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**Emailed to:
1737 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:

Bupa Cashmere View - Christchurch

Parkwood Lodge - Waikanae

Nurse Maude Hospital – Christchurch

Turama House Rest Home - Auckland

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

INSPIRATIONAL CHRISTMAS STORY**The Christmas Truce by David G. Stratman From his book We Can Change the World**

It was December 25, 1914, only 5 months into World War I. German, British, and French soldiers, already sick and tired of the senseless killing, disobeyed their superiors and fraternized with "the enemy" along two-thirds of the Western Front (a crime punishable by death in times of war). German troops held Christmas trees up out of the trenches with signs, "Merry Christmas."

"You no shoot, we no shoot." Thousands of troops streamed across a no-man's land strewn with rotting corpses. They sang Christmas carols, exchanged photographs of loved ones back home, shared rations, played football, even roasted some pigs. **Soldiers embraced men they had been trying to kill a few short hours before. They agreed to warn each other if the top brass forced them to fire their weapons, and to aim high.**

A shudder ran through the high command on either side. Here was disaster in the making: soldiers declaring their brotherhood with each other and refusing to fight. Generals on both sides declared this spontaneous peacemaking to be treasonous and subject to court martial. By March 1915 the fraternization movement had been eradicated and the killing machine put back in full operation. By the time of the armistice in 1918, fifteen million would be slaughtered.

Not many people have heard the story of the Christmas Truce. On Christmas Day, 1988, a story in the *Boston Globe* mentioned that a local FM radio host played "Christmas in the Trenches," a ballad about the Christmas Truce, several times and was startled by the effect.

The song became the most requested recording during the holidays in Boston on several FM stations. "Even more startling than the number of requests I get is the reaction to the ballad afterward by callers who hadn't heard it before," said the radio host. "They telephone me deeply moved, sometimes in tears, asking, 'What the hell did I just hear?'"

You can probably guess why the callers were in tears. The Christmas Truce story goes against most of what we have been taught about people. It gives us a glimpse of the world as we wish it could be and says, "This really happened once." It reminds us of those thoughts we keep hidden away, out of range of the TV and newspaper stories that tell us how trivial and mean human life is. It is like hearing that our deepest wishes really are true: the world really could be different.

Have a wonderful Christmas

CHRISTMAS ACTIVITIES

Christmas is always a fun time of year and always looked forward to. Festive sights, sounds and smells that aren't around the rest of the year.

You're looking for new and interesting Christmas Activities to do with your residents then here are a few ideas.

My personal favourites:

Take residents out during the evening for a van ride to enjoy the many houses decorated with Christmas lights.

Ask residents to talk about their memories of Christmas. How did they celebrate Christmas when they were young and with their own family? Specific traditions etc.

CRAFTS

CD Sun catcher

Glue two old cd's together with Christmas ribbon or beaded thread running through the middle, then using glue that dries clear add a ring of small flat beads around the outside. You can make this as simple or difficult as you wish. Hang on a tree or by a window and watch it sparkle!

This does not have to be only a Christmas sun catcher. It works well throughout the year

GAMES

GUESS THE CHRISTMAS COOKIE

Have the resident's bake a few different batches of cookies: chocolate chip, oatmeal raisin, and chocolate are some ideas. Be sure to have plenty for everyone! When the game begins, have a holiday tin can to hide a cookie in. Without the resident's seeing, place a cookie in the tin can and have a blindfolded resident smell the cookie to see if they can guess what it is. Make sure someone is keeping score! If they can't guess by smell, taste is the last try! Each resident should be able to eat their game cookie!

GUESSING GAME: CHRISTMAS CANDY JAR

Using a holiday plastic cookie or candy jar (inexpensive from a dollar store), fill it with some colourful holiday goodies like holiday coloured M&Ms, peppermints, gum drops, etc. Display the jar wherever the party is going to be held and add a sign that the resident's can decorate explaining the game.

"Guess how many candies are in this jar, and win it!"

ANTLER GAME

First make 2-4 teams

Then give each team a pair of pantyhose and one/two balloons to each person on the team. Each team should have eight balloons. When you say "go", the teams will try to make reindeer antlers by blowing up the balloons and then stuffing them into the pantyhose. Then one team member wears the "antlers" and sings the first verse of "Rudolph, the red nose reindeer"

The first one to do this wins for their team.

Have fun and thank you all for making Christmas special for your residents



**Do everything
with a good
heart and
expect nothing
in return, and
you will never
be
disappointed.**

Lessonslearnedinlife

<p>What if today we were just grateful for everything?</p>	THE FIGHT AGAINST ANTIMICROBIAL RESISTANCE
	<p>Antimicrobial resistance is a growing global issue. Calls for a coordinated effort to slow the development of antimicrobial resistance have grown over recent years. International organisations have increased their focus and leadership on the issue and, global leaders are committed to fighting antimicrobial resistance in a multisectoral way.</p> <p>Research shows that the global growth of antimicrobial resistance is undermining the effectiveness of antibiotics</p> <p>In New Zealand, the Ministry for Primary Industries and the Ministry of Health are working to minimise its impact on plant, animal and human health. The New Zealand Antimicrobial Resistance Action Plan was announced at the recent 70th World Health Assembly.</p> <p>This action plan was developed collaboratively with stakeholders from across the human, animal and agriculture sectors in New Zealand to address areas identified as needing action. It has five key objectives, aligned with the World Health Organization Global Action Plan.</p> <p>The action plan builds on the successful work already under way in New Zealand and sets out activities to be undertaken over a five-year period.</p> <p>The five key objectives include improved awareness, understanding, surveillance, stewardship, as well as prevention and control measures. These efforts will reduce resistance, and keep antimicrobials available and effective to manage diseases when needed in the future.</p> <p>"Antibiotics are a precious resource. These medicines are essential for treating bacterial infections in humans and animals. There are very few new types of antibiotics being developed, which is why it is important that those we have are used wisely and ensure these life-saving medicines continue to stay effective. We need to make sure they are used properly," says MPI's director of assurance, Allan Kinsella.</p> <p>"Last year, New Zealand began implementing a 5-year antimicrobial resistance action plan to minimise the impact of antimicrobial resistance to human, animal and plant health. This is part of a global response. The Ministry of Health and MPI are working with a wide range of groups and organisations to implement the plan.</p> <p>"Like humans, animals sometimes need antibiotics to fight off bacterial infections. Without antibiotics, animal welfare and health would be severely impacted. Inappropriate use of antibiotics can lead to resistant bacteria that cause disease in both animals and plants, and potentially in humans via contact with infected animals or contaminated food.</p> <p>"Everyone has a part to play in reducing antibiotic resistance. It is important we use antibiotics the right way, at the right dose, at the right time, for the right duration. By using antibiotics carefully, bacteria are less likely to become resistant to them," says Mr Kinsella. <i>Ref: MPI</i></p>
	SOME MORE HANDY HINTS
	<p>Brittle nails: To avoid, massage cod liver oil, which is rich in vitamin A, into cuticles and nails. After 3 months, nails will be stronger and cuticles smoother</p> <p>Celery: Prevent celery from wilting by wrapping it in foil before putting it in the refrigerator, and it will keep for weeks</p>

<p>Good energy is contagious pass it on!!. Hippie souls</p>	ARE YOU PREPARED FOR AN EMERGENCY?
	<p>Under the Health and Safety at Work Act 2015 (HSWA) and supporting regulations every workplace needs to have an emergency plan in place. Your plan must include:</p> <ul style="list-style-type: none"> processes for evacuating staff processes for notifying emergency services information about how people will get medical treatment and assistance how staff will be communicated with and by whom. <p>If your workplace has hazardous substances you may also need other things in place depending on the hazardous properties of the substances stored and the amounts you have onsite. For example, you might need fire extinguishers or an emergency response plan in place.</p> <p>You can use the Hazardous Substances Calculator to work out how many fire extinguishers are needed and if you need an emergency response plan.</p> <p>Contents of your plan</p> <p>If you are required to have an emergency response plan it must cover all of the likely emergencies that could involve your hazardous substances and who will do what in the event of an emergency. You need to plan how you will warn people at the workplace and nearby about the emergency and what you will do to limit its effects to prevent it from becoming more dangerous. This plan needs to be tested every year</p> <p style="text-align: right;"><i>Ref: Worksafe</i></p>
	HOW TO RECOGNISE A PHISHING EMAIL
	<p>Almost daily another online scam robs someone of their life savings. Some handy tips and reminders to improve your online security.</p> <p>Stop and think. Is this for real?</p> <p>If you receive a call, email or text message you're not sure about 'Stop and think. Is this for real?'</p> <p>Think before you click</p> <p>Phishing is a type of email scam where the sender pretends to be a trustworthy organisation - like a bank or well-known organisation - in an attempt to get you to provide them with personal information, particularly financial details. So what should you do if you think you've been sent a phishing email?</p> <p>How to spot a fake</p> <p>Remember any reputable organisations will never:</p> <ul style="list-style-type: none"> •ask you for your banking PINs, passwords or security codes •send you a link to login to your internet banking (always type the URL into your browser) •ask you to download any software onto your computer •ask you to give remote access to your computer. <p>If you're asked for any of the above, it could be a scam, so be wary.</p> <p>Make your password a phrase</p> <p>Sentences make the best passwords because they're easy to remember. A string of four or more words is just as strong as a 10 character password that uses a mix of numbers, letters and symbols.</p> <p>Be careful and remember to "think" before you "click"</p>

MORE FROM OUTRAGEOUS AGEING NEW ZEALAND

Miriam Margolyes OBE, in an Interview with the Guardian Newspaper: The outspoken actress wants to break open a conspiracy of silence about ageing “No one tells you what old age is like . I don’t care about raising hell. “

Recently diagnosed with osteoporosis, she has now decided to use that gift for forthright observation to highlight the realities of ageing. “Nobody tells you that old age is going to be shitty,” she says simply. “It’s a kind of conspiracy.” Margolyes believes we need to be more open about the painful and often embarrassing physical ailments that afflict people in old age.

For example, since an operation to remove a kidney stone, she has begun to suffer from stress incontinence – a problem she treats with black humour and fury. “I have to be near a toilet because if I cough or sneeze, I can piss myself. I think it’s common among people my age, but nobody ever talks about it. I’ve got to talk about it. It’s on my mind.”

She recalls going for a walk across Hampstead Heath in London and suddenly realising she needed the toilet. “I knocked on a door and I said I’m terribly sorry but I’m going to ask to have a shit in your toilet, is that all right? The owner looked at me for a minute and then said: I think I recognise you, are you Miriam Margolyes? I said: Yes, I am ... does that make it better or worse?”

Miriam is also the Ambassador for “Age UK, Love Later Life “ which has a LGBTI Resources Guide called Safe To Be Me which offers practical advice on providing the kind of service in which older lesbian, gay, bisexual or transgender (LGBT) people can feel safe to be themselves. LGBT people can feel safe to be themselves. As well as the bigger issues, it stresses that it is often the simple things that make a difference – being aware, using inclusive language, not making assumptions. I hope it will be widely used.’ Miriam, Age UK Ambassador, Introduction Can you imagine what it would be like to... • Spend your childhood feeling different but not knowing why?

- Talk about a romantic weekend without ever mentioning your partner’s name or gender

‘How important it is for all of us that the services we depend on feel safe and welcoming. Unfortunately, for many older people who are lesbian, gay, bisexual or transgender, living through far less enlightened times has meant it is all too easy to expect the worst. This guide offers practical advice on being the kind of service in which older LGBT people can feel safe to be themselves. As well as the bigger issues, it stresses that it is often the simple things that make a difference – being aware, using inclusive language, not making assumptions. I hope it will be widely used.’

The amazing internet allows all of us to find and use learning tools like “Safe to be me “to enhance the lives of all those in the Rainbow Community who are looking for an Aged Care facility that will allow them to be exactly that. Themselves. Two minutes will be all it takes to find it and download it.

Malcolm Angus, OAR Dunedin FM

Ref: The Guardian and the Observer

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 to find out how you can book Silver Rainbow education for your organisation.

A simple good morning, have a great day or I love you, goes a long way... So I’m sending you all three.
Funny Club

<p>If you don't do stupid things when you are young, you'll have nothing to laugh about when you are old.</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.</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 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>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>You owe yourself the love that you so freely give others. developgoodhabits</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 antivirus protection in all aspects of e-mail sending and receiving

Signing off for the last time in 2018. Hope to see you back in 2019!!

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.