

An independent newsletter for people interested in Aged Care

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**Emailed to:
2021 readers
and counting**

**Welcome to my
overseas readers**

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Another facility achieved 4 years certification against Ngā paerewa Health and Disability Service Standard.

Well done and Congratulations!

Te Ata Rest Home, in Te Awamutu (2nd consecutive 4 year period)

Kamo Home and Village - Whangarei

*If you are having an audit this month, then all the best.
Hope you achieve a good outcome.*

SPECIAL DAYS THIS MONTH

12/08/2022 — International Youth Day
13/08/2022 — International Lefthanders Day
19/08/2022 — World Humanitarian Day
26/08/2022 — Women's Equality Day



LEFT-HANDED VS. RIGHT-HANDED

Source: <https://www.webmd.com/brain/ss/slideshow-left-handed-vs-right>

How rare are lefties?

Right-handed people dominate the world, and it's been that way since the Stone Age. How do we know? Researchers figured it out by measuring the arm bones in ancient skeletons and by examining wear patterns in prehistoric tools. In Western countries, lefties make up only about 10% of the population. Folks who favour different hands for different tasks (mixed handed) or who use both hands with equal skill (ambidextrous) are uncommon.

Your brain's right side controls muscles on the left side of your body and largely drives musical and spatial abilities. That may be why left-handers often hold more than their share of slots in creative professions. Some studies show that left-handed children score higher on verbal reasoning or are more likely to be in gifted programs. But other research differs.

In an interesting experiment with right-handed seniors, researchers found that the subjects relied less and less on their dominant hand the older they got. As their right hands grew slower and unsteady, the elderly people handled some of the tasks just as well with their left hands. But they still all saw themselves as strong righties.

Lefties appear to have an edge in sports like boxing or fencing, where they might surprise opponents used to facing off against mostly right-handers. Practical advantages like the fact that left-handed hitters stand closer to first base.

If you're a righty and ever used your left hand to cut with scissors, you know it's awkward. Lefties can find a growing number of products for the kitchen, office, and elsewhere that are designed with them in mind. You can buy knives with the sharpened edge on the right side of the blade for cleaner slicing. Or a measuring cup with unit labels that face you when you hold it in your left hand.

RUBY'S CHOICE

A must see film bringing Hope, Joy and a Fresh Perspective about Dementia

An award winning feature film for all generations

In these turbulent times of intense challenges in aged and dementia care, a breath of fresh air and hope is coming to New Zealand, with a new film about dementia, Ruby's Choice, winner of Australian Screen Industry Network "Best Film".

The film is being released in **New Zealand on 4th August 2022.**

This independent feature film stars acclaimed actress Jane Seymour OBE, and is an inspiring, lively and uplifting intergenerational drama about Ruby, a wise, loving and courageous woman who has early dementia, and who moves in with her family after accidentally burning her house down.

The story is told through the eyes of Tash, her teenage granddaughter acted by Coco Jack Gillies, with whom she has to share a bedroom. In addition to giving an insight into the world of a person with dementia, the film conveys how the family rediscovers the value Ruby has in their lives as she solves many of their challenges in unexpected ways.

Supported by New Zealand Philanthropist Sir Owen Glenn

New Zealand Philanthropist Sir Owen Glenn, Founder of the Glenn Family Foundation, is the executive producer of this ground-breaking film. Sir Owen Glenn is Honorary Global Ambassador for Dementia Foundation for *Spark of Life*, the official charity associated with the film.

Sir Owen stated the reason for choosing to fund the film and donate his 50% profit to Dementia Foundation for *Spark of Life*: "This innovative film will not only shift perceptions about dementia, but also by supporting Dementia Foundation for *Spark of Life* it will enable this health promotion charity to alleviate the devastating emotional suffering and ignite the *Spark of Life* in people with dementia, their families, and carers around the world."

Dementia Foundation for *Spark of Life* is the charity arm of Dementia Care International, which has been providing innovative education to New Zealand health care professionals since 1993.

Opportunity for Perception-Shifting Education

For healthcare leaders, Ruby's Choice provides an inspiring educational opportunity for their teams.

Tickets can be pre-purchased for staff to attend.

This is also a great way to show appreciation for all their efforts. Seeing the film gives a team an uplifting experience of dementia and creates an opportunity to have inspiring and motivating discussions afterwards for professional development. Reflective questions specific to Ruby's Choice are available from Dementia Care International on request.

<https://www.rubyschoice.co.nz/>

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**A beautiful face
will age, and a
perfect body will
change, but a
gorgeous and
deep soul will
always be
beautiful.**

Ravenwolf

ZOOM HINTS

I don't think that by now there will be people who haven't heard or used Zoom. The platform experienced rapid growth with remote work becoming the new normal during the pandemic. In fact, daily users have skyrocketed. The question is, are you using it to its full potential?

Check out our top three tips to make life easier:

Mute/unmute yourself with the spacebar - "You're on mute" quickly became one of the most common sayings in the pandemic, and we're still saying it! Making sure others can hear you when you're speaking is a constant challenge for many. Luckily, Zoom has a handy feature that allows you to unmute and mute yourself in an instant - the space bar.

Quick invite - To quickly invite someone to a meeting, use Command+I on an Apple device, or Alt+I on Microsoft Windows to open the invite window. From there, simply copy the unique meeting URL and send it to anyone you would like to attend.

Record meetings - Rewatching meetings is a great way to ensure you accurately capture information and makes it possible to share the meeting with those unable to attend. To begin recording a meeting, press Command+Shift+R on an Apple device, or Alt+R on Microsoft Windows.

Source: *Digital Boost*

WHAT DOES GOOD FAITH MEAN?

Source: <https://www.employment.govt.nz/>

Good faith

Employees, employers and unions are obliged to deal with each other at all times in good faith. Every action taken by an employer and an employee must be done in good faith.

Good faith includes the following three elements:

- Parties must not act in a misleading or deceptive way.
- Parties must be responsive and communicative.
- Before making a decision, which may result in employees losing their job, the employer must give the affected employees sufficient information to be able to understand the proposal and then give them a proper opportunity to comment.

Good faith is also wider than this. It is more than just following the letter of the law. It involves treating others fairly using common sense. Broadly, good faith requires employers, employees and unions to:

- act honestly, openly, and without hidden motives.
- raise issues in a fair and timely way.
- work constructively and positively together.
- give each other relevant information ahead of when it is needed and as soon as possible, all information given should be carefully considered.
- be fully honest with each other.
- raise concerns or issues as soon as possible and respond to these quickly.
- keep an open mind, listen to each other and be prepared to change opinion about a particular situation or behaviour.
- treat each other with respect.

There are specific rules surrounding good faith during collective bargaining.

Just in case
nobody told
you today.
You are
beautiful. You
are smart, you
are valued.
Have an
amazing day,
beautiful soul.
Daily vibes

EMPLOYER LEARNING MODULES

If you are unsure of your employment rights or responsibilities, our Employment Learning Modules are there to help you. These free interactive learning modules provide an overview of what's required by law of employers and employees.

The latest module – [An introduction to your employment obligations](#) – is ideal for employers keen to know more about employment law. We also have a basic module for employees, [An introduction to your employment rights](#) – which is available in English, Te Reo Māori, Samoan, Tongan, Simplified Chinese, Hindi, Korean, and Tagalog.

<https://employment.elearning.ac.nz/>

Learn about essential employment information - free to access.

PROOF OF COVID-19 INFECTION AND BEING A HOUSEHOLD CONTACT

Source: <https://covid19.govt.nz/> 04 Jul 2022

Employers can consider text messages the Ministry of Health sends to people with COVID-19 and their household contacts as proof of needing time off work.

Due to winter illnesses putting pressure on primary care providers, the Ministry of Health would like to remind employers that they can consider the text messages it sends to people positive with COVID-19 and their household contacts, as proof of needing time off work.

Texts from 2328 or 2648 are sent to a COVID-19 positive person and any household contacts they identify.

The first text confirms their COVID-19 positive test and the need to isolate, and the second confirms they can leave isolation and return to work if they feel well.

Household contacts receive a text saying they are free to leave isolation if their day 7 RAT test is negative.

Employers needing proof of staff taking time off work due to COVID-19 illness, or being the household contact, can use these text messages as reliable evidence rather than asking for a traditional GP 'medical certificate', which creates additional work for general practice at a particularly busy time of year.

GETTING RE-INFECTED WITH COVID

Source: www.health.govt.nz Last updated: 30 June 2022

The latest evidence shows that getting reinfected with COVID-19 can occur within a short period of time. Reinfection will become more likely as new variants spread among the community

We have updated our advice on getting infected again with COVID-19 after a previous COVID-19 infection and when people should take a rapid antigen test (RAT).

If a person develops new symptoms consistent with COVID-19, and it's 29 days or more since a previous infection, it's possible they have a reinfection with COVID-19 and they should test using a RAT.

This reflects a change from our earlier advice which was that people would not need to re-test if they had tested positive for COVID-19 within the past 90 days.

It is unclear how common it is to be reinfected with COVID-19. We are constantly monitoring international and national data and updating our reinfection guidance as new evidence becomes available.

Anyone reinfected with COVID-19 will have access to the same advice, help and support as they would receive for a new COVID-19 infection.

Accept what is
Let go of what
was
Have faith in
what will be
Women's freedom
ride

CHANGE TO REPORTING COVID-19 DEATHS

Source: Ministry of Health - Manatū Hauora

Recently the Ministry announced improvements to the information collected about COVID-19 hospitalisations. While we still report daily on the number of people in hospital *with* COVID-19, we now also report on the number of people hospitalised (either primarily or partly because of COVID-19), so far in the pandemic. This a more meaningful measure of the burden of severe disease from COVID-19.

We have also now made a similar change to the reporting of COVID-19 deaths, shifting from reporting the number of all those people who died within 28 days of a COVID-19 infection, to the number of people who died because of COVID-19 or where it was recorded as a contributing factor. Over time, this change will also give a deeper understanding of the impact of COVID-19, such as around age, ethnicity, and vaccination status. This approach will be consistent with that taken in the United Kingdom, Australia, and United States, and will be used to provide the figures we report to the World Health Organization.

Please note that those deaths that have only recently been reported to the Ministry will take a few days to be categorised. When this is done the attributable deaths will be added to the total reported on our website.

THE REOPENING OF AOTEAROA NEW ZEALAND'S BORDERS

Source: Ministry of Health - Manatū Hauora

At 11:59 Sunday night 31 August, Aotearoa New Zealand's borders are fully open for the first time in two and a half years to people travelling on all visa classes, and to those entering by sea.

Visitors using a range of visa types have already been able to fly into the country for several months. But the reopening of the maritime border to previously prohibited Category Two foreign vessels — including cruise ships, specialist craft and recreational vessels such as ocean-going yachts — will be a significant moment.

About 48% of all cruise visitors to New Zealand are over the age of 65, and have a heightened risk of developing severe COVID-19. This was taken into account in the decision to reopen the maritime border, and is why passengers on cruise (and other recreational vessels) will be required to be vaccinated. Cruise operators will need to have systems and processes in place to ensure these requirements are met.

COVID-19 management and outbreak protocols will apply on board cruise ships, which typically have on board medical facilities. And of course passengers and crew will be subject to the requirements of the COVID-19 Protection Framework that are in place while on board a cruise ship in New Zealand waters, and when coming ashore — including around the use of masks, and testing for people who are symptomatic, or are the equivalent of household contacts.

As always, if the health risk changes, government agencies have a range of ways to manage infectious diseases on board vessels — which could enable them to require extra information or direct a vessel to a major centre in the event of an outbreak on board.

A friend is one
of the nicest
things you can
have and one of
the best things
you can be

Davita

You are not everyone's cup of tea. And that is okay. The world is filled with people who, No matter what you do, No matter what you try, Will simply not like you. But the world is also filled with people who will love you fiercely. The one who love you; They are your people. Be who you are.

Inspire your beautiful soul

EDUCATION FOR HEALTH PROFESSIONALS

During these uncertain times with still some restrictions in place training on line has become very popular. There are a couple of organisations I am personally very impressed with. One being "My HealthHub" see below and another one I recently came across is the "Goodfellow Unit". Have a look for yourself on their website and try out some of the recorded webinars and sign up for the live ones. <https://www.goodfellowunit.org/>

MORE EDUCATION LINKS



Mobile Health has created a dedicated education website - My Health Hub - providing education for health professionals. The My Health Hub website provides health professionals with access to their fortnightly live webinar series on a wide variety of healthcare topics. These webinars are also recorded and uploaded to this website for later viewing – to claim your hours for viewing the recording of the webinar (and receive a certificate), answer the two questions at the end of the webinar, and your certificate will be generated.

Access to this website is free, with no login requirements: www.myhealthhub.co.nz There are a good number of webinar recordings on the website which are very appropriate for the aged care sector, eg. critical thinking skills; pressure injuries; negative pressure wounds; severe and enduring eating disorders; skin infections; person-centred approach in dementia care; obstructive sleep apnoea; therapeutic recreation; managing urinary conditions; advance care planning; preventing falls in the elderly; caring for complex older people; depression in the elderly; and a wide range of topics and research on palliative care.

If you are interested in receiving emails flyers of the upcoming live webinars for My Health Hub, please email chris@mobilehealth.co.nz and your contact details will be added to their mailing list

SOME COVID RELATED WEBSITES TO STAY INFORMED

- <https://workandincome.govt.nz/covid-19/employee-rights-during-covid-19.html>
- <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers#omicron>
- <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers#omicron>
- https://www.health.govt.nz/system/files/documents/pages/step-by-step_guide_for_managing_covid-19_in_your_business_or_workplace_11_mar_2022.docx

SILVER RAINBOW

**Lesbian, Gay, Bisexual , Trans and Intersex (LGBTI)
Education for Caregivers
If you are interested, please contact Julie**



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

<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="font-size: small; color: #4f81bd;">Author Unknown</p>	NEWSLETTERS BACK ISSUES
	<p>All newsletters are on my website including an alphabetical list of topics. 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>
	HELP ME KEEPING THE DATABASE UP TO DATE!
	<p>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.</p> <p style="text-align: right; font-style: italic;">Jessica</p>

Some interesting websites:

www.careassociation.co.nz; www.eldernet.co.nz, www.moh.govt.nz; www.careerforce.org.nz, 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; <https://www.health.govt.nz/our-work/disability-services/disability-publications/disability-support-services-newsletter>; <https://worksafe.govt.nz/>; <https://covid19.govt.nz/>; <https://www.health.govt.nz/>; Julie.Watson@kahuitukaha.co.nz to find out how you can book Silver Rainbow education for your organisation.

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.

Text in Italics are the comment of the writer of this newsletter

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.