

An independent newsletter for people interested in Aged Care

In this issue:

- 4 years certification
- Special Days
- Matariki
- Investiture
- Covid and Flu
- Vaccine pass
- Work visa accreditation
- Opcat monitoring
- Latest Covid screening
- No you probably don't have Alzheimer's disease
- Amazing study opportunities
- Education for health professionals
- MyHealthHub
- Covid websites
- Back issues
- Helpful websites

**Emailed to:
2017 readers
and counting**

**Welcome to my
overseas readers**

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I haven't received any notification from facilities achieving 4 years.

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

SPECIAL DAYS THIS MONTH

05/06/2022 — World Environment Day
06/06/2022 — **Queen's birthday**
11/06/2022 — Global Wellness Day
14/06/2022 — World Blood Donor Day
21/06/2022 — June Solstice
21/06/2022 — World Peace and Prayer Day
22/06/2022 — World Rainforest Day
24/06/2022 — **Matariki**

MATARIKI



<https://www.healthnavigator.org.nz/healthy-living/m/matariki-ways-to-celebrate-matariki-with-your-family/>

Matariki – the Māori new year – will be celebrated for the first time on Friday 24 June.

This will be a time for remembrance, celebrating the present, and looking to the future.

Matariki, also known as Māori New Year, is a **time for celebration, growth and renewal**. It's a chance to get together and remember whānau who have died, share food, tell stories, sing and play music. Matariki is the Māori name for the group of stars also known as Pleiades or the Seven Sisters. It's visible to the naked eye at a specific time during the year. The Matariki star cluster rises in mid-winter, ushering in the Māori New Year, and is marked from 19 June until 11 July this year.

Here are some ways to celebrate Matariki:

Take time to reflect; Take some time to remember loved ones who have passed away. You can do this by sharing stories and memories, lighting a candle, talking about your hopes and dreams for the year ahead.

Get crafty; Get residents together and make Matariki star bunting or a kite. A special feature of Matariki celebrations is the flying of kites "as they flutter close to the stars".

Attend a local event; There are lots of Matariki festivals and celebrations happening around the country. See what's happening in your local region or run your own event, it could just be with your wider whānau and friends.

Get cooking; Matariki is traditionally a time to get together to share kai harvested from past seasons. Cook a mid-winter feast for friends and whānau using traditional Māori vegetables such as kumara, kamo kamo, taro, puha and uwhi.

Do some stargazing; see if you can see the Matariki star cluster.

Find out more about Matariki; Research Matariki as an activity

MY INVESTITURE



Wednesday 25th May was a day I received the Queen Service Medal from our Governor General, The Rt Hon Dame Cindy Kiro, GNZM, QSO, and what a special dignified lady this is. I believe we have the right person representing the Queen.

A day I will not likely forget.

This recognition I like to share with you all as I believe this is a recognition for

the whole sector. Every health professional deserves the recognition, especially during the last couple of years.

It was a very humbling, exciting, and emotional morning being in the company of 5 other recipients who all did amazing things in their own field.

A big thank you to my guests who were with me. My special thoughts go out to some important people not with us anymore, and who sadly have not been able to share this moment with me.

Thanking you all for the wishes I received by email, post, phone calls etc.

If you are interested to see the ceremony you can do this following the below link.

<https://youtu.be/bodOUHAuLVQ>

Whatever you do,
always give 100%--
unless you're donating blood.

COVID and FLU

REMINDER: COVID-19 INFORMATION IN OTHER LANGUAGES AND ALTERNATE FORMATS

The Unite Against COVID-19 website has COVID-19 information and resources in 27 languages and 5 alternate formats which are Easy Read, New Zealand Sign Language (NZSL), braille, audio and Large Print.

Last week was Rotuman language week, and NZSL week. As part of NZSL week some useful phrases in Sign Language were filmed – have a look at the video below.

COVID-19 resources can be downloaded through the online platform, or your own ones can be created using the toolkit below.

GET YOUR FREE FLU JAB

The Ministry of Health is encouraging all health and disability sector employees to get immunised against flu to protect themselves and the patients and clients they care for.

This year, in the context of the borders re-opening and the continued threat of COVID-19, we're aiming for at least 80% of the health sector workforce to be vaccinated against influenza.

To support health and disability workers not employed by DHBs (DHBs have an established process to vaccinate their staff against influenza), the Ministry of Health will reimburse employers the costs associated with vaccinating their patient- and client-facing employees. This offer includes, but is not limited to, people working in: general practice, private hospitals, disability services, pharmacies, aged residential care facilities and hauora Māori and Pacific health practices.

Source: MOH

<p>If you're not supposed to eat at night, why is there a light bulb in the refrigerator?</p>	<p>MY VACCINE PASS UPDATED</p>
	<p>An updated My Vaccine Pass is available for anyone aged 12 and over who is up-to-date with their COVID-19 vaccinations, as well as for those with a temporary medical exemption. The new My Vaccine Pass looks different from the original. People can download a new My Vaccine Pass through My Covid Record: My Covid Record(external link) — Ministry of Health NZ</p>
	<p>WORK VISA ACCREDITATION</p>
	<p><i>Source: Immigration New Zealand</i></p> <p>You can get accreditation to use the Accredited Employer Work Visa (AEWV) to hire migrants on visas for up to 3 years. You must pay at least the NZ median wage, unless the role is on an exemption list, and show that you cannot find suitable New Zealanders first. Businesses are encouraged to train, upskill and hire New Zealand workers before they hire migrants.</p> <p>If you are an employer and you cannot find suitable New Zealanders for a role, you can apply to hire migrants on the Accredited Employer Work Visa (AEWV). We ask you to get accredited so we can ensure that you are viable, meet immigration and employment standards, will not exploit the migrants you may hire. You must apply for accreditation, advertise if you need to and get a job check to show there are no suitable New Zealanders for the job you want to fill.</p> <p>To get accreditation you need to meet criteria to show you will be a good employer for migrants. These criteria change depending on your business model.</p> <p>You must be accredited and have advertised the role in New Zealand, if you need to, before applying for a job check. Applications open 20 June 2022.</p> <p>To be accredited you and any key people in your organisation must be compliant with immigration and employment standards. If not you may be fined, stood-down or permanently banned.</p> <p>Once your employer has been accredited for the Accredited Employer Work Visa (AEWV) and has an approved job check the employer can ask you to apply for an AEWV.</p>
	<p>OPCAT MONITORING</p>
<p><i>Source: Ombudsman</i></p> <p>Monitoring of aged care facilities (secure units). The OPCAT monitoring is focused on 'secure' areas of aged residential care facilities – those areas where residents cannot leave at will, such as dementia and psychogeriatric units. The inspections to date have been announced, with facilities getting at least 72 hours' notice. These inspections have generally lasted two to three days. In the most part it found management and staff committed to providing care for residents, and doing so in the context of significant challenges such as the pandemic and workforce shortages. The key themes and observations that have emerged once a full year of visits and inspections have concluded will be published on due course. https://www.ombudsman.parliament.nz/what-ombudsman-can-help/monitoring-places-detention?mc_cid=f2f7516c07&mc_eid=79dc07c382</p>	

Ministry of Health update on COVID-19 guidance and resources for ARC

Retirement of the ARC Screening Tool

- Following consultation with ARC sector stakeholders, completion of the COVID-19 Screening Form for admission or transfer of a person to enter an aged residential care (ARC) facility is no longer required. ARC facilities can now start managing admissions on a business-as-usual basis. ARC providers and clinicians in public hospitals or the community looking after residents are expected to continue to conduct risk assessment and testing to identify COVID-19 cases/household contacts as per the testing guidance before and on admission of a new resident. We will continue to monitor the situation closely.

Principles for Safe Visiting and Activities in ARC

- The Ministry of Health has published Six Principles for Safe Visiting and Social Activities in Aged Residential Care, which supports rest home providers in the development of policies and procedures that enable safe visiting, social activities and outings in the context of viruses, such as SARS-CoV-2 which causes COVID-19. These Principles are underpinned by the recognition that ARC facilities are residents' homes. ARC facilities are expected to align their local policies and procedures with these Principles. See the publication here: <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers/covid-19-aged-care-providers#six>

Updated Aged Residential Care guidance for operation under the COVID-19 Response Framework

- We have updated the ARC guidance for operation under the COVID-19 Response Framework. Updates include:
 - Removing reference to the ARC Screening Form for admission or transfer of a person to enter an ARC facility
 - Including reference to the Six Principles for Safe Visiting and Activities in ARC
 - Updating the visiting section to reduce duplication and notify ARC providers they should no longer make any distinction between vaccinated and unvaccinated visitors. For all visitors, ARC providers should undertake a risk assessment and with option for RAT testing as per the testing guidance. Visitors who are symptomatic or household contacts of COVID-19 should stay at home.

Updated COVID-19 Testing Guidance

- attached PDF outlining the COVID-19 Testing Plan from April – December 2022 and the initial associated guidance. You can also find the information on the website here <https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-response-planning/covid-19-testing-strategy-and-testing-guidance>.
- Testing is a key tool to help Aotearoa New Zealand recover from and live with COVID-19. This advice is based on the 'most likely' COVID-19 scenario, informed by COVID Modelling Aotearoa and what has happened overseas.
- Rapid Antigen Tests (RATs) will continue as the primary test for the majority of those most likely to have COVID-19 and household contacts.
- As with all aspects of the COVID-19 response we will continue to review and update the Testing Plan and modelling if there is new public health advice, significant change to demand, new variant of concern or changes to policy or management settings.
- The Guidance for testing and isolation in Aged Residential Care (ARC) facilities is currently unavailable on the COVID-19 Aged care providers website (<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-information-health-professionals/covid-19-aged-care-disability-and-hospice-care-providers/covid-19-aged-care-providers>) as it being amended to ensure it aligns with the Testing Plan and guidance. We will share it with the sector once it is ready for publishing.
- We thank you for your support throughout the development of the Testing Plan. Any questions can be submitted to covid-19testing@health.govt.nz.

Why is 'abbreviated' such a long word?

NO, YOU PROBABLY DON'T HAVE ALZHEIMER'S DISEASE

At least some of us have experienced slight memory lapses or the occasional bouts of forgetfulness and have quickly jumped (wrongfully) to the conclusion that we're on the path to Alzheimer's disease.

Fear not, it's quite normal and generally not something to get worried about. It seems that if you are aware of these "moments", you can be pretty much assured that your mental capacity is fine.

In the following simple analysis, **Professor Bruno Dubois**, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière Hospital Paris talks about the subject in a way that simplifies the issue and reassures the reader.

According to Professor Dubois, "If anyone is aware of his memory problems, he does not have Alzheimer's."

You may disagree, saying "But, but...I forget the names of friends or sometimes even those of my family members." Or, "I don't remember where I put things, or I find myself standing in a room wondering why I went in there in the first place and secondly, what was it I going to do?"

As you'll see, you're not alone as these are some of the most common complaints that folks over 60 report:

- forgetting the name(s) of people
- going into a room in the house and not remembering why they were going there
- a blank memory when trying to remember a movie title or who starred in it, or the title and subject of a book
- the inability to recall where they left their glasses, wallet or keys

Apparently, this happens to all of us, especially after the age of 60! The problem is that when we begin to notice the frequency of these "memory lapses", we tend to jump to the conclusion that we are losing our ability to remember things – what we were doing, places, people – to name just a few scenarios. But it's normal. It's not necessarily the onset of Alzheimer's.

Forgetfulness Could Be a Good Sign

According to a new study conducted by the Centre for Addiction and Mental Health in Canada and published in the *Journal of Clinical Psychiatry*, being *aware* of forgetfulness is a sign that you're unlikely to develop dementia. It's those who are *unaware* of their forgetfulness, a condition called anosognosia, who are more likely to go on to develop the disease.

"If patients complain of memory problems, but their partner or caregiver isn't overly concerned, it's likely that the memory loss is due to other factors, possibly depression or anxiety," said the study's lead author Dr. Philip Gerretsen.

Some More Reassurance...

Many people are concerned about their so called 'oversights' despite evidence to the contrary. So, Professor Bruno Dubois does endeavour to reassure the majority of people who have these concerns by publishing the following important observations:

Those who are conscious of being forgetful have no serious problem with memory. Those who suffer from a memory illness or from Alzheimer's, are not aware of what is happening. The more we complain about memory loss, the less likely we are to suffer from memory sickness.

For more information about Alzheimer's and several cognitive tests you can perform for yourself or for a person you may be concerned have perform, visit these links:

<https://blog.everythingretirement.com/no-you-probably-dont-have-alzheimers-disease>

Television may
insult your
intelligence,
but nothing
rubs it in like a
computer.

AMAZING STUDY OPPORTUNITY

*I enrolled in this course: **He Papa Tikanga** and I am impressed with the resources and support and although just started learned more than I thought I would. Jessica*

Te Wānanga o Aotearoa is a uniquely Māori learning environment for everyone. We're not a university or a polytech. We're a wānanga. And that's just a little bit different.

No matter who you are, if you're a New Zealand Citizen or resident living in NZ, we have amazing study possibilities for you.

If you want to learn in an environment that's been designed for your success and you don't want to go far from home to do it, this is the place for you. For over 30 years we've been delivering recognised qualifications to meet the needs of school leavers, business professionals, empty-nest mums and dads, indigenous academics and kaumātua. Certificates, diplomas, degrees and a masters degree, we do it all. And we do it with commitment, aroha, and all the support you might need along the way. Culturally rich and inclusive, we believe that what's good for Māori is good for the world, and we'd love for you to come and experience that.

Our kaiako (tutors) are passionate, experienced, and go above and beyond. Our learning spaces are well-resourced. And the amount of support we have on offer is really impressive. We've got sites in 80 towns and cities around the country where you can upskill, get started on a learning journey, or have a second chance at education.

He Papa Tikanga will give you insight into a Māori worldview. Learn about traditions, concepts, values and protocols and understand why Māori do things a certain way. Find out how to apply some of these concepts in your home, workplace and community. Challenge your thinking and reflect on your own beliefs and values and how they relate to those of other cultures. Learn from home with amazing resources and regular visits from a kaitiaki (support person). When you pass this programme, you'll get this qualification:

New Zealand Certificate in Tikanga (Mātauranga Māori) Level 3

You'll learn about: basic Māori words, values and belief systems, Māori traditions, Māori in a contemporary world, Māori philosophies and protocols.

How you'll study: This is a part-time programme that consists of 60 credits delivered over 12 months. Throughout the programme you will be required to complete set activities each week from home. These activities will take approximately 11.5 hours of learning per week. All details regarding your learning are available within your kete which will be sent to you throughout the year.

Entry criteria: To enrol in this programme, a potential student must:

- be at least 16 years of age
- be a New Zealand citizen (or citizen of Australia, Tokelau, Niue, Cook Islands) or permanent resident
- reside in New Zealand

Tatau Pounamu – our student support team.

Can assist you with any general questions you may have about Te Wānanga o Aotearoa's programmes or services, as well as support your educational and personal needs in the areas of academic achievement, careers, disability, enrolment, financial assistance, and pastoral care. So come on, check us out. We'd love you to be part of our whānau. Tatau Pounamu is available from Monday to Friday, 8am to 6pm.

0800 355 553 <https://www.twoa.ac.nz/>

The current intake is fully booked but check if you can put your name down for the next available intake.

Don't let anybody rent a space in your head unless they are a good tenant.


Power of Positivity

I finally realised why they call it cell phones. Because people are prisoners of them!

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

SUBSCRIBE OR UNSUBSCRIBE

- 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.