time you have left. Not knowing exactly what is going to happen can feel overwhelming and upsetting. Remember to continue to ask health professionals for help and support.

### Look after yourself

Try to take some time to do things that you enjoy. Schedule activities to look forward to. It really can lift your mood. Energy levels will dictate what you can do and it's important to learn to manage these. You will probably need to build in rest time to replenish your energy levels.

Complementary therapies, such as massage and relaxation therapy, may help you feel better.

If friends and family offer help, try to accept this and give specific examples of support you need and would like. For example, someone might be able to help by taking you shopping, bringing you some meals to put in the freezer or driving you to appointments.

### Living Well

Remember that memorable moments of our lives don't just happen on exotic holidays or during highly anticipated events. They happen all around us, every day, whether we see them or not. Sometimes it is the simple pleasures that give us the most satisfaction.

In the weeks or months ahead, if you find yourself overwhelmed by what is ahead, tell yourself it's all right to just stop and take time for yourself. Watch the sunset. Hold your spouse's hand or that of your child. Spend quality time with your pet. Listen to the birds sing.

Do whatever you need to do to find a simple moment of joy. You might not have the gift of time, but you certainly can make the most of the time that you have. ■



## Resilience

Hospice Mid Canterbury recently presented a workshop on resilience to its volunteers. In times of difficulty, such as illness, being resilient is an important skill to foster.

Resilience is about staying strong, coping well, and managing daily problems as well as more difficult challenges. Viewing a problem as a challenge means we are more likely to adapt to and deal with it, instead of fighting or running away.

Most of us recognise when we are getting the emotional “wobbles” - for example, we find ourselves drinking too much coffee or not getting enough sleep. To address this, we need to build resilience, actively doing the things that help us cope well and feel good.

### How to boost resilience:

- Foster good habits around your own health, including nutritious food and exercise.

# Life

is not  
about how  
fast you  
run, or how high you  
climb, but how well  
you bounce.



The more physically strong we are, the better we will cope.

- Nurture strong relationships – when we feel connected to people, we cope better.
- Take charge of your thinking. Practise balanced thinking and learn to “reframe” negative thoughts.

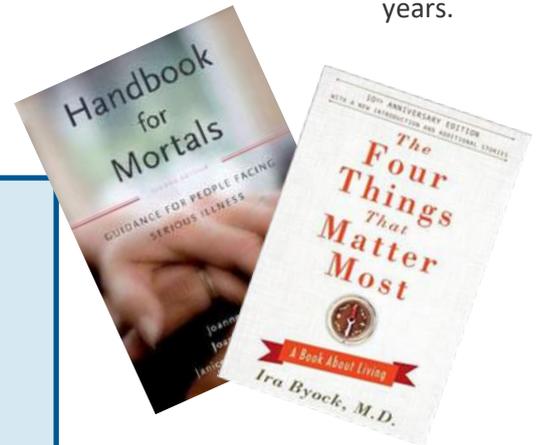
With daily practice, resilience can become a powerful habit.

## Recommended books from our Hospice Library

### Handbook for Mortals: Guidance for people facing serious illness.

By Joanne Lynn, Joan Harrold & Janice Lynch Schuster

Written by Dr. Joanne Lynn and a team of experts, this book provides equal measures of practical information and wise counsel. Readers will learn what decisions they will need to face and what choices are available to them. Equally important are the personal stories of how people have come to terms with serious illness and dying, how they have faced their fears and made their choices. Handbook for Mortals addresses the needs of both the body and the spirit in our final years.



## New Hospice Service Provider – Cherie Summers-Wight

Hospice Mid Canterbury is delighted to welcome Cherie Summers-Wight as a new service provider.



Cherie specialises in relaxation therapy using a variety of techniques including Bowen therapy for relaxation, Emmett techniques for body balance and

muscle release and scenar devices to provide bio-feedback. Initial feedback from clients and caregivers indicate that these gentle, non-invasive therapies have been beneficial.

Cherie did her training in Australia, including studying muscle release therapy directly with Ross Emmett in Queensland. She finds Emmett techniques, which are gentle, safe and simple, particularly useful for Hospice clients.

She has recently settled in Methven where she is currently setting up her own practice. Over the last few months, she has been volunteering both at Methven House and Hospice Mid Canterbury.

### The Four Things That Matter Most: A Book About Living.

By Ira Byock, M.D.

Four simple phrases - "Please forgive me," "I forgive you," "Thank you," and "I love you" - carry enormous power to mend and nurture our relationships and inner lives. These four phrases and the sentiments they convey provide a path to emotional wellbeing. Dr. Ira Byock, an international leader in palliative care, explains how we can practise these life-affirming words in our day-to-day lives.

## Trustee Profile

### Jane Wright

Jane is the General Manager of Hospice as well as being a trustee on the Hospice Board. All her work is voluntary and her continued dedication to Hospice Mid Canterbury is enabling the organisation to grow and develop.

Jane's passion and determination to establish hospice support in Mid Canterbury were motivated by a number of things. She did a volunteering stint followed by a year-long governance and leadership programme with the Agri-Women's Development Trust. She also experienced first-hand the challenges of having a family member with a life-limiting illness.



These things made her determined to help others dealing with end-of-life.

Discussions on the setting up of Hospice Mid Canterbury began in 2013 and there have been many challenges to face to get the organisation up and running.

For Jane, those challenges have been far outweighed by the satisfaction of seeing an increasing number of people benefitting from the support that hospice offers.

Jane's leadership continues to shape the organisation on a day-to-day basis with her on-going support and guidance for the managers in volunteer service and the shop, as well as promotions and fund-raising.

Jane says: "I feel incredibly privileged to work alongside the amazing team of people who have come together in various roles to play their part in helping others... Being involved in an organisation that focuses on 'living every moment' is very special."

## Donors & Supporters

Thanks to everyone who has given us their support through cash donations and providing their services. We are very grateful.

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  - Memory Funerals
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  - Peter Bain
  - Rural Women
  - Russell Moon and Fail
  - Tavendale and Partners
  - Wendy Millichamp
  - ElectraServe
  - Farmers Christmas Campaign
  - Memory Funerals
- plus the many others who are supporting us in a number of ways.

## Services offered by Hospice Mid Canterbury

- **Sitting/Companionship**
- **Biography**
- **Counselling and bereavement support**
- **Massage**
- **Reiki**
- **Reflexology**
- **Relaxation therapy**
- **Transport**
- **Books and resources**
- **Pet care**

## Donations to Hospice Mid Canterbury

If you wish to donate to Hospice Mid Canterbury, you may do so in a number of ways.

- Internet banking at ANZ 06-0837-0319291-00
- Through our website [www.hospicemc.nz](http://www.hospicemc.nz)
- Cheque or cash to Hospice Mid Canterbury c/- Brophy Knight Ltd, PO Box 314 Ashburton 7740
- Drop off at the Hospice Office, Community House, 44 Cass St.

All donations over \$5 are tax-deductible.

The Privacy Act of 1993 requires us to advise you that we keep contact information of supporters on file to help us with fund-raising. If you do not wish us to keep your information, please advise us.

**Check out our website**  
**[www.hospicemc.nz](http://www.hospicemc.nz)**

**If you would prefer Hospice Mid Canterbury newsletters to be emailed to you, please email [manager@hospicemc.nz](mailto:manager@hospicemc.nz) and we'll put you on our data base.**