



EGHS ECHO



East Grampians
Health Service

MARCH 2019

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FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the March 2019 edition of the Echo.

The Royal Commission into Aged Care Quality and Safety in Australia has now commenced and East Grampians Health Service has responded to a request from the Royal Commission for information.

We received an unannounced visit from the Aged Care Quality and Safety Commission on the 19 February 2019 for both 70 Lowe Street and Garden View Court. The purpose of this visit is to assess how we are performing against the applicable standards. In the past we would know the outcome of the visit on the day, this is no longer the case and we now have to wait for a formal written report which can take up to 21 days. I would like to thank all the staff that assisted during the visit and your professionalism.

The organisation continues to be very busy and I would like to thank everyone for your continued commitment.

ATTENDANCE AT STAFF BRIEFINGS

Staff Briefings are held monthly on the third Tuesday of the month at 2pm in Pyrenees House (apart from May 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 – jo.summers@eghs.net.au

The Staff Briefings at Ararat and Willaura briefings are held at 2.00pm on the following dates for 2019:

Tuesday 19th March
 Tuesday 16th April
 Wednesday 15th May
 Tuesday 18th June
 Tuesday 16th July
 Tuesday 20th August
 Tuesday 17th September
 Wednesday 16th October
 Tuesday 19th November



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EGHS POLICIES & CPGs

BY HANNAH JENNINGS - EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

SOPP 20.11	INVESTMENT
SOPP 66.06	COMMUNITY SERVICES—RIGHTS TO PRIVATE PRACTICE
SOPP 70.38	COLD CHAIN MANAGEMENT
SOPP 70.05	STANDARD AND TRANSMISSION BASED PRECAUTIONS
SOPP 57.21	CARE RECIPIENT SECURITY OF TENURE FOR COMMONWEALTH HOME CARE PACKAGE
SOPP 61.00	RESIDENTS OUTINGS
SOPP 35.18	SERIOUS MISCONDUCT, HARASSMENT, SEXUAL HARASSMENT AND BULLYING
SOPP 57.15	HACCYP AND CHSP – SERVICE ACCESS
SOPP 56.06	DISABILITY SERVICES
SOPP 57.11	COMMUNITY SERVICE FEES & PROCESS FOR FEE ADJUSTMENT
SOPP 57.23	PREPARATION OF MEALS IN THE CLIENT HOME
SOPP 72.37	SECURITY
CPG 58.44	PRESSURE INJURY PREVENTION & MANAGEMENT – COMMUNITY NURSING
CPG 12.02	HELICOPTER TRANSFERS
CPG 11.11	LIGNOCAINE
CPG 10.46	COGNITIVE IMPAIRMENT
CPG 55.11	SAFETY HUDDLE
CPG 86.00	HOME CARE PACKAGES
CPG 85.08	PHYSICAL RESTRAINT – AGED CARE
CPG 23.13	SEIZURE MANAGEMENT – AGED CARE
CPG 23.16	PATIENT, FAMILY AND CARER ESCALATION OF CARE
CPG 80.05	SAFE SWALLOWING – AGED CARE
CPG 12.11	ANAPHYLAXIS



Staff Exercise Classes
by 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.

We advise we now have a Facebook page, which can be searched under "EGHS Staff Fitness". All EGHS staff are welcome to add yourselves to the group.

The page will be used to update staff on expected sessions, any changes to location, as well as a general communication tool.

Additionally, staff can request to be added to the Staff Fitness email list, so that they may receive correspondence and updates via email instead. Should you wish to be added, please request by emailing zosha.jarecki-warke@eghs.net.au.



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DO YOUR DENTURES FIT PROPERLY?

Do you need a new set of dentures? If you have a current concession card, the East Grampians Health Service Dental Clinic can help. Cost of new dentures is \$131
Note: waiting times will vary depending on demand of the clinic


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Contact EGHS Dental Clinic on 5352 9327 to make an appointment.

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



OPHTHALMIC MICROSCOPE DONATED TO TONGA

BY JODIE HOLWELL
COMMUNITY LIAISON

Following a recent upgrade to the equipment at East Grampians Health Service the opportunity arose to donate older but still serviceable equipment to the Pacific Islands.

A new state-of-the-art surgical microscope was recently purchased for ophthalmic surgery at the health service, which enabled the old microscope to be donated to the Kingdom of Tonga.

Currently St John of God Hospital has a sister hospital project running in conjunction with the Vaiola Hospital in the capital city of Nuku'alofa, and a shipment of equipment has now left for the small Pacific Island nation.

"Cataract blindness is a burden to the community of Tonga and the provision of the microscope from Ararat shall go a long way to assist in alleviating this problem and changing the lives of many for the better," ophthalmic surgeon Mr Mick Toohey, who organised the donation, said.

Over the years, numerous surgical teams have travelled from both Australia and also New Zealand to Tonga.

"The lack of surgical equipment such as this microscope have hampered the efficiency of the teams but with the availability of this equipment this shall no longer be the case," Mr Toohey said.

"An added benefit of the donated microscope is that it can be used to facilitate training of local staff, both medical and nursing, in the effort to encourage the development of a local capability."



Pictured above: Manager Perioperative Services Kirsten Carr and surgeon Mr Mick Toohey with the microscope destined for Tonga

70 LOWE STREET STAFF ATTAIN MONTESSORI CERTIFICATES

BY BERNADETTE CINCOTTA
RESIDENT SUPPORT CO-ORDINATOR
70 LOWE STREET

Congratulations to the Lifestyle staff at 70 Lowe Street whom have successfully completed and obtained nationally recognised Certificates in Developing Montessori Environments for Aged Care.

The course focused on the proper assessment of clients' abilities and skills and development of roles and activities that are suitable for and supportive for those living with dementia and cognitive impairment.

The course has provided staff with the skill set to ensure we are best supporting our residents living in aged care, particularly at 70 Lowe Street where the Montessori Model of Care has been implemented since 2015.

This is the first lot of staff to achieve this accreditation and we hope many more will follow.



Pictured above: Bernadette Cincotta, Doris Lodding and Kristine Hughes with their Certificates in Developing Montessori Environments for Aged Care



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QUICK RESPONSE BY MAINTENANCE STAFF PREVENTS MAJOR DAMAGE IN FLASH FLOODING

BY JODIE HOLWELL
COMMUNITY LIAISON

Torrential rain in a very short space of time on February 6 caused a number of areas of the health service to flood.

It was all hands on deck as maintenance staff worked to stop the flooding at the Patricia Hinchey Day Centre, 2nd floor of the main building, the Heritage Rooms, 70 Lowe Street, Garden View Court, Café Pyrenees, the Community Health Centre and Oncology.

The State Emergency Service were contacted with a request for sandbags, which were filled by staff and distributed to the Community Health Centre and Day Centre.

"The quick response of our maintenance staff helped prevent major damage to most of the flooded areas of the hospital," CEO Andrew Freeman said.

"We really appreciate their response and the many hours of extra work put in by them – your efforts did not go unnoticed."



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RESIDENT LEADS THE WAY TOWARDS SOLVING MOBILITY PROBLEM

BY TRACEY BOYD
ADMINISTRATION ASSISTANT

Lyle Greenwood is a resident at Willaura Healthcare’s Parkland House. He has a mobility scooter which he uses to go into the Willaura township for personal errands. There is a security fence around the facility and the gate has a pull up latch like those used on pool fences.

When Lyle heads off on his excursions, he has to get on and off his scooter twice to open and close the gate which requires much effort due to his mobility issues and also creates a risk of falls. Operating the latch itself is difficult due to a problem he has with his arm.

When chatting with a staff member one day, Lyle talked about his concerns with the gate. This was an issue that none of the staff had ever thought about as they haven’t been in that situation.

Lyle worked as the company secretary at the Repco Research Unit at Dandenong for 17 years and in his own words, is a “frustrated engineer”. He set to work thinking of ways to make the gate easier to use. First of all he thought he could “jimmy” the latch using a wire coat hanger, then he thought a sliding gate instead of a swinging one would be the answer.

Staff brought up Lyle’s concern with the Stuart Kerr, the Director of Support Services who was very keen to get a good resolution to the problem for all the residents at Parkland House who use mobility scooters. Stuart talked to Lyle about his ideas and staff had a brainstorming session during a staff meeting. After some time, Lyle and Stuart and his team found a solution.

In December 2018, a new latch mechanism was installed on the gate which enables it to be operated by remote control and all residents with mobility scooters have been issued with a remote button to put on their keyrings. Lyle says, “The gate automatically closes after two minutes or you can close it with the remote.

It’s quite clever actually. The button has a very good range which is an advantage and I am chuffed that I can push it at the top of the ramp when I leave the building and the gate will be open by the time I get there so I can get up some speed if I want to”.

Willaura staff are very pleased that this issue has been resolved for the residents. It shows the importance of consumer feedback and “walking a few steps in someone else’s shoes”. Lyle says, “The new remote gate operation system is the ultimate result and an excellent answer to the problem. I will start working on my next project!”



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PRIVATE PATIENTS

EGHS welcomes private patients when providing much needed health services such as acute care, day procedures, obstetric, dialysis and chemotherapy.

As part of our customer service, our private patient liaison officer is available to answer your questions along with assisting you in dealing with your chosen health fund. We take care of your paperwork to help make your admission much easier so that you can concentrate on your recovery

EGHS will also cover your 'out of pocket' expenses for your hospital admission, such as your accommodation fees, prosthesis, diagnostic fees and anaesthetist in-theatre costs.

Private Health Insurance 'Benefiting you and your community'

For further information, please contact our Private Patient Liaison Officer 03 5352 9484 or privatepatientinfo@eghs.net.au



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THEATRE/RADIOLOGY/PATHOLOGY RE-DEVELOPMENT UPDATE

BY JANE SMITH

PROJECT CLINICAL LEAD

Most staff would know by now that we received money from the state government prior to the election to re-develop the ground floor of the Perioperative Unit and the Radiology and Pathology areas. It has been decided that we will group them together to make it one large project.

At present we are in the process of organising a tender for an architect. This should go out on the 5th of March for several

weeks. By combining the projects we are hopeful of attracting an experienced architect looking for a bigger project. Once an architect has been engaged the planning process can begin.

A user group has been formed to work through the planning stage of the project. It includes managers from all areas concerned as well as Leeanne Atkinson as Infection Control Coordinator, Carmel Beer from supply, Stuart Kerr, Peter Armstrong and myself.

We are still organising a medical representative and a community member for the group. Meetings are currently taking place every fortnight on a Wednesday at 8:30am.

If any staff working in these areas have any suggestions or ideas they would like considered please contact your Manager or myself.

BOSSNET TURNED 1 ON 13 FEBRUARY 2019

BY KATHERINE COOPER

PROJECT OFFICER – DEVELOPMENT & IMPROVEMENT

A year ago EGHS implemented BOSSnet into the Acute and Primary Care divisions of the organisation giving clinicians the ability to view electronic patients' previous admission, appointment documentation, blood results and medical imaging reports for their EGHS episode or from across the Grampians Regional Health Alliance health services.

These health services include Ballarat Health Services, Wimmera Healthcare Group, Stawell Regional Health, West Wimmera Health Service, East Wimmera Health Service, Beaufort & Skipton Health Service, Hepburn Health Service and Edenhope and District Memorial Hospital.

Since 13 February last year:

1. We have scanned 109,957 documents/forms/letters etc which is 139,228 pages, enabling clinicians to view electronic medical documentation for their patients and clients
2. At least 15,000 EGHS patients and clients have had an EGHS electronic medical record created in BOSSnet. Some of these patients have had repeat visits giving clinicians timely access to their electronic medical record, providing a comprehensive and holistic view of the patient's health care needs.

Happy Birthday BOSSnet!



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**THURSDAY 28TH MARCH
9AM – 3PM**

EGHS MURRAY TO MOYNE 'RIDE-A-THON'

Come along and support our riders!

Our riders are fundraising towards purchasing new treatment chairs for the EGHS Dialysis Department. We will have a stationary bike set up outside the café and will be attempting to keep our wheels turning for 6 hours! Please come along and cheer us on, and provide your support through purchasing raffle tickets and cupcakes, sponsoring one of our riders, or making a donation. Every little bit counts!

Where:

**Outside EGHS Café
Pyrenees**

When:

**Thursday 28th
March
9 - 3pm**

Why:

**Raising money for
new treatment chairs
for the EGHS Dialysis
Department**

Who:

**Murray to Moyne bike
riders**

**Cupcakes available
in Café Pyrenees!**



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TOY LIBRARY TATTLES

By KAYE CHAMINGS

PRESIDENT, ARK TOY AND ACTIVITY LIBRARY

The Toy Library Auxiliary is excited to be moving into the new Ark Toy and Activity Library building at the Community Health Centre this month, with mums and bubs groups and members to commence sessions on March 6.

We began the year in Pyrenees House with all sessions well attended and we thank Jenny Turner and her staff for the support they have given us over the past year to accommodate the Toy Library.

Our next event is the annual Movie Day at the Astor Cinema, which this year will feature the movie *Swimming With Men*.

It will be held on Thursday March 21 at 1pm, with tickets \$20, including afternoon tea and entry in the raffle.

For tickets contact Jan on 0409 363 556 or Kaye on 0418 522 283.



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EGHS MURRAY TO MOYNE CYCLE RELAY
TEAMS PRESENT

TRIVIA NIGHT

Wizards, Witches, Goths and Ghouls

FRIDAY MARCH 15 | 7PM FOR 7.15PM START
NURSING EDUCATION STUDENT TRAINING ROOM – NEST
(REAR OF PATRICIA HINCHEY CENTRE)

Tables of 8 - \$20 per head
BYO Drinks and Nibbles - Supper provided

Best dressed individual and table | Prizes | Buy an answer |
Raffle

Table bookings to Jodie Holwell by Monday March 11
5352 9387 or jodie.holwell@eghs.net.au

Proceeds to EGHS Dialysis Unit treatment chair replacement
project.



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RESIDENTS' SUPPORT GROUP IPAD DONATION

Residents at 70 Lowe Street have gone high tech, with three new iPads making their way to the aged care facility.

The East Grampians Health Service Residents' Support Group recently donated three iPads, complete with covers and wireless headphones, at a cost of more than \$1,500.

The iPads are used for a variety of activities including listening to music, playing games and interacting with family and friends who visit.

"Our group has been very busy fundraising over the past few months, holding a movie night, catering for Federal MP Dan Tehan's volunteer awards, and the Shopping Spree Night, so we felt it was time to give back to one of our aged care facilities," Residents' Support Group president Marlene Goudie said.

"iPads are used regularly for resident engagement and we felt this was a fantastic opportunity to use some of the funds we have raised over the past few months.

"The iPads have been equipped with a free app from Dementia Australia called 'A Better Visit', which allows families to engage with their loved ones while visiting them, which is fantastic."



Pictured watching 70 Lowe Street resident Nina on her new iPad are EGHS Residents' Support Group members, L-R, Jas Chalmers, Claire Jackson, Marlene Goudie, Kerry Coone, Jeanette Hawley and Chris Clark

MATERNITY FORUM PROVIDES VALUABLE FEEDBACK

BY JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service conducted a Maternity Consumer Forum in February to gain feedback on how to improve experiences and services provided, from parents who have used maternity services over the past 24 months.

Six mums, two grandparents and eight children attended as well as midwives Tracey Walters, Marg Driscoll and Clare Stackpoole and Volunteers' Coordinator Beck McKay, with CEO Andrew Freeman dropping by to welcome the participants.

The participants provided great feedback on what the health service is currently doing well, as well as information on what services and experiences could be improved.

"We really value the feedback from the parents and grandparents who attended the forum and we will definitely take their feedback on board going into the future with our maternity services," CEO Andrew Freeman said.

See more photos on page 12



Pictured above: King of the kids Andrew Freeman with Finnley



Pictured above are participants in the Maternity Forum



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MATERNITY CONSUMER FORUM



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East Grampians Health Service Ark Toy and Activity Library



Thursday April 18 2019

Alexandra Gardens, Ararat | 10am

(Meet at the Rotunda near the swimming pool)

\$5 per child

BYO morning tea

Raising funds to purchase
new toys and equipment
for the EGHS Ark Toy and
Activity Library



**Visit by the
Easter Bunny!**

**Picnic blankets
and toys from
The Ark Toy
And Activity
Library supplied**

RSVP by Friday April 12
Jodie Holwell
P: 03 5352 9387



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Jordyn Woolley

MY POSITION AT EGHS	<i>CATERING SERVICES</i>
FAVOURITE FOOD	<i>NACHOS</i>
FAVOURITE AFL TEAM	<i>GEE LONG</i>
FAVOURITE MUSIC	<i>POP/NEW MUSIC</i>
INTERESTS	<i>LAW, CREATIVITY, BUILDING THINGS FROM SCRATCH</i>
ONE THING I'M GOOD AT...	<i>LAW</i>
ONE THING I WANT TO DO IN MY LIFETIME IS...	<i>BECOME A PROFILER, WORK FOR THE POLICE FORCE</i>



Eva Zhu

MY POSITION AT EGHS	<i>NEW GRADUATE NURSE</i>
FAVOURITE FOOD	<i>PASTA</i>
FAVOURITE MUSIC	<i>RNB</i>
INTERESTS	<i>COOKING, TRAVELLING, SPORTS</i>
ONE THING I'M GOOD AT...	<i>EATING</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>SKYDIVE IN DUBAI</i>



Cheryl Whitecross

MY POSITION AT EGHS	<i>DENTIST</i>
FAVOURITE AFL TEAM	<i>RICHMOND</i>
FAVOURITE FOOD	<i>FRESH FRUIT</i>
FAVOURITE MUSIC	<i>GRIMES, ANGUS & JULIA STONE, BALL PARK MUSIC</i>
INTERESTS	<i>HORTICULTURE, SUSTAINABILITY & CONSERVATION</i>
ONE THING I'M GOOD AT...	<i>SWIMMING</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>LIVE OFF-GRID AND BE SELF SUSTAINABLE</i>



Laura Young

MY POSITION AT EGHS	<i>CLEANER</i>
FAVOURITE AFL TEAM	<i>ADELAIDE CROWS</i>
FAVOURITE FOOD	<i>VEGETARIAN</i>
FAVOURITE MUSIC	<i>CLASSIC</i>
INTERESTS	<i>HORSES</i>
ONE THING I'M GOOD AT...	<i>TRAINING HORSES (PSYCHOLOGY)</i>
ONE THING I WANT TO DO IN THIS LIFETIME IS...	<i>OWN ANOTHER HORSE</i>



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**EAST GRAMPIANS
HEALTH SERVICE
PRESENTS :**



Sing your face off with a drink in your hand!

Come and help the EGHS Murray to Moyne cycling teams raise funds to replace the EGHS Dialysis Unit treatment chairs. The Bar Choir team will teach Queen's *We are the Champions* in three part harmony, with lots of laughs and lots of singing, all for a good cause!

WEDNESDAY APRIL 3, 7:30PM

Chalambar Golf Club Members Bar

\$15 per head at the door

Drinks at bar prices

For more info contact 5352 9387



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WHAT A FASCINATING PLANT!

BY JODIE HOLWELL
COMMUNITY LIAISON

Sometimes the simplest Facebook posts elicit the most responses.

Staff had been admiring the strange plants between Café Pyrenees and the Community Nursing building for a few weeks, and on querying our resident green thumb Rodney Taylor as to what they were called we decided to pose a 'Friday Curly Question' on Facebook - Who knows the name of this fascinating plant currently in full bloom in the EGHS gardens?

There were lots of responses, including the very imaginative 'upside down Octopus plant', but the correct answer was of course the Echium – lots of correct answers so there are obviously plenty of green thumbs out there too.

Our grounds and gardens always look immaculate so here's a big shout out to all our EGHS gardeners, who keep our grounds in tip top condition, providing respite places for our patients and clients and shady lunch spots for our staff.

If you have an idea for a 'Friday Curly Question' on our Facebook page – send it through to jodie.holwell@eghs.net.au with a photo, or an idea for a photo.



EGHS Immunisation Clinics

LINDEN MARLAND
INFECTION CONTROL COORDINATOR

Upcoming dates for Immunisation Clinics for 2019 are as follows;

- 4TH MARCH 2019
- 1ST APRIL 2019
- 6TH MAY 2019
- 3RD JUNE 2019
- 1ST JULY 2019
- 5TH AUGUST 2019
- 2ND SEPTEMBER 2019
- 7TH OCTOBER 2019
- 4TH NOVEMBER 2019
- 2ND DECEMBER 2019

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.



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GARDEN VIEW COURT GOSSIP

BY CATHY BILLINGS

LEISURE AND LIFESTYLE COORDINATOR

Well, how's this for management interaction! Our CEO, Andrew Freeman dropped by Garden View Court on Monday 7th January and we were outside playing golf and a ball game. It was Rosalie Patterson's Birthday so he joined Rosalie in a throwing game with the Velcro catching mitts she got for her birthday (see pictured right). Good on you Andrew!

Maree (our NUM) is back from her Christmas holidays looking refreshed and ready for the New Year. We thank Chris McCarthur for filling in during Maree's absence.

Lee will be visiting to do the Word Search on Thursday mornings from the start of this month indefinitely. We will do the Crossword on Fridays instead. Hairdressing will be changing days also, from Thursdays to Mondays.

The Resident Support Group has had a well-earned break over the Christmas period. We will be back to our regular meetings starting Feb. 18th at Garden View Court. We look forward to an equally successful year in 2019 and we hope to have many new members join the group. Please speak to any of members if you are interested.

Cathy took a group of residents for a sightseeing bus ride with a stop at McDonalds for an ice-cream cone then up to One Tree Hill to look at the views to the west over the farmland towards The Grampians and east over Ararat. It was too windy to get out, but we were able to see it all in the bus. All who went enjoyed it.



PARKLAND PURSUITS

BY MICHELLE MASLEN

HEALTH CARE WORKER – WILLAURA HEALTH CARE

We have had a busy February, the men have been to Warrnambool Ten Pin Bowling then had lunch at the RSL overlooking Lake Pertobe. We have been to Portfairy and had Fish & Chips at the Wharf on the Moyne River overlooking the river and the sea. Afterwards we toured the beaches to see the beautiful surf and large waves. On the way home we called in to the Botanical gardens at Warrnambool to feed the ducks and fish whilst standing on a bridge with the small lake beneath. The Bats were in the Fig trees and made more noise than cockatoos. We have cooked Thai Spring rolls thank for the recipe Margi. The ladies made a shopping bag and coloured it using the Shibori Dyeing Method.

In March The Men will again play Ten Pin Bowling but we have to travel a fair way to do this. We will have music from a couple from Adelaide, a trip to Koroit to Mickey Bourkes for St. Patricks day some local drives and some yummy cooked Breakfasts. Cheerio for now.



Pictured above: Residents at Portfairy Keva Turner, Wern Koch, Gary Moloney & Joyce Dunstar



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*Lauren Miller – EGHS Oral Health Therapist
&
Chris Milloy – EGHS Information and Communication Technology
Married at the Mercure Ballarat on November 17 2018*



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FISH OUT OF WATER

A SOCIAL EVENT FOR NEW STAFF AND NEW YOUNG PROFESSIONALS TO THE ARARAT REGION



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HOSPITALITY WORKERS IN HEALTHCARE DAY WEDNESDAY, MARCH 6

JO SUMMERS
EXECUTIVE ASSISTANT TO CEO
EXECUTIVE SERVICES

Please find attached two flyers regarding National Hospitality Workers in Healthcare Day.

EGHS will be providing a BBQ on Wednesday 6th March in the Courtyard behind Pyrenees House.

BBQ to commence at 12 noon to 1.30pm.

All staff are invited to attend.



WHERE ARE THEY NOW?

CAROLINE HAMILTON

2015 Post Graduate Certificate in Physiotherapy (Pelvic Floor Physiotherapy) – Building for the Future Foundation Scholarship

1. What department/what position were you working in prior to receiving the scholarship/bursary

I am a senior physiotherapist working in many different areas at EGHS.

2. What did it mean to you to receive the scholarship/bursary?

The Building for the Future Foundation bursary helped me immensely in being able to complete a Post Graduate Certificate in Pelvic Floor Physiotherapy.

3. Where did you study?

At the University of Melbourne over two years (2017 and 2018).

4. Where are you working now: What department/field/position?

I am a senior physiotherapist working in many different areas at EGHS.

5. How has the scholarship/bursary assisted you in achieving your current position and what do you enjoy most about your current position?

It has enabled me to upskill in this area of physiotherapy that has always been an interest of mine and to offer a specialist physiotherapy service for the assessment and management of incontinence and pelvic floor issues at EGHS.



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East Grampians Health Service



Ark Toy and Activity Library

Movie Day

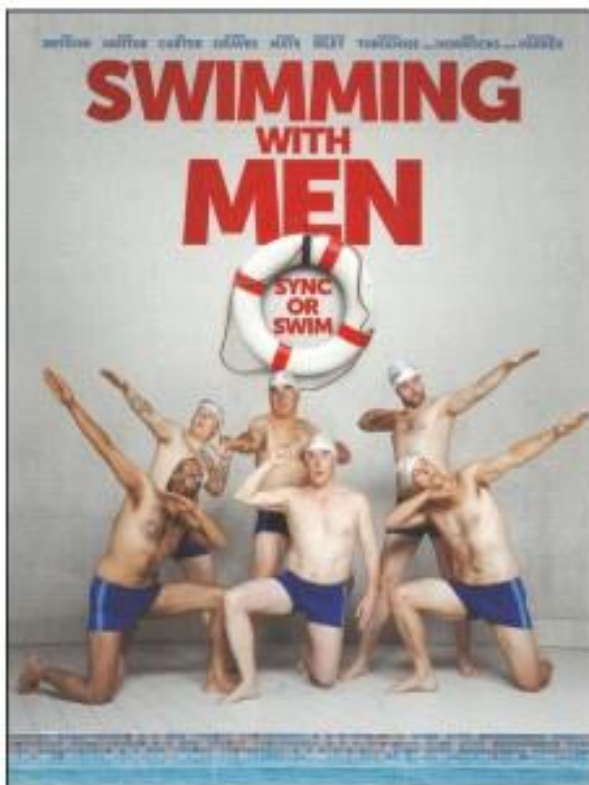
'Swimming with Men'

Astor Cinema Ararat

Thursday March 21 | 1pm

\$20 per person, includes afternoon tea and entry in the raffle

Tickets | Jodie Holwell 5352 9387



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NEW BABIES AT EGHS

BY JODIE HOLWELL
COMMUNITY LIAISON

Hayley Turner and Timothy Pretty have welcomed the arrival of their daughter Bonnie Elizabeth Pretty. Bonnie was born at East Grampians Health Service on January 30 2019, weighing 3231 grams.

"Thanks to all the midwives and nurses who cared for us, the theatre team present, Dr Neil Provis-Vincent, Dr Connellan, Dr Pretorius and Dr Wong. Shout out to the kitchen staff, I was very well fed and the pathology girls were awesome as always!"
- Hayley Turner



White beans and spicy chipotle tomatoes on toast

INGREDIENTS:

- 2 tbsp olive oil
- 1-2 cloves garlic, peeled and sliced
- 500g ripe tomatoes, roughly chopped
- 1 chipotle chilli in adobo sauce, chopped
- 2 x 400g tin cannellini beans, drained and rinsed
- 4 thick slices good quality sourdough toast
- Handful fresh coriander leaves, washed and picked

METHOD:

1. Heat oil in pan, add garlic and cook for a minute or so until golden.
2. Add tomatoes and chilli. Cook for a few minutes until the tomatoes start to break down and make a sauce.
3. Add drained beans and stir through.
4. Pile onto sourdough toast, garnish with coriander and serve.
5. If you would like to add chorizo then do so as step two: peel skin from one chorizo and break into chunks. Add to pan and cook for a few minutes before adding the tomatoes.



AIM (100s) CLUB

CORPORATE SERVICES RECEPTION

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

DRAW 22 JANUARY 2019		DRAW 6 FEBRUARY 2019		DRAW 20 FEBRUARY 2019	
1 ST PRIZE	S E PHILIP	1 ST PRIZE	JANE SMITH	1 ST PRIZE	BRENDAN POLLOCK
2 ND PRIZE	GARY MOORFOOT	2 ND PRIZE	MERRYN BOATMAN	2 ND PRIZE	JO ANN MASON
3 RD PRIZE	CATHERINE PHILLIPS	3 RD PRIZE	GARY MOORFOOT	3 RD PRIZE	JENNIFER COLE
4 TH PRIZE	E R HOBSON	4 TH PRIZE	C DREWNIK	4 TH PRIZE	LINDEN MARLAND



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EGHS ECHO

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The Echo is published on the 4th 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. 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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