



EGHS ECHO



East Grampians
Health Service

FEBRUARY

2021

FROM THE CHIEF EXECUTIVE'S DESK

BY ANDREW FREEMAN - CHIEF EXECUTIVE



Welcome to 2021, I hope everyone had the opportunity to catch up with family and friends over the Christmas break.

The COVID-19 outbreak that occurred in NSW over the New Year was a reminder that pandemic is not over. This resulted in a large increase in COVID-19 testing over a three day period, with more than 150 people being tested. This once again highlighted the outstanding job the EGHS staff have been doing to ensure the community is safe.

At EGHS we are excited to commence the \$6.9 million redevelopment of our theatre, radiology and pathology departments, which will further enhance the care we provide to the community.

Works have commenced and you will see a lot

of activity over the next 12 months. We do apologise for any inconvenience these works may cause but are looking forward to having these three departments upgraded and enlarged, further enhancing access to quality healthcare.

It is an exciting time of year at EGHS when we welcome a number of new staff to the organisation. Sustainable succession planning is vital for our Health Service's viability and future development and we are committed to creating meaningful career pathways.

We have had our new medical interns commence earlier this month and we will be welcoming new graduate nurses in the coming weeks. This is the beginning of their careers after many years of study.

The 25th annual EGHS annual general meeting was held via zoom webinar due to COVID-19 restrictions last year on December 16, 2020. In a first for the health service, COVID-19 gathering restrictions necessitated the need to 'think outside the square' for the AGM. We hope to welcome back the community to this year's meeting. For those who are interested a video of the AGM can be found on the EGHS website.

Finally thank you to all the EGHS staff who have worked throughout the festive season.

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- 🔗 Recipe of the Month



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EGHS POLICIES & CPGs

BY SARAH HARWOOD - EXECUTIVE ASSISTANT DEVELOPMENT & IMPROVEMENT

NEW COVID-19 DOCUMENTS	
COVID-19 ASYMPTOMATIC TESTING OF RETURNED TRAVELLERS/HOT SPOT AREAS	
UPDATED SOPPS	
SOPP 58.01	MEDICATION MANAGEMENT
SOPP 26.01	PRIVACY
UPDATED CPGs	
CPG 10.88	ENTERAL NUTRITION/FEEDING
CPG 10.54	LOADING & UNLOADING OF STERILISERS
UPDATED MRs	
MR045.1	MANAGEMENT OF PRIMARY POSTPARTUM HAEMORRHAGE
MR041.5	MATERNITY BOOKING
MR092.3	CONSENT FOR USE OF PSYCHOTROPIC MEDICATION
MR570.1	CLIENT INITIATED BGL LANCET CHANGE
MR525	PERIPHERAL NEUROVASCULAR OBSERVATIONS
MR309.7	GERIATRIC DEPRESSION SCALE
MR074	IMAGING
MR500.15	CGPC BEREAVEMENT RISK
MR500.16	CGPC MEDICATION RECORD
MR092.37	WEEKLY LEAVE CONSENT
MR044	PLACENTAL PATHOLOGY
MR092.53	DENTAL MEDICAL HISTORY – DENTAL OUTREACH PROGRAM
MR311.2	AQOL INSTRUMENT
MR311.1	HARP DISCHARGE SUMMARY
MR311.4	HARP CARE PLAN
MR303.15	PHYSIOTHERAPY IPU REFERRAL
MR311.3	VINAH DATA ELEMENTS
MR315.3	PATRICIA HINCHEY CENTRE ADMISSION
MR330	PATRICIA HINCHEY CENTRE - REFERRAL INFORMATION
MR315.4	PATRICIA HINCHEY CENTRE - SOCIAL PROFILE AND CARE PLAN
MR093.3	CONSENT TO USE AND DISCLOSURE OF INFORMATION - PATRICIA HINCHEY CENTRE
MR315.6	PATRICIA HINCHEY CENTRE - INFORMATION ABOUT ME - DEMENTIA
MR178.5	MABTHERA - FIRST COURSE
UPDATED FORMS	
20.01.15	SUNDRY DEBTOR REQUEST
16.02.03	CREDIT CARD PHONE TRANSACTION
57.07.18	DOCTORS SCRIPTS REQUIRED - LOWE STREET
64.00.06	MIDWIFERY BABY NAME TEMPLATE
58.12.08	PATIENT NAME CARDS
76.00.43	MEDICAL IMAGING REQUEST FORM TEMPLATE
70.01.02	STERILE STOCK CHECKLIST
58.13.10B	SAFE MANUAL HANDLING COMPETENCY ASSESSMENT
60.00.02	INTRAOSSEOUS VASCULAR ACCESS SYSTEM COMPETENCY
57.07.10	SAFE MEDICATION CHECKLIST IPU COMPETENCY
57.07.19	ENTERAL FEEDING COMPETENCY ASSESSMENT
57.07.09	EPIDURAL ANALGESIA COMPETENCY
26.01.26	OVERSEAS - MEDICARE INELIGIBLE PATIENT FORM
NEW FORMS	
21.01.49	PHC – STAFF DUTIES ROSTER
57.04.15	LOWE STREET STAFF VISITOR RECORD
57.06.23	STUDENTS DAILY EXPERIENCE
NEW MRs	
MR093.2	PATRICIA HINCHEY CENTRE CONSENT - IMAGE
MR093.4	PATRICIA HINCHEY CENTRE CONSENT - ACTIVITIES AND OUTINGS
MR315.2	PATRICIA HINCHEY CENTRE MONTHLY ACTIVITY
MR315.7	PATRICIA HINCHEY CENTRE CONSUMER MEDICATIONS
MR315.72	PATRICIA HINCHEY CENTRE MEDICATION ADMINISTRATION



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HEALTH SERVICE PAYS TRIBUTE TO STAFF

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service paid tribute to its staff at the annual general meeting, following a challenging year managing the responsibilities of running a health service during the COVID-19 pandemic.

This year the EGHS annual general meeting was held via zoom webinar, due to COVID-19 restrictions.

"At the commencement of this financial year no one could have predicted how circumstances would evolve that have created a global pandemic, which has had an impact on every country, and every community, worldwide," Board chair Nancy Panter said.

"The Coronavirus has significantly changed the way we live our lives." Ms Panter said the Board was grateful to all staff for the way they had addressed all aspects of management of COVID-19.

"From the outstanding care of patients, residents and clients, to exemplary cleaning maintenance that followed all government edicts for sanitisation of facilities – it is this attention to detail that has ensured our consumers are safe," she said.

"The pandemic has brought out the best in our staff, displaying commitment to the health and wellbeing of our community through looking out for each other and coming up with innovative ideas."

Ms Panter highlighted the achievements of the health service including the completion of the Community Health Centre and the commencement of the redevelopment of the theatre complex, including medical imaging and pathology, for which the health service receive \$6.8 million in State government funding.

One of the biggest challenges facing the health service is a sustainable workforce that is knowledgeable, flexible and appropriately qualified to accommodate the health needs of the community now and into the future.

"Our aim is to educate and encourage students to continue their relationship with the health service in order to secure a sustainable workforce into the future," Ms Panter said.

"This year the Diploma of Nursing was delivered in partnership with Federation University Ballarat. COVID created some unique challenges but we look forward to continuing this program into the future.

"Through 'growing our own', we are confident that we are providing career pathways that present opportunities for further training, leadership and fulfilment."

Another highlight was the appointment of a full time doctor in 2020, Dr Dan Wilson, through the Victorian Rural Generalist Pathway Program, which proved extremely successful.

The health service is committed to ensuring it provides safe services to the community, and Ms Panter was pleased to announce that EGHS and Garden View Court aged care facility both received accreditation in the past year.

"During the accreditation process the surveyors highlighted the care, compassion and empathy of all staff and this reflects the ongoing commitment of our staff to our organisational Values," she said.

In conclusion, Ms Panter thanked the executive staff, visiting medical officers and volunteers for their commitment to care, to continuous improvement and serving the needs of their community.

"I congratulate you and express deep appreciation," she said.

The annual general meeting also celebrated the successes of staff, with achievement awards, scholarships and bursaries, and long service awards presented.



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Sarah Collins

MY POSITION AT EGHS *HEALTH CARE WORKER*

FAVOURITE AFL TEAM *GEELONG CATS*

FAVOURITE FOOD *CHICKEN PARMA*

FAVOURITE MUSIC *COUNTRY*

INTERESTS *CAMPING, NETBALL,
MOTORBIKES*

ONE THING I'M GOOD AT IS *RIDING MOTORBIKES*

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



Cheree Harvey

MY POSITION AT EGHS *HAIRDRESSER*

FAVOURITE AFL TEAM *HAWTHORN*

FAVOURITE FOOD *CHOCOLATE*

FAVOURITE MUSIC *ANY*

INTERESTS *COOKING, GARDENING,
READING*

ONE THING I'M GOOD AT IS *TALKING*

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



Jess Hughes

MY POSITION AT EGHS *ADMINISTRATION*

FAVOURITE MUSIC *A BIT OF EVERYTHING*

INTERESTS *BURNOUT COMP, WALKING,
MOTORBIKES, GOOD
COMPANY*

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

ONE THING I WANT TO DO IN
THIS LIFETIME IS... *TO BE IN THE HEALTH FIELD
OR BECOME A NURSE*



Melita Kulak

MY POSITION AT EGHS *TELEHEALTH ASSISTANT*

FAVOURITE AFL TEAM *GEELONG*

FAVOURITE FOOD *CHOCOLATE*

FAVOURITE MUSIC *80s MUSIC*

INTERESTS *CRAFT AND COOKING*

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

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



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Kelly Levy

MY POSITION AT EGHS *CLEANING/CATERING ASSISTANT*

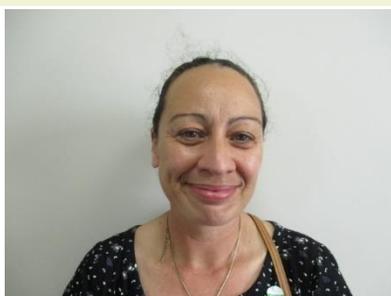
FAVOURITE FOOD *ALL HOME COOKING*

FAVOURITE MUSIC *EASY LISTENING*

INTERESTS *FAMILY, FRIENDS, TRAVEL*

ONE THING I'M GOOD AT *TAKING CARE OF GRANDCHILDREN*

ONE THING I WANT TO DO IN MY LIFETIME IS... *SEE MY GRANDCHILDREN'S CHILDREN*



Delesh Perera

MY POSITION AT EGHS *PORTER/CLEANER*

FAVOURITE AFL TEAM *SOCCER*

FAVOURITE FOOD *CHOP SUEY RICE*

FAVOURITE MUSIC *COUNTRY/POP MUSIC*

INTERESTS *PLAYING SOCCER, PETS*

ONE THING I AM GOOD AT IS *HARD WORK AND DO A GOOD JOB*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *BE A GOOD PERSON*



Annthea Price

MY POSITION AT EGHS *CATERING*

FAVOURITE AFL TEAM *BULLDOGS*

FAVOURITE MUSIC *80s*

INTERESTS *FAMILY, FRIENDS, COOKING*

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



Sophie Quinn

MY POSITION AT EGHS *TRAINEE ENROLLED NURSE*

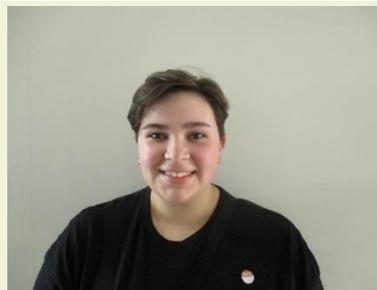
FAVOURITE FOOD *CHERRIES*

FAVOURITE MUSIC *INDIE*

INTERESTS *PLANTS, MOVIES, ANIMALS*

ONE THING I'M GOOD AT IS *SPENDING TOO MUCH MONEY ON PLANTS*

ONE THING I WANT TO DO IN THIS LIFETIME IS... *SUPPORT THE PEOPLE I LOVE*



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Danielle Ralph

MY POSITION AT EGHS	RECEPTIONIST
FAVOURITE AFL TEAM	COLLINGWOOD
FAVOURITE FOOD	LASAGNE
FAVOURITE MUSIC	A BIT OF EVERYTHING
INTERESTS	DOGS

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



Jade Randall

MY POSITION AT EGHS	TELEHEALTH ASSISTANT
FAVOURITE AFL TEAM	CARLTON
FAVOURITE FOOD	CHEESE
FAVOURITE MUSIC	ANYTHING EXCEPT COUNTRY
INTERESTS	PSYCHOLOGY, READING, ANIMALS
ONE THING I'M GOOD AT...	LISTENING

ONE THING I WANT TO DO
IN THIS LIFETIME IS... HELP PEOPLE



Courtney Wade

MY POSITION AT EGHS	CATERING ASSISTANT/RECEPTIONIST
FAVOURITE AFL TEAM	SYDNEY SWANS
FAVOURITE MUSIC	ALL SORTS OF MUSIC
INTERESTS	CRAFTS, COOKING, WALKING, PHOTOGRAPHY

ONE THING I'M GOOD AT... CRAFTS, NAIL TECHNOLOGY

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



Dylan Whiting

MY POSITION AT EGHS	MAINTENANCE
FAVOURITE AFL TEAM	COLLINGWOOD
FAVOURITE FOOD	PIZZA
FAVOURITE MUSIC	ROCK, METAL
INTERESTS	MOTORBIKES, GAMING

ONE THING I'M GOOD AT... BUILDING COMPUTERS

ONE THING I WANT TO DO IN
THIS LIFETIME IS... VISIT ANOTHER COUNTRY



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EGHS AUXILIARIES HOLD AGMs

BY JODIE HOLWELL
COMMUNITY LIAISON

All East Grampians Health Service auxiliaries were forced to postpone their annual general meetings due to COVID-19 restrictions in 2020.

As restrictions eased towards the end of 2020, the Residents' Support Group was able to hold its annual meeting.

Marlene Goudie was returned as president, as was Treasurer Marg Spong, while Kerry Coone was installed as the new secretary. Thanks to Jackie Grimmer for her work as secretary over the past couple of years.

The Willaura Healthcare Auxiliary held its AGM in January, with all positions returned – Ruth Gellert as president, Jan Laidlaw as secretary and Mandy Heard as treasurer.

The Ark Toy and Activity Library Auxiliary held its AGM in early February, with Kaye Chamings returned as president and Di Pickering as secretary, and new treasurer Mary Stapleton installed. Thank you to Jan Ayer for her work as treasurer over the past eight years.

The EGHS Auxiliary will hold its AGM in early March.

East Grampians Health Service looks forward to welcoming all our Auxiliary members back over the coming months, with auxiliaries hopeful of being able to hold some of their fundraising events in 2021, COVID-19 dependent.

See March Echo for presidents' reports.

PARKLANDS PURSUITS

BY MICHELLE MASLEN
LIFESTYLE COORDINATOR

We have been busy with Hoi and Trivia in the afternoons, with alternate Picture Bingo and number Bingo. We have Exercises four mornings a week that includes, better Bones, weights, Thera band, Tai Chi, Boxing and the Nutbush dance seated of course. Our residents show great enthusiasm and the best of all they love the ball bouncing.

We have Country Music close to Valentine's Day, Art Therapy, Card Making, Carpet Bowls, and cooking.

In March we are starting "travel by chair" to Europe. We will visit, Belgium, France and Germany. We will have some general knowledge, a quiz and chatter plus have a favourite food of each country. We will celebrate St. Patrick's Day by playing Irish Bingo and eating green cake. There are two Outings and we normally travel within 60kms. How wonderful to be able to go out for lunch or afternoon tea again.

We also have "The World's Greatest Shave on Saturday the 13th March. We have been making muffins to sell for the team "The Phantoms". Also we have a raffle. Needless to say the Male Nurses have a woolly appearance and refuse to put their hair in a ponytail.

Cheers for now till the next edition

FREE STAFF FITNESS CLASSES

BY JOANNE PAGE
PHYSIOTHERAPIST

Get Healthy and Stay in Shape!

In 2020 we paused for quite a few months, but we still managed to provide many different styles and themes of workouts, including:

- Circuits
- Boxercise
- Zumba
- Yoga
- Agility
- Core focus
- Amazing Race

EGHS Amazing Race 2020 had 7 contestants taking part and having fun, in spite of the hot weather!!!

We have a dedicated group of regular attendees, with other staff that drop in from time to time as their schedules allow. Join us in 2021 and let us help you achieve your well-being goals!

Classes are every Tuesday 5:15-6pm, follow the EGHS Staff Fitness Facebook page, we post on Mondays what type of workout will be on the following day.

All levels of fitness are welcome!



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AMAZING RACE AROUND EGHS

BY JODIE HOLWELL
COMMUNITY LIAISON

The East Grampians Health Service physiotherapy department's second annual Amazing Race saw teams race around the Ararat campus, searching for and solving clues.

Organised by former physiotherapist Joanne Page, the Amazing Race attracted a smaller number this year, but all were enthusiastic and competitive, particularly when it came to solving the clues!

This year's winners were David Romeril and Riley Thompson, who jumped on the mat first and claimed the prize ahead of the other teams.

Second place went to Merryn Boatman and Mary Howard, while third place went to Julie Frawley, Siva Prakash, and Jenny Hinchliffe.



EGHS STAFF VACCINATION PROGRAM 2021

Unlike in previous years there will not be a schedule for staff immunisations in 2021. With the ongoing pandemic running such sessions is not practicable due to social distancing requirements. However this does not mean that you cannot access your vaccinations as required. If you would like to schedule a vaccination email or phone the Infection Control Coordinator and an appointment will then be scheduled.

This year is going to be rather exciting and challenging for staff vaccinations with the introduction of the COVID-19 vaccination program scheduled to begin in late February. As more information comes to hand we will ensure that staff are informed and any questions answered. The roll out of this program is currently being developed.

To book an appointment for your routine health care worker vaccinations please phone 53529332 or email leanne.atkinson@eghs.net.au.



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SCHOLARSHIPS AND BURSARIES AWARDED BY HEALTH SERVICE

BY JODIE HOLWELL
COMMUNITY LIAISON

Each year at the East Grampians Health Service annual general meeting, a number of scholarships and bursaries are awarded to staff.

This year's awardees were announced at the EGHS AGM on December 16, held via webinar due to COVID-19 restrictions.

Epworth Healthcare awarded a \$20,000 bursary to ensure improvements in the long term viability of obstetric services at EGHS.

"Our health service is grateful for the support of Epworth Healthcare who assist us in recruiting and training midwives," EGHS chief executive Andrew Freeman said.

"This support enables the midwives to keep up to date with the skills and knowledge essential for EGHS to provide a maternity delivery service."

Funds from Epworth Healthcare this year will also support new midwifery graduate nurse Laura McKay to transition to work and attend extra training at Ballarat Health Services in 2021.

East Grampians Health Service's Building for the Future Foundation awarded two \$15,000 bursaries, to Claire Sladdin and Hayley Lennon, to ensure the long term viability of services.

The bursaries will enable the two staff members to enhance and develop their knowledge and learn new skills

Ms Sladdin will undertake a Masters in Health and Ms Lennon a Masters in Sonography.

This year the Building for the Future Foundation also made available a bursary in the name of the late Joe Kapp up to the value of \$15,000.

Jody Sutherland will undertake an Associate Degree in Vocational Education and Training, Amanda Kumnick an Advanced Leader Program and Grace Andrews a Post Graduate Certificate in Hand Therapy.

The Angela Laidlaw Clinical Scholarship is donated by the Laidlaw Family in memory of former staff member Angela Laidlaw.

"This scholarship creates opportunities for staff working in clinical areas to be supported in recognition for effort and where they are prepared to demonstrate commitment to study in addition the usual requirements of their role," Mr Freeman said.

The recipient of the 2020 Angela Laidlaw Clinical Scholarship was Tiffany Barrow, who will undertake a Post Graduate Diploma in Perioperative Nursing.



Top left: Claire Sladdin accepts the EGHS Building for the Future Foundation bursary from EGHS chief executive Andrew Freeman

Left: Jody Sutherland accepts the Building for the Future Foundation Joe Kapp bursary from EGHS chief executive Andrew Freeman.

Above: Grace Andrews (left) and Amanda Kumnick accept the Joe Kapp bursaries from director of community services Sally Philip.



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STAFF LONG SERVICE AWARDS

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service presented a number of long service awards to staff at the annual general meeting, ranging from 10 years right up to an outstanding 40 years of service by Joy Oakley.

The EGHS AGM was held via webinar due to COVID-19 restrictions, so EGHS chief executive Andrew Freeman and director of clinical services Peter Armstrong presented Ms Oakley with her award in person at the health service.

Ms Oakley trained as a nurse's aide at the Ararat Hospital from 1978-1979 and received a crystal bowl for the high achiever award.

She resumed working in 1980 and has worked in the Perioperative Unit since 1982, completing a theatre technician course and anaesthetics and infection control certificates.

Ms Oakley retired at the end of 2020 and is looking forward to spending time with her family and enjoying time in her garden.

Mr Freeman congratulated Ms Oakley on her long service with the health service and all long service awardees.

"We have the most skilled and dedicated staff at East Grampians Health Service and it's always nice to recognise those who have reached major milestones in their career," he said.

"Congratulations to all staff who received awards this year."

Staff service awards:

40 years – Joy Oakley; 35 years – Megan Taylor; 30 years – Julie Frawley, Yvonne Grigg, Blair Kilpatrick; 25 years – Ann Grierson, Tracy Hull, Janine McElroy; 20 years – Christine Briody, Caroline Hamilton, Fiona Miller, Pamela Pevitt, Danielle Wheeler; 15 years – Susan Chandler, Gillian Couwenberg, Leanne Culph, Margaret Driscoll, Maree Fraser, Olga Karia, Jennifer Sargent; 10 years – Suzanna Christie, Judi Debney, Cassandra Drewniak, Annette Evans, Kim Hartwich, Beth Hutchison, Michael Kelly, Tricia Madex, Sarah Power, Jan-Maree Ruddle, Claire Sladdin, Carolynne Smith, Peter Thompson.



Pictured above is Joy Oakley being farewelled after 40 years' service by EGHS chief executive Andrew Freeman (left), director of clinical services Peter Armstrong and Perioperative Unit staff



Pictured above: Julie Frawley recipient of a 30 year Service Award



Pictured left: Blair Kilpatrick, recipient of a 30 year Service Award

Pictured right: Chris Briody, recipient of a 30 year Service Award



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Above: Ann Grierson, recipient of a 25 year Service Award

Below: Judi Debney, recipient of a 10 year Service Award



Above: Caroline Hamilton, recipient of a 20 year Service Award

Below: Jan-Maree Ruddle, recipient of 10 year Service Award



Above: Jenny Sargent, recipient of a 15 year Service Award

Below: Carolynne Smith, recipient of a 10 year Service Award



Left: Angela Graham, Education Award



Right: Kirby Connarty - RN Program



Below: Grace Stretton-Smith - RN program



Pictured below: Brooke Currie - Education Award



Pictured below: Fiona Murphy - Education Award



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WILLAURA MARKET CANCELLED

BY JODIE HOLWELL
COMMUNITY LIAISON

The Willaura Healthcare Auxiliary has made the difficult decision to cancel the 2021 Willaura Healthcare Outdoor Market.

The market was scheduled for Sunday February 28, but due to the uncertainty of the COVID-19 situation, the decision was made to cancel the market this year.

Willaura Auxiliary president Ruth Gellert said the Auxiliary took into account the risks to the community, stallholders and volunteers when making the difficult decision.

"We apologise to all who attend our market each year, but the safety of our community as well as stallholders and local volunteers is paramount," Mrs Gellert said.

"We know how much everyone looks forward to the market each year and how important it is for fundraising for Willaura Healthcare as well as being a social event for the region, so we are already planning for next year's market, which will return with all your favourite stalls and activities."

Mrs Gellert said the 2022 Willaura Market is set for Sunday March 6, and the Auxiliary looks forward to welcoming stallholders and patrons back next year.



Pictured above: Visitors enjoying the atmosphere at the 2020 Willaura Health Care Market Day

CHRISTMAS COOKING

BY JODIE HOLWELL
COMMUNITY LIAISON

Our lovely residents at Parkland House Hostel in Willaura cooked up a storm for Christmas, and the aroma of fresh baked Christmas goodies spread throughout Willaura Healthcare.

100-year-old Alma Sloper has cooked shortbread all her life, so they are her speciality, while the White Christmas slice was a recipe Mavis Lovell hadn't heard of before...it was from the internet!

Thanks ladies for sharing your recipes and cooking skills.



Pictured above: Alma Sloper shows off her shortbreads while Mavis Lovell cooked up some White Christmas.



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NEW ARRIVALS AT EGHS

BY JODIE HOLWELL – COMMUNITY LIAISON

Vimal Joy and Jean Thomas have welcomed the arrival of Ethan Vimal.

Baby Ethan was born at East Grampians Health Service on January 4, 2021, weighing 3060 grams.

"We are grateful for the incredible service and care we received from the excellent team of professionals at EGHS. Keep up the good work!" Vimal Joy and Jean Thomas.



Jessica Attwell and Ben Molloy have welcomed the arrival of Lucy Mae Attwell.

Baby Lucy was born at East Grampians Health Service on December 16, 2020, weighing 2820 grams.



Niza and George have welcomed the arrival of Jordan Asher George.

Baby Jordan was born at East Grampians Health Service on January 15, 2021, weighing 3230 grams.

"Words can't explain how thankful we are to all the staff of EGHS, especially Dr Wong, Dr Michael (Connellan) and the midwives, Kristy, Shae, Marg, Jess and Karen for their amazing team work, care and support. You guys made us feel like family!" Niza and George.



Aimee-Kate Stewart and Brad Osborne have welcomed the arrival of Scarlett Maggie Osborne.

Baby Scarlett was born at East Grampians Health Service on January 21, 2021, weighing 3650 grams.

"Thank you to all involved in our somewhat speedy arrival of Scarlett. Could not have done it without our birthing team," Aimee-Kate Stewart and Brad Osborne.



Natasha Hughes and Joshua Harris have welcomed the arrival of Macy May Harris.

Baby Macy was born at East Grampians Health Service on January 21, 2021, weighing 3040 grams.

"A special thank you to the nurses and midwives for helping bring our new bundle of joy into the world," Natasha Hughes and Joshua Harris



Josh and Leah Seebohm have welcomed the arrival of a son, William Ashley Seebohm.

Baby William is the first baby to be born at East Grampians Health Service in 2021, arriving on January 3, 2021, weighing 3470 grams.

"Thank you to all the staff for the wonderful service we received during our stay," Josh and Leah Seebohm.



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EGHS DEFIES COVID WITH FESTIVE VIDEOS AND COSTUMES

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service staff were unable to decorate their departments as in past years due to COVID-19 restrictions and infection control, but this didn't stop them from getting into the Christmas spirit.

EGHS launched the Christmas Video and Christmas Costume competitions in December and many departments and staff jumped on board, eager to spread the Christmas cheer throughout the hospital.

All videos were posted to EGHS's social media and can be found here on the intranet if any staff missed them: S:\Public\Christmas 2020

There were 15 video entries with executive members of the four EGHS auxiliaries judging the competition.

First place went to Education with their hilarious take on Rudolph the Red Nose Reindeer – COVID style, closely followed by IPU and UCC with their video, which took them all over the hospital as Santa made an emergency visit after imbibing in too many 'beverages' during his trip around the world.

The videos provided lots of laughs and it was great to see staff getting into the Christmas spirit.

The Christmas Costume competition was won by Rachel Loffler, and it was also great to see many staff donning Christmas colours and t-shirts throughout the last weeks of December.



Pictured left: Chief executive Andrew Freeman presents the prize to manager training and development Claire Sladdin and the education team

Pictured right: Judges Kerry Coone, Ruth Gellert, Viv Burridge and Kaye Chamings



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MEN'S BUSINESS GROUP LAUNCHED IN WILLAURA

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service launched the Willaura Men's Business group late last year.

Willaura Healthcare Manager Chris McArthur said the group offers support for men to live independently in their own home, safely and positively for as long as possible.

"Have the recent restrictions left you wanting to get out and make new friends or renew old friendships? Would you like to develop some new skills, learn what others around Willaura are up to and share a cuppa and a laugh? Then Willaura Men's Business is for you," Mrs McArthur said.

"The group will offer a sensitive environment catering to the needs of individuals attending and supported by an East Grampians Health Service male staff member.

"We hope the group will assist men to keep connected and stay in touch with their local community."

Willaura Men's Business catchups are now held regularly, with EGHS providing a community bus and a male coordinator in a COVID safe environment. Morning and afternoon tea is provided with the cost just a gold coin donation.

To register your interest, please phone Willaura Healthcare on 5354 1600 or email christine.mcarthur@eghs.net.au

Pictured below: Lindsay, Gary and Des with EGHS Activities and Lifestyle coordinator Bill Joiner at the first Willaura Men's Business meeting



WORLD'S GREATEST SHAVE RAFFLE

BY JODIE HOLWELL
COMMUNITY LIAISON

Willaura Healthcare's five participants in the Leukaemia Foundation's World's Greatest Shave are starting to look a little 'overgrown'!

Participants Julie Chick, Brian Kelly, Gary Cunningham, Jess Peters and Kathy Young have been growing their hair since late last year and will face the clippers on March 13.

Forty seven Australians are diagnosed with blood cancer every single day, and each year 20,000 people join the World's Greatest Shave to help raise funds for this worthy cause.

Coordinator Michelle Maslen has been busy organizing fundraisers for the group, with a giant raffle now underway.

Prizes include:

First prize valued at more than \$800: Mini Barista from Harvey Norman, toaster and egg poacher from Lyal Eales, silver bracelet from Latus Jewellers, ceramic ornaments and candle from We're Knot Crazy, diffuser, candle and wax perfumed melts and a rope bag from Growmaster Grampians, a meal voucher from the Ararat RSL, coffee and cake vouchers from Fred and Bet's, voucher from Willaura Bakery and a bottle of wine and chocolates.

Second prize: Air fryer, toaster, bottle of wine and Willaura Bakery voucher.

Third prize: Bottle of wine, Willaura bakery voucher.

More prizes are still coming in!

Raffle tickets for these great prizes are available from Café Pyrenees – get in quick and help support the very brave team from Willaura!

Pictured below: Some of the prizes on offer in the World's Greatest Shave raffle.



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BOOK WEEK ENTERTAINS RESIDENTS AT WILLAURA

Staff at Willaura Healthcare entertained residents with a Book Week theme.

Staff dressed as their favourite characters from the literary world and residents had fun trying to guess who they were.

The Queen of Hearts, Hermione from Harry Potter, Long John Silver, Tigger and the Cat in the Hat dropped by, just to name a few of the characters on show.



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CHRISTMAS WITH FAMILY AND FRIENDS AT WILLAURA

BY JODIE HOLWELL
COMMUNITY LIAISON

Our residents at Willaura Healthcare didn't miss out on Christmas festivities with their family and friends, it was just done a little differently last year.

Leisure and Lifestyle Coordinator Michelle Maslen set up individual Christmas lunches for our residents and their families.

A special room was decorated, also featuring lights and music, and families were able to book in for lunch with their loved one.

This was a wonderful initiative by Michelle, our residents and their families appreciated her thoughtfulness.



Pictured above: Parkland House Hostel resident Alma Sloper with a family member enjoy a Christmas catch-up.

PATRICIA HINCHEY CENTRE CELEBRATES CHRISTMAS IN THE GARDENS

BY JODIE HOLWELL
COMMUNITY LIAISON

Patricia Hinchey Centre consumers enjoyed a Christmas party in Alexandra Gardens, complete with a visit from Santa.

Our consumers spent many months apart last year, so coming together for Christmas was a real celebration.

The consumers, their family and staff enjoyed Christmas carols and Santa visited to give each person a gift.



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CHRISTMAS AT EGHS



MERRY CHRISTMAS FROM EDUCATION



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MINI LAMB BURGERS

INGREDIENTS:

- 1 kg lamb mince
- 1 red onion (diced)
- 3 garlic cloves (crushed)
- 1/3 cup tomato sauce
- 1 tbs Worcestershire sauce
- 1 tbs dijon mustard
- 2 cups breadcrumbs
- 1/2 cup parsley (chopped)
- 2 tsp salt
- 2 tbs olive oil
- rocket leaves
- mayonnaise
- mozzarella (grated)
- tomato sauce
- 8 burger buns

METHOD:

1. Preheat oven to 180°C. Line a baking tray with baking paper and set aside.
2. Place all of the patty ingredients, except the olive oil, into a food processor and process until combined. Form them into small patties.
3. Heat the olive oil in a frying pan and fry each patty for 2 minutes each side to brown. Place on the baking tray and bake for 20 minutes.
4. Preheat the griller.
5. Split your buns and place the rocket on each one with a dollop of mayonnaise. Place a patty on top with a little cheese.
6. Place under the griller for 3 minutes until the cheese is just melted. Add some tomato sauce to each burger and place the bun on top. 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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