

December 2017

Jelica's Link

Issue 84

An independent newsletter for people interested in Aged Care

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**Emailed to:
1653 readers
and counting**

**Welcome to my
overseas readers**

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**1/3 Price Crescent
Mt Wellington
Auckland 1060**

4 YEAR CERTIFICATION

I am very pleased to mention more facilities achieving

4 year certification

My compliments and congratulations to:

Keringle Park – Papakura

Dutch Village Ons Dorp Care Centre – Auckland

Epsom South Retirement Home - 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.

CHRISTMAS

Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life
Each day a sweet surprise

Mix in fond appreciation
For the people whom we know
Like festive Christmas candles
Each one with a special glow

Add some giggles and some laughter
A dash of Christmas food
Amazing how a pavlova slice
Improves our attitude

Stir it all with human kindness
Wrap it up in love and peace
Decorate with optimism, and
Our joy will never cease

If we use this healthy recipe
We know we will remember
To be in the Christmas spirit
Even when it's not December



POI PROJECT (Palliative Outcomes Initiative)

Poi is an initiative by the Hospices of Auckland to help general practice and residential care deliver the best possible quality of life for patients and their family/whanau during a person's final months.

General practice and residential care joining Poi will build skills and confidence in palliative care. Poi enables:

- Consistent identification of people with palliative needs
- Payments for the development of a simple palliative plan with patient and whanau
- Discussion with a specialist hospice team
- Improved linkage to community support for your patient
- Opportunities to access coaching and support packages to build palliative care skills.

A palliative plan is the first step to improve palliative care and outcomes

We are pleased and delighted to advise you that the Poi website is now active!

Key points to note:

1. Website address - www.poiproject.org.nz
2. The PPA on line form has been aligned to a PDF template on the website that can also be downloaded if you would like to print off a hard copy
3. Final versions of key communication sheets are on the website: Given our CQI approach these will be reviewed again in 3 months.
 - Overview of Poi
 - Poi PPA process
 - MDT in-reach
 - Poi Link Nurse programme
 - Frequently asked questions.
4. All local Hospice "[Poiadmin@....](mailto:Poiadmin@...)" email addresses are now active, and notifications will be sent to the appropriate Hospice when a PPA has been completed and submitted online. Local addresses are confirmed as:
 - Franklin Poiadmin@franklinhospice.org.nz
 - Totara Poiadmin@hospice.co.nz
 - Mercy Poiadmin@mercyhospice.org.nz
 - Hospice West Poiadmin@hwa.org.nz
 - North Shore, Hibiscus, Warkworth & Wellsford Poiadmin@hospicenorthshore.org.nz

It's really important and necessary that this website is the "single source of truth" as this is how we will continue to manage document and version control. If you have been working off previous draft versions of information overviews/PPA forms, **please make these obsolete and delete any previous draft copies** you may have been using. It is important the information on the website is viewed as the current and final documents.

As part of our CQI process, we expect there will be minor changes to the website/information as the programme is embedded, and will welcome feedback so we can make adjustments on a monthly basis.

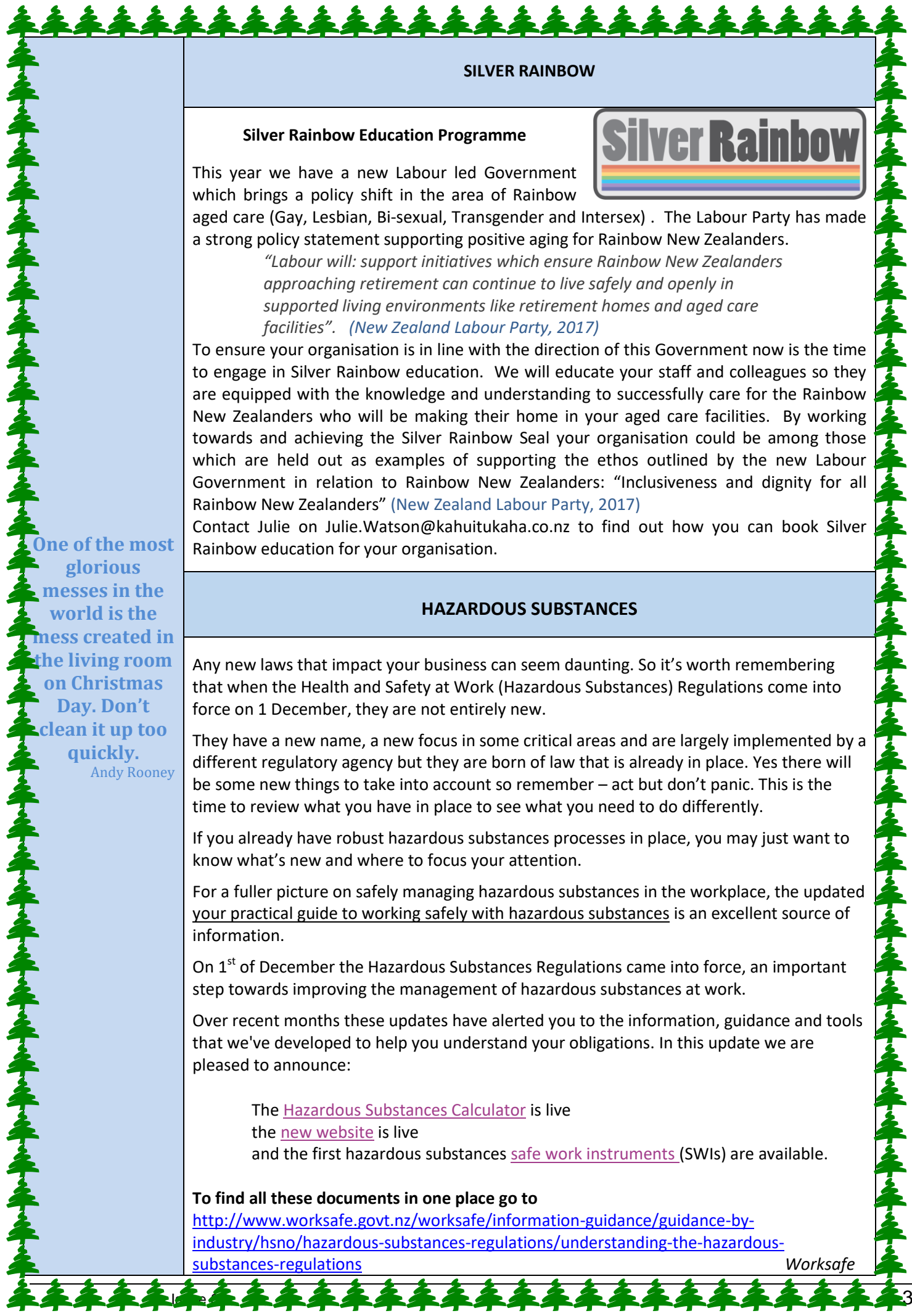
Many thanks to all who have helped to get us to this point and for your valuable feedback to date.

We really look forward to working with you on this exciting new collaborative and making a positive difference in the lives of patients and their families

Kind regards, Deirdre, Programme Manager – Palliative Outcomes Initiative

Christmas is a
stocking
stuffed with
sugary
goodness

Mo Rocca



SILVER RAINBOW

Silver Rainbow Education Programme



This year we have a new Labour led Government which brings a policy shift in the area of Rainbow aged care (Gay, Lesbian, Bi-sexual, Transgender and Intersex) . The Labour Party has made a strong policy statement supporting positive aging for Rainbow New Zealanders.

“Labour will: support initiatives which ensure Rainbow New Zealanders approaching retirement can continue to live safely and openly in supported living environments like retirement homes and aged care facilities”. (New Zealand Labour Party, 2017)

To ensure your organisation is in line with the direction of this Government now is the time to engage in Silver Rainbow education. We will educate your staff and colleagues so they are equipped with the knowledge and understanding to successfully care for the Rainbow New Zealanders who will be making their home in your aged care facilities. By working towards and achieving the Silver Rainbow Seal your organisation could be among those which are held out as examples of supporting the ethos outlined by the new Labour Government in relation to Rainbow New Zealanders: “Inclusiveness and dignity for all Rainbow New Zealanders” (New Zealand Labour Party, 2017)

Contact Julie on Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.

HAZARDOUS SUBSTANCES

Any new laws that impact your business can seem daunting. So it’s worth remembering that when the Health and Safety at Work (Hazardous Substances) Regulations come into force on 1 December, they are not entirely new.

They have a new name, a new focus in some critical areas and are largely implemented by a different regulatory agency but they are born of law that is already in place. Yes there will be some new things to take into account so remember – act but don’t panic. This is the time to review what you have in place to see what you need to do differently.

If you already have robust hazardous substances processes in place, you may just want to know what’s new and where to focus your attention.

For a fuller picture on safely managing hazardous substances in the workplace, the updated [your practical guide to working safely with hazardous substances](#) is an excellent source of information.

On 1st of December the Hazardous Substances Regulations came into force, an important step towards improving the management of hazardous substances at work.

Over recent months these updates have alerted you to the information, guidance and tools that we’ve developed to help you understand your obligations. In this update we are pleased to announce:

The [Hazardous Substances Calculator](#) is live
the [new website](#) is live
and the first hazardous substances [safe work instruments](#) (SWIs) are available.

To find all these documents in one place go to
<http://www.worksafe.govt.nz/worksafe/information-guidance/guidance-by-industry/hsno/hazardous-substances-regulations/understanding-the-hazardous-substances-regulations>

Worksafe

One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don’t clean it up too quickly.
Andy Rooney

CHILDREN VISITORS

Have you ever imagined what it is like for children when they visit a rest home/hospital? And I don't mean the schools or play groups that visit. This is often a special project organised and supervised by group leaders etc. and there will be things to do for the children.

No I mean the children that come with mum and dad to visit grandma or grandpa in an aged care facility?

Are they visiting and the child is expected to sit still and be good little ones that can be seen but not heard? (The poor things.)

Could it possibly be the reason that some residents might not have visitors because the little ones don't like it or they are playing up out of boredom?

Have you thought of maybe develop a children's corner with some toys where they can safely play without disturbing others or creating hazards?

Why not give it a go and start with something as simple as a box with toys.

If you have a creative activities staff and a handy maintenance person they could create something themselves.

Toy Planters

These planters for instance. Instead of putting them on the wall to hold greenery and flowers, how about you put them on the wall to hold toys? You just paint them in a colourful colour. They'll perfectly hold books, stuffed animals, larger dolls, and just all sorts of toys and things.



Toy Chest

This DIY toy chest also doubles as a toy, which is the best kind of toy box. You build it to look like a little house or garage so girls will use it like a dollhouse and boys can use it to play with their cars and trucks. Plus, it holds all those toys so they'll have everything that they need for playtime and when they're finished, they just put everything back into their little play box and put it away. It's lightweight so they can tote it around if they want and the best part is they can help you to decorate it so they'll love it even more.



Don't let your imagination stop you.

There are many ideas out there. Try to get families with children involved and come up with ideas. They might even get so excited that they gift you some toys as well.

And isn't it the best outcome that residents have visitors and enjoy watching the children play.

Christmas is
doing a little
something
extra for
someone.
Betsy arrell

Jessica

YOUR CHRISTMAS DINNER

Is Turkey better for you than chicken?

A 1-lb. serving of skinless, boneless **chicken** breast contains 135 calories per serving, which is 12 calories higher **than** the same serving of **turkey**. The ratio of protein to fat is also slightly lower **than turkey** with 25 g of protein and 3 g of fat per serving.

www.livestrong.com

Turkey contains vitamins B-6 and B-12, niacin, choline, selenium and zinc. The dark meat of **turkey** tends to contain more vitamins and minerals, but also has more fat and calories. **You** may have heard of the amino acid tryptophan, said to be the cause of all the napping after a big Thanksgiving dinner

medicalnewstoday

Skinless **turkey** is low in fat. White meat is lower in kilojoules and has less fat than the dark meat. ... **Turkey** contains the amino acid tryptophan, which produces serotonin and plays an important role in strengthening the immune system. It is also a source of selenium, which is essential for thyroid hormone metabolism

bodyandsoul.com.au

And if you always aspired to make your own pavlova below a recipe which might help you to achieve that. Christmas isn't Christmas without our national dessert/cake.

THE PERFECT PAVLOVA RECIPE – SIMPLE AND HEALTHY

*This is a **healthy** and simple version of **the perfect Pavlova recipe** contains much less sugar (50%), but you would never guess it. Naturally **gluten-free** and **lactose-free**, so that all of your guests are able to enjoy it. YUM!*

Ingredients:

125 grams granulated sugar
4 egg whites (room temperate)
1/2 teaspoon white wine vinegar

Cream and topping

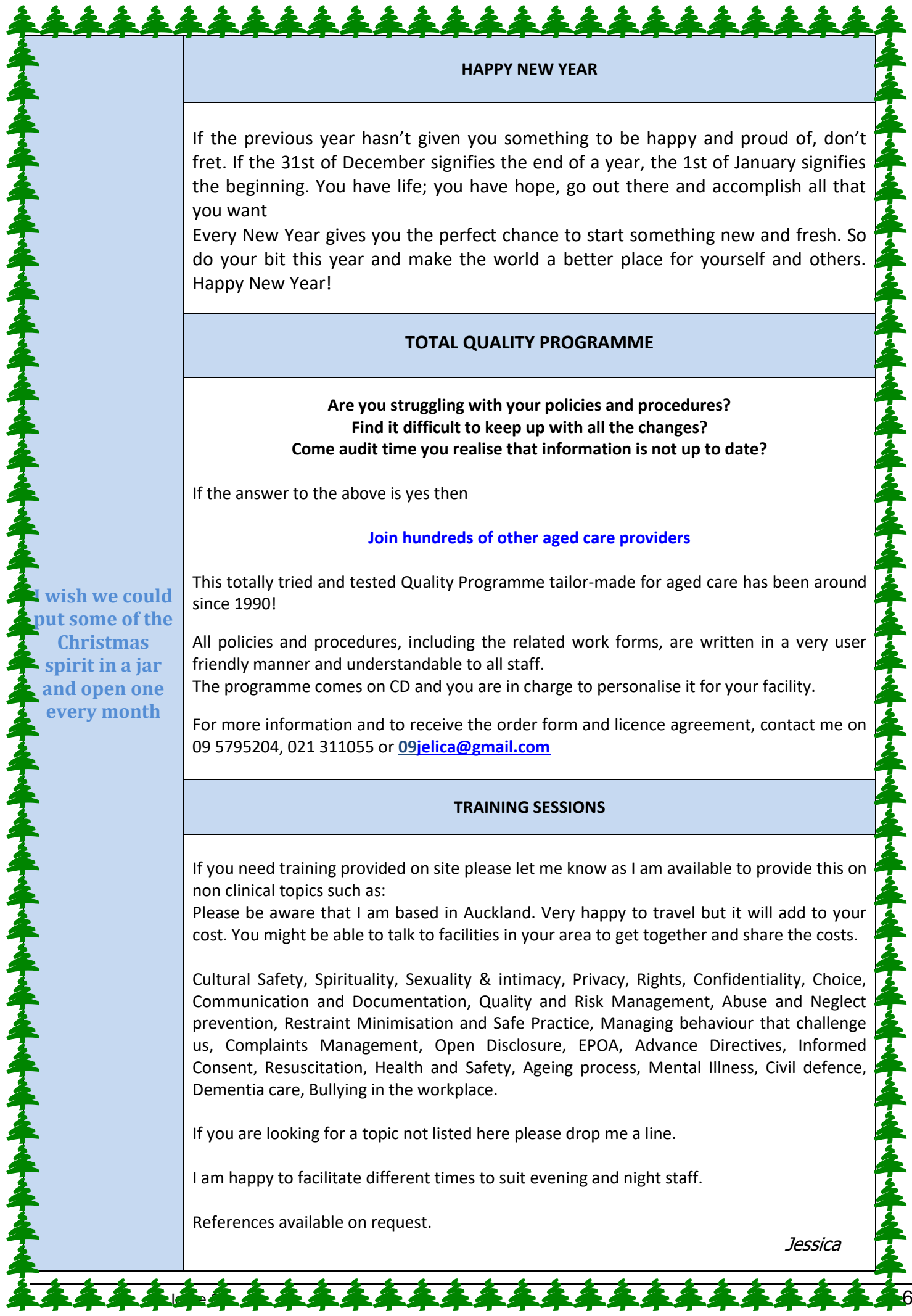
300 grams quark/greek yoghurt (with added taste; passion fruit, lime or vanilla)
3 decilitres whipping cream (soy/lactose-free/regular)
2 tablespoons acacia honey or granulated sugar
1 vanilla bean, only seeds
Fresh berries (topping)

Procedure:

1. Make sure the egg whites are room temperate before starting. Beat egg whites at low speed in a mixer with the whisk.
2. Add the granulated sugar and whip the egg whites and sugar completely stiff. To see if they are stiff enough, try to turn the bowl upside down, they will not run out (or check with a whisk that the meringue form stiff peaks). Turn in the white wine vinegar carefully with a spatula.
3. Form either two bases or one large base on a baking paper. Bake at 160 degrees Celsius in the middle of the oven for about 60 minutes. Check in after approximately 50 mins. The bottoms should be lightly golden.
4. Cool down on wire rack.
5. Whip the cream light and airy; turn the quark/greek yoghurt and vanilla seeds to finish.
6. Spread the cream on the cake, usually just before it's served, and sprinkle fresh berries or other fruit on top.

thatcakechick

Merry
everything and
a happy
always!



HAPPY NEW YEAR

If the previous year hasn't given you something to be happy and proud of, don't fret. If the 31st of December signifies the end of a year, the 1st of January signifies the beginning. You have life; you have hope, go out there and accomplish all that you want

Every New Year gives you the perfect chance to start something new and fresh. So do your bit this year and make the world a better place for yourself and others. Happy New Year!

TOTAL QUALITY PROGRAMME

**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?**

If the answer to the above is yes then

Join hundreds of other aged care providers

This totally tried and tested Quality Programme tailor-made for aged care has been around since 1990!

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.

For more information and to receive the order form and licence agreement, contact me on 09 5795204, 021 311055 or 09jelica@gmail.com

TRAINING SESSIONS

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.

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.

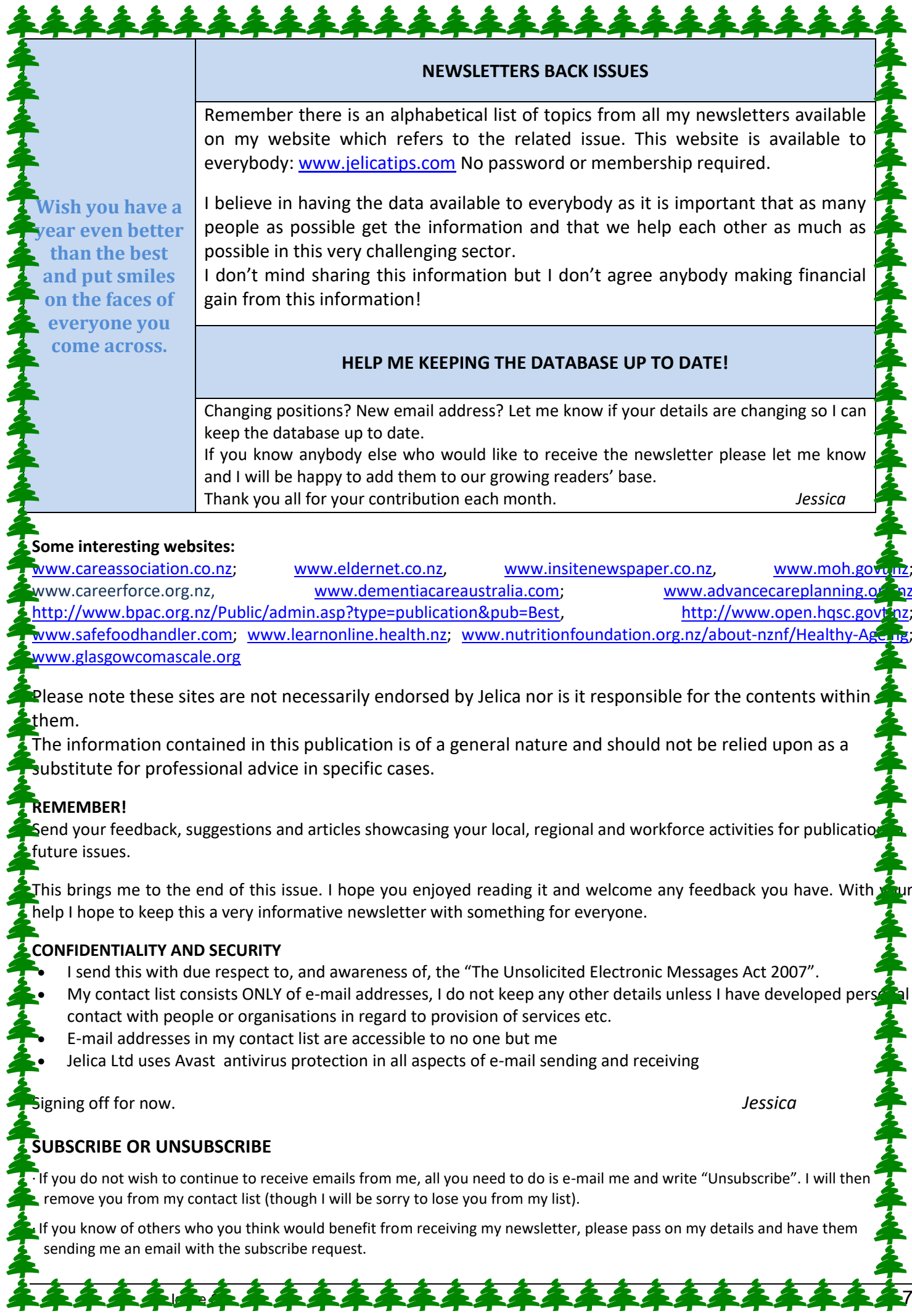
If you are looking for a topic not listed here please drop me a line.

I am happy to facilitate different times to suit evening and night staff.

References available on request.

Jessica

**I wish we could
put some of the
Christmas
spirit in a jar
and open one
every month**



NEWSLETTERS BACK ISSUES

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.

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!

HELP ME KEEPING THE DATABASE UP TO DATE!

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.

Jessica

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 Avast 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.