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**Emailed to:  
2049 readers  
and counting**

**Welcome to my  
overseas readers**

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www.jelicatips.com  
mobile: 021 311055**

**CONGRATULATIONS – WELL DONE**

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

**Glenwood Home in Timaru  
Mountain View Rest Home and Hospital in Kawerau**

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

**SPECIAL DAYS DURING NEXT MONTHS**

**October**

- 1 October: International day of the Older Persons. is a time to celebrate the value of older people and a chance to acknowledge their contributions to our communities; 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.
- 8 October: Breast Cancer "Pink Ribbon" Day
- 14 October: election day
- 20 October: Hawke's Bay Anniversary day
- October 21: Loud Shirt Day. raising awareness about children with hearing disabilities and impairment.
- 23 October: Labour Day
- 29 October: World Stroke Day (Coordinated collaboratively by World Stroke Organisation and Stroke Central Region).
- 30 October: Marlborough Anniversary day
- 31 October: [Halloween](#)



**November**

November month: an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

3 November: Diwali. the **Hindu festival of lights** with its variations also celebrated in other Indian religions. It symbolises the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".

3 November: NZDA National Oral Health Day

5 November: Guy Fawkes day

17 November: Canterbury Anniversary day

19 November: World day for the Prevention of Abuse and Violence Against Children

25 November: "White Ribbon Day" for the Elimination of Violence against Women

27 November: Chatman Islands Anniversary day

**December**

1 December: Aids Foundation "Red Ribbon Day"

3 December: International Day of Disabled Persons

5 December: World Volunteers Day

 <p><b>The word 'Typewriter' is the longest word that can be typed using only the top row of a keyboard.</b></p>	<p><b>PINK RIBBON WALK</b></p>
	<p>Nine women a day are diagnosed with breast cancer in New Zealand. That's over 3,500 every year. We believe that one day, no one will die of breast cancer – it 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). Our job is to do all we can to bring that day forward, but we need your help to get there. Thanks to your generous donations, we are aggressively pushing for new frontiers in early detection, treatment and support. However you're involved – walking, donating, or supporting on the day – you're helping get one step closer to zero deaths from breast cancer.</p> <p><i>I am walking the pink ribbon walk again and hope you support me to achieve my goal. You can do that by visiting:</i></p> <p style="text-align: right;"><a href="https://pinkribbonwalk.co.nz/page/jessicabuddendijk">https://pinkribbonwalk.co.nz/page/jessicabuddendijk</a></p>
	<p><b>RIGHT TO VOTE</b></p>
	<p>The right to vote in parliamentary elections and referendums is a fundamental right in our democratic system. There is no capacity test for voting. Someone with dementia can vote, provided they want to vote and can clearly indicate their voting preference.</p> <p>If a voter has reduced mental capacity, because of dementia or any other condition, the law allows the voter to be assisted to vote in accordance with the voter's instructions. The support person can either physically assist the voter to mark the ballot paper, or may mark the paper on the voter's behalf in accordance with the voter's instructions. The voter must be present and must indicate their voting preference at the time the vote is cast. If they are not able to do this or cannot be present during voting, no one is permitted to vote on that person's behalf, not even someone with power of attorney.</p> <p>The bottom line is that the decision to vote, and who to vote for, must be made by the voter. Anyone assisting the voter must follow the voter's instructions and not attempt to direct or influence their choice.</p> <p>This can be found at <a href="#">Need help to vote?   Vote NZ</a></p>
	<p><b>BUILD DIGITAL SKILLS</b></p>
<p><b>From: <a href="https://business.govt.nz">Business.govt.nz</a></b></p> <p>Want to encourage your employees to build their digital skills? They can sign up to Digital Passport and learn at their own pace, whenever they want. From the basics like emails, to the latest AI tools, it's a great tool to grow their digital confidence. Learn in 20 minutes a day. Earn completion badges. 100 % FREE</p> <p><a href="#">Discover Digital Passport: MSDs Free Online Education Platform</a></p>	
<p><b>GET READY FOR CYBER WEEK</b></p>	
<p><b>From: <a href="https://business.govt.nz">Business.govt.nz</a></b></p> <p>Good online security practices at your business can protect you from cyber criminals. This year Cyber Smart Week runs from 30 October to 5 November. Sign up to become a supporter and you'll receive promotional material and resources about being cyber smart that you can share with your customers and employees.</p> <p><a href="#">Become a 2023 Cyber Smart Supporter — business.govt.nz</a></p>	

## FREE WEBINAR: PREVENTING AND MANAGING SKIN PROBLEMS IN ARC

**15 November 14.30-15.30**

The skin is constantly renewing itself, but this process is slower in the elderly, making the older person more susceptible to skin conditions.

The skin of an aged person is thinner and easily bruised, and wounds take longer to heal. The skin becomes dry and flakes easily as the oil content of the skin decreases with age. Dermatitis associated with urinary or faecal incontinence is common among elderly adults in long-term care facilities.

In this webinar, the audience will have the opportunity to hear from two speakers about these topics:

- how to prevent and manage skin tears
- a closer look at pressure injuries
- incontinence dermatitis
- fungal infections
- defining skin infections.

**Who should attend? Anyone involved in the care of residents, including:**

- nurses, caregivers, facility managers, clinical nurse managers, general practitioners nurse practitioners, infection prevention and control professionals.

**Cost and registration; This webinar is free, but registration is essential. To register [click here](#). ([Webinar Registration - Zoom](#))**

**Our speakers**

**Emil Schmidt, Wound Clinical Nurse Specialist, Te Whatu Ora Southern**

Emil has an extensive background in wound care, general and vascular surgery and intensive care. He is currently a wound care specialist for the Te Whatu Ora Southern district, where he is responsible for selecting and evaluating wound products and technology. Emil will share his expertise in managing wounds in the elderly in an aged residential care setting.

**Sue Atkins, Infection prevention and control advisor, Te Tāhū Hauora**

Sue is a New Zealand-trained registered nurse who has recently returned to Aotearoa New Zealand from Australia. She worked in infection prevention and control in Australia for 22 years in the health care and government sectors. For the last 12 years, she was employed by the Department of Health in Victoria Australia as a regional infection control advisor. Sue will share her experience with incontinence dermatitis and the use of anti-fungal agents in the aged residential care setting.

[Free webinar: Preventing and managing skin problems in the residential care setting | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

**Contact: Please email [ipc@hqsc.govt.nz](mailto:ipc@hqsc.govt.nz) with any questions about this event.**

## SPARK OF LIFE



For the latest news on:

*Spark of Life* One Day Seminars

*Spark of Life* 4 Day Spark of Life Rehabilitative Program

*Spark of Life* International Master Leadership Program

visit: [Home - Dementia Care International](#)

You can't go back and change the beginning, but you can start where you are and change the ending.

C.S. Lewis

**CONGRATULATIONS TO ALL BORN IN 1930's, 1940's, 50's, 60's, 70's and Early 80's  
!!!**

First, you survived being born to mothers who smoked and/or drank while they carried us. They took aspirin, ate blue cheese dressing, tuna from a tin, and didn't get tested for diabetes.

Then after that trauma, your baby cots were covered with bright coloured lead-based paints.

You had no childproof lids on medicine bottles, doors or cabinets and when you rode your bikes, you had no helmets, mention, the risks you took hitch-hiking. As children, you would ride in cars with no seat belts or air bags. Riding in the back of a van - loose - was always great fun.

You drank water from the garden hosepipe and NOT from a bottle. You shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

You ate cakes, white bread and real butter and drank pop with sugar in it, but you weren't overweight because..... YOU WERE ALWAYS OUTSIDE PLAYING!!

You would leave home in the morning and play all day, as long as we were back when the street lights came on.

No one was able to reach you all day. And you were OK. You would spend hours building your go-carts out of scraps and then ride down the hill, only to find out you forgot the brakes. After running into the bushes a few times, you learned to solve the problem . You did not have Play stations, Nintendo's, X-boxes, no video games at all, no 99 channels on cable, no video tape movies, no surround sound, no mobile phones, no text messaging, no personal computers, no Internet or Internet chat rooms.....YOU HAD FRIENDS and you went outside and found them! You fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents you played with worms (well most boys did) and mud pies made from dirt, and the worms did not live in us forever.

You made up games with sticks and tennis balls and although you were told it would happen, you did not poke out any eyes. You rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them! Local teams had tryouts and not everyone made the team.

Those who didn't had to learn to deal with disappointment. Imagine that!! The idea of a parent bailing you out if you broke the law was unheard of. They actually sided with the law! This generation has produced some of the best risk-takers, problem solvers and inventors ever!

The past 50 years have been an explosion of innovation and new ideas. You had freedom, failure, success and responsibility, and you learned HOW TO DEAL WITH IT ALL! And YOU are one of them!

CONGRATULATIONS! You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.

And while you are at it, forward it to your kids so they will know how brave their parents were

**The word  
'Strengths' is the  
longest word in  
the English  
language with  
just one vowel.**

## ONLINE EDUCATION for EMPLOYERS

Find out about your responsibilities as an employer in New Zealand  
Learn about essential employment information - free to access.

[Employment NZ \(elearning.ac.nz\)](http://elearning.ac.nz)

## 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 email flyers of the upcoming live webinars from My Health Hub, please click [on this link](#) and add your contact details to their mailing list. If you have a cohort of staff that you would like to organise study sessions for, please email [chris@mobilehealth.co.nz](mailto:chris@mobilehealth.co.nz) and she'll be in touch.

## SILVER RAINBOW

**Lesbian, Gay, Bisexual , Trans and Intersex  
(LGBTI)**

**Education for Caregivers**

**If you are interested, please contact Stefanie**



[Stefanie.OBrien@rainbowtick.co.nz](mailto:Stefanie.OBrien@rainbowtick.co.nz) to find out how you can book Silver Rainbow education for your organisation.

Did you know  
the word  
'Underground' is  
the only word  
that begins and  
ends with the  
letters 'und'?

<p><i>“Goodbyes are not forever, Goodbyes are not the end. They simply mean I'll miss you, until we meet again.”</i>  <i>Author Unknown</i></p>	<p><b>NEWSLETTERS BACK ISSUES</b></p>
	<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>
	<p><b>HELP ME KEEPING THE DATABASE UP TO DATE!</b></p>
	<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;"><i>Jessica</i></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*

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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.