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## CONGRATULATIONS

I am very pleased to congratulate

**Royal Oak Rest Home**  
for achieving

**4 year certification 2 times in a row!**

My compliments and congratulations to Annette Wright and her team.

*If you are one of the very few achieving this then please let me know as it deserves a special place and recognition!*

## HAVE A GREAT CHRISTMAS AND THE BEST WISHES FOR 2013

It seems that Christmas time is here once again, and it is almost time to bring in the New Year. We wish the merriest of Christmas to you and your loved ones.

Here's a toast to the future, A toast to the past,  
And a toast to our friends, far and near. May the future be pleasant; The past a bright dream;  
May our friends remain faithful and dear.



**WISHING YOU ALL A VERY HAPPY AND HEALTHY  
NEW YEAR.**

## RELATIVES DATABASE

To ensure that you stay in touch with resident's relatives on a regular basis it might be an idea to develop an email database. This can especially be helpful when it is difficult to reach relatives or when they are overseas. It is not always easy to contact relatives and it sometimes takes a lot of time and can eventually be forgotten.

A quick email ensures that the relative is informed and can call back or decide that the information received is sufficient.

Your newsletter can be emailed to relatives and so can invitations or results of satisfaction surveys.

Even if you have spoken with relatives it might sometimes be a good idea to follow up with an email.

This also provides you with evidence that relatives have been informed. It should not be used to replace verbal contact but it could be a good support. You can establish from relatives what they like to receive by email and what by phone. It opens up another way of communication. Just an idea!

*Jessica*

<p>The positive thinker sees the invisible, feels the intangible, and achieves the impossible.</p>	<p><b>ADVICE TO RELATIVES</b></p>
	<p>It is not always easy to get relatives involved in care planning. The reason for this could be that they are not sure what is expected from them. Following some advice you could give relatives who are the resident's NOK and who you would like to be involved.</p> <p><b>If you are invited to have input in your relative's care plan.</b>          Make a list with questions, concerns, and observations that you would like to discuss.          Ask what the current care plan states (if there is one already)          Being involved in care plan development is your opportunity to ensure that all of your relative's medical and non-medical needs have been identified and are being addressed in satisfactory ways.          You should be ensured that strategies are put in place to provide the best possible cares suitable for your relative as assessed by a health professional. Remembering that this not always means that everything will be done for your relative as at times the registered nurse might explain to you that it is in your relative's best interest to maintain a level of independence.          Ask for explanations and the reason behind some of these decisions and make sure you and your relative understand them.</p> <p>It is important to remember that you are talking on behalf of your loved one and what is good for them.          Remember that residents have the right to choose and refuse any form of care or treatment offered to them.          Staff will understand when you ask questions and voice your concerns, as they have your family member's best interests at heart.          Questions can be raised and issues can be addressed in mutually respectful, positive, and productive ways.          Good communication between all parties will prevent miss-understandings and unnecessary stress.          Use this opportunity to provide the staff with important background information that will improve the quality of care that your loved one receives.          It is in everybody's interest to ensure that the care provided is individualised, so resident's needs and preferences are important bits of information.          For example, if your relative always had their shower after dinner, than staff need to know this so it can become part of the individualised care plan.          When making specific requests, be prepared to explain how the change or adjustment will be of benefit to the resident and improve their quality of life.</p> <p><b>Questions you could ask:</b>          Are there any changes since the last care plan review? If so why are there these changes? (this can be changes to health, functional status, or behaviours)          Is your relative participating in activities or social events?          Are they still enjoying their food? Has there been a change in weight?          Are glasses and hearing aids still in good repair?          Are there any changes needed in the care plan that the nurses recommend and why?</p> <p>Be assured that we want what is best for your loved one and to achieve this we need a good working relationship and an open and honest dialogue with the people that have known the resident for a very long time. If staff know the background and history of your loved one it might help them to understand needs and behaviours a lot better.</p> <p>If you have any questions please never hesitate to ask or bring concerns to our attention.</p> <p style="text-align: right;"><i>Jessica</i></p>

## WHAT IS ADVANCE CARE PLANNING?

ACP is a process of discussion and shared planning for future health care. It **involves people, family/whanau and health care professionals**.

The discussions give people the opportunity to develop and express their preferences for end of life care based on:

- their personal views, values and beliefs
- a better understanding of their current and likely future health
- treatment and care options available.

Advance Care Planning is a journey of thinking, talking and planning.

The outcome of this process is an Advance Care Plan where you set out in writing what is important to you.

Advance Care Planning is a voluntary process, the pace and content of the conversations is determined by the person. Receiving information so that you can effectively participate in medical decision making processes now and in the future is an important element of advance care planning.

Advance Care Planning is for everyone. Some of us want to plan for the worst case scenario (i.e. sudden health crisis), some of us choose to plan because we have a life threatening illness or long term condition and some of us choose not to plan at all. The conversation with family/whanau is an important aspect.

Advance Care Planning is often seen as a gift to loved ones, the gift of knowing what we want.

The Advance Care Plan can be changed at any time. People's given situations and health conditions change so therefore it is important that the plan is reviewed.

We are all going to die and thinking about this is not always easy. We do know however that thinking about death, talking about dying and planning for the final parts of the journey reduces anxiety and releases you to get on with living.

Up to half of us are not in a position to make our own decisions when we are near death. Our families and health professionals have a significant chance of not knowing our views without discussion.

ACP information leaflets and plans can be downloaded from [www.careplanning.org.nz](http://www.careplanning.org.nz)

## ADVANCE CARE PLANNING AWARENESS

Every year the National Advance Care Planning Cooperative likes to gauge the increase in Advance Care Planning awareness and activity across the country. We use this information to share with the Cooperative membership and to validate the ongoing work of the Cooperative. We would like to present back the findings from this years survey in December.

We would like to ask you to do 2 things to help us with this for 2012:

1. Forward this email to other organisations/groups you believe are thinking of or doing something about ACP, or should be.
2. Complete the short survey about your organisation/group by clicking on the link below (should not take more than a few minutes):


<http://www.surveymonkey.com/s/8V8QR8G>

Leigh Manson Programme Manager Concord & Advance Care Planning

I will fill myself  
with love and share  
it with the world,  
how others treat  
me is their Karma,  
their path, how I  
respond is mine

<p>What do you call people who are afraid of Santa?</p> <p>Claustrophobic.</p>	<p><b>NATIONAL DEMENTIA COOPERATIVE UPDATE NOVEMBER 2012</b></p>
	<ul style="list-style-type: none"> <li>■ <i>Talking about Dementia - A New Zealand English Language Resource</i> has now been completed, incorporating feedback from many. The resource will be launched by the Workforce Development Action Group at the Christchurch forum on 19 November 2012.</li> <li>■ Development of the National Dementia Care Pathways Framework is progressing well. The structure headings cover the journey through the illness, and will help guide service development and service provision.</li> <li>■ The Research Action Group will present their proposed action plan on 19 November. This plan is informed by the knowledge exchange workshop held earlier this year, and the survey that was completed by 146 NDC members representing all 20 DHB districts and many service types.</li> <li>■ A National Declaration for Action on Dementia has been drafted by the Advocacy Action Group, based on the one developed in England <a href="http://dementiaaction.org.uk/downloads/file/1/national_dementia_declaration">http://dementiaaction.org.uk/downloads/file/1/national_dementia_declaration</a>. Our group would like to include statements from New Zealanders who are living with dementia. We will also be seeking signatories.</li> <li>■ Steering group members and action group representatives are meeting on 7 December to review this year's achievements and plan for next year.</li> <li>■ The NDC National Coordinator will be moving to live in Christchurch from mid-December 2012. Thanks to technology, all other contact details will remain the same</li> </ul>
	<p><b>PHYSICAL ACTIVITY REDUCES RISK OF DEMENTIA!</b></p>
	<p>Regular physical activity reduces risk of dementia in older people. American Heart Association news release, via Eurekalert [American Association for the Advancement of Science], Nov. 1, 2012. Study Highlights:</p> <ul style="list-style-type: none"> <li>• Physical activity significantly reduces the risk of dementia in older people.</li> <li>• The effect of physical activity remained regardless of age, education or history of stroke or diabetes.</li> <li>• Thirty minutes of physical activity three times a week had a significant impact on brain health.</li> </ul> <p>For more details follow the link <a href="http://newsroom.heart.org/pr/aha/prv-regular-physical-activity-reduces-240181.aspx">http://newsroom.heart.org/pr/aha/prv-regular-physical-activity-reduces-240181.aspx</a></p> <p>Marja Steur, National Coordinator National Dementia Cooperative.</p>
	<p><b>JOIN THE NATIONAL DEMENTIA COOPERATIVE</b></p>
<p><b>This is a great way to stay up to date regarding the latest news. A couple of steps and you are connected.</b></p> <p>Go to <a href="http://ndc.hiirc.org.nz">http://ndc.hiirc.org.nz</a></p> <p>You have the option to register ('Sign in' link at the top of every page). Advantages of signing up: you will be able to subscribe to receive an email when content is added. Ask questions or participate in discussions, and add content, such as resources and links.</p>	

<p><b>Your Merry Christmas may depend on what others do for you. But your Happy New Year depends on what you do for others.</b></p>	<p><b>NETWORK ACTION GROUP</b></p>
	<p>I am pleased to invite you to attend the first meeting of the newly created Dementia Community Network, an initiative from the Network Action Group, a sub group of the National Dementia Cooperative.  This first meeting will be held at Elder Family Matters, level 1, 60 Ghuznee St, Wellington on Thursday, 6 December. The meeting begins at 12.30pm and finishes at 2.00pm. (the last half hour will be a mix and mingle opportunity). Please bring your own lunch.</p> <p>Please email <a href="mailto:emma@elderfamilymatters.co.nz">emma@elderfamilymatters.co.nz</a> to indicate whether you are able to attend.  Anne Schumacher, Area Manager Healthcare of New Zealand Limited</p>
	<p><b>HELPFUL HOLIDAY DIET TIPS</b></p>
	<ol style="list-style-type: none"> <li>1. If no one sees you eat it, it has no calories</li> <li>2. If you drink a diet soda with a candy bar, they cancel each other out</li> <li>3. If you eat standing up, it doesn't count!</li> <li>4. STRESSED is just DESSERTS spelled backwards</li> <li>5. If you eat the food off someone else's plate, it doesn't count</li> <li>6. Cookie pieces contain no calories because the process of breakage cause calorie leakage</li> <li>7. Food used for medicinal purposes have no calories. This includes: any chocolate used for energy, brandy, and cheesecake</li> <li>8. When eating with someone else, calories don't count if you both eat the same amount</li> <li>9. Movie-related foods are much lower in calories simply because they are a part of the entertainment experience and not part of one's personal fuel.</li> </ol> <p style="text-align: right;">Ref: The Jokes</p>
	<p><b>DATES TO REMEMBER</b></p>
<p><b>AGED CARE MARKET</b></p>	
<p>If you wish to close off the year in a relax manner than this aged care market is a must.</p> <p>When: Monday 10th of December from 1000am-1400pm  Where: Ellerslie War Memorial Hall, 138 Main Highway Ellerslie, Auckland.  Parking: Behind the hall. From the Main Highway turn into Arthur Street and then follow signage.</p> <p>A number of suppliers will show-case their products.</p> <p>This will be an opportunity to network, share experiences, and catch up with like minded people.</p>	

<b>RELAY FOR LIFE</b>	
<p><i>“We warmly welcome you to this unique community event. Take up the challenge and the baton. Support a team and join us for this fun and special event that is Relay For Life.”</i></p> 	<p>Relay For Life is not a race – it’s a celebration and awareness raising event for cancer survivors, their carers, whānau and friends. Relay is a wonderful source of inspiration for thousands of people year after year. Resourced by volunteers and supported by many community-minded businesses, Relay For Life unites the community in the fight against cancer.</p> <p><b>Here's How it Works</b></p> <ul style="list-style-type: none"> <li>• Relay teams consist of ten members or more. A Team Captain is elected, sometimes with a Co-Captain working alongside them.</li> <li>• A team name and theme is selected.</li> <li>• Team members submit a registration fee which will vary according to where the event is being held. This registration fee helps to cover the cost of Relay T-shirts, participant kits and breakfast on Sunday morning.</li> <li>• Teams are encouraged to set a fundraising goal and raise between \$100-\$200 per team member. Fundraising is completed prior to the event and can be achieved either individually or as a team. All funds banked are credited to the team total so that each team can track its success.</li> <li>• At least one team member should be on the track at all times. There are no rules about how fast your baton should move around the track, just keep it moving!</li> <li>• Participants can camp overnight and stay for the whole event or just visit and do a few laps</li> </ul> <p>For RELAY FOR LIFE events throughout New Zealand please check the website <a href="http://www.relayforlife.org.nz/event/event">http://www.relayforlife.org.nz/event/event</a></p>

**Some interesting websites:**

- [www.eldernet.co.nz](http://www.eldernet.co.nz),
- [www.insitene newspaper.co.nz](http://www.insitene newspaper.co.nz),
- [www.moh.govt.nz](http://www.moh.govt.nz);
- [www.dementiacareaustralia.com](http://www.dementiacareaustralia.com);

<http://www.bpac.org.nz/Public/admin.asp?type=publication&pub=Best>

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

**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.

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.