

Apex Care

October Newsletter

TAPATAHI / PONO / KAWENGA TAKOHANGA
Integrity / Honesty / Accountability

Words from Wendy

Brrr...it's cold out there with this cold snap coming through from the South. I'm sure you'll even feel it in Northland. I must have been a cat in a previous life as I love the heat – I love my 'leckie blankie on so hot that my partner Kevin disappears to another bed as he feels like a rotisserie chicken. So wrap up well everyone.

I really do appreciate everyone turning up to their shifts with determination to help out those in need. I used to be on the "shop floor" quite a while ago and know what it takes to be there day-in day-out and doing the best you can. You do make a difference each time you're there for our customers and the tangata, trying to help them through their days. Thank you.

Kia ora from Catherine

October is a big month for me with the anniversary of my mum's death 3 years ago on the 3rd. It's amazing this thing called grief how it is always there and no matter how things can go well, there's a sadness in your heart for a lost one that needs to be taken out, dusted off, felt and then tucked back away again. It's a way of coping so that you don't bottle everything up and it topples you over when it explodes.

I know so many of you have grief in your life and will continue to do so as it's a part of life – please find a way to acknowledge it, release it and learn to live with it. The scars will heal but the marks always remain - however, these are scars of loving and are part of life. We are always here with a listening ear for you if you need okay – otherwise there's EAP if you need to off-load and get professional advice.

Nurse Sarah's Corner

Kia Ora Whanau, I hope you are all surviving the cold snap and staying warm!

I am excited to say we now have a range of in-house learning opportunities for you to take advantage of in your own time.

There is a new section on epilepsy in the [self-directed learning](#) section that contains videos and a website link to Epilepsy Waikato Charitable Trust. This site has an abundance of great resources so please check it out!

Coming in November is a mandatory training on Neurodiversity – stay tuned!

I hope you are all keeping well, please know I am always available for debriefs - clinical and non-clinical - so please do not hesitate to contact me. If you don't get me directly, please call the 0800 # and they can let me know you're needing to chat.

Waiatas

Our Cultural Navigator, Ricky Tipene, and his wife have created two [waiatas](#) for us. Please have a listen and sing along. They really are great to sing along to and I'm actually learning better this way. You can download these to your phone and possibly sing with your tangata and whānau.

New kaimahi required

Remember to refer new kaimahi to Apex Care by filling in the online form [here](#) and having your contact fill in their [online application](#)

REMINDERS

·**Medication Chart:** when you're logging medications on this chart for the same tangata, please press the "Save and Resume Later" button if you've got multiple days to do in one stretch. Don't forget to keep your Daily Notes updated with meds given, but as this is such a crucial part of what we do, we need to make sure we have good records on this.

·**Can't do a shift?** Please don't just mark yourself as Unavailable on a day when you've already got a shift allocated – you must call the 0800 # and let us know. WIW does not advise us of conflicts like this unless we happen to spot it whilst scrolling through doing checks.

·**Thank you** for improving on the Timesheets and Daily Notes submissions. The team report much less need to follow up on these and it makes everyone's life so much better when we just do what we need to do for our tangata and to get paid.

·**Personal gear** – when you go on any shift, make sure you don't have personal items with you that could be used as a weapon. Even if you're on a long shift, don't take a razor or any dangerous implement as these can be used against you – hairy legs or unshaven chin is just one of those things you have to put up with to keep safe.

Mental Wellbeing week has closed, but this doesn't mean to say we lose focus on keeping our own minds safe. Please use our [Wellbeing website](#) to help you if you need support. And EAP is always on hand.

What's coming up?

The new Employee Handbook and the Health and Safety Manuals will be released next week. "Hurrah" I hear you say....just kidding, I know you're groaning at the reading coming your way. BUT, we do need to do this. It's been ages since we had an update and Apex Care has grown in how we operate and we need to bring everyone on board with the changes. Common sense will always prevail and phoning the 0800 # for advice is always your best course of action. But you need the backbone of good policies and guidance to help you through your mahi.

And that's it folks. I am honoured to work with you and feel this every day. You teach me so much and I am thankful to learn from you all. I want to continue learning and understanding from you, so feel free to share your knowledge and thoughts with me and the team. And I do get so excited sometimes with interruptions, so bear with me.

Thank you one and all.