

**In this issue:**

- 4 year
- Special Days
- Recommended books
- Climbing the Mountain
- Cooking competition
- First rehabilitation centre
- The value of care
- Fast Snail mail
- Legislation changes
- Food plan
- Daylight saving
- Fire & Emergency: Evacuation Scheme
- Diversional therapy conference
- Silver Rainbow
- Have you heard of Grey Matter
- Training
- QA Programme
- Back issues
- Helpful websites

**Emailed to:**  
**1753 readers**  
**and counting**

**Welcome to my**  
**overseas readers**

**09jelica@gmail.com**

mobile: 021 311055

**4 YEAR CERTIFICATION**

It give me great pleasure to publish the below facilities who achieved

**4 year certification**

My compliments and congratulations to:

**Christina's Rest Home - Auckland**  
**Kumeu Village – Kumeu**  
**Atawhai Assisi Home & Hospital - Hamilton**

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

**SPECIAL DAYS IN APRIL****Jelica's Link Issue****Happy Easter**

Sunday 7th April daylight saving ends  
 Friday 19th April Good Friday  
 Monday 22<sup>nd</sup> April Easter Monday  
 Tuesday April 23<sup>rd</sup> Southland  
 Anniversary Day  
 Thursday 25<sup>th</sup> April ANZAC Day

**RECOMMENDED BOOKS**

Recommended by: **Sharon Adler**, Health of Older People Portfolio Manager

Who wrote: just finished reading it...excellent

**With the End in Mind: Dying, Death, and Wisdom in an Age of Denial** by Kathryn Mannix



<p>Butterflies can't see their wings. They can't see how truly beautiful they are, but everyone else can. People are like that as well. <i>Power of positivity</i></p>	FOR EVERYBODY WHO NEED A LITTLE REMINDER
	<p><b>The Mountain isn't going anywhere, you can climb it when you are ready:</b></p> <p>If the mountain seems too big today then climb a hill instead if the morning brings you sadness it's ok to stay in bed if the day ahead weighs heavy and your plans feel like a curse there's no shame in rearranging don't make yourself feel worse if a shower stings like needles and a bath feels like you'll drown if you haven't washed your hair for days don't throw away your crown a day is not a lifetime a rest is not defeat don't think of it as failure just a quiet, kind retreat it's ok to take a moment from an anxious, fractured mind the world will not stop turning while you get realigned the mountain will still be there when you want to try again you can climb it in your own time just love yourself till then. – Laura Ding-Edwards –</p> <p><i>PS and be thankful for those special people in your life who will not question your dishevelled arrival on their doorstep, but will just put the kettle on and move the box of tissues a little bit closer</i></p>
	COOKING COMPETITION
	<p>I have attached information about the “Senior Lifestyle Cuisine” which is the cooking competition for chefs in the aged care sector.</p> <p>It is an annual event held at the NZ Hospitality Championships in August. The organisers are looking to engage more independent facilities to take part of the competition this year. This event has attracted a lot of media attention in the past.</p> <p>Anyone who would like more information or wish to compete in the 2019 Senior Lifestyle Cuisine Competition can contact <a href="mailto:Deborah.starr@nznestle.com">Deborah.starr@nznestle.com</a></p> <p>Martin Szeko, Sector Advisor - Hospitality</p>

<p><i>Do the right thing, even if nobody is watching. It's called integrity.</i></p>	NORTH CANTERBURY'S FIRST REHABILITATION CENTRE	
	<p>The North Canterbury Rehabilitation Centre is based in Ohoka – a 24/7 facility dedicated to helping Canterbury people of all ages get back on their feet after time in hospital for surgery, an illness, or injury. We're excited to be bringing this new service to North Canterbury and assisting people to gather the strength and confidence they need to return home.</p> <p>Set in beautiful gardens amidst the peace and tranquillity of the Ohoka countryside, the North Canterbury Rehabilitation Centre will offer the perfect environment to focus on growing strong and well. Private outpatient services will also be available to provide patients with any required follow-up treatment, after they leave the Centre.</p> <p>The North Canterbury Rehabilitation Centre has been established by Hartfield Physio (Ltd), which has provided a range of rehabilitation services in North Canterbury since August 2014. Home-based physiotherapy, community exercise classes, and rehabilitation in aged residential care facilities will continue to be delivered by Hartfield Physio, which will be based at the new rehabilitation centre.</p> <p>North Canterbury Rehabilitation Centre's experienced staff includes a clinical nurse manager, registered nurses, physiotherapists, occupational therapists, a speech and language therapist, a dietitian and rehabilitation assistants.</p> <p>For further information: Ph: 03 312 6680 Email: <a href="mailto:northcanterburyrehabcentre@gmail.com">northcanterburyrehabcentre@gmail.com</a></p> <p>Lucie Hartfield, <b>Managing Director</b> BSc (hons) Physiotherapy, PGDip Physiotherapy <b>Hartfield Physio Limited</b>, North Canterbury Rehabilitation Centre</p>	
	THE VALUE OF CARE: THE 2017 PAY EQUITY SETTLEMENT	
	<p>On Thursday the 28<sup>th</sup> of March I attended the launch of the report <b>'The Value of Care: Understanding the impact of the 2017 Pay Equity Settlement on the residential aged care, home and community care and disability sectors'</b>.</p> <p>Dr Julie Douglas and Associate Professor Katherine Ravenswood conducted focus groups and interviews with managers and care and support workers to understand how the pay equity settlement affected them. <a href="#">View the report.</a></p> <p><b>A very interesting read.</b></p> <p>You can still see the live stream: <a href="https://livestream.com/aut/events/8599049">https://livestream.com/aut/events/8599049</a></p>	
	THE QUICK SNAIL MAIL	
	<p>A telco customer was overcharged. Fearing a long wait on the telephone for a company with a poor reputation for customer service, he sent them a letter because he couldn't find their email address! Some while later he received a call to resolve the problem. It all ended happily and the total investment in time was only a few minutes. Snail mail could be a quick option when dealing with large organisations who don't care about how much time you wait on the line for them and won't give you an email address.</p> <p style="text-align: right;"><i>Moore Stephens Markhams Auckland</i></p>	

*Kindness is the language which the deaf can hear and the blind can see.*  
Mark Twain

## LEGISLATION CHANGES

**The Domestic Violence Victims' Protection Act 2018** (the Act) is effective from 1 April 2019. Domestic violence has a damaging impact on victims' lives. The Act enhances legal protections for victims and recognises the harm experienced and the influence that the workplace has in helping support victims to stay in employment and find a pathway out of violence and successfully rebuild their lives.

Under the Care and Support Workers (Pay Equity) Settlement Act 2017.

**Next increment due July next.**

Employment Relations Act; **Coming into force 6 May 2019.**

## MINIMUM WAGE GOING UP

The minimum wage will increase to \$17.70 an hour on 1 April 2019 – an increase of \$1.20 per hour.

This adds up to \$708 for a 40-hour week.

The starting-out and training minimum wage rates will increase from \$13.20 to \$14.16 per hour – remaining at 80 per cent of the adult minimum wage.

The Government also set indicative rates of \$18.90 from 1 April 2020 and to \$20 from 1 April 2021. These rates will be subject to each year's annual review.

## SOME HINTS RELATING TO YOUR FOOD PLAN VERIFICATION

If you have not booked your food plan verification audit I strongly advise you to do this as soon as possible. You need to have your food plan verified within a year of your registration.

Some of the issues identified through real verification audits are:

- Thermometers not calibrated as per food plan
- Kitchen staff wearing jewellery (only wedding band allowed)
- If food left overs are being used later ensure that you follow the cooling down process. (often easier not to keep left overs)
- If you have a domestic dishwasher ensure the temperature is set on 70 degree Celsius.

This might help you to look at your kitchen to ensure that you are compliant.

It is important that you can evidence that your food plan is implemented and that you do what your food plan states you do.

Ensure that the kitchen know the food plan, have easy access to it and make themselves familiar with the requirements and the forms that need to be completed.

MPI has some helpful hints on their website.

<https://www.mpi.govt.nz/food-safety/food-act-2014/food-safety-toolkit>

## DAYLIGHT SAVING

Daylight saving ends when clocks go back by 1 hour at 3am on 7 April 2019.

<p>I've been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito, either. I hear no one recognises you there. I have however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips.</p> <p>Minions quotes</p>	<div>MAINTAINING YOUR APPROVED EVACUATION SCHEME</div>
	<div>BACKGROUND</div> <p>Every approved evacuation scheme requires regular maintenance – either completing trial evacuations or the training and assessments required by an evacuation training programme. The type and frequency of maintenance will have been selected in section 4 of your evacuation scheme application. To keep your scheme current, you must notify Fire and Emergency New Zealand each time a maintenance action is completed.</p> <p>If your approved scheme was applied for and completed online, you can complete all notification requirements electronically using our Online Services website. Automated reminder emails are set up when your scheme is approved to ensure your scheme is kept current and maintained. You can add additional email addresses to receive these reminders.</p>
	<p>An online scheme will have a reference number starting with EV, e.g. EV-2016-117711-01. Only the person who applied for the scheme can complete the online maintenance using their RealMe logon. An approved scheme can be transferred to another person's RealMe logon if needed to allow someone else to complete the ongoing maintenance for the scheme. Please contact the Fire Information Unit on 0800 347 346 or <a href="mailto:fireinfo@fireandemergency.nz">fireinfo@fireandemergency.nz</a> to discuss.</p>
	<p>If your scheme was applied for and completed manually, or if you are unable to maintain your online schemes using Online Services, you will need to complete all notification requirements using manual forms.</p>
	<p>A manual scheme will have a reference number starting with MUEV, e.g. MUEV-2018-123456-01. Older schemes up to August 2012 will have a different reference number system. All the forms needed to complete these notifications are available in the Printable Forms section of Online Services.</p> <p>Completed forms can be emailed, faxed or posted to the Fire Information Unit: email: <a href="mailto:evacuation@fireandemergency.nz">evacuation@fireandemergency.nz</a>, fax: 09 309 0483 post: Fire Information Unit Fire and Emergency New Zealand PO Box 68042 Wellesley Street Auckland 1141</p>
	<div>COMPLETING TRIAL EVACUATIONS</div> <p>If you have elected to maintain your evacuation scheme with trial evacuations, you must complete the following steps within each maintenance cycle:</p> <ul style="list-style-type: none"><li>• Run your trial evacuation – the following section outlines the key points to cover.</li><li>• Report the outcome of your trial evacuation to Fire and Emergency New Zealand no more than 10 working days after your trial evacuation has taken place.</li></ul> <p><b>Note:</b> From 1 July 2018 it is no longer a requirement to notify Fire and Emergency in writing before holding your trial evacuation.</p> <p>Your trial evacuations must be completed within the maintenance cycle in your evacuation scheme (e.g. every six months). We recommend that you plan to run your trial evacuations at least 2 – 3 weeks before the end of your maintenance cycle as this allows time in case your planned trial date has to be changed for any reason.</p> <p><b>Please note:</b> Unplanned fire evacuations (including for false alarms or actual fires) can be treated as trial evacuations for the purposes of the Fire and Emergency New Zealand (Fire Safety, Evacuation Procedures, and Evacuation Schemes) Regulations 2018 (the Regulations), provided you submit a report of the evacuation to Fire and Emergency in the required form within 10 working days. If you submit a report for an unplanned evacuation the due date for your next trial evacuation will be adjusted.</p>
	<p>Ref: Fire and Emergency</p>

## DIVERSIONAL THERAPY NATIONAL CONFERENCE



### NZSDRT Inc. National Conference, Crowne Plaza Hotel Auckland 9th, 10th & 11th August 2019

We are so pleased to announce that regardless of the many challenges that the Society has been through, we have achieved so much since taking office back in August 2018.

We want to provide a heartfelt thank you for your support this year, which allowed us to achieve multiple positive outcomes in the short time that we have been leading our Society.

We still have more to do, and your ongoing support will help us impact even more next year.

Today, we are pleased to kick off this month by sharing some exciting news!

As we announced last year, NZSDRT Inc. is on schedule for our next National Conference in August this year.

This is our premier event, with top-notch educational sessions—given by the best for our field—and ample social opportunities for Diversional and Recreational Therapists and many other health care professionals. We know so many of you are excited to learn where the event is taking place, and to start making plans, so today we are thrilled to share the location and registration details of the event.

Our conference hotel will be the Crowne Plaza in Auckland CBD.

**We hope you will join us at the Annual Conference in Auckland from August 9-11, 2019! Be fast in booking your space this year!**

*Ngā manaakitanga*  
NZSDRT Inc. National Executive Board

For all conference information and programme go to:  
[https://diversionaltherapy.net.nz/?page\\_id=5034](https://diversionaltherapy.net.nz/?page_id=5034)

## SILVER RAINBOW

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



**If you are interested please contact**

Julie on [Julie.Watson@kahuitukaha.co.nz](mailto:Julie.Watson@kahuitukaha.co.nz) to find out how you can book Silver Rainbow education for your organisation.

**"If you don't  
heal what hurt  
you, you'll  
bleed on  
people who  
didn't cut you."  
-Unknown**

<p><b>Our days are happier when we give people a bit of our heart rather than a piece of our mind.</b> The train to crazy</p>	HAVE YOU HEARD ABOUT GREY MATTER?
	<p>We'd like to introduce you to another newsletter that the Ministry of Health Library prepares.</p> <p>The <a href="#">Grey Matter</a> 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 <a href="mailto:library@moh.govt.nz">library@moh.govt.nz</a></p>
	TOTAL QUALITY PROGRAMME
	<p><b>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?</b></p> <p>If the answer to the above is yes then</p> <p><b><a href="#">Join hundreds of other aged care providers</a></b></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.</p> <p>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 <a href="mailto:09jelica@gmail.com">09jelica@gmail.com</a></p>
	TRAINING SESSIONS
	<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>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 &amp; 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>

<i>I really don't mind getting older, but my body is taking it badly</i>	<b>NEWSLETTERS BACK ISSUES</b>
	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: <a href="http://www.jelicatips.com">www.jelicatips.com</a> No password or membership required.
	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. I don't mind sharing this information but I don't agree anybody making financial gain from this information!
	<b>HELP ME KEEPING THE DATABASE UP TO DATE!</b>
	Changing positions? New email address? Let me know if your details are changing so I can keep the database up to date. 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. Thank you all for your contribution each month. <i>Jessica</i>

#### Some interesting websites:

[www.careassociation.co.nz](http://www.careassociation.co.nz); [www.eldernet.co.nz](http://www.eldernet.co.nz), [www.insitenewspaper.co.nz](http://www.insitenewspaper.co.nz), [www.moh.govt.nz](http://www.moh.govt.nz);  
[www.careerforce.org.nz](http://www.careerforce.org.nz), [www.dementiacareaustralia.com](http://www.dementiacareaustralia.com); [www.advancecareplanning.org.nz](http://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](http://www.safefoodhandler.com); [www.learnonline.health.nz](http://www.learnonline.health.nz); [www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing](http://www.nutritionfoundation.org.nz/about-nznf/Healthy-Ageing);  
[www.glasgowcomascale.org](http://www.glasgowcomascale.org); <https://www.health.govt.nz/our-work/disability-services/disability-publications/disability-support-services-newsletter>

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 antivirus protection in all aspects of e-mail sending and receiving

Signing off for this month!!

*Jessica*

#### SUBSCRIBE OR UNSUBSCRIBE

- 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.