

# ECHO



East Grampians  
Health Service

## EAST GRAMPIANS HEALTH SERVICE



**“Greg Mair receives highest honour”**  
Full story on page 3



### CE Report

It's truly uplifting to witness the weather improving. This not only enhances the health of our community and EGHS staff but also paves the way for us to embark on some of the larger construction projects we have in store. The brighter days ahead fill us with optimism and hope for the future of our health service.

The first one we have is the construction of the practical laboratory, which will allow us to have the capacity to teach students and staff by simulating significant illnesses and injuries, which is sometimes not possible at Ararat. This will be particularly useful for the Deakin University first and second-year medical students who will be on-site next, as well as the Federation University diploma of nursing students.

The redevelopment will involve demolishing a significant section of the support services area. The support services team, which plays a crucial role in the health service and community, will be relocated to the northern side of the service road that runs through the Ararat site. Construction of the new facilities for them is progressing well.

Ultimately, the health service's master plan also has the supply/store building on the northern side of the service road. Trucks will have access to the health service from Lowe Street, which limits their presence in the health service grounds when dropping off stores.

Planning is underway for the redevelopment of Willaura. We are hopeful and excited as we prepare to submit the plans to the Regional Health Infrastructure Funding round.

Willaura is a crucial service of EGHS and with any funding application, we need to convince the Government of this. With the potential for redevelopment, we are optimistic about the future of our health service at Willaura.

On November 26, the EGHS Annual General Meeting will be held at the Ararat Town Hall. We are delighted to have Terry Moran, the Chancellor of Federation University, as the guest speaker.

CE Report cont. page 2

CE Report cont.

Federation University strongly supports EGHS, with the diploma of nursing course being delivered on-site. Many of our nurses are Federation University graduates, and most of our nurses with advanced midwifery, peri-operative, and emergency skills are Federation University graduates.

Mr Moran was formerly Australia's most senior public servant when he was Secretary of the Department of Prime Minister and Cabinet. He also held a similar role in the Victorian Government.

At the Annual General Meeting, we award scholarships to staff to undertake further education and training and celebrate those who have successfully completed their studies.

It is pleasing to acknowledge our staff who take on the study while working and often raising children. This can be very challenging, which makes it so important to recognise their achievements. This component of the AGM reinforces the value of the health service 'learning culture'.

Thank you to the staff who have completed the people matter survey. I acknowledge from the comments of several staff members that it is too frequent and that many of the questions are irrelevant to their work. This feedback allows us to work on areas that need improvement so that staff can be more satisfied with their workplace. I am pleased to report that we have received a response rate of 38%.

Have a good month.

## PAST BOARD CHAIRS GATHER AT HEALTH SERVICE

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

East Grampians Health Service Board chair, Ken Weldin, hosted a lunch with former EGHS Board chairs.

The lunch was to brief the former board chairs on the future developments at the health service, with Director of Support Services Stuart Kerr presenting to the group.

"It is important to get the former board chairs together to share with them the developments of the health service that are upcoming and to learn from their experiences," Mr Weldin said.

Mr Weldin highlighted it was approaching 30 years since the creation of East Grampians Health Service following the

merger of Ararat District Hospital, Willaura District Hospital and John Pickford Geriatric Centre.

"It was very pleasing to see John Evans in attendance, as we advocate with the Government to redevelop Willaura. John was the former Board Chair of Willaura District Hospital," he said.

EGHS Chief Executive Nick Bush said it was very pleasing to catch up with the former board chairs who gave so much to the health service and are still active supporters.

"It is good to get their feedback on the health service's performance and the opportunities for the future and if they are witnessing areas where we need to improve," Mr Bush said.



Pictured L-R at the lunch, EGHS Director of Support Services Stuart Kerr, Nancy Panter, Faye Hull, Christine Forster, Ken Weldin, Graeme Foster, EGHS chief executive Nick Bush, Bill Jones, and John Evans

# GREG MAIR RECEIVES HIGHEST HONOUR

**JODIE HOLWELL  
COMMUNITY LIAISON**

East Grampians Health Service gardener/handyperson Greg Mair was the recipient of a prestigious award at the Wannon Volunteer Awards in October.

Presented by Member for Wannon Dan Tehan, the awards recognise individuals and group volunteers who have made an outstanding contribution and who go above and beyond for their local communities.

Greg was one of two recipients of the prestigious Member of Parliament Award.

Greg was recognised for his selfless sacrifice during the Pomonal Bushfires in February of this year.

He was nominated by Russ Kellett, who shared these powerful words:

“On February 14, 2024, as bushfires ravaged our town of Pomonal, I found myself in the fire truck with Greg, battling the flames side by side. About three to four hours into the fight, we witnessed Greg’s entire house erupt in flames, leaving us powerless to save his property.

“Despite this devastating loss, Greg shook off the tragedy and continued to fight for the homes of others throughout the night, fully aware that his own was gone. While many of us were anxious about the fate of our homes, Greg’s ability to put his grief aside and focus on helping others exemplifies true heroism. His unwavering commitment to saving his community, even in the face of personal loss, truly deserves recognition.”

From all at East Grampians Health Service, congratulations Greg on this well-deserved accolade.



**Pictured L-R, Dan Tehan, Greg Mair and guest speaker Daniel Buckingham**



# BLUE RIBBON BRANCH TOURS PERIOPERATIVE UNIT

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

Members of the Victoria Police Blue Ribbon Foundation Ararat Branch recently toured the East Grampians Health Service Jason Bond Perioperative Unit to view the new anaesthetic machine, which the branch is currently raising funds for.

Director of Anaesthetics Neil Provis-Vincent and Manager of the Perioperative Unit Kirsten Carr gave an overview of the vital piece of equipment.

The purpose of the anaesthetic machine is for the safe administration of anaesthetic gases, including oxygen, medical air, Nitrous and the actual anaesthetic agents. It also allows for the safe and effective monitoring of the anaesthetised patient at all times throughout their anaesthetic journey.

The anaesthetic machine acts as the lungs for the anaesthetised patient, with the ability to administer the correct amounts of medication required for that patient to have their surgery, in a safe and controlled environment.

The Ararat branch is currently raising \$114,070 for the equipment.



**Pictured L-R, Stuart Kerr, Kirsten Carr, Neil Provis-Vincent, Sandra Marriner, Kirsty Millson, Kate Gleeson, Dianne Radford, Dean Pinniger and Shaun Allen.**

# FOOTY ROCKS FOR EDWARD!

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

Young Edward Morgan found the lucky Brisbane Lions rock, painted and hidden by residents from 70 Lowe Street and Garden View Court, and was awarded a Sherrin football donated by the Ararat Eagles Football Netball Club.

70 Lowe Street and Garden View Court residents painted the rocks in the footy colours of the AFL finalists and they were hidden around Ararat.

There were only four rocks in each team's colours, and those who were lucky enough to find one in the colours of Premiers Brisbane Lions were asked to hand it in to Lowe Street, with Edward the lucky winner.

Ararat Eagles Football Netball Club vice president Penny Walton visited 70 Lowe Street to hand over the prize to Edward and his family.

Thank you to the Ararat Eagles for your generosity and support of this community event.



**Pictured L-R are residents Werner and Randle who painted the rocks, Max Morgan, winner Edward Morgan, Sophie Morgan and Ararat Eagles vice president Penny Walton.**

# FEDERATION UNI CHANCELLER GUEST SPEAKER AT HEALTH SERVICE AGM

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

East Grampians Health Service will hold its annual general meeting in November, with Federation University Chancellor Terry Moran AC as guest speaker.

At the meeting staff long service awards will be presented as well as scholarships which will enable staff to undertake additional study to further their careers.

Terry Moran's distinguished career includes holding the most senior position in the Australian Public Service – Secretary of the Department of Prime Minister and cabinet.

Appointed by Prime Minister Kevin Rudd, he continued in the position when Julia Gillard became Australia's first female leader. Previously he spent more than seven years as Secretary of the Victorian Department of Premier and Cabinet.

Mr Moran led the Department's work on national security and international policy, environment, industry and economic policy, social policy and reforms negotiated by the Council of Australian Governments. These reforms included a package of initiatives to reshape funding, governance and accountability for Australia's public hospitals. During the global financial crises, he helped lead Australia's highly successful policy responses.

While Secretary of the Victorian Department of Premier and Cabinet and Secretary of the Department of Prime Minister and Cabinet, Terry played a leading role with Steve Bracks and senior officers in initiating, planning and achieving financing for new institutions which have come to make an important contribution to Australia's cultural life and higher education. These included the Australian and New Zealand School of Government, the Melbourne Recital Centre, the Wheeler Centre (for books and ideas), the Grattan Institute and Opera Victoria.

In addition to his public sector leadership and policy development expertise, Mr Moran is a leading figure in Australia's education sector.

He is a former CEO of the Office of the State Training Board in Victoria and the first CEO of the Australian National Training Authority in Brisbane. In 1998, he was appointed Queensland's Director-General of Education. He also reviewed the South Australian TAFE system on behalf of the South Australian Government.

"I am pleased to be attending the East Grampians Health Service annual general meeting in Ararat, which is part of the catchment of Federation University and the location of our Ararat Jobs and Technology Precinct on Laby Street which

undertakes valuable research for the local community and industry. I look forward to meeting the Board, staff and volunteers," Mr Moran said.

East Grampians Health Service chief executive Nick Bush said hearing from Mr Moran would be interesting for all in attendance.

"The health service has a strong affiliation with Federation University, which delivers the Diploma of Nursing and Certificate III in Individual Support on site at EGHS in Ararat, and it will be good to hear Terry's perspective on tertiary education and the delivery of courses in regional areas," Mr Bush said.

"We are also very much looking forward to presenting our long serving staff with awards, and education scholarships to staff who will be taking on further study, which in the long run improves the quality and range of services we can offer at EGHS."

All are welcome to attend the EGHS AGM, which will be held on Tuesday November 26 at the Ararat Town Hall commencing at 6pm. Please RSVP to Amelia Miller at [amelia.miller@eghs.net.au](mailto:amelia.miller@eghs.net.au) by Monday November 25.



**Guest speaker at the East Grampians Health Service annual general meeting, Terry Moran**

# MARG'S 50 YEARS OF VOLUNTEER SERVICE RECOGNISED

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

East Grampians Health Service has recognised the work and support of its 150 volunteers at the 19th Volunteer Service Recognition Awards, including an incredible 50 years' service by Marg Young.

At the awards, 25 volunteers were recognised for five, 10, 15, 20, 30, 35 and 50 years.

Marg Young said volunteering had been incredibly rewarding.

"I knew from the age of 16 when I was a volunteer for the Red Cross in Maryborough, that I wanted to be involved with the elderly," Mrs Young said.

"I have volunteered at EGHS in Pyrenees House, Pickford House, 70 Lowe Street, Garden View Court, Meals on Wheels and the EGHS Residents' Support Group.

"The many lovely people you meet on your way and the love and support has been amazing. To walk into an aged care facility or deliver meals to community members, the beautiful smile you leave behind knowing you had made someone happy for a short time."

During her years of volunteering, Mrs Young has not missed one year in 50 years of delivering Easter Eggs on Easter Sunday to residents in aged care in Ararat, often accompanied by her grandson.

Thirty-five-year service awards were presented to two long serving members of the Willaura Health Care Auxiliary, Mandy Heard and Sue Coutts and a 30-year service award to Val Tosch, who volunteers at the Patricia Hinchey Centre.

Guest speakers at the awards were a panel of community members from Pomonal, including Russ Kellett, Colin Macaffer, Barb Venn and Pep Atchison, who spoke about their experiences during and in the aftermath following the devastating Pomonal bush fires earlier this year.

They provided a moving insight into the community and how they have coped with the impact of the fires, demonstrating the true spirit of volunteerism and community resilience.

The event was emceed by Volunteer Coordinator Hannah Jennings and attended by EGHS executive, staff and volunteers and hosted by EGHS Board Director Lisa Davidson, with awards presented by Board Directors Cam Evans and Megan Shea.

EGHS chief executive Nick Bush paid tribute to the 150 volunteers who work across many different areas of the health service.

"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' service - Graham Bull (Murray to Moyne), Pauline Weeks (Red Cross), Jasmine Chalmers (Patricia Hinchey Centre - Vale); 15 years' service - Ceal Gubbins (Ark Toy and Activity Library), Ian Carman (Meals on Wheels), Merren McIntosh (EGHS Auxiliary), Charlie Reid (Murray to Moyne), Wayne Klaus (Murray to Moyne), Graeme Foster (Murray to Moyne); 10 years' service - Gary Brumby (Murray to Moyne), Lisa Haddow (Murray to Moyne), Rick Klaus (Patricia Hinchey Centre); 5 years' service - Bernadette Fitzpatrick (70 Lowe Street), Dianne Carr (Ark Toy and Activity Library), Lee Kaleta (Ark Toy and Activity Library), Laura White (Murray to Moyne), Kerry Coone (Residents' Support Group), Jeanette Hawley (Residents' Support Group), Linda Kerr (Residents' Support Group), Julie Kuchel (Residents' Support Group), Liz Arbon-Ellis (Meals on Wheels).

**More photos page 6 & 7**



**Marg Young with her 50 Year Service Award**





**Board Director Cam Evans and Ceal Gubbins**



**Board Director Cam Evans and Dianne Carr**



**Board Director Cam Evans and Graham Bull**



**Board Director Cam Evans and Mandy Heard**



**Gary Brumby and Board Director Cam Evans**



**Graeme Foster and Board Director Megan Shea**



**Ian Carman and Board Director Megan Shea**



**Jeanette Hawley and Board Director Megan Shea**



**Laura White and Board Director Cam Evans**



**Lee Kaleta and Board Director Megan Shea**



**Linda Kerr and Board Director Cam Evans**



**Pauline Weeks and Board Director Megan Shea**



**Sue Coutts and Board Director Megan Shea**



**Board Director Megan Shea and Marg Young**



**Stuart Kerr with Marg Young**



**Grace Rethus and Rick Klaus**





Pep Atchison, Barb Venn, Colin Mcaffer and Russ Kellett





# GARDEN VIEW COURT GOSSIP

JANETTE BRISCOE  
LEISURE & LIFESTYLE COORDINATOR

We've had Joyce turn 100 and yesterday was such a nice day we had a nice BBQ in the courtyard to get people outside. We always enjoy the children from Ararat Early Learning coming to visit and play bingo with us and getting out in the community on the bus and chatting with old friends.



**Pictured: Patti with Lawrie a friend at the Ararat Railway Museum**



**Children from Ararat Early Learning Centre visit for the Grandfriends program**



**Pictured: Joyce Hellyer turns 100**



**Pictured ladies folding at Garden View Court**



**Pictured: Residents at a Garden View Court BBQ**



# BLOOD BANK

The return of Australian Red Cross Lifeblood blood bank services to Ararat was initiated through the East Grampians Health Service Community Consultative Committee.

Made up of EGHS Board Directors, executive staff, volunteers and consumers, and chaired by Board Director Lisa Davidson, the committee advocated for the return of services with chief executive Nick Bush then writing to the Australian Red Cross requesting the return of the blood bank to Ararat.

A trial mobile donor centre bus visited Ararat in September and was booked out very quickly, demonstrating the interest in the region, with the Red Cross to return later this year, from December 30-January 4

To book go to [www.lifeblood.com.au](http://www.lifeblood.com.au) and search for Ararat.



Pictured is EGHS Board Director Lisa Davidson giving blood in September

# FESTIVE FACEOFF

EGHS Executive announce that this year's Festive Faceoff Christmas Decoration Competition theme is:

'A very ..... Christmas'  
It is an 'open' theme and some examples could include:

- 1.A very Brady Christmas
- 2.A very golden Christmas
- 3.A very Barbie Christmas
- 4.A very cold Christmas
- 5.A very Aussie Christmas

It will be one theme per area, to prevent 'double ups', and area managers must register their theme by emailing [jodie.holwell@eghs.net.au](mailto:jodie.holwell@eghs.net.au) First in best dressed, so put your thinking caps on and send your 'themes' through to Jodie ASAP.

Decorations are to go up no earlier than December 1. Judging (by Board Directors) will take place on Tuesday December 10 and the winner announced at the Staff Christmas Lunch.





## WHERE ARE THEY NOW?

### PETA BARRIE

Peta Barrie received the Joe Kapp Building for the Future Foundation Scholarship in 2022.

Receiving the scholarship enabled Peta to study the Certificate IV in Payroll Administration and the Diploma of Payroll Management, which she studied online through the Australian Payroll Association.

Peta strongly advocates for local healthcare services, believing that rural communities deserve the same quality of care and opportunities as their metropolitan counterparts. Her commitment led her to seek the Joe Kapp Estate scholarship, ensuring that payroll services remain accessible within EGHS.

"Receiving this generous scholarship meant that I could study both the certificate and diploma without any financial burdens," Peta said.

"Having these qualifications means that we can keep skilled payroll personnel locally rather than outsourcing. It also means that EGHS employees have a real person that they know and trust to come and speak to regarding any payroll enquiries."

Already working in finance/payroll at EGHS, through her further study Peta has moved to a new role in the department, the Payroll System and Data Manager.

Peta said she really enjoys the challenges that the role presents to her daily.

"A heartfelt thank you to the generous Joe Kapp Estate for establishing this scholarship," Peta said.



**Pictured: Peta Barrie receiving her scholarship from Building for the Future Foundation Trustee Jill Tivey**

## THANKFUL THURSDAY

"I am thankful I work in a health service that truly cares about the community it serves, with staff who offer exceptional care and volunteers who provide their skills and expertise to raise funds for equipment and services, or spend time with our patients, residents and consumers."

JODIE HOLWELL  
COMMUNITY LIAISON

# NEW ARRIVALS AT EGHS

**JODIE HOLWELL**  
COMMUNITY LIAISON

Gemma Leslie and Luke Stevens have welcomed their third child, Isla Mary Stevens

Baby Isla was born at East Grampians Health Service on October 7 2024, weighing 3518 grams, and is a little sister for Harry, 6, and Archie, 4.



# EGHS STAFF FITNESS

**KELLY RYAN – EXERCISE PHYSIOLOGIST**

Staff fitness runs every week on Tuesday at 5:15pm – 6:15pm. On occasion, we do modified sport during staff fitness time. These sports may include indoor games at the Ararat Fitness Centre in the winter months and outdoor activity planned in the warmer months.

Exercise provides many benefits to our health and quality of life such as strengthening our bones and muscles, reducing our risk of chronic conditions, boosting cognitive function, improving mood and mental health.

Staff fitness welcomes all staff of any fitness level to join us in a warm and inviting atmosphere. Stay up to date by joining the “EGHS staff Fitness” Facebook group for updates and last-minute changes.

CHC gym = Community Health Centre Gym  
Ararat Fitness Centre: 61-73 High Street, Ararat

Please click the link to join:  
[Ararat Fitness Centre : 61-73 High Street, Ararat](#)

Please click the link to join:  
<https://www.facebook.com/groups/272393883425954>

I look forward to seeing you there!





# WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

**AMY BOXER  
NURSE**

**ALL ABOUT ME...**

Favourite AFL Team | **Geelong**

Favourite Food | **Fresh Fruit**

Favourite Music | **Just about any type of music**

Interests | **Gym & Anything outdoors**

One thing I'm Good at | **Listening, helping others**

One thing I want to do in this lifetime | **See the**

**Northern Lights**



**PETER BUCHANAN  
RADIOGRAPHER**

**ALL ABOUT ME...**

Favourite AFL Team | **Richmond**

Favourite Food | **BBQ Ribs**

Favourite Music | **Rock**

Interests | **Music & Sport**

One thing I'm Good at | **Persevering**

One thing I want to do in this lifetime | **Make a difference**



**CHARLIE GADD  
CLEANING ASSISTANT**

**ALL ABOUT ME...**

Favourite AFL Team | **Hawks**

Favourite Food | **Pasta**

Favourite Music | **Vaporwave**

Interests | **Digital technology, video games & programming**

One thing I'm Good at | **Computers**

One thing I want to do in this lifetime | **Develop a video game**



**ISABEL KETTLE  
RECEPTION/ADMINISTRATION ASSISTANT**

**ALL ABOUT ME...**

Favourite AFL Team | **Collingwood Magpies**

Favourite Food | **Schnitz**

Favourite Music | **Country**

Interests | **Football, spending quality time with my daughter**

One thing I'm Good at | **Making people smile**

One thing I want to do in this lifetime | **See the Northern Lights in Norway**



# WELCOME NEW EGHS STAFF

ROS BLOOMFIELD, HUMAN RESOURCES MANAGER

**JACINTA KNIGHT**  
**CATERING ASSISTANT**  
**ALL ABOUT ME...**

Favourite Food | **Fried Rice**  
 Favourite Music | **Jackson Browne**  
 Interests | **Gardening**  
 One thing I want to do in this lifetime | **Go to Maldives**



**LACHLAN MCGRAE**  
**LEISURE & LIFESTYLE ASSISTANT**  
**ALL ABOUT ME...**

Favourite AFL Team | **North Melbourne**  
 Favourite Food | **Spaghetti Bolognese (gluten free)**  
 Favourite Music | **80s, 90s & 2000s music**  
 Interests | **Modern history, football, basketball**  
 One thing I'm Good at | **Footy statistics, demonstrating patience, helping others**  
 One thing I want to do in this lifetime | **Meet Harry Sheezel - North Melbourne Football Club**



**KIRSTY MILLSON**  
**TRAINEE ENROLLED NURSE**  
**ALL ABOUT ME...**

Favourite AFL Team | **Carlton**  
 Favourite Food | **Mexican**  
 Favourite Music | **All types**  
 Interests | **Friends, family & music**  
 One thing I'm Good at | **Smiling**  
 One thing I want to do in this lifetime | **Live a long healthy life**



**SUZANNE RIVERA**  
**WARD CLERK**  
**ALL ABOUT ME...**

Favourite AFL Team | **Bulldogs**  
 Favourite Food | **Steak**  
 Favourite Music | **All music**  
 Interests | **Art, self sufficiency**  
 One thing I'm Good at | **Cooking**  
 One thing I want to do in this lifetime | **Live off grid**





# SYRINGE DRIVER DONATION

**REBECCA PETERS**  
DEPUTY DIRECTOR OF CLINICAL SERVICES

70 Lowe street received a heartfelt donation from Melissa for a new syringe driver in honor of her late father.

The syringe driver is the latest version of a subcutaneous infusion device which delivers medications continuously over a 24 hour period to improve care and comfort, often at end of life.

EGHS wish to thank Melissa for her kind donation. The team are grateful that the new piece of equipment will benefit residents at 70 Lowe Street long into the future.



**Pictured: Bec Peters Deputy Director of Clinical Services, Melissa Sidekli and 70 Lowe Street NUM Chris Jordan**

## LIBRARY SERVICES

Grampians Health Library  
Better Evidence: Better Health

A friendly reminder that there are [Guides](#) available in the library, to assist staff with medical and nursing database searching?

Each database manages search slightly differently: however, when you use a medical database, subscribed to by [Grampians Health Library](#), you will retrieve much better results than using Google or Bing. You will also retrieve abstracts and full text articles from reputable peer-reviewed sources, creating a strong best evidence foundation for your research paper or presentation.

Grampians Health Library has created a suite of [Database Help Guides](#) to help you develop your search strategy and skills.

Current Library Guides include:

- Basic Principles of Searching Databases
- Literature Searching Strategy
- PICO Template
- Proximity Searching
- Quick Tips for Using Google Scholar
- Using Shortcuts in EBSCOhost databases
- Using Shortcuts in OVID databases
- Which Database should I use?

Go to Library tab "[Databases/Standards](#)" to see the full list of Guides. They are free to download and read anytime.

For more complex literature searches, - or if you simply don't have the time, - have one of our experienced Health Librarians conduct your search. Email [Library@gh.org.au](mailto:Library@gh.org.au) or complete our [Literature Request Form](#).

## THANKFUL THURSDAY

“I am grateful for the beautiful view out the staff kitchen and toilet window onto Mount Langi Ghiran and Mount Cole. Every day it is unique.”

ALISON FITZGERALD  
PROJECT COORDINATOR  
DEVELOPMENT & IMPROVEMENT

# PATRICIA HINCHEY CENTRE GOES BACK IN TIME TO THE 1930S

JODIE HOLWELL  
COMMUNITY LIAISON

Patricia Hinchey Centre consumers and staff went back in time to learn about the 1930s.

Costumes from the era were worn and a menu of chicken noodle soup, porcupine meatballs and chocolate ripple cake brought back memories.

Interesting facts from the 1930s – did you know that Coca Cola was first bottled in Australia in 1938, Kool Mints were developed by Griffiths Sweets in 1939, Smiths Chips arrived in Australia 1931 and in 1930 the Freddo Frog was introduced.

Consumers also learned about 1930s' heroes such as champion racehorse Phar Lap, cricketer Don Bradman and also delved into the fashions of the era.



Pictured are staff and consumers at Patricia Hinchey Centre enjoying their 1930s' day.

ARARAT REGIONAL THEATRE SOCIETY INC

# CRUISE CLUB

Friday November 22  
Saturday November 23

Ararat Town Hall  
7pm

BYO nibbles - Drinks at bar prices

Tables of 10

Written by Liane Mills  
2016

Tickets available:  
[araratownhall.com.au](http://araratownhall.com.au)  
Phone 1800 657 158  
Ararat and Grampians Visitor  
Information Centre

A DAVID SPICER PRODUCTION

## EAST GRAMPIANS HEALTH SERVICE

### AUXILIARY

#### GALA DINNER IN THE STUNNING SURROUNDS OF



Thursday November 21  
6.30pm  
Three course meal and drinks  
Tickets - \$100 per person  
Tables of 10  
Dress - Semi formal



Guest speaker  
**Tom Clark**  
Gala auction

Raising funds for a specialised trolley for the treatment of patients in the EGHS Peri-Operative Unit

To book contact Shelley Green on 0438 526 915 by Tuesday November 12

Camping and Luxury Cabin facilities available on site. Please book through [info@GrampiansParkStation.au](mailto:info@GrampiansParkStation.au)

Grampians Park Station  
128 Mint Road, Moyston





# INSIGHT INTO THE WORLD OF A PROFESSIONAL DANCER

## JODIE HOLWELL COMMUNITY LIAISON

From keen young dancers through to those who have followed former Australian Ballet Principal Artist Amy Harris' career over many years, the East Grampians Health Service Auxiliary's fundraising event featuring the popular ballet dancer proved an interesting insight into the world of a professional dancer.

More than 150 people attended 'An Evening with Amy Harris' to hear about Amy's early days of dance, starting as a three-year-old at Rosengreen's School of Dance in Ararat, and progressing through to the Carole Oliver School of Ballet in Ballarat, the Australian Ballet School and finally her acceptance into the Australian Ballet in 2002.

Photos of her career accompanied the talk, including many focusing on her spectacular career with the Australian Ballet and her eventual promotion to Principal Artist in 2018.

The evening also included performances from Ararat Dance Centre and Dynamic District Dance Studio.

The event raised funds for specialised patient scales for the EGHS Dialysis Unit. The provision of new patient scales will improve the quality of care delivered to dialysis patients.

The equipment will enable staff to have access to accurate weights which will enable the individual dialysis sessions to be tailored to the needs of each patient.

EGHS Community Liaison Officer Jodie Holwell said the evening was a wonderful success and everyone who attended enjoyed Amy's presentation.

"Amy's story is a fascinating one and she shared the ups and downs of a professional ballet career in a candid and down to earth way that entertained our audience, which ranged from aspiring young dancers through to many who knew Amy as she was growing up and who have followed her career with interest over the years," Ms Holwell said.

"After Amy's talk, it was lovely to see so many people wanting to speak to her and many of the youngest audience members keen to have a photo taken with her – she is a big inspiration to Ararat's littlest dancers.

"Thank you to Amy for your inspiring talk and giving up your time to return to Ararat, to Ararat's two dance schools and to everyone who attended to raise funds for new dialysis equipment at East Grampians Health Service."



**Pictured: Amy Harris**



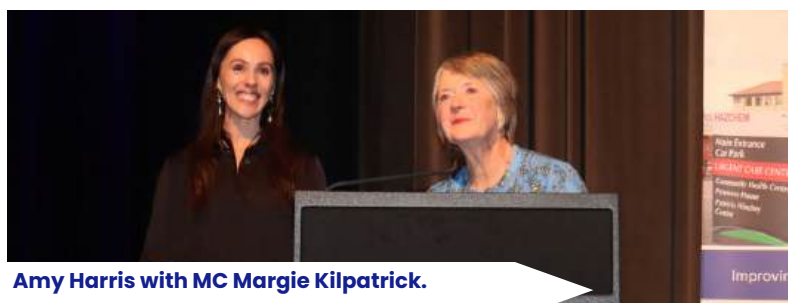
**EGHS Auxiliary members with Amy Harris, L-R, Kate Connellan, Amy Harris, Christine Van Straaten, Kathy Tucker, Margie Kilpatrick, Jane McMaster, Liz de Fegely.**



**Amy Harris pictured with choreographers, Bec Carman, former EGHS staff member (left) from Dynamic District Dance Studio and Karly Harris from Ararat Dance Centre.**



**Winner of the \$500 Australian Ballet voucher Heather Hevey with sponsor Cathy Drake from Nevetts Lawyers**



**Amy Harris with MC Margie Kilpatrick.**





Ararat Dance Centre



Dynamic District Dance Studio





# PARKLAND PURSUITS

BY MICHELLE MASLEN, PAM WHEELER AND JOSIE HICKEY  
LIFESTYLE COORDINATORS

We have been busy and loving this warmer weather.

We are hoping to have the outside rotunda painted so we can have more activities outside for summer. We have a great vegetable garden producing sugar snap peas, celery, broad beans, parsley, silver beet and hopefully carrots. Derick our resident gardener looks after this.

Pam has been busy organising the primary school to visit and taking residents on outings. She is a crafty person, so they have made some lovely items.

Josie has her ice cream trolley that has Mr Whippy music playing. It has been a hit. She has also introduced Bob Bowls.

Michelle is organising music artists to visit, water and acrylic painting, outings and exercises.

We will be celebrating Halloween with both Pam and Josie lending their creative flair to their special days.

Michelle is to deliver a Chinese theme day with a special 'Great Wall of China game', Chinese food and Tai Chi.

November we will celebrate Melbourne Cup Day, make early Christmas decorations, country music, visits from the primary school and kinder kids plus some craft.  
Happy days





# HINCHEY HIGHLIGHTS

**Nicholas Betson**  
Administration Assistant

Spring crept into the Patricia Hinchey Centre this month like it did all over Ararat. Bright blossoms and the smells of spring enchanted the consumers who took the time to stroll around the town and soak in some vitamin D.

October was dedicated to learning at the PHC this month and consumers were treated to a trove of educational treats. Activities included the construction of and the maintaining of a new terrarium which proudly sits on display in the dining room.

Travel is a must and this month we armchair travelled to Japan while also learning about some of the different customs and foods that come from the Japanese region. Fresh Flower arranging and Halloween crafts also kept us busy for the month.

We had 2 Volunteers with some accolades, Rick Klauss having volunteered for 10 years and Val Tosch for 30, an amazing effort! To top it off the PHC was the proud winner of 1st Prize at the Ararat Show for "3 Pansies", grown in our own garden, and a 2nd prize for our entry of "Mixed Herbs". What a month!



**Elaine Harmer getting involved in Jigsaws**



**Rick Klauss Receiving Award**



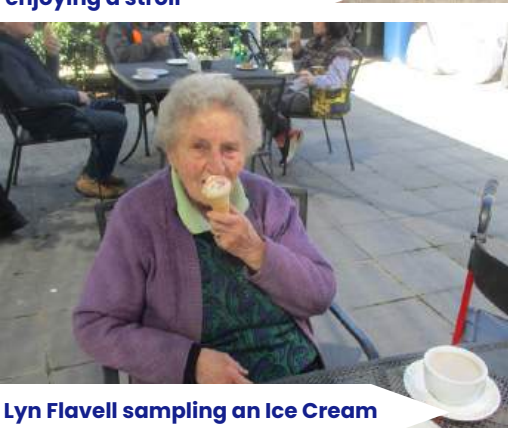
**Miki Sullivan and Sue McDougall**



**Gwen Dridan and Katie Gawley enjoying a stroll**



**Val Tosch Receiving Award**



**Lyn Flavell sampling an Ice Cream**



**Karl Kristoff, Karen Wicke, Nicole Fran and Sue McDougall being recycling Champions**



**John Mullins out and about shearing.**





*Walking together*  
towards a healthier heart

There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

**Join your local walking group at the date and time below:**

- Group: Ararat Walking Group

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- When: Thursdays at 11am

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- Where: Alexandra Gardens, meeting at Gardens Lake Cafe

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- Organiser: Zaylie 5352 9327 or zaylie.lehuray@eghs.net.au

Visit [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au) to register or for more information

Do you suffer from **asthma** or **hay fever**?

Grass pollen season is here

**Thunderstorm Asthma can be life-threatening.**

Know the risks. Get prepared. Stay safe.

- See your GP about an asthma action plan or hay fever treatment plan
- Avoid thunderstorms - go indoors before and during thunderstorms.
- For forecasts & alerts, get the VicEmergency app
- Always carry your medication in grass pollen season
- Learn asthma first aid
- Learn more

[my.gh.org.au/thunderstormasthma](http://my.gh.org.au/thunderstormasthma)

Grampians Health  
Grampians Public Health Unit

**Clinical**

**YES**

**Clinical waste is:**

Any visible blood

OR

From a patient suspected, or known to have, a communicable disease

OR

Any body fluids.

Note: Faeces, urine, vomit, sputum and meconium are not body fluids.

**NO**



Sharps

Pharmaceuticals



**Sharps**

**YES**

Any item able to cut or penetrate the skin



Devices with retractable or hidden sharps



Scalpels and scissors



Ampules (unless pharmaceutical waste\*)



Syringes with attached needles (unless pharmaceutical waste\*)

**NO**



Syringes without needles

\* Pharmaceutical waste is any item that has contained or held a B or AD drug, any item containing an extractable amount of pharmaceutical substance (other than saline, sugar and nutrient solutions).







EGHS Residents' Support Group

# Shopping Spree Week

Friday November 11 - Sunday November 17 2024

- Support local businesses
- Pick up great bargains
- Win shopping vouchers

## \$20 PER PERSON

(Cash only)

Buy passports at CAS Footwear, 2Taggs, We're Knot Crazy and Growmaster Grampians, from Monday November 4.

Many businesses will remain open until 7pm on Thursday November 14, with Ozy's food van, Liquid Indulgence coffee van, Mountainside and Miners Ridge wine pop up stalls and live music from Scott Rigby and Dave Nicholson!

Raising funds for residents in aged care at East Grampians Health Service.  
For further information, phone Marlene on 0419 117 279.

- Zest Living
- Lyal Eales
- 2Taggs
- RACV Shop
- CAS Couture
- CAS Footwear
- We're Knot Crazy
- Fosters Mensland
- Growmaster Grampians
- Grampians First Aid
- Miners Ridge Vineyard
- Lardner Bros
- Hughan's Nursery
- Autopro & Jaycar Ararat
- Ararat Authorised Newsagency
- Mountainside Wines
- House of Nai Asian Grocery
- Ararat RSL
- Decor Room Ararat
- Astor Cinema
- Baker's Delight





## ROYAL VISIT AT 70 LOWE STREET

Ararat Golden Gateway Festival King and Queen, Daryl Chaplin and Ruby Evans, visited residents at 70 Lowe Street.

Residents enjoyed meeting royalty and hearing about the activities the King and Queen had taken part in during the Festival.



**East Grampians Health Service**  
**Girdlestone Street, Ararat VIC 3377**  
**Phone. 5352 9300**  
**Fax. 5352 9333**

**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](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.**