



# EGHS ECHO



East Grampians  
Health Service

NOVEMBER  
2018

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## FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN  
CHIEF EXECUTIVE



Welcome to the November 2018 edition of the Echo.

I am delighted to have been appointed as the Chief Executive of East Grampians Health Service. EGHS is a wonderful organisation and I look forward to the opportunity of working with you. I have a passion for rural health and I am committed to maintaining our current services and ongoing future opportunities.

Since the last edition we had an unannounced Aged Care Accreditation visit at both Willaura and Parkland House on the 2-3 of October. I am delighted to inform everyone that we have been advised from the Australian Aged Care Quality Agency that both Willaura Nursing Home and

Parkland House have successfully been accredited for a further three years.

Congratulations to all the staff involved, the re-accreditation is a wonderful achievement and a reflection of the outstanding work you are doing.

I was lucky to play in the recent EGHS Charity golf day at Chalambar Golf Club, the course was in fantastic condition. Thank you to all the people that volunteered on the day and made the event such a success.

The Health Service continues to be very busy and I would like to thank everyone for their ongoing hard work and commitment to EGHS.

**2018 VICTORIAN PUBLIC HEALTHCARE AWARDS**  
East Grampians Health Service was a finalist in the 2018 Victorian Public Healthcare Awards – Excellence in public sector aged care for implementation of a Montessori model of care.

It is an outstanding achievement that we were recognised as a finalist, but unfortunately on this occasion, we didn't win the award.

If people are interested, the full list of winners can be found at the link below:

<https://www2.health.vic.gov.au/health-workforce/recognition-and-awards/victorian-public-healthcare-awards/2018-winners>

CEO Report cont. page 2



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# PATRICIA HINCHEY CENTRE'S VISIT TO ARARAT WOOLWORTHS LEAD BY DIETICIAN KELSEY WEIGHT



**CEO REPORT CONT.**

**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.

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

**ATTENDANCE AT STAFF BRIEFINGS**

Staff Briefing 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:

Tuesday 20<sup>th</sup> November

## EGHS POLICIES & CPGs

(New & Reviewed)

BY HANNAH JENNINGS

EXECUTIVE ASSISTANT

DEVELOPMENT & IMPROVEMENT

SOPP 85.01	PREVENTING FALLS AND HARM FROM FALLS - ACUTE
SOPP 85.02	PREVENTING FALLS AND HARM FROM FALLS - AGED CARE
SOPP 60.04	RIGHT TO REFUSE TREATMENT
SOPP 70.16	BLOOD-BODY PRODUCT EXPOSURE PROTOCOL
SOPP 70.19	STORAGE AND HANDLING OF STERILE STOCK
SOPP 70.09	DISPOSAL OF HUMAN TISSUE AND EXPLANTED ITEMS
SOPP 74.01	RISK MANAGEMENT
CPG 58.42	PRESSURE INJURY PREVENTION AND MANAGEMENT – PERIOPERATIVE
CPG 76.25	RADIOLOGY - MANAGEMENT OF ALLERGIC REACTION
CPG 10.43	COMPRESSION GARMENTS FOR LOWER LIMB OEDEMA MANAGEMENT



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## ANDREW FREEMAN APPOINTED CHIEF EXECUTIVE OF EAST GRAMPAINS HEALTH SERVICE

BY JODIE HOLWELL

COMMUNITY LIAISON OFFICER

East Grampians Health Service Board is excited to announce the appointment of Andrew Freeman to the position of Chief Executive.

"On behalf of the East Grampians Health Service Board of Directors, I'm delighted to announce that following an extensive nationwide search, Mr Andrew Freeman has accepted the role of Chief Executive effective immediately," Chair of the EGHS Board of Directors, Nancy Panter said.

"He is regarded as a leader in rural health by his peers and has a proven track record of patient centred care, leading positive culture and driving financial stability.

"Mr Freeman brings to the role more than 13 years' experience in executive leadership roles in rural health. He is an effective leader who is deeply committed to improving the health outcomes for rural communities."

The EGHS Board appointed a recruitment subcommittee who engaged Mercury Executive Recruitment. After an extensive advertising campaign, selection process and candidate interviews, Mr Freeman was chosen.

His appointment has been approved by the Department of Health and Human Services.

"I'm pleased to be appointed as the Chief Executive of East Grampians Health Service and I look forward to working with the board, staff, volunteers, visiting medical officers and the community," new EGHS Chief Executive Andrew Freeman said.

"It's an exciting time at EGHS with the Community Health Centre redevelopment underway and the planning for the \$2.9 million theatre redevelopment which is about to commence. It's a fantastic opportunity to build on the great work that is already being done at EGHS."

Mr Freeman stepped into the role of EGHS interim-CEO for almost four months while the search was undertaken.



*Pictured above: New East Grampians Health Service Chief Executive Andrew Freeman*

## WE NEED YOUR ASSISTANCE

The Victorian Department of Health and Human Services (DHHS) has commissioned the five regional palliative care consortiums in Victoria to undertake a quality improvement project. The purpose of this project is to achieve consistent pathways for referral to palliative care services across the rural regions and improve palliative care for the Grampians region.

We invite you to participate in this **short survey (10 Mins Max)** regarding **referral and access to palliative care** in our region. This survey is for health staff providing care in the acute sector, community health, Healthy at Home, aged residential, daycare centre, allied health, GPs, home and community care, mental health, and any other sector that care for our community. (Note: Palliative Care Team please don't complete survey as you will be completing a different survey).

The information you provide is de-identified, confidential and will only be used to inform this quality improvement project. Please follow and copy the link to complete **survey**

<https://www.surveymonkey.com/r/96PB7DG>

The survey will close on **5pm on Friday the 30<sup>th</sup> November**.

If you would like additional information, please do not hesitate to contact the Grampians Region Palliative Care Consortium Manager, Brenda Green on; [gpalcareconsort@gmail.com](mailto:gpalcareconsort@gmail.com) or Ph: 0407555496

Many Thanks for your valuable contribution.



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# EAST GRAMPIANS HEALTH SERVICE



Study at East Grampians Health Service, Ararat,  
for a career in Nursing in 2019.

## INFORMATION NIGHT

Wednesday November 14

6pm-7pm

Pyrenees House,  
Girdlestone Street, Ararat

Attend the information session  
to learn about our Diploma of  
Nursing course, starting in February  
2019. To register, phone 5352 9404.



## FedUni TAFE

If you would like to talk to the  
helpful staff at FedUni TAFE about  
studying the **fee-free** Diploma of  
Nursing course, contact them on  
**1800 FED UNI (1800 333 864)**.

To discuss this with a representative  
from East Grampians Health Service  
in Ararat, please contact the  
Training & Development Manager on  
**(03) 5352 9404**.

IMPROVING THE HEALTH OF OUR COMMUNITY [eghs.net.au](http://eghs.net.au)



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# PARKLAND PURSUITS

BY MICHELLE MASLEN  
WILLAURA HEALTH CARE

As you have heard we have passed Accreditation for another three years. Congratulations to Chris our Manager and all the staff and residents.

We will have a busy November with Melbourne Cup Sweeps happening for the Cup. We have a luncheon for the Cup in Warndoo, Cooked Breakfasts and "Home Bake day", where staff cook a roast with trimmings and a sweet. This time it will be Roast Lamb and Jam Roly Poly for sweets. We have an outing to Warrnambool to the Plaza for Christmas Shopping, a Whiz Bang Christmas Luncheon for the residents and families and then its decorating for Christmas. Amongst that we have a Birthday and a few drives out and about. Cheers for now.



*Pictured above: Edna Leech with a picture called Birch Trees*



*Pictured above: Wern Koch and Alan celebrating the win in the Footy Tipping*

# THE ARK TOY & ACTIVITY CENTRE

The Ark Toy and Activity Centre operates at East Grampians Health Service 10am-12pm each Wednesday.

The Centre provides a lending service to people with special needs, their families and carers. The wide choice of toys are not only fun, but also assist members in developing skills through play.

Membership is available to people with special needs, their families and carers. This includes people who have physical and development disabilities chronic illness and other long term injuries and illnesses that impact the person's ability to participate in everyday play and social opportunities.

Items can be borrowed from the Centre for up to 4 weeks, although in special circumstances a longer loan period may be granted. Items are expected to be returned to the Centre clean and in good condition.

The Ark Toy and Activity Centre offers an affordable Annual Membership Subscription of just \$10.00 per family. For further information, please contact us on Facebook.



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# GARDEN VIEW COURT GOSSIP

BY CATHY BILLINGS  
LEISURE & LIFESTYLE COORDINATOR

October has been a busy month here at Garden View. Some residents went in the bus to the Town Hall to enjoy the free concert on Monday 8<sup>th</sup>. We have been busy making decorations for the upcoming Spring Racing Carnival.

We have enjoyed having some of the children from the local Child Care come and visit us during the last few months. They come regularly now, twice a month. They bring a lively tone to the residence.

A new trophy was purchased for this year. It has been named "The Stan Raeburn Memorial Trophy" and was presented by Stan's brother Michael. He was honoured to have this trophy named after his deceased brother.

During the afternoon, we had hot finger food and drinks during the Game. Everyone came and helped themselves to what they liked. The day was enjoyed by everyone.

## Spring Racing Is Here!

It's THAT time of year again. We have been busy decorating our home with paintings and pictures for The Melbourne Cup. We awarded certificates for Best Hat, Best Dressed, for both Males and Females.

The film night "Ladies in Black", held at the Ararat Cinema on Thursday 20<sup>th</sup> September was a great success, with 215 people attending. The night included drinks and savouries prior to the film. Approximately \$2500 was raised on the night and will go towards providing additional resources for our Residents at 70 Lowe St and Garden View Court. Thank you to the Astor Cinema, 2 Taggs for ticket sales and the many people who supported this event by attending or making donations.

Our next big fundraising event is a **Shopping Spree night to be held on Friday 30<sup>th</sup> November**. This is a great opportunity to do some Christmas shopping while supporting local businesses. Tickets will be only \$20 and great discounts and prizes will be available. More information and ticket sales will be available soon.

We are still very keen to encourage new members to join the EGHS Residents Support group. The members participate in a variety of ways depending on their preference and skills. It would be great to have more men join! We would like to assist with more activities for the men at Lowe St and Garden View Court. If anyone is interested in coming along to a meeting or joining the group, please phone Marlene on 0419117279 for further information.

Our Gardens are looking fabulous with Spring upon us, The Azaleas amongst others are just a riot of colour. The Passionfruit is growing well and hopefully by next summer we might be able to pick some fruit.



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# WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

## Campbell Binger

MY POSITION AT EGHS *MAINTENANCE ASSISTANT*

FAVOURITE AFL TEAM *ST KILDA*

FAVOURITE FOOD *PIZZA*

FAVOURITE MUSIC *90s DANCE TRANCE*

INTERESTS *WATCHING MY KIDS GROW*

ONE THING I WANT TO DO  
IN MY LIFETIME IS... *TRAVEL TO EUROPE*



## Donna Bradshaw

MY POSITION AT EGHS *REGISTERED NURSE - WILLAURA*

FAVOURITE AFL TEAM *MAGPIES*

FAVOURITE FOOD *OYSTERS*

FAVOURITE MUSIC *80s*

INTERESTS *ART WORK, PAINTING*

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

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



## Fiona Jenkins

MY POSITION AT EGHS *EEN*

FAVOURITE AFL TEAM *GEELONG*

FAVOURITE MUSIC *ALL KINDS BUT LOVE KYLIE MINOGUE*

INTERESTS *FAMILY HOLIDAYS & SPENDING TIME WITH MY LOVED ONES*

ONE THING I'M GOOD AT... *BEING A SUPPORTIVE MOTHER, DAUGHTER AND FRIEND*

ONE THING I WANT TO DO IN  
THIS LIFETIME IS... *WORK OVERSEAS, TRAVEL TO DIFFERENT COUNTRIES*



## Jessica Kaup

MY POSITION AT EGHS *HEALTH INFORMATION OFFICER*

FAVOURITE AFL TEAM *RICHMOND*

FAVOURITE FOOD *HAMBURGERS*

FAVOURITE MUSIC *90s*

INTERESTS *WALKING & PETS*

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



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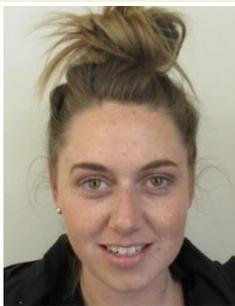


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## Hayley Lugg

MY POSITION AT EGHS	APPRENTICE DENTAL TECHNICIAN
FAVOURITE AFL TEAM	CARLTON
FAVOURITE FOOD	SANDWICHES
FAVOURITE MUSIC	ANY
INTERESTS	SPORT, CAMPING, EATING, FRIENDS, FAMILY
ONE THING I'M GOOD AT	TALKING

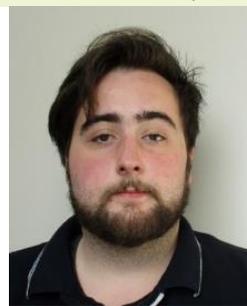
ONE THING I WANT TO  
DO IN MY LIFETIME IS... FLY



## Lachlan Mayes

MY POSITION AT EGHS	TEEN
FAVOURITE AFL TEAM	ESSENDON
FAVOURITE FOOD	MEXICAN FOOD
FAVOURITE MUSIC	ROCK
INTERESTS	COMPUTERS, HARDWARE/SOFTWARE
ONE THING I'M GOOD AT IS	ANALYSIS OF INFORMATION

ONE THING I WANT TO DO IN  
THIS LIFETIME IS... VISIT EVERY COUNTRY IN THE  
WORLD



## Kristy McEvoy

MY POSITION AT EGHS	NURSE/MIDWIFE
FAVOURITE AFL TEAM	RICHMOND
FAVOURITE MUSIC	ANYTHING ON THE RADIO
INTERESTS	ANIMALS, FAMILY, SHOPPING

ONE THING I'M GOOD AT... SLEEPING

ONE THING I WANT TO DO IN  
THIS LIFETIME IS... GO TO BALI



## Pam Richardson

MY POSITION AT EGHS	INSTRUMENT TECHNICIAN
FAVOURITE AFL TEAM	COLLINGWOOD
FAVOURITE FOOD	THAI, JAPANESE
FAVOURITE MUSIC	THE TEA PARTY, PINK FLOYD, LED ZEPPELIN, ROLLING STONES
INTERESTS	BUSHWALKING, GARDENING, BIRD WATCHING, READING
ONE THING I'M GOOD AT...	COOKING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	LEARN TO PLAY GUITAR



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# VOLUNTEERS RECOGNISED

## JODIE HOLWELL – COMMUNITY LIAISON

Twenty long serving East Grampians Health Service volunteers were recognised at the 14<sup>th</sup> annual EGHS Volunteer Service Recognition Awards.

Awards for five, 10, 15 and 20 years' service were presented to volunteers.

Chief Executive Andrew Freeman said East Grampians Health Service has a proud history of volunteering and today there are over 120 volunteers assisting across the organisation.

"I would like to sincerely thank each and every one of our volunteers. You all play a vital role in the success of our health service and our many programs, and without your support some of them would not be able to function," Mr Freeman said.

"Our health service is fortunate to have the most amazing group of people who commit hours of work through volunteering. Your outstanding support assists us in achieving our aim of delivering safe, quality care.

"On behalf of the Board, executive and the rest of the staff we sincerely thank you for your commitment and dedication. Your contribution is invaluable."

Guest speaker at the awards was Worshipful Brother Bill Jones from Freemasons Ararat, who gave an entertaining and informative insight into the Freemasons movement, demystifying many of the misconceptions around Freemasonry.

Freemasonry, which has a long history with Ararat and in particular the Ararat Hospital, is the oldest and largest fraternal organisation in the world. With a rich history to draw from, Freemasonry is also a vibrant, modern organisation that has changed with the times.

Freemasonry is a worldwide society that has brought millions of people together in a fraternal manner, of all nations, religions, political beliefs, and all social backgrounds.

It comprises an estimated 5 million members worldwide with over 8,000 in Victoria alone. Modern Freemasonry traces its organisation to the 17th Century and proudly preserves the traditions it has inherited from those times. These traditions make Freemasonry unique within the community.

Volunteers who received service recognition awards include:

**20 year service awards:** Heather Fleming, Willaura Auxiliary, Liz de Fegely, EGHS Auxiliary, Val Fenton, Karen Gleeson, Willaura Auxiliary, Irene Shaw, Ark Toy and Activity Library, Leonie King, EGHS Auxiliary, Kathy Tucker, EGHS Auxiliary.

**15 year service awards:** Kimbra Christie, EGHS Auxiliary.

**10 year service awards:** Kaye Chamings, Ark Toy and Activity Library, Chris Clark, Residents' Support Group, Jan Laidlaw, Willaura Auxiliary, Ron Kelly, Oncology, Irene Kelly, Oncology, Helenmary MacLeod, Willaura Auxiliary, John Koenen, Garden View Court, Merylin Wallis, Palliative Care.

**5 year service awards:** Elaine Richie, Ark Toy and Activity Library, Kaye Felini, Patricia Hinchey Centre, Wendy Roberts, Patricia Hinchey Centre, Robyn Timms, Willaura Auxiliary.



*Pictured above receiving their awards from CEO Andrew Freeman, L-R, Elaine Richie, Jan Laidlaw, Heather Fleming, Kaye Chamings and Chris Clark*



*Pictured above: EGHS Board vice chair and 20 year service awardee Heather Fleming with guest speaker Worshipful Brother Bill Jones from Ararat Freemasons*



## EAST GRAMPIANS HEALTH SERVICE

improving the health of our community



### DO YOU HAVE PRIVATE HEALTH INSURANCE?

When you choose to use your private health insurance for an admission at EGHS, 'out of pocket' expenses, which are included during your hospital stay, will be paid by us. This includes your excess, co-payment, gaps, surgeon and anaesthetists in-theatre costs.

Private Health Insurance "Benefiting you & your community"

Phone for an appointment with Private Patient Liason Officer on (03) 5352 9484

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**EGHS LADIES AUX**  
Invites you to bring your partner & friends

WV  
"COCKTAIL"

Saturday  
November 17 2018  
7.30pm - 10 pm

**COST \$75 inclusive**  
Finger food & drinks  
**FUNDRAISING AUCTION**

**Dress code - "Cocktail"**  
Music provided by Scott Rigby

Booking now open • <https://www.trybooking.com/413248>  
Closes Friday November 2 - unless sold out  
Fundraising for EGHS Dialysis Unit chairs

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

VR4417082



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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 Leeanne Atkinson on 29422

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

ARARAT  
TOWN HALL  
PRESENTS  
**LIOR**  
Between You & Me

09-11-18  
7.30pm Friday

Tickets  
\$25 Full  
\$15 Concession

Info & bookings  
www.ararattownhall.com.au  
Phone: 5355 0900

This performance sees one of Australia's most successful and respected singer-songwriters performing an intimate concert of songs drawn from his new album.

Ararat Shire Council  
CREATIVITY VICTORIA  
GOLDEN TRIANGLE  
Ararat Shire Council



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# CELEBRATION AT LOWE STREET

BY JODIE HOLWELL  
COMMUNITY LIAISON

East Grampians Health Service was a finalist in the Victorian Public Healthcare Awards in the category Excellence in public sector aged care for 'Implementation of a Montessori Model of Care'.

"It is an outstanding achievement that we were recognised as a finalist, but unfortunately on this occasion we didn't win the award," CEO Andrew Freeman said.

The category was won by Numurkah District Health for their 'Wellbeing garden and community café for aged care residents'.

A barbecue for staff and board members was held at Lowe Street to celebrate reaching the finals in the awards.

A certificate acknowledging the awards was presented to 70 Lowe Street manager Tanya Haslett and Resident Support Coordinator Bernadette Cincotta by Board Chair Nancy Panter.



*Pictured right: EGHS Board member Don Cole, vice chair Heather Fleming and chair Nancy Panter with 70 Lowe Street's Resident Support Coordinator Bernadette Cincotta, Manager Tanya Haslett and EGHS CEO Andrew Freeman.*



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# COST OF PRINTING & PHOTOCOPYING AT EGHS

BY HANNAH JENNINGS  
EXECUTIVE ASSISTANT  
DEVELOPMENT & IMPROVEMENT

There has been an increase of \$13,296.68 in cost from 2016-17 to 2017-18 FY.

Questions to keep in mind when printing:

1. Do I need to print the document out?
2. If I need to print, does it need to be in colour?
3. Could I print the document in A4 booklet form to help reduce the number of pages printed?

If you have any ideas on how to reduce the printing cost within EGHS please email [hannah.jennings@eghs.net.au](mailto:hannah.jennings@eghs.net.au)

# MURRAY TO MOYNE CYCLE RELAY FIRST MEETING

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

While the 2019 Murray to Moyne Cycle Relay is still five months away, organisation for the EGHS team entry has begun.

Murray to Moyne 2019 will be held over the weekend of April 6-7 2019, riding from Swan Hill to Port Fairy.

A meeting for prospective riders, support crew and bus drivers will be held on Wednesday November 14 at 5.30pm in Pyrenees House.

Any new staff or staff interested in riding who would like to join the team are welcome, we always have experienced team members that can help with training.

If you are interested it is important to attend this first meeting.

The first fundraising event for the team will be hosting the Ararat Trash and Treasure Market on Sunday December 9 in Alexandra Hall.

Anyone wanting further information can contact Community Liaison Officer Jodie Holwell on 5352 9387 or [jodie.holwell@eghs.net.au](mailto:jodie.holwell@eghs.net.au)

# PICK UP A BARGAIN AT THE EGHS GARAGE SALE

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

EGHS will be having a Giant Garage Sale this Saturday November 10.

The garage sale will be held from 9am-12noon in the grassed area and carpark behind Café Pyrenees.

Surplus equipment for sale will include: Internal doors, cutlery trolley, linen skip, bench/club chairs, disability equipment, exercise bike, cupboards, shelving, office chairs & desks, tub chairs, filing cabinets, garage roller doors, venetian blinds, bookshelves, projector screen, white boards, kitchen domestic equipment (saucepans etc.), lounge chairs, patient chairs, plus lots more!

Funds raised from the sale will go toward the new outdoor play equipment of the Toy library.

As an extra fundraiser, the Toy Library Auxiliary will also have a cake stall on the day.

Donation of garage sale goods most welcome, contact Support Services on 5352 9355 to arrange delivery.



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# WHITE RIBBON DAY

## WALK

Tuesday 20 NOVEMBER 2018

Residents of Ararat and surrounds are invited to participate in "Say NO" to Domestic Violence by marching as one.

5.15pm for a 5.30pm start

Walk commencing at Edith Cavel Reserve and finishing at Ararat Town Hall.

### GUEST SPEAKERS

Simone O'Brien  
Damien Ferrari

BBQ available

For more details phone Danielle or Janeen on 53550200



Australia's campaign to stop violence against women



White Ribbon



Ararat Rural City



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# FUN RUN A BIG ATTRACTION AT 17TH EGHS CHARITY DAY

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

A fun run and walk around Chalambar Golf Course was a big attraction at the 17<sup>th</sup> annual EGHS Charity Golf, Bowls and Fun Run Day.

The new event saw a big group of runners and walkers turn out for the six-kilometre run and three-kilometre walk around the hilly Chalambar course, set by the Stawell and Ararat Cross Country Club who came on board to assist with the event.

Sebastian Hopper was the first male across the line and Sarah Harwood the first female, with Mark and Mia Robb the first walkers over the line.

Three-year-old Rafferty Burn took home the children's prize after walking the entire three-kilometre course and was a crowd favourite.

A big field of 84 golfers enjoyed the three person Ambrose event despite the windy conditions and major sponsor Kings Cars Ararat got to keep the car this year, with no holes-in-one scored on the 18th.

The team of Peter Kerber, Phil Goudie and Marlene Goudie won the handicap trophy sponsored by V/Line, with runners up Trish Heard, Bernie Heard and Marg Lardner taking the runners up trophy sponsored by Brian Thomas Electrical.

The winning ladies' team comprised Marg Brehaut, Sandie Shaw and Helen Tucker.

A small field of bowlers took to the greens, with the team of Sandra Tew, Pam Wright and Gloria Saunder winning two out of three games in the Jerram Auto and Electronics Centre sponsored two bowl triples.

Chalambar Golf Club manager Tim Cronin presented a cheque to East Grampians Health Service for \$3,380, as a result of the golf day.

EGHS Director of Community Services Sally Philip thanked Chalambar Golf Club for its generous provision of facilities for the day and the assistance of staff as well as volunteers from the golf club, bowls club and the Stawell and Ararat Cross Country Club.

"The support of the Ararat and district community is amazing, we are so fortunate that organisations such as the Chalambar Golf Club get behind us with events such as the Golf Day, which has now been running for 17 years," she said.

"This year funds raised from the Charity Golf Bowls and Fun Run Day will go towards the purchase of a Plinth Chair for our 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."

"On behalf of East Grampians Health Service I would like to thank all the generous sponsors of the golf, bowls and fun run day, without whom the event would not be the success it is."



*Pictured above: Major sponsors Matt Jenkins from ACE Radio, Tim Cronin from Chalambar Golf Club and John Robertson from Kings Cars Ararat hand over the cheque to EGHS Director of Community Services Sally Philip. Absent Brian and Carla Thomas from Brian Thomas Electrical*



*Pictured above: Joy McLoughlan, Greg Gason, Tricia Ruthven, Carolyn Gason*

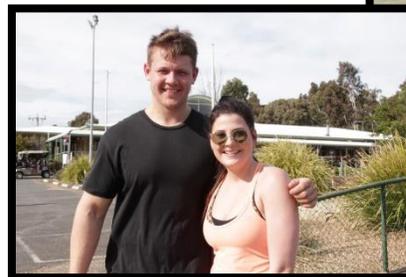


*Pictured left: EGHS Board chair Nancy Panter presents Rafferty Burn with his prize*

*Pictured right: Brendan Scott*



*Pictured below: Sarah Harwood and Sebastian Hopper, first prize winners in the Fun Run*



*Pictured right: Pam Wright*



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## WILLaura AUXILIARY PRESIDENT STEPS DOWN AFTER 10 YEARS

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

The Willaura Healthcare Auxiliary has a new president, with Ruth Gellert taking over the position from Judy Paterson, who has stepped down after more than 10 years leading the Auxiliary.

Ruth will be supported by Jan Laidlaw as secretary and Mandy Heard as treasurer, who are continuing in their roles.

In the past year, the Willaura Auxiliary has donated \$36,720 to the Willaura Healthcare campus.

This has included a \$20,000 contribution towards the refurbishment of Parkland House Hostel living and kitchen areas.

Fundraising events have included the Willaura Healthcare Outdoor Market, catering for ram and bull sales, morning tea catering for the Grampians 'Ride to Remember', and a sale of excess hospital items at a car boot sale.

In addition, Auxiliary members have financially assisted residents on outings and activities and provide afternoon tea to the residents in the hostel.

"It has been a pleasure and rewarding as president of our Auxiliary for these past few years," Judy said.

"Regarding the market, I have to single out the astonishing amount of work that Jane Milliar has put in to this event, her dedication has been nothing but extraordinary. Our Auxiliary has now contributed around \$90,000 to the Willaura healthcare campus since the market started 13 years ago."

Judy thanked Jan and Mandy for their assistance and keeping the Auxiliary running smoothly and said the Auxiliary had also enjoyed taking part in other activities and attending other EGHS auxiliary functions to help them out.

"It is especially pleasing to see some improvements in Parkland House for the residents," Judy said.

*Pictured below L-R, members of the Willaura Healthcare Auxiliary, Val Albert, secretary Jan Laidlaw, Heather Fleming, outgoing president Judy Paterson, new president Ruth Gellert, Jane Milliar, Adele Coutts, Phyl McInnis and Sue Coutts.*



## SHOP 'TIL YOU DROP AT THE SHOPPING SPREE

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

The EGHS Residents' Support Group is reintroducing the well-loved Shopping Spree Night, which will be held on Friday November 30.

Twelve Barkly Street businesses will open on the night with four additional businesses to open for shopping in the week preceding the event.

Each ticket holder must purchase a 'Passport', which must be stamped in each store on the night as part of the circuit. Shoppers are able to pre-shop in the week prior, on presentation of this passport only, and have your item put aside, but you will not be able to pay or collect your item until the night.

Businesses open on the night include Latus Jewellers, Fosters Mensland, Perry's Footwear, Fer & Co, Australia Post, 2Taggs, Something Beautiful, CAS Couture, Jerram Auto and Electronics Centre, Intersport Sportzbiz, Gilbert and Jury and Toyz on Barkly.

Kaye Poyner Beauty Therapy, Skinco, David O Jones Mitre 10 and Harvey Norman will not be open on the night but their discounts will be available in the week prior to the Shopping Spree, on presentation of your passport.

Each business will offer drinks and nibbles and there will be a 'coffee break' as part of the circuit for teams, with the Rotary Club of Ararat opening their coffee van. Businesses have each donated a \$25 gift voucher, and there will be a draw in each shop at the end of the night.

Passports will cost \$20 per person, and are now available from Gilbert and Jury, 128 Barkly Street, Ararat.

You can get teams of 10 together or get a couple of friends together and join another team.

Don't forget to dress in the colour of your team!

For further information phone Marlene on 0419 117 279.



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# LADIES IN BLACK A SUCCESS

BY JODIE HOLWELL  
COMMUNITY LIAISON OFFICER

Ladies and gents glammed up in black to attend the East Grampians Health Service Residents' Support Group's movie night, featuring Ladies in Black.

Around 220 people attended the movie screening at the Astor Cinema and enjoyed networking prior to the movie over drinks and nibbles.

The event raised more than \$2500, which will go towards improving the lives of residents in 70 Lowe Street and Garden View Court.





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# MOUSTACHES FOR A GOOD CAUSE

BY JODIE HOLWELL

COMMUNITY LIAISON OFFICER

You may see some dodgy looking moustaches around EGHS this month, but it's all for a good cause, raising money for Movember and raising awareness of men's health, in particular prostate and testicular cancer, mental health and suicide prevention.

One such staff member is Tony Roberts, who is currently sporting a mo-and-beard combination resembling.....? You be the judge!

Tony has pledged to raise \$1000 by the end of the month, so if you see him, chip in a few dollars. If he gets to his goal, he may just have to make good on his promise and we'll let you know what that is next month!

Below is the link to Tony's donation page if you wish to donate online:

<https://au.movember.com/donate/details?memberId=709262>



## OCCUPATIONAL VIOLENCE & AGGRESSION

Occupational Violence and Aggression (OVA) is common within the healthcare industry and can result in physical and psychological injuries.

EGHS is committed to providing a safe work environment as well as working together to reduce and prevent violence and aggression.

Ways staff can assist include:

1. Review, build and implement strategies to prevent and/or manage OVA
2. Attend MOCA training
3. Fill in incident reports in VHIMS
4. Report staff injuries in VHIMS



## EAST GRAMPAINS HEALTH SERVICE

improving the health of our community



### OUR PRIVATE PATIENT LIAISON OFFICER IS HERE TO HELP YOU

Our Private Patient Liaison Officer is dedicated to helping you through each stage of your hospitalisation. Prior to admission, the Liaison Officer can tell you about your options and explain the process of becoming a private patient. In hospital, they are available to visit and answer any questions or concerns you may have.

### YOUR CHOICE CAN MAKE A DIFFERENCE

The Liaison Officer will assist you with your accounts and paperwork, ensuring you are not inconvenienced. In hospital, they are available to visit and answer any questions or concerns you may have. The Liaison Officer will assist you with your accounts and paperwork, ensuring you are not inconvenienced.

Private Health Insurance "Benefiting you & your community"

Phone for an appointment with our Private Patient Liaison Officer, Tanya Beechinor on (03) 5352 9300



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Girdlestone St, Ararat 3377 | Ph: (03) 5352 9300 | [eghs.net.au](http://eghs.net.au)



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# EGHS Residents' Support Group Shopping Spree

You are invited to our 2018 Barkly Street  
Shopping Spree in Ararat  
Pick up some great bargains and have fun with friends!



## Friday November 30

6.00pm-10.15pm

\$20 per person

Purchase your **PASSPORT** at Gilbert & Jury 128 Barkly St, Ararat  
from Monday October 29

Pre selection period is from Friday November 23

For further information contact Marlene: 0419 117 279



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# ARE YOU PREPARED?

With summer fast approaching, now is the time to make sure you are prepared for bushfires and heatwaves.

Check out the following websites and resources for more information;

<https://www.cfa.vic.gov.au/plan-prepare>

<https://emergency.vic.gov.au/prepare/#understanding-warnings>

<http://www.bom.gov.au/>

<http://www.sunsmart.com.au/>

<https://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/heatwaves-and-extreme-heat>



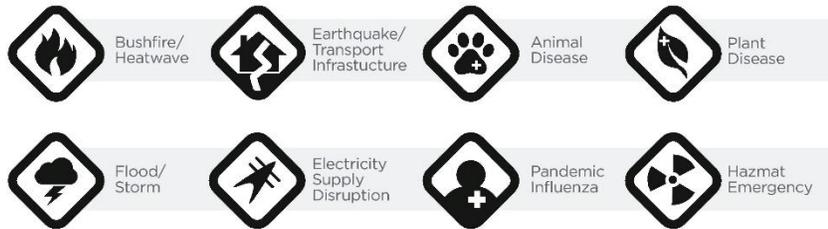
## Victorian Preparedness Goal Emergency Management Core Capabilities

The Victorian Preparedness Goal sets out the core capabilities we need to deal with the challenges and risks we face as a community, and how we effectively deliver them.

### Vision:

*Safer and more resilient communities*

### Greatest Risks:



### Capability Elements:



We will use these elements to connect and work together to make sure we are prepared for all emergencies.

BEFORE

DURING

AFTER

WORKING IN CONJUNCTION WITH  
COMMUNITIES, GOVERNMENT,  
AGENCIES AND BUSINESS



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# ARARAT EARLY LEARNING CENTRE VISIT EGHS



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## Easy Banana Bread

### INGREDIENTS:

- 1 3/4 cups plain flour
- 1/2 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- Pinch of salt
- 2/3 cup caster sugar
- 1/2 cup raw almonds, coarsely chopped
- 2 teaspoons vanilla essence
- 2 eggs, lightly beaten 1/2 cup vegetable oil
- 1 cup mashed banana



### METHOD:

1. Preheat oven to 190C/170C fan-forced. Spray a 7cm-deep, 10 x 20cm (base measurement) loaf pan with oil. Line base and sides with baking paper, extending 3cm above rim
2. Sift the flour, baking powder and bicarbonate of soda into a large bowl. Stir in salt, sugar and nuts. Make a well in the centre. Add vanilla, eggs, oil and banana. Stir until just combined.
3. Pour into prepared pan. Bake for 1 hour or until a skewer inserted into the centre comes out clean. Stand in pan for 5 minutes. Transfer to a wire rack to cool.

## AIM (100s) CLUB

### CORPORATE SERVICES RECEPTION

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

DRAW 22 OCTOBER 2018		DRAW 22 OCTOBER 2018		DRAW 30 OCTOBER 2018	
1 <sup>ST</sup> PRIZE	G G HOLDEN	1 <sup>ST</sup> PRIZE	R A M SMITH	1 <sup>ST</sup> PRIZE	TROY GORMAN
2 <sup>ND</sup> PRIZE	KAYLA PYKE	2 <sup>ND</sup> PRIZE	DEB O'BRIEN	2 <sup>ND</sup> PRIZE	NAVEEN METTU
3 <sup>RD</sup> PRIZE	OLGA KARIA	3 <sup>RD</sup> PRIZE	RACHEL LOFFLER	3 <sup>RD</sup> PRIZE	G P KENNEDY
4 <sup>TH</sup> PRIZE	PAM ROCHE	4 <sup>TH</sup> PRIZE	TOM BROWN	4 <sup>TH</sup> PRIZE	T. A. G.



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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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