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**Emailed to:
1616 readers
and counting**

**Welcome to my
overseas readers**

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4 YEAR CERTIFICATION

I am very pleased to mention more facilities achieving

4 year certification

My compliments and congratulations to:

Carter Court Rest Home, Carterton
Turama House - Auckland
Catherine Lodge – Auckland

For my friends, who have an audit this month, all the best!

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.

WHATSAPP or MESSENGER

Just a reminder regarding free mobile phone services.

In case I do not return your call within 24 hours please try to contact me through Whatsapp or Messenger. If you leave me a message please give me a mobile number to call back on. When I am overseas that is what I use and answer. Of course emails will be answered as soon as possible

<https://www.whatsapp.com/download/> or <https://www.messenger.com>

If you are aware of another service that you use please let me know so that I can download that service as well. Jessica

HELPFUL HINT – CHANGE SHIFTS

Now that pay equity has started, a number of providers are looking at ways to make it work.

One easy saving can be made by changing the shifts, especially the night shift to start at midnight rather than 23.00. This prevents a number of days in lieu you have to give staff for one hour worked on a public holiday!

Every little bit helps!

If you have any other good ideas that you are willing to share please let me know. Jessica

SPOT AUDITS

Sorry but the below is now retracted as it is not agreed to by Healthcert

I am so pleased that HealthCert has taken on my suggestion to put spot audits on a hold to allow providers to deal with the Pay Equity issue.

Thank you for being sensible and understanding the pressure providers are under at this stage. Jessica

<p>I am just going to put an “out of order” sticker on my forehead and call it a day.</p>	<p>SHORT AND SWEET HEALTH TIPS</p>
	<p>Load up on vitamin C. We need at least 90 mg of vitamin C per day and the best way to get this is by eating at least five servings of fresh fruit and vegetables every day. So hit the oranges and guavas!</p> <p>Curry favour. Hot, spicy foods containing chillies or cayenne pepper trigger endorphins, the feel-good hormones. Endorphins have a powerful, almost narcotic, effect and make you feel good after exercising. But go easy on the lamb, pork and mutton and the high-fat, creamy dishes served in many Indian restaurants.</p>
	<p>NINE IMPORTANT FACTS TO REMEMBER AS WE GROW OLDER</p>
	<p>#9 Death is the number 1 killer in the world. #8 Life is sexually transmitted. #7 Good health is merely the slowest possible rate at which one can die. #6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich. #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years. #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing. #3 All of us could take a lesson from the weather. It pays no attention to criticism. #2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal. #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.</p>
	<p>SMART HEALTH (WAIKATO)</p>
	<p>SmartHealth is a free* online healthcare service that gives you a greater say in your own healthcare and lets you take control of your own health.</p> <p>SmartHealth includes HealthTap, a free online platform and mobile app which connects you with a range of health services using your smart phone, tablet device or home computer.</p> <ul style="list-style-type: none"> • Access a knowledge base of doctor-approved health information on topics, conditions, treatment and research. • Talk to a free out of hours doctor by video, voice or text chat. • Schedule an online appointment with hospital specialists without leaving your home or office, if appropriate for your condition. • Link everyone in your care team together to better manage your health. <p>SmartHealth is available to everyone covered by Waikato DHB services. If you're over 16 years old ** you can sign up online.</p> <p>Fill in the online form, take a 'selfie' and a photo of your photo ID then attach them to the form. Once your ID has been verified you will receive an email inviting you to set up your account. This typically takes one business day</p> <p>Tip: To ensure you receive the New Zealand version of the HealthTap app, wait for your invitation email before you download the app.</p> <p><i>* Usual charges will apply for people receiving services from General Practices through SmartHealth.</i> <i>**There are different processes for signing up if you are under 16 years old or lack the capacity to manage your own account, click here for more information (external link)</i></p>

	NOTPETYA ransomware
<p><i>Never lose hope. You never know what tomorrow may bring.</i></p>	<p><i>Source: CERT NZ</i></p> <p>A ransomware virus known as ‘NotPetya’ has affected computer networks using Microsoft Windows in many countries around the world. It is similar to the ‘WannaCry’ ransomware virus which spread globally last month.</p> <p>‘NotPetya’ hasn’t infected IT systems in New Zealand as yet, but that doesn’t mean we can relax. The virus has spread to systems in Australia, so it may still reach our shores.</p> <p>The virus is encrypting files blocking access to them, then demanding people pay a ransom to get access back.</p> <p>CERT NZ strongly recommend that affected parties do not pay the ransom, our understanding is that files are not being recovered, even in instances where the ransom is paid.</p> <p>So advice is <u>NOT</u> to pay the ransom.</p> <p>What you need to do</p> <ol style="list-style-type: none"> 1. It is critical all systems in your network are patched. <ul style="list-style-type: none"> • It’s particularly important to apply the MS17-010 Microsoft patch. CERT NZ recommends that you apply all security updates. • Make sure you've backed up your system and have stored your files securely outside your network. • Consider disabling SMBv1 — this is the protocol exploited by EternalBlue. It has been deprecated and may contain other vulnerabilities. • Consider disabling WMI. WMI has been reported as a propagation method for this ransomware. Disabling WMI can help mitigate the spread of infection in a network. • Consider disabling PsExec — this can help mitigate the spread of infection in a network. • The kill file is reported to be called perfc. To implement this, create a file in c:\windows called “perfc” and have it set to read-only. <p>Note: disabling SMBv1, WMI or PsExec may have some wider implications for your network.</p> <ol style="list-style-type: none"> 2. Inform your staff <u>NOT</u> to: <ul style="list-style-type: none"> · click on any attachment or hyperlink in an email unless they are expecting to receive it · insert unknown/unauthorised USBs or mobile devices into workplace computers. 3. Pass information onto your staff to prevent the potential spread of this virus. <p>Queries</p> <p>If you have any queries or concerns, get in touch with your IT provider. If your organisation does not have an IT provider, If you require more information or further support, submit a report contact 0800 CERTNZ.</p> <p><i>CERT NZ</i></p>

<p><i>"Count your age by friends, not years. Count your life by smiles, not tears."</i> John Lennon</p>	PAY EQUITY - FULLY FUNDED	
	<p>Regarding the Pay Equity settlement:</p> <p>The union has stated that "The intention of the Government is to fully fund the direct costs of the Settlement." "Employers will receive additional funding towards offsetting the additional costs imposed by the legislation." (Insite 29/6/17)</p> <p>That is an interesting statement and I don't think it reflects what providers are receiving.</p> <p>So the way I look at this is that if the union states that it is fully funded, and they should know as they are party to the settlement, then the providers should be able to invoice the MOH whenever there is a shortfall?</p> <p>See further interesting articles on the topic: https://www.newsroom.co.nz/2017/06/29/36691/pay-equity-deals-missing-millions http://insitemagazine.co.nz/2017/06/29/pay-equity-settlement-will-funding-fall-short-or-not/ </p> <p style="text-align: right;">Jessica</p>	
	Education Workshops for Activities Co-ordinators	
	<p>Are you looking for ways to help you communicate with some of your residents?</p> <div data-bbox="927 904 1474 1084" data-label="Image"> </div> <p>Silver Rainbow Education on older LGBTIQ+ (lesbian, gay, bi-sexual, transgender, intersex and gender queer people) is a three hour interactive workshop. We can come to your facility (if you have a number of people) or you can come to public workshops held in Greenlane, Auckland.</p> <p>If you are reading this out of Auckland we can look at setting up a public workshop in your area.</p> <p>Please give me a call or check out these on line: https://dpsn.net.nz/2017/03/13/dpsn-vlog-change/ https://www.youtube.com/watch?v=eJCNjlxMRhQ&feature=youtu.be </p> <p>Or contact me for a chat julie.watson@affinityservices.co.nz</p>	
	Bouquets	
	<p><i>Well really I can't do anything else then Awarding one virtual bouquet to the whole crew of Team NZ! Well done all, you made New Zealand proud.</i></p> <p><i>The second bouquet for all the providers, managers and accounts managers who have to deal with the pay equity settlement within such a short time.</i></p> <p><i>And another bouquet for all the care and support workers who from now onwards are receiving wages that are reflecting a living wage and recognition for the hard work done.</i></p> <div data-bbox="1011 1590 1465 2047" data-label="Image"> </div>	

<p><i>Dear Algebra, please stop asking us to find your X she's never coming back and don't ask Y</i></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: Please be aware that I am based in Auckland. Very happy to travel but it will add to your cost. You might be able to talk to facilities in your area to get together and share the costs.</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><i>Why yes, I do smile a little when karma pays a visit to someone who desperately deserves it.</i> Putasmileonface</p>	<p align="center">NEWSLETTERS BACK ISSUES</p>
	<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>
	<p align="center">HELP ME KEEPING THE DATABASE UP TO DATE!</p>
	<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 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

- I send this with due respect to, and awareness of, the "The Unsolicited Electronic Messages Act 2007".
- My contact list consists ONLY of e-mail addresses, I do not keep any other details unless I have developed personal contact with people or organisations in regard to provision of services etc.
- E-mail addresses in my contact list are accessible to no one but me
- Jelica Ltd uses Trend Micro antivirus protection in all aspects of e-mail sending and receiving

Signing off for now.

Jessica

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- If you do not wish to continue to receive emails from me, all you need to do is e-mail me and write "Unsubscribe". I will then remove you from my contact list (though I will be sorry to lose you from my list).
- If you know of others who you think would benefit from receiving my newsletter, please pass on my details and have them sending me an email with the subscribe request.