



# EGHS ECHO



East Grampians  
Health Service

OCTOBER  
2018

## IN THIS ISSUE...

## FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN  
INTERIM CHIEF EXECUTIVE



Welcome to the October 2018 edition of the Echo.

Since the last edition we were lucky to have the Minister for Health, Jill Hennessy visit and announce that we have received \$2.9 million to redevelop and expand our theatre complex. The funding will allow us to increase the size of the second theatre, create additional day procedure bay capacity and upgrade our Central Sterile Services Department.

The Aged Care Sector has received a large amount of media attention recently with the announcement by the Prime Minister of a Royal Commission into aged care. There will be an

opportunity for the Royal Commission to look closely at industry performance and the effectiveness of regulatory oversight in these areas. At East Grampians Health Service we have a dedicated and professional team who overwhelmingly deliver good quality care 24 hours a day, seven days week, year in year out. This is something we are immensely proud of and our community is very grateful for.

### CHIEF EXECUTIVE RECRUITMENT

Shortlisting of applicants for the Chief Executive position has commenced. Interviews will be conducted in early October.

### 2018 VICTORIAN PUBLIC HEALTHCARE AWARDS

East Grampians Health Service is a finalist in the 2018 Victorian Public Healthcare Awards – Excellence in public sector aged care for implementation of a Montessori model of care.

The awards are being held on Thursday 11<sup>th</sup> October 2018.

The submission has been loaded on the intranet under publications/submissions.

### ANNUAL GENERAL MEETING

Chairperson for the Better Care Victoria Board – Dr Douglas Travis, has accepted our invitation to be the guest speaker at the 2018 Annual General Meeting.

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- 🔗 AIM (100s) Club



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# TOY LIBRARY TATTLES

BY HELEN FRANCIS  
ASSISTANT SECRETARY  
ARK TOY AND ACTIVITY LIBRARY

The Ark Toy Library and Activity Library has continued to be busy for the months of July and August, with 80 mothers and babies visiting.

This has been great to see as the Toy Library is still using temporary rooms and availability of toys is limited until completion of the new building.

Thanks again to the mums for their support of the Toy Library and to the volunteers who run the groups, in these changed circumstances.

As well, Auxiliary members are delighted that a new group of mothers and babies will be starting soon.

The new Toy Library is coming along well with the outside structure nearly completed and almost at lock up stage. As the building continues to 'take shape' Auxiliary Members and Toy Library supporters will watch all new developments with interest and look forward to seeing the completed project!

The Toy Library held its annual general meeting in August.

Kaye Chamings was re-elected president and is joined by vice president Anne Hedgeland, Secretary Di Pickering, assistant secretary Helen Francis, Treasurer Jan Ayer and assistant treasurer Mary Stapleton.

In her annual report, Kaye said it had been a year of exciting activities, with the redevelopment of the Community Health Centre.

"When completed the Ark Toy and Activity Library will relocate to the Community Health Centre. This will be an exciting time for us and our members to enjoy a beautiful new welcoming space together with Maternal and Child Health Service, speech therapy and other family services, making the Toy Library more accessible," Kaye said.

The Toy Library has participated in a Project Group formed by EGHS for user groups and Kaye and Denise Calvert have been part of this group, attending meetings and being involved in decision-making outcomes that affect the Toy Library building.

With temporary relocation the Toy Library has faced many challenges over the past 12 months,

CEO Report cont. page 1...

The AGM will be held on Tuesday 27<sup>th</sup> November at the Ararat Performing Arts Centre.

## ATTENDANCE AT STAFF BRIEFINGS

Staff Briefings are held monthly on the third Tuesday of the month at 2pm in the Boardroom, Pyrenees House (apart from April and October which are being held on Wednesday).

It is requested that as many staff as possible from each area attend the Briefings to ensure information is being communicated. The Briefing information should also be placed on agendas for discussion at Departmental monthly meetings.

Please email Jo Summers if there are any items you'd like to present or information you would like included.

The Staff Briefings at Ararat and Willaura briefings are held at 2.00pm on the following dates for 2018:

Wednesday 17<sup>th</sup> October  
Tuesday 20<sup>th</sup> November

but Kaye thanked former CEO Nick Bush, Debbie O'Brien Clinical Project Lead, Stuart Kerr Director of Support Services and his staff and Jenny Turner from Pyrenees House for their assistance and support.

"To all staff who have assisted in the temporary relocation thank you. Members continue offering a modified service to our valued use groups and have been encouraged by their understanding of the limitations we have been able to offer," Kaye said.

Throughout the year the Toy Library Auxiliary participated in a number of community fundraising events.

The annual film afternoon featuring 'Finding Your Feet' supported by 250 patrons was a wonderful success, raising \$2000 towards the new outdoor play area.

The Murray to Moyne Cycle Relay teams also fundraised in 2018 towards the new outdoor play area.

"We sincerely thank them for their generosity and recognition of the Toy Library as an intricate part of the Integrated Community Health Service," Kaye said.

"We thank you for your donation of \$18,500 towards the purchase of new playground equipment. Without your generosity this would not be a reality, only a dream."

The annual end of year music day was held in November, with Grant Thomas entertaining the toddlers with his songs, rhymes and puppets. Grant will be returning for this year's music day in November.

"To the East Grampians Health Service staff, thank you for your support throughout the year. To our user groups, we look forward to your visits and thank you for your ongoing support and friendship. Next year we are looking forward to sharing our beautiful new facility with you and your children," Kaye said.



*Pictured L-R are the new Ark Toy and Activity Library committee, treasurer Jan Ayer, president Kaye Chamings and secretary Di Pickering*



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## \$2.93 MILLION FOR EXPANDED OPERATING THEATRE

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

East Grampians Health Service will redevelop and expand its theatre complex thanks to \$2.93 million in funding announced by the State Government.

Minister for Health Jill Hennessy announced the \$2.93 million project, made possible by the Labor Government's Regional Health Infrastructure Fund.

"We're building an extra operating theatre at Ararat Hospital to ensure doctors can perform more surgeries and more patients can get the treatment they need," Ms Hennessy said.

EGHS Interim CEO Andrew Freeman said the funding will allow the health service to increase the size of the second theatre, create additional day procedure bay capacity and extend and upgrade the Central Sterile Services Department.

"This is an extremely exciting announcement and the benefits will be enormous," Mr Freeman said.

"By expanding our second theatre we will have improved and timely access to elective surgery resulting in decreased waiting times for elective surgery in the Grampians region."

Mr Freeman said the expansion will also see increased surgical throughput, a fully operational second theatre with holding bay and set up room that will increase efficiency and theatre capability, an increase in day procedure bays from six to 10, and address current storage shortages.

"The upgrade to our Central Sterile Services Department will ensure compliance with national standards and result in the timely turnaround in instrumentation so that our theatres are even more efficient," Mr Freeman said.

"This is fantastic news and I look forward to the project commencing," Mr Freeman said.

The latest cash injection for health in Ararat comes on top of the \$4.1 million 'one stop shop' for community health services being delivered for Ararat.



*East Grampians Health Service Acting Board Chair Heather Fleming, Minister for Health Jill Hennessy, EGHS Interim CEO Andrew Freeman and Labor Candidate for Ripon Sarah De Santis*



*EGHS theatre staff, L-R, nursing student Kristy Camm, Enrolled Nurse Megan Taylor, instrument technicians Judith Ferguson, Pam Richardson and Angela Graham*



*EGHS Enrolled Nurse Megan Taylor chats to Minister for Health Jill Hennessy*



*Labor Candidate for Ripon Sarah De Santis, EGHS finance staff Nikki Burg, Teresa Townsend, Clare Dousset, Minister for Health Jill Hennessy and Director of Finance Tony Roberts*



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# EGHS Charity Golf, Bowls & Fun Run Day!

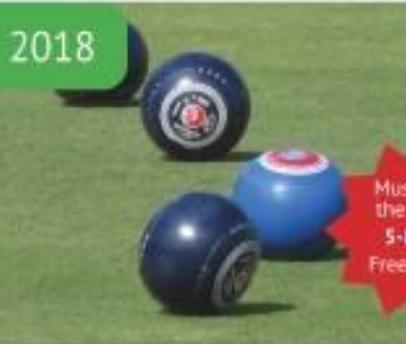
Raising Funds towards the purchase of a Plinth Chair for the EGHS Community Health Centre's dental and podiatry services. Plinth chairs can be elevated and reclined electronically, have an adjustable headrest and are suitable for our aged, less mobile and disabled clients.



Sunday 14th October 2018



Golf event limited to 33 teams only!



Music on the deck 5-8pm  
Free Entry



**GOLF:** Open 3 Person Ambrose Chalambar Golf Club – Ararat

Team entry \$90

Includes BBQ lunch, afternoon tea and free raffle ticket

Registration from 11.30am

Shot Gun Start 12noon

**BOWLS:** Open Triples Chalambar Golf Club – Ararat

Team entry \$45

Includes BBQ lunch, afternoon tea and free raffle ticket

Registration and lunch 12.15pm

Start 1.00pm

**FUN RUN:** 6km Run / 3km Walk Chalambar Golf Club – Ararat

Adults \$15, Children U/14 \$5

Includes bottle of water, fruit, muffin and free ticket in the lucky draw.

Registration 8.30am

Start 9.00am

ENTRIES | T: 5352 4297 | F: 5352 5776 | E: chalgolf@vic.chariot.net.au | PO Box 108, Ararat 3377

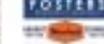
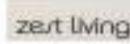


SPONSORED BY  
KINGS CARS – ARARAT

## WIN A NEW CAR!

VALUED AT UP TO **\$20,000**

or \$20,000 towards any new Kings Car of your choice  
For a "HOLE IN ONE" on the 18th HOLE!



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## INFECTION CONTROL NEWS

BY LINDEN MARLAND  
INFECTION CONTROL COORDINATOR

Congratulations to the winners of the annual staff influenza vaccination draw: Alan Young from IPU; Angela Graham from Peri-operative Unit; Julie Maddocks from 70 Lowe Street; and Macala Brennan, Graduate Nurse. Each will receive a \$50.00 voucher from the Blue Duck.

94.5% of staff received an influenza vaccination this year, which is a fantastic effort.

Four areas achieved 100% staff uptake of the influenza vaccination. They were Urgent Care Centre, Peri-operative Unit, Patricia Hinchey Day Centre and Allied Health.

Garden View Court achieved 100% staff influenza uptake.

I would like to thank my fellow Nurse Immunisers: Leeanne Atkinson, Hannah Reid, Marg Driscoll, Rachel Vallance, LeeAnne Smith and Ros Thomas for helping achieve the great results.

## VOLUNTEER RECOGNITION AWARDS 2018

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

East Grampians Health Service will host the 14<sup>th</sup> annual Volunteer Service Recognition Awards in October.

Guest speaker will be Bill Jones from Freemasons Ararat.

Since the building of the first Ararat Hospital, Freemasons have supported East Grampians Health Service and also provide support across all levels, from community fundraising to international relief efforts.

The Volunteer Service Recognition Awards will be held on Friday October 19 at 10am in Pyrenees House.

All our volunteers are welcome to attend and please bring a friend to learn all about volunteering at EGHS.

Refreshments will be served at the conclusion of the presentations.

Please RSVP to Rebecca McKay by October 12 on 5352 9486 or email [rebecca.mckay@eghs.net.au](mailto:rebecca.mckay@eghs.net.au)

## HINCHEY HIGHLIGHTS

BY JACINTA KNOWLES

ADMINISTRATION ASSISTANT – COMMUNITY NURSING & PATRICIA HINCHEY CENTRE

Footy finals have arrived at Patricia Hinchey Centre, with lots of chatter who is going to be premiers for 2018. PHC clients have been guessing each week which team is left remaining. All preparing for our Footy day on 27<sup>th</sup> to announce the footy tipping winner for 2018.

Our Father's day raffle was a huge success, thank you to everyone who brought tickets we raised \$142.00 which has been deposited back into the PHC Auxillary.

1<sup>st</sup> prize went to Tahkin Parker (Bill Parker's grandson) and 2<sup>nd</sup> prize went Rick Klauss congratulations to both of you.

Now that the weather has warmed up a bit the clients have been enjoying walks around looking at all the different wild flowers.

PHC clients enjoyed Town of The Month to Pomonal where they enjoyed looking around at what the town has to offer, and enjoyed a picnic lunch before heading back to Ararat.



*Pictured above: Rodney and Patty enjoying the wild flowers walk at Halls Gap*



*Pictured above: Bill Parker with 1st prize*



*Pictured above: Rick Klauss with 2nd Prize*



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# WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

## Tim Baker

MY POSITION AT EGHS *CNS - THEATER*

FAVOURITE AFL TEAM *ESSENDON*

FAVOURITE FOOD *PEPPER STEAK*

FAVOURITE MUSIC *90s ACOUSTIC*

INTERESTS *GARDENING*

ONE THING I'M GOOD AT... *LAUGHING*

ONE THING I WANT TO DO  
IN MY LIFETIME IS... *ENJOY MY LIFE*



## Emma Harrington

MY POSITION AT EGHS *PERSONAL CARE WORKER AT  
GARDEN VIEW COURT*

FAVOURITE AFL TEAM *COLLINGWOOD*

FAVOURITE FOOD *ITALIAN*

FAVOURITE MUSIC *CLASSICS*

INTERESTS *CAMPING*

ONE THING I'M GOOD AT... *COOKING*

ONE THING I WANT TO DO IN  
THIS LIFETIME IS... *TRAVEL AUSTRALIA*



## Evelyn Hunter

MY POSITION AT EGHS *CLEANER*

FAVOURITE AFL TEAM *ESSENDON*

FAVOURITE FOOD *PORTER STEAK*

FAVOURITE MUSIC *LOVE SONG*

INTERESTS *BOWLING*

ONE THING I'M GOOD AT... *HONEST & PATIENT*



## Lynette Jeffery

MY POSITION AT EGHS *CLEANER / KITCHEN HAND*

FAVOURITE AFL TEAM *HAWTHORN*

FAVOURITE FOOD *BAKED POTATOES*

FAVOURITE MUSIC *PINK*

INTERESTS *READING, POETRY, WALKING*

ONE THING I'M GOOD AT... *POETRY*

ONE THING I WANT TO DO  
IN THIS LIFETIME IS... *SEE NORTHERN TERRITORY*



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## Amy Jerram

MY POSITION AT EGHS	CATERING ASSISTANT
FAVOURITE AFL TEAM	CARLTON
FAVOURITE MUSIC	POP
INTERESTS	DANCING, COOKING, ART

ONE THING I'M GOOD AT DANCING

ONE THING I WANT TO DO IN MY LIFETIME IS... STUDY AT UNIVERSITY



## Mandy Kelly

MY POSITION AT EGHS	ENDORSED ENROLLED NURSE
FAVOURITE AFL TEAM	ESSENDON
FAVOURITE MUSIC	TOP HITS
INTERESTS	READING, GYM, SEWING

ONE THING I'M GOOD AT IS CRAFT

ONE THING I WANT TO DO IN THIS LIFETIME IS... TRAVEL



## Chris Le Gassick

MY POSITION AT EGHS	EEN TRAINEE
FAVOURITE AFL TEAM	ST KILDA
FAVOURITE FOOD	BBQ
FAVOURITE MUSIC	ROCK
INTERESTS	TRAVEL

ONE THING I'M GOOD AT... HAVING A LAUGH

ONE THING I WANT TO DO IN THIS LIFETIME IS... COMPLETE THE KOKODA TRACK



## Wendie Nicht

MY POSITION AT EGHS	ENDORSED ENROLLED NURSE
FAVOURITE AFL TEAM	COLLINGWOOD
FAVOURITE FOOD	INDIAN, THAI
FAVOURITE MUSIC	ENIGMA, PINK FLOYD

INTERESTS HORSES, FRIENDS

ONE THING I'M GOOD AT... MASSAGE

ONE THING I WANT TO DO IN THIS LIFETIME IS... TRAVEL



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# EGHS Ladies Auxiliary

Invite you to bring  
your partner  
& friends to  
the

**WWW**  
**"COCKTAILS"**  
at **J-WARD**

Sat 17th Nov 2018  
6.30pm — 10 pm

COST \$75 inclusive  
Finger food & drinks  
FUNDRAISING AUCTION  
**Dress code - "Cocktail "**  
Music provided by Scott Rigby

Bookings now open  
<https://www.trybooking.com/413248>  
Closes Frid 2nd Nov - unless sold out  
Fundraising for Dialysis Unit chairs

Enquiries - Christine Van Straaten - Phone 0427 960 084 Email :- [christine.vanstraaten@eghs.net.au](mailto:christine.vanstraaten@eghs.net.au)



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# STAFF EXERCISE CLASSES

## ZOSHA JARECKI-WARKE – EXERCISE PHYSIOLOGIST

East Grampians Health Service Exercise physiologist Zosha Jarecki-Warke invites staff members to attend her Staff Exercise classes.

The classes are held on Tuesday nights 5:15-6:00pm at the Community Health Centre and they are free!

New comers and staff with all levels of ability are very welcome and will be requested to complete a pre-exercise questionnaire at the beginning of the class.

The classes are a great opportunity to stay healthy and mix with colleagues across the organisation.

## EGHS Immunisation Clinics

### LINDEN MARLAND INFECTION CONTROL COORDINATOR

Upcoming dates for Immunisation Clinics for 2018 are as follows;

- NOVEMBER 5TH
- DECEMBER 3RD

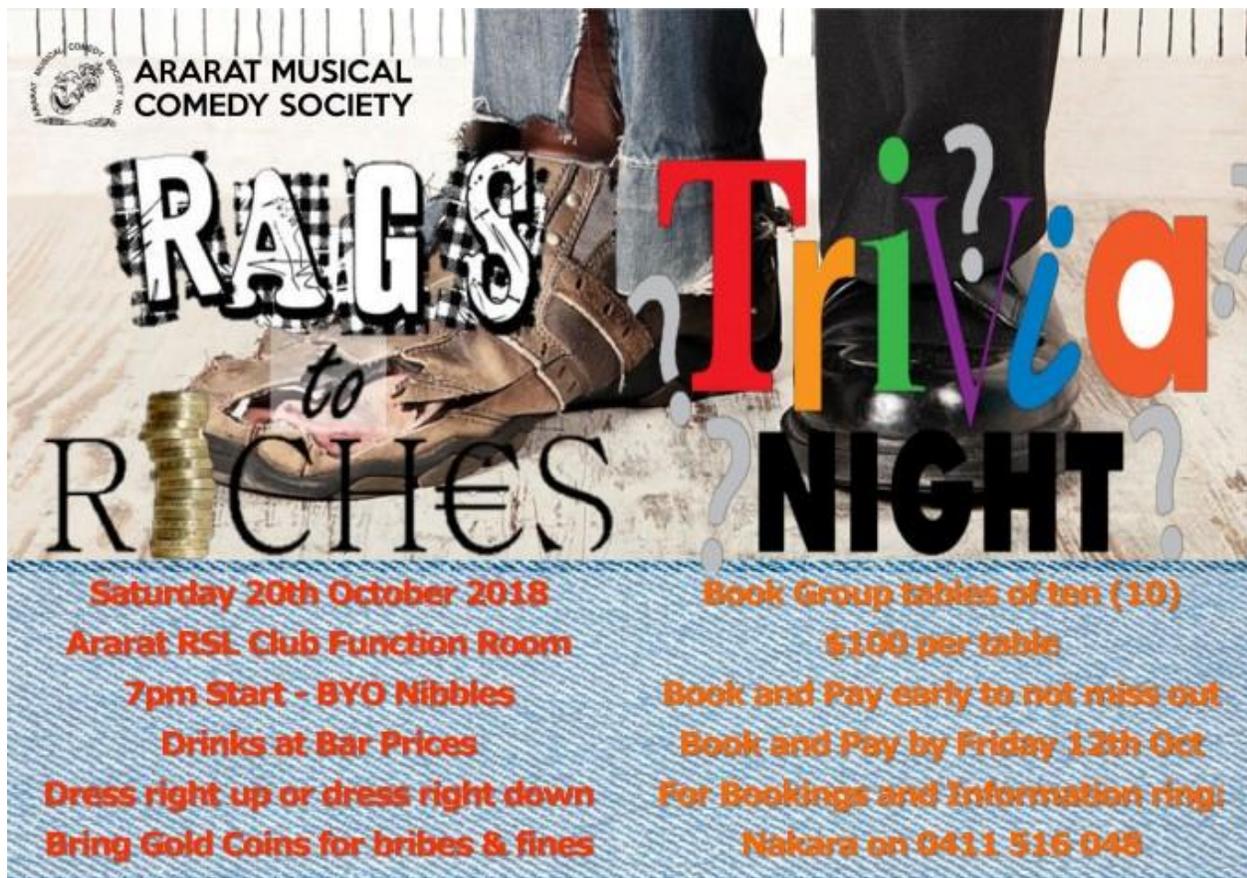
All sessions are held on the first floor, Dialysis End at 2.00pm.

Extra clinics will be advised during the Flu Vaccination season in March, April and May.

Willaura staff can either attend the clinic at Ararat or contact Rachael Vallance.

If you have any questions on Immunisation or Clinics, Contact Linden Marland on 29332 OR Leanne Atkinson on 29422

**PLEASE REFER TO EGHS POLICY 70.15 FOR INFORMATION ON IMMUNISATIONS AVAILABLE AND RECOMMENDED FOR STAFF.**



**ARARAT MUSICAL COMEDY SOCIETY**

**RAGS to RICHES Trivia NIGHT?**

**Saturday 20th October 2018**  
**Ararat RSL Club Function Room**  
**7pm Start - BYO Nibbles**  
**Drinks at Bar Prices**  
**Dress right up or dress right down**  
**Bring Gold Coins for bribes & fines**

**Book Group tables of ten (10)**  
**\$100 per table**  
**Book and Pay early to not miss out**  
**Book and Pay by Friday 12th Oct**  
**For Bookings and Information ring:**  
**Nakara on 0411 516 048**



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# EGHS CELEBRATED HARD WORKING STAFF

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

East Grampians Health Service participated in Celebrating Aged Care Week last month.

EGHS showed its aged care staff at 70 Lowe Street, Garden View Court and Willaura Healthcare Parkland House how much their work contributes to supporting the high quality of care provided to residents and how much they are appreciated, not just by the aged care service but by residents and their families, as well as the community.

Celebrating Aged Care Week was held from September 10-15.

During the week, EGHS hosted a barbecue at one of its Ararat aged care facilities, Garden View Court, to celebrate the contribution of all staff, as well as morning and afternoon teas, and took the opportunity to share stories about the rewarding work of caring for others in public residential aged care.

EGHS Interim CEO Andrew Freeman said aged care staff were essential to residents' quality of life and providing a safe and supportive home for people requiring care in their later years.

"We always look forward to taking a day out to recognise the high-quality expertise of our staff and to foster appreciation for the work they do every day," Mr Freeman said.

"It was good to see residents getting involved in the celebrations too because they more than anyone can demonstrate how important it is to have aged care staff who care and are committed to giving their best in their work."

Celebrating Aged Care Week has been running since 2012 and is an initiative of the Public Sector Residential Aged Care Leadership Committee; a network of public sector aged care directors of nursing committed to the improvement of the public residential aged care sector.



## FAREWELL DR RASOOL

Dr Novreen Rasool was given a lovely send off with a morning tea held in her honour on 26 September.



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## GOLF, BOWLS AND FUN RUN/WALK RAISING FUNDS FOR HOSPITAL

BY JODIE HOLWELL – COMMUNITY LIAISON OFFICER

The East Grampians Health Service Charity Golf Day is expanding to include a bowls event and a fun run/walk this year.

In addition to the three person Ambrose event, where participants have the opportunity to win a car for a hole-in-one on the 18<sup>th</sup> hole, an open triples bowls event and a six-kilometre run and three-kilometre walk have been added to the charity fundraiser to increase participation, with great prizes on offer for all events.

There will also be free music on the Chalambar Golf Club deck from 5pm-8pm.

Kings Cars, ACE Radio and Brian Thomas Electrical have again come on board as major sponsors, with many other businesses offering sponsorship and raffle prizes.

This year's event, which will be held on Sunday October 14 at Chalambar Golf Club, is raising funds for a Plinth Chair for the EGHS Community Health Centre's dental and podiatry services. Plinth chairs can be elevated and reclined electronically, have an adjustable headrest and are suitable for aged, less mobile and disabled clients

Michael Smith from Kings Cars encouraged golfers from across the region to enter a team and help raise money for East Grampians Health Service.

"We are pleased to once again partner with the health service as a major sponsor of the Ararat Hospital Charity Golf Day," Mr Smith said.

"It is important for us as a business to show our support for organisations such as East Grampians Health Service.

"We'd also love to see the car won – a hole-in-one might be elusive, but it's not impossible!"

The Chalambar Bowls Club is encouraging bowlers to get a team together for the open triples event while the Stawell and Ararat Cross Country Club have come on board to help organise the fun run and walk.

SACCC President Peter Gibson said people of all capabilities could participate in the event,

whether that's taking part in the six kilometre fun run or the shorter three kilometre walk. Both courses will be around the picturesque Chalambar golf course.

"The fun run and walk will be a great opportunity see parts of the golf course you normally don't get to see and will provide plenty of photographic opportunities of the surrounding scenery.

"The run will also be a great lead up training run for the Ararat Run with the Wind running festival."

Entry for the three person ambrose event is \$90 per team and for the three person open triples bowls event it is \$45 per team. Entry includes a barbecue lunch, afternoon tea and a free raffle ticket.

Entry for the fun run/walk is \$15 per adult and \$5 per child under 14. Entry includes a bottle of water, fruit, muffin and free ticket in the lucky draw.

Entry forms are available from Chalambar Golf Club, phone 5352 4297, and entries close on Monday October 8.

The fun run/walk will commence at 9am, the golf will hit off with a shotgun start at 12noon, with registration from 11.30am, while the bowls will start at 1pm, with registration from 12.15am.

**Caption: Gearing up for the East Grampians Health Service Golf, Bowls and Fun Run Day, L-R, Chalambar Golf Club manager Tim Cronin, Stawell and Ararat Cross Country Club president Peter Gibson, Chalambar Bowls Club's Leonie King and Chalambar Golf Club's John Shaw.**



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# TOWN HALL

PRESENTS

*"This is a moving, insightful  
and often very funny piece of  
entertaining first-rate theatre."*

DENNY LAWRENCE, DIRECTOR



# Hotel Sorrento

by Hannie Rayson

DIRECTED BY  
**Denny Lawrence**

**17·10·18**  
7.30pm Wednesday

**Tickets**  
\$25 Full  
\$15 Concession

**Info & Bookings**  
[www.ararattownhall.com.au](http://www.ararattownhall.com.au)  
Phone: 5355 0900



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## KINDER KIDS COME TO EGHS

SUZANNA CHRISTIE

EGHS CLINICAL SUPPORT NURSE/EDUCATOR

Two local kinder groups visited EGHS in September to find out what happens in a hospital.

The first group was from Jack and Jill Kindergarten, with 25 children. This group had some time in theatre, and watched as 'Billy the Big Bear' made his way from the Day Procedure Unit around to theatre one for surgery.

They watched on as he was put to sleep by the 'strawberry mask' and had a turn checking their oxygen saturations.

Next, they went on to the NEST where they participated in skills stations - using a stethoscope and bandaging each other up!

We then moved on to IPU where our friend Billy the Bear was waiting in bed. He had his BP taken and was cared for wonderfully by all the children.

The next kindergarten group was from Ararat Early Learning Centre, with eight children participating.

They also had the opportunity to tour theatre and visit Billy the Bear, and went on to Radiology where Craig performed demonstrations of an x-ray, ultra-sound and CT.

Michael then showed them around the hospital kitchen where they were amazed by the huge oven, pots and beaters!

The children ended their tour in IPU for another check in of Billy the Bear to make sure he was ok.

There was lots of laughter and many 'wow' moments by all the children, and hopefully we have a few little people who now aspire to be one of us!

See photos of Jack and Jill Kindergarten's visit on pages 14 and 15.

See photos of Ararat Early Learning Centre's visit in the November issue of the Echo.



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## NEW BABIES AT EGHS



*Lucinda Judd and Jessie Parrant have welcomed the arrival of baby Jhett Steven James Parrant. Baby Jhett was born at East Grampians Health Service on September 15, weighing 5340 grams.*

*"Special thanks to all the midwives, especially Kristy."  
- Lucinda and Jessie*

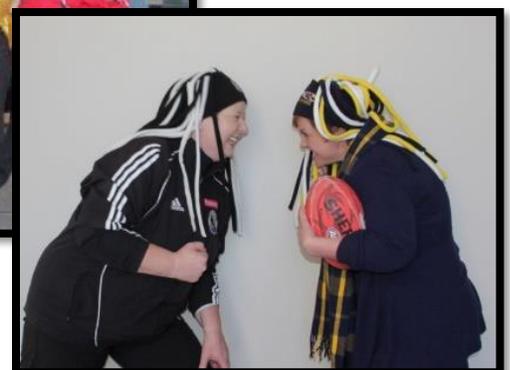


*Naveen Mettu and Sri Saritha Golamari have welcomed the arrival of their second daughter, Vanesa Reddy Mettu. Baby Vanesa was born at East Grampians Health Service on September 2 2018, weighing 3070 grams and has a big sister Nihansa. "We thank you for all the staff and doctors who assisted us with our baby. And thank you to all the catering and environmental services. We appreciate all the work you did for us." Naveen and Sri*

## FOOTY COLOURS DAY AT EGHS

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

Staff across EGHS donned their footy gear to celebrate Footy Colours Day prior to the AFL Grand Final, and to raise funds for the Fight Cancer Foundation. There was fierce rivalry between Leanne Culph (left) and Rachel Loffler, but winners are grinners and Rachel was certainly smiling after West Coast's win in the grand final on Saturday.



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# CHANGING OF THE GUARD IN RESIDENTS' SUPPORT GROUP

BY JODIE HOLWELL

COMMUNITY LIAISON OFFICER

At the annual general meeting of the EGHS Residents' Support Group, there was a changing of the guard.

After many years, Libby McCormick stepped aside as president, with Marlene Goudie moving into the position.

She will be supported over the coming year by Secretary Jane Richardson, assistant secretary Jackie Grimmer, Treasurer Margaret Spong and assistant treasurer Lynne Wilson.

Guest speaker at the AGM was Wally Pope, who spoke about his life's involvement in music.

In May 2018, the Auxiliary decided to change its name from EGHS Aged Care Auxiliary to EGHS Residents' Support Group.

"The reason we decided to change our name was we wanted to get rid of the word 'aged'. Not many of us want to be reminded of 'being aged' and its connotations but to reflect the attitude, passion and fun we have volunteering at 70 Lowe Street and Garden View Court," outgoing president Libby McCormick said.

"Our role is to enhance the lifestyles of residents with items and activities not within their budget. We also felt that it better portrayed the ideals of the Montessori Model of Care and reflects respect and dignity to the residents."

Libby said members participate in many activities that don't make the newspaper headlines, such as The Whistling Kettle at Lowe Street, The Tea and Chat at GVC a monthly high tea with the best of china, tablecloths and beautiful cakes, sandwiches and slices for a small group of four to six each time. Memories is a regular Friday afternoon event discussing a variety of subjects, which is a great history lesson of times gone by and always very interesting.

At this time of the year footy tipping is very popular and taken very seriously as is the bingo sessions on a Friday and manicures on

Mondays. Many members just visit and perhaps take residents out for coffee and drives.

In December, Christmas Carols were held at 70 Lowe Street and residents from Garden View Court joined members, families and staff to enjoy an afternoon of great entertainment and afternoon tea.

Nearer to Christmas the Group provided morning tea to both Garden View Court and Lowe Street with cards for each resident and Mitre 10 vouchers worth \$300 so staff could buy plants and garden equipment.

In November 2017 we had a Shopping Night at Harvey Norman, but this year on November 30 the Group is reintroducing the Shopping Spree involving the shops in Barkly Street.

Other activities during the year included delivering 100 Easter eggs on Easter Sunday, Mothers' Day afternoon tea and catering for the Rotary District Assembly.

During the year the Group donated three large print digital clocks showing day and date to Lowe Street, and a plumbed-in drinking water system at Garden View Court

A grant was received from the Pitch Music Festival for massage mats at Garden View Court and the group donated funds for curtains at 70 Lowe Street.

"My sincere thanks to EGHS Management for their continued support, the unit managers and staff at Lowe Street and Garden View Court who we know appreciate our efforts and make us welcome, and Leisure and Lifestyle Coordinators Bernadette Cincotta from Lowe Street and Cathy Billings from GVC, who both work very hard to coordinate the activities at each residence and keep our group informed," Libby said.

"I thank the members of the Residents' Support Group. They are a wonderful group and the support and commitment is fantastic. We may be a small group in numbers, but for a bunch of 'Groupies' we do kick goals.

"Finally, I would like to thank all the office bearers for the year 2017-18 and I thank all members for their support over my terms as President. I wish the new team all the very best and look forward to working together in the future."

*Pictured below: Chris Doak, Margaret Spong, Pam Riley and Judy Armstrong*

*Pictured below: Outgoing president Libby McCormick shows Garden View Court resident and former member of the Aged Care Auxiliary a 30-year-old minute book that has been 'retired'*

*Pictured below: Acting EGHS Board chair Heather Fleming with Ron McCormick*

*Pictured below: New committee Jackie Grimmer, Jane Richardson, President Marlene Goudie and Margaret Spong*



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**Do you love to sing, have always wanted to sing, currently just sing in the shower?**

**East Grampians Health Service  
is reviving the**

The Choir will perform around the health service in the week leading up to Christmas



**Rehearsals**  
August 29  
September 26  
October 31  
November 28  
Time: 3pm-4pm (approx)  
Venue: The NEST

### ALL STAFF WELCOME TO JOIN

No auditions, no solo singing, just a chance to get together, sing some Christmas carols and brighten the lives of people in hospital and at our aged care facilities over the Christmas period

**Community members also invited to join**

**For further information: EGHS Community Liaison Officer Jodie Holwell**  
**P: 5352 9387**  
**E: [jodie.holwell@eghs.net.au](mailto:jodie.holwell@eghs.net.au)**

## CHRISTMAS CHOIR REHEARSALS COMMENCE

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

The EGHS Christmas Choir held its first rehearsal in late August, with six staff and one auxiliary member attending.

The choir is being lead by Leanne McCready, who currently teaches choir at Ararat West Primary School and is the vocal director of Ararat Musical Comedy Society.

The choir is looking at a number of performance dates throughout December, including the Lowe Street Carols, and performing in front reception, around the wards, the Patricia Hinchey Day Centre, Willaura Healthcare, Garden View Court and 70 Lowe Street and the EGHS staff Christmas breakfast.

Staff, auxiliary members, residents and community members are welcome to join in for rehearsals and performances.

There is no need to attend all rehearsals or all performances, just come when you can.

The next rehearsal will be from 3-4pm on Wednesday October 31 in Pyrenees House. All welcome!

*Pictured below: Choir members Maree Fraser, Jodie Holwell, Viv Burridge, choir leader Leanne McCready, Kristine Hughes, Kim Hartwich, Eman Alsulami and Beck McKay*

## NEW MICROWAVE FOR CAFÉ PYRENEES

Due to staff reporting the microwave in Café Pyrenees not being adequate, the AIMS Committee have purchased a bigger / better microwave to accommodate staff needs.



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# ARARAT TOWN HALL

PRESENTS

*Death by Soprano* satirically catalogues operatic death scenes in an A-Z, cabaret romp through Operatic Occupational Hazards.

# Death<sup>by</sup> Soprano

An Isabel Hertaeg and  
Critical Stages Production

**11.10.18**  
7.30pm Thursday

**Tickets**  
\$25 Full  
\$15 Concession

**Info & Bookings**  
[www.ararattownhall.com.au](http://www.ararattownhall.com.au)  
Phone: 5355 0900



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# VICTORIA POLICE BLUE RIBBON FOUNDATION GALA NIGHT OF NIGHTS



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## Minute steak with chimichurri salsa Recipe

### INGREDIENTS:

- 2 sweet potatoes, peeled and cut into chips
- 1 tbsp sunflower oil, plus a little extra
- 2 minute steaks
- 1 tsp paprika
- 2 tbsp each chopped parsley and fresh oregano
- 1 fresh red chilli, finely chopped
- 1 garlic clove, crushed
- 2 tbsp extra virgin olive oil
- ½ tbsp red wine vinegar
- Juice ½ lemon
- salad, to serve



### METHOD:

1. Heat the oven to 200C/gas 6. Toss the sweet potatoes with the sunflower oil on a baking tray, season well, then roast for 30 mins. Rub the steaks with a little of the oil, paprika and seasoning, then set aside.
2. Make the salsa by mixing the herbs, chilli, garlic, olive oil, vinegar and lemon; season.
3. Heat a griddle or frying pan until very hot and cook the steaks for 1 min each side. Transfer to a warmed plate to rest for a couple of mins. Serve with the salsa, sweet potatoes and salad on the side.

## AIM (100s) CLUB

### CORPORATE SERVICES RECEPTION

The following are the latest 100s Club draw results, winners can collect their prizes from reception;

DRAW 22 AUGUST 2018		DRAW 5 SEPTEMBER 2018		DRAW 20 SEPTEMBER 2018	
1 <sup>ST</sup> PRIZE	J MASON	1 <sup>ST</sup> PRIZE	J TURNER	1 <sup>ST</sup> PRIZE	P ARMSTRONG
2 <sup>ND</sup> PRIZE	J FRAWLEY	2 <sup>ND</sup> PRIZE	C PHILLIPS	2 <sup>ND</sup> PRIZE	P ROCHE
3 <sup>RD</sup> PRIZE	L PATTERSON	3 <sup>RD</sup> PRIZE	A CERATO	3 <sup>RD</sup> PRIZE	G MOORFOOT
4 <sup>TH</sup> PRIZE	A CERATO	4 <sup>TH</sup> PRIZE	C PHILLIPS	4 <sup>TH</sup> PRIZE	E KENNELLY



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# EGHS ECHO

East Grampians Health Service  
Girdlestone Street, Ararat VIC 3377  
Phone. 5352 9300  
Fax. 5352 9333

The Echo is published on the 4<sup>th</sup> Friday of the month. The deadline for submissions of articles is the Tuesday prior. The *ECHO* Editor is Lisa Nolen. Information can be sent through, preferably by email, to [lisa.nolen@eghs.net.au](mailto:lisa.nolen@eghs.net.au). Printed copies of the *ECHO* are distributed to IPU, Theatre, 70 Lowe Street, GVC, Day Centre and the Cafeteria. The *ECHO* is sent via email to all staff, Board of Management, Ararat Medical Centre, Ararat Psych Services as well as the staff at the Ararat Ambulance Station.



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