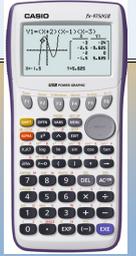


## ARE YOU ABLE TO HELP?

One of our patients is having difficulty sourcing a scientific calculator for her grandson and we would like to help if we can. If any of you have a Casio FX-9750G11 with USB Power Graphic that you have no further use for and can donate, could you please contact Trish on 5754555 or email [patricia.melville@ebhospice.org.nz](mailto:patricia.melville@ebhospice.org.nz).



## FAREWELL TO BRUCE CONNOR

On Monday July 9th staff gathered to say goodbye to Bruce Connor.

We all enjoyed a lovely lunch and Margaret baked a traditional kiwi chocolate cake with berries and whipped cream for this special occasion.

Bruce provided counselling for patients as and when required before the formal setting up of the Counselling/Emotional Support Service in 2010.

More recently, Bruce took responsibility for being the face of the Counselling/Emotional Support Service in **dove wing**. He provided a constant and caring presence for patients and staff.



## INTRODUCTION TO REIKI —WITH LIZ CURREY

An opportunity to learn how to use this beautiful energy to help support yourself.

**Monday 13th August 9.30 to 11.30am**

**Tuesday 14th August 9.30 to 11.30am**

Only one space available! RSVP to reception **575 4555** by Friday 3rd August.

## CHAIR YOGA —WITH EDIT EVERY MONDAY AT 11.30AM

Chair yoga a gentle and restorative style of yoga, may help alleviate some pain and other symptoms by releasing tension and increasing muscle strength and flexibility, as well as providing stress reduction and relaxation. Edit is a Registered Yoga Alliance Teacher and believes in safe and sustainable yoga, helping her students by tailoring to their abilities and needs.

**Every Monday at 11.30am.** Please register by calling Reception **575 4555**

## MEDITATION —WITH MADELENE TUESDAYS 11.30AM TO 12.30PM

Observation is a fundamental tool of meditation. The first in our series where breath will be observed.

**7th August Basics of meditation**

**14th August The self saboteurs**

**21st August Kindness**

**Madelene Moon** is currently on leave. While Madelene is away, Felicity Kidd will be replacing her. Felicity is not new to **dove house**, having worked here previously. We send a warm welcome to Felicity.



We are very grateful for your wigs for our Wig Library.

We also have a large selection of hair wraps that you are welcome to choose for your use.

The world is not divided into the strong who care and the weak who are cared for.

We must each in turn care and be cared for, not just because it is good for us, but because it is the way things are!



# Patient Newsletter - July 2012

207A Riddell Road, Glendowie  
Auckland 1071  
P: 09-575 4555  
E: [support@ebhospice.org.nz](mailto:support@ebhospice.org.nz)  
W: [ebhospice.org.nz](http://ebhospice.org.nz)

*Winter is well and truly upon us and we here at **dove house** hope you are all managing to keep the winter chill at bay. Someone was heard to say at reception the other day that **dove house** must be the warmest place in Auckland. I hope each of you experiences the warmth of **dove house** in more than the physical sense! I am reminded of the words of Albert Camus "In the midst of winter I finally learned that within me lay an invincible summer."*  
*Trish, and Lynne*

## THE ART AND HEALING TABLE



Each Wednesday the dining room at **dove house** becomes a hive of activity as artists Melissa and Yoka are joined by several enthusiastic people keen to express themselves using a variety of creative mediums. Recently, Viv and Shirley, participants in the Art Table, brought in examples of their work for us to see. Both pictures depicted the artists journey with life threatening illness and it is not difficult to see reflections of their strength and resilience.



Roger Masters from **EmbroidMe**, 171 Hobson Street, Auckland CBD has donated these beautifully embroidered white towels.

Our patients will appreciate their softness, thank you Roger.

*Photo:*

*Linda Gordon (Skin & Nail Therapist),*

*Roger Masters (EmbroidMe)*

*Janine Ewan (CEO) and*

*Trish Melville (Clinical Services Manager).*

## SUPPORT GROUPS

### Tuesdays

10.30 am to 12.30pm

**Orchid Group**

### Wednesdays

10.30am to 1.30pm

**Art & Healing Table**

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**Men's Group monthly**

10.30am to 12 noon

**Wednesday**

**1st August**

### Friday Group

10am to 12noon

**Fridays Fortnightly**

## EDUCATION

**Thursdays**

**10.30 to 12noon**

**July 26**

**Dr Bruce Baguley**

Questions re  
cancer cell research

**August 23**

**Prof Lynn Ferguson**

Do Pesticides  
cause Cancer?  
The  
Endocrine Disrupter  
Hypothesis