



EGHS ECHO



East Grampians
Health Service

OCTOBER

2020

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to the October edition of the EGHS Echo.

It has been an extremely challenging year for all of our staff and I want to, once again, thank you all for your dedication to care, and camaraderie, as we have faced these difficulties together.

All of our staff, both clinical and non-clinical, have worked under stressful conditions this year as we have navigated our way through the minefield that is COVID-19, with conditions changing often on a daily basis.

Your dedication and care has been acknowledged by many members of the community through gifts and kind comments on our social media platforms.

Please know that everyone in our community appreciates what you are doing for our health service and the wider Ararat region through fronting up to work, day in and day out, no matter what challenges we are facing on any particular day.

The pandemic is not over, but the situation is easing and I am hopeful that numbers will continue to fall throughout Victoria and Australia over coming weeks and months, which will enable us to return to some form of normality.

Thank you, I am very proud of you all.

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EGHS POLICIES & CPGs

BY SARAH HARWOOD - EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

COVID-19 DOCUMENTS		SOPP 6.03	MEETINGS AND GROUP MEMBERSHIP
85.00.29	COVID-19 STAFF TEMPERATURE RECORD	SOPP 72.52	MONITORING OF WARM WATER SYSTEMS
	RISK MATRIX - INTUBATION AND EXUBATION OF PATIENT FOR GENERAL ANAESTHETIC - OPERATING ROOM 1	NEW & UPDATED CPGs	
	RISK MATRIX - INTUBATION AND EXUBATION OF PATIENT FOR GENERAL ANAESTHETIC - OPERATING ROOM 2	CPG 10.86	NASOGASTRIC TUBES
85.00.34	VISITING RESIDENTIAL AGED CARE FOR COMPASSIONATE REASONS CHECKLIST - COVID-19	CPG 63.03	MASSIVE TRANSFUSION - EMERGENCY TRANSFUSION
85.00.35	COVID-19 PPE BUDDY ROLE	CPG 10.80	CONTINUOUS EPIDURAL ANALGESIA
85.00.36	GENERAL OBSERVATION AUDIT TOOL	CPG 12.19	CPAP NIPPV
85.00.37	OBSERVATION OF BREAKS AUDIT TOOL	CPG 63.77	PATIENT REGISTRATION
85.00.38	OBSERVATION OF PRECAUTIONS AUDIT TOOL	CPG 55.13	CLINICAL COMMUNICATION AND HANDOVER - RADIOLOGY
MR076.36	HITH COVID-19 CONSULTATION RECORD	CPG 64.56	NEONATAL SATURATION SCREENING FOR CONGENITAL HEART DISEASE
	HITH COVID-19 MANAGEMENT PLAN	CPG 65.50	SUPPORTIVE CANCER CARE PATIENT SCREENING
COVIDo6	HITH COVID-19 PATIENT INFORMATION	CPG 64.13	BREASTFEEDING
85.00.43	P2/N95 RESPIRATOR - DONNING AND FIT CHECKING STAFF FACTSHEET	CPG 55.12	GOALS OF CARE
85.00.44	SUPPORT SERVICES MANAGEMENT PLAN	CPG 85.01	PREVENTING FALLS AND HARM FROM FALLS - ACUTE
UPDATED COVID-19 DOCUMENTS		CPG 85.03	PREVENTING FALLS AND HARM FROM FALLS - PERIOPERATIVE-PREADMISSION
85.00.31	COVID-19 PPE GUIDANCE	CPG 85.02	PREVENTING FALLS AND HARM FROM FALLS - AGED CARE
85.00.29	COVID-19 STAFF TEMPERATURE RECORD	CPG 63.79	PATIENT IDENTIFICATION AND PROCEDURE MATCHING FOR MEAL SERVICE
MR076.30	COVID-19 COMMUNITY SWABBING	CPG 64.75	JAUNDICE - TRANSCUTANEOUS BILIRUBINOMETRY
MR076.29	COVID-19 THEATRE SCREENING	CPG 85.04	PREVENTING FALLS AND HARM FROM FALLS - PRIMARY CARE
SOPP 21.05	HEALTHCARE WORKER ACCOMMODATION EMERGENCY (COVID-19)	CPG 85.11	PREVENTING FALLS AND HARM FROM FALLS - PATRICIA HINCHEY CENTRE
MR076.32	COVID-19 PATIENT SCREENING	CPG 85.05	PREVENTING FALLS AND HARM FROM FALLS - COMMUNITY NURSING
UPDATED SOPPs		CPG 55.04	CLINICAL COMMUNICATION AND HANDOVER - COMMUNITY NURSING
SOPP 12.06	FUNDRAISING	CPG 64.78	INSTRUMENTAL VAGINAL BIRTH
SOPP 72.55	FURNISHINGS IN RELATION TO FIRE SAFETY	CPG 85.14	PLEURAL TAP INSERTION, MANAGEMENT AND REMOVAL (THORACENTESIS)
SOPP 58.24	SAFE USE OF BED POLES	CPG 85.15	INTERCOSTAL CATHETER INSERTION, MANAGEMENT AND REMOVAL
SOPP 9.02	LEGISLATION AND REGULATORY COMPLIANCE		
SOPP 73.00	CERTIFICATE OF ELECTRICAL SAFETY		
SOPP 72.42	USE OF CLOSED CIRCUIT TELEVISION (CCTV)		



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PARKLANDS PURSUITS

BY MICHELLE MASLEN
HEALTH CARE WORKER
WILLAURA HEALTH CARE

We have been busy playing picture Bingo with an Australian theme, Beetle and Hoi. These are games where the resident identifies the picture and puts a wooden tile on it just like Number Bingo.

Beetle is a game with a Lady Beetle in 6 segments and a person has to throw the dice and can put it together if they roll the right number. It becomes very competitive.

We have played "Pittong" on a sunny day outside. That's a game with water weighted balls that are thrown overhand towards a white ball called the "Jack".

We often play trivial pursuit and that gets everyone thinking out loud. Last week we visited a woolshed in the Willaura district. There were no sheep in the yard just large wool bales. Of course there were wool crutchings on the floor that one of our men knew were both crossbred and Merino.

We are lucky to have Bill Joiner who comes from Ararat and does a great job of Bingo and takes the residents for a drive in the Bus. They really look forward to the drives.

In October we have a few Birthdays and the AFL Grand Final on the Saturday. We will be having bus trips around the local district taking our sandwiches and thermos to have on the bus.

Last week in Spring we had a day of rain and snow. We all watched the snowflakes fall to the ground and melt. Of course a snow man was made and we put him in the freezer for others to see.

It's been an interesting Year and our Art Theme will be "The importance of Nature" for October.



Pictured above: Tammy Day, Kathy Young and Josie Hickey out touching the snow flakes

EGHS Immunisation Clinics

LEEANNE ATKINSON
INFECTION CONTROL COORDINATOR
Upcoming dates for Immunisation Clinics for 2020 are as follows;

- 5TH OCTOBER 2020
- 2ND NOVEMBER 2020
- 7TH DECEMBER 2020

All sessions are held on the first floor, Oncology Wing from 2pm to 3pm.

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

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

If you have any questions on Immunisation or clinics, contact Leeanne Atkinson on 29332 or Hannah Reid on 29328.

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



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AERIAL - THE GARDEN VIEW COURT CAT

By TRACEY BOYD – ADMINISTRATION ASSISTANT

For some time, GVC staff and residents had been discussing getting a facility pet. We had an unsuccessful trial with a bird and were thinking about other options when a stray cat started living in the garden courtyard and pawed his way into life at GVC. The young tabby male cat became a regular feature in the garden and became tamer as the residents began to feed him scraps. One resident named him Aerial because his tail stuck upright like an aerial!

Support Services were in the process of removing the stray cats around EGHS and we realised that it would actually cause distress to some of the residents if Aerial were to go as they had become quite attached to him. So staff devised a plan with management approval. Providing Aerial could be caught and taken to the vet and pass a health check, he could officially become the facility cat. All went to plan and it became obvious at the vet clinic that Aerial had probably been a pet at some stage in his life. He took everything in his stride and was microchipped, de-sexed, vaccinated, wormed and registered. Staff supplied all the cat essentials for Aerial, including a bed and a cat tower and a pet care plan was put together.

There are proven physical and mental benefits of pet therapy. Stroking an animal produces an automatic relaxation response which has a calming effect and can reduce blood pressure. Contact with an animal can lessen depression, decrease feelings of isolation, loneliness and anxiety, reduce boredom, provide comfort and encourage communication.

Aerial has been at GVC for nearly a year now and has become very friendly. He spends a lot of time asleep in his basket in the courtyard. He sometimes ventures into the facility hallways for a chat and a pat but generally doesn't go into resident rooms or communal areas which actually suits everyone. Staff and residents alike are very fond of Aerial and his presence brightens up the day.



East Grampians Health Service's second Community Update landed in Ararat Rural City letterboxes in September.

Pictured is EGHS Residents' Support Group president Marlene Goudie enjoying a fence visit with her mum Doreen at Garden View Court.

Doreen, along with GVC staff, feature on the front cover of the Community Update.



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Lade Ayoola

MY POSITION AT EGHS	RNRM
FAVOURITE FOOD	BEEF PEPPER SOUP
FAVOURITE AFL TEAM	EX-COLLINGWOOD
FAVOURITE MUSIC	GOSPEL
INTERESTS	TRAVELLING, NATURE AND READING
ONE THING I'M GOOD AT	ORGANISING
ONE THING I WANT TO DO IN MY LIFETIME IS...	LEARN TO SWIM



Sam Cannata

MY POSITION AT EGHS	CATERING ASSISTANT
FAVOURITE AFL TEAM	KANGAROOS
FAVOURITE FOOD	CHINESE
FAVOURITE MUSIC	ALL MUSIC
INTERESTS	READING, KNITTING, WATCHING MOVIES, GARDENING
ONE THING I'M GOOD AT...	COOKING AND GARDENING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL MORE



Kim Cooper

MY POSITION AT EGHS	COOK
FAVOURITE AFL TEAM	MELBOURNE
FAVOURITE FOOD	CHEESE
FAVOURITE MUSIC	ANYTHING BEFORE 1990S
INTERESTS	CARAVANNING
ONE THING I'M GOOD AT...	READING AND COOKING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL



Kim Dohnt

MY POSITION AT EGHS	ADMIN - LOWE STREET
FAVOURITE FOOD	STEAK
FAVOURITE AFL TEAM	BOMBERS
FAVOURITE MUSIC	OLD SCHOOL MUSIC
INTERESTS	HORSES, CHILDREN, SPORTS, OUTDOORS
ONE THING I'M GOOD AT...	DRAWING, WORKING WITH CHILDREN
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL



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Sue Jones

MY POSITION AT EGHS *PALLIATIVE CARE NURSE*

FAVOURITE AFL TEAM *HAWTHORN*

FAVOURITE FOOD *STICKY DATE PUDDING*
FAVOURITE MUSIC *PUNK AND ROCK MUSIC*

INTERESTS *GETTING OUT IN NATURE AND
EXPLORING WITH MY DOG*

ONE THING I'M GOOD AT *COOKING*

ONE THING I WANT TO DO IN MY LIFETIME IS... *WALK THE LARAPINTA TRAIL IN THE NT*



Sukhpreet Kaur

MY POSITION AT EGHS *HEALTH CARE WORKER*

FAVOURITE FOOD *HOME COOK FOOD*

FAVOURITE MUSIC *SOFT MUSIC*

INTERESTS *READING BOOKS AND
LISTENING TO MUSIC*

ONE THING I'M GOOD AT IS *BE READY TO FACE NEW
CHALLENGES*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *BECOME A REGISTERED
NURSE*



Brad Kerr

MY POSITION AT EGHS *CATERING/SUPPORT SERVICES*

FAVOURITE AFL TEAM *ESSENDON*

FAVOURITE MUSIC *ALL*

INTERESTS *GARDENING & OUTDOORS*

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

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



Amelia Miller

MY POSITION AT EGHS *CATERING ASSISTANT*

FAVOURITE AFL TEAM *COLLINGWOOD*

FAVOURITE FOOD *CHOCOLATE*

FAVOURITE MUSIC *R & B*

INTERESTS *FITNESS AND THE LAW*

ONE THING I'M GOOD AT... *BEING ORGANISED*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *MAKE THE WORLD A
BETTER/SAFER PLACE*



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Tips on how to look after your teeth while staying at home



1 Wash your hands with soap and water for at least 20 seconds before brushing your teeth or the teeth of someone you care for. Brush your teeth and gums twice a day, morning and night, with a soft toothbrush and pea sized amount of fluoride toothpaste. (If you are having trouble buying toothpaste, simply use water until you can buy toothpaste.)

- a. Children 0-18 months don't use toothpaste only water with a cloth or soft small headed toothbrush
- b. Children 18 months-6 years use a pea sized amount of low fluoride children's toothpaste (If you are out of children's toothpaste, use a very small (smear) of adult toothpaste.)
- c. Children 6 years and over use a pea sized amount of regular toothpaste



2 Hygiene practices and looking after your oral health are important for the whole family especially at this time. Each family member should have their own toothbrush and these should not be shared. If your child sucks their thumb or fingers encourage them to stop. Visit betterhealth.uic.gov.au for further tips and advice on thumb sucking.



3 If you are feeling stressed or anxious be aware of grinding or clenching your teeth especially at night. Try to practice mindfulness and relaxation techniques. If you have a dry mouth drink lots of water and try chewing sugar-free gum.



4 Drink plenty of tap water



5 Limit frequent snacking. It is best to eat at meal times and limit foods containing added sugars to prevent dental decay.



6 As much as possible, try to enjoy a variety of nutritious foods every day from the five food groups. Healthy meals and snacks are important for your teeth and general health.



7 Limit your alcohol consumption



8 If you smoke, try quitting to protect your mouth, teeth and general health. Now is the time to quit as smokers are likely to be more severely impacted by COVID-19 than non-smokers. For more information visit Quit.org.au.



9 If you wear dentures, clean them with a separate denture or toothbrush, soap and water. Leave them out at night and place in a dry container. If you have an ulcer or sore spot leave the dentures out as much as possible until healing – a salty water mouthrinse can help.

dental health
services victoria
oral health for better health

For more information about how to look after your oral health, visit dhsv.org.au



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OPPORTUNITIES TO TURN IDEAS INTO ACTION: EMERGING RESEARCHER GRANTS RELEASED

BY JACLYN BISHOP

WESTERN ALLIANCE RESEARCH TRANSLATION COORDINATOR
DEVELOPMENT & IMPROVEMENT

OPPORTUNITIES TO TURN IDEAS INTO ACTION: EMERGING RESEARCHER GRANTS RELEASED

Applications are now open for two grant opportunities for new and emerging researchers.

The EGHS Emerging Researcher grant (up to \$10,000) and the Western Alliance Emerging Researcher grants (up to \$5,000) provide the opportunity for EGHS employees from any department (including VMOs) to undertake health service research that benefits EGHS, its patients and/or the local community.

The grants will support projects that answer questions like:

- Why is this a problem within our health service or community?
- Could that work here?
- What happens if we change.....?

The timeline and process for EGHS applications is:

Date	Description
Friday 9 October 2020	Internal Expressions of Interest (EOI) close
Wednesday 14 October 2020	EOI selected to complete a full application for one or both grants
Thursday 12 November 2020	Full application due
December 2020	Results released (EGHS grant at AGM)

Take this opportunity to turn your idea into action. Contact the EGHS Research Translation Coordinator, Jaclyn Bishop (jaclyn.bishop@eghs.net.au) or visit the Education/Research section on the EGHS intranet for more information.

EAST GRAMPIANS HEALTH SERVICE

Improving the health of our community



During this the International Year of the Nurse and the Midwife, East Grampians Health Service pays tribute to our nurses past and present.



Some photos taken pre mandatory mask wearing



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FATHER'S DAY IN OUR AGED CARE FACILITIES

BY JODIE HOLWELL
COMMUNITY LIAISON

While families were unable to visit their fathers in our aged care facilities this year on Father's Day, our dads were still made to feel special.

Our gents at Garden View Court had a surprise delivery of gift packs containing shampoo, chocolates, pens and mini packs of biscuits in a bathroom mug, while the fellas at 70 Lowe Street received a gift basket of assorted cheeses, dips, biscuits and kabana and a bottle of red for their Happy Hour drinks, courtesy of the Residents' Support Group.

The men at Willaura Healthcare and Parkland House Hostel were also spoilt by staff with some extra special goodies.

Patricia Hinchey Centre consumers enjoyed some yummy homemade biscuits, delivered by staff and made by Lauren Armstrong, daughter of staff member Cheryl Armstrong.




EAST GRAMPIANS HEALTH SERVICE

CERVICAL SCREENING CLINIC

Cervical screening at times that suit you

August 12: Late Cervical Screening Clinic - 2pm-6pm
 August 26: Cervical Screening Clinic - 12.30pm-4pm
 September 9: Late Cervical Screening Clinic - 2pm-6pm
 September 23: Cervical Screening Clinic - 8am-12pm
 October 14: Late Cervical Screening Clinic - 2pm-6pm
 October 28: Cervical Screening Clinic - 12.30pm-4.30pm
 November 11: Late Cervical Screening Clinic - 2pm-6pm
 December 9: Late Cervical Screening Clinic - 2pm-6pm
 December 23: Cervical Screening Clinic - 8am-12pm

Venue: EGHS Community Health Centre
 Cost: \$10.50 concession card holders/\$15.50 for non-concession card holders
 For appointments phone: 5352 9327

NURSING IN THE COMMUNITY WEEK

BY JODIE HOLWELL
COMMUNITY LIAISON

During September we celebrated Nursing in the Community Week.

Each day, East Grampians Health Service's Community Nurses jump in their cars and head out to provide expert and professional care to patients in our community, outside the hospital setting.

As well as providing care, they are also a friendly face to some of our most elderly and vulnerable patients.

To our Community Nurses, thank you for all that you do for our community.



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LOWE STREET SNIPPETS

BY BERNADETTE CINCOTTA
RESIDENT SUPPORT COORDINATOR

In aged care, often the challenge can be providing clinical care without making the home too clinical, it is after all a home and not a hospital despite some of the complex health considerations of many of our residents.

One way to achieve this is to focus on making the home more "homelike", with the use of colour, artwork and textiles such as cushions and curtains. We love to see residents contributing to this environment as it truly demonstrates the residents taking ownership of the environment and making it feel like home.

Recently, our resident Jean Graham donated some beautiful pictures that she has spent many hours creating.

They are now hanging on our walls, in all their beautiful and colourful glory.

Thank you Jean for making 70 Lowe Street more like home!



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COMMUNITY GENEROSITY

Our community has proven once again how generous it is, with Moyston couple, Kaye Poyner and Simon Clayfield, generously donating gifts to our staff.

Ten Community Services' staff were delighted to receive a \$50 gift voucher from Kaye Poyner Beauty Therapy. The vouchers were kindly donated to recognise the extra efforts the EGHS Community Services' team have undertaken during COVID-19.

Simon Clayfield, from Moyston winery Clayfield Wines, generously donated wine to aged care staff at 70 Lowe Street, Garden View Court and Willaura Healthcare.



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GROUP OFFERS SUPPORT FOR THOSE WITH DEMENTIA

BY JODIE HOLWELL – COMMUNITY LIAISON

East Grampians Health Service continues to engage with consumers with dementia, and their carers, during COVID-19, despite the Memory Support Group being unable to meet.

This week is Dementia Action Week, which aims to show that many people living with dementia can continue to live well for many years after their diagnosis.

Dementia affects close to half a million Australians and that number is expected to double in the next 25 years.

The EGHS Patricia Hinchey Centre's Memory Support Group offers support for people with memory loss, or who have been diagnosed with dementia, and their carer, to live independently in their own home, safely and positively for as long as possible.

"We offer a sensitive environment catering to the needs of individuals attending," Patricia Hinchey Centre manager Jacinta Harman said.

"While we can't meet at the moment in our traditional setting, the group, once we are able to meet properly again, offers supportive activities allowing carers and family time out or just a change of scenery.

"The group also assists people with memory loss to keep connected and stay in touch with their community."

During the current restrictions, Patricia Hinchey Centre staff are making regular welfare visits to members of the group in their own homes.

One Ararat couple who have benefited from the group in the past

and who are now enjoying visits from EGHS staff, are Michael and Elaine Thornbury.

Michael has vascular dementia and is cared for by wife Elaine in their own home, with the assistance of their daughters.

Mrs Thornbury, whose daughters live in Ararat, Stawell, Horsham and Ballarat, said she is very blessed to have them close by, especially during COVID-19.

"That family support is so important," Mrs Thornbury said.

"But we are also blessed to have this support group. When we were able to meet, on Mondays we had the Memory Support Group and then on Wednesdays Michael would attend the Men's Business Group too, who would take him on little trips, like out for lunch or just for a coffee."

Mrs Thornbury said the group was important for keeping people socially active, but it has also been great for her as a carer, offering support and advice.

During COVID-19, Mrs Thornbury said the Patricia Hinchey Centre staff had been marvellous, still calling in on Mondays to check on their welfare.

"They pop in every week, even if it's only for 20 minutes, and have a chat and see if we're OK," she said.

"Michael enjoys walking, so they often take him for short walks and they will also sit with him if I have to do a quick shop. We're very lucky in Ararat to have this service."

If you would like further information about the Memory Support Group, please contact Jacinta Harman on 5352 9326 or email daycentre@eghs.net.au

The Memory Support Group will recommence when safe and practical.



Pictured above: Elaine and Michael Thornbury



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NEW ARRIVALS AT EGHS

BY JODIE HOLWELL
COMMUNITY LIAISON

Harry Robinson now has a little sister, with the birth of Ruby Maree Robinson.

Baby Ruby is the daughter of Sarah Leggett and David Robinson, and was born at East Grampians Health Service on September 3 2020, weighing 4111 grams.

"A big thank you to Dr Pretorius, theatre staff and midwives," Sarah Leggett and David Robinson.



Haley Colbert and Benjamin Wilson have welcomed the arrival of their daughter Regan Marie Wilson.

Baby Regan was born at East Grampians Health Service on September 7 2020, weighing 3742 grams.

"Thank you to all the staff at EGHS, you all do a wonderful job!" Haley Colbert and Benjamin Wilson.



Steph Carroll and Cameron John have welcomed their daughter Matilda Anne John.

Baby Matilda was born at East Grampians Health Service on September 9 2020, weighing 4252 grams.



Deljin Revilla and Joel Dowsett and have welcomed the arrival of their first son Jadeveon Revilla Dowsett.

Baby Jadeveon was born at East Grampians Health Service on September 23 2020, weighing 2976 grams.

"Dr Wong and all the midwives have been amazing and so helpful with the birth of our first son Jadeveon. Thank you so much," Deljin Revilla and Joel Dowsett.



Archie John David Stevens is the second child of Luke Stevens and Gemma Leslie.

Luke, Gemma and big brother Harry welcomed the arrival of baby Archie, who was born at East Grampians Health Service, on September 18 2020, weighing 3300 grams.



Caitlin Smith and Tom Witt have welcomed the arrival of a son, Joshua Roy Witt.

Baby Joshua was born at East Grampians Health Service on September 22 2020, weighing 3420 grams.

"Thanks to all involved in the labour and special thanks to the fantastic midwives," Caitlin Smith and Tom Witt.



Madison Lovison and Adan Wisby have welcomed the arrival of their daughter Elouise Mae Wisby.

Baby Elouise was born at East Grampians Health Service on September 15 2020, weighing 4053 grams.

"Massive thank you to all staff that have helped during the entirety of my stay," Madison Lovison.



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RESIDENTS GO HIGH TECH

BY JODIE HOLWELL
COMMUNITY LIAISON

Residents and patients at Willaura Healthcare are staying in touch with family and keeping up with their medical appointments via video calls through healthdirect.

East Grampians Health Service uses healthdirect video call across the organisation. It is a comprehensive, secure and reliable video consulting service, which delivers services to our clients.

Our patients, residents and clients are using healthdirect to work with our exercise physiologists and attend medical appointments, as well as family catch-ups, including birthday calls – just a few of the ways the service is being used.



EGHS FOOTY TIPPING

Announcing the winners of the 2020 EGHS Footy tipping competition...



111 - Peter Armstrong

\$550



110 - Ash Leggett - (margin 407)

\$275



110 - Jane Smith - (margin 433)

\$125



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TOPIC 6: SOCIAL CONNECTION

Social connection has been a bit more challenging this year with COVID-19 restrictions. Many of us have had to change the way we socialise by using phone and video chats. As restrictions ease and we have a bit more opportunity for face-to-face socialising (whilst keeping our distance and following the advice from DHHS) we can make an effort to connect with the important people in our lives. We can also connect with people in our day to day activities:

- Have a chat to the barista making your coffee
- Ask how your delivery person's day is going when they drop off a package
- Chat to your neighbour over the fence



TOPIC 7: LIVING WITH PURPOSE

Combining what you are passionate about with your skills can help you live a life of purpose and you may even live longer as a result!

Find out more about you and your values by taking the Values in Action character strength survey: <https://www.viacharacter.org/character-strengths-via>

BY RACHAEL COOPER
DIETITIAN

\$20,000 DONATION TO EGHS

The Victoria Police Blue Ribbon Foundation Ararat Branch has provided a \$20,000 contribution to East Grampians Health Service for a new x-ray machine.

The donation is part of a \$235,000 commitment towards the equipment, and the branch has currently donated \$120,000 as part of this project.

East Grampians Health Service is currently undertaking a \$7.4 million redevelopment of the theatre, medical imaging and pathology areas of the health service. Part of the redevelopment will be named the Blue Ribbon Wing to recognise the significant contribution of the Foundation and the Ararat branch.

Since 2002 when the Ararat branch was established, more than \$900,000 has been raised for the health service, with a significant portion of this donation specifically for the Medical Imaging Department.

Some of the medical imaging equipment is coming to the end of its useful life and will require replacement over the next few years, and funding for the redevelopment will not include replacement of major equipment.

"We are pleased to be handing over another cheque towards the purchase of a new x-ray machine, bringing our current total to \$120,000 toward the \$235,000 project," Victoria Police Blue Ribbon Foundation Ararat Branch president Terry Weeks said.

"This new x-ray machine will be a vital addition to the newly redeveloped radiology area of East Grampians Health Service and we look forward to completing our commitment to this project.

"While we were unable to hold our major fundraiser for the year, the annual Gala Night of Nights, we will continue to raise funds for this equipment and are currently in early planning stages for the annual Grampians Ride to Remember on February 7 next year, which will go ahead subject to COVID-19 restrictions, as well as next year's Gala Night on May 28."

East Grampians Health Service chief executive Andrew Freeman thanked the Victoria Police Blue Ribbon Foundation Ararat Branch members for their latest donation.

"The Ararat branch is one of our significant partners and we are grateful for their ongoing support of our health service over the past 18 years," Mr Freeman said.

"Without this support, the redevelopment of many areas of our health service would not have been possible, nor would the purchase of significant items of equipment.

"The community's ongoing and enthusiastic support of Blue Ribbon Foundation events is also appreciated."

With fundraising events cancelled for the remainder of the year, anyone who would like to donate to the Blue Ribbon Foundation Ararat Branch can go to www.remember.org.au/donate/ where you can nominate the Ararat Branch as recipient of your donation.



Pictured above, handing over the \$20,000 cheque towards a new x-ray machine for East Grampians Health Service are, L-R, Ararat branch president Terry Weeks, vice president Shaun Allen and EGHS chief executive Andrew Freeman. Disclaimer: This photo was taken prior to mandatory mask wearing



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NEIGHBOURHOOD HOUSE DONATES FOOD HAMPERS

Consumers from East Grampians Health Service's Patricia Hinchey Centre are unable to visit the Centre due to stage 3 restrictions, but they are receiving some wonderful food hampers from the Ararat Neighbourhood House.

The hampers have been donated by the team at the Neighbourhood House and are delivered by Patricia Hinchey Centre Staff.

Our consumers appreciate seeing the friendly faces and the chance for a chat with our staff, and also the hampers of essentials delivered.



WEAR IT PURPLE DAY

Staff at East Grampians Health Service wore a touch of purple on Wear it Purple Day, August 28, an annual LGBTIQ+ awareness day, targeted at young people.

On this day each year, supporters wear purple to celebrate diversity and young people from the LGBTIQ+ community.

The Wear it Purple organisation strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.

Wear it Purple was founded in 2010 in response to global stories of real teenagers, real heartache and their very real responses. In 2010, several rainbow young people took their own lives following bullying and harassment resulting from the lack of acceptance of their sexuality or gender identity.

As the world saw the faces of precious young lives lost, some young people found a new sense of conviction and purpose to ensure that young people everywhere would know that there were people who did support and love them.

Wear it Purple was established to show young people across the globe that there was hope, that there were people who did support and accept them, and that they have the right to be proud of who they are.

Donations from staff during the day saw more than \$250 raised.

More photos from "Wear it Purple Day" on page 19



Pictured are EGHS staff getting ready for Wear it Purple Day, L-R, Kelsey Weight, Grace Andrews, Laura Peake, Arnold Kwok, Suhara Perera and Joanne Page



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BREAST CANCER AWARENESS MONTH

BY SARAH CARTER
BREAST CARE NURSE

According to Breast Cancer Network Australia, in 2020 – 19,998 women and 170 men will be diagnosed with breast cancer. This equates to 55 people diagnosed every day with breast cancer.

1 in 7 women and 1 in 670 men are at risk of being diagnosed with breast cancer by the age of 85. It is worth noting that Australia has one of the best breast cancer survival rates in the world. Although breast cancer diagnosis numbers are increasing, the number of deaths is decreasing. This is thought to be attributed to earlier diagnosis through screening and improved treatments.

So, what can we all do to help ourselves? Simply just knowing your own breasts. You do not need to be an expert or use a special technique to be breast aware.

Changes to look for include:

- A **new lump** or **lumpiness**, especially if it's only in one breast
- A **change** in the **size** or **shape** of your breast
- A **change** to the **nipple**, such as **crusting**, **ulcer**, **redness** or **inversion**
- A **nipple discharge** that occurs without squeezing
- A **change** in the **skin** of your breast such as **redness** or **dimpling**
- An **unusual pain** that doesn't go away

Most changes are not due to breast cancer but please **always** see your GP if you notice **any** changes. If in doubt, check it out!

The other most important thing you can do is between the ages of 50 – 74 years, have a two yearly breast screen (Mammogram). The closest Breastscreen centres to Ararat are in Ballarat and Horsham. A mammogram at Breastscreen is with a **woman**, takes about **10 minutes** and is **free**. To book go to breastscreen.org.au or call **13 20 50**. (Please be aware that due to COVID 19 some Breastscreen Centres currently have a few months waiting period to get an appointment)

2020 has certainly thrown us all a huge curveball in almost every aspect of our lives. However, breast cancer, and in fact **all cancers** in general, are not aware there is a pandemic currently in progress. Medically, there is a general feeling of concern that people are putting off making appointments to see their GP with changes in their health (when normally they would). So the message is please, please do not put off seeing your GP if you notice **any change** in your body - make that appointment now, as it could well save your life.

Feel free to contact Sarah Carter – Breast Care Nurse at EGHS. Wednesday and Thursdays – 8.30am – 5pm. Email – breastcare@eghs.net.au
Phone - 03) 53 529 343



October is
**National Breast Cancer
Awareness Month**

1^{IN} 8 women will develop
BREAST CANCER in their lifetime

The graphic includes a large pink ribbon on the left and a row of eight female icons on the right, with the first icon highlighted in blue to represent the 1 in 8 statistic.



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Humpty Dumpty Foundation



The Humpty Dumpty Foundation and Little Rebel Coffee Roasters Answer the Plea of East Grampians Health Service

The Humpty Dumpty Foundation and Little Rebel Coffee Roasters have answered the plea of East Grampians Health Service's frontline with the donation of a RAD-7 Pulse Oximeter valued at \$4,440 for Acute Services – Inpatient Unit.

By shining a light through a baby's finger or toe, the RAD-7 Pulse Oximeter measures the amount of oxygen in their capillaries. This ensures correct and safe oxygen delivery during highly critical times in an effort to prevent damage to organs such as the brain, eyes and lungs.

"It is with thanks to the generosity of donors like Little Rebel Coffee Roasters that the Humpty Dumpty Foundation can urgently respond to the pleas from the frontline and make a real difference to hospitals and healthcare services across Australia. Now more than ever, hospitals and healthcare services need Humpty's help and it is important we continue our critical work of providing essential and often life-saving medical equipment to metropolitan and regional areas in Victoria to ease the load on our frontline professionals," said Paul Francis OAM, Founder and Executive Chairman of the Humpty Dumpty Foundation.

East Grampians Health Service chief executive Andrew Freeman thanked the Humpty Dumpty Foundation and generous donors Little Rebel Coffee Roasters for their much needed donation of a RAD-7 Pulse Oximeter.

"Our health service has a strong commitment to improving paediatric health services and ensuring the health and wellbeing of everyone who uses its services," Mr Freeman said.

"We have a large number of paediatric patients present to our Urgent Care Centre and this equipment will help us improve the care of our youngest patients and ensure that our residents are not disadvantaged by living in a rural area.

"We are extremely grateful to the Humpty Dumpty Foundation and donors Little Rebel Coffee Roasters for their generosity."

About Humpty Dumpty Foundation

Founder and Executive Chairman Paul Francis OAM began fundraising in 1990 and in 1996, the Humpty Dumpty Foundation was officially born.

The Humpty Dumpty Foundation purchases life-saving medical equipment specifically requested by 425 hospitals and health services across Australia. Each piece of medical equipment requested is stringently assessed by Humpty's medical sub-committee.

To date, Humpty has raised over \$70m and in 2019, Humpty purchased close to 450 pieces of medical equipment for Paediatric Wards, Neonatal Units, Maternity and Emergency Departments. The Humpty Dumpty Foundation provides equipment for approximately 20,000 children (0- 18 years) who are in hospital on any given day. On average in Australia, 1 in 5 babies will need medical intervention at birth.

The Humpty Dumpty Foundation has enjoyed long-time support from its Patron, television journalist Ray Martin AM, Olympian Jane Flemming OAM – Ambassador/Board Member and Wallaby great Phil Kearns AM - Ambassador and Founder of the Humpty Dumpty Balmoral Burn.

Locals, community and business organisations interested in supporting the Humpty Dumpty Foundation and their local hospital, either by donating a piece of medical equipment or by making a donation, can visit www.humpty.com.au or contact the Humpty Dumpty Foundation on 02 9419 2410.



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WILLAURA HEALTHCARE 'VIRTUAL' ART SHOW

Residents at Willaura Healthcare and Parkland House Hostel have been enjoying their art classes.

Lifestyle coordinator Michelle Maslen decided to run a 'virtual' art exhibition on social media, as residents' families are unable to visit to see their works of art, which proved popular among family and friends.

WILLAURA HEALTHCARE ART SHOW 

ALMA SLOPER

100 YEARS OLD




Willaura artists have sketched and used both acrylic and watercolours

Themes have been twilight, sunset, still life, birds and waterfalls


WILLAURA HEALTHCARE ART SHOW 

DOUG BENSON





Willaura artists have sketched and used both acrylic and watercolours

Themes have been twilight, sunset, still life, birds and waterfalls

WILLAURA HEALTHCARE ART SHOW 

GARY MOLONEY

Willaura artists have sketched and used both acrylic and watercolours

Themes have been twilight, sunset, still life, birds and waterfalls

We sketched Guinea Fowl in watercolour

WILLAURA HEALTHCARE ART SHOW 

JOYCE DUNSTER




Willaura artists have sketched and used both acrylic and watercolours

Themes have been twilight, sunset, still life, birds and waterfalls

WILLAURA HEALTHCARE ART SHOW 

MAVIS LOVELL




Willaura artists have sketched and used both acrylic and watercolours

Themes have been twilight, sunset, still life, birds and waterfalls

WILLAURA HEALTHCARE ART SHOW 

SHEILA HANDSCOMBE




Willaura artists have sketched and used both acrylic and watercolours

Themes have been twilight, sunset, still life, birds and waterfalls



We make time to ask
RUOK?TM



BOLOGNESE RICE BAKE

INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 brown onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 1 teaspoon fresh thyme leaves
- 2 garlic cloves, crushed
- 500g beef mince
- 1/4 cup tomato paste
- 400g can diced tomatoes
- 1 cup Massel beef stock
- 1 1/2 cups cooked long-grain white rice
- 4 eggs, lightly beaten
- 2 tablespoons fresh flat-leaf parsley leaves, finely chopped
- 200g packet grated perfect melt blend cheese (see note)
- Fresh basil leaves, to serve
- 120g mixed salad leaves, to serve

METHOD:

1. Heat oil in a large frying pan over medium-high heat. Add onion, carrot, celery and thyme. Cook, stirring, for 10 minutes or until vegetables soften. Add garlic and mince. Cook, breaking up with a wooden spoon, for 6 to 8 minutes or until browned.
2. Add tomato paste, tomatoes and stock. Bring to the boil. Reduce heat to medium-low. Simmer, uncovered, for 20 minutes or until thickened. Set aside to cool for 10 minutes.
3. Meanwhile, preheat oven to 200C/180C fan-forced. Combine rice, egg, parsley and 2/3 cup cheese in a large bowl. Add mince mixture. Stir to combine. Spoon into a 7cm-deep, 22cm x 28cm (10-cup-capacity) baking dish. Sprinkle with remaining cheese.
4. Bake for 30 to 35 minutes or until golden and set. Stand for 10 minutes. Top with basil and serve with salad leaves.



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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