



How to stay Better at Home in your senior years - Hamilton Expo

Living comfortably and independently at home in our senior years is practically everyone's ideal.

The "How to Stay Better at Home" expo is a half day fact finding event on August 29th, directed at helping people understand the many ways to continue living independently at home.

The expo has been organised by **Panacea Healthcare** who saw a real need to provide the community with an easy way to learn about the various support services which make a real difference to living at home.

"There are many wonderful support services to help people continue living at home," says Jo Southwick, Regional Manager of Panacea Healthcare.



"The expo brings these services together under one roof and creates a place where people can come to learn tips, talk to experts and not feel like there is a commercial obligation."

"People will be able to learn about a wide range of services like - ways to keep safe at home, what products are available for daily living, how to arrange affordable home support, how to get free delivery of your medication, your legal rights, and how to access funding options available," says Jo Southwick.

Panacea Healthcare will also use the opportunity to launch our new homecare solution, **Panacea Better at Home™** support packages. The expo is supported by 23 organisations that will have stalls for people to visit.

If this proves to be a valuable service to the community, we will have expo's in other areas soon.

Please join us at our 'Better at Home' Expo

Date: 29 August 2011

Time: 9.30 – 12pm

Where: Celebrating Age Centre, 30 Victoria Street, Hamilton

For more information contact Panacea Healthcare 07 838 2332

Panacea Healthcare named as Finalist for North Auckland Business Awards

Panacea Healthcare Limited has been selected by an independent judging panel as a finalist for the 2011 Westpac Auckland North Business Awards in the following category:

ACC Excellence in Workplace Safety.

Winners for the 2011 Westpac Auckland North Business Awards will be unveiled in Sept 2011.

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Find us on Facebook

Elite Respite Care Ltd

Rose and Jim formed Elite Respite Care Ltd offering respite care in their home. They have a one bedroom self-contained flat attached to their home.

Rose and Jim have been involved with caring for children with special needs for over 30 years. Their involvement ranges from being Health Care Assistants, foster parents, and doing voluntary work in Romania.

Rose and Jim have extensive experience working with children with severe epilepsy, Down Syndrome, Autism and working with the elderly. Jim also works with Dementia and Brain Injury clients. They know sign language and other methods of communication. They also act as an Emergency Safe House for children.

If you need a temporary break from full-time caregiving for a few hours, additional support may be available. Contact your local office for more information.



Rose and Jim



Clients and Support Workers

Panacea Healthcare is now on Facebook! We have a page where you can read the latest news about new products, jobs available, press releases, our triumphs, and what we are up to. You can share news with others in the Panacea Healthcare community. We do realise that at times we all get lonely and need that little bit of extra support and / or someone to talk to. It is free to join and this is a great way of connecting with other like-minded people and make friends!

Loud Shirt Day on September 16th is a great way to improve the lives of deaf children around New Zealand. Donations collected on Loud Shirt Day help deaf children learn to listen and speak like their hearing friends.

For more information go to www.loudshirtday.co.nz

Panacea Regional Office Staff 2010



Cancer is a major public health issue in New Zealand, as in other economically developed countries.

It ranks **second** as a cause of death (after cardiovascular disease), accounting for more than a quarter of all deaths in the late 1990s. The little pink ribbon is well known to all of us but there are several different colours associated with different cancers — see chart obtained from www.choosehope.com



Spotlight on Products

The **LOMAK** gets the



A client of Panacea Healthcare, who has been a tetraplegic for 5 years, was fitted with the Lomak and she says, *"I have discovered so much with my Lomak, I can write letters, go on sites, do emailing, facebook and even help help my son with his homework. I have gone from feeling helpless to feeling important."*



The **LOMAK** - 'Light Operated Mouse And Keyboard' - is primarily designed for the use of those who cannot use a normal keyboard and mouse. The USB powered device is mounted underneath the monitor and is operated by a small laser pointer attached to a headpiece worn by the operator. Some people who have arm movement can alternatively use the Lomak horizontally with a hand-pointer. It does not require installation of any software. The head-pointer contains a laser and operates from an internal battery for about eight hours between charges. It turns off when pointed away from the keyboard and left stationary for a time. It has an internal switch which awakes the device when it is moved.

The Notesai overlay permits people with limited head control (such as those with cerebral palsy and similar conditions) to select characters more easily than with the closely spaced Lomak layout.

His passion for disabled kids and awareness of the difficulties they faced every day in school led **Mike Watling**, a New Zealander, to develop the Lomak keyboard in 1987.

If you know of a great product, let us know so we can tell others.



Open Letter to Our Valued Staff Members

Panacea is committed to providing quality in home healthcare for our clients. Each one of us plays a key role in meeting that commitment.

Recently Panacea accepted an invitation to take part in a national employee study to be conducted by Press Ganey Associates, a specialist healthcare survey research company. The specific purpose of the research project is to understand the things which are most important to you about your job and to assess how well Panacea performs in those areas. It will enable us to compare our performance with other companies in the healthcare sector.

Press Ganey have asked us to invite a random sample of 205 of our employees to complete the study. If you are selected in the sample you will be sent an invitation to complete the survey. Participation in the survey is **voluntary**, however to make sure that we really understand the true picture, we would be very grateful for your participation.

If you are selected and *have* an individual email address available, an email will be sent containing an on-line link to the survey for completion.

If you are selected and *do not* have an individual email address, we will invite you to go to your nearest Panacea office to complete the survey on-line. Your Service Manager will contact you to arrange a time and will be present to assist with any questions.

The survey will take approximately 15 minutes to complete.

If you participate, you can be assured that when you submit the survey your responses will be **private**. The data is electronically sent directly to Press Ganey to be included in the overall study data set. Panacea will not be able to see any individual employee's ratings. No individual employee can be identified. We will receive a snapshot of our results with data rolled up so that we can see general trends and opinions but no individual results.

We will provide staff with feedback on the survey results within two months of the report being delivered to us. This is planned to be after October.

We anticipate that the survey will produce information to enable Panacea to continue to develop and enhance the culture of our organisation. To realise this goal we need your help.

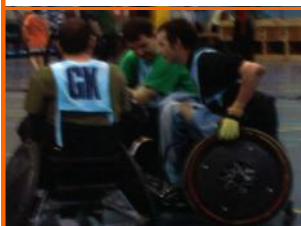
Thank you for your support and participation.

Best regards

Jan Hilder - Managing Director

Panacea staff are a talented bunch and pop up all over the place.

Will Collin, who works for Panacea Hamilton in the uni holidays, was seen recently on stage at the Bats Theatre performing in Hearts Encoded. "Absolutely fantastic play and acting. I am looking forward to seeing Will in more plays," says Jo Southwick, Regional Manager, Panacea Healthcare -Waikato.



On Queen's birthday weekend the Eve Rimmer Games were held in Tauranga. This included wheelchair rugby, basketball and table tennis.

Competitors came from around the region to enjoy the 'have a go day' and try these sports. The rugby team, of which Tauranga client Rob Wilson-Prier is a member, played well and won their match 27-21 against a team which had 2 able-bodied participants.

Tauranga Service Manager Debbie Obern went to watch the sports and was amazed at the speed and force with which the game is played. Everyone appeared to be having lots of fun, encouraged by family and supporters.

Rob is keen to hear from anyone who would like to give rugby a go. You can phone him on 07 570 2635 to make enquiries.

NEWS IN BRIEF

We are delighted to welcome **Carey Fletcher** as **Staff Development Manager**. Carey comes to Panacea Healthcare with over 30 years experience in Health. An RN, she worked as a District Nurse in the UK for over 10 years. In NZ she worked in Hospice for over 14 years in nursing, leadership and management roles. She has a Master's Degree in Nursing and has a passion for professional development and a desire to see everyone reach their full potential.



Margaret Tautiepa is welcomed as **Service Coordinator** in Manukau. Margaret has many years of customer service working for Government sectors such as Work & Income and Child, Youth & Family. She is currently studying for a Diploma in Community Health Promotion and is passionate about helping people in the community.

August sees Cystic Fibrosis Week and Daffodil Day for the Cancer Society.

September is Cervical Screening Awareness Month, and **Prostate Awareness** on Blue Friday (2nd Sept).

In **October** we celebrate the International Day of the Older Person and it is also **Breast Cancer Awareness Month**.

In Memoriam Betty Halligan

Sadly, on Saturday 9th July 2011 Betty Halligan lost her fight against cancer.



Panacea has lost a loyal worker and friend. Betty has been a support worker for Panacea Healthcare for over 5 years. Betty is fondly remembered by all as our Auntie Betty. She would often pop into the office and have a cup of tea.

Betty is remembered by her clients as a kind and caring person who often went above and beyond what you would expect a support person to do. Betty will be greatly missed by the clients, and the support and office staff. Our thoughts go out to Barry and his family.

Training Opportunities

Training in Auckland /Manukau

The following courses will be offered in August/September:

- ♦ Orientation and Induction
- ♦ Spinal Course
- ♦ First Aid and CPR
- ♦ Manual Handling Course

Training in Hamilton / Rotorua

The following courses will be offered August/September:

- ♦ Orientation and Induction
- ♦ Spinal Course
- ♦ First Aid and CPR
- ♦ Manual Handling Course

Training in Tauranga

The following courses will be offered August/September/October:

- ♦ Policy and Procedure re Client Medications
- ♦ After a brain injury
- ♦ Breast cancer
- ♦ Commonly prescribed medication for clients with brain injury
- ♦ Code of Rights
- ♦ What is Cancer?
- ♦ Sensory Deficits

Please contact your local Panacea office for more details and to book your place.

Congratulations Star People!

May 

Angela White, Auckland
Alexia Pfeifer, Manukau
Lyn Hamlin, Hamilton

June 

Annie Farnworth, Auckland
Rose Hei Hei, Manukau
Debbie Westbury, Tauranga
Adrienne Williams, Hamilton

July 

Lisa Miller, Auckland
Aileen Brown, Manukau
Cameron Robertson, Tauranga
Jenny Jones, Hamilton
Ivy Naeva, Rotorua

Each month, each regional office endeavours to select one of its team for this award for going beyond the call of duty to care for our clients. Each received a \$20 voucher.

Important Notices Support Workers

You should have received the notice of **cashing up annual holidays** with your payslip during the last month. If you have not received it—please contact the office for your copy.

Employment Contracts

A reminder to all staff to return all signed Employment Contracts to the office.



Look out for this logo to see our page on Facebook! Log on to see the latest news, jobs available. Feel free to give us your feedback.



Support workers: look out for this logo and make Panacea Healthcare your friend. Become part of Panacea's community!

Timesheets

ALL timesheets should reach the office by midday MONDAY for the previous week worked at the latest to ensure prompt payment.

How to play Sudoku

Fill in all the blank squares with the correct numbers.

- 3 simple rules:
- Every row must include all digits 1 – 9 in any order.
 - Every column must include all digits 1 – 9 in any order.
 - Every 3x3 subsection must include all digits 1-9 in any order.

	6	9	5	1	2	7	
2	3	1	6	8		5	
4		7	2			1	
		4	8	2			
	9		4	1	6	8	
3			9	5	7	1	
1	2				3	9	4
5	4			2			
9			1			5	6

Did you know?

A sneeze travels out of your mouth at over 160km/hr.

Your opinions matter to us! Please let us know what you want to see in the newsletter and keep the news rolling in...

Safety Week 15 – 21 August

Some interesting facts about accidents and safety

Did you know that last year falls made up over 40% of home injuries and there were a total of 260,000 claims? The cost of these claims is a staggering \$272 million. It isn't only older or very young people who fall. 41% of all home falls are sustained by 25 – 64 year olds and account for about 60% of the total cost. Food for thought! This also has an impact in the workplace as 25 – 64 year olds make up a high proportion of the workforce. Over 3000 people were off work for more than 3 months as a result of falls in the home.



People fall just about anywhere in the home. They fall down stairs, slip on wet floors, trip on the garden path and fall from ladders. Interestingly, you are more likely to fall on weekends, holidays and in the summer months – basically when people are spending more time at home.



Answer these questions for a chance to go into the draw to win one of three \$50 Westfield Gift Vouchers:

1. What was the cost of falls in the home last year?
2. How many people were off work for more than 3 months last year as the result of a fall?
3. 25 – 64 year olds account for what percentage of the cost of falls?
4. When are you more likely to fall?

In the event of a tie, please tell us what steps you have taken in the last year to reduce the risk of having an accident in your home in 30 words or less.

Return your entry by email to reception@panaceahealthcare.co.nz or your local office. Draw will take place September 10th. Winners will be announced in next newsletter.

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