



Mercy Hospital Dunedin

Mercy Newsletter - 16 December 2022

Senior Nurse OnCall - Niki Bujak - 027 223 4173 or 90112

Executive OnCall - Richard Whitney - 027 691 8519 or 90113



From the Desk of the CEO

Yesterday was the last Board meeting for 2022. This meeting represented John Gallaher's final meeting as he retires from our Board after 9 ½ years of dedicated service and

commitment to all things Mercy. Taking an opportunity to reflect upon John's contribution over the years highlighted the diversity of skills, life experience's, personal values and commitment that so many people provide for Mercy to do what it does. Catherine McAuley once said "it is important for us to do the ordinary – extraordinarily well". That so resonates with the talent, skillset and personal conviction that Mercy enjoys every day, in the provision of its services, from all its Mercy whanau. It is this 'collective' of us all that is Mercy's point of difference. John Gallaher's significant contribution over many years has been one such component in the planning, resourcing and delivery of Mercy's services. I take this opportunity, on behalf of all Mercy whanau, to acknowledge and thank John and all Directors for their personal conviction and support for all things Mercy.

As the year winds down, I have no need to make specific reference to the personal and organisational challenges that we have all faced during 2022. We are all very well aware of those. I do wish however to take this opportunity to acknowledge each and every one of you for your enduring professionalism, support and conviction to ensuring that Mercy has been able, in spite of the challenges, to continue the delivery of its exceptional care that makes a difference to our patients.

To all staff, Specialists, Directors and our supporting contractors – my sincere gratitude and appreciation for all your year long endeavours.

May I take this opportunity to express to you and all your extended families' festive greetings, best wishes for an enjoyable Christmas and a safe and happy New Year. For those that are travelling, keep safe. May you all have an opportunity to relax, recharge. I very much look forward to working with you all again in 2023.



Food Bank Collection



The most beautiful
things in life are not things.
They're people and places,
memories and pictures.
They're feelings and moments
and smiles and laughter.

Thought of the Day



Poetryinmotion

This week's featured poem brought to us by Ruth Arnison.

First Light

I know this sound, first birds of morning.
As a child, I waited hours for the drape
of night to roll up again. Leaning into the first
hint of the fresh day, the fragile lace of hesitant

light, the receding darkness dappled with bird song,
able at last to close my eyes.

I know this sound, some kind of redemption,
waking me from scattered sleep, a healing fragment
even as the work of the previous day marks my bones
in notches. Night leaves its small fur as the dawn
pushes, as the birds persist, and morning unfurls
like a promise you hoped someone would keep.

Susan Moorhead



Friday Funny



Payroll Processing for December 2022/January 2023

Due to the hospital closure over the Christmas/ New Year period, the following payroll timeframes apply:

Timesheets need to be submitted by all staff, including staff who will be on leave when the timesheets are due.

- Timesheet approvers need to advise any adjustments for differences between actual hours versus expected hours via email to Payroll Enquiries payroll@mercyhospital.org.nz by **Tuesday 24 January 2023**.

We appreciate your cooperation as this helps us ensure all staff are correctly paid over the Christmas - New Year period.

Please contact Sandra if you have any queries concerning the timesheet arrangements.

Appendix – Timefiler configuration for Hospital Closure

1. Timefiler calendar and how to record time worked

The Timefiler calendar reflects the period Friday 23 December 2022 to Thursday 19 January 2023 as a Hospital Closure period. The calendar reflects the following days as Public Holidays:

- Christmas Day - Sunday 25 December
- Boxing Day - Monday 26 December
- 'Tuesdayised' Christmas Day – Tuesday 27 December
- New Year's Day - Sunday 1 January
- Day following New Year's Day - Monday 2 January
- 'Tuesdayised' New Year's Day – Tuesday 3 January

Reflecting time worked during the hospital closure period

The majority of staff will be on Annual Leave across the Hospital Closure period. Provided the Type field is left blank, Timefiler will reflect any hours entered for the Hospital Closure period as either Leave taken or "Public Holiday (not worked)".

Staff who work during the Hospital Closure (e.g. staff working in Mercy Cancer Care before the hospital has reopened) need to select a Type of either:

- "Worked on close down day", or
- if appropriate, "Public Holiday worked"

for the relevant timesheet entries.

2. How should I record only a part shift worked during the Hospital Closure?

If you normally work an 8-hour shift but only work for 4 hours and have the rest as leave then:

- Reflect 2 lines for the day in question; 1st line showing 4 hours with Type = "Worked on close down day" and 2nd line showing 4 hours with Type left blank (the 2nd line will then reflect as Leave taken).
- The exception is when the time is worked on a Public Holiday. For this case just reflect 1 line for the day showing 4 hours with Type = "Public Holiday worked". Timefiler will allow for the relevant Public Holiday allowances.

3. What is the order used for Leave taken during the Hospital Closure?

The HR Guidelines, Section 1 – Conditions, has a section on 'Requests for Planned Leave'.

The Timefiler system automatically reflects Leave taken in the following order:

- Alternative holidays (e.g. earned when a Public Holiday was previously worked)
- Accrued time-in-lieu

- Outstanding annual leave
- Accrued annual leave
- Leave without pay

For example, if you have Accrued time-in-lieu then this will be used prior to Annual Leave.

MERCY TEAM UPDATES



Mercy Team Updates

We extend a very warm welcome to the newest additions to the Mercy team.

We would like to welcome **Aine Mulqueen** to the HR team. Aine joins us our new HR Administrator on a fixed term basis until late 2023.

"Hi I'm Aine. I moved from Ireland two months ago. Before coming to NZ, I worked in a Healthcare Agency as a Talent Acquisition Specialist in the West Coast of Ireland. Fun fact; everyone struggles to pronounce my name, so don't feel bad! I used to work as a personal trainer so I enjoy being active, going to the gym and running. I also love living so close to the beach here!"

We will welcome **Gail Hyland** to the Allied Health team from the 28th of February 2023 as a Physiotherapist.

"Hi I'm Gail. I've spent the last nine years as a Pelvic Health Physiotherapy Clinician and Clinical Supervisor at the Otago School of Physiotherapy Clinics. I've provided lectures and labs about pelvic health and musculoskeletal physiotherapy to 3rd and 4th year students. I've been involved with pelvic health research for many years. I enjoy biking, rafting, travelling and singing. I'm a member of the Otago Canoe and Kayak Club and in my spare time I like to keep up with friends and family and go tramping."

A very warm welcome to our new team members! When you see Aine and Gail around, please make sure you say kia ora, introduce yourself and help them find their way.

We farewell the following people from the Mercy team.

This week we farewell **Louise Goodwin** from the theatre team. Louise started her Mercy journey in 2005 where she has been a member of the Anaesthetic Technician team.

Louise has also been an Educator for the Trainee Anaesthetic Technician's since 2021.

We have a few of our team leaving us on the 22nd of December to start their next chapter in 2023.

Thirza Smith will be leaving Mercy on the 22nd to pursue her final few months of university in the New Year. Thirza joined us as our very first IT Intern in January 2021 before she joined us on a permanent basis in her current role as Systems Analyst in the ICT team.

One of our very first Physiotherapists, **Tom Kibblewhite**, will have his last day on the 22nd. Tom joined the Allied Health team in January 2021 when it was first established.

Simone Johnson will be leaving our PACU team from the 22nd. Simone joined Mercy in January 2021 as a new graduate nurse through the NETP Programme.

Leia Bishop and Hollie D'Arcy will be departing their roles as a Food Services Assistant.

Mary Carney will be leaving the McAuley Ward team to start her retirement on the 17th of January 2023. Mary joined the Mercy team in February 1986 and will be departing her longstanding role as a Registered Nurse.

Also leaving the McAuley Ward team is **Tayla Wells**. Tayla leaves us on the 18th of January after being with us as a Registered Nurse since April 2021.

Pickles (France) Alcordo-Ty and Dan Ty will be leaving Mercy on the 19th of January 2023. Pickles joined Mercy in 2016 as a Registered Nurse in theatre. Dan joined Mercy in 2020 where he has been part of the McAuley Ward team as a Registered Nurse.

Finally, departing her role as Support Services Assistant is **Sheila Pirni**. Sheila's joined Mercy in June 2021 where she joined our Support Services team. Sheila's last day with Mercy will be the 20th of January 2023.

We wish you all the best!



Atawhai - Care

"Have yourself a merry little Christmas"

One of the things I love about Christmas is the singing of Christmas carols and songs that are synonymous with the Christmas season. Silent night, Away in a manger and O come all ye faithful are just some of the favourites of Christmas as well as Rudolph the red nosed reindeer and the classic Jingle Bells. These songs sung at this time bring the Christmas spirit to the fore and make the time with the family all the more special.

Our Boney M Christmas carols CD is played loudly leading up to Christmas day. Lately I have been listening to Luther Vandross, Sam Smith and Mariah Carey's Christmas CDs as well. They play continuously to set the scene and the tone of

the Christmas season.

You, yourselves will have your own traditions for Christmas that have been tried and true and will always be special for you. Our family Christmas tradition will be different this year with my son and his family being back in NZ with my first grandbaby. So we will be making special memories and new traditions.

My prayer is that you will all make special memories this Christmas with your families and friends. Hug each other that little bit tighter because tomorrow is not promised. Spend time doing nothing but sitting and reflecting in gratitude for the blessings you have been afforded in life. Enjoy eating all those comfort foods that are only enjoyed at Christmas time. Above all laugh and laugh and laugh. Not just a chuckle but a bellowing laugh that starts in the pit of your stomach and just rushes out and is infectious in nature. Laughter really is the best medicine. I am not making it up. Look at the information below. Laughter really is good for you and everyone around you J

Laughter is good for your health

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. Okay, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humour outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

What are the physical, mental, and social benefits of laughter?

Physical health benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental health benefits

- Adds joy and zest to life
- Eases anxiety and tension
- Relieves stress
- Improves mood
- Strengthens resilience

Social benefits

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

Laughter helps you stay mentally healthy

Laughter makes you feel good. And this positive feeling remains with you even after the laughter subsides. Humour helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh - or even simply a smile - can go a long way toward making you feel better. And laughter really is contagious - just hearing laughter primes your brain and readies you to smile and join in the fun.

So my friends of Mercy, have yourself a merry little Christmas and may the baby of Christmas bring hope, peace, joy and love to you and all your loved ones. God bless and peace be with you always.

Blessings and peace,

Alofa Lale



Compact Newsletter for Printing

Each week I will attach a PDF compact version of the newsletter to enable you to print and put on coffee tables etc in Suites.



Last Day for Staff Lunches will be Tuesday 20th December



Marinoto Cafe Xmas Update

The Cafe's last day for 2022 will be Thursday 22nd December and will be open from 8.00 am - 11.00 am.

Limited morning tea options will be available:

- Scones
- Mousetraps
- Club Sandwiches

The Cafe will reopen on Monday 23 January 2023.

Thank you all for your support this year and we look forward to seeing you in 2023.

Mercy Christmas and Happy Holidays.

From the Cafe Team.

THE ST CLAIR POLES



DUNEDIN, NEW ZEALAND

St Clair Poles

Get to own your own wee slice of recent Dunedin history in some pretty amazing images.

All proceeds to the St Clair Surf Life Saving Club.

The St Clair poles are a Dunedin icon and this book captures over 180 images across 90 pages which makes this book the perfect Christmas gift or item to sit on the coffee table.

Click here for [Book sales](#).

**PLEASE RETURN ALL
MERCY CUTLERY AND
PLATES BACK TO THE
KITCHEN**



**PLEASE CHECK YOUR
CUPBOARDS AT HOME IF YOU
HAVE TAKEN MEALS HOME**

Kitchen desperately seeking return of cutlery and plates



Tautoko Learning - available now!

You are now able to view the first Tautoko Courses on your profile.

All staff have been enrolled in the 2023 mandatory training courses on Tautoko. You can view these on your profile. Following confirmation of your attendance at each session in January, these will appear as 'complete' on your profile. You don't need to complete any actions in relation to these mandatory training courses.

A number of other courses are also available via the Course Catalogue, and you may have even been assigned courses to complete. Please refer to the [user guide on SharePoint](#) for additional information, and email pam.smith@mercyhospital.org.nz or tautoko@mercyhospital.org.nz if you have any questions or feedback :)

Thank you for your cooperation with this new system.



Christmas Carols - Monday 19 December @ 12.30 pm McAuley Ward
