

An independent newsletter for people interested in Aged Care

### In this issue:

- 4 years certification
- Special Days
- Cyber smart week
- Dementia Stars
- Pink Walk
- Eldernet update
- Ending life well
- Day of the older person
- Dementia leadership group
- Frozen berries warning
- From the HDC
- Education for health professionals
- MyHealthHub
- Covid websites
- Back issues
- Helpful websites

Emailed to:  
2032 readers  
and counting

Welcome to my  
overseas readers

09jelica@gmail.com  
www.jelicatips.com  
mobile: 021 311055

**Another facility achieved 4 years certification against Ngā paerewa Health and Disability Service Standard.  
Well done and Congratulations!**

**Presbyterian Support Central - Levin Home for War Vets**

*If you are having an audit this month, then all the best.*

*Hope you achieve a good outcome.*

### SPECIAL DAYS THIS MONTH

#### October

01/10/2022 — International Coffee Day (my kind of day!)

01/10/2022 — International Day of Older Persons

02/10/2022 — International Day of Non-Violence

07/10/2022 — World Smile Day

#### Cyber Smart Week from 10-16 October

10/10/2022 — World Mental Health Day

15/10/2022 — World White Cane Day (guiding the blind)

15/10/2022 — Global Handwashing Day

21/10/2022 — Hawke's Bay anniversary day

24/10/2022 — Labour Day

24/10/2022 — Diwali

26/10/2022 — Intersex Awareness Day

29/10/2022 — World Stroke Day

31/10/2022 — Marlborough anniversary day

31/10/2022 — Halloween

#### NOVEMBER 2022

01/11/2022 — All Saints Day

02/11/2022 — All Soul's Day

03/11/2022 — International Day Against Violence and Bullying at School, including Cyberbullying

### CYBER SMART WEEK

Cyber Smart Week is CERT NZ's annual campaign aimed at raising awareness of cyber security across Aotearoa.

CERT NZ director Rob Pope says most New Zealanders are doing something to keep themselves secure online. "This may be as simple as not clicking links in suspicious emails or sharing personal information with strangers online."

However, other important steps, like turning on two-factor authentication or setting social accounts to friends-only, are not being taken as often.

Check out this website for more information: [https://www.business.govt.nz/news/take-your-cyber-security-to-the-next-level/?utm\\_source=Biz.govt\\_Newsletter\\_BGdatabase&utm\\_medium=24\\_August\\_2022&utm\\_campaign=Exporting\\_MentalHealth\\_Leave&utm\\_content=https%3A%2F%2Fconfirmsubscription.com%2Fh%2Fd%2FC9AED30B0E9A4DA3&utm\\_term=24\\_August\\_2022](https://www.business.govt.nz/news/take-your-cyber-security-to-the-next-level/?utm_source=Biz.govt_Newsletter_BGdatabase&utm_medium=24_August_2022&utm_campaign=Exporting_MentalHealth_Leave&utm_content=https%3A%2F%2Fconfirmsubscription.com%2Fh%2Fd%2FC9AED30B0E9A4DA3&utm_term=24_August_2022)

## DEMENTIA STARS

Come and join the Dementia STARS journey with your team to reinforce great person-centred dementia care at your place.

Dementia STARS stands for **Short Trainings in Awareness and Responsiveness**.

The New Zealand Dementia Foundation is delighted to offer eight Dementia STARS modules, each introducing a person-centred approach to a key element of care when supporting people living with dementia. For each module we offer a facilitator's kit with all the resources needed to run an engaging 45-60 education session, and we also offer a pre-recorded webinar. The content is pitched at a level that will be comfortable for all staff, especially kaiawhina (support-workers / care-givers).

It is free to register to access and use the resources, thanks to the generous support of CHT Healthcare Trust Aged Care Fund. Come take a look.

If you have already have an account for the NZ Dementia Foundation website, please note that you will now use your email address to login.

<https://www.nzdementia.org/Dementia-STARS>

## PINK WALK

The Pink Ribbon Walks celebrate survivors, remember those that we have lost, and raise awareness & much-needed funds as we work towards zero deaths from breast cancer, together.

In New Zealand, nine women a day – more than 3,500 women a year – are diagnosed with breast cancer.

In an attempt to save more than 650 lives every year, we're constantly pushing for new frontiers in early detection, education, treatment, and support. By taking part in the Pink Ribbon Walks, you'll be helping change the future of breast cancer, where women will live longer and with a better quality of life.

After a hiatus last year, we're so excited to be back and walking with you all in Christchurch on Sunday 30 October, Auckland on Sunday 6 November and Wellington on Sunday 13 November. We hope to see you there!

We believe that one day, no one will die of breast cancer. Breast cancer will probably still exist, but we'll catch it early, and treat it better to prevent it from spreading (breast cancer rarely kills unless it spreads beyond the breast). And if it does spread, we'll have treatments and support to keep people alive for a very long time – just as now happens with HIV, diabetes and several other conditions that used to be a death sentence but which are now manageable over the long term. Our job is to do all we can to bring that day forward.

**That's where we need your help.** Thanks to your generous donations, we are aggressively pushing for new frontiers in early detection, treatment and support. However you're involved - hosting an event, attending a fundraiser, donating your time, money, or resources - you're helping get one step closer to zero deaths from breast cancer.

***Please visit my page to donate as I am walking on the 6<sup>th</sup> of November! I am thanking you in advance for your kind donations.***

<https://pinkribbonwalk.co.nz/page/jessicabuddendijk>

**Simple rule in life:  
I you don't like it done to you, don't do it to others.**

Lessons taught in life

## DAILY CARE HOME BED VACANCY UPDATES NOW AVAILABLE IN TARANAKI VIA ELDERNET

Taranaki residents can now access up-to-date vacancy numbers for residential care beds in a partnership between Te Whatu Ora Taranaki and The Eldernet Group.

This free service, offering much-needed support to older people and their family/whānau when looking for residential care options, means bed vacancy information is available for all care homes in the Taranaki region via [www.eldernet.co.nz](http://www.eldernet.co.nz) and is updated every weekday morning.

As well as showing bed vacancies, the report also shows the levels of care each rest home offers – including rest home, dementia, hospital, and psychogeriatric – whether homes offer short stays, and if there are any extra charges applicable.

Eldernet's service is incredibly useful in supporting people to be informed about residential care options and bed availability in the region, says Te Whatu Ora Taranaki community services manager, Louise Tester.

“With the current pressures on our hospital and aged residential services we think using this service would be valuable and support the staff at Te Whatu Ora Taranaki to work more efficiently with providers.” says Louise.

Care bed vacancy data can already be accessed for free via [www.eldernet.co.nz](http://www.eldernet.co.nz) in most regions of New Zealand. Users can also filter search results to include facilities that provide specialised health care, offer ‘nice-to-haves’ such as pet-friendly rooms, and cater to specific spiritual, cultural and lifestyle requirements.

“At The Eldernet Group, we pride ourselves on empowering older people and their families/whānau to make informed choices about their lives,” says Linda Nicolson, General Manager of The Eldernet Group.

“It can be a daunting process moving to care if you don’t have the right tools. The more information available to people, the easier the transition and the quicker people can settle into their new home,” says Linda.

### **Mason Head**

Content Creator and Publication Lead, The Eldernet Group

Email: [masonh@eldernet.co.nz](mailto:masonh@eldernet.co.nz)

## ENDING LIFE WELL. A PODCAST SERIES FOR CARERS

This series is for New Zealand family carers who are faced with caring for a loved one who is dying.

Developed by the specialist palliative team at Otago Community Hospice and supported by Hospice New Zealand, the series provides reliable palliative advice and information for carers who may find themselves out of their depth caring for someone nearing end of life. The series was inspired by the Kowhai Programme - a well-established carers education programme created in response to research done in collaboration with the University of Otago in 2010

<https://otagohospice.co.nz/education/httpsotagohospice-co-nzpatient-serviceskowhai-programmecarers-podcast/>

I want to be  
like a  
sunflower so  
even on the  
darkest days I  
will stand tall  
and find the  
light.

Joyful change

<p>I'm not impressed by your looks, money, social status or job title. I'm impressed by the way you treat other human beings.</p> <p>Inspire your beautiful soul</p>	<b>INTERNATIONAL DAY OF OLDER PERSONS.</b>
	<p><b>Every year on 1 October we celebrate International Day of Older Persons.</b>  <a href="#">International Day of Older Persons</a> (IDOP) is a time to celebrate the value of older people and a chance to acknowledge their contributions to our communities; in the work place, as volunteers, as caregivers and as whole people, with dreams, aspirations, wisdom and experience.</p> <p>Mentoring, volunteering, looking out for the neighbourhood, caring for children, sharing wisdom and experience and of course, being in paid work and leading businesses are some of the many ways senior New Zealanders aged 65 and older contribute.</p> <p>Across the world the number of seniors is expected to more than double to over 2 billion in 2050, and in around thirty years time it's expected that there will be more older people than children - the first time in our history.</p> <p><b>Become an aged concern dignity champion.</b>  Visit: <a href="https://www.ageconcern.org.nz/Public/Get-Involved/Dignity_Champions/Become_a_Dignity_Champion/Public/get-involved/Dignity_Champions/Sign_Up_Dignity_Champions.aspx?hkey=f68df66e-8a84-46ab-8420-a082c28367b4">https://www.ageconcern.org.nz/Public/Get-Involved/Dignity_Champions/Become_a_Dignity_Champion/Public/get-involved/Dignity_Champions/Sign_Up_Dignity_Champions.aspx?hkey=f68df66e-8a84-46ab-8420-a082c28367b4</a></p>
	<b>DEMENTIA LEADERSHIP GROUP</b>
<p>Congratulations to everybody who has been appointed to the Dementia Mate Wareware Leadership and Advisory Group (DLG) by Te Whatu Ora and Te Aka Whai Ora yesterday.</p> <p>The establishment of the leadership group is one of the first action areas in the <a href="#">Dementia Mate Wareware Action Plan</a>.</p> <p>Congratulations to all these great advocates for people living with dementia.</p> <p>"We're pleased to see the four organisations who authored the plan acknowledged and represented on the DLG, alongside Etu Ma'u who played a key role in the development of the <a href="#">Dementia Economic Impact Report 2020</a> says Alzheimers NZ Chief Executive Catherine Hall.</p> <p>"The DLG give us confidence the sector's voice will be strong as we work towards an Aotearoa where people living with dementia mate wareware can get the help and support they need."</p> <p><b><u>Dementia sector leaders</u></b></p> <p><b>Teresa Wall, Co-Chair</b>, Board Member of Alzheimers NZ  <b>Dr Makarena Dudley, Co-Chair</b>, Senior Lecturer, University of Auckland and Member Mate Wareware Advisory Rōpū  <b>Dr Matthew Croucher, Deputy Chair</b>, Consultant Psychiatrist of Old Age, Older Persons Mental Health Service, Te Whatu Ora Waitaha and Chair NZ Dementia Foundation  <b>Dr Etuini Ma'u, Member</b>, Consultant Psychiatrist of Old Age Waikato Hospital and Senior Lecturer University of Auckland  <b>Alister Robertson, Member</b>, Chair Dementia Alliance International and Board Member, Alzheimers NZ  <b>Anne Schumacher, Member</b>, Chief Executive, Dementia Wellington</p> <p><b><u>Central Agency leaders</u></b></p> <p><b>Nicola Ehau</b>, Ngāti Porou, Chief Advisor, Te Aka Whai Ora  <b>Harriet Puga</b>, Interim Pacific Lead, Northern Region, Te Whatu Ora  <b>Kathy Compton</b>, Marketing Manager, National Public Health Service, Te Whatu Ora  <b>Dr Kate Scott</b>, Clinical Chief Advisor, Office of the Chief Clinical Officers, Manatū Hauora</p>	

## RISK OF HEPATITIS A FROM FROZEN BERRIES

Source: [https://www.mpi.govt.nz/news/media-releases/risk-of-hepatitis-a-from-frozen-berries/?utm\\_source=notification-email](https://www.mpi.govt.nz/news/media-releases/risk-of-hepatitis-a-from-frozen-berries/?utm_source=notification-email)

New Zealand Food Safety is advising consumers, especially those with chronic liver damage, the elderly and pregnant people to consider extra precautions if eating frozen berries to minimise the risk of Hepatitis A, says New Zealand Food Safety deputy director-general Vincent Arbuckle. Hepatitis A is relatively rare in New Zealand, but in 2015 imported frozen berries were linked to an outbreak of the disease.

“We have recently become aware of 3 cases of Hepatitis A, all of whom regularly consume imported frozen berries and are linked through virus genotyping.

“While there is not sufficient information on a specific brand to initiate a targeted product recall, the evidence from the cases and from international experience, indicates a risk of exposure to Hepatitis A from consuming imported frozen berries.

“Given we are moving towards the summer months where more frozen berries will be consumed, we considered it appropriate to remind consumers of these simple precautions.

“This is particularly the case for vulnerable communities for whom the consequences of becoming infected with the Hepatitis A virus can be serious.”

New Zealand Food Safety is advising people to be aware of the risks and if eating frozen berries to take the following precautions during pregnancy, if they are elderly or with chronic liver damage:

- briefly boil frozen berries before eating them, or
- ensure cooking temperatures exceed 85 degree Celsius for 1 minute.
- wash your hands before eating and preparing food.

New Zealand has excellent systems to minimise risk throughout the supply chain and food businesses are verified to ensure the proper precautions are being taken, Mr Arbuckle says.

“In addition, imported berries are subject to a sampling and testing regime before being released for sale.

“However, we will never be able to completely eliminate any food safety risk from food for sale. That’s why we encourage consumers to consider extra precautions at home.

“The safety of consumers is our number 1 priority, and we will continue to monitor the situation with that in mind. As part of this, we are working with frozen berry suppliers to ensure they are aware of potential risks and are actively managing the issue.

“If we identify any evidence of a wider risk we will assess and take appropriate action, including product recalls.”

## FROM THE HEALTH AND DISABILITY COMMISSIONER

We have now transitioned through the most significant change to the health and disability sector in over 20 years. While it is too soon to report clear trends in relation to issues arising from the reforms, I maintain close attention to people’s concerns as they raise them, and will continue to monitor the impact of these reforms on the consumer experience.

Complaints to my office continue to show the enormous pressure the health and disability sector remains under. The increase in the number of complaints received in 2021/22 can largely be attributed to complaints about the impact of the COVID-19 pandemic on the health and disability system.

The Aged Care Commissioner, Carolyn Cooper, recently wrote about her concerns surrounding the impact of the pressures on the system for older people, emphasising the need for collective action to address the issues the sector is facing.

*Morag McDowell, Health and Disability Commissioner*

Your mind is a  
garden  
Your thoughts  
are the seeds  
You can grow  
flowers  
Or you can  
grow weeds  
Clever classroom

3 carrots give you enough energy to walk 3 miles, and they were first grown as a medicine, not food.

## EDUCATION FOR HEALTH PROFESSIONALS

On line training 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](http://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](mailto: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.tewhatauora.govt.nz/>

<https://www.worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid/>

<https://www.employment.govt.nz/workplace-policies/coronavirus-workplace/covid-19-vaccination-and-employment/>

## 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>	<b>NEWSLETTERS BACK ISSUES</b>
	<p>All newsletters are on my website including an alphabetical list of topics. 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>
	<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. 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](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.advancecareplanning.org.nz](http://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](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/>; <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.