



EGHS ECHO



East Grampians
Health Service

JULY
2024

IN THIS ISSUE...

- ❖ From the Chief Executive's Desk
- ❖ EGHS Diversity Plan
- ❖ Marian College student starts career at EGHS
- ❖ ACU Meet the Employer Day
- ❖ Industry Tour at EGHS
- ❖ Nutrition & Food Quality Standards
- ❖ Mary Kinsella farewelled
- ❖ Multi-disciplinary simulation at EGHS
- ❖ Murray to Moyne raises \$13,600
- ❖ EGHS Publishes research into modified sport for over 60s
- ❖ Parkland Pursuits
- ❖ New Arrivals at EGHS
- ❖ Therapeutic Guidelines
- ❖ Welcome New EGHS Staff
- ❖ International Cleaners' Day 2024
- ❖ Staff Fitness & Modified Sport
- ❖ EGHS Footy Tipping
- ❖ Recipe of the Month

FROM THE CHIEF EXECUTIVE'S DESK

BY NICK BUSH
CHIEF EXECUTIVE



Welcome to the July edition of the Echo.

If you know someone seeking a fulfilling and enriching career, why not suggest nursing? A nursing career offers job security and the opportunity to make a real difference in people's lives.

The next intake for the Federation University/TAFE Diploma of Nursing to be delivered at EGHS is scheduled for the start of 2025.

A diverse nursing workforce that mirrors our community is a position we would like to get to. It is not just about numbers but about each individual's unique perspectives and experiences. We are particularly interested in increasing the number of male nursing students, as their inclusion can further enrich our team.

Fifty of our current nurses have been trained at the local nurse education facility and EGHS. These local people are making a valuable contribution to the community. They make up about 10 per cent of our workforce.

The nurse training facility, the NEST, is in the former Ararat Eagles' social rooms, which were relocated to the health service when the new Fiscalini Pavilion opened at Alexandra Oval. It was a great partnership with Ararat Rural City to remove the facility from Alexandra Oval, which allowed us to have a dedicated facility for nurses' training.

Our construction/maintenance team did a skillful redevelopment to bring it up to the required standard. We hope to do some upgrade works on the training facility in future to further develop the space.

Approximately 25 students commence the nurse training course every 18 months, and between 15 and 20 complete the studies. Federation University TAFE has strongly supported our operation of the course with a passionate onsite educator.

If we can increase the number of male participants, that will also increase the number of participants in the course, which will also ensure its viability. We are working with Federation University TAFE to offer the commencement of a new intake in February of

CE Report cont. page 2



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CE Report cont.

each year. This will give potential students and the community the knowledge that a course will start each February, so that they can plan for it.

Applications have closed for next year's first-year students at the Deakin University Medical School in Ararat. We are hopeful that some of our staff, including nurses, allied health professionals, or postgraduate staff, will be admitted to the course.

EGHS is waiting for the Victorian Government to release the recommendations for the health system plan to set the direction of public health service provision in Victoria.

As we enter the winter months, please take care of your health and ensure you are up to date with your flu and COVID vaccinations, which in turn protects the health of your family, colleagues and our residents and patients at EGHS.

EGHS DIVERSITY PLAN

BY JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service has released its Diversity and Inclusivity Framework, focusing on the six pillars of cultural safety, persons with disability, gender and equality, linguistic and cultural factors, LGBTIQ+ and child safety.

The Framework supports the health service to enhance its practices so that it employs a workforce that better meets the community's needs, ensures the workplace is safe and inclusive for all persons, improves service and outcomes for the diverse communities served by the health service and provides transparency in achieving these outcomes.

EGHS is committed to developing safe, fairer and inclusive environments across all diversity factors including cultural, indigenous, ethnicity, gender, gender identity, sexual orientation, physical and intellectual disability, age, social-economic status and varied religious/spiritual beliefs.

EGHS chief executive Nick Bush said the health service provides an environment and experience that is free from discrimination and delivers equitable, safe and person-centred quality health care.

He said the health service builds organisational structures and expectations with staff and consumers to create a welcoming environment for all.

"We foster a working environment that removes barriers to ensure equity and un-prejudicial opportunities for all," he said.

"EGHS acknowledges that we all have different points of view, varied backgrounds, strengths and understand that our experiences can be vastly different from each other's.

"Change is driven by educated staff having complex and at times difficult conversations with others about diversity and inclusivity. This leads to increased acceptance, elimination of biased opinions, reduced stigma and removal of outdated processes.

"We strengthen our knowledge and acceptance by being actively involved in community engagement and embracing people with consistent inclusive services."

Mr Bush said information on the health service's progress is shared with the EGHS Board throughout the year and commitments are made to ensure that Victorian Government initiatives are supported.

These include ensuring qualified and suitable gender diversity and balance occurs within the workplace, developing aspiring leaders, ensuring acknowledgement of First Nation peoples, eliminating racism, discrimination and stigma, assisting with trauma and healing support, promoting safety in the community, respecting gender differences and increasing education on culturally and linguistically diverse factors across the organisation.

"By supporting cultures, listening to and respecting the views and opinions of others and their life choices, we acknowledge our differences, supporting all to reach their full potential," Mr Bush said.

The full Diversity and Inclusion Framework document can be found here: eghs.net.au/publications/reports



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MARIAN COLLEGE STUDENT STARTS CAREER AT EGHS

Marian College year 12 student Lani Coburn is East Grampians Health Service's first Health Service Assistant to be employed at 70 Lowe Street and is revelling in the opportunities provided by the position and the skills she is learning on the job.

Lani completed the iVET Certificate III in Health Service Assistant course in 2023.

This course is based at Ararat College and offered to local students who attend Ararat College, Marian College and Stawell Secondary College. It is a self-paced course that can be completed within a two-year period.

With a studious approach to her learning, Lani completed all requirements of the course in one year and is now utilising her skills in her part-time job as a Health Service Assistant.

"EGHS is a strong supporter of the Certificate III in Health Service Assistant course, which has been offered at Ararat College since 2018," EGHS training and development manager Claire Sladdin said.

"It is taught by experienced registered nurse, Michelle Moors, who utilises East Grampians Health Service's practical laboratory to teach students clinical skills related to Provide First Aid and safe patient handling."

Ms Sladdin said it is recognised that early industry engagement with secondary school students is the key to engaging students in careers they may be considering.

"I am regularly invited to meet with the Certificate III in Health Service Assistant students to discuss career pathways in nursing and healthcare overall," she said.

"This includes being employed part-time within school-friendly hours as a Health Service Assistant, following successful completion of the first-year requirements of the course."

With endorsement from iVET, EGHS mapped the course criteria to develop a Health Service Assistant position, encompassing the skills Health Service Assistants can deliver in providing care for consumers who reside in residential aged care facilities.

Lani had a keen interest in nursing and medicine, completing work experience at EGHS in Year 10 which then led to her enrolment in the Certificate III in Health Service Assistant course and her subsequent employment at EGHS.

Lani is positive about her new role and the work she undertakes at 70 Lowe Street.

"The job is so rewarding and enjoyable and I feel like I am making a real difference," Lani said.

Lani has learnt the importance of hand hygiene in maintaining infection control and mostly utilises her skills related to safe patient handling, in caring for consumers at 70 Lowe St.

She is mentored by Endorsed Enrolled Nurse, Leah McCarthy, whom she works alongside during her rostered shifts, which are after school and on weekends, suiting Lani's busy schedule and Year 12 commitments.

"EGHS is thrilled to offer students like Lani the opportunity to work in the health-industry from a young age," Ms Sladdin said.

"By investing in members of our community, EGHS continues to 'grow our own'.

"Lani is an excellent ambassador for EGHS and for fellow students to consider the Certificate III in Health Service Assistant course offered within our local community, as a pathway to a health-related career."



Pictured is Lani Coburn with 70 Lowe Street resident Chook



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ACU MEET THE EMPLOYER DAY

BY CLAIRE SLADDIN
TRAINING & DEVELOPMENT MANAGER

At the end of May, Ashlea Waller (graduate registered nurse) and I travelled to Ballarat to attend ACU's Meet the Employer Day. ACU offer an opportunity for East Grampians Health Service, in addition to many other health services, to showcase our Graduate Nurse Program for 3rd and 4th year Bachelor of Nursing students, who are seeking employment and career opportunities via a supported transition model.

What is particularly important for students to hear is the current graduate nurse's experience of their graduate nurse program so far. Ashlea was genuine in the promotion of EGHS, speaking positively about her clinical experiences and support, study days, and the staff accommodation options available.

Overall, a very successful event, enriched by one of our graduate nurses who offered reassurance, understanding and direction for students as well as positive stories and experiences that, in turn, uphold the success of the graduate nurse program at EGHS.



Pictured above: Ashlea Waller (Graduate RN)

INDUSTRY TOUR AT EGHS

BY CLAIRE SLADDIN
TRAINING & DEVELOPMENT MANAGER

Ararat College Year 11 students visited EGHS to participate in a health service industry tour. This was coordinated by Nerissa Gee, Partnerships and Pathways Coordinator at Central Grampians Local Learning and Employment Network (CGLLEN).



The tour was facilitated by Claire Sladdin, Training and Development Manager and Rhys Luxton, Physiotherapist at EGHS, who provided opportunities for the students to engage with health care professionals in the community health centre, aged care facilities and acute care about different aspects of their careers in healthcare. Students visited these areas of the health service and saw the health professionals carrying out their daily duties at work.



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STaRR Emerging Researcher Training



Ever considered doing some research related to your role?

Want to learn foundational research skills needed to develop a research translation-focused project?

Western Alliance's **STaRR Mentored Emerging Researcher Training** is open to health service staff across Western Victoria, including East Grampians Health Service.

Training comprises 3 workshops over 12 weeks and covers:

- Introduction to research
- Research methods
- Data collection & analysis
- Ethics & governance
- Research dissemination & impact
- Research translation framework

The aim of the training is to guide you through the **development of a research protocol**. Those with limited or no prior research experience are encouraged to apply!

Western Alliance covers the training cost.

For further information: starrsupport@deakin.edu.au

Western Alliance Research Translation Coordinator for EGHS/MDHS:
ella.ottrey@eghs.net.au

DELIVER Research Translation Coordinator
michele.conlin@eghs.net.au & Research Assistant
jake.romein@eghs.net.au



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NUTRITION AND QUALITY FOOD STANDARDS

BY NATALIE D'ANNA
DIETITIAN

Data from the Australian Commission on Safety and Quality in Health Care shows that in 2018 there were 5,400 episodes of hospital acquired malnutrition occurring in Australian hospitals each year. Additionally, within the community and aged care settings, 50% of elderly Australians are at risk of malnutrition. Prevalence is highly likely due to the increased nutritional needs during periods of rehabilitation, recovery, illness, and aging.

Typically, it is also common to see decreases in appetite, taste changes, and additional impacts to nutritional intake alongside these episodes that often increase the risk of people within hospitals, the community or in aged care to not eat as much as their requirements.

From this it's quite common to see functional decline, unintentional loss of weight and prolonged or numerous hospital admissions, with data showing that hospital acquired malnutrition can lead to 21 extra days in hospital on average.

To combat hospital and community-based malnutrition, the Department of Health released the Nutrition and Quality Food Standards for Adults in Victorian Public Hospitals and Residential Aged Care Services. These standards serve as a framework that

guides these services in providing appropriate nutrition to prevent malnutrition.

With the newest updates being released recently, hospitals and residential aged care services across Victoria are reviewing and updating their menu to fit these new recommendations. Meeting these standards will prevent malnutrition and associated complications, improve the outcomes and quality of life of our community and support the health service in meeting relevant accreditations in these fields.

The current recommendations hope to retain the dignity, autonomy and quality of life of our residents, patients and consumers. It aims to fortify foods and provide regular nourishing snacks, while also creating an ambient mealtime environment that promotes choice and social interaction.

At EGHS a working group has been established and through fortnightly meetings have been diligently working toward getting our menus for inpatient and aged care consumers up to the new standards. Currently new menu cycles and recipes have been tested, with a consumer feedback survey and meetings conducted across our residential aged care sites to give resident opinions on the proposed new meals. Additionally, recipe analysis has begun with staff education and meetings soon on the horizon. With these improvements the meals served at EGHS' inpatient unit and aged care sites will be nutritionally adequate to support our residents and patients, and also be able to foster a good quality of life, improved hospital stay, variety of choices and support dignity of feeding into later life.



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MARY KINSELLA FAREWELLED

JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service staff farewelled long serving nurse Mary Kinsella after a 38-year career at the health service.

Over the years, Mary has worked in aged care, the Inpatient Unit, HARP and Palliative Care.

Mary spent the past 18 years as the Associate Nurse Unit Manger in the Oncology Unit and was loved and respected by both colleagues and the patients she cared for.

Enjoy your retirement, Mary!



Pictured above: Mary Kinsella is pictured, centre, surrounded by colleagues, L-R, Narelle Briggs, Leesa McInnes, Tomoko Parker, Sarah Robinson from Ballarat Cancer Care, Marg Keith, Kiarna Taylor, and Dr Pohan Lukito

CAREERS QUICK CHAT – LAKE BOLAC COLLEGE

BY CLAIRE SLADDIN
TRAINING & DEVELOPMENT MANAGER

Central Grampians Local Learning and Employment Network (CGLLEN) held a Careers Quick Chat activity for Year 9 and 10 Lake Bolac Secondary College students.

Training and Development Manager, Claire Sladdin, represented EGHS along with nine other local industries. The students spent five minutes with each industry representative to learn about the industry in which they work, careers and what their achievements were in their working life.

It was an enjoyable and informative experience for the students and industry representatives.



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Submit Your Expression of Interest for Short Notice Childcare



For all EGHS Employees

- ✓ Short Notice Childcare
- ✓ Qualified Educator/s
- ✓ Close to your Ararat workplace
- ✓ Safe and secure environment
- ✓ Family Daycare
- ✓ Register your interest today through the QR Code

If you have any questions please email
Donna.halloranfoster@eghs.net.au

Short Notice Childcare Expression of Interest



Created by Development & Improvement 25/6/2024



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MULTI-DISCIPLINARY SIMULATION AT EGHS

By **CLAIRE SLADDIN**
TRAINING & DEVELOPMENT MANAGER

EGHS Urgent Care Centre, In-patient Unit and Peri-operative Unit staff participated in a multi-disciplinary simulation education session with Ambulance Victoria in May. The simulation session was facilitated by Grampians Health and EGHS education teams.

Grampians Health utilise the SIMVAN (simulation van) to offer health services within the Grampians region, the opportunity to participate in simulated emergency events or presentations. EGHS hosts six of these sessions per year, on various different topics, providing staff with immersive learning experiences that related to real-life patient presentations.

The purpose of the multi-disciplinary simulation was to bring together multiple EGHS departments plus Ambulance Victoria to respond to an emergency situation in the Urgent Care Centre.

The key focus areas were:

- Learning together
- Familiarisation with UCC environment and resources
- Understanding of skills levels of individuals
- Improve overall working relationships and teamwork

The outcomes from the simulation were very positive, with an excellent and timely response from the team in the delivery of patient care. Key learnings related to availability of equipment in the emergency trolley and the communication between individuals during the event. As a means to continually improve practice, these learnings will be shared and considered via departmental meetings.



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MURRAY TO MOYNE RAISES \$13,600

JODIE HOLWELL
COMMUNITY LIAISON

The 2024 EGHS Murray to Moyne Cycle Relay team raised \$13,368.31.

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

The team successfully completed the ride over the weekend of April 6-7.

Congratulations to the entire team, including staff members who participated, Alan Young, Roxane Moos, Dean Knights, Lauchie Stewart and support crew Tania McKinnis, Andy and Loretta Sanders and David Romeril.

The team also included community volunteers Laura White, Lisa Haddow, Charlie Reid, Jason Shipcott, Thea Hinchliffe, Gary Brumby, Tessa Sargent, Graham Bull and Rob Keith.

"We would like to thank the team for being such great ambassadors for the health service, and businesses, organisations and individuals for their generous support of this year's event," EGHS chief executive Nick Bush said.



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EGHS MURRAY TO MOYNE CRANKS AND DEFIBRILLATORS

Would like to thank businesses, organisations and individuals for their generous support of this year's event which has raised over \$13,600 for specialist therapy mattresses for the Inpatient Unit at East Grampians Health Service

Significant sponsors

AME Systems
Cyclescape
House of Nai
Eastick Homes
Ararat Medical Centre
Ararat Advocate
Sioux and Charlie Reid
Ararat RSL
GripSport

Major sponsors

John Dunn Funeral Services
Gouge Linen and Garment Services
Paul Brumby
Deb's Diner
Baker's Delight



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EGHS PUBLISHES RESEARCH INTO MODIFIED SPORT FOR OVER 60s

JODIE HOLWELL
COMMUNITY LIAISON

East Grampians Health Service's research into a community-based modified sport program for older adults was recently published in the Australian Journal of Rural Health.

Led by EGHS exercise physiologist Jake Romein, the project, titled 'A community-based modified sport program for rural community-dwelling older adults: A pilot study' aimed to promote physical activity in older adults over 60 years.

The primary objectives were to identify the factors influencing participation in a modified sport program for adults aged 60 years or over, and to develop a modified sport program that addressed these factors.

"EGHS conducted two focus groups with community members over the age of 60 to gain a better understanding of the barriers and facilitators to participating in modified sport," Mr Romein said.

"Most importantly the focus groups highlighted the interest in greater opportunities and access for older people to participate in fun, safe, and social physical activity."

Utilising this information from the focus groups, Mr Romein and co-researcher Gabrielle Hutchins designed and implemented a modified sport program in collaboration with the local Ararat Fitness Centre for adults over 60 years.

Modified sports that were trialled in the program included basketball, netball, cricket, Australian rules football and football (soccer).

All sports were modified to ensure that participants were safe while having fun, with common modifications including walking rather than running, and no tackling/contact.

Mr Romein said 13 older adults participated in the modified sport program throughout the duration of the study with a high attendance rate. All participants rated the program as very satisfied after the initial six-week pilot program.

"Participants in the modified sport program highlighted the most enjoyable aspects to the program included being more active, the coach and facilitators, learning new skills, meeting new people, and having a greater sense of wellbeing," he said.

The Ararat Fitness Centre has commenced the next season of modified sport in Ararat, utilising a hybrid sport of both netball and basketball. All older people over the age of 60 are welcome to join.

Currently modified sport is running every Wednesday from 12:45pm – 1:45pm. A free trial period is offered for new members, after which each session costs \$5 to attend.

Please contact the Ararat Fitness Centre on 5352 1064 for further details regarding participation in modified sport.



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PARKLAND PURSUITS

BY MICHELLE MASLEN

LEISURE & LIFESTYLE COORDINATOR

We have had a wonderful June. We have played Carpet Bowls and it was very competitive, three people went out to the Willaura Golf Club and completed two holes of golf. This was a sunny day and they all played well up until they missed the pin a few times. We had afternoon tea out there among the trees and well mowed greens. We had Karen Robinson and John Walter from the Historical Society come to talk about the beginning of the township of Willaura. It was very interesting.

We will have a visit from the Penshurst Social Support Group and they will listen to Lois Reynolds talking about the Art at the railway station.

We have been having freshly cooked biscuits and scones. Our residents have been happy to give staff their choice of biscuits. We had the Lake Bolac students come and we had a "Soup off" and winter warm up games. They made pumpkin soup and so did we. Theirs was much more buttery and they had fresh bread from the Bakery to go with it. Students played quoits and golf with carpet bowls with our residents in the afternoon. We were getting warmed up for the Winter Olympics in July.

One of our staff is having a Pink day for Breast Cancer. Most of us will wear Pink.

Residents will be bused to Lake Bolac for the afternoon next week to hear about "the expo of drones" and see the students fly them. We will eat French croissants for Bastille day and play French Bingo, make damper and play Indigenous picture Bingo for Bush Tucker week, and try to guess the herbs for World Herb day.

We will head off to play golf again if the weather is fine. It will be a busy July. I almost forget Christmas in July. We will celebrate with a Christmas lunch and play games.

Cheers for now



Pictured above: Charles Abbott on the 9th hole at Willaura Golf Club



Pictured above: Derrick Watson on the 9th Hole at Willaura Golf Club



Pictured above: Residents at Parkland House enjoying the Biggest Morning Tea



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NEW ARRIVALS AT EGHS

BY JODIE HOLWELL
COMMUNITY LIAISON

Jessie Modra and Daniel Seres have welcomed a son, Henry Samuel Seres.

Baby Henry was born at East Grampians Health Service on June 1 2024 and weighed 2830 grams.

"Thank you so much to all the team at EGHS. You guys have been amazing. Your support and guidance has been outstanding," Jessie Modra and Daniel Seres.

Taylah Moloney and Jesse Rudolph have welcomed their second child, Charli Jane Rudolph.

Baby Charli was born at East Grampians Health Service on June 17 2024, weighing 3923 grams, and has a big brother Alfie.

"Another amazing birthing experience at EGHS. Can't fault the wonderful midwifery team," Taylah Moloney and Jesse Rudolph.



THANKFUL THURSDAY

"I AM THANKFUL FOR BEING A PART OF A HEALTH FACILITY THAT IS BASED ON COMMUNITY, WHERE MY COWORKERS ARE MY SECOND FAMILY AND YOU CAN SEE HOW OUR LITTLE FACILITY HAS A POSITIVE IMPACT ON OUR PATIENTS, RESIDENTS AND VISITORS. WE MAY BE SMALL BUT WE ARE A BIG PART OF THE COMMUNITY."

KYLIE RITCHIE
ENROLLED NURSE



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Looking for easy ways to best serve your patients medication needs? [The library](#) is a go-to for staff wanting access to the best available evidence for medication decisions and guidance. For this reason, we supply our workforce with access to a variety of [medication decision support tools and apps](#) to help deliver medication-based decisions at the point of care.

What are Therapeutic Guidelines?



Therapeutic Guidelines (TG) provide clinicians with evidence-based, point-of-care decision-making guidelines for medications in clinical practice. TG is regularly updated and includes practical treatment advice on 2,500 topics based on the latest international literature and interpreted by Australian experts.

To sign up for Therapeutic Guidelines and to download the app to ONE device:

1. Click on the [Apps & Other Services](#) tab on the Library website [using a work computer](#) (You will need to be onsite to do this process the first time).
2. Register for an access token. Remember that you can only use this token for one device. Save a copy of this token.
3. Download the TG app to your phone or tablet and select "Institutional User Login."
4. Enter your email and your token.

You can also access Therapeutic Guidelines from the [Drug Resources](#) page on the library website. It is in the alphabetical drug resources list on the left of the page.

Therapeutic Guidelines can be used offline. Click on the cloud icon in the top right-hand corner of the app and download content. Locate the ☰ in the top left-hand corner, choose settings and switch the app offline switch to 'on.' You'll be prompted to download new content when the guidelines are updated.

If you have any issues with accessing the Therapeutic Guidelines online or on your app, email library@gh.org.au to request advice or assistance.

THANKFUL THURSDAY

"I AM THANKFUL TO OUR STAFF FOR THE WAY THEY CARE FOR THE PEOPLE IN OUR COMMUNITY AND FOR EACH OTHER. WE ALL WORK TOGETHER AS A STRONG TEAM TO PROVIDE QUALITY HEALTH CARE. I FEEL GRATEFUL TO WORK IN AN ORGANISATION THAT I AM PROUD OF."

REBECCA PETERS, DEPUTY DIRECTOR OF CLINICAL SERVICES



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WELCOME NEW EGHS STAFF

BY ROS BLOOMFIELD, MANAGER – HUMAN RESOURCES

Naomi Palamo

MY POSITION AT EGHS *WARD CLERK*

FAVOURITE AFL TEAM *WESTERN BULLDOGS*

FAVOURITE FOOD *SUSHI*

FAVOURITE MUSIC *ALL*

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



Aaron Robinson

MY POSITION AT EGHS *PORTER/CLEANER*

FAVOURITE AFL TEAM *RICHMOND*

FAVOURITE FOOD *BURRITO BOWLS*

FAVOURITE MUSIC *HIP HOP/RAP*

INTERESTS *SIM RACING/BIKE RIDING*

ONE THING I'M GOOD AT IS *SIM RACING*

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



Alicia Woods

MY POSITION AT EGHS *CATERING ASSISTANT*

FAVOURITE AFL TEAM *GEE LONG*

FAVOURITE FOOD *SPAGHETTI BOLOGNESE*

FAVOURITE MUSIC *POP, ROCK, COUNTRY*

INTERESTS *READING, CONCERTS*

ONE THING I'M GOOD AT IS *SPELLING*

ONE THING I WANT TO DO
IN MY LIFETIME IS... *EXPLORE NEW ZEALAND*



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INTERNATIONAL CLEANERS' DAY 2024



Pictured above: Christie Ford



Pictured above: Elizabeth McIntosh



Pictured above: Heather Walker



Pictured above: Jean Gill



Pictured above: Mark Jamieson



Pictured above: Ross Williamson



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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!

EGHS FOOTY TIPPING

JO SUMMERS
EXECUTIVE ASSISTANT TO CEO

LEADERBOARD AFTER ROUND 15:

91 POINTS	BROOKE WILLIAMSON
89 POINTS	CAROL CROWE
89 POINTS	LES PYKE
89 POINTS	JANE MILLER
89 POINTS	PETER ARMSTRONG
88 POINTS	LUKE BRIGGS
88 POINTS	DANNI RALPH



Eight tipsters picked all the winners in the bye round and received a bonus point!



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GERMAN APPLE CAKE

INGREDIENTS

- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 4 large eggs, room temperature
- 2 cups sugar
- 1 cup canola oil
- 1/2 cup orange juice
- 2-1/2 teaspoons vanilla extract
- 4 cups thinly sliced peeled apples (about 4 to 5 apples)
- 2 teaspoons ground cinnamon
- 3 tablespoons sugar
- Confectioners' sugar, optional

METHOD

1. Preheat oven to 350°. Grease and flour a 10-in. tube pan. Combine the flour, baking powder and salt; set aside.
2. In a large bowl, beat eggs and sugar. Combine oil and orange juice and add alternately with dry ingredients to egg mixture. Beat until smooth; add vanilla and beat well.
3. Pour half the batter into prepared pan. Arrange half the apples over the batter. Combine cinnamon and sugar and sprinkle half over the apples. Top with remaining batter, apples and cinnamon mixture.
4. Bake until a toothpick inserted in the center comes out clean, about 70 minutes. Cool for 1 hour before removing from pan. Cool, apple side up, on a wire rack. If desired, sprinkle with confectioners' sugar.



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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