

*An independent newsletter for people interested in Aged Care*

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**Emailed to:  
1854 readers  
and counting**

**Welcome to my  
overseas readers**

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www.jelicatips.com  
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**4 YEAR CERTIFICATION**

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

**4 year certification**

My compliments and congratulations to:

**Ohope Beach Care - Ohope  
Aranui home and Hospital – Auckland  
Avonlea Resthome in Taumarunui**

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

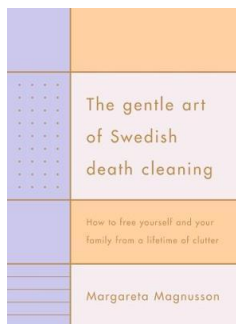
**SPECIAL DAYS THIS MONTH**

|                              |   |
|------------------------------|---|
| Sunday 2 <sup>nd</sup>       | World Wetlands Day                              |
| Monday the 3 <sup>rd</sup>   | Nelson/Buller Anniversary                       |
| Thursday the 6 <sup>th</sup> | Waitangi Day                                    |
| Tuesday 11 <sup>th</sup>     | International Day of Women and Girls in Science |
| Friday the 14 <sup>th</sup>  | St Valentine's Day                              |
| Friday the 21 <sup>st</sup>  | International Mother Language Day               |



**RECOMMENDED READING**

**The Gentle Art of Swedish Death Cleaning:** How to Free Yourself and your Family from a Lifetime of Clutter



Swedish-born Margareta Magnusson is, in her words, 'aged between 80 and 100? When her husband died, she had to downsize her home. The experience forced her to recognise the power of 'death-cleaning' and the concerns that must be addressed in order to do it with thought and care. Done well, the approach not only makes things easier for your loved ones later on, it allows you to revisit the lifetime of memories accumulated with your things.

From clothes and books to stuff you just can't get rid of, stuff that only matters to you.

The Gentle Art of Swedish Death Cleaning offers indispensable advice on questions you will inevitably face when sorting through a lifetime of objects- How do you deal with your secrets? Tackle photographs and letters? Avoid heirs fighting over your belongings after you are gone?

This charming, practical book based on personal experience and anecdotes will guide you in making the process uplifting rather than overwhelming- it focuses on the importance of living - even through death cleaning.

## MARIE KONDO'S PHILOSOPHY

Marie Kondo's rise to fame speaks not only to the usefulness of her KonMari organisation method but modern society's troubling relationship with clutter. Here's how to adapt the KonMari method for your workspace. And if you're familiar with her "KonMari" method, then you know that there's no greater way to "spark joy" than by keeping *only* what you need—and keeping it neat and tidy at that.

Kondo's philosophy centers on mindfulness and appreciation. To declutter, Kondo asks us to examine each item we own and ask, "Does this spark joy?" If yes, keep it. But if it doesn't spark joy, you thank it for its service, and send it on its way—to either the trash, the recycling bin, or a donation box. It's that simple.

So if you like to see the top of your desk again—try these tips.

Not everything in a workspace sparks joy. Does a stapler spark joy? No, but it's necessary to keep documents together. So, let's redefine "joy" for the office setting. If an item is necessary and makes your life easier, then enjoy its presence. A stapler may not send your heart a flutter, but not having to search for missing pages is certainly a delight.

Being able to locate papers or important files right when you need them can be a big time-saver and also help reduce stress.

Start your journey by imagining your perfect workspace. What type of environment spurs your productivity and makes you feel comfortable? That mental image is your goal. Organise by category. Don't tackle everything at once. Do paperwork first. Office supplies next. Then computer stuff and so on. This method helps you stay focused and keeps the task manageable. Discard before straightening. Create a pile for the current category. Sort through it, keeping only what you need. Be objective. If an item was useful but hasn't left the drawer in months, thank it for its service.

Items used frequently should be easy to reach and easy to put back. Be sure to leave plenty of clean, workable space.

Use containers to keep small items from scattering. Make sure files are labelled clearly and papers filed neatly. Keep wires organised and out of sight.

Have decorative items, and a plant or two. Just place them in a manner that doesn't add to the clutter or distract from work. Tidy up. It's a good habit to do a quick clean at the end of each day. Schedule deeper cleans at the end of the week or biweekly. Decluttering your digital space.

Like your desk, your computer setup should promote simplicity to increase focus and productivity while decreasing distractions. After creating a new file, you should be able to file it away quickly and efficiently. When you need a file, you should be able to get to it just as fast.

Delete folders, pictures, and files you don't need. Files that are important should be saved, stored, and backed-up regularly.

Have no more than a handful of icons on your desktop; pin the same amount to your toolbar. These should be programs you use frequently. Files and folders should be stored elsewhere. Organise your email inbox. You don't need to reach zero messages, but do aim for a tidy and clean inbox. Delete apps you don't need or are redundant. Only keep those you use for work. If one app can do the work of two, use one. By adopting the principle of serenity through simplicity, we can tackle clutter head on, improving not only the look of our workspaces but the way we work in those spaces.

See: <https://www.livable.com/blog/ultimate-konmari-guide/>

Sometimes we must be hurt in order to grow. Sometimes we must fail in order to know. Sometimes we must lose in order to gain. Because some lessons in life are best learned through pain.

Worth Sharing

## HEALTHY AGEING RESEARCH

*From NZ Nutrition Foundation.*

### **Cultural identity key to treating Māori with dementia**

**Source:** [auckland.ac.nz](http://auckland.ac.nz)

The largest-ever study of Māori affected by dementia has found the disease is poorly understood and that whānau do not know how to access information that might help.

Researchers from the universities of Auckland, Waikato and AUT and Auckland District Health Board held seven hui with kaumātua around the country and interviewed 250 people, eight of them living with dementia, to find out what they knew about dementia and what particular challenges they faced. Lead author Dr Margaret Dudley from the University of Auckland's School of Psychology says the research was designed to understand dementia (mate wareware) from a Māori perspective, including how whānau were coping with loved ones affected by the disease

Love, compassion, kindness and generosity are traditional attributes practiced by Māori when involved in care giving, she says, so whānau were more likely to keep the person at home rather than place them in a nursing home.

"That means the caregiver burden might be greater in Māori communities but at the same time, knowledge of the disease is poor with quite a widespread belief that everyone gets dementia eventually," she says.

The study also found that wairua, or spiritual wellbeing, was a key component of helping those affected by dementia and whanau and communities cope.

"Many of the narratives we heard were about how participation in cultural activities, especially on the marae, seemed to really help people with mate wareware and lifted what they called the 'cloudiness' associated with it."

Care services therefore needed to be culturally appropriate, with cultural identity a key component of management and treatment.

"Wairua is an essential component for the wellbeing of a person and their whanau in living with dementia and given that mate wareware is a growing problem in our ageing population, we want to make sure that care pathways and services are culturally appropriate and meet the needs of Māori."

The researchers are developing a tool that will more accurately diagnose dementia for Māori.

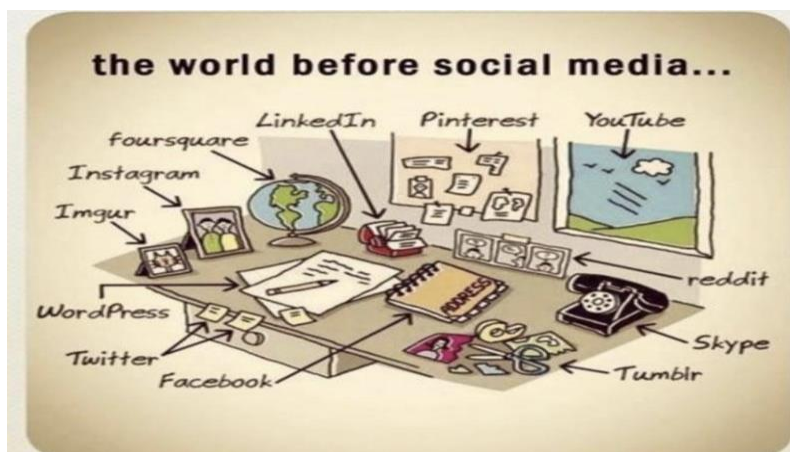
### **Vitamin D deficiency and poor muscle function in the over-60s**

**Source:** [tcd.ie](http://tcd.ie)

New research from Trinity College Dublin shows that vitamin D deficiency is an important determinant of poor skeletal muscle function in adults aged 60 years and over. Maintaining skeletal muscle function throughout life is a crucial component of successful ageing, in promoting independence, mobility, quality of life and reducing falls and frailty. While resistance exercise is known to preserve muscle function, there is growing evidence that adequate vitamin D status may also be protective. The paper was recently published in the international journal ***Clinical Interventions in Ageing.***

Confidence never comes from having all the answers; it comes from being open to all the questions

## BEFORE SOCIAL MEDIA



## WHAT IS A LEAP YEAR? The next leap day is February 29, 2020.

*By Vigdis Hocken*

A leap year has 366 days instead of the usual 365 days, and occurs nearly every four years. The extra day during leap years is the leap day on February 29. Leap years have 366 days, not 365.

### **Why Add Leap Years?**

We need leap years to keep our modern-day Gregorian calendar in alignment with Earth's revolutions around the Sun.

It takes Earth approximately 365.242189 days, or 365 days, 5 hours, 48 minutes, and 45 seconds, to circle once around the Sun. This is called a tropical year, and astronomers measure this from the March equinox.

However, the Gregorian calendar has only 365 days in a year. If we didn't add a leap day on February 29 nearly every four years, we would lose almost six hours off our calendar every single year. After only 100 years, our calendar would be off by around 24 days!

### **Exactly Which Years Are Leap Years?**

We add a Leap Day on February 29, almost every four years. The leap day is an extra, or intercalary, day and we add it to the shortest month of the year, February.

In the Gregorian calendar, three criteria must be taken into account to identify leap years:

- The year can be evenly divided by 4;
- If the year can be evenly divided by 100, it is NOT a leap year, unless;
- The year is also evenly divisible by 400. Then it is a leap year.

According to these rules, the years 2000 and 2400 are leap years, while 1800, 1900, 2100, 2200, 2300 and 2500 are NOT leap years.

### **Special Leap Year 2000**

The year 2000 was somewhat unique as it was the first instance when the third criterion was used in most parts of the world since the start of the transition from the Julian calendar to the Gregorian in 1582.

### **Who Invented Leap Years?**

Roman general Julius Caesar introduced the first leap years over 2000 years ago. But the Julian calendar had only one rule: any year evenly divisible by four would be a leap year. This formula produced way too many leap years. Still, it was not corrected until the introduction of the Gregorian calendar more than 1500 years later.

On particularly rough days, I like to remind myself that my track record for getting through bad days so far is 100%, and that is pretty good!

*Benign beings*

## IMPORTANCE OF PUNCTUATION

I think we all read something that didn't make sense just because the punctuation was forgotten, omitted, or put in the wrong place.

### Some classic examples:

These could save a person's life:

Let's eat grandpa.

Let's eat, grandpa.

### Punctuation is powerful.

An English professor wrote the words: "A woman without her man is nothing" on the blackboard and asked his students to punctuate it correctly.

All of the males in the class wrote

"A woman, without her man, is nothing"

All the females in the class wrote

"A woman: without her, man is nothing".

## TOTAL QUALITY PROGRAMME

### Are you struggling with your policies and procedures?

#### Find it difficult to keep up with all the changes?

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!

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

## 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.



## HAVE YOU HEARD ABOUT GREY MATTER?

We'd like to introduce you to another newsletter that the Ministry of Health Library prepares.

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.

If you'd like to subscribe to Grey Matter, email [library@moh.govt.nz](mailto:library@moh.govt.nz)

Listen and  
silent are  
spelled with  
the same  
letters.  
Think about it!  
*Benign beings*

|  |  |
|--|--|
| <p style="color: #4F81BD; font-style: italic;">“Goodbyes are not forever, Goodbyes are not the end. They simply mean I’ll miss you, until we meet again.”</p> <p style="text-align: right; font-size: small; font-style: italic;">Author Unknown</p> | <b>NEWSLETTERS BACK ISSUES</b>   |
|  | <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: <a href="http://www.jelicatips.com">www.jelicatips.com</a> 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> |
|  | <b>HELP ME KEEPING THE DATABASE UP TO DATE!</b>  |
|  | <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. <span style="float: right;"><i>Jessica</i></span></p>   |

**Some interesting websites:**

[www.careassociation.co.nz](http://www.careassociation.co.nz); [www.eldernet.co.nz](http://www.eldernet.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.hgsc.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>; <https://worksafe.govt.nz/>

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*

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- 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.