



Pasifika Integrated Health Care and Pasifika Integrated Family Medical Centre



Newsletter

Welcome to the
October/November 2009
EDITION

"Quality Integrated Health Care for all—The Pacific Way"

Annual Open Health Day

Come and share with us

6th November Friday 9am to 2pm

At AMI North Harbour Netball Complex Hall
44 Northcote Road
NorthShore City

Theme

**"To be the Healthiest Pacific
Community in New Zealand"**

During the next five years
Pasifika Integrated Health Care will launch its mis-
sion to become the

Healthiest

Pacific Community in New Zealand.

"Is this mission impossible to achieve?"

NO!

It's a mission that needs an integrated strategy
by engaging other Government Departments,
health organizations and our own Pacific Commu-
nities - a need to work together to develop, build
and support healthy activities on the shore.

Open Health Day

Is an open invitation to anyone and everyone.
This year the event is about sharing some of the
programmes and achievements the organization
delivers as well as introducing health service pro-
viders to our communities.

Message from the Board

Warm Pacific Greetings and welcome to
the second edition of our newsletter. I
am sure you are aware of who we are
and what we do.

With the economic changes still causing
concern Pasifika Integrated Health Care
and Medical Centre have to ensure that
clients care and support are not in any-
way compromised. We worry so much
more about the Swine Flu and Avian Flu,
yet sometimes the simplest of tasks can
be the cause of disaster.





Auckland Central and South Auckland Home Community /Support Coordinators and Administration Team Onehunga Branch

Welcome to our Home Community Support Services-

A service that is much needed by those who have some form of disability and senior citizens. There's a growing need for assistance with activities of daily living. It is our duty to ensure that once clients are referred to our service, care and support is our business—we offer no compromise for quality care.

Areas we service are:

- ⇒ West Auckland
- ⇒ North Shore and Rodney Districts
- ⇒ Auckland Central and South Auckland (under 65 years only)



North Shore and West Auckland Home Community /Support Coordinators team Head Office North Shore.

For more information on this service please contact

[North Shore and West Auckland](#)

[phone: 4100251](#)

[Central Auckland and South Auckland](#)

[phone: 634-2194](#)

Tsunami Victims

Our condolences to all our families who have lost their loved ones to the Tsunami in Western Samoa, Tonga and American Samoan. Our prayers are with those who survived and will continue to support in anyway we can.

Summer Activities and Stay SAFE

Pasifika Integrated contribute to safety during the summer months through education and sharing information about good simple healthy food and preparation of food to avoid food poisoning.

SAFE FOOD

Wash hands thoroughly with soap and hot water and dry your hands thoroughly.

- ◆ Before handling all food.
- ◆ After blowing your nose or sneezing
- ◆ After going to the toilet
- ◆ After handling raw food
- ◆ After handling rubbish
- ⇒ Keep food covered
- ⇒ Serve hot foods hot and cold foods cold
- ⇒ Use separated chopping boards and utensils for raw and cooked foods.
- ⇒ Store raw food away from cooked food.
- ⇒ Store perishable foods in the refrigerator (meat, fish, chicken, pate etc)
- ⇒ Keep refrigerator below 4 c and the deep-freeze below -18c and keep them clean

Quit Smoking Programme

We believe that everyone who smokes can stop smoking. PIHC will soon declare our premises as a smokefree zone. There is still a very high % percentage of Pacific people smoking.

Services



Outreach Health Support Clinics:

Welcome to Pasifikas Outreach Community Clinics. If you don't know where to go and who to talk to about your health needs, we are here to assist and help you. We are able to offer a wide range of advice on health related issues and offer support to all. Encourage older people to come in and be part of our 8 outreach nurse led services. Provide exercise for older people. Everyone is welcome from children to adults any age.

Who conducts these Clinics?

- * A Registered Nurse with extensive experience in community health and health education.
 - * Health Educators.
 - * Other Allied Health Workers.
- Registered Nurse is able to conduct health checks such as:
- * Blood pressure
 - * Blood Sugar Levels
 - * Diabetes
 - * Cholesterol
 - * Weight and height
 - * Provide a one on one consultation with client personal health related issues.

If results of client are not normal the Community Registered Nurse will do a referral to the clients GP.

All information entrusted to the health professionals is treated with Respect and Confidentiality.

Provide Health Educators at the clinic site to advise on health education awareness that includes:

- ◆ Nutrition for yourself and your family
- ◆ Creating a balanced lifestyle
- ◆ CVD—Cardiovascular Disease Program
- ◆ Diabetes awareness and monitoring
- ◆ Breast Screening for the ladies
- ◆ Low impact exercise
- ◆ Physical activities

Where to Find Us

Ella Scanlan (Ext725) or Feao Vaimohea (Ext730)
Phone: 410-0251 or Ella Mobile :0212744205

Outreach Clinic Timetable

Pasifika	Outreach	Clinic	Timetable
Fortnightly	Tongan Methodist Church Hall	137 Queen Street, Northcote,	Monday 10.00-12.0pm
Fortnightly	Onepoto Awhina Community Centre	(Back of shops) Northcote Shopping Centre	Tuesday 10-2pm
Fortnightly	Birkdale Community Centre	134 Birkdale Road, Birkdale	Wednesday 10-2pm
Fortnightly	PIPC Samoan Church Hall	198 Wairau Road, Glenfield	Thursday 5.30pm to 7.30pm
	Monthly	Clinics	
Monthly	De Paul House	92 Onewa Road, Birkenhead	Last Thursday of the month 11.30am – 1.00pm
Monthly	Samoan AOG Church	Ratepayers Hall, Beachhaven	Last Friday of the month 6pm—7.30pm
Monthly	EFKS Samoan Church Hall	6 Verbena Road	2nd Wednesday of every month 6 to 8 pm
Monthly	Zion Hill Samoan Methodist Church Hall	Cnr Glenfield and Onewa Roads, Birkenhead	1st Friday of every month 6-8pm



Everyone is welcome to attend

Highlights

Pacific participation in the Harbour Sports Community Excellence Awards

Harbour Sports represents the sporting community in the North Harbour region and inspires Harbour people to enjoy regular sport and activities.

This year Harbour Sports decided to include Pacific as another section for the Harbour Sports Community Excellence Awards. PIHC is proud to announce that two employees Gerald Naepi and Marie Wright (who are exercise facilitators for the Pacific groups on the North Shore) were highly commended by Harbour Sports for their sterling efforts to the exercise groups.

Winners of the Pacific section

- Early Childhood Centre
- Tatesilafai Aoga Amata
- Pacific Island
- North Shore Pacific Island Presbyterian Church

Congratulations to all concerned



Remember
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NorthShore City

*If you would like to help sponsor this newsletter by placing an ad Please phone Our office to find out how.
Phone:(09) 4100251*

Active Families

Active Families is a support service for overweight children and their families. The programme supports, educates and encourages families to create healthy lifestyle changes at home, increasing physical activity and healthy eating.

PIHC and Harbour Sports
Deliver an Active Families Programme each Friday at Hato Petero in Northcote.

For more information please contact Lome ph: (09) 4100251 Ext:718



Medical Center

Phone: 410-0275
Opening Hours

Mondays to Fridays
Open 9am – 12.30pm
(12.30pm – 2.00pm Closed)
Open 2.00pm – 5.30pm
Weekends and Public Holidays Closed
Emergencies - After Hours
North Shore - Shore Care Accident & Medical Clinics, 209 Shakespeare Rd, Takapuna. Telephone 486-7777.
Waitakere - Westcare White Cross, 131 Lincoln Rd, Henderson. Telephone 836-3336
These doctors there will take care of you just as we would. After hours medical care is charged for.
Pacific Integrated Family Medical Limited is a subsidiary of Pasifika Integrated Health Care

HOME BASED SUPPORT SERVICES

Please Note:

Needs Assessment & Service Coordination Agencies (NASC) determine & manage access to Home Based Support Services

For more information please contact:

**1 Nile Road
Milford
North Shore City
Ph.: (09) 410 0251
Fax.: (09) 410 9695
Email:
info@pihc.co.nz
Website:www.
pihc.co.nz**

CENTRAL BRANCH

**17 Alfred St
Onehunga
Auckland
Ph. (09) 634—2194
Fax.: (09) 634—2195**

(PIHC) **PHYSICAL ACTIVITY & NUTRITION PROGRAMME**

Sarome Eveni (Team Leader)
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Community Education Support Worker
Ofa Palavi *Tongan
Eleanor Pisa *Samoan
Litia Nonu *Samoan
Feao Vaimohea *Tongan
Fiamoa Paea *Tongan
Phone : (09) 410 0251



If you would like to share a birthday, celebration or special event. Why not drop us a line or phone us and we will do our best to include it in our next newsletter edition.

Pasifika Integrated Health Care
1 Nile Road Milford NorthShore
Phone: 410-0251
Email: info@pihc.co.nz

