

HAPPY NEW YEAR everyone! I hope you have had a nice holiday and that you had some time to celebrate with your friends and family - Christmas was busy this year and it seems we managed to help most of our clients out while their own staff had a break.

Ali was covering for me over the holiday period while I was overseas celebrating a white Christmas with my family and friends. I have included a little story about my trip in this newsletter. Unfortunately, Ali's stay here in Australia has come to an end, and she is leaving to go back to the UK this month.



This year we will see PULSE expand more into home care. Some more information is included later in this newsletter.

I hope you manage to stay cool this summer and wish you a very happy Australia Day on Tuesday 26th January!

Karoline :o)

WHITE CHRISTMAS

As you might have noticed, I had some time off over the holidays, and I travelled back home to Norway to celebrate a white Christmas.

With my luck, Norway (and Europe) was going through the coldest winter since the 1950's! When we arrived in Oslo it was -19 degrees and snowing. My husband found it particularly cold, wearing t-shirt and thongs on the plane! We soon got our woolen underwear, beanies, scarves, jackets, and gloves on!

There was quite a change arriving in a wintery Norway from sunny Perth - slippery roads, snowed in cars, traffic chaos, and not to mention driving on the other side of the road took a little while to get used to. We celebrated Christmas at my family's ski house, about two hours out of Oslo (near Lillehammer, if you remember the 1994 winter Olympics), and enjoyed good food, wonderful weather, and lots of skiing. We even chopped down our own Christmas tree!

Now it's back to reality - swapping my jacket with summer dresses, wood fires with air conditioners, and boots with sandals... It's good to be back in the Perth summer again!



MORE HOME CARE INFORMATION

We have started to take on private home care clients, and if you haven't already done so, can you please notify us if you would like to work in home care in addition to your shifts in facilities?

The home care duties vary greatly, from accompanying clients to doctors appointments to helping them with cleaning and domestic duties to providing 24 hour care to acutely ill and palliative patients.

Because of the nature of home care work, the rates are slightly different. Many home care shifts involve light duties, and some are even sleep shifts. Please contact the office if you would like a copy of the home care rates.

Some clients require transport to shops, activities, and appointments, and it is required that you present a valid certificate of currency of your third party insurance if you are assigned to take clients out in your car.



GOODBYE FROM ALI

Hi,

I will be returning back to the UK on Monday 25th January and am taking this opportunity to say thank you for all of your support throughout my time at PULSE Healthcare.

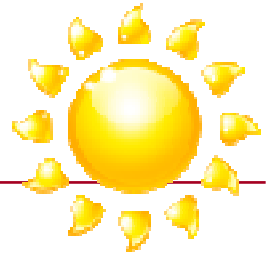
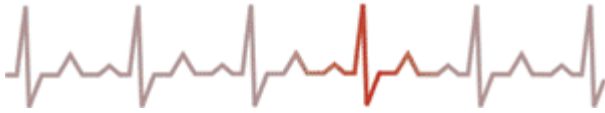
I have thoroughly enjoyed my time in Australia and it has been great getting to know you all.

It is a shame it couldn't be for longer but I wish you all the best for what the future holds!

All the best,

Ali





DE-ACTIVATION

If we are not able to contact you and we do not receive any correspondence from you for 30 days or more you will be automatically de-activated from PULSE's system. Although we try to keep in touch the best we can to keep updated with your availabilities, we need you to take initiative if you want to remain on our system and to keep receiving shifts. We will send you a letter of notification if we are about to change your status to "not active" so that you have the chance to contact us should you wish to remain active.



MANUAL HANDLING AND NURSE REGISTRATIONS

This is another reminder to alert you that annual manual handling refresher courses are **compulsory**. Please check when you completed your last refresher course, then put a reminder in your calendar for this year so you don't forget to book a refresher course well in advance!

Expired manual handling certificates or nurse registrations mean no work. We will still send out reminders when your paperwork is about to expire, but it is of course better for you to be proactive and plan ahead with your updates so you do not miss out on any work.

STAFF SPECIAL RECOGNITION:

Kathryn Harris RN

Kathryn has been part of our team for nearly two years now, and has become an extremely popular nurse among our clients. She is very competent and hard-working, and always prepared to put in extra work where it is needed.

Kathryn is assisting PULSE with our home care division, having had prior experience in this field.

We appreciate all your hard work and the professionalism you display when on duty for PULSE Healthcare, Kathryn! It is nurses like yourself that make clients request our services again and again!



COFFEE BREAK

One evening a family brings their frail, elderly mother to a nursing home and leaves her as planned, hoping she will be well cared for.

The next morning, the nurses bathe her, feed her a tasty breakfast, and set her in a chair at a window overlooking a lovely flower garden.

She seems OK, but after a while she slowly starts to lean over sideways in her chair. Two attentive nurses immediately rush up to catch her and straighten her up. Again she seems OK, but after a while she starts to tilt to the other side. The nurses rush back and once more bring her back upright. This goes on all morning.

Later the family arrives to see how the old woman is adjusting to her new home. "So Ma, how is it here? Are they treating you all right?" they ask.

"It's pretty nice," she replies. "Except they won't let me fart."



<http://www.nursingfun.com>

IS IT TIME YOUR HOME LOAN HAD A HEALTH CHECK?

Life is busy enough, why waste **your** time searching for the best home loan when I can do that for you. I have over 7 yrs lending experience with access to over 30 lenders.

A review of your situation could help you achieve your financial goals, For example:

- changing your loan structure to perhaps reduce repayments or shorten your loan term

- releasing some equity in your current home to allow you to realise that dream holiday or perhaps purchase that investment property

As an added bonus for **PULSE Healthcare Employees** all new settled loans will qualify for a **\$50 Coles / Myer voucher** (including any referred loans), so tell your family and friends to get a home loan health check as well.

Become energy efficient and make just one call to me.

Craig Sawkins (Accredited Mortgage Consultant)



VISA'S, RESIDENCY, CITIZENSHIP DETAILS

Please notify us if your residency/ visa status changes. This includes name changes as well. You need to have a valid work visa, permanent residency, or Australian citizenship in order to work for PULSE.

If you are currently in Australia on a student visa, it is important that you keep track of your hours every week and make sure that they do not exceed 20 hours per week during term.

It is **your** responsibility to keep track of these hours.

