



# EGHS ECHO



East Grampians  
Health Service

NOVEMBER  
2023

## FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH  
CHIEF EXECUTIVE



Welcome to the November edition of the Echo.

Community support for East Grampians Health Service staff continues to be strong with significant funding available for our staff to train and build their skills. East Grampians Health Service Building for the Future Foundation is continuing to build its asset base with donations and bequests from the community. These funds are allocated for the exclusive benefit of the health service.

The Foundation has over \$3.0 million invested in a share portfolio to maximise growth potential so it can invest back into the health service. The fund continues to grow due to the work of the trustees who provide the vision and leadership to the community. The community increasingly feel comfortable leaving funds in their wills or making donations to the Foundation.

The Foundation provides oversight of the management of a 380-acre farm near Willaura. The farm was left to Ararat Hospital in the 1930s. The farmland is leased by a local farmer who provides rental payments to the Foundation. You might ask why farmland continues to support the health service. The owner of the farmland stipulated in their will that the land would never be sold.

Government guidelines prescribe that four per cent of the principal of the Foundation needs to be spent every year. As the principal has continued to grow with capital growth of the share portfolio and an increase in bequests and donations, the Foundation with the support of the EGHS Board will be looking to increase its annual allocations to the health service.

A key area of focus for the Foundation is building the skills and capacity of the local community members who work at the health service. This has seen many staff commence in semi-skilled roles to now be clinical and manager leaders at the health service.

Since 2011, 43 staff have received scholarships. These have been used to develop careers in enrolled nursing, upgrading to a bachelor of nursing. A key focus has been general nurses to midwives. Eight nurses have undertaken this training.

CE Report cont. Page 2

## IN THIS ISSUE...

- ❖ From the Chief Executive's Desk
- ❖ EGHS a finalist in Victorian Public Healthcare Awards
- ❖ New Board Directors appointed at EGHS
- ❖ EGHS recognizes long serving volunteers
- ❖ The Pregnancy Research and Translation Ecosystem (PRT-E)
- ❖ EGHS offers public health service access to egg collection for IVF
- ❖ Healthy@Home participants come together for annual morning tea
- ❖ Pumpkin competition will be hotly contested
- ❖ 70 Lowe Street residents exhibit at Ararat Gallery TAMA
- ❖ Welcome New EGHS Staff
- ❖ October Breast Cancer Awareness Month
- ❖ Garden View Court residents bikers for a day
- ❖ Staff Fitness and Modified Sport
- ❖ Memorable Visit to Military display
- ❖ Budding artists at Garden View Court
- ❖ Grandfriends of young and old
- ❖ Recipe of the Month



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CE Report cont.

The scholarships have been allocated by the East Grampians Health Service Building for the Future Foundation, Freemasons, Joe and Monika Kapp, the Laidlaw family, and Epworth Healthcare Group, totaling over \$440,000.

We advertise the scholarships and invite EGHS staff apply. This allows the health service and the community, led by the Foundation, to support them to develop their careers and develop the health service.

I was very pleased to be advised that East Grampians Health Service was announced as one of three finalists in the Health Service of the Year medium-sized health service out of eighteen health services in the

category. The other finalists are South West Healthcare Warrnambool and Echuca Regional Health. After spending three years at Echuca as its Chief Executive it would give me great delight to beat Echuca!

One thing the health care awards do is showcase the great teamwork of the East Grampians Health Service team. Key measures that led to becoming a finalist are strong results in the Victorian Health Experience survey results. This is what the patients say about us and our care. Another key measure is the Victorian People Matter Survey results. These are the staff satisfaction results for all Victorian public health services.

Well done and thank you.

## EGHS A FINALIST IN VICTORIAN PUBLIC HEALTHCARE AWARDS

BY JODIE HOLWELL  
COMMUNITY LIAISON

East Grampians Health Service has been selected as a finalist in the 2023 Victorian Public Healthcare Awards.

EGHS has been recognised in the Premier's Medium Health Service of the Year category.

The awards are a celebration of excellence in public healthcare and acknowledge the achievements of Victoria's healthcare workers, volunteers, and public health services. EGHS is one of three health services, along with Echuca Regional Health and South West Healthcare, to be shortlisted in this category.

EGHS chief executive Nick Bush said being recognised and nominated for the award for the second year in succession was a great achievement.

"We're incredibly proud of this achievement, which is a testament to the hard work, dedication, and innovation of our team," Mr Bush said.

"Our Board, staff, in conjunction with our 150 volunteers and four auxiliaries, work collaboratively and creatively to deliver on our commitment of improving our community's health and quality of life."

Mr Bush said EGHS has developed a reputation as a collaborative, innovative and progressive health service, which is a leader in the delivery of safe, high quality, acute, residential and primary care.

"We have achieved several milestones in the past year, including the establishment of a new obstetric model, an innovative medical student training program, and the introduction of a Home Support program," Mr Bush said.



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# NEW BOARD DIRECTORS APPOINTED AT EGHS

BY JODIE HOLWELL  
COMMUNITY LIAISON

East Grampians Health Service has welcomed three new Board Directors.

The Victorian Minister for Health Maryanne Thomas has appointed Marian College teacher Megan Shea, Human Resources Consultant Lisa Davidson and ABC Radio program maker Debbie Rybicki to the EGHS Board.

Both Ms Shea and Ms Davidson are from the local area, Ararat and Great Western respectively, while Ms Rybicki hails from Buninyong.

With an interest in health and having taught VCE Health and Human Development and junior health for many years, Ms Shea said she applied to join the board as she wanted to expand her knowledge about the operational side of the health system.

"I am looking forward to learning and growing – I am surrounded by some very professional and experienced people who I admire, and I am excited to further develop my knowledge of the health system and governance," she said.

Ms Davidson said the Board had previously indicated in interest in attracting applicants with Human Resources skills and when the opportunity came up again, she felt in a better position to be able to commit the time.

"The service provided by the organisation is crucial, and as a user of the services myself, I was keen to contribute my skills and expertise to its continued success," she said.

"I also had some exposure to the hospital through being a volunteer member of the Community Consultative Committee and was impressed with the approach of the Board and the CEO from what I had experienced through that forum.

"As a Board Director, I am excited about the potential to contribute to the service. I look forward to being actively involved in strategic decision-making processes and contributing what I can based on my skills and background."

As a healthcare professional and communications specialist, Ms Rybicki said by joining the Board she hoped to leverage off the unique value she could contribute to the strategic leadership of public health care delivery.

"I am looking forward to working with a skills focused Board to improve the health and wellbeing of the community," she said.

All three new Directors are enjoying their time working with the Board.

"Getting to know the other Directors has been great, there is a shared passion to serve the local community," Ms Rybicki said.

Ms Davidson agreed, saying that she has really enjoyed the opportunity to engage with fellow board members, executives and employees.

"Collaborating with individuals who are equally passionate about the service's success has been a rewarding experience and I am thrilled to be part of a dynamic team," she said.

Seeing familiar faces on a tour of EGHS has been a highlight in the early days of being a Board Director for Ms Shea.

"It was really lovely to see past students who I have taught or coached (in netball), now working and happy in their chosen profession," she said.

East Grampians Health Service Board has re-elected Ken Weldin as Chairperson, continuing in the position he has held for the past year.

If you would like an update on the developments at East Grampians Health Service, you are invited to attend the Annual General Meeting on Tuesday November 28 at the Willaura Memorial Hall, commencing at 6pm. Please RSVP to Jo Summers on 5352 9303 or [jo.summers@eghs.net.au](mailto:jo.summers@eghs.net.au)



*Pictured above: New EGHS Board Directors Megan Shea, Lisa Davidson and Debbie Rybicki*



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# EGHS RECOGNISES LONG SERVING VOLUNTEERS

BY JODIE HOLWELL  
COMMUNITY LIAISON

East Grampians Health Service has recognised the work and support of its 150 volunteers at the 18th Volunteer Service Recognition Awards.

At the awards, 15 volunteers were recognised for five, 10, 15 and 20 years, and an outstanding 25 years of service by Willaura Health Care Auxiliary volunteer Heather Fleming and East Grampians Health Service Auxiliary volunteers Leonie King and Kathryn Tucker.

Guest speaker at the awards was The Ararat Advocate owner/editor Craig Wilson, who provided an interesting insight into the newspaper business.

A champion of volunteering, Mr Wilson said if it wasn't for all the volunteer work carried out in Ararat, which then filtered through to stories in the Advocate, there wouldn't be community newspapers such as his.

The event was attended by EGHS executive, staff and volunteers and hosted by EGHS Board Vice Chair Cam Evans, with awards presented by Board Director Lisa Davidson and entertainment provided by staff member Lionel Holt.

EGHS chief executive Nick Bush paid tribute to the 150 volunteers who work across many different areas of the health service, including the EGHS Auxiliary, Residents' Support Group, Ark Toy and Activity Library Auxiliary, Willaura Health Care Auxiliary, Oncology, Red Cross, Garden View Court, 70 Lowe Street and the Patricia Hinchey Centre.

"Our extraordinary volunteers are an integral part of our EGHS community, and we are here to celebrate their outstanding efforts," Mr Bush said.

"Volunteers dedicate countless hours to enrich the lives of our patients, residents and consumers and our staff appreciate their support.

"They provide comfort and care to those in need, and this does not go unnoticed. They have become part of the fabric of East Grampians Health Service.

"Congratulations to all our long service award recipients."

Other awards presented included: 20 years – Kimbra Christie (EGHS Auxiliary); 15 years – Kaye Chamings (Ark Toy and Activity Library), Chris Clark (Residents' Support Group), Jan Laidlaw (Willaura Health Care Auxiliary), Helenmary MacLeod (Willaura Health Care Auxiliary); 10 years – Elaine Richie (Ark Toy and Activity Library); 5 years – Glenys Andrew (Consumer Representative), John Richardson (Garden View Court Hotel), Michelle Swanwick (70 Lowe Street), Sherrie Hunt (Patricia Hinchey Centre), Wayne Mortensen (Patricia Hinchey Centre and Willaura), Adele Coutts (Willaura Health Care Auxiliary).

(More photos on page 4 and 5)



*Pictured: Heather Fleming and EGHS Board Director Lisa Davidson*



*Pictured: Kathryn Tucker and EGHS Board Director Lisa Davidson*



*Pictured: Leonie King and EGHS Board Director Lisa Davidson*



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**The East Grampians Health Service**  
**Christmas Choir**

Will perform around the health service during December

**ALL STAFF AND COMMUNITY MEMBERS WELCOME TO JOIN**

No auditions, no solo singing, just a chance to get together, sing some Christmas carols and brighten the lives of people in hospital and at our aged care facilities over the Christmas period



*Far-lar-lar-lar-lar-lar-lar-lar!*

**Rehearsals**  
 Thursdays, November 9th-30th  
 12.30pm  
 Toy Library - Community Health Centre



*Far-lar-lar-lar-lar-lar-lar-lar!*

**Performances throughout the health service in December**

For further information contact Jodie Holwell on 5352 9387 or [jodie.holwell@eghs.net.au](mailto:jodie.holwell@eghs.net.au)



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## THE PREGNANCY RESEARCH AND TRANSLATION ECOSYSTEM (PRT-E) JOIN US IN IMPROVING MATERNAL AND INFANT HEALTH

PRT-E is a unique research initiative built on partnerships with a diverse community of pregnancy care stakeholders.

We're a collaborative group of pregnancy care clinicians, community members and researchers working together to develop locally relevant and innovative solutions to complex challenges facing pregnancy care.'

Our work is focused on three important areas for action, generating and implementing high quality evidence to address these issues and improve maternal and infant health.

1. Optimising caesarean section rates
2. Addressing rising rates of perinatal depression and anxiety
3. Improving the proportion of women meeting dietary guidelines in pregnancy

We are looking for pregnancy care clinicians, community members and researchers to join us in this important work. To find out more or get involved, visit the [PRT-E website](http://PRT-E website) or email [prte@deakin.edu.au](mailto:prte@deakin.edu.au)



## EGHS OFFERS PUBLIC HOSPITAL ACCESS TO EGG COLLECTION FOR IVF

BY JODIE HOLWELL  
COMMUNITY LIAISON

East Grampians Health Service is now providing free public hospital access to egg collection for women undertaking IVF.

Currently 20 per cent of Victorians live in regional areas, but only five per cent of IVF services are provided regionally.

EGHS has a long-standing relationship with Obstetrics and Gynaecology Ballarat and Ballarat IVF, providing high quality women's health services to local women.



*Pictured above: Dr Michael Bardsley and Judi Debney from East Grampians Health Service, with the equipment used for the egg collection procedure*

In a step to enhance the quality and range of fertility treatments available, EGHS now provides public hospital access to egg collections for women undertaking IVF.

There is zero cost to patients for this part of their IVF treatment.

This new service represents a major saving of the costs for IVF patients in this area.

"We are very excited to be working with EGHS to provide this new cost saving fertility service," Dr Michael Bardsley, Clinical Director of Ballarat IVF, and Director of Obstetrics and Gynaecology at EGHS, said.

"Having zero cost egg collections as part of IVF treatment makes it more affordable and accessible for regional women and families."

All other components of IVF, including consultations in Ballarat, implantation, and follow up treatment and appointments occurs in Ballarat and will be a private service with associated costs.

EGHS Director of Medical Services Dr Kaushik Banerjee, said the equipment for this service is now available at EGHS and EGHS staff have been trained in this procedure.

"We are pleased to be able to offer this component of IVF in Ararat at East Grampians Health Service and free of charge to women from the region," Dr Kaushik said.



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# HEALTHY@HOME

## PARTICIPANTS COME TOGETHER FOR ANNUAL MORNING TEA

BY JODIE HOLWELL  
COMMUNITY LIAISON

The East Grampians Health Service Healthy@Home program held its annual morning tea at the Alexandra Oval Community Centre, which is an opportunity for EGHS Healthy@Home participants to come together with Healthy@Home staff in an informal and relaxed environment.

Guest Speaker, Healthy@Home consumer Keith Little, was well received, speaking about his experiences during a six-year teaching tenure in Papua New Guinea.

EGHS staff member Kelly Tillig, Coordinator of the new Carer Support Program, also introduced information on the newly developed program

designed to offer 'carers' a casual and supportive environment in which to meet and socialise with other carers.

Healthy@Home is a free telephone support service aimed at assisting people to remain healthy and independent in their home.

The Healthy@ Home program is accessible to anyone 18+ years of age who are at risk of hospital admission due to frailty, lack of social support or who have chronic or complex health conditions.

At present the program is providing calls for up to 150 consumers each week, servicing East Grampians, Beaufort and Skipton and East Wimmera health services' regions.

If interested in the Healthy@Home program, contact can be made through the EGHS web page - search Healthy@Home under the Community Services tab or alternatively contact program Coordinator Kim Brodie 53529328 to ask any questions or assess suitability for the program.

For information on the EGHS Carer Support Program contact program Coordinator Kelly Tillig 53529327.



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# PUMPKIN COMPETITION WILL BE HOTLY CONTESTED!

The Moyston Easter Market organisers are calling out for keen gardeners to grow their biggest pumpkins for a special competition next Easter.

Green thumbs at Garden View Court have already planted their seeds and will be keeping a close eye on their pumpkins as they grow over the next few months.

Perhaps we could have our own competition between our aged care facilities – who can grow the biggest pumpkin?!



## The Moyston Easter Market

Saturday 30<sup>th</sup> March 2024  
presents

# Grow your own **Giant Pumpkin Competition**

And other categories including:

- Biggest squash**
- Best decorated pumpkin**
- Most unusual pumpkin**



Not sure where to start?  
Expert advice and quality seeds  
available from our supporter,  
Steve Hughsan  
At J. & M. Hughsan Nursery  
72 Barkly St, Ararat  
53521123

Rules: 1). Have your entries submitted by 0900hrs (30.3.24) at the Moyston oval. 2). \$2 entry fee for each submission. 3). Competition winners announced at 1300hrs. 3). Have fun!  
 Queries: moystoneastermarket@gmail.com



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## EGHS Residents' Support Group **Shopping Spree Week**

**Friday November 10th -  
Thursday November 16th 2023**

Join the 2023 Shopping Spree to support our local businesses, pick up some great bargains and go into the draw to win a voucher from participating businesses.

**\$20 PER PERSON**  
(Cash only)

Purchase your passport at CAS Footwear, 2Taggs, Sportspower, We're Knot Crazy and Growmaster Grampians, from Friday October 27th.

Many businesses will remain open until 7pm on Thursday November 16th.

Raising funds for new outdoor furniture for residents at 70 Lowe Street.

For further information, phone Marlene on 0419 117 279.



Zest Living  
Lyal Eales  
2Taggs  
RACV Shop  
Latus Jewellers  
CAS Couture  
CAS Footwear  
Something Beautiful  
We're Knot Crazy  
Ararat Sportspower  
Fosters Mensland  
Growmaster Grampians  
Toyz on Barkly  
Grampians First Aid  
Miners Ridge Vineyard  
Lardner Bros  
Dollar Curtains and Blinds  
Hughan's Nursery  
Autopro & Jaycar Ararat  
Ararat Authorised Newsagency  
Mountainside Wines



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# 70 LOWE STREET RESIDENTS EXHIBIT AT ARARAT GALLERY TAMA

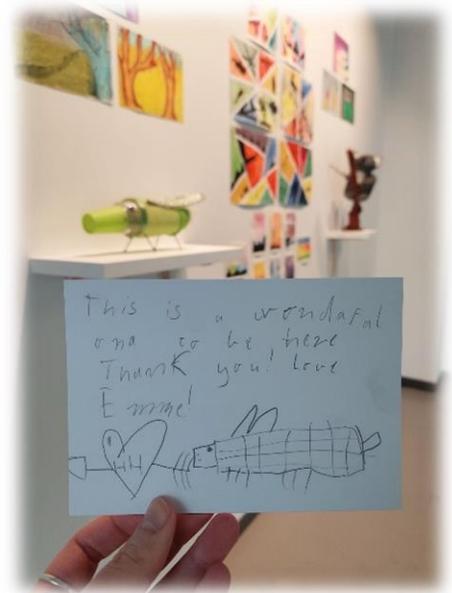
By **WENDY DUMESNEY**  
RESIDENTIAL SUPPORT COORDINATOR

There is an outstanding exhibition presently at the Ararat Gallery TAMA featuring works by the residents of 70 Lowe Street.

The exhibition features a number of art works using different mediums and includes a magnificent koala made with paper mache.

There is also an interesting insect, constructed using recycled materials. Frank was thrilled to receive a message from one young girl who thought his work was wonderful.

The gallery recently hosted the residents, family and friends to the opening which was also attended by Ararat Rural City Mayor Jo Armstrong.



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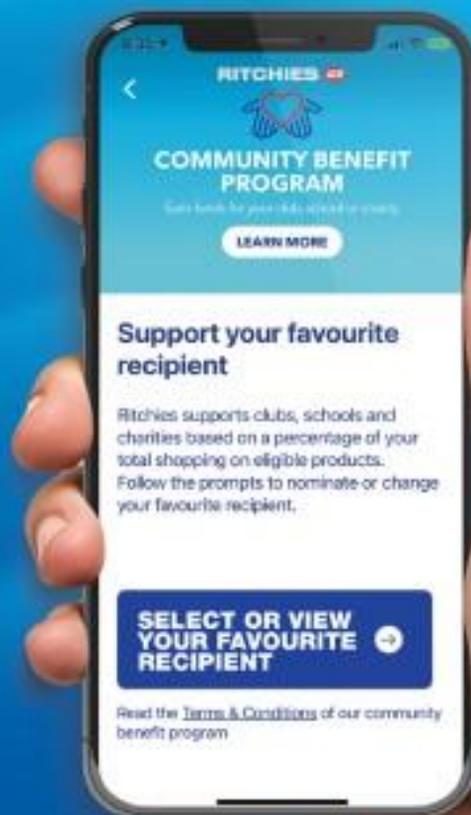
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# WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

## Jodie Barrie

**MY POSITION AT EGHS** *CATERING/CLEANING ASSISTANT*

**FAVOURITE AFL TEAM** *BULLDOGS*

**FAVOURITE FOOD** *DIFFERENT SALADS*

**FAVOURITE MUSIC** *80s AND 90s*

**INTERESTS** *PETANQUE*

**ONE THING I'M GOOD AT IS** *BAKING*

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



## Lisa Cameron

**MY POSITION AT EGHS** *RECEPTION/ADMIN ASSISTANT*

**FAVOURITE AFL TEAM** *COLLINGWOOD*

**FAVOURITE FOOD** *MEDITERRANEAN FOOD*

**FAVOURITE MUSIC** *70s AND 80s*

**INTERESTS** *GOLD DETECTING, HUNTING, FISHING & MOTORBIKE RIDING*

**ONE THING I'M GOOD AT IS** *OUTDOOR ACTIVITIES*

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



## Gurvir Gill

**MY POSITION AT EGHS** *CLEANER/PORTER*

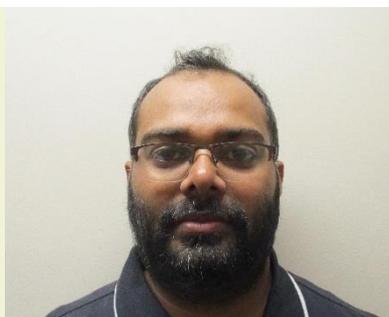
**FAVOURITE AFL TEAM** *GEELONG CATS*

**FAVOURITE FOOD** *BUTTER CHICKEN*

**FAVOURITE MUSIC** *INDIAN MUSIC*

**INTERESTS** *COOKING*

**ONE THING I WANT TO DO IN MY LIFETIME IS...** *MICHELIN STAR CHEF*



## Graeme Holmes

**MY POSITION AT EGHS** *PROJECT OFFICER - CHILD CARE*

**FAVOURITE AFL TEAM** *NORTH MELBOURNE*

**FAVOURITE FOOD** *PIZZA*

**FAVOURITE MUSIC** *PRE 2000s MUSIC*

**INTERESTS** *READING, HISTORY, GROWING ROSES, FAMILY*

**ONE THING I WANT TO DO IN MY LIFETIME IS...** *WRITE A BOOK*



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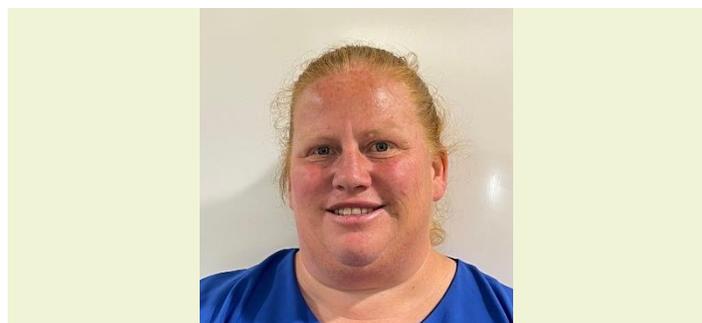
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## Clare Kenny

MY POSITION AT EGHS	HEALTH CARE WORKER
FAVOURITE FOOD	FRUITS
FAVOURITE MUSIC	ALL TYPES OF MUSIC
INTERESTS	CROSS STITCH & EMBROIDERY
ONE THING I'M GOOD AT IS	DOING MY JOB
ONE THING I WANT TO DO IN MY LIFETIME IS...	GO BACK TO ENGLAND TO VISIT FAMILY



## Adaw Majuk

MY POSITION AT EGHS	HEALTH CARE WORKER
FAVOURITE AFL TEAM	COLLINGWOOD
FAVOURITE FOOD	BUTTER CHICKEN AND SALAD
FAVOURITE MUSIC	AFRO BEATS MUSIC
INTERESTS	NURSING, BASKETBALL AND NETBALL
ONE THING I'M GOOD AT IS	COOKING
ONE THING I WANT TO DO IN MY LIFETIME IS...	BE SUCCESSFUL



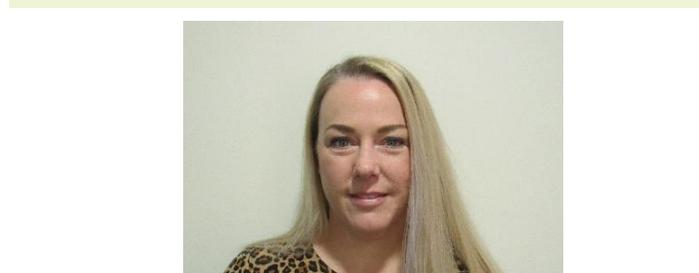
## Kylie Phillips

MY POSITION AT EGHS	PHARMACY TECHNICIAN
FAVOURITE AFL TEAM	ST KILDA
FAVOURITE FOOD	CHOCOLATE BROWNIES
INTERESTS	BAKING, CAMPING, TRAVELLING AND HIKING
ONE THING I'M GOOD AT IS	BAKING
ONE THING I WANT TO DO IN MY LIFETIME IS...	TRAVEL AS MUCH AS POSSIBLE



## Rebecca Rodney

MY POSITION AT EGHS	RECEPTIONIST - COMMUNITY HEALTH
FAVOURITE AFL TEAM	AT THE RISK OF BEING DEPORTED FROM VIC, I HAVE NEVER SEEN A GAME
FAVOURITE FOOD	JAPANESE & KOREAN
FAVOURITE MUSIC	80S AND 90S ROCK
INTERESTS	RENOVATING & READING
ONE THING I'M GOOD AT IS	ORGANISING
ONE THING I WANT TO DO IN MY LIFETIME IS...	LIVE NEAR THE BEACH



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ALLANVALE ON THE LAWN

# *Celebrating 100 Years*

1334 Western Highway, Great Western VIC 3374

Sunday 5th November 2023  
10am - 4pm

Not usually open to the public, this is a special limited event to experience the beautiful & historic grounds of Allanvale Homestead for yourself.

Gates open at 10am - \$15 per person

Catering & beverage options will be available to purchase including a gourmet BBQ, delicious garden party sweets, and a selection of beautiful local wines from Best's Wines, Miner's Ridge Vineyard & Kimbarra.

Limited guided tours will also be available on the hour between 11am - 3pm for a per person cost, please enquire upon arrival to book.

For more information please visit the QR code below.



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# OCTOBER BREAST CANCER AWARENESS MONTH

BY JODIE HOLWELL  
COMMUNITY LIAISON

October was Breast Cancer Awareness Month. Did you know over 3200 Australians will lose their lives to breast cancer this year?

Breast screening reduces deaths from breast cancer. A recent study showed that breast cancers detected by breast screening through BreastScreen (Australia's national breast screening program) had a 54% to 63% lower risk of causing death compared to breast cancer diagnosed in women who have never been screened through BreastScreen.

For information or advice contact EGHS Breast Care Nurse, Sarah Carter (pictured below) on 5352 9327.



*Pictured are Perioperative team staff Alex Prockter (right) and Leah Seebohm (above) who participated in and finished the Melbourne Marathon on the 16th October – Well done Alex and Leah!*



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# GARDEN VIEW COURT RESIDENTS BIKERS FOR A DAY!

BY JODIE HOLWELL  
COMMUNITY LIAISON

The roar of motor bike engines filled the halls and gardens at Garden View Court, when a group of local bikers, some from the Ararat Motorcycle Club, and one a volunteer, visited for a sausage sizzle and chat.

It was a great afternoon which came from a conversation between Debbie Francis, a daughter of a resident and keen biker and Leisure and Lifestyle officer Janette Briscoe.

The bikes created great interest and many residents took the opportunity to sit on the bikes and pose for photographs.

Thanks to the local bikers who took time out of their day to bring joy to our residents at Garden View Court.



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*Pictured above: Staff and residents at Garden View Court got into the spirit of Halloween and had plenty of fun with ghoulish costumes!*

# STAFF FITNESS AND MODIFIED SPORT

**BY RHYS LUXTON – PHYSIOTHERAPIST**

Staff fitness runs every week on Tuesday at 5:15pm – 6:15pm. 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!



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# MEMORABLE VISIT TO MILITARY DISPLAY

BY LIONEL HOLT  
PATRICIA HINCHEY CENTRE LEISURE & LIFESTYLE

In October, the Patricia Hinchey Centre Men's Business group have been out in the community reestablishing connection.

One memorable visit was to the Military display in Horsham prompting many childhood memories of wartime Australia and Scotland.

Many of the men had worked on or driven machines such as the Ford Blitz against which the group is pictured.

Of the men in the group, there are retired service men, SEC and PMG managers, bus and truck drivers, salesmen and farmers.

Other outings have included trips to the botanical gardens in Ballarat, and a lunchtime concert at the town Hall.



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# BUDDING ARTISTS AT GARDEN VIEW COURT

BY PAM WHEELER

LEISURE & LIFESTYLE COORDINATOR

During October's Victorian Seniors' Festival for 2023, Garden View Court residents participated in some of the activities Ararat Rural City Council organised.

Activities included a trip to the library to watch a movie and visit to the Ararat Gallery TAMA to participate in a paper collage workshop with 'That Paper Joint'.

Two residents, Bev and Alice, had a great time and were thrilled to have their collages framed and mounted.

A big thank you to the Gallery team and 'That Paper Place' staff for the wonderful job they did and the support they gave to Bev and Alice to make them feel so welcome.

The Gallery was impressed with the artworks made by Bev and Alice and will be placing them in the Barkly Street Laneway Boxes (between the Reject Shop and Lyal Eales) over the holiday period.



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# GRANDFRIENDS OF YOUNG AND OLD

BY JODIE HOLWELL  
COMMUNITY LIAISON

Ararat Early Learning Centre children joined their Grandfriends from Patricia Hinchey Centre and Gorrinn Village for music and fun in Alexandra Gardens.

Despite the chilly weather, singing and dancing warmed everyone up!

Organised by EGHS Patricia Hinchey Centre Leisure and Lifestyle officer Lionel Holt and daughter Isabel Nancarrow from the Ararat Early Learning Centre, the Grandfriends of young and old, and children's parents, carers and friends were joined by 48 children from Ararat Early Learning Centre.

"We originally dreamed up this event as part of the Golden Gateway Festival, and it turned out it also landed in Children's Week and Seniors' month! Such a wonderful way to celebrate young and old," Ms Nancarrow said.

Lionel Holt, a talented musician, lead the singing and kept everyone involved and engaged.

This event is just one of many occasions Grandfriends and children have come together.

Ms Nancarrow said Ararat Early Learning Centre has been working with EGHS, particularly Lowe Street and Garden View Court since 2018, enjoying fortnightly visits throughout 2018.

In 2019 the childcare centre moved across town and the visits changed to monthly, made possible by sponsorship from VLine who paid for bus transport. Unfortunately COVID-19 prevented the visits continuing for a few years.

"In 2023 we have been building new grandfriend relationships with Gorrin Village independent living unit residents who we visit for picnics, composting and had all our emergency service visits with this year, and Patricia Hinchey Day Centre, where we visit monthly for music and craft," she said.

EGHS chief executive said the bonds formed between children and their Grandfriends from the Patricia Hinchey Centre and Gorrinn Village was great to see.

"I would like to extend my thanks to Lionel Holt and Isabel Nancarrow for planning the event in Alexandra Gardens and fostering the friendships between the children and their older friends," he said.

Ms Nancarrow thanked Gorrinn Village for helping provide, transport and set up chairs for grandfriends and also thanked EGHS and Gorrinn Village for their ongoing support of the intergenerational events.

**More Photos on Page 22**



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# SPRING VEGETABLE LASAGNE

## INGREDIENTS

- 30g butter
- 1/4 cup plain flour
- 1 1/2 cups milk
- 1 bunch asparagus, trimmed, thickly sliced
- 2 zucchini, cut into ribbons
- 2 green onions, trimmed, cut into 8cm lengths
- 1 bunch English spinach, trimmed
- 10 dried instant lasagne sheets
- 1 cup frozen peas
- 250g fresh ricotta
- 2 roma tomatoes, thinly sliced
- 2/3 cup chopped fresh basil leaves
- 1 cup grated pizza cheese
- Extra basil leaves, to serve

## METHOD

1. Preheat oven to 200°C/180°C fan-forced.
2. Melt butter in small saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, 3 minutes or until sauce boils and thickens. Remove from heat. Season with salt and pepper.
3. Bring a medium saucepan of salted water to the boil. Add asparagus, zucchini and onion. Boil for 2 minutes. Remove with slotted spoon. Drain on paper towel. Add spinach to pan. Cook for 1 minute or until wilted. Remove with slotted spoon. Squeeze out excess moisture when cool enough to handle. Roughly chop.
4. Cover the base of a 20cm x 28cm (8 cup- capacity) ovenproof dish with 2/3 cup white sauce. Layer 1/4
5. Top with 1/3 of remaining lasagne sheets, 1/2 spinach, and 1/2 remaining ricotta. Repeat. Top with remaining lasagne sheets and remaining white sauce. Arrange tomato and basil leaves on top. Sprinkle with cheese.
6. Bake for 45 minutes or until golden and pasta is tender. Serve with extra basil leaves.



## EGHS ECHO

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The Echo is published on the 4<sup>th</sup> 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](mailto: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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