

## *A Message from Michele*

### Lake Taupo Hospice CEO



This Newsletter comes to you all at an unprecedented time on our lives. This word has been used many many times over the last few weeks, the truth is, there really is no other word to use.

As health professionals we are trained in Infection Control from the moment we start our training, no matter which specialty we belong. As a workforce we understand transmission and the concept of a pandemic – I guess we never really think that this time might actually come when we face a global pandemic together. That time is here – and we really do – face it together – not as health professionals alone – but as a community and as a country. The swell of community support and care has been truly amazing to witness. We always knew our volunteers were simply amazing – but as a community the people of Lake Taupo have come together in the fight against Covid-19, and you as a volunteer have shown true courage in strength in pulling together and caring for one another. We have tried to ensure we have called you all individually – each conversation has been fantastic and the overall theme has been one of everyone offering their support still and offers of help for other volunteers and staff should we need them – all this in an unprecedented time.

Staying home, staying in our bubbles is saving lives – and we thank you for helping to save lives. Our service continues as normal, and our clinical team are at work as usual looking after our patients and their families throughout the lockdown period. We are having to work a little differently and on-line meetings have become our new normal – but throughout this we are finding the opportunity to continue to deliver our service – no matter the situation and ensure we are supporting one another.

We are planning our return to normal services as soon as we are able, and I am sure we will be in touch as soon as we think that's getting close. In the meantime, please stay safe and well, stay in your bubble, and if we can be of any help during this time – please do not hesitate to contact us, Julie is still working from home – as are we all and if we can help – we want to, it's our turn to help you if you need anything.

Stay amazing Volunteer Team.



## Hospice Nurses Continue Care Amid COVID19 Lockdown.

The Lake Taupo Hospice nurses are continuing their work in the Taupo and Turangi communities during the COVID19 lockdown.

They are providing telephone support to all patients and their families. They are continuing to visit patients in their own homes, aged care facilities and at Taupo Hospital when needed.

As usual the clinical team are working along side many other health care professionals in our community including Taupo GPs, Taupo and Rotorua Hospitals, Tuwharetoa Health, Health Care New Zealand and other agencies to provide excellent health care to the hospice patients and assistance to their families and carers.

Also with good planning, a vigilant cleaning programme and the use of PPE we are still able to supply equipment like wheelchairs commodes and hospital beds to patients to use in their own homes.



Caren Barnett: Clinical Team Leader

This is a difficult time for everyone, and we are thankful to all frontline medical staff who are working around the clock to keep us all safe and well during this unprecedented time.

Thank you



Many thanks to those who have phoned and emailed your offers of help and assistance over the past week.

We have registered with Civil Defence, this way any volunteering needed in the community will be well co-ordinated and safe.



**TAUPŌ DISTRICT**  
EMERGENCY MANAGEMENT

## Meet Our Volunteer, Rochelle

### What one-liner best describes you?

Wow, um....Be the kindness in the world.

### What is your job?

I am a music teacher, I have my own business teaching music to over 70 students. However, I can't do that during this COVID 19 crisis, so I'm working at Countdown. I'm really enjoying the work and interacting with the customers, I'm a good talker.

### You have been volunteering for four weeks now, how are you finding it?

OMG I just love it, I am missing my hospice friends so much while we are in lockdown.

### What do you love doing the most in your volunteering role?

I enjoy spending time with the patients, and listening to their stories. And I love to be helpful. I am missing my volunteering on Fridays a lot right now.

### So why us and not 'cute fluffy' animals?

Well, I really just wanted to help and make difference. I chose hospice because my family knows what it is like to have sick loved ones and to see them die, I just want to be helpful.

And I have cute fluffy animals at home.



### How are you and your family coping with COVID 19 Lockdown?

Great I'm loving it.

We are all coping well and not getting in each others way to much.

Next week we will focus a bit more on school work.

My boys are great they understand why we have to do this.

### What's your advice for the Hospice to be seen as more relevant to young people in Taupo.

Uh-oh, this is a big one. Death is really scary for young people, and it's a different set of feelings for those who have been directly touched by death and those who have yet to experience it.

I think hospice makes more of an impact than we are aware of, hospice is touching all of those lives and showing how much we care.

## Send Me Your Recipes

While we all have time on our hands, could you please send me one of your favourite recipes (I'm not sure yet what I will do with them, maybe a volunteer cook book)

I won't be testing all of these recipes so please only send me tried and true ones.

Please also include your name and your volunteering position and volunteering day if you always do a particular shift.

Also any great household tips/tricks that you think would be useful too please.

You can email them to me at [volunteers@laketaupohospice.co.nz](mailto:volunteers@laketaupohospice.co.nz) or post to PO Box 950 Taupo or when things are back to normal drop them to me at Hospice House.

# 20 Things to do While in Lockdown



Write your life story

Copy your best recipes into a book for a grandchild

Phone old friends you haven't been in touch with for years

Listen to a Podcast

Get green fingered in the garden

Try making sourdough bread

Look at baby animals online

Try some knitting - its good for memory loss

Jigsaw puzzles - great time wasters

Make your own mini golf course in the backyard

Sort that box of photos

Clear out your wardrobe - save clothing for the hospice shop

Do crosswords/sudoku online

Take a virtual tour of a famous art museum

Unsubscribe for every email you don't want

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