

Mawson Telegraph

Spring has Sprung...



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Dear Residents Family and Friends

We have made it through the chilly months and the cold dreary days were kept at bay with lots of interesting activities.

We now looking forward Spring and hope to enjoy some more outside activities as the weather improves.

BBQ'S Beach visits and much more ...

Interest Group Feedback

Individually, we are one drop. Together, we are an ocean-

Ryunosuke Satoro-Poet



- The ceramic art group; have been very creative and have produced lovely ornaments cups and plates. Anyone that is interested in this activity is welcome to join us every second Tuesday at 10:30am.
- We enjoyed the most delicious dinner for our annual mid winter Christmas and the theme of the winter solstice was a great success. We changed the event to take to take place in the evening and everybody seemed to have a pleasant time.
- Don and the discussion group have been learning about the theory of flight, Richard and Doug are enthusiastic participants. Don kindly runs this group twice a month so join him for some interesting chats.
- Some ladies enjoyed an outing to the mall for lunch and it was lovely to get out and socialize in the community.
- The ever popular cooking class made mini Banoffee pies which were delicious. Well done to our amateur chefs.
- Our group of singers that participate in Sing Up Rodney are getting ready for their Spring concert which we look forward to supporting.
- Three gardens outside Myrtle Bell have been revamped, new paving put down and we are looking forward to see foliage in blossom. The garden club are waiting for their seeds from the Auckland community garden group.
- The East Coast Bays Library will be hosting some interesting events with heritage festival which will be held from 18th to the 22nd of October.
- The Theater group thoroughly enjoyed Matilda the Musical at the Civic and gave it five stars!



Technology won't replace whanau-owned healthcare

Janie Cameron, Wednesday 05 July 2017, 2:24pm

Technology will play a key role in the future of pharmacy, but it won't replace the human touch when it comes to "whanau-owned" health delivery.

That's according to pharmacist prescriber, Leanne Te Karu, who spoke at the Forward Pharmacy symposium, held at the University of Otago Campus in Wellington in April.

The symposium, organised by the University of Otago and the University of Auckland pharmacy schools, gave a number of prominent healthcare professionals an opportunity to present evidence to take pharmacy into the future.

Ms Te Karu is a clinical pharmacist, deputy chair of the Pharmacy Council and a member of the Maori Pharmacists Association. She spoke as part of the symposium's "Lightning Talks", a series of 10-minute talks following the morning speakers.

Opening with a Maori welcome, Ms Te Karu followed with a light-hearted quip: "Whoever thought of the 10-minute time frame did not factor in the indigenous people who generally take about 10 minutes to do their introductions!"

In her talk, Ms Te Karu refers to earlier addresses given in the day by Professor Des Gorman of Health Workforce New Zealand, who spoke about the role of the pharmacist in virtual healthcare, and lawyer Geof Shirtcliffe, who questioned the need for pharmacists in a world of rapidly advancing technology.

Ms Te Karu agrees with Mr Shirtcliffe that there are a number of steps in the process of achieving optimal states of medicines management that can and will be roboticised or done by a machine, but says when it comes to what she has coined "whanau-owned" health delivery, the human touch is essential.

"I have every confidence that a machine could dispense better than I could, although that's scary to say out loud, and every confidence that a machine could be way more up to date than I, in terms of what research is being produced up to the second, and collate and apply that research to a specific circumstance.

"But I have little confidence that a machine could do a karanga onto a marae...And speak inside a whareniui to whanau in a pedagogical way that is meaningful to them, so they can translate health messages and, in turn, use

that by themselves and to engage with the wider health community to fully understand what those people are going to need when they might or might not be seen by [a pharmacist]."

She describes whanau-owned as "a model of the patient really, substantively understanding what's going to be happening and understanding the health issues.

"It's about working with whanau so that they fully, wholly understand conditions and the medicines that go alongside of that," she says.

This is a model of health delivery that Ms Te Karu has designed and implemented throughout the country, engaging with more than 2000 patients nationwide. She likens the term whanau-owned to Professor Gorman's term "patient-centred", but says it's important not to default into the "recidivist behaviour" when talking about patient-centred health delivery.

"What we really mean is we're just going to share the plan with you that we have developed - not one that is being premised on your input into this plan, a plan that you fully understand the risks and balances of."

Ms Te Karu says when talking about optimal use of medicines, it's important to be mindful of what "optimal" might mean for different groups of people, and it's about having a deep understanding of what the consumer wants.

"I often agree with Des [Gorman], but one thing I disagree with him on is calling it a medicines use 'system'. The healthcare system is not a system. It is not systematic. By definition, that means you have to have interacting units that function as a whole and I think that's our really big thing today - we need to collaborate more and think more about that space.

"We know that medicines can decrease morbidity and mortality, but they can equally increase those factors, so we have to think about the multiple steps - whether or not someone feels able or safe enough to approach those health services, whether or not they engage with them, whether or not they are prescribed a medicine... Factors around the person who is in the interaction, factors around the prescribers themselves, how the medicine is dispensed and all the health messages around that.

Upcoming events...

- Heritage Festival
18th Sept – 22nd October
- Beach series
- Southern Bell
afternoon tea

I am sure you would agree that Luke has been doing a sterling job in Kevin's absence and we hope Kevin will have a speedy recovery.

We said goodbye to our Lorraine that worked at FHH for 6 years and she will be sorely missed. We wished her the very best going back to the UK to be with her family.



I would like to end off this newsletter with something inspirational from Jelicass link. Hope you enjoy.

Till next time,

Helen

The Garden of Daily Living

PLANT THREE ROWS OF PEAS

Peace of mind

Peace of heart

Peace of soul

PLANT FOUR ROWS OF SQUASH

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

PLANT FOUR ROWS OF LETTUCE

Lettuce be faithful

Lettuce be kind

Lettuce be patient

Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS

Turnip for meetings

Turnip for service

Turnip to help one another

TO CONCLUDE YOUR GARDEN

MUST HAVE THYME

Thyme for each other

Thyme for family

Thyme for friends

