



EGHS ECHO



East Grampians
Health Service

APRIL
2023

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FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH
CHIEF EXECUTIVE



Welcome to the April edition of the Echo.

It has been a very positive start to 2023 for East Grampians Health Service. We have been greeted with wonderful weather and many new joiners.

We have welcomed a significant number of new staff members to the health service. We have had 20 graduate nurses commence work with us, 10 Registered Nurses Division 1 and 10 Registered Nurses Division 2. We are pleased they have chosen to embark on their careers at East Grampians Health Service. Their arrival has given us a significant boost.

Many of these nurses have come through our pathway programs. A significant number

commenced in the Federation University Diploma of Nursing course we deliver on-site. This supports the evidence that we need to offer training for local community members.

The Diploma of Nursing course continues to have a strong appeal to those wishing to be nurses. At the recent open day, 37 community members came to Pyrenees House to gain information on the course. On March 22 students commenced their studies to be a nurse.

We have seven nurses who undertook the Federation University diploma of nursing course at EGHS and are upskilling to the bachelor of nursing course. We acknowledge and thank you for your commitment.

I have mentioned in previous editions that we are busy preparing for 2024 when East Grampians Health Service will have 15 first-year Deakin medicine students training in Ararat. The students will hopefully be nurses, allied health and paramedics recruited from Ararat, Stawell, Horsham, Hamilton, and Maryborough so they can travel from their homes to study medicine.

This innovative training model has been developed in response to the evidence that medical students trained as doctors in their rural communities are more likely to practice in their rural communities.

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CE Report cont.

The entry for health professionals from the local area will have recognition of prior learning for the time spent as a clinician. The course will also be GAMSAT-exempt. I thank Deakin University for making these efforts to ensure the course is accessible to our community.

Deakin University is appointing a coordinator to work in Ararat to support the recruitment of eligible people. I will introduce the course coordinator in later editions of the ECHO.

We must try and fill the positions with local community members. If you know anyone who would like to be a doctor and is a health professional from the local area please ensure they check the Rural Training Scheme link

<https://www.deakin.edu.au/medicine/study-opportunities/rural-training-stream>

We had a staff celebration event at Seppelts winery on March 18 which was extremely well organised by the Staff Celebration organising committee. I thank you all for your commitment and dedication to organise such a great event. Over 250 staff members and their partners enjoyed 'A day in the vines'. It was great to see so many staff members and their partners attend and have a great day.

It was very pleasing to see the different departments mingling and witnessing new staff being welcomed by existing staff. I would particularly like to thank Sarah Carey for leading the organising committee. A job well done. Thank you to Bruce Ahchow and the

Seppelt Winery team for your support and generosity.

Showcased at the staff celebration were the music talents of the local community. Local band FYI with the immensely talented lead singer Christine Bulger wowed the audience during the afternoon and the highly skilled Darrell Madex played tunes into the night. It highlights the strength of the local live music scene that allows us to have performances like this.

It is very pleasing to see two of the lead roles for the local production of Chitty Chitty Bang Bang are EGHS staff members Maree Fraser-Croft and Lionel Holt. The director of the musical is also an EGHS staff member Jodie Holwell. It is great to see our staff engagement and leadership in the local community.

We have received very strong Victorian People Matter results from the information that you provided. We do have some areas where we need to improve. It was pleasing to receive the letter from the Secretary of the Department of Health Professor Euan Wallace identifying us as one of the seven best-performing organisations for the leadership domain.

The Victorian People Matters Survey link is on the EGHS intranet.

If you require further information from me or would like an area covered in the Echo or Staff Briefing please let me know.

Best wishes to all of the community, staff, visiting medical officers and volunteers - let's make 2023 a rewarding and memorable year.

DAYLE CLOCKS UP 40 YEARS

BY WILL BELL

CHEF

EGHS Compliance Coordinator Dayle Smith recently clocked up 40 years' service at the health service.

Dayle has worked in multiple positions across the health service over his 40 years, from catering in the hospital's kitchen to Environmental Services Coordinator, and currently our Compliance Coordinator.

"Dayle is a well-respected leader of our department and our health service is a better place for having him play his part within it," EGHS Chef Will Bell said.



Dayle Smith is pictured, second from left, with fellow Support Services' staff at a special morning tea organised to celebrate his 40 years of service to EGHS



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TIME FOR YOUR COVID-19 BOOSTER SHOT

BY JODIE HOLWELL
COMMUNITY LIAISON

Winter is just around the corner, so now is the time to get your COVID-19 booster shot, with the East Grampians Health Service Vaccination Clinic working in partnership with the Ararat Medical Centre to deliver vaccinations every Thursday.

East Grampians Health Service Chief Executive Nick Bush said most Victorians had their last COVID vaccination more than six months ago, and with immunity waning over time, protection against the virus will be low.

"The 2023 booster dose is now available for everyone aged 18 and above," he said.

"The 2023 booster dose is especially recommended for everyone aged 65 and above and those aged 18 and above with a disability or complex medical condition which can make them very sick with COVID. Children between five and 17 years at risk of severe illness can also receive a 2023 booster dose."

You can have your booster dose six months after your last dose or COVID infection.

If you are 18 years and older, you can choose the bivalent vaccine as your booster dose, which targets the original COVID-19 strain and omicron variant. The bivalent vaccine is the preferred vaccine for booster doses.

You may need additional doses based on your medical condition. Please speak with your healthcare professional for more information.

If you have concerns about your health or getting the COVID-19 vaccine, you can speak to a GP or call the National Coronavirus Helpline on 1800 020 080.

No appointments are necessary to obtain the booster shot, attend at the Ararat Medical Centre on Thursdays between 8.30am-4pm (closed between 12pm-1pm).

For enquiries, please phone the Ararat Medical Centre on 5352 2311.

For more information, visit <https://www.coronavirus.vic.gov.au/get-vaccinated>

To view ATAGI's latest booster dose advice, read <https://www.health.gov.au/news/atagi-2023-booster-advice>



Deputy Director of Clinical Services Rebecca Peters gets her COVID booster from nurse immuniser Augusta Obiano



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NICOLE AWARDED BY WORKSAFE VICTORIA

BY JODY SUTHERLAND
 WORKPLACE TRAINER/CAREER ADVISOR

Nicole Townsend recently attended the Worksafe Victoria Awards night where she was one of the finalists in the Worker Return to Work category.

She was one of 19 finalists on the night.

Nicole injured herself working as a carer in Melbourne. She suffered significant shoulder injuries and was unable to work.

She was out of work for seven years. On her return to the workforce, Nicole explained that she was always overlooked for jobs when she

declared her injury to potential employers, no one would give her a chance.

Twelve months ago she was given an opportunity by EGHS as a catering assistant in Lowe St.

Nicole said that she was very grateful that she was finally able to get a job and working in aged care again is something that she loves.

The Support Services' team, in particular the Lowe Street staff, have been extremely accommodating of her and she has been overwhelmed by the support she has received from EGHS.

Nicole is now working at Willaura, still as a Catering Assistant, just closer to home. She loves working at EGHS and says she will not be leaving anytime soon.

Congratulations Nicole and the Support Services' team.



Nicole Townsend is pictured at the Worksafe Victoria Awards with EGHS Board Director Cameron Montgomery



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LIT SEARCHES

BY MICHELLE PITMAN
LIBRARIAN - GRAMPIANS HEALTH

Looking for easy ways to best serve your patients and clients? [The Library](#) is a go-to for EGHS staff wanting access to the best available evidence for clinical decision-making practice, education and research. For this reason, we supply our workforce with access to [discipline specific databases](#) and Librarian-mediated services such as literature searches.

How to ask the Library for a literature search?

Asking a Librarian to conduct your literature search will save you time and much stress. Grampians Health Librarians are trained to build precision search strategies, so you can be confident of the results. Once a search has been completed, we will email you with abstracts from which you can select and request access to full text articles. Fill in [the request form](#) or call us on 5320 4535 to get started.

For competent searchers, the Library offers a range of clinical databases, including Medline, CINAHL, PsycInfo, Cochrane Library and Joanna Briggs Institute. You'll find these linked on the

[Databases/Standards](#) tab on the Library website.



FIT TESTING UPDATE – NEW MASK TESTING UNDERWAY

BY BIANCA ROCHE
EXECUTIVE ASSISTANT & RESPIRATOR PROGRAM FIT TESTER

A testing phase has commenced for the new Care Essentials MSK-003 and MSK-003S. These masks are intended to be a replacement for the Halyard Fluidshield and BSN Proshield duckbill style masks. The Care Essentials MSK-003 and MSK-003S are an Australian made certified P2 respirator tested to the Ng5 NIOSH standard.

Care Essentials MSK-003 and MSK-003S feature a splash barrier which provides the highest-recognised level of splash protection. Synthetic blood penetration resistance: 160 mmHg (Level 3 Fluid Resistance). Electrostatically charged media filter, the electrostatically charged fibres in the filter media creates a tortuous path which captures at least 95% of all particles, including the most difficult at 0.3 microns when the respirator is securely fitted. Bonded straps and aluminium nose wire for optimal comfort, the two over-the-head straps are bonded, not stapled. The adjustable aluminium nose clip provides a secure seal that is adaptable to the contours of the face to support high individual fit. Optimal user comfort, the inner lining layer is soft and breathable for even greater comfort.

Testing of these masks will be combined with your annual refit or first fit as a new employee. Testing is also offered to students throughout their placements at EGHS.

If you were previously fit tested to a Halyard Fluid Shield or BSN Proshield duckbill please don't hesitate to reach out for earlier testing. All results are currently being reported to the Victorian Department of Health via VicRRP.

Upon completion of the testing and trial phase we will receive notice if these masks are successful for distribution around our facilities. Staff will be notified when this takes place. Currently as this is **ONLY** a testing period and will not be distributed for general use via the Supply department.

For fit testing bookings or enquiries please contact Bianca.

Email: Bianca.roche@eghs.net.au Phone: 5352 9478.



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SWALLOWING AWARENESS DAY

BY GABRIELLE HUTCHINS
HEALTH PROMOTION OFFICER

On Thursday the 16th of March East Grampians Health Service Speech Pathologist Meredith Quick ran a stall on the different thickened fluids and even some no-melt ice cream to raise awareness for the more than 1 million Australians that have dysphagia.

This was a great opportunity for staff to meet and greet with Meredith and gain some on the job education about the different levels of modified fluids.

This was a fantastic opportunity for staff to experience what it might be like for someone who would have these products as their only form of fluids.

This is was also a great opportunity for staff to ask Meredith any question they may have about different modified fluids and the different type of products that are available.

We are very lucky to have Meredith as part of the team here at East Grampians Health Service.



WHEELS THE THEME OF TOY LIBRARY PLAY DAY

BY JODIE HOLWELL
COMMUNITY LIAISON

The Ark Toy and Activity Library held its first themed play day in March.

The Toy Library will hold a themed day on a regular basis, and last month's theme was 'wheels', with trucks, cars, prams, bikes, trikes and pull along toys enjoyed by the children who attended.

The Toy Library is open every Wednesday from 10am-11.30am for toy borrowing and play time. Membership is free for all families.

Pictured below: These toddlers enjoyed playing with 'wheels' at the recent Play Day



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Atalia Chaplin

MY POSITION AT EGHS	ENROLLED NURSE GRADUATE
FAVOURITE AFL TEAM	GEE LONG CATS
FAVOURITE FOOD	ANYTHING HOT OR SPICY
FAVOURITE MUSIC	COUNTRY
INTERESTS	ADVENTURING, HIKING, PHOTOGRAPHY & ANIMALS
ONE THING I'M GOOD AT IS	COOKING
ONE THING I WANT TO DO IN MY LIFETIME IS...	TRAVEL TO JAPAN



Lisa Johnston

MY POSITION AT EGHS	ENROLLED NURSE GRADUATE
FAVOURITE FOOD	THAI FOOD
FAVOURITE AFL TEAM	ST KILDA
FAVOURITE MUSIC	MOST GENRES
INTERESTS	OUTDOOR ACTIVITIES
ONE THING I'M GOOD AT IS	SLEEPING
ONE THING I WANT TO DO IN MY LIFETIME IS...	TRAVEL TO THE ANCIENT WONDERS OF THE WORLD



Ruth Kaliszewski

MY POSITION AT EGHS	CONSUMER PARTNER
FAVOURITE AFL TEAM	GEE LONG
FAVOURITE FOOD	MOST THINGS SWEET & DIPS
FAVOURITE MUSIC	ANYTHING RELAXING
INTERESTS	BEEKEEPING, QUILTING, CRAFT WORK, COOKING, GARDENING
ONE THING I'M GOOD AT IS	ORGANISING THINGS
ONE THING I WANT TO DO IN THIS LIFETIME IS...	TRAVEL TO ITALY



Phurwa doma lama

MY POSITION AT EGHS	GRADUATE RN
FAVOURITE AFL TEAM	GEE LONG CATS
FAVOURITE FOOD	MOMO
FAVOURITE MUSIC	DEPENDS ON MY MOOD
INTERESTS	PAINTING & READING BOOKS
ONE THING I'M GOOD AT IS	COOKING & TRAVELLING
ONE THING I WANT TO DO IN THIS LIFETIME IS...	GO TO USA



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Bonnie McIlvride

MY POSITION AT EGHS *RN/RM*
FAVOURITE AFL TEAM *ST KILDA*

FAVOURITE FOOD *TACOS*
INTERESTS *HIKING AND TENNIS*

ONE THING I'M GOOD AT IS *MAKING PEOPLE FEEL COMFORTABLE*

ONE THING I WANT TO DO IN MY LIFETIME IS... *MAKING MEMORIES WITH FAMILY AND FRIENDS*



Brea Wooster

MY POSITION AT EGHS *ENROLLED NURSE*
FAVOURITE AFL TEAM *GEE LONG*

FAVOURITE FOOD *CHOCOLATE*
FAVOURITE MUSIC *TAYLOR SWIFT*

INTERESTS *READING AND NETBALL*
ONE THING I'M GOOD AT IS *ONLINE SHOPPING*

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



Nikolaus Wrobel

MY POSITION AT EGHS *MEDICAL STUDENT (DEAKIN)*
FAVOURITE AFL TEAM *LIVERPOOL (SOCCER)*

FAVOURITE FOOD *LASAGNE*
FAVOURITE MUSIC *ANYTHING ON THE RADIO*

INTERESTS *READING AND PHOTOGRAPHY*
ONE THING I'M GOOD AT IS *JUGGLING*

ONE THING I WANT TO DO IN MY LIFETIME IS... *SEE THE NORTHERN LIGHTS*



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70 LOWE STREET AND GARDEN VIEW COURT JOIN THE ARARAT MEN'S SHED

BY WENDY DUMESNY
RESIDENTIAL SUPPORT COORDINATOR

Gentlemen from both 70 Lowe Street and Garden View Court have recently joined the Ararat Men's Shed.

Each Tuesday they attend the men's shed where they enjoy catching up with friends. Games of pool are a great way to have some fun and for some of the men it's the first time they have played the game. They have now put in a request for a pool table at 70 Lowe Street.

The men have been discussing different projects they can collaborate on. One such project that is in the planning stages is the rebuild of our aging chicken house. This will be a joint project with the Men's Shed, residents and our maintenance department.



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EAST GRAMPIANS HEALTH SERVICE
ARK TOY AND ACTIVITY LIBRARY

EASTER EGG HUNT

THURSDAY APRIL 6 - 10AM



(PLEASE REGISTER FROM 9.30AM)



ALEXANDRA GARDENS - ARARAT

(MEET AT THE ROTUNDA NEAR THE CAFE)

\$5 PER CHILD (PRESCHOOL AGE)

RAISING FUNDS TO PURCHASE NEW TOYS AND
EQUIPMENT FOR THE TOY LIBRARY

Bookings required by Friday March 31
P: 5352 9387 E: jodie.holwell@eghs.net.au



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THE LUCK OF THE IRISH!

BY JODIE HOLWELL
COMMUNITY LIAISON

To be sure to be sure, residents from 70 Lowe Street and consumers from the Patricia Hinchey Centre were hoping for the luck of the Irish for their St Patrick's Day games.

Lots of fun and games were enjoyed by all and at the end of the day, everyone was a winner!



CHITTY CHITTY BANG BANG

BY JODIE HOLWELL
COMMUNITY LIAISON

Ararat Musical Comedy Society has assembled a strong cast for its June production of the beloved musical Chitty Chitty Bang Bang, including two EGHS staff members.

Lionel Holt and Maree Fraser-Croft have the two lead roles of Caractacus Potts and Truly Scrumptious, while Jodie Holwell is directing the production.

It's a family affair for Lionel and Maree, with Lionel's granddaughter Sophie and Maree's daughter Zyggye also in the production.

"It's a fantastic show, and while you may think it's just for kids, it's very funny with plenty of laughs ensured for adults who come along to see the show too," Jodie said.

Chitty Chitty Bang Bang will be staged at the Ararat Town Hall over two weekends in 2023, June 16-18 and 23-25.



Pictured are Maree and Lionel (at front) with the rest of the Chitty Chitty Bang Bang cast



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- ▲ Over 50 Market Stalls of local artisan goods, preloved items, and handcrafted gifts.
- ▲ Vintage /Classic Car and Motorbike Display
- ▲ John Vanderwaal Long Kick Competition @11.00am
- ▲ Live Music
- ▲ Community BBQ
- ▲ Country Kitchen Devonshire Tea

- ▲ Coffee Vans
- ▲ Kids' Activities including FREE Easter Egg Trail
- ▲ CFA Firewood Raffle
- ▲ Doggo Refreshment Stations
- ▲ Ample Free Onsite Parking
- Gold coin donation goes towards Moyston Community Improvement

Our sponsors



Ararat Rural City



Stall bookings and enquiries contact Fiona 0418 366 362
Email: moystoneastermarket@gmail.com



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STAFF FITNESS AND MODIFIED SPORT

BY RHYS LUXTON
PHYSIOTHERAPIST

Staff fitness runs every week on Tuesday at 5:15pm – 6:15pm. Gabby (health promotion) and I have organised once monthly modified sport during staff fitness time. These sports may include but are not limited to walking basketball, touch footy, soccer and softball.

Some of our favourite reasons to move include:

- More energy
- Strong muscles and bones
- Better mental health and cognitive function
- Lower risk of chronic conditions
- Improved heart health and fitness
- Less chance of falls

Staff fitness welcomes all staff of any fitness level to join us in a warm and inviting atmosphere. Normally held in the gym located at the Community Health Centre however, I will inform you of the location and type of exercises to be planned via the EGHS staff fitness Facebook group.

Please click the link to join:

<https://www.facebook.com/groups/272393883425954>

I look forward to seeing some new faces!

NEW ARRIVAL AT EGHS

BY JODIE HOLWELL – COMMUNITY LIAISON

Scott and Michaela Carey have welcomed the arrival of their son, Leo William Carey.

Baby Leo was born on February 27 2023 at East Grampians Health Service, weighing 3600 grams.

"We would love to thank all the wonderful staff and midwives at EGHS on helping us bring Leo into the world," Scott and Michaela Carey.



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WILLAURA MARKET THE BIGGEST YET!

By JODIE HOLWELL
COMMUNITY LIAISON

The Willaura Health Care Outdoor Market was a great success and the biggest yet, with more than 60 stall holders and a huge attendance.

The Market raised approximately \$8000 for Willaura Health Care and Parkland House Hostel.

The Willaura Health Care Auxiliary spends months planning this event and volunteers from around Willaura, and some of the other EGHS auxiliaries, come out to help on the day.

Congratulations to the Willaura Auxiliary and in particular, Jan Laidlaw, the Market Coordinator and President Heather Fleming.

Big thanks also to all stall holders, visitors, volunteers and major sponsors Ararat Rural City Council, Community Bank Willaura and Lake Bolac, and 101.3 Mixx FM 1089 3WM and The Weekly Advertiser (ACE Radio).



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STAFF CELEBRATE AT SEPPELT

BY SARAH CAREY

CHAIR, STAFF CELEBRATION COMMITTEE

EGHS held its first ever Staff Celebration – 'A Day in the Vines' - at Seppelt Winery in Great Western on Saturday March 18.

Everyone enjoyed an afternoon of entertainment on the lawn listening to the wonderful performances from local artists 'FYI' and Darrell 'Mud' Madex.

There was an array of food options for staff to help themselves to and plenty of drinks and games.

We would like to thank the vendors, local businesses that donated to our lucky door prizes and the staff for all getting behind our event and making it such a success!

Hopefully we see you all again next year!



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AIR FRYER TUNA AND SWEETCORN NUGGETS

INGREDIENTS

- 250g sebago (brushed) or golden delight potatoes, peeled, cut into 3cm pieces
- 150g cauliflower florets
- 425g can tuna in oil, drained, flaked
- 2 x 125g can corn kernels, drained
- 80g (1 cup) coarsely grated cheddar
- 2 eggs
- 50g (1/3 cup) plain flour
- 75g (1 1/2 cups) panko breadcrumbs
- Sour cream and sweet chilli sauce, to serve

METHOD

1. Cook the potato in a large saucepan of boiling water for 10 minutes or until tender. Drain. Return to pan.
2. Meanwhile, cook the cauliflower in a steamer basket over the saucepan of potatoes for 5-10 minutes or until tender. Transfer to the pan with the potato. Use a potato masher to mash potato and cauliflower until smooth. Transfer to a large bowl and set aside to cool slightly.
3. Line two baking trays with baking paper. Add the tuna, corn and cheese to the potato mixture and stir until well combined. Season. Shape heaped tablespoonfuls of the potato mixture into balls. Transfer to 1 of the prepared trays. Flatten slightly.
4. Whisk the eggs in a bowl. Place the flour and breadcrumbs in separate shallow bowls. Working one at a time, carefully coat the nuggets in flour and shake off excess. Dip in egg and turn to coat, allowing excess to drip back into bowl. Dip in breadcrumbs, pressing gently to coat. Arrange in a single layer on remaining tray and spray with oil.
5. Lightly grease the air fryer basket with oil. Place a batch of nuggets (spaced about 3cm apart) into the air fryer basket. Cook at 200C, turning halfway through cooking, for 12 minutes or until golden. Repeat with remaining nuggets, in batches. Serve warm with sweet chilli sauce and sour cream for dipping.



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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