



With You Committed to Caring

Sachi (left) and her sister Lagi Auva'a share a laugh with their mother Michi. Sachi volunteers at Mary Potter Hospice as a biographer.

We all have a story worth telling

Sachi Taulelei believes everyone has a story worth telling.

A Volunteer Biographer at Mary Potter Hospice, Sachi listens to patients tell their life stories and then helps record them in a biography which is given to family and friends. She was inspired to volunteer following her mother's death in 2018. At 72, her Mum, Michiko (Michi) Kishiyama Mulitalo had been battling cancer for more than three years when she entered the care of the Hospice.

"Mum had kidney cancer which spread to her lungs," Sachi says. "Having the help of the Hospice towards the end of her life was a huge help."

Sachi and her sister cared for Michi for most of her illness, apart from a six-week period when she was admitted to the Hospice's Inpatient Unit in Newtown.

"Mum was adamant she didn't want to go to the Inpatient Unit. Eventually, she just had to go because her pain couldn't be controlled."

It didn't take long for Michi to feel at home. Sachi says her Mum was very comfortable in the Unit and learnt to trust the health professionals. It was also an opportunity for the family to learn how to care for Michi when she eventually came home.

Michi was at home for two months before she passed away. During that time, Hospice nurses visited her twice a day. They provided health care, but also encouraged and supported Michi and the wider family.

"Mum was very fearful of dying, she thought it would be painful. The nurses kept reassuring her. That was so important to her. They would always take the time to hold her hand and look into her eyes."

Following her Mum's death, Sachi felt a pull to support other families. When opportunities to volunteer as a biographer came up, Sachi applied. She knew how important a loved one's life story is to their family. Her Mum had opened up more about her own past when she knew she was dying.

(Continued on page 3)

Kia ora koutou,



Here I am with my Lockdown Beard....now gone!

I know you'll be wondering how we've been getting along. It has been a challenging and unsettling time for us all, but made so much easier because of the incredible support you have given us.

I cannot say how much this means, not only to us, but to the people we care for. Mary Potter Hospice is privileged to be able to provide our assistance for free to the families in our service.

I use the word "privileged" deliberately – because we cannot continue to do this without your

ongoing financial help. We rely on your generosity for all our services – from our community care, to the Inpatient Unit in Wellington and to our bereavement programme – all of the components which combine to make Mary Potter Hospice a compassionate and specialist provider of palliative care.

You are such an important part of what we do – we cannot continue without you. Thank you for all your support,

Brent Alderton, Chief Executive

The gift of a lifetime

For over 30 years, Jeanette Hill has been generously giving to Mary Potter Hospice. What started off as donating on an ad hoc basis has evolved to now being part of the Camellia Heritage Club.

"We have friends who have used the Hospice. Hearing about their interactions, it is so reassuring to know there is somebody out there who cares. The Hospice picks up a lot of slack in the health system and provides a level of care which hospitals often cannot."

The Camellia Heritage Club was formed to thank and recognise those who have promised a gift in their Will to Mary Potter Hospice. Jeanette and her husband Peter decided to leave a portion of their estate to Mary Potter because the Hospice's work resonated with both of them.

"If you are leaving money to anyone, it has to feel right for you. Donating to Mary Potter Hospice was something we both wanted to do. So many people use the Hospice's services – it touches so many people's lives."

While some people may not be able to leave something in their Will, Jeanette says that shouldn't deter people from supporting the Hospice.

"My level of giving has changed over time. When I was younger, I wasn't able to give much, or on a regular basis. Now we are in a position where we can give a little more. You don't need to give a



Jeanette and Peter Hill

fortune. A lot of people giving a little adds up. If you can only give \$5 a month, that money is still very important to the Hospice."

She is looking forward in the years to come to continue to support the Hospice and the work it does in the Wellington community.

"I am still working part-time at the moment, but when I retire, I would like to do some volunteering at Mary Potter. It feels like I have been on a bit of a journey with the Hospice and I am glad that can continue."

If you have left a gift in your Will to Mary Potter Hospice, or would like information about how to do so, please contact Olinka Ching, phone 04 381 0163 or email olinka.ching@marypotter.org.nz

Covid-19 – yet another challenge at a challenging time

Losing a loved one is difficult enough, but to experience this at the same time as Covid-19 has made things so much harder for some families and whānau.

Mary Potter Hospice's bereavement lead Hazel Nesar said bereavement teams have been trying to soften the blow of the double impact of Covid-19 and losing a loved one.

"Understandably people have been upset if they have not been able to hold tangi or funerals. That has caused much distress. It has also been hard for those who could not be with their loved one as they passed away."

Bereavement teams have social workers and counsellors who assist families and patients in their walk with the Hospice. When a patient passes away, they continue to offer support to family members.

Tiumalu Maria-Goretti Sialava'a, Mary Potter Hospice's Pasifika liaison said the lockdown brought significant challenges for the Pasifika community - not being able to connect in person was one of them.

"We are a very touchy-feely people. It was hard to not be able to provide that kind of comfort during this time."

Much of Tiumalu's work usually revolves around supporting Pasifika patients and their families while they are with the Hospice.

During the lockdown, Tiumalu continued to connect with clients via phone and video calling. "While it is good to connect, it has also been hard. For those at the end of life it is a challenge to talk to them over the phone and not be able to provide that physical comfort."

(Continued from front cover)

Michi had been born in an internment camp in America at the end of the war after her parents had immigrated from Japan in search of a better future. She was raised there before moving to New Zealand as an adult.

"It was amazing when she started to tell us her background and it gave context to a lot of things in our own lives."

Interviewing people brings a huge amount of joy, Sachi says. Each patient has lived a unique and vibrant life and being able to sit with them as they recall their memories is a privilege.



Both Hazel Nesar and Tiumalu Maria-Goretti Sialava'a are concerned about the long-term impact that Covid will have on families and whanau of those who lost a loved one at that time

Another stress for the community was the restrictions around funerals. Tiumalu says that the family members of those who have passed away recently have sometimes struggled to not give their loved one a proper "Pasifika sendoff".

"People have not been able to acknowledge their loved ones in a culturally appropriate way and they will need to work through that."

Despite those difficulties, families have really appreciated the advice and support from the Hospice during this time.

"Some people have felt quite prepared and reassured which has been good. The Hospice team have tried to make them feel like they know what is going on and what will come next. It has been good to give that reassurance."

"As a biographer my job to capture memories and messages of love. I try to record their stories so that their loved ones will still hear their voices for generations to come."

Two years on from her mother's death, Sachi says she still misses her greatly. But she also finds comfort in knowing she is able to help others who are going through a similar experience to hers.

"Everyone at the Hospice went out of their way to care for my Mum. Now, I am trying to do my part in giving back."



Recent Events

Thanks for being a friend, Kāpiti community!

Thanks to the incredible support of the Kāpiti community, we've outgrown our wee store and moved to a bigger and brighter location.

Visit our new Paraparaumu Hospice Shop:

9 Kāpiti Road, Paraparaumu

Opening hours: Mon-Fri: 10am-4pm

Sat: 10am-2pm, Sun: closed

Phone number: 04 298 5700

It's now even easier to drop off your donations of pre-loved furniture, homeware and clothing with parking right at the door. For larger lots of donations or furniture, we collect for free. To book call 04 237 2300.

Upcoming Events

Street Appeal

With support from local councils, we've been able to reschedule this year's Street Appeal for September. If you can help us as a Volunteer Street Appeal Collector, email Steve at street.appeal@marypotter.org.nz or visit marypotter.org.nz

All day Friday 18 and Saturday 19 September

On a street near you in Wellington, Porirua and Kāpiti

Annual Meeting

Our Annual Meeting is a time to celebrate our fantastic volunteers and partnerships from the past year and launch our Annual Review. A huge thank you to KMPG for hosting us again this year.

5.30pm, Thursday 22 October, KPMG, 10 Customhouse Quay

Hospice Strawberry Festival

Enjoy a 'Sundae for Good' this November and December in support of Mary Potter Hospice.

Save the dates! More details at marypotter.org.nz soon.

Porirua Hospice Strawberry Festivals: Saturday 14 and Sunday 15 November

Midland Park Hospice Strawberry Festival: Wednesday 18 November

Kāpiti Coast Strawberry Festival: Saturday 21 November

Kāpiti Food Fair: Saturday 5 December

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Keeping in touch with you through our newsletter



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