

MERCY MATTERS

OCTOBER 2023

Highlights this month

Like being in heaven

Huge thanks to Jo Yearsley for sharing her mother's story of care

Continuing the Bond

We don't 'move on' after our loved one passes, but rather we 'move forward with them'

10

An Outstanding Celebration of Tastes!

"Caring for others..."

One of Mercy Hospice's most active supporters shares what fuels his passion



**Mercy
Hospice**
Te Korowai Atawhai

Like being in heaven

Huge thanks to Jo Yearsley for sharing her mother's story of care.

"Bonnie Yearsley passed in April 2001 after a 7-month battle with Oesophageal Cancer. It never occurred to me that my Mum might die at just 53 and I was only 24. It was a complete shock.

Mum opted for the most aggressive treatment to give her the best chance of survival and this meant that she had high levels of chemo and radio. This made her so sick she then had to be hospitalised and during this time her pain was not under control, and it was awful to watch and I felt so helpless.

In the January, Mum tried returning to her normal life, working at a primary school. She was the principal's 'right hand lady' and loved her work and it gave her purpose. Unfortunately, a few months later, the cancer had got to her liver and the prognosis was bad.

Seven days before she died, Mum moved to Mercy Hospice. I remember her getting there and saying "Jo, this is like being in heaven" because of the comfort and care she experienced. The nursing staff got her pain under control, and it gave her a peace I hadn't seen in her for many months. She was in the best place.

"She was in the best place."

That is something I see at Mercy time and time again: how people and their families are so comfortable,



despite the circumstances. I've just got so much admiration for what the staff do. They're so patient and everyone's treated with absolute respect.

On the night Mum passed, our family was spread between Mum's room and a fold-out couch in the family kitchen. I remember clearly that when the nurses realised Mum's time was coming to an end in the early hours of the morning, they woke us up to be with her, which was what she would have wanted, and they stood there and supported us through her leaving.

"I've just got so much admiration for what the staff do. They're so patient and everyone's treated with absolute respect."

The volunteering I do with the drinks trolley is a constant reminder to make the most of every day. That's why I will continue to support and volunteer for Mercy as they do such important work to give you dignity in your last days."

If you have ever lost a loved one, you might know the power of getting help during those final stages, and later, through your grief journey. Your community-spirited giving to Mercy Hospice helps Aucklanders like Jo and her family all year round, whatever challenges they face. Thank you.

10 – An Outstanding Celebration of Tastes!

Earlier this year, supporters came together for Mercy Hospice at *10 – A Celebration of Tastes*. The magnitude of kindness and generosity on display was truly inspirational.

On June 11, over 400 people celebrated New Zealand cuisine and wine to continue the care for those living with life-limiting illnesses. The result? **Over \$500K raised!!** And with such style, grace, and glamour. The dazzling outfits, the exquisite dishes, sensational wines, entertaining bidding; a truly outstanding day!

Guest speaker, Nim Flora Chan (pictured), spoke beautifully and connected with so many as she shared the heartbreak of life without her husband, and the debilitating reality of living with lung cancer.



Grief left Flora with profound questions: *"...the impact really was a loss of purpose and meaning. It was as if I had got an open wound that wouldn't heal, and someone had chopped off my arm. I learnt that grief has no rhyme or reason. And it's alarming how it surfaces at the slightest trigger"*. As a patient, Flora saw

how Cancer: *"...is an identity thief. It's taken so much from me. I've become a weaker, slower, duller version of myself. My husband lost the drive to write music, I lost the will to paint."*

Against all this loss, Flora's joy at the compassion and support she experienced at Mercy's Manaaki programme was plain to hear: *"It's not just a programme. It's a community. We're people in the same boat. We respect each other's privacy. It's safe to share in this whānau."*



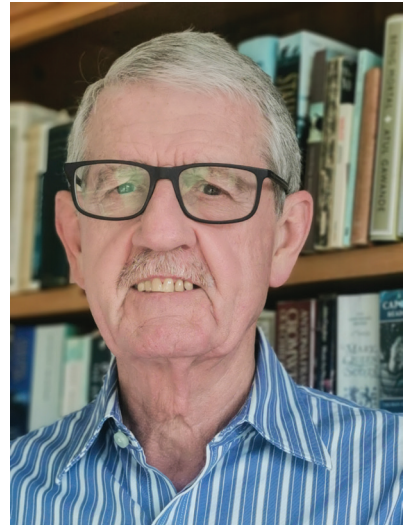
Thank you to our sponsors who stepped up and made it clear that they value a service that supports people to live well until the end. Your compassionate support has far-reaching consequences for whānau and our wider communities. Hats off to Barfoot & Thompson, Mansons TCLM, EuroVintage, Pascoes The Jewellers, Auckland City BMW, East Auckland BMW, BNZ, and Walker & Hall. Grateful acknowledgement also to Friends of Mercy, Grand Millennium Auckland and Douglas Charitable Trust.

A passion for palliative care

Brian McAvoy shares his joy at reconnecting with patients and families.

"My wife, Julie, and I have been volunteers at Mercy since May 2022. My initial involvement on the Drinks Trolley and now as a Compassionate Companion has reconnected me with patients and their families since I retired from clinical practice three years ago. This has been challenging, stimulating, and rewarding, providing a transition from a clinical to a pastoral role, both of which are core features of general practice.

I am reminded of Maya Angelou's words: "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."



Cheers Mum!

Steven Taramoeroa, owner of Tearooms Café, has generously donated non-alcoholic beverages to the drinks trolley in memory of his mother. Cheers Steven!!!



"The Mercy drinks trolley is something I'm very fond of. I will always remember being able to "Cheers" with my mum for the last time. A memory that I wouldn't have if it wasn't for the drinks trolley!"

If you would like to know more about how you could volunteer and be part of providing care and support at Mercy Hospice, please call 09 376 7574, email volunteer@mh.org.nz, or visit mercyhospice.org.nz/supportmercy/volunteer

“Caring for others. That’s been engraved in everything I do.”

Nelson Madoka, one of Mercy Hospice’s most active supporters, shares what fuels his passion for fundraising.

One of the things that stuck with Nelson early on in life was the value of sharing. Back in Zimbabwe in the village he grew up in, Nelson would crush up lollies and share with his mates, so there was enough for all. “Caring for others. That’s been engraved in everything I do”. And then, more recently, Nelson’s motivation for caring became more personal.

“Last year a friend died of cancer. She was only 42. This added a different meaning for me about what hospice does for people. That really gave me the drive to complete the race. She was really looked after, so I understand what an amazing thing Mercy does. I just do my little bit. That’s part of what you do.”

Fundraising for Mercy Hospice has always been a joy for Nelson. “Mercy has such a positive reputation in the community, and this makes my job as a fundraiser easy! You do amazing work for people that are at a vulnerable stage in their lives, so anything supporters do will make a big difference.”

“Mercy has such a positive reputation in the community and this makes my job as a fundraiser easy!”

And, finally, how can others be inspired from Nelson’s success at raising funds for Mercy Hospice?



“People are afraid to ask for things, especially money. But when I ask, it’s not for me, it’s for others. That’s how I remove the fear of asking. It’s such a great feeling knowing that I’m helping others. Whether you’re a volunteer or a donor, you’ll find a way to give that suits you. I just want to thank Mercy Hospice for the amazing work you do.”

You can make a difference, just like Nelson. For more information on **fundraising for Mercy** contact our friendly team on **0800 888 474** or **getinvolved@mh.org.nz**

Thank you to the following Trusts and Foundations

who have supported Mercy Hospice through generous grants:

- Ara Lodge No. 348 I.C. Charitable Trust
- Barbara Lipanovich and Robert Ned Covich Charitable Trust
- BlueSky Community Trust
- Blue Waters Community Trust
- Dragon Community Trust
- Duo Trust
- E M Arnold Foundation
- Four Winds Foundation
- Hugh Green Foundation
- Joyce Fisher Charitable Trust
- Lottery Grants Board
- Louisa & Patrick Emmett Murphy Foundation
- Margaret Neutze Legacy Fund
- Maurice Paykel Charitable Trust
- Mike Bakker Charitable Trust
- Milestone Foundation
- North and South Trust
- NZ Community Trust
- One Foundation
- Peter and David Picot Charitable Trust
- Pub Charity Limited
- Ralph and Eve Seelye Charitable Trust
- The Jogia Charitable Trust
- The Lion Foundation
- The Masfen Foundation
- The Sir William and Lady Lois Manchester Charitable Trust
- The Trusts Community Foundation

Continuing the Bond

"We don't 'move on' after our loved one passes,
but rather we 'move forward with them'."

Susan Cain

Grief is highly individual and there's no one-size-fits-all model. While it used to be thought that grief was a linear process, it's now accepted that it's not that simple.

Continuing Bonds is the idea that a relationship can endure long after your loved one has passed. In this way, people experiencing bereavement can stay connected with their loved ones for as long as it makes sense or is useful. This can help create stability and comfort, enabling you to find meaning in your loss and make sense of your suffering.

What can help?

Many cultures and/or religions have unique ways of remembering and celebrating the lives of loved ones, but the following can be a useful starting point:

Traditions can help us stay connected with those we have lost in death. One tradition at Mercy is our annual Remembrance Service where families gather to honour, remember, and celebrate loved ones who have died in the past year. You could also celebrate your loved one's birthday, your wedding anniversary, or the anniversary of their death. This can bring such welcome comfort and ongoing connection. There's also **Lights to Remember**, at the beginning of December, when hundreds of lights illuminate the hospice grounds. You can dedicate a light to remember your loved one.

Memories can be created even before your loved one passes. Mercy's free **Life Story** can be a precious resource for surviving family and friends for many years to come. Your loved one could also make a memory box, containing significant items to remember them by. Or you could create quilts, cushions or memory bears using their clothing.

Physical spaces and objects can also help keep us close, like visiting the gravesite, planting a tree or commemorating a park bench in your loved one's honour.

Writing can help you cope with pain and sorrow, bringing aspects of the life you shared with your loved one into the present. Reading your thoughts out loud can also bring a sense of closeness. Think about the things they taught you, the values they left with you, the things they did that brought a smile or a tear and record them in a special book. Reading or writing poetry or songs can also be helpful. **Music** may also help you feel connected.

There are many other ways too, such as looking through photos, wearing their jewellery, remembering special times together, baking a favourite cake or taking a familiar walk. Whichever way you choose to move forward with your loved one, be sure to be patient with yourself and celebrate in your own way, taking all the time you need."

Vic Hathaway

Spiritual Care Coordinator / Advisor
Mercy Hospice



Thank you!

Thank you to all our Mercy Hospice supporters including our volunteers. You're making all the difference.



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Continuing the impact

A better quality of life is possible for Central Auckland's palliative care patients, and there are lots of ways you or your organisation can make this happen when you turn your compassion into action:

Give a regular gift

A monthly donation provides reassurance to whānau that their loved ones will receive the highest level of care during these uncertain times. You can make your monthly gift via direct debit, from your bank account, or through payroll giving. Visit mercyhospice.org.nz or call 0800 888 474 to donate today.

Give a one-off gift

You can make a one-off donation from your debit or credit card at mercyhospice.org.nz. Call 0800 888 474 or email donate@mh.org.nz to discuss other ways to donate.

Leave a gift in your Will

After taking care of your family, please consider leaving a portion of your estate to Mercy Hospice. No matter the size, your gift will ensure that those in our community needing palliative care receive it with the utmost professional skill and respect. To find out more, please contact 0800 888 474 or hello@mh.org.nz.

Volunteer

There are a variety of ways to donate your time to Mercy Hospice, including: providing transport, offering companionship, making phone calls, massage, writing life stories or working in one of our retail shops. Call 09 376 7574 or email volunteer@mh.org.nz to find out more.

Fundraise for Mercy

A fun way to support Mercy is to run your own fundraising event or get sponsored to take part in a challenge. Call 0800 888 474 or email getinvolved@mh.org.nz to find out more.

Support through your business or workplace

There are many ways to support Mercy through your business or workplace; sponsorship, funding critical services and medical equipment, volunteering, payroll giving and much more. Call 0800 888 474 or email getinvolved@mh.org.nz to find out more.

Join Mercy's online communities

Facebook

@mercyhospiceakld
@Mercyhospiceshopnz

Instagram

@mercyhospiceakld
@Mercyhospiceshopnz

LinkedIn @company/mercyhospice

To find out more about how you can support Mercy Hospice visit mercyhospice.org.nz

2023 DATES FOR YOUR DIARY

Get involved with Mercy Hospice!

www.mercyhospice.org.nz/events

October 7	Leap for Life
October 29	Auckland Marathon
November 1	Remembrance He Wa Maumahara
November 10	Tennis for Mercy
December	Lights to Remember

You are receiving this newsletter because of your previous support of Mercy Hospice. If you don't want to receive it in the future or you would prefer to receive a digital version, please contact the fundraising team on getinvolved@mh.org.nz to update your preferences.

Yes, I want every patient to feel safe and receive the highest quality palliative care.

I would like to donate: \$

Payment methods

MM - October 2023

First Name:

Last Name:

Phone:

☐ Credit card - Please debit my:

☐ Visa

☐ Mastercard

☐ AMEX

Card number:

Expiry date:

/

CVC:

(required)

Name on card:

Signature:

☐ Directly into Mercy Hospice Auckland's bank account:

BNZ: 02 0100 0815020 00

Particulars:

Code:

Reference:

I would like to receive my receipt by:

☐ Post

☐ Email (Please confirm)

☐ I would like to make this a monthly gift.

☐ Please contact me about leaving a gift in my Will.

Please return this form in the enclosed freepost envelope, or send to

Mercy Hospice, P O Box 47693, Ponsonby, Auckland 1101

If you have any questions, please call 0800 888 474 or email hello@mh.org.nz

Thank you for your generosity and for your continued support of Mercy Hospice.