

Summer 2021/2022

## YOUR HEALTH AND WELLBEING. SUMMER ESSENTIALS.

### Dear community,

As we fast approach the end of the year it has been lovely to take a few minutes and reflect on the success of the past 12 months. I am very proud of the way the Akaroa Health staff have pulled together and kept a positive attitude after another exhausting year. COVID-19 isn't easy for anyone and I have huge respect for those in essential services who work through all conditions to keep everything running and everyone safe. We are very fortunate in our small community to have such dedicated health care workers, front line Police, volunteer fire fighter and St John teams and let's not forget about those people who support us at the petrol station, the 4 Square and Heartlands.

I'm excited for the future; earlier in the year we set our strategic goals and there is a focus on growth of services and ensuring we are sustainable. The community will really benefit as we investigate new technology, look at telehealth and drive equity of access.

I'm pleased to announce that we have a new permanent doctor, Kris Sargent, starting on the 11th January. Kris has an extensive background working in rural health, he really enjoys the coastal outdoors and has a great sense of humour - what more could we ask for!

As we head into Christmas, I hope you all get to take some time off and recharge for the new year and I wish you and your family a wonderful and safe holiday season.

**Emma Crew**  
GM Operations and Integration

### Contact details

**Before visiting (even after hours) call:**  
03 304 7004

**Book an appointment / talk to a resident:**  
03 304 7004

**Emergency:**  
Call 111

**email:**  
reception@akaroahealth.nz

**website:**  
www.akaroahealth.co.nz

**COVID-19 info:**  
www.covid19.govt.nz



**Kris and Christina Sargent.**  
Welcome to Akaroa and the Bays!

### Alaska to Akaroa - a word from our new Doctor

Christina and I are very excited to be getting back to the kind of rural small-town life we love most.

Until the end of 2020, we were living on a small island along the Inside Passage of Alaska, where we had been for almost 10 years. For the last few of those, I had been flying in to a very-remote village in Western Alaska, working in the Native community. My whole medical life has been working in rural and remote (there's a difference, where I'm from!) places, and in caring for everyone who lives there. I like living in a place where I can get to know my patients and their families (although it takes years to sort out all the various relations), to help people through

the bad times, and be there to enjoy the good times with them.

I have experience with all the things that happen in rural medical life, from injuries to sicknesses to babies, to general well-being. I'm happy to take care of minor surgeries of most any variety. I've spent years working with folks struggling with mental health and/or substance abuse troubles, and I'm always pleased to help in that community. I have a particular interest in adolescent medicine and with the various issues that come in navigating that "interesting" part of our lives.

My wife, Christina, is a wildlife biologist by training and has worked in a variety of ecological, wildlife, forestry, and fisheries positions. She also enjoys environmental education and has been the school and community garden coordinator at our local school in Alaska; organizing and managing the garden and teaching science, garden, and culinary lessons.

She and I have a fondness for gathering and making (and eating) great food, particularly what can be grown/hunted/fished/gathered from the land, in sustainable ways. These interests have also led Christina to working in food sustainability research and Alaska Native foodways. We're looking forward to learning about Akaroa and the Banks Peninsula's unique food culture.

We'll be arriving in Akaroa in early January and we're excited to be there!

**Regards, Kris**

### Vaccination rates in our community

COVID-19 vaccination rates among people registered at Akaroa Health are very good. The vaccination programme will continue through all colours of the Protection Framework. We vaccinate on Wednesdays and Thursdays and are accepting all bookings for 12 year olds and above. If you are not currently enrolled, no problem, please contact the Akaroa Health Centre and we can make a booking for you.

**83.5%**

fully vaccinated

**4.5%**

in progress (have had the first dose)

### Booster vaccines

Booster vaccines will be available at Akaroa Health from mid January. For those people who are over 18 and who have been fully vaccinated for more than 6 months, please ring reception 03 304 7004 if you would like to make a booking.



### We're here in support of you

While Akaroa Health are supporting the Ministry of Health's vaccine drive we respect that the decision to be vaccinated is a personal one, we understand you may have questions or concerns, we understand you may have fears, or a complex medical history. We are here to help!

You can book time with a doctor free of charge to talk about your vaccine concerns and ask questions.

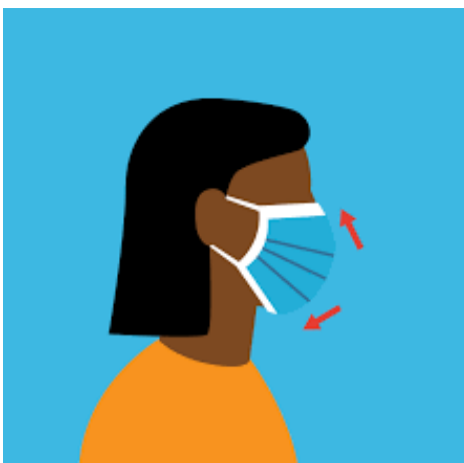
**If you have made the decision not to get vaccinated please be reassured that you will still receive health care and have access to resources.**

COVID-19 has had a significant impact on all aspects of our lives. It impacts how we interact with each other, where we go, how we shop, how we celebrate and how we work. All this change adds stress and uncertainty to our lives and impacts our mental wellbeing. It's OK to feel sad, worried, confused, anxious or angry during this time, we all have good days and bad days.

If you or someone you love needs some additional wellbeing support the Ministry of Health website has some excellent Covid19 Mental Health and Wellbeing resources. A number of parents have raised concerns around how they can explain the virus to their children. [www.kidshealth.org.nz](http://www.kidshealth.org.nz) has a range of resources targeted at different age groups.



And don't forget you can reach trained mental health professionals any time by dialling 1737.



## Masking like a pro:

We asked Aston Yiu, one of our friendly pharmacists, how we can best prepare for living with Covid in our community. Aston said:

*"We need to assume COVID-19 is already around us. We will be living with COVID-19, so we cannot become complacent. On Friday, the South Island will be operating at Orange in the COVID-19 Protection Framework. This means masks will continue to be mandatory in retail."*

*I notice a lot that people take their mask off to speak, or wear it underneath their nose, or hanging off one ear.....this defeats the purpose which is to stop us catching or spreading the virus. We also naturally touch our face, mask, mouths a lot with our hands. When we're trying to reduce the spread of a virus, this is an offence worthy of instant hand sanitiser! If you cough or sneeze, do so in your elbow and sanitise straight afterward.*

*If you forget your mask, ask your retailer as they may carry extra.*

**Pro tip: ever wondered which way a surgical mask should be worn? Blue on the outside (it's a bit water resistant) and white on the inside (it's absorbent), the wire should hug the bridge of your nose to do the job right!**

*If you have ANY symptoms, stay at home. We still get people coming in with sore throats, etc. and claim it's not COVID-19 without getting a test. Call us. We can help over the phone.*

*The Government is setting up the ability for all Pharmacies in New Zealand to issue Vaccine Passes. This has not been fully rolled out yet. We will update you via our Akaroa Pharmacy Facebook page when we are in a position to issue these."*

The Pharmacy will be open 9:30am - 5pm Monday to Saturday, Closed Sunday, through the holiday season with the exception of Christmas day (closed).

## Local updates:

Follow Akaroa Health's facebook page (facebook.com/akaroahealth). www.akaroahealth.co.nz is also regularly updated.

## Getting your vaccination pass

From this Friday a Vaccination Pass will need to be carried to enter many restaurants, businesses, and events. There are 3 ways to get your My Vaccine Pass:

### Online:

Follow instructions at <https://mycovidrecord.health.nz>. Make sure you have your NHI number, drivers license or passport handy so the system can find your vaccination details.

### Over the phone:

If you cannot access My Covid Record (online), or do not have a unique email address or valid ID, you can call the Ministry of Health to request a physical copy: 0800 222 478.

### At your Pharmacy:

Available in Akaroa in approx 2 weeks.

If you are having trouble, you can pop down to see Pare or Kerry at Heartlands and they'll help you out. Just bring your NHI number or drivers license or passport along.

## ACHT Annual Meeting:

On Saturday 9th October the Akaroa Community Health Trust (ACHT) held their Annual Public meeting led by Chair of the Trust, Kate Reid.

An overview of the strategic goals of Akaroa Health Limited (AHL) was provided by Chair, Peter Young, who also reassured that AHL is itself in good health.

Manager Emma Crew provided an oversight of occupancy of the aged care beds, the flexi-beds and registrations at Akaroa Health (which are on the rise), and the challenges of working in a COVID-19 environment.

Paul de Latour acknowledged the many and varied contributions to the \$3 million fundraising target and that generous donations are still being received - the latest being \$10,000 from Akaroa Salmon and \$7,818 from the Lions - which all help to reduce the rate levy requirement, which ends in 2023.



## Summer by the traffic light

The reality of COVID-19 is that variables change constantly depending on the proximity of the threat to our community. Our Clinical Governance Group, and team are getting good at responding rapidly! We will continue to adapt and communicate as early as possible when there are changes.

- It is important that all your health concerns are addressed in a timely manner, no matter the colour in the Protection Framework.
- We ask that you continue to call ahead, sign in, sanitise your hands, and wear a mask on entry.
- Afterhours:** We continue to provide 24/7 health services. Please call first. During the weekends we have our regular, highly competent team on call.
- Our residents are currently able to receive vaccinated visitors who book ahead and District Nursing continues.
- If you are unwell with any of the following symptoms, please ring 03 304 7004 and book a COVID-19 test.

COVID-19 symptoms can include one or more of the following:

- a fever of at least 38°C
- a new or worsening cough
- sore throat
- shortness of breath
- sneezing and runny nose
- temporary loss of smell or altered sense of taste
- less common symptoms may include: diarrhoea, headache, muscle pain or body aches, nausea, vomiting, confusion or irritability.

You should isolate until test results are back – this takes 24-36 hours.

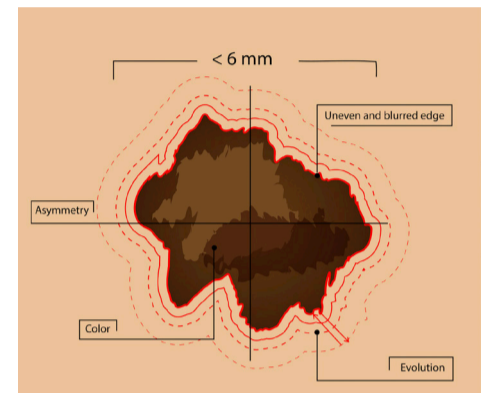
- Please ensure you request refills of regular medications early!

## Skin Safety in Summer

Remember the basics to avoid sun exposure. Slip on a shirt (long sleeve please!) and into the shade, Slap on plenty of broad spectrum sunscreen (at least SPF 30, 20 minutes before going outside and reapply every two hours), Slap on a hat, Wrap on sunglasses.

We recommend regular self skin checks of the entire body. You should look for spots, freckles or moles;

- With changes in colour, size, shape
- That are itchy or bleeding
- That look different to others
- That become raised and looks shiny
- That's suddenly appeared



If you find such a spot, freckle or mole, contact the Health Centre and make an appointment with one of the GPs. Our GPs are trained in the early detection and diagnosis of skin cancer, including the use of a dermatoscope. If required we are able to take a sample to be sent to the laboratory for testing and can also remove some spots, freckles or moles with a minor procedure.

## Volunteer day - 10th December:

We've had a huge year and have lots to celebrate. We couldn't have got here without all the community volunteers, including (but not limited to) the Meals on Wheels drivers, the Garden Club, the Men's Shed, the Lions Club, the Masonic Lodge, Student Volunteer Army, and the many individuals that contribute their time and or resources.

As a small token of our gratitude we will be having a sausage sizzle on site on Friday 10th of December at 12pm. We invite anyone who has had some involvement with the Health Centre to drop by and celebrate with us.

<b>OPENING HOURS: Christmas and New Year</b>		M 27th	Closed for appointments Afterhours / PRIME available	M 3rd	Closed for appointments Afterhours / PRIME available
		T 28th	Closed for appointments Afterhours / PRIME available	T 4th	Closed for appointments Afterhours / PRIME available
		W 29th	Open for appointments only 9am-5pm	W 5th	Closed for appointments Afterhours / PRIME available
		T 30th	Open for appointments only 9am-5pm	T 6th	Open for appointments only 9am-5pm
F 24th	Open as normal 9am-5pm	F 31st	Open for appointments only 9am-5pm	F 7th	Open for appointments only 9am-5pm
S 25th	Closed for appointments Afterhours / PRIME available	S 1st	Closed for appointments Afterhours / PRIME available	<b>In emergency, call 111, other enquiries call 033047004</b>	
S 26th	Closed for appointments Afterhours / PRIME available	S 2nd	Closed for appointments Afterhours / PRIME available		