

<p>In this issue:</p> <ul style="list-style-type: none"> • 4 year • Health Tips • ARCC • Minimum wage • Kapiti Coast • Eldernet • Write care plan • Good story • Silver Rainbow • Spark of Life • Sexuality in aged care • Bouquet • Grey Matter • Training • QA Programme • Back issues • Helpful websites <p>Emailed to: 1583 readers and counting</p> <p>Welcome to my overseas readers.</p> <p>09jelica@gmail.com</p> <p>mobile: 021 311055</p> <p>1/3 Price Crescent Mt Wellington Auckland 1060</p>	<p>4 YEAR CERTIFICATION</p>
	<p>For my friends, who have an audit this month, all the best!</p> <p>Haven't received any notifications but still hope that there were facilities who achieved 4 years!!</p> <p><i>If you are one of the very few achieving this then please let me know as it deserves a special place and recognition! If you don't let me know I can not publish it.</i></p>
	<p>SHORT AND SWEET HEALTH TIPS and OTHER THINGS</p>
	<p>Cut out herbs before ops. Some herbal supplements – from the popular St John's Wort and ginkgo biloba to garlic, ginger, ginseng and feverfew – can cause increased bleeding during surgery, warn surgeons. It may be wise to stop taking all medication, including herbal supplements, at least two weeks before surgery, and inform your surgeon about your herbal use.</p> <p>I say tomato. Tomato is a superstar in the fruit and veggie pantheon. Tomatoes contain lycopene, a powerful cancer fighter. They're also rich in vitamin C. The good news is that cooked tomatoes are also nutritious, so use them in pasta, soups and casseroles, as well as in salads.</p> <p>The British Thoracic Society says that tomatoes and apples can reduce your risk of asthma and chronic lung diseases. Both contain the antioxidant quercetin. To enjoy the benefits, eat five apples a week or a tomato every other day.</p>
	<p>ARCC requirements</p>
	<p>It is important to point the following clause out to residents and their families.</p> <p>As per clause A7.1B</p> <p>Temporary Absences: Where a Subsidised Resident is away from your Facility with family or friends, we will continue to make payments in full for up to 14 days at any one time, and up to 28 days in total in any one of our financial years.</p> <p>This is different from A7.1A in regard of hospital stays. But remember to contact your DHB portfolio manager if a resident exceeds the 21 days in hospital.</p> <p>To keep track of residents' absences it is a good idea to keep an easy sort of roll book which will also help you to complete your quarterly data.</p> <p>If you need a template please let me know.</p>
	<p>MINIMUM WAGE TO INCREASE</p> <p>As you may be aware, the minimum wage is to increase from \$15.25 to \$15.75 per hour from 1 April 2017.</p>

<p>When life knocks you down, roll over and look at the stars</p>	<p>KAPITI RETIREMENT TRUST'S AGEING IN PLACE INITIATIVE FINALIST IN INTERNATIONAL AWARDS</p>
	<p>The Kapiti Retirement Trust, based in Paraparaumu, has been announced as a finalist in the <i>Facility of the Year, Aging-in-Place</i> category, in the prestigious Asia Pacific Eldercare Innovation Awards. Other finalists in this category are from Japan, Australia and Singapore.</p> <p>The first of its kind in the Asia Pacific region, the Asia Pacific Eldercare Innovation Awards aim to recognise the best in innovative health and elderly care. This year, the organisers received entries from 15 countries including New Zealand.</p> <p>Ms Janice Chia, Founder and Managing Director of Ageing Asia, the organiser of the annual Asia Pacific Eldercare Innovation Awards, said "Through the awards, we hope to share and showcase successful health and elderly care models and initiatives that would in turn stimulate the growth of more innovation that enhance the quality of life, functional capability and happiness of the growing ageing population in Asia Pacific."</p> <p>The finalists will be further reviewed by a panel of industry experts and thought leaders from Asia Pacific and the United Kingdom and include John Collyns, Executive Director of the NZ Retirement Villages Association.</p> <p>Winners will be announced on 26 April 2017 at an award ceremony and dinner held in conjunction with the 8th International Ageing Asia Innovation Forum 2017 in Singapore.</p> <p>Kapiti Retirement Trust ("the Trust") is a finalist for the provision of care it offers in the Matai Wing at Sevenoaks, one of the Trust's facilities in Paraparaumu. The Matai Wing is a dedicated respite care unit. It provides short term care to older people throughout the Wellington region who have complex health issues but are being cared for at home. The Trust currently holds the Capital and Coast DHB contract for all its respite beds in the region. Those with respite needs can be allocated up to 28 days of respite each year.</p> <p>Unique to the Matai Wing is the ability to be able to book a care room up to six months in advance, in an environment more like a hotel than an aged care facility. The way the unit runs means carers can plan breaks; take holidays, travel overseas, even go on a cruise. They return refreshed while guests in Matai enjoy their break.</p> <p>As well as providing clinically-trained staff to manage the complex health needs of guests, the team at the Trust develop an individualised activities programme for each guest focused around maintaining existing and developing new interests. This ensures that guest's feel engaged and suitably involved during their stay in Matai.</p> <p>The Trust's CEO Wendy Huston says, "Not only does reaching the finals in this prestigious international event validate the decision of the Trust's Board of Trustees for management to pursue the development of the Matai Wing, it also acknowledges the outstanding quality of care our team provides. It demonstrates that New Zealand can lead the world in providing innovative ways in which older people can age well, with dignity and choice".</p> <p>Wendy Huston, CEO, Kapiti Retirement Trust</p> <p>Profits from the running of the Village are used to support the charitable purpose of the Trust – the provision of aged care services. In addition to a specialist aged care hospital The Lodge located at Sevenoaks, the Trust also operates a secure dementia unit and provides dedicated respite care options to the wider community.</p> <p>For more information on the Awards visit the website - http://www.ageingasiasia.com/</p> <p><i>Congratulations Wendy and the team</i></p>

<p>Both optimists and pessimists contribute to society. The optimist invents the aeroplane, the pessimist the parachute.</p> <p>George Bernard Shaw.</p>	<p style="text-align: center;">ELDERNET</p> <p>“As we know, many providers are experiencing increasing levels of vacant rooms. It’s been happening now over a long period of time. Every time we raise this with the DHB’s they deny the fact that there has been a significant increase in the number of vacant beds in their region. We know differently.</p> <p>The DHBs can access the occupancy data held in the Eldernet website. They need this for emergency planning but the information is also accessed by the Funding and Planning Managers.</p> <p>Some providers who are carrying high vacancy numbers don’t feel comfortable about disclosing their full number of vacancies on Eldernet because they think it’s in the public domain. It is important to remember that the public, our potential customers, who are looking at Eldernet, cannot actually see the number of vacant rooms we are each carrying. They can just see if we have vacancies or not. Not the actual numbers.</p> <p>We are always trying to find ways of making sure the DHBs know exactly how many vacant beds are out here in the community. Because they can see the actual numbers in the system, it is in our own best interests to make sure our vacancy information on Eldernet is up to date and accurate. That way the DHBs cannot claim they are not aware of an increase in bed vacancies in their region.</p> <p>I encourage all providers, no matter what type of membership you have with Eldernet, to keep your vacancy info up to date and accurate. And to those providers who aren’t using Eldernet, what about signing up for a free membership – you can still input your vacancy numbers. We need as many providers as possible putting their data into the system to show the DHBs who are accessing the system exactly what’s happening out here in the community”. <i>Gloria Budgen</i></p>
	<p style="text-align: center;">WRITE YOUR OWN CARE PLAN</p> <p>I have been asked many times to talk with nurses about care plans and what is important to document in them. I also have many discussion regarding behaviour classified as challenging.</p> <p>We often see “agitation or aggression,” labelled as “behavioural problems’ which makes it the resident problem however the resident is trying to communicate something to you and this is often something in their routine or a need that is not being met</p> <p>A good training session for nurses is writing their own care plan.</p> <p>Imagine you are in a state (physically or mentally) where you cannot communicate your wishes. How would you like to be treated? Think about things in your daily ritual, and what brings joy and comfort to your life.</p> <p>For example:</p> <ul style="list-style-type: none"> • Do you always like to have a drink before dinner? • How do you take your coffee? • How do you like to sleep? On your back, side etc.? • Are there certain songs which elicit strong emotions for you? • Are there scents that bring back certain memories? • Do you prefer a shower or a bath? What time of the day? • How often do you wash your hair? • What is your morning ritual? <p style="text-align: right;"><i>Have fun</i> <i>Jessica</i></p>

Don't wait for everything to be perfect before you decide to enjoy your life
Joyce Meyer

THIS STORY NEEDS TO BE SHARED

An elderly man hurried to his 8.00am doctor appointment. He wanted to finish quickly so he could get to another appointment. The doctor asked what it was and he proudly said that every morning at 9.00am at the hospital he had breakfast with his wife. The doctor asked what her condition was and he replied that for 5 years she has had Alzheimer's and hasn't know who he is. The doctor asked why he continues is she has no idea who he is and the old man replied "because I still know who she is"

SILVER RAINBOW



Lesbian, Gay, Bisexual, Trans and Intersex (LGBTI) Education for Caregivers

Silver Rainbow is delighted with the number of bookings made for 2017. We still have some slots in April (25- 28 only), June and September. If you book in March for any of these months receive a whopping 20% discount

Email Julie.watson@affinityservices.co.nz to ask questions or book in.

SPARK OF LIFE CENTRE OF EXCELLENCE



Mercy Parklands achieved its 4th Year of certification as a *Spark of Life* Centre of Excellence on 10 February 2017. The day was marked with a session for staff in the morning presented by Jane Verity, CEO of Dementia Care Australia. A special afternoon ceremony was then held where staff and residents took part in showcasing *Spark of Life* through testimonials and presentations and Helen Delmonte, *Spark of Life* Master Practitioner and Ann Coughlan, Mercy Parklands CEO accepted a green glass sparkle for the *Spark of Life* plaque from Jane Verity.

Congratulations Helen, Ann and team.

Sexuality in aged care symposium 19 April Massey Albany

This symposium will be of interest for anyone working in residential aged care, and especially nurses, social workers, physicians, psychologists, counsellors, pastors, occupational and diversional therapists, attorneys, managers, caregivers and others working in aged and/or dementia care, and the rights of residents and patients in care.

We are delighted to welcome Joy Solomon, Esq, to Aotearoa New Zealand for a symposium on intimacy and sexuality in aged care on

Wednesday, 19 April 2017, from 9 am to 1 pm.

She is the Director and Managing Attorney at the Weinberg Center for Elder Abuse Prevention at the Hebrew Home at Riverdale, New York. The Hebrew Home is internationally known for its innovative practices and policies on intimacy and sexuality in residential aged care.

More information on Joy Solomon is available at <https://www.weinberg-center.org/> and on the Hebrew Home at <https://www.riverspringhealth.org/>

Payment: The cost to participants is \$15, or \$10 per person for groups of four or more. Registration will be essential.

This is the payment hyperlink: [click here](#)

Venue: Massey University, Albany East Precinct (opposite Albany Mega-centre on Dairy Flat Highway).

Use student parking in front of the university (see map).

Room: Quadrangle B lecture theatre 5 – follow signage. Building 9 on map of East precinct: [click here](#)

Mark Henrickson, PhD, RSW
Associate Professor
School of Social Work

**Change your
thoughts and
you change
your world.**
Norman Vincent Peale

BOUQUET



All Cantabrian readers

For once again showing your resilience dealing with the fires! Hope you are all safe and well and looking after each other.

Kapiti Retirement Trust

For being announced as a finalist in the Facility of the Year, Aging-in-Place category, in the prestigious Asia Pacific Eldercare Innovation Awards.

Mercy Parklands Hospital and Retirement Home

For achieving their 4th Spark of Life Centre of Excellence Recertification

Jelica's Link for publishing the 75th issue!

<p>The biggest communication problem is we don't listen to understand We listen to reply.</p>	<p>HAVE YOU HEARD ABOUT GREY MATTER?</p>
	<p>We'd like to introduce you to another newsletter that the Ministry of Health Library prepares.</p> <p>The Grey Matter newsletter provides monthly access to a selection of recent NGO, Think Tank, and International Government reports related to health. Information is arranged by topic, allowing readers to quickly find their areas of interest.</p> <p>If you'd like to subscribe to Grey Matter, email library@moh.govt.nz</p>
	<p>TOTAL QUALITY PROGRAMME</p>
	<p>Are you struggling with your policies and procedures? Find it difficult to keep up with all the changes? Come audit time you realise that information is not up to date?</p> <p>If the answer to the above is yes then</p> <p>Join hundreds of other aged care providers</p> <p>This totally tried and tested Quality Programme tailor-made for aged care has been around since 1990!</p> <p>All policies and procedures, including the related work forms, are written in a very user friendly manner and understandable to all staff. The programme comes on CD and you are in charge to personalise it for your facility.</p> <p>For more information and to receive the order form and licence agreement, contact me on 09 5795204, 021 311055 or 09jelica@gmail.com</p>
	<p>TRAINING SESSIONS</p>
	<p>If you need training provided on site please let me know as I am available to provide this on non clinical topics such as:</p> <p>Cultural Safety, Spirituality, Sexuality & intimacy, Privacy, Rights, Confidentiality, Choice, Communication and Documentation, Quality and Risk Management, Abuse and Neglect prevention, Restraint Minimisation and Safe Practice, Managing behaviour that challenge us, Complaints Management, Open Disclosure, EPOA, Advance Directives, Informed Consent, Resuscitation, Health and Safety, Ageing process, Mental Illness, Civil defence, dementia care, Bullying in the workplace.</p> <p>If you are looking for a topic not listed here please drop me a line.</p> <p>I am happy to facilitate different times to suit evening and night staff.</p> <p>References available on request.</p> <p><i>Jessica</i></p>

<p>You know great things are coming when everything seems to be going wrong. Old energy is clearing out for new energy to enter. Be patient!</p> <p>Idil Ahmed</p>	NEWSLETTERS BACK ISSUES	
	<p>Remember there is an alphabetical list of topics from all my newsletters available on my website which refers to the related issue. This website is available to everybody: www.jelicatips.com No password or membership required.</p> <p>I believe in having the data available to everybody as it is important that as many people as possible get the information and that we help each other as much as possible in this very challenging sector.</p> <p>I don't mind sharing this information but I don't agree anybody making financial gain from this information!</p>	
	HELP ME KEEPING THE DATABASE UP TO DATE!	
	<p>Changing positions? New email address? Let me know if your details are changing so I can keep the database up to date.</p> <p>If you know anybody else who would like to receive the newsletter please let me know and I will be happy to add them to our growing readers' base.</p> <p>Thank you all for your contribution each month.</p> <p style="text-align: right;"><i>Jessica</i></p>	

Some interesting websites:

www.careassociation.co.nz; www.eldernet.co.nz, www.insitenewspaper.co.nz, www.moh.govt.nz;
www.careerforce.org.nz, www.dementiacareaustralia.com; www.advancecareplanning.org.nz
<http://www.bpac.org.nz/Public/admin.asp?type=publication&pub=Best>, <http://www.open.hqsc.govt.nz>;
www.safefoodhandler.com; www.learnonline.health.nz; www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing; www.glasgowcomascale.org

Please note these sites are not necessarily endorsed by Jelica nor is it responsible for the contents within them.

The information contained in this publication is of a general nature and should not be relied upon as a substitute for professional advice in specific cases.

REMEMBER!

Send your feedback, suggestions and articles showcasing your local, regional and workforce activities for publication in future issues.

This brings me to the end of this issue. I hope you enjoyed reading it and welcome any feedback you have. With your help I hope to keep this a very informative newsletter with something for everyone.

CONFIDENTIALITY AND SECURITY

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- E-mail addresses in my contact list are accessible to no one but me
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Signing off for now.

Jessica

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