



# EGHS ECHO



East Grampians  
Health Service

**MAY**  
**2024**

## FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH  
CHIEF EXECUTIVE



It has been reported widely in the media that the state budget for Victoria, to be released on May 7, is likely to have significant cost reductions to manage escalating state debt.

The Victorian health system makes up about 30 per cent of the state budget and it has been reported that this percentage has been increasing.

We will be watching closely on May 7 to understand what the impacts will be on East Grampians Health Service, our staff and the community.

The operation of the Victorian health system is being reviewed by the Victorian Government in a bid to improve its performance, including

clinical outcomes and ensuring the services are accessible for all Victorians no matter where you live, your gender, racial and socio-economic status. The current financial environment and looking for efficiencies will be part of the review.

The Victorian Department of Health has established an expert advisory committee to undertake this work. The Chair of the panel is Bob Cameron, former Member of the Victorian Parliament who held a number of Ministries, as well as other panel members with extensive experience in the Victorian Public Health System.

The review will make recommendations on how to improve the services the Victorian community receives from its public health services, but on most measures, Victoria has one of the best systems in the world, although as we know, requires constant review and analysis to keep on improving.

The EGHS board has been clear it is focused on improving its performance and that of the Victorian health system.

It is committed to strengthening our partnerships with all health service providers including Grampians Health, all public and private providers.

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CE Report cont.

The board has expressed this view to the panel and local Member for Ripon Martha Haylett and Member for Lowan Emma Kealy. The EGHS Board is proud of its achievements in supervising and monitoring the performance of the health service and lobbying and promoting its interests. The Board is working with the Victorian Government and awaits the details of the report.

The Victorian Government will then need to consider the report and if it accepts the findings, commit the resources to implement them.

## WORLD IMMUNISATION WEEK

BY LEEANNE ATKINSON  
INFECTION CONTROL COORDINATOR

In celebrating the age of vaccinations, which now prevent the spread of many childhood diseases, it is timely to recall the morbidity and mortality experienced prior to immunisation programs.

Most recently the passing of Paul Alexander age 79 who spent much of his life, approximately 70 years, in an iron lung following contracting poliomyelitis as a child. Polio is now considered eradicated in Australia following the introduction of the polio vaccine in the 1950s, without the vaccine children would have continued to either die from or suffer lifelong disability following infection.

The first vaccine was discovered in 1796 by Dr Edward Jenner for Small Pox and the most recently developed vaccine was for COVID-19.

Dr Edward Jenner collected bits of cowpox pustule - the animal variant of small pox - from the arm of a milkmaid and scratched it into the arm of an 8 year old boy to see if he would develop cowpox or become immune - fortunately the latter occurred.

The race to develop the COVID-19 vaccine during the COVID pandemic reveals how far science has come since the 1700s, fortunately research and development into RNA vaccines had been

going on for several years and scientist were able to pivot the technology to produce the COVID-19 vaccine, which undoubtedly saved many lives and reduced the seriousness of illness in those who were vaccinated.

Of course, it is the 2024 influenza vaccination program which is front of mind for interested parties at this time.

Influenza too can cause serious illness and in some unfortunate cases can lead to death. The Spanish influenza pandemic in 1918-1920 saw the deaths of 25-50 million people across the globe, many of them were young people in their 20s-30s. Being able to provide the influenza vaccination to the most vulnerable in our community reduces the impact on health service resources and ensures that they remain healthy during times of high influenza transmission.

There is a vast range of vaccines available now and we no longer see diseases such as measles, mumps, whooping cough, chicken pox, meningococcal in large numbers as we once did.

Occasionally cases will occur, but this could be due to travelers, from countries where vaccination programs are not as robust as Australia's, in individuals who are unvaccinated (for many different reasons), or in those who are immunocompromised.

The more vaccinated individuals in the population the more likely herd immunity will occur, reducing the circulation of diseases, thus reducing the risk for those who are susceptible.

World Immunisation Week was held recently, so now is a good time to check your vaccination status and if you are not up to date, with recommended vaccinations for your age group, make an appointment with a health professional to discuss.



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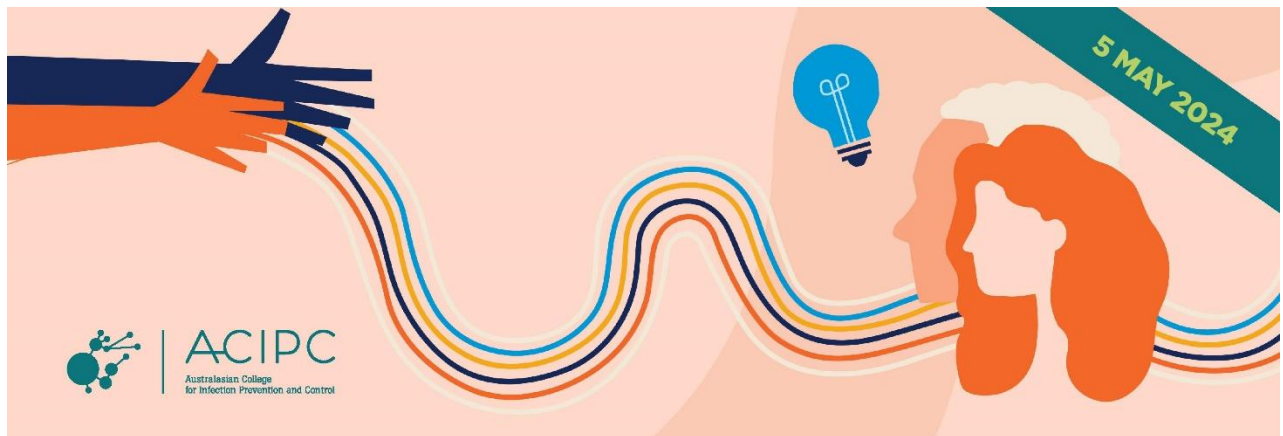


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# WORLD HAND HYGIENE DAY 2024

Let's share knowledge & stop the spread

## WHY WASH HANDS?

-  About 80% of infectious diseases are transmitted by unclean hands touching contaminated surfaces
-  Organisms left on surfaces can survive for minutes, hours, days and even weeks depending on the organism, surface and environment
-  Organisms multiply! A single bacterium can multiply into more than 16 million in 8 hours
-  Hands come into contact with around 10 million organisms per day, and most people encounter roughly 60,000 organisms a day
-  Humans are estimated to have approx. 1,500 bacteria living on each square centimetres of skin on their hands. Areas like under the fingernails and between the fingers often harbour more
-  The average human touches their face 23 times an hour, risking infection transmission to eyes, nose and mouth
-  Research has demonstrated that if everyone routinely washed their hands, a million deaths a year could be prevented
-  The most common microbial contaminants from hands in health care include skin commensals and pathogens - MRSA, CDI, VRE, *E. coli*
-  Unclean surfaces can harbour millions of organisms. Keyboards and related hardware have been found to have 24-100% proportion contamination. Portable medical equipment is a significant source of transmission, identifying at least 40 colonies on all items. Mobile phones are considered a hazardous microbial platform, housing bacteria, fungi, protists, viruses and bacteriophages.

## HOW

-  **WET** hands with running water
-  **SOAP** your hands and lather up
-  **RUB** all over your hands, between your fingers and thumbs for 20 seconds
-  **RINSE** hands under running water
-  **DRY** hands using paper towel

## WHEN

### Before:

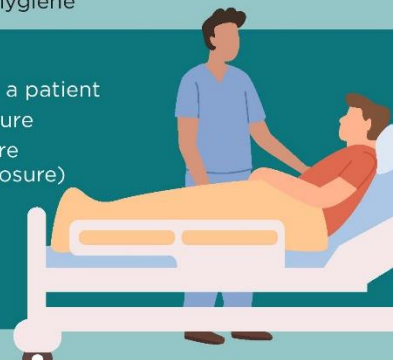
- Entering or leaving a healthcare facility, clinic or personal environment (patient/resident/client room or home)
- Touching patient/resident/client
- Handling medicines
- Preparing/eating food
- Touching your eyes, nose or mouth
- Preparing a bottle
- Donning gloves

### After:

- Removing gloves
- Blowing your nose, coughing or sneezing
- Going to the toilet
- Touching animals and pets including therapy animals
- Changing a nappy
- Assisting another person with toileting/personal hygiene

## THE 5 MOMENTS

1. **BEFORE** touching a patient
2. **BEFORE** a procedure
3. **AFTER** a procedure (or body fluid exposure)
4. **AFTER** touching a patient
5. **AFTER** touching a patient's surroundings



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## DIETITIANS' WEEK

BY JODIE HOLWELL  
COMMUNITY LIAISON

Dietitians' Week recognised the valuable role played by Dietitians such as EGHS' Natalie D'Anna and Eloise Marshall.

What we eat profoundly affects not only our physical health but our mental and brain health too. With 1 in 5 Australians living with poor mental health\*, better access to Accredited Practising Dietitians is needed to deliver important dietary support.

Nourishing mind, body and brain is our call to put dietitians on Australia's mental health agenda.

Dietitians' Week is our annual opportunity to raise the profile of Accredited Practising Dietitians and the work they do for the health and well-being of individuals and communities.

Pictured below are EGHS dietitians, Natalie D'Anna and Eloise Marshall.



## HELEN COMPETES IN LONDON MARATHON

BY JODIE HOLWELL  
COMMUNITY LIAISON

East Grampians Health Service staff member Helen McPherson recently competed in the London Marathon.

She was joined by locals Sue Blizzard and Nathan Bendelle, and more than 40,000 participants, in this prestigious event, watched by huge crowds who line the streets of London.

We are looking forward to an update when Helen returns.

Pictured above are Pictured above Sue Blizzard, Nathan Bendelle and Helen Ferguson



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# Get a Flu<sup>+</sup> 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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# SUCCESSFUL MURRAY TO MOYNE RIDE

**JODIE HOLWELL**  
**COMMUNITY LIAISON**

The EGHS Murray to Moyne Cycle Relay team successfully completed the ride over the weekend of April 6-7.

The team rode a new route this year, 520 kilometres from Echuca to Port Fairy. This year the bike trailer was upgraded and enabled a smoother transition with the loading and unloading of bikes. Thanks to staff member Andy Sanders and long-term Murray to Moyne volunteer Graham Bull for their work on the trailer.

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

Fundraising hasn't been finalised as yet, an update will be provided at a later date.

It was great to see a lot of staff involved this year, both on the bikes and as support crew. Thank you to riders Alan Young, Roxane Moos, Dean Knights, Lauchie Stewart and support crew Tania McKinnis, Andy and Loretta Sanders and David Romeril.

The major Murray to Moyne raffle was drawn and the winners are as follows:

1<sup>st</sup> prize – Fine dining three course dinner for six people at Pyrenees House, with matching wines, valued at \$500: Sandra Rusden

2<sup>nd</sup> prize - \$200 voucher from Foster's Mensland: Jess Tucker

3<sup>rd</sup> prize – Trailer of wood: Jenni Boyle

4<sup>th</sup> prize – Seascape print donated by Ken McCready: Jo Van Opstal



*Pictured above are the team before leaving for this year's Murray to Moyne Cycle Relay*



*Pictured at the drawing of the raffle, Kate Pitcher, Nick Bush, Tracey Walters, Peter Armstrong and Roxane Moos*

## THANKFUL THURSDAY

*"I AM THANKFUL FOR OUR COMMUNITY, WHO SELFLESSLY TAKE ON THE CARE OF OTHERS WHO OTHERWISE MIGHT NOT HAVE ANY SUPPORT."*

**MARIAH JONES, SOCIAL WORKER**



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# GARDEN VIEW COURT RECYCLING

BY JODIE HOLWELL  
COMMUNITY LIAISON

Garden View Court residents are getting involved in recycling.

Each week Garden View Court has enough recyclable bottles to go to the recycle centre and the vouchers received are used towards bingo prizes on Fridays.

Residents accompany staff to see the new technology and help load the machine.

At the next mealtime it always makes for an interesting conversation for all residents.

*Pictured right is Marion at the recycling centre*



# 50 YEARS OF DELIVERING EASTER EGGS

BY JODIE HOLWELL  
COMMUNITY LIAISON

A huge thank you from everyone at East Grampians Health Service to our wonderful volunteer Marg Young, who this year marked 50 years of delivering Easter Eggs to our aged care residents in Ararat.

This is a remarkable achievement, and one that she has shared with her grandson Callum over a number of years.

Marg is a quiet achiever, who humbly goes about her volunteer work in Garden View Court and 70 Lowe Street.

At a recent Residents' Support Group meeting, EGHS thanked her for her 50 years of delivering laughter and Easter Eggs to our residents, with EGHS Director of Clinical Services Peter Armstrong presenting her with flowers and a certificate of appreciation signed by all residents.

Thanks Marg for your dedication and kindness.



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ARARAT  
**TOWN HALL**  
**Gretta Ziller**



**Wednesday 15 May 2024**

**Bar open 7:30pm**

**Performance 8pm**

Info & Bookings  
Ararat Visitors Information Centre  
[www.ararattownhall.com.au](http://www.ararattownhall.com.au)  
Phone: 1800 657 158



Ararat Rural City



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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!

## RANDLE SHOWS OFF HIS GIANT PUMPKIN

BY JODIE HOLWELL  
COMMUNITY LIAISON

Garden View Court resident Randle Hurstfield might not have won the Giant Pumpkin Challenge, but his pumpkin was still pretty impressive at 32 kilograms!

Randle has been tending to his pumpkin for many months and together with fellow residents of Garden View Court, headed out to the Moyston Easter Market for the competition.

The winning pumpkin, grown by Hamish Harrington and daughter Aofie, was a gigantic 64.5 kilograms!

*Pictured is Randle at the Moyston Easter Market Giant Pumpkin Challenge*



## THANKFUL THURSDAY

*“I AM THANKFUL TO HAVE THE OPPORTUNITY TO WORK WITH AMAZING VOLUNTEERS AND STAFF WHO ARE COMMITTED TO PROVIDING EXCEPTIONAL SERVICE TO MEMBERS OF OUR COMMUNITY THROUGH OUR HOME SUPPORT PROGRAM AND MEALS ON WHEELS DELIVERIES... THANK YOU FOR BRINGING SMILES TO OUR CLIENTS.”*

JANELLE SMITH, MANAGER – EGHS @ HOME



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# WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

## Jacob Butcher

MY POSITION AT EGHS *SUPPLY CLERK TRAINEE*

FAVOURITE AFL TEAM *GEELONG CATS*

FAVOURITE FOOD *PIZZA*

FAVOURITE MUSIC *EDM*

INTERESTS *FOOTY*

ONE THING I'M GOOD AT IS *MAKING PEOPLE LAUGH*

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



## Khloe Campbell

MY POSITION AT EGHS *CATERING ASSISTANT*

FAVOURITE AFL TEAM *ESSENDON*

FAVOURITE FOOD *PASTA*

FAVOURITE MUSIC *COUNTRY*

INTERESTS *MAKEUP AND COOKING*



## Lani Coburn

MY POSITION AT EGHS *HEALTH SERVICE ASSISTANT*

FAVOURITE AFL TEAM *CARLTON*

FAVOURITE FOOD *EITHER CHOCOLATE OR  
BROCCOLI*

FAVOURITE MUSIC *LAUFI*

INTERESTS *I LOVE TO COOK AND BAKE FOR  
OTHERS*

ONE THING I'M GOOD AT IS *A GOOD RUNNER, I LOVE  
GOING FOR A RUN IN THE  
MORNING*

ONE THING I WANT TO DO  
IN MY LIFETIME IS... *RUN A MARATHON*



## Erica Evans

MY POSITION AT EGHS *CATERING ASSISTANT*

FAVOURITE AFL TEAM *RICHMOND*

FAVOURITE FOOD *ICE CREAM*

FAVOURITE MUSIC *DEPENDS ON THE DAY, RAP,  
COUNTRY, EARLY 2000S*

INTERESTS *SEEING FAMILY & FRIENDS,  
NETBALL & BAKING*

ONE THING I'M GOOD AT IS *TALKING NON-STOP*

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



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## Belinda Fabry

**MY POSITION AT EGHS** *APPRENTICE CHEF*

**FAVOURITE AFL TEAM** *HAWTHORN*

**FAVOURITE FOOD** *DON'T MAKE ME CHOOSE - THAT'S LIKE 'SOPHIE'S CHOICE'*

**FAVOURITE MUSIC** *COLDPLAY/ABBA/CLASSICAL*

**INTERESTS** *COOKING, PERFORMANCE ART, THEATRE & HISTORY DOCOS*

**ONE THING I'M GOOD AT IS** *TALKING & COOKING*

**ONE THING I WANT TO DO IN MY LIFETIME IS...** *6 MONTHS IN ITALY LEARNING FROM THE GRANNIES AND WRITING A COOKBOOK*



## Caitlyn Huang

**MY POSITION AT EGHS** *DENTAL CLINICAL EDUCATOR*

**FAVOURITE AFL TEAM** *ESSENDON*

**FAVOURITE FOOD** *SUSHI*

**FAVOURITE MUSIC** *TAYLOR SWIFT*



## Hayley Nelis

**MY POSITION AT EGHS** *CATERING ASSISTANT*

**FAVOURITE FOOD** *PASTA*

**FAVOURITE MUSIC** *EVERYTHING*

**INTERESTS** *GAMING*

**ONE THING I'M GOOD AT IS** *BEING A GOOD LISTENER*

**ONE THING I WANT TO DO IN MY LIFETIME IS...** *GO ON A SAFARI*



## Ella Pevitt

**MY POSITION AT EGHS** *CATERING ASSISTANT*

**FAVOURITE AFL TEAM** *WESTERN BULLDOGS*

**FAVOURITE FOOD** *CHIPS & GRAVY*

**FAVOURITE MUSIC** *TAYLOR SWIFT*

**INTERESTS** *NETBALL & SHOPPING*

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

**ONE THING I WANT TO DO IN MY LIFETIME IS...** *SEE AS MANY COUNTRIES AS I CAN*



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National 20-26 MAY 2024  
**Volunteer**  
Something for Everyone **Week**

YOU ARE INVITED

East Grampians Health Service invites our  
volunteers and community members interested  
in volunteering to attend an

# Afternoon Tea

EGHS Cafe Pyrenees Deck  
Tuesday 21st May 2024  
2.00pm - 3.30pm

Guest Speaker: Stuart Kerr  
Director of Support Services, EGHS  
Overview of building redevelopment and  
projects at EGHS

RSVP by 10th May 2024 to:  
Hannah Jennings  
P: 5352 9481  
E: [volunteercoordinator@eghs.net.au](mailto:volunteercoordinator@eghs.net.au)



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04

## RED (Limit)

This following information is an extract from [Healthy choices: food and drink classification guide \(PDF\)](#).

The Healthy Choices guidelines classify foods and drinks as **GREEN**, **AMBER** or **RED** based on their nutritional value.

Foods and drinks in the **RED (limit)** category are based on 'discretionary choices' in the Australian Dietary Guidelines. These items are not essential in a balanced diet and can contribute to excess energy intake, overweight and obesity and chronic disease if consumed frequently or in large amounts.

In general **RED** choices are:

- high in energy (kilojoules)
- high in saturated fat, added sugar and/or salt
- lacking in important nutrients such as fibre.

Sugar-sweetened drinks, deep-fried foods and confectionery are examples of **RED** choices.

Alcohol is also included in the **RED** category. For information about the responsible service of alcohol visit the Victorian Commission of Gaming and Liquor Regulation website at [www.vcglr.vic.gov.au](http://www.vcglr.vic.gov.au).

The **RED** category also contains foods and drinks that are not recommended for consumption by the general population as part of a normal diet and are for special purposes only. This includes high protein drinks and formulated supplementary sports drinks.



### Guidelines for the **RED** category

#### Limit availability of **RED** foods and drinks

This includes limiting:

- the range of **RED** choices offered
- the supply of **RED** choices in all situations.

If **RED** choices are provided, offer the smallest portion available. Jumbo sizes of **RED** foods and drinks should be avoided.

In some instances (for example, workplace catering) **RED** items must be avoided completely. Refer to the setting-specific Healthy Choices policy documents for more information.

#### Avoid promoting or encouraging **RED** foods and drinks

This includes:

- promotional materials on counters, cabinets, fridges, vending machines, menu boards, staff notice boards, in lifts and via promotional stands and product displays
- meal or point of sale promotions which include **RED** choices, for example meal deals, two for one deals, upsizing and supersizing.

#### Limit the display of **RED** foods and drinks

**RED** choices should not be displayed in excessive quantities or in prominent areas including:

- at eye level in cabinets, fridges, refrigerated cabinets, bain maries, vending machines or on shelves



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- on reception desks or counters in waiting areas, at entrances and exits of food outlets, beside cash registers and in dining areas.

### Foods and drinks in the **RED** category

Below is a summary of foods and drinks in the **RED** category. For more **RED** choices refer to the Common foods and drinks classification guide ([Healthy choices: food and drink classification guide](#)).

Confectionary	All types including lollies (boiled, soft), jelly, juice jellies, jelly beans, licorice, marshmallow, regular mints, bubble gum, carob, chocolate, chocolate spreads (such as chocolate and hazelnut spread), hundreds and thousands, sprinkles, syrups, chocolate coating, carob coating, yoghurt flavoured coating.
Saturated and trans fats, and oils	<ul style="list-style-type: none"> <li>• Butter, dairy-blend spreads</li> <li>• Lard, tallow, cophera, ghee, cooking margarine</li> <li>• Cream</li> <li>• Palm oil, cottonseed oil</li> <li>• Coconut oil, coconut cream, regular coconut milk</li> </ul>
Fried foods	<ul style="list-style-type: none"> <li>• Foods fried in large amounts of oil (such as schnitzel)</li> <li>• Deep-fried foods</li> </ul>
Frozen ice confection	<ul style="list-style-type: none"> <li>• Sugar-sweetened ice blocks, ice crushes (slushies, Slurpees™), fruit or water-based gelato and sorbet</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• Sugar-sweetened drinks such as soft drinks, flavoured waters, flavoured mineral waters, flavoured teas, fruit drinks (less than 99 per cent fruit juice), cordials, sports waters, sports drinks, energy drinks*, ice crushes (Slurpees™, slushies). Sugar-sweetened drinks should be provided in the smallest serve size available (e.g. 200-375 ml cans)</li> <li>• Artificially sweetened energy drinks in serve sizes over 250 ml</li> <li>• Flavoured milk and flavoured milk alternatives that are more than 1,600 kJ per serve as sold</li> <li>• Alcoholic drinks (for example, beer, liqueurs, port, sherry, spirits, wines, mixed alcoholic drinks)</li> <li>• High protein drinks and protein shakes over 300 ml</li> </ul> <p>* All products containing caffeine (for example, energy drinks) must comply with FSANZ Food Standards Code 2.6.4.</p>
Single hot-food items, ready to eat meals, and snack foods	<p>Items that do not meet the <b>AMBER</b> nutrient criteria (Healthy choices: food and drink classification guide, pages 19–20). This includes many:</p> <ul style="list-style-type: none"> <li>• savoury pastries such as pies, sausage rolls and pasties</li> <li>• crumbed and coated meat products such as schnitzels</li> <li>• sausages, frankfurts, saveloys and chorizo</li> <li>• processed meats such as Devon, Strasburg, salami, kabana and bacon</li> <li>• savoury snack foods, biscuits and crisps</li> <li>• cakes, slices and sweet pastries</li> <li>• sweet snack foods, bars and biscuits</li> <li>• ice-creams, milk or soy-based ice confections and dairy desserts.</li> </ul>
Sweet spreads and toppings	<ul style="list-style-type: none"> <li>• jam</li> <li>• chocolate spreads</li> <li>• syrups</li> <li>• condensed milk</li> <li>• honey</li> <li>• sugar</li> <li>• sprinkles</li> </ul>



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# GARDEN VIEW COURT ACTIVITIES



Galaxy S24 Ultra  
24 April 2024



Galaxy S24 Ultra  
20 March 2024



Galaxy S24 Ultra  
20 March 2024



Galaxy S24 Ultra  
27 March 2024



Galaxy S24 Ultra  
2024



Galaxy S24 Ultra  
30 March 2024



Galaxy S24 Ultra  
27 March 2024



Galaxy S24 Ultra  
30 March 2024



Galaxy S24 Ultra  
24 April 2024



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# May E learning Do Food Safely and Creating an Inclusive Healthcare Environment



## Go to your e learning account

Click on your Do Food Safely and Creating an Inclusive Healthcare Environment courses to see if they are now due



## Complete your e learning

Prior to the due date



## What more can you do?

Read more about Food Safety and Inclusiveness

**MAY IS: FOOD ALLERGY AWARENESS  
AND  
IDAHOBIT MONTH**



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# KEVIN APPOINTED RECYCLING COORDINATOR

BY WENDY DUMESNY  
RESIDENTIAL SUPPORT COORDINATOR - 70 LOWE STREET

70 Lowe St has commenced a recycling program and Kevin has been appointed recycling coordinator.

He takes his job seriously and does collection rounds daily.

Fortnightly staff accompany Kevin to the recycling centre where he deposits the containers.

Residents will decide at the end of the year how they will use the money raised.



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# EGHS FOOTY TIPPING

JO SUMMERS  
EXECUTIVE ASSISTANT TO CEO

LEADERBOARD AFTER ROUND 7:

48 POINTS	BROOKE WILLIAMSON
47 POINTS	CAM MONTGOMERY
47 POINTS	PETER ARMSTRONG
47 POINTS	DANNI RALPH
47 POINTS	JAKE ROMEIN



11 tipsters picked all 9 winners in Round 7 and they all received a bonus point and a \$10 gift voucher from Café Pyrenees.

**MELBOURNE INTERNATIONAL  
COMEDY  
FESTIVAL  
ROADSHOW**



**WEDNESDAY 22 MAY**  
**ARARAT TOWN HALL**







**HOSTED BY Zack Dyer**  
**WITH SPECIAL GUESTS David Quirk, He Huang,  
Janty Blair and Suren Jayemanne**



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# ONE-PAN YELLOW PORK CURRY WITH COCONUT RICE

## INGREDIENTS

- 600g pork medallions, diced (see note)
- 1 tbsp fish sauce
- 400ml can coconut milk
- 1/4 cup Thai yellow curry paste
- 1 tbsp peanut oil
- 1 brown onion, chopped
- 250g Kent pumpkin, cut into 2cm pieces
- 1 1/2 cups jasmine rice
- 100g green beans, trimmed, cut into 3cm pieces diagonally
- 1/2 cup fresh coriander sprigs
- 1 long red chilli, thinly sliced diagonally
- 1 tbsp fried shallots
- Lime wedges, to serve

## METHOD

1. Combine pork, fish sauce, 1/4 cup coconut milk and 2 tablespoons curry paste in a large bowl. Cover. Refrigerate for 1 hour, if time permits.
2. Preheat oven to 200°C/180°C fan forced.
3. Heat a large 8-cup-capacity flameproof roasting pan over medium-high heat. Cook pork, stirring occasionally, for 5 minutes or until browned. Transfer to a heatproof bowl.
4. Heat oil in same pan over medium heat. Add onion. Cook, stirring, for 4 minutes or until softened. Add remaining curry paste. Cook for 30 seconds or until fragrant. Add pumpkin and rice. Stir to coat. Add remaining coconut milk and 3/4 cup water. Bring to a simmer. Cover with foil. Transfer to oven. Bake for 20 minutes or until rice is almost tender.



5. Stir beans into rice mixture. Top with pork. Cover and bake for a further 10 minutes or until pork is just cooked through and rice is tender. Sprinkle with coriander, chilli and shallots. Serve with lime wedges.

## 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.



Integrity



Excellence



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Working  
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Learning  
Culture