



EGHS ECHO



East Grampians
Health Service

APRIL
2024

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FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH
CHIEF EXECUTIVE



The season is starting to change with cool nights and warm days coming in. Easter is a beautiful time in Ararat and the Grampians region. One of my most enjoyable events of the year is the time-honoured Stawell Easter Gift. I can proudly recall the names of many of the winners from my childhood years.

The health service's operations that are planned are well underway. The theatre is at full capacity with the two theatres working in unison for most of the days per week. This will be the first calendar year this has occurred. The theatre services provide much-needed care to the residents of the local area and for patients from Ballarat.

With the significant increase in services, we have needed to increase the number of anaesthetists,

surgeons, nurses and support staff to care for the increase in patient numbers. This is a great boost for the health service and a financial bonus for the local community. We are endeavouring to employ as many of these people from the local area or encouraging them to relocate to the area to harness the financial and social capital this brings.

The requirement of providing housing for those who choose to lease or not permanently live in Ararat requires us to rent 23 properties in Ararat. We are working with the state government and local landowners to try and secure land close to the health service. This will allow us to construct purpose-built accommodation. A key requirement of the facility is to allow staff to walk to the health service. This assists accessibility for staff when on-call for the health service.

We are in very early negotiations to purchase some land in the local area. Unfortunately, negotiations to secure some or all of the former knitting mill site on the north side of Lowe Street have been unsuccessful.

The recruitment for the 2025 intake of students for the Deakin Medical School at Ararat is well underway. The first-year students are engaged and all performing well. I am pleased we currently have a 100% retention rate.

Cont. page 2



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CE Report cont.

In 2025 we will have first and second-year medical students at EGHS Ararat. In 2026 it is hoped that third-year students will follow the long-established pathway of learning in the local GP clinics. Ararat Medical Centre has had these students since the inception of the Deakin Medical course in the late 2000s.

As a proud Wimmera resident, I am hopeful that the academic results can be equal to or superior to Geelong. If the results are strong, it will reinforce the viability of rural training as well as give us a great platform to build and grow training in all rural communities. This will give our local young people the opportunities they deserve.

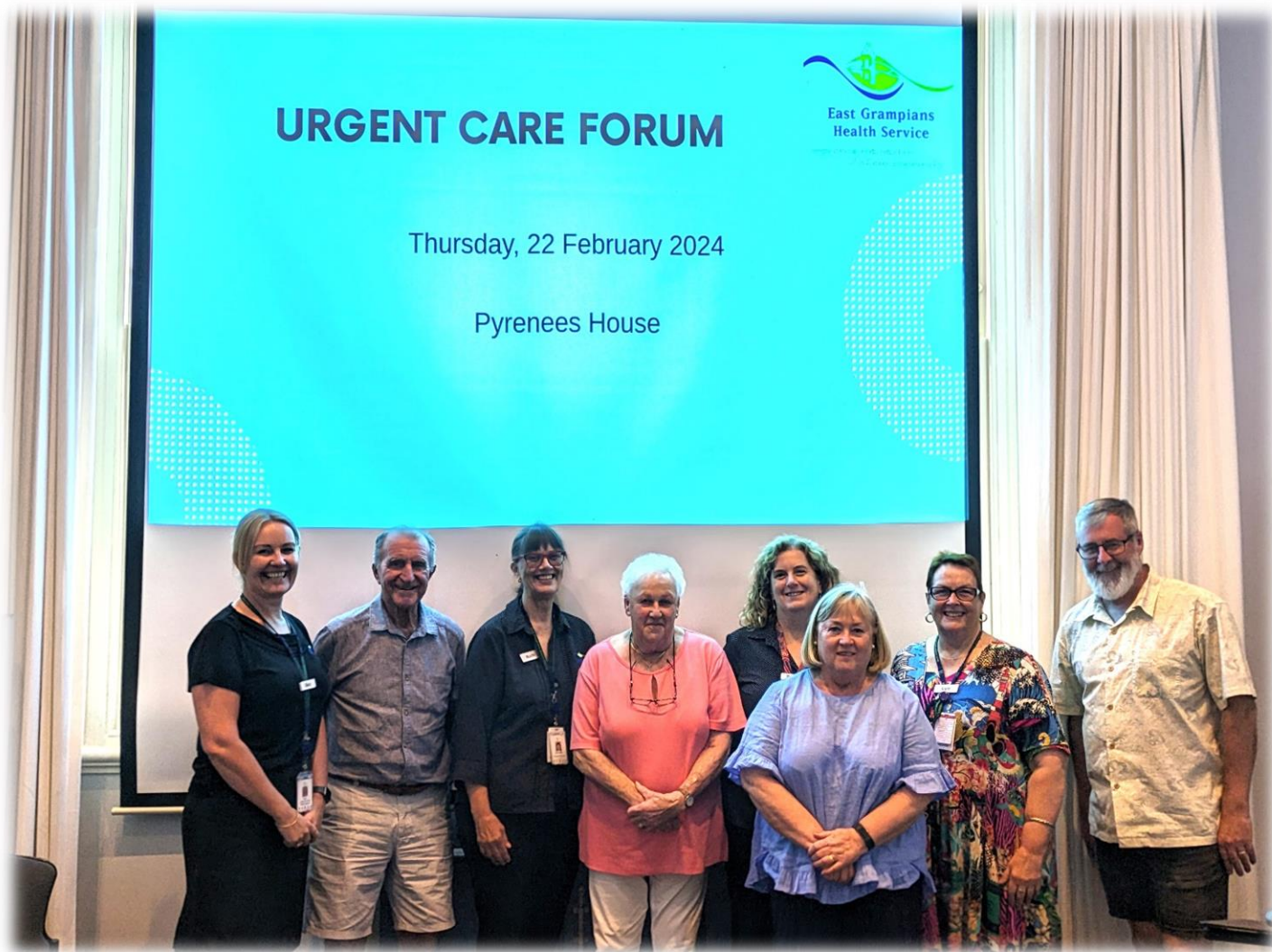
URGENT CARE FORUM

BY JACLYN BISHOP

MANAGER - DEVELOPMENT & IMPROVEMENT

East Grampians Health Service conducted an Urgent Care Consumer Forum, with members of the community invited to attend to provide opinions, share experiences and make suggestions for future improvement of urgent care services.

Pictured at the forum are EGHS Deputy Director of Clinical Services Bec Peters, Wilf Dickeson, Consumer Partner Ruth Kaliszewski, Heather Lockland, Manager of Midwifery and UCC Tracey Walters, Sandra Dickeson, Lyn Russell and Roy Reekie.



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TEAM RAISING FUNDS FOR SPECIALISED MATTRESSES

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service's Cranks and Defibrillators will embark on the gruelling 520-kilometre Murray to Moyne Cycle Relay this weekend.

This year, for the first time, the team will be riding a new route, from Echuca to Port Fairy, with a team of 10 riders as well as volunteer bus drivers and support crew.

"Our riders have been training for months and are looking forward to the challenge of the new route leaving Echuca tomorrow," EGHS community liaison officer Jodie Holwell said.

"It's a long and at times challenging ride, but our team supports one another and looks forward to the ride and camaraderie."

This year the team is aiming to raise funds towards the purchase of two specialist Hillrom Accella therapy mattresses, which prevent and treat pressure injuries in adult patients.

These mattresses will be of great benefit to patients, with real-time pressure adjustment, controlled by the internal immersion sensor, which adjusts cushion pressures according to patient size, shape, weight or position in the bed, without caregiver intervention.

The team has run several smaller fundraisers this year, including the Ararat Market, the popular raffle, and Trivia Night.

Riders are seeking sponsorship and businesses are welcome to make a donation to the team by contacting Jodie Holwell at jodie.holwell@eghs.net.au or donating online at <https://eghs.net.au/donations>

"We are proud of the time and energy that our riders, including EGHS staff and community members, put in to prepare for and participate in this annual event, they are great ambassadors for our health service and Ararat," EGHS chief executive Nick Bush said.



Pictured are some of the members of this year's EGHS Cranks and Defibrillators, back L-R, Andy Sanders, Charlie Reid, Graham Bull, Jason Shipcott, second row Tania McKinnis, Loretta Sanders, Gary Brumby, Dean Knights, third row David Romeril, Roxane Moos, Laura White, front Alan Young, Tessa Sargent and Thea Hinchliffe.



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Get a Flu⁺ Vaccine

EGHS will run the following vaccination clinics in Pyrenees House:

Monday 15th April Staff - 9am to 3.30pm

Tuesday 16th April Staff - 9am to 12 noon

Thursday 18th April Staff - 9am to 12 noon

Friday 19th April Family - 10am to 5pm (no children under 5)

Monday 22nd April Staff - 9am to 3.30pm

Tuesday 23rd April Staff - 9am to 12 noon

Monday 29th April staff - 9am to 3.30pm

Monday 6th May staff - 9am to 2pm



BRING YOUR MEDICARE CARD

COVID vaccinations also available

Latest recommendations for COVID vaccinations are:

- All adults over 75 yr every 6 months
- All adults between 65 to 74 every 12 months, or if high risk 6 monthly
- Adults 18 to 64 yrs every 12 months, also children between 5 and 18 with severe immunocompromise

There is no requirement to wait 6 months after having COVID before another vaccination.

Enquiries to Sue McAdie - 5352 9332

You will need to wait for 15 mins post vaccination



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2024 GRADUATE NURSE PROGRAMS (RN AND EN)

CLAIRE SLADDIN
TRAINING AND DEVELOPMENT MANAGER

In January, 2024, East Grampians Health Service (EGHS) welcomed five registered nurses and four enrolled nurses to complete their 12-month Graduate Nurse Program.

Every 4 months, the graduate nurses will rotate through clinical departments, such as: In-patient Unit (IPU), Peri-operative Unit

(POU), 70 Lowe St, Garden View Court Hostel, Willaura Healthcare and Community Nursing.

They will participate in six study days over the course of the year, to develop and enhance their clinical skills. Debrief sessions are also offered regularly, for them to attend.

The graduate nurses are clinically supported during their shift, and in their study days, by the Clinical Support Nurse/Educators who are members of the Education team.

We hope they enjoy the Graduate Nurse Program, embrace their new careers and choose to pursue future opportunities offered by EGHS!



Pictured above: L-R: Olivia Gration (RN), Ashlea Waller (RN), Denna Baby, (RN), Tobias Muscat (RN), Neen Neen Wai Ju (RN), Emily Oliver (EN), Shaylee Edwards (EN), Jorja Folkes (EN), Absent: Catherine Glenton (EN)

THANKFUL THURSDAY

"I AM THANKFUL FOR THE STAFF IN AT THE GVC FACILITY GOING ABOVE AND BEYOND FOR EACH AND EVERY RESIDENT, MAKING GARDEN VIEW COURT A WONDERFUL PLACE TO LIVE.

THIS IS RESONATED BY THE RESIDENTS IN THE FACILITY."

NATALIE WOHLERS, NURSE UNIT MANAGER



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ARARAT

TOWN HALL

PLUTO

Laura Hill

Wednesday 17 April 2024

Bar open 7:30pm

Performance 8pm

Info & Bookings
Ararat Visitors Information Centre
www.ararattownhall.com.au
Phone: 1800 657 158



Ararat Rural City



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ST PATRICK'S DAY FUN

BY WENDY DUMESNY
RESIDENTIAL SUPPORT COORDINATOR - 70 LOWE STREET

To be sure, to be sure, the annual St Patrick's Day Games were hotly contested by residents and consumers from 70 Lowe Street, Garden View Court and the Patricia Hinchey Centre.

Everyone enjoyed the games and activities, and green tinged treats, with the Horse and Leprechaun race bringing out the competitive side in everyone!



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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. 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!

THANKFUL THURSDAY

"I AM THANKFUL FOR THE OPPORTUNITY TO LIVE AND WORK LOCALLY IN SUCH A SUPPORTIVE WORKPLACE. I HAVE THE HONOUR TO PROVIDE CARE TO INDIVIDUALS AND THEIR FAMILIES AT ONE OF THE MOST VULNERABLE TIMES IN THEIR LIVES."

JESS SERES, COMMUNITY PALLIATIVE CARE NURSE



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Naomi Anderson

MY POSITION AT EGHS *WARD CLERK & RECEPTIONIST*

FAVOURITE AFL TEAM *ST KILDA*

FAVOURITE FOOD *ITALIAN FOOD*

FAVOURITE MUSIC *A BIT OF EVERYTHING BUT LOVE ADELE*

INTERESTS *RATS NETBALL, TRAVELLING*

ONE THING I'M GOOD AT IS *SCIENCY THINGS, BACHELOR OF SCIENCE GRADUATE*

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



Clare Batten

MY POSITION AT EGHS *COMMUNITY & PALLIATIVE CARE NURSE*

FAVOURITE AFL TEAM *ST KILDA (BY DEFAULT)*

FAVOURITE FOOD *INDIAN*

FAVOURITE MUSIC *FOLK/SOUL*

INTERESTS *GARDENING, BUSH WALKING, SPENDING TIME WITH FRIENDS & FAMILY*

ONE THING I'M GOOD AT IS *GROWING THINGS*

ONE THING I WANT TO DO IN MY LIFETIME IS... *WALK THE CAMINO IN SPAIN*



Jesse Bligh

MY POSITION AT EGHS *CATERING ASSISTANT*

FAVOURITE AFL TEAM *GEELONG*

FAVOURITE FOOD *BURRITOS*

FAVOURITE MUSIC *POP/RAP*

INTERESTS *SPORTS, BEING OUTDOORS*

ONE THING I'M GOOD AT IS *SINGING (TO MYSELF)*

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



Celina Day

MY POSITION AT EGHS *AGED & DISABILITY PALLIATIVE CARE COORDINATOR*

FAVOURITE AFL TEAM *FOOTY AGNOSTIC BUT THE REST OF MY FAMILY ARE LIONS FANS*

FAVOURITE FOOD *MIDDLE EASTERN*

FAVOURITE MUSIC *ALL TYPES*

INTERESTS *ART, CRAFT & ANYTHING CREATIVE*

ONE THING I'M GOOD AT IS *DRAWING*

ONE THING I WANT TO DO IN MY LIFETIME IS... *TAKE THE KIDS TO JAPAN*



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APRIL FOOL'S DAY FUN AT 70 LOWE STREET

BY WENDY DUMESNY
RESIDENTIAL SUPPORT COORDINATOR - 70 LOWE STREET

Our residents at 70 Lowe Street have lots to look forward to this April, check out the calendar of events planned!

APRIL FUN AT 70 LOWE STREET

Mon	Tues	Wed	Thu	Fri	Sat	Sun
1 Easter Monday Bunny Hunting Return Easter Bunny to his Burrow. Filling in Burrow	2 11:00 Gym Session Weightlifting & Body Building 2:00 Sword Swallowing Come and try	3 10:30 Watch the grass grow. Meet in courtyard 2:00 Toenail clipping Please bring Safety Glasses	4 10:30 Denture show & Tell 2:00 Emu Riding Bring your own Saddle. Helmets provided.	5 10:30 Belly dancing Class 2:00 Axe Throwing	6 10:30 Weed Pulling demonstration. Come and try 2:00 Cooking Escargot & Frogs Legs	7 11:00 Mass with Pope Francis at the Vatican. Bus to Ararat airport leaves at 1am private jet to Rome.
8 10:30 Giraffe Rides 2:00 Rock Climbing at Mt Arapiles.	9 11:00 Gym Session 10km Hike Carrying 50kg backpack with HELEN 2:00 Lion Taming BYO Whip	10 10:30 Wheelchair Drag Racing 2:00 Kangaroo Boxing	11 10:30 Chicken Plucking 2:00 Men's Shed Build your own Nuclear Reactor	12 10:30 Roof Painting 2:00 Water Skiing Greenhill Lake	13 10:30 Jousting BYO Lance Horse Provided 2:00 Nude Sunbathing	14 10:30 Bungee Jumping from Pyrenees house tower 2:00 Motocross racing
15 2:00 LIVE Taylor Swift with Opening Act BROOKE	16 11:00 Gym Session Triathlon Bikes Provided No swimsuit required	17 10:30 Speed Dating 2:00 Skinny Dipping at Alexandra Lake	18 10:30 Art Nude Painting Volunteer Required 2:00 Swim with Sharks No cage required.	19 10:30 Ballet Lessons 2:00 Indoor Sky Diving	20 10:30 Science for Seniors Splitting the Atom 2:00 Beer Sculling Competition	21 10:30 Lawn Mowing 2:00 Scuba Diving for beginners
22 10:30 Fire Walking 2:00 Underwater Bingo	23 11:00 Gym Session Kick Boxing Class 2:00 Tattooing Wide Range to Choose From	24 10:30 Bull Milking 2:00 Snake Catching at Wurrayatkin Swamp	25 ANZAC DAY Tour National War Museum Bus leaves at 2am for Ararat Airport. Private Jet to Canberra	26 10:30 Mud Pie Eating contest 2:00 Bikini Contest	27 10:30 Tight Rope Walking 2:00 Craft Taxidermy BYO Road Kill	28 10:30 Piggyback racing 2:00 Mud Wrestling
29 10:30 Hopscotch 2:00 Strip Poker	30 11:00 Gym Session Fencing BYO Sword 2:00 Bull Riding					



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STAFF PREPARE TO GO, GO, GO IN JOSEPH

BY JODIE HOLWELL
COMMUNITY LIAISON

Five East Grampians Health Service staff are currently rehearsing for Ararat Regional Theatre Society's 2024 production of Joseph and the Amazing Technicolour Dreamcoat.

Russell Purdie is relishing his role as the Elvis-like Pharaoh, with Lionel Holt playing one of Joseph's brothers, Jodie Holwell one of Joseph's brothers and the Butler, while Maree Fraser and Nakara Elliott are involved in the female chorus. Jodie is also Assistant Director of the production and Maree head of costumes.

Leading the cast, in the pivotal role of Joseph, is Ararat local Scott Rigby, in his debut with ARTS. Well known for performing around the region in bands such as FYI, Scott is realising a long-held dream to perform the role of Joseph. Joining Scott in the shared role of the Narrator, will be Emily Friedrichsen and Christine Bulger. Emily previously directed ARTS' production of Snow White, while Christine has performed in many productions, including Les Misérables.

The story follows Joseph, his father's favourite son, who is sold into slavery by his jealous brothers and taken to Egypt, where he endures a series of adventures in which his spirit and humanity are continually challenged.

He is purchased by Potiphar where thwarting advances from Potiphar's wife lands him in jail. When news of Joseph's gift to interpret dreams reaches the Pharaoh (wryly and riotously depicted as Elvis), Joseph is well on his way to becoming second in command. Eventually his brothers, having suffered greatly, unknowingly find themselves grovelling at the feet of the brother they betrayed but no longer recognise, where he reveals himself and all are reconciled.

Joseph and the Amazing Technicolour Dreamcoat will be staged in the Ararat Town Hall over two weekends in 2024, June 21-23 and 28-30. Tickets will be on sale soon.



Pictured above at rehearsals for Joseph, L-R, Lionel Holt, Maree Fraser, Russell Purdie, Nakara Elliott and Jodie Holwell



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SWALLOWING AWARENESS DAY

BY MEREDITH QUICK
SPEECH PATHOLOGIST

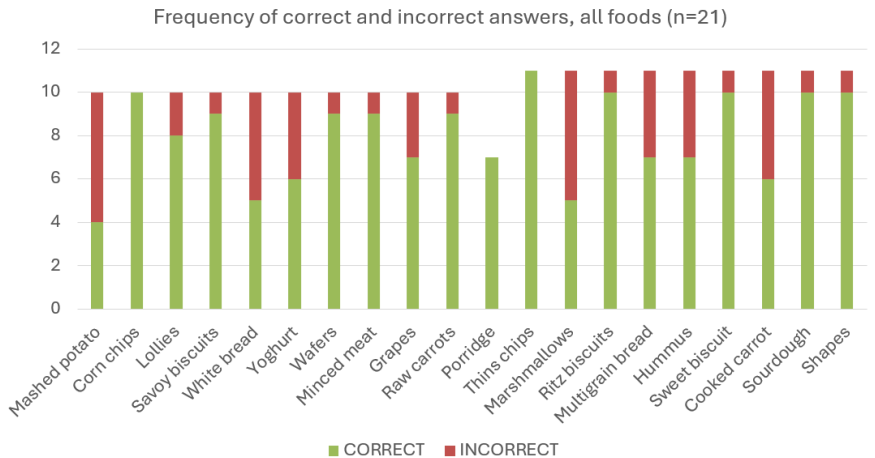
Wednesday 13th March 2024 was Swallowing Awareness Day, celebrated at EGHS on 20th March. The Speech Pathology team held a morning tea event to promote awareness of dysphagia (swallowing disorder). Dysphagia can impact a person's ability to safely swallow drinks, foods, medications and saliva.

EGHS staff from various departments participated in a food quiz to guess food textures according to IDDSI levels, sampling some foods along the way. This started conversations about foods that may be difficult to chew and swallow for people who have dysphagia. Staff have also been further considering the foods provided to the people we care for since this event.

Quiz results showed majority of the 25 participants correctly guessed the texture for most foods that are minced and moist 5 (e.g. porridge, savory minced meat), regular 7 (e.g. corn chips, savory biscuits, raw carrots and sourdough bread) and easy to chew 7 (e.g. thins chips, wafers). Particular foods such as marshmallows (regular 7), white bread (regular 7) and mashed potato (minced and moist 5) showed discrepancies in answers and debates were had about their texture and amount of chewing needed for safe swallowing.

The graph (right) shows the frequency of correct and incorrect answers for all foods in the quiz (note: correct answers are as per IDDSI levels).

Frequency of correct answers



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KINDERGARTEN VISITS 70 LOWE STREET

BY WENDY DUMESNY

RESIDENTIAL SUPPORT COORDINATOR - 70 LOWE STREET

We love to see the kindergarten children visit.

Coming up to Easter residents decided to make small gifts for the children from Ararat Village Early learning Centre.

Armed with nothing more than face washers and ribbon the residents made easter bunnies and chickens which they gave to the children.

The smiles on their faces showed they loved their gifts.



ELLIE COLE STARS IN *I'M A CELEBRITY... GET ME OUT OF HERE!*

Ellie Cole, daughter of EGHS Staff member Jenny Cole and Don Cole is toughing it out right now on Channel 10's *I'm A Celebrity... Get Me Out of Here!*

Ellie lost her right leg to cancer at just three years of age. Since then, she has become a remarkable athlete who has achieved so much in her career, winning 17 Paralympic medals and receiving both an OAM and AM for her accomplishments. Not to mention six weeks before entering the jungle, Ellie and partner Silvia became parents to a baby boy named Felix Parker Cole.

Ellie is an inspiration, and her success is a testament to her talent, hard work, and determination. You can support Ellie by voting for her and her charity @challengecancer by visiting 10play.com.au/save and vote ELLIE.



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A REAL CELEBRATION

BY SARAH CAREY

STAFF CELEBRATION COMMITTEE

The Staff Celebration – 'A Day in the Vines' was held on Saturday March 16 2024.

The weather really turned it on for another successful event to recognise our wonderful staff here at EGHS and the hard and rewarding work that we all do.

We had roughly 120 staff and their plus ones turn up for a relaxing, fun filled evening of delicious food and wonderful music.

The staff were blown away by the amazing and generous donations made by the local community to go towards our lucky door prizes. If you are one of the lucky winners, don't forget to collect your prize from the D&I office.

The Staff Celebration Committee have sent out a quick 10 minute survey to collect feedback from this year's event and also for any future events. We encourage all staff to take some time out to fill in the survey so we can provide events that our staff would be interested in.

These events wouldn't be possible without an amazing team behind the scenes making it come alive. We would love to get some representatives from each area of the hospital, so if you have an interest in event organising and enjoy a laugh with some fun people please email sarah.carey@eghs.net.au.

A huge thank you to the organisers, donors, the helpers, the staff who attended and for those that take the time to fill in the survey. We look forward to seeing what next year brings!

Thank you to the following businesses for your support:

2 TAGGS

ARARAT AG, HORSE & PET

ARARAT GROWMASTER

ARARAT RSL

B.A.M BARBERS

B&M LANDSCAPING

BRIGHT BEAUTY

BRUCE AHCHOW FROM SEPPELT

DAVE NICHOLSON

D'FINE NAILS

FOSTER'S MENSLAND

FRED N BET'S

JODY & CO CATERING

MITRE 10

NUTRIEN AG

PYRENEES PREMIUM CUTS

SICILIANS

SKINCO

THE BARKLY

THE COTTAGE FLOWER FARM

URBAN BOHO

WE'RE KNOT CRAZY

ZEST LIVING



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APRIL 2024



NO TAKEAWAY MONTH

An initiative of the Environmental Sustainability Committee is to reduce waste throughout EGHS.

During the month of April, there will be no disposable containers, cups or cutlery available in order to reduce landfill waste.

We encourage you to **BYO container, cutlery or keep cup/mug**, alternatively your meal or coffee will be served in the supplied Café Pyrenees crockery.

NB: Please ensure your container, cup/mug is clean when ordering your meal and/or coffee!

Café Pyrenees



Reminder Please remember to BYO your container, mug or cup for all purchases in Cafe Pyrenees throughout the month of April, no takeaway will be available.

For further information, please see attached flyer. *The Environmental Sustainability Committee values your feedback, please provide via QR code.*

(QR Code is set up in Café Pyrenees and is located on the Intranet Quick Announcement page) Café Pyrenees – No Takeaway Month, commence 02 April - under attachments)

BYO Container Month



LOWE STREET MUSIC & MOCHAS

BY WENDY DUMESNY
RESIDENTIAL SUPPORT COORDINATOR - 70 LOWE STREET

What better way to spend a lovely Autumn afternoon than sitting in the sun, listening to Jan & Derek Pope and enjoying a nice cappuccino.

Following our meeting, residents, Family & Friends were joined by staff in the garden where Liquid Indulgence had set up their coffee van.

Jan and Derek entertained us with familiar tunes to sing along to. There were even back up dancers if you looked closely.



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EGHS ARK TOY AND ACTIVITY LIBRARY EASTER EGG HUNT



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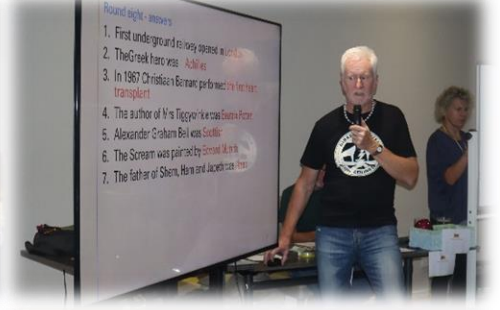


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EGHS MURRAY TO MOYNE CYCLE RELAY TRIVIA NIGHT



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SWEET & SPICY HOT CHILI CHICKEN NOODLES

INGREDIENTS

- 1 tablespoon sesame oil (or avocado oil)
- 1 pound ground chicken
- 1 tablespoon freshly grated ginger
- 6 garlic cloves, thinly sliced
- 1 tablespoon coconut sugar
- 2 tablespoons tomato paste
- 2 tablespoons fresh chopped basil
- 3 tablespoons hot chili paste (such as sambal oelek)
- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons rice vinegar
- 2 cup water
- 10 ounces ramen noodles
- Fresh chopped basil (I recommend basil ribbons on top!)
- Chopped roasted cashews or peanuts (honey roasted is delicious!)
- Extra red pepper flakes

METHOD

1. Add sesame oil to a large pot and place over medium-high heat. Add ground chicken to the pot and season generously with salt and pepper. Brown the meat and break up into medium-sized chunks; cooking for about 5 minutes or until nice and golden underneath. Next, add in ginger, garlic, coconut sugar to the chicken and continue to cook about 4-5 minutes longer or until meat is almost all the way cooked, breaking up into smaller chunks as you cook it.
2. Once meat is cooked, stir in tomato paste, fresh chopped basil and hot chili paste for 30 seconds to 1 minute, then add in the soy sauce, rice vinegar and water. Bring to a simmer, then reduce heat to low and cook uncovered, stirring every so often until sauce begins to thicken. This should take about 30 minutes.
3. While the sauce cooks, you can make your pasta: cook pasta until al dente according to directions on the package. Once pasta is done, drain, then add back to the pot with the meat sauce (once it is done cooking!) and stir well to allow the meat to coat the noodles. Divide noodles into bowls and garnish with LOTS of basil ribbons, chopped cashews/peanuts extra red pepper flakes, if desired. Serves 4.



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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