

Mercy Hospital Dunedin

Mercy Hospital Newsletter - 2 December 2022

Executive On-Call - Rob Larsen - 027 691 8519 or 90113

Senior Nurse On-Call - Tricia Cairns - 027 223 4173 or 90112



From the Desk of the CEO

Christmas is Coming

In spite of the enduring implications and challenges that Covid continues to inflict upon our communities, it is a great feeling that Christmas and the summer break is now only 23 days – or 22 sleeps away. Christmas is always a fabulous opportunity to spend time with family and friends, rest and reflect on not only what the year was like but also what aspirations we hold for the coming New Year.

Christmas also creates opportunities for acts of kindness. A great example of that is Mercy's collective contribution to the Catalytic Foundation Christmas Shoebox appeal.

The Catalytic Foundation Christmas Shoebox Appeal is to help Kiwi kids have something to smile about this Christmas. Many children in New Zealand live in households that suffer from material hardship, resulting in significant financial pressures and interruptions to schooling, social routines and 'normalised' family living. This Christmas will be particularly hard hitting for many New Zealand children and their wider whanau as we now add escalating cost pressures and inflation to the mix.

Over the past few years, Mercy whanau have been very generous in gifting both their time and compassion to create a little bit of joy for an unknown child on Christmas Day. This year is no exception, with 51 shoebox's gathered up. This year also sees not only staff contributing but also a number of Suites. The act of kindness is reflected with those individuals who have shown genuine compassion, gone shopping for the presents, paid for them, packaged them, with many including personal notes for the recipients. One of the joys we experience internally is seeing Mercy and suite staff returning the full boxes with big smiles, having taken the opportunity to be that random act of kindness person.

This encapsulates what Christmas is all about, caring for not only those that are close to you, but also caring for those unknown members of our community that face hardships and have less opportunities to enjoy Christmas in its widest sense, that we may well take for granted.

Congratulations Team Mercy, a true expression of the Christmas spirit.

Wishing you all a very enjoyable, safe and relaxing weekend. Perhaps the beginning of your serious Christmas shop!.

Richard Whitney

Chief Executive Officer

Christmas Carols



Everyone is welcome to come along and join the carol singers if you are available.

Christmas Carols on McAuley Ward
Monday Dec 21st 2022 at 12.30pm.

Bring your Santa hat and joyful selves and join us in singing some Christmas favourites to entertain our patients.

Christmas Carols - 21st December

MERCY TEAM UPDATES



Mercy Team Updates

We extend a very warm welcome to the newest additions to the Mercy team.

This week we welcome **Margo Ramage** to the Manaaki team.

"Hi I'm Margo and I'm a new Registered Nurse. I live in Mosgiel and enjoy handcrafts, such as sewing, knitting, embroidery, cross stitch and crochet. I also make jewelry and getting out for a walk or biking."

Next year, we will welcome **Mei Yuet Lam**. Mei will be joining both our Manaaki and main theatre team as a Registered Nurse.

"Hi I'm Mei. I have recently moved to Dunedin. Before this, I was working for Mercy Ascot in Auckland for four years. I have also worked in Malaysia and Singapore before I moved to NZ. I love travelling and enjoy the food while travelling. I also love to watch Korean dramas."

A very warm welcome to our new team member! When you see Margo and Mei around, please make sure you say kia ora, introduce yourself and help them to find their way.

We farewell the following people from the Mercy team.

This week we farewell **Rowena Simons** from the Manaaki team. Rowena joined us as an Endoscopy Clinical Nurse Specialist in June 2021. Rowena's last day with us is the 2nd of December.

We wish you all the best!

Mo-vember at Mercy



Mo-vember at Mercy

Thank you for celebrating and supporting Mo-vember

Closing this years Mo-vember, we'd like to thank everyone who supported the cause.

The **"Grow your Mo"** competition was drawn on Wednesday with Matt White and Rob Larsen announced as the winners.

Although a difficult decision, Matt won the award for best overall mo and Rob for most creative mo.

Thank you for your support guys and for entering the competition!

One of the more important outcomes of Mo-vember was promoting and starting discussions around men's physical and mental health.

Mo-vember tackles male mental health stigma, shifting the "toughen up" mentality, through a number of mental health awareness campaigns.

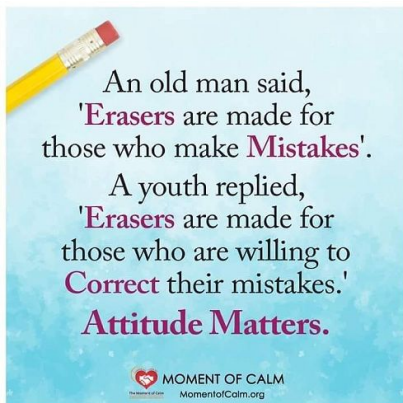
To help destigmatise uncomfortable conversations surrounding health especially mental health, our team were encouraged to share their personal stories. Our team mates shared their experiences of their mental health and wellbeing challenges, the steps they took to address this and the advice they'd give their younger selves/others going through similar situations.

These stories were shared over the weeks of Mo-vember and we'd like to thank those who shared their stories with us. We hope these stories inspired you all to reflect on your own journey of health/mental health and gave you some ideas on what to do if you need a helping hand.

To learn more about tackling important conversations check out the link below:

<https://conversations.movember.com/en-us/>

We hope you all enjoyed the month of Mo-vember!



Thought of the Day



Friday Funny

To help you get through the final run before Christmas, just look at this face and smile !!!



Poetry in motion

This week's featured poem brought to us by Ruth Arnison.

The Reader

When we can't find my sister, we know
she is under the kitchen table, a book in her hand,
a glass of milk and a small bowl of peanuts beside her.

We know we can call Odella's name out loud,

slap the table hard with our hands,
dance around it singing
'She'll Be Coming 'Round the Mountain'
so many times the song makes us sick
and the circling makes us dizzy
and still
my sister will do nothing more
than slowly turn the page.

Jacqueline Woodson



Atawhai - Care

It's beginning to look a lot like Christmas. Everywhere I go.

As Christmas approaches we find ourselves surrounded by all the signs of Christmas. The decorations, Nativity scenes, the Christmas trees, multi-coloured tinsel and lights. This time does not have to be a time of stress and panic. Take the time to enjoy the moment and to just breathe. The most important thing about Christmas is spending quality time with family and friends. Oh and the food, food, food! It is in these times of celebration and togetherness that we will be sustained during the busy times. Some say family is the foundation of all things good. So try not to overdo things. A little bit of this and a little bit of that is better than too much, too little, oops, too late. Enjoy these days leading up to Christmas and look forward to the celebrations ahead. Wishing you all a very Merry Christmas

and a blessed New Year!

I will leave you all with another poem from my late brother.

The Value Of Life *By Fa'afetai Ta'ase*

People hold it so dear

Yet for a thing so precious

Waste it so easily

People howl out for justice

Not knowing they themselves

Are a hidden injustice

Those who do not value life

Need not value themselves

For to value life

Is to value yourself

Blessings and peace

Alofa

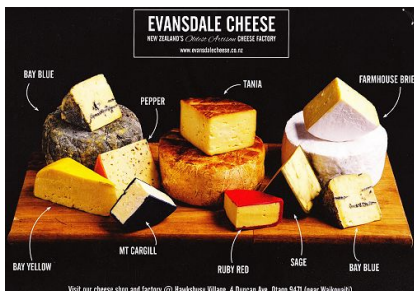


Mercy Cares Twilight Cricket team

The weather was kind on Monday evening for another exciting cricket match for the Mercy Cares Twilight Cricket team. After winning the toss the Mercy Cares team sent the opposition team, "Nightwatchmen", into bat. Despite the best efforts of the Mercy Cares bowling line-up, the opposition poured on the runs ... with boundaries a plenty. Some great catches were taken though, Manjinder picking up 3 and Tom another 2. The 170 runs scored by the opposition reflected a required run-rate of 8 runs/over for the Mercy Cares team – a tall order.

Tom Kibblewhite opened the batting and made a solid start, eventually scoring 19 before being run out. This included the most magnificent shot of the game – a boundary 6 beautifully struck on the leg side. With 36 runs from Manjinder, suddenly the opposition's total looked a possibility. Tim and Mohit's closing batting partnership clinched the game for Mercy Cares, with the winning runs scored in the final (21st) over. Tim and Mohit finished with 31 runs apiece.

So with 5 rounds of the competition completed the Mercy Cares team has 2 wins and 3 losses. Mercy Cares next game is at Kensington Oval, starting 5:30pm on Monday 5th Dec – bring your deck chair and join our regular spectators for some unpredictable action-packed cricket entertainment!



Evansdale Cheese - Christmas Order

Order form is available at Reception to order your scrumptious local cheeses for Christmas.

Choices:

- Farmhouse Brie - supreme medal winner
- Ruby Bay - The rich red waxed one
- Bay Blue - A deep blue - very creamy
- Komeme Kaas - Classica cumin cheese from the Dutch
- Tania - The Farmhouse Brie smoked with manuka
- Mt Cargill - Blue waxed with a tang
- Mt Watkin - Smooth garlic flavour
- SELECTION - any four of the above cut into quarters

Prices:

All weights are approximately

- Whole cheese 1200g **\$38**
- Half cheese 600g **\$20**
- Quarter cheese 300g **\$12**
- Selection of four quarters 1200g **\$40**

Please pay by cash to reception and have exact change as Reception does not hold any cash.



Mercy Social Club/Founders Day Morning Tea
