



EGHS ECHO



East Grampians
Health Service

MAY 2019

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the May 2019 edition of the Echo. I would like to thank and congratulate everyone who participated and volunteered in the recent Murray to Moyne Cycle Relay. The ride took place over the weekend of April 6-7 and saw the riders, backed by a support crew of nine, ride 525 kilometres from Swan Hill to Port Fairy. This is a wonderful effort and everyone who participated are fantastic ambassadors for the health service and we are very proud of your achievements both on the road and in raising valuable funds towards new dialysis chairs.

EGHS will once again be participating in the annual People Matter Survey. It is a requirement for all Health Services to participate in the survey as part of our annual Statement of Priorities issued by the Department of Health and Human Services. The survey will open on Monday 20th

May 2019 and close Friday 7th June 2019. I would encourage all staff to take the time to complete the survey.

Accreditation against the National Safety and Quality Health Service Standards will take place from 31 July – 2 August 2019 and preparations are well underway. In the lead up to the survey if you would like the Development and Improvement team to visit your department, please do not hesitate in making contact with one of the team.

ATTENDANCE AT STAFF BRIEFINGS

Staff Briefing are held monthly on the third Tuesday of the month at 2pm in Pyrenee 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.

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EGHS POLICIES & CPGs

BY HANNAH JENNINGS - EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

SOPP 57.18	Goal Directed Care Planning and Reassessment
SOPP 7.0.	Clinical Governance
SOPP 27.01	Computer use Internet Access and Email
SOPP 35.27	Professional Development
SOPP 57.05	Access
SOPP 20.11	Investment
SOPP 20.13	Physical Intangible and Contingent Assets
SOPP 20.20	Financial Code of Practice
SOPP 76.03	Medical Imaging Call Out Policy
SOPP 59.01	Allergy and Sensitivity Awareness
SOPP 72.24	Aggression Management
SOPP 35.30	Performance Development and Support Program for Medical Practitioners
CPG 85.07	Depression – Aged Care
CPG 10.64	Hypodermoclysis (Subcutaneous Fluid Administration)
CPG 12.21	Application of Plaster of Paris Back Slab in UCC
CPG 63.03	Massive Transfusion - Emergency Transfusion
CPG 10.92	Adrenaline
CPG 11.27	Infliximab
CPG 10.94	Amiodarone
CPG 64.64	APGAR Score Response and Notification

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:

Wednesday 15th May

Tuesday 18th June

Tuesday 16th July

Tuesday 20th August

Tuesday 17th September

Wednesday 16th October

Tuesday 19th November



Staff Exercise Classes
by Joanne Page
Physiotherapist

East Grampians Health Service Physiotherapist Joanne Page 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 joanne.page@eghs.net.au.

Free Morning Melodies concert - Super Country Hits Show with Don Costa

Date - Wednesday 8 May at 12pm

Web link for more info -

<http://www.ararattownhall.com.au/event/country-super-hits-show-with-don-costa/>



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FORTY FIVE YEARS PLAYING EASTER BUNNY

BY BERNADETTE CINCOTTA – RESIDENT SUPPORT COORDINATOR

For 45 years, Marg Young has been delivering Easter Eggs to residents at East Grampians Health Service.

Marg began her Easter rounds at Pyrenees House, then moved on to Pickford House and has continued spreading Easter cheer at 70 Lowe Street.

Marg's first Easter Egg run was in 1974 when she first started volunteering for the service, gaining paid employment in 1978, but continuing to volunteer her time even after her retirement.

During her years at the health service, Marg worked in various roles, including as a kitchenhand, helping at functions and even taking photos for the health service for 19 years.

Marg introduced her grandson, Callum, to volunteering for aged care when he was just three years old and wanted to go with his grandmother on Easter Sunday to deliver chocolates to residents.

From the very beginning, Callum showed his maturity and compassion for people.

"He was just lovely with them, he relates very well to the elderly," Marg said.

Marg still loves her volunteering work at the health service.

"I love volunteering, I get a lot of enjoyment out of meeting people and seeing the smiles on residents' faces, especially those without family," Marg said.

"I just wish a lot more people would come up and volunteer because you get so much out of it, you really do."

Marg is a current volunteer with the EGHS Residents' Support Group and plans to keep volunteering as long as she can.

Callum follows closely in his grandmother's footsteps, being very involved in community groups in his hometown and he wants to be a doctor when he is an adult.

Marg has instilled a love of community and compassion in her grandson Callum and that is a fabulous legacy to imprint upon family.

The residents of 70 Lowe Street once again were delighted to receive Easter Eggs on Easter Sunday this year, hand delivered by Marg and Callum, and all at the health service thank them for their ongoing support of our residents in aged care.



Pictured above: Marg Young and her grandson Callum when he first started helping his grandmother deliver Easter Eggs on Easter Sunday as a three year old



...and 10 years later Marg and Callum gathering their Easter Eggs to deliver to residents this year



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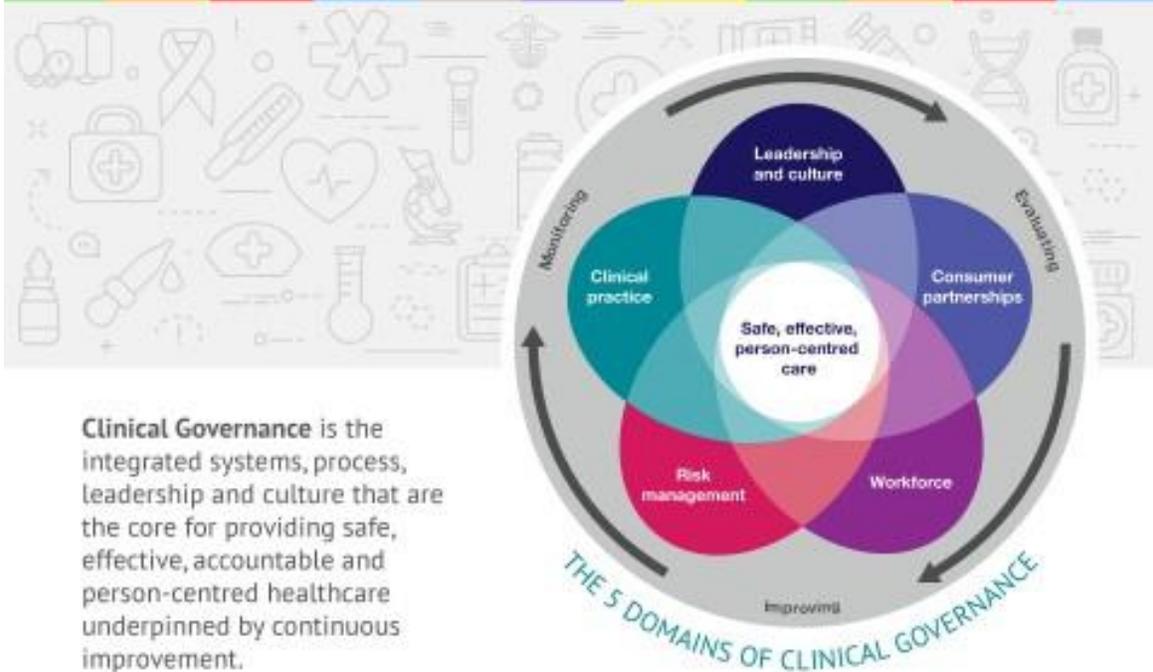


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CLINICAL GOVERNANCE FRAMEWORK



Clinical Governance is the integrated systems, process, leadership and culture that are the core for providing safe, effective, accountable and person-centred healthcare underpinned by continuous improvement.

CONSUMERS HAVE A RIGHT TO:

- Participate in their own healthcare and treatment.
- Participate in the healthcare and treatment of their families and others.
- Participate in service quality and safety improvement.
- Partner with the health service in areas of governance, planning and policy development to improve performance.
- Promote the best possible treatment and outcomes for themselves and others.
- Provide feedback, ideas and personal experience to drive change.

PRINCIPLES TO EMBED IN OUR WORK:

All Health Service staff are expected to:

- Provide high-quality care as a priority.
- Go beyond compliance to pursue excellence.
- Speak up and raise concerns and issues
- Share information and learnings regarding clinical safety.
- Regularly update their skills and knowledge
- Actively monitor and improve quality and safety
- Work with care standards and protocols.
- Contribute to a culture of safety, transparency, teamwork and collaboration.



EGHS is promoting its Clinical Governance Framework. A poster has been created to provide all staff, visitors and patients with the health services expectations for the provision of high quality health care and experiences. Any questions related to clinical governance can be directed to your Manager or Mario Santilli, Sarah Woodburn and Rebecca Peters.



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TOY LIBRARY TATTLES

By **KAYE CHAMINGS**
EGHS ARK TOY AND ACTIVITY LIBRARY PRESIDENT

With the new Toy Library building completed, the Ark Toy and Activity Library moved in during February with groups gradually using the new facilities throughout March.

Members were kept busy transferring toys and equipment into the new facility, which is part of the redeveloped Community Health Centre.

Many hours were spent sorting through the resources and completing a stock take of the toys that would be retained, which provided a great opportunity for the replacement of some very 'tired out of date toys', which will be replaced with creative and exciting toys.

A special thank you to members for the help given – 'many hands make light work'.

The Toy Library held a very successful Easter Egg Hunt in Alexandra Gardens, which saw 88 excited little children search for and find 1400 Easter Eggs.

Special guest Easter Bunny started the Easter Egg Hunt.

The day raised \$422 and will be used to purchase toys for the babies and toddlers using the Toy Library. Special thank you to Marie Tsangas from the Gardens Lake Café for her donation.

The Toy Library is open each Wednesday between 10am and 12 noon



Pictured above in the new Ark Toy and Activity Library are Auxiliary members, Kaye Chamings, Elaine Thornbury, Robyn Sleep and Di Pickering, with EGHS Board chair Nancy Panter and son Toby enjoying some play time in the Toy Library

PARKLANDS PURSUITS

By **MICHELLE MASLEN**
WILLAURA HEALTH CARE

We enjoyed our Fish & Chips for Good Friday and Easter Bunny arrived on Sunday very puffed out from delivering eggs. On ANZAC Day we enjoyed a BBQ and small service followed by Bowls. The men went to Ballarat for Ten Pin Bowling. The two residents are very competitive. Also some residents learnt to sketch.

In May we will be continuing carpet bowls and other table games like Trinominos and Rumikins. We have several outings planned; one to Warndoo for Mother's Day; Stawell to see the area & have lunch; and we will be hosting the Biggest Morning Tea on 24th May, with some 50's cooking, for example, chocolate crackles & honey joys, and we have an Art Attack Day. It sounds Busy and it is. Cheers for Now.



Pictured left Garry Moloney Bowling at Ballarat



Pictured right: Wern Koch before he bowls



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EGHS REPRESENTED AT NURSING EXPO

By JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service staff attended the Australian College of Nursing, Nursing Expo in April.

Training and development manager Claire Sladdin, clinical support nurse/educator Deb Bennett, 70 Lowe Street associate nurse unit manager Jazmin Sabo and graduate nurses Lucy Mills and Lacey Honeyman attended the Nursing Expo and promoted the Graduate Nurse Program for 2020.

“All five of us were inundated for the five hours it was open with enthusiastic candidates who were all very interested in our program,” Claire said.

“Jazmin Sabo is the face of the EGHS Graduate Nurse Program on our new banner and brochures – it was great to have her there to talk about her journey from graduate to ANUM in just two short years.”

Claire said to tempt candidates to the Ararat region, EGHS offered brochures about Ararat and the surrounding district (provided by Ararat Tourist Information) which was a fantastic discussion point.

The specially produced t-shirts were also a hit, pinpointing Ararat on a map on the back

“We also took EGHS pens and lollies which were gratefully received and snapped up very quickly!” Claire said.



Pictured above: Jazmin Sabo is the face of the EGHS Graduate Nurse Program, and appears on our banner and brochures



Pictured left: Specially produced t-shirts were a hit at the Nursing Expo, with the map on the back pinpointing exactly where Ararat is



Pictured right: EGHS staff at the Australian College of Nursing Expo, L-R, Claire Sladdin, Lucy Mills, Lacey Honeyman, Jazmin Sabo and Deb Bennett



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EAST GRAMPIANS HEALTH SERVICE AUXILIARY

MOVIE NIGHT



Rocketman - A biographical musical drama based on the life of Elton John

Thursday May 30 - Astor Cinema Ararat

6.45pm - Wine and savouries

7.30pm - Movie commences

Tickets - \$25, includes pre-film drinks, savouries and entry in the raffle
 Tickets available from Auxiliary members or from Fosters Mensland Ararat,
 166 Barkly Street Ararat (cash only)



Raising funds for new equipment for East
 Grampians Health Service



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The bar Choir team teach Queen's "We are the Champions"



Bar Choir attracted a big crowd of 40 people



BAR CHOIR A HIT FOR MURRAY TO MOYNE - AND SET TO RETURN TO ARARAT

BY JODIE HOLWELL
COMMUNITY LIAISON

Many people, who thought they couldn't, or wouldn't, sing, were up there belting it out with the best of them when Bar Choir came to Ararat as an EGHS Murray to Moyne Cycle Relay team fundraiser.

Around 40 people turned out to Ararat's first ever Bar Choir, held at Chalambar Golf Club.

Run by Bar Choir Victoria, Mary Card, Paige Duggan and Harri travelled to Ararat to teach Queen's iconic 'We are the Champions' in three part harmony.

Bar Choir is a simple concept – go to a bar/pub/venue, grab a drink if you want to and learn a song in one night.

According to the team, Bar Choir is not about performance, it's about singing for the soul!

Everyone who attended Bar Choir in Ararat had a great time and Chalambar Golf Club has now taken it on as a regular event, with the next Bar Choir set for Friday July 26 (not an EGHS fundraiser), so for those who enjoyed it, put it in your diaries now!

Thanks to Chalambar Golf Club for allowing Murray to Moyne to use their facilities for the fundraiser.



Sunday, 5th May 2019 marks International Midwives' Day, this day highlights the important role midwives play in the health of mothers, children and their families. Here are some of our valued EGHS Midwives with a couple of very new arrivals!



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**ARARAT MUSICAL
COMEDY SOCIETY**

presents

a new production of
BOUBLIL and SCHÖNBERG'S

Les Misérables

Licensed exclusively by Music Theatre International
(Australasia) and CAMERON MACKINTOSH LTD
All performance materials supplied by Hal Leonard Australia

ARARAT TOWN HALL

(Barkly Street, Ararat)

~ JUNE 2019 ~

- Saturday 15th - 7:30pm
- Sunday 16th - 1:30pm
- Friday 21st - 7:30pm
- Saturday 22nd - 7:30pm
- Sunday 23rd - 1:30pm
- Friday 28th - 7:30pm
- Saturday 29th - 7:30pm
- Sunday 30th - 1:30pm

TICKETS

Online:

www.stagecenta.com

Phone:

StageCenta (02) 6253 1454

Box Office:

At the door, each show, if not sold out

www.araratmusicalcomedysociety.com



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GARDEN VIEW COURT GOSSIP

CATHY BILLINGS

LEISURE & LIFESTYLE COORDINATOR

GARDEN VIEW COURT

We have had a busy few months since the last newsletter.

Easter has come and gone, I hope the Easter Bunny dropped some eggs your way.

Our Easter Raffle was a BIG success mainly due to (staff) Pam R taking (Resident) June R with her and sold tickets throughout the whole EGHS campus here in Ararat. Other staff took books home with them to sell and the response was fantastic. You all raised **\$430** for GVC so THANK YOU very much to everybody who purchased tickets. Results:

- **First Prize**....Merylyn Swallow
- **Second Prize**...Lincoln Belcher
- **Third Prize**.....Max Batchelor

Update from the EGHS Resident Support Group...

Our generous gift from the Residents' Support Group of the Indoor Plants has brightened up our Home, pictured below are some of the plants and pots purchased...



Pictured above: June Rundell with the Raffle Prizes she helped sell tickets for



Shirley (left) and Rosalie (right) help make our Anzac Biscuits on Anzac Day



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EGHS ARK TOY AND ACTIVITY LIBRARY MOVIE DAY



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ARARAT

TOWN HALL

PRESENTS

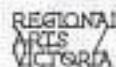
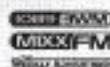
The Wine Bluffs

A comedy wine masterclass with **Damian Callinan and Paul Calleja**

On the eve of Grampians Grape Escape
Friday 3 May
7:30pm

\$29 full
\$19 concession

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



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EASTER EGG HUNT AT ALEXANDRA GARDENS



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Quick Nutella Mousse

INGREDIENTS:

- 100g dark chocolate, chopped
- 300ml thickened cream, chilled
- 1/2 cup (165g) Nutella
- Crumbled Cadbury Flake chocolate bar, to serve

METHOD:

1. Place dark chocolate in a heatproof bowl over a saucepan of simmering water (make sure bowl doesn't touch the water). Stir with a metal spoon for 3-4 mins or until chocolate just melts. Set aside for 5 mins to cool slightly.
2. Use an electric mixer to whisk the cream in a large bowl until soft peaks form. Add the Nutella and whisk until the mixture is just combined. Add the melted chocolate. Use a large metal spoon to gently marble.
3. Spoon the mousse evenly among serving glasses. Sprinkle with Flake bar and serve immediately.



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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