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**Emailed to:
2051 readers
and counting**

**Welcome to my
overseas readers**

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

CONGRATULATIONS – WELL DONE

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

HBH Senior Living- Howick Views

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

SPECIAL DAYS DURING NEXT MONTHS**August**

2nd New Zealand Islam Awareness

9th International Day of Indigenous People

12th World Youth Day

25th Cancer Society Daffodil Day. Join thousands supporting Daffodil Day

**September**

1st Random Acts of Kindness Day

3rd Father's Day

11th-17th Te Wiki o te Reo Māori (Māori Language Week). Te Wiki o te Reo Māori, or Māori Language Week, is an annual campaign led by Te Taura Whiri promoting te reo as New Zealand's language and a language for all New Zealanders. Every year we encourage whānau from across Aotearoa, New Zealand, including organisations, schools, workplaces and homes, to give te reo Māori a go.

24th Daylight saving begins

25th Canterbury South Anniversary

PINK RIBBON WALK

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.

I am walking the pink ribbon walk again and hope you support me to achieve my goal.

You can do that by visiting:

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

Take care of yourself. Go for a walk, get a haircut, cry if you need to, read a book, take a vacation, have a drink. Do what you need to do. Take care of yourself, because at the end of the day, you're all you've got.
My positive outlooks

REPOSITIONING DEMENTIA “LET’S GET REAL”

Save the date for our September event!

Following the success of our inaugural event in March, we’ll be back this September with a jam-packed line-up.

Save the date for **Repositioning Dementia: Let’s get real** on Thursday 21 September in Christchurch and online.

This event will further explore the Dementia Mate Wareware Action Plan, research and reports and the lived experience of dementia mate wareware.

We’re inviting spokespeople from the major political parties to share their health and dementia mate wareware policies for Aotearoa New Zealand.

We’ll also launch the World Alzheimer Report 2023 and announce our research Fellow – with more speakers to be shared soon!

We’ll share more details – including the registration link – online soon.

Alzheimers NZ Chief Executive Catherine Hall says there has already been progress made since the first event which highlights the need to bring the sector together more often.

[Save the date for Repositioning Dementia: Let’s get real - Alzheimers New Zealand](#)

LAST DAYS PROGRAM

From: Hammond Care. Navigating death and dying

Last Days is a program designed to equip people with practical knowledge and tools to navigate the last days of someone they care for. As well as the Last Days program, there are workshops specifically aimed at supporting someone with dementia through their last days.

Designed for families and carers supporting someone at the end of life, the program outlines what to expect when someone is dying and aims to help people have open and honest conversations about a person’s wishes and expectations in their last months, weeks or days.

Drawing on decades of research and experience in complex dementia and palliative care, the program is delivered by an experienced palliative care nurse in small group face-to-face or online workshops.

The Last Days program has been generously supported by the HammondCare Foundation. For further information see: <https://www.hammond.com.au/>

REFLECTION

When I woke up this morning, I asked myself, “What is life about?” I found the answer in my room...

The fan said, “Be cool”. The roof said, “Aim high”.

The window said, “See the world!”.

The clock said, “every minute is precious”.

The mirror said, “Reflect before you act”. The calendar said, “be up to date”.

The door said, “Push hard for your goals.

The floor said, “kneel down and be thankful for what you have”.

Carmen St Marie

CHANGE TO TIMEFRAME TO RAISE SEXUAL HARASSMENT PERSONAL GRIEVANCES

Newsflash; Shelley Eden Employment lawyer

A small, but significant, employment law change has taken place: as from 13 June 2023, the time for employees to raise a personal grievance for sexual harassment has risen from 90 days to 12 months.

For all other personal grievances, the time to notify the employer is unchanged at 90 days. From now on, employers must include the modified time in new employment agreements. So templates for new employees need to be reviewed by employers **now**.

Do employers need to change the agreements with existing employees? Technically not, as the change occurs regardless.

However, a small potential fishhook here. The Employment Relations Act sets the timeframes for raising grievances, but if these are not set out in the employment agreement, then this can be a reason for the employee to raise their grievance late, on the grounds that there are "*extraordinary circumstances*". So if employers don't have the new 12-month period specified in their agreements, then potentially an employee could raise a sexual harassment grievance after 12 months, and be entitled to do so.

It isn't a bad time to review and implement new agreements for all, as there have been a few changes in employment law recently: the increase to 10 days sick leave, the addition of the Matariki public holiday, and now this. Balance that out with expected significant changes to the Holidays Act next year. It may be that taking a small risk of the potential for late sexual harassment claims is worth not going through the upheaval of putting in place new agreements for all employees now.

But if it's something you would like to discuss, please don't hesitate to be in contact.

shelley@shelleyeden.com 021 920658

COMPLETE OR FINISHED?

"Complete" or "Finished"? Now here's your English lesson for the day!

No dictionary has ever been able to satisfactorily define the difference between "complete" and "finished."

However, during a recent linguistic conference, held in London, England, and attended by some of the best linguists in the world, Samsundar Balgobin, a Guyanese linguist, was the presenter when he was asked to make that very distinction.

The question put to him by a colleague in the erudite audience was this: "Some say there is no difference between 'complete' and 'finished.' Please explain the difference in a way that is easy to understand."

Mr. Balgobin's response: "When you marry the right woman, you are 'complete.' If you marry the wrong woman, you are 'finished.' And, if the right one catches you with the wrong one, you are 'completely finished.'"

His answer received a five-minute standing ovation

FOOD ACT INSPECTIONS

If you have any problems with these inspections/audits you can always lodge a question with MPI. If you feel that what the auditor ask for isn't right double check!

info@mpi.govt.nz

This is a busy email so you might not receive an answer right away. If it is urgent, then call MPI on 0800 008333

Never measure
your life by
possessions.
Measure it by
the hearts
you've touched,
the smiles you
created, and
the love you
shared.

Rob Ra Walker

SPARK OF LIFE

For the latest news on:



Spark of Life One Day Seminars
4 Day Spark of Life Rehabilitative Program
Spark of Life International Master Leadership
Program
visit: [Home - Dementia Care International](#)

STATINS DO NOT CAUSE DEMENTIA OR CANCER

From: *Goodfellow Unit support@goodfellowunit.org*

In a May 2023 Tools for Practice, the question was:

"Do statins negatively affect cognition, memory, or dementia?"¹

The answer: "Randomized controlled trials and large, long-term observational studies suggest no association between statins and risk of dementia or worsening cognition scores."

In addition, there is no increase in cancer but weak evidence of a slight reduction in some cancers.²

References:

1. [Forget about it? Statins and the risk of dementia](#) Tools for Practice #341
2. [Effect of Statin on Cancer Incidence: An Umbrella Systematic Review and Meta-Analysis](#) J. Clin. Med. (2019)

DANGERS OF DISTRACTED DRIVING

Source: <https://www.aa.co.nz/>

Distractions can be both visual (you're looking at it), and cognitive (you're thinking about it). In case you are planning any road trips, there is bound to be a lot more going on in your head and on the roads. Don't let your eyes and mind drift, be vigilant and maintain your attention as your life may depend on it.

Common distractions:

- *Mobile phones*
- *Navigation*
- *Food*
- *Music*
- *Pets and children*
- *Applying make up, shaving, combing/brushing hair*

Being distracted is risky, and you could face serious charges should that distraction lead to an injury or death if you crash. If your eyes are off the road, even at just 30kmh you have travelled 8m/second – so two seconds looking away = 16m (three + car lengths). At 100kmh it's 28m/second.

Make sure that you stay safe and fully concentrate on the road.

Remember that it could only take a moment of distraction to cause a world of hurt.

Travel safe

**Problems are
part of life.
Facing them is
the art of life.**
Krav Maga

FUNNY THAT....

My mum used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting e. Coli

Almost all of us would have rather gone swimming in the lake or at the beach instead of a pristine pool (talk about boring), no beach closures then.

We all took PE And risked permanent injury with a pair of sandshoes instead of having cross-training athletic shoes with air cushion soles and built in light reflectors that cost as much as a small car. I can't recall any injuries but they must have happened because they tell us how much safer we are now.

We got the cane for doing something wrong at school, they used to call it discipline yet we all grew up to accept the rules and to honour & respect those older than us.

We had 50 kids in our class and we all learned to read and write, do maths and spell almost all the words needed to write a grammatically correct letter....., FUNNY THAT!!

We all said prayers in school irrespective of our religion, sang the national anthem and no one got upset.

Staying in detention after school caught all sorts of negative attention we wish we hadn't got.

I thought that I was supposed to accomplish something before I was allowed to be proud of myself.

I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations. We weren't!!

Oh yeah And where was the antibiotics and sterilisation kit when I got that bee sting? I could have been killed!

We played "King of the Hill" on piles of gravel left on vacant building sites and when we got hurt, mum pulled out the 2/6p bottle of iodine and then we got our backside spanked. Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that?

We never needed to get into group therapy and/or anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

LOVE TO ALL OF US WHO SHARED THIS ERA. AND TO ALL WHO DIDN'T, SORRY FOR WHAT YOU MISSED.

**Don't be afraid
to fail.
Be afraid not to
try.**
Billionaire things

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
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

SILVER RAINBOW

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

Education for Caregivers

If you are interested, please contact Stefanie



Stefanie.OBrien@rainbowtick.co.nz to find out how you can book Silver Rainbow education for your organisation.

Tell my mistakes
to me, not to
others.
My mistakes are
to be corrected
by me, not by
others.

My positive
outlooks

<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

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- 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.