



# COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)

FOOD & NUTRITION ■ WORKFORCE ■ PROCUREMENT INSIGHTS

## Operations

### Providing more choice



East Wimmerera Health Service has rolled out 24-hour snack bars so residents can help themselves as desired



## APRIL 2023



Welcome to our April 2023 Community Newsletter!

An article highlighting how EWHS has made changes that give our consumers more choice, and how these changes have improved our consumers wellbeing has been published in the Australian Ageing Agenda (AAA) magazine, circulated Australia wide. The article will be a valuable tool in sharing with other health services on what is possible and how consumers living in residential aged care can be offered more choices when effort is made. Great work and thanks goes to Scott Wilson who worked tirelessly at having our story shared.

Staff from Kara Court gathered recently at the St Arnaud Royal Hotel for a night to celebrate and thank Meryl Dooly for her commitment to EWHS for the past 30 years. Meryl was presented with a card, flowers, a voucher and a plaque. We wish Meryl all the best in her retirement.

To keep up to date with what is happening at EWHS in real time, follow our Facebook page or check out our website.



[www.facebook.com/east.wimmera.health.service](http://www.facebook.com/east.wimmera.health.service)



[www.ewhs.org.au/](http://www.ewhs.org.au/)

## ACKNOWLEDGEMENT OF COUNTRY

*East Wimmera Health Service acknowledges the Traditional Owners; the Dja Dja Wurrung Peoples, Djaara Peoples, Jaara Jaara Peoples, Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk Peoples and Custodians of the land in which we work and live, and pays respect to their Elders past, present and emerging. We acknowledge their significant cultural heritage, their fundamental spiritual connection to the country, and value their contributions to a diverse community. We are proud to embrace the spirit of reconciliation, and learn more from the local Aboriginal and Torres Strait Islander Communities, on how best to improve their health, social and economic outcomes.*

.....

## GOLDEN ANNIVERSARY FOR CHRIS

Chris Gordon has recently reached the significant milestone of 50 years of service at EWHS. In late March current and past staff members gathered to thank Chris for her many years of devotion and care to the residents of Kara Court St Arnaud and the communities we care for.

Scott Wilson shared a speech which took guests through the last 50 years of Chris's working history. Chris finished her traineeship in Maryborough District Hospital in January 1972 and started at St Arnaud District Hospital in 1973 as an Enrolled Nurse (EN). With hospital funding slashed in the early 90's, Chris finished as an EN and started as a Food and Domestic Services Assistant in the Support Services department.

**Fun fact about Chris** - She has the incredible talent of making a cuppa for a resident from memory - and in her time, calculating on 30 residents a day, Chris has made a whopping 648,000 hot/cold drinks for residents at EWHS!

Trevor Adem (CEO) and Sharyn Haynes (colleague) also shared some words and reflections. Please join us in congratulating Chris on this monumental achievement!



## JOIN THE EWHS TEAM

### EWHS Staffing Opportunities

We're always on the lookout for enthusiastic new team members to join us across our 5 Campuses - Birchip, Charlton, Donald, St Arnaud and Wycheproof.

Did you know we share all of our Job Vacancies via our website, Facebook and LinkedIn pages?

New positions are added weekly. You can access this page at any time by visiting: <https://ewhs.org.au/careers>



---

### EWHS Volunteer Opportunities

EWHS are also on the lookout for more fabulous volunteers to join us!

Do you have a spare couple of hours each month? Would you like to get out in your community?

EWHS have a range of wonderful volunteer opportunities available:

- Friendly Visitors - Visit and share your skills with our fabulous Aged Care residents
- Maintenance Volunteer - A hands on role working with our Maintenance team
- Community Newsletter Deliverer - Help us deliver this newsletter around your local town
- Administration - An office based role, assisting staff with administration tasks
- Planned Activity Group - Assist our Coordinators at weekly PAG sessions
- Community Car - Become a driver and help community members get to specialist appointments
- Wycheproof Drop-in Centre - Provide a friendly and comforting face at the Drop-in-centre

For further information about these opportunities, please contact Volunteer Coordinators Maddie or Stacey - Email: [volunteer@ewhs.org.au](mailto:volunteer@ewhs.org.au) or Phone: 5477 2100.



---

**Please note, appointment to EWHS Staff and Volunteer positions are subject to a National Police Check, and evidence of influenza and COVID-19 vaccinations.**



# HEALTHY & SAFE

## HEALTH PROMOTION HAPPENINGS

Maddie and Stacey, our Health Promotion team, have been out and about visiting EWHS communities recently. Check out what they've been up to below.



- **Birchip P-12 Active Youth Program** - With a presentation put together from our dietitians, Stacey spoke on the importance of fuelling our bodies for learning and being active. She also took along the Smoothie bike and everyone enjoyed delicious banana and berry smoothies.
- **Mali Heart Arts Festival** - Maddie attended over the March long weekend and spoke with community members on the importance of mental health, wellbeing and resilience. A community art piece was created and will be on display in organisations around Birchip.
- **Buloke Shire Playgroups** - Stacey was invited by Buloke Shire Playgroup Facilitator Kelly to attend playgroup sessions to deliver fun activities and speak to parents and children about the importance of looking after our teeth and mouths.
- **St Arnaud Year 9's** - Students attended EWHS for some quick fire Friday arvo sessions, looking at the Australian Guide to Healthy Eating and using this to think up what tasty and nutritious options they would like to see on their canteen menu.



## REGULAR CHECK-UPS IMPORTANT



Regular health check-ups can identify any early signs of health issues. Finding problems early means that your chances for effective treatment are increased.

Many factors, such as your age, health, family history and lifestyle choices, impact on how often you need check-ups.

It is a good idea to visit a doctor regularly, even if you feel healthy.

Make this your autumn reminder to book in that health check.

Find out what checks are best at: [www.betterhealth.vic.gov.au/health/serVICESandsupport/regular-health-checks](http://www.betterhealth.vic.gov.au/health/serVICESandsupport/regular-health-checks)

---

## COVID-19 - 2023 BOOSTER VACCINE



**Why should I get a booster?** Getting your booster dose remains the best way to protect you from getting very sick with COVID-19.

**What booster should I get?** The new bivalent vaccines are preferred for booster doses. Bivalent vaccines target both the original COVID-19 strain as well as the omicron variant.

**When should I have a booster?** 6 months after your last vaccine dose or 6 months after your last COVID infection.

**Aged under 18?** Children aged between 5 and 17 years who are at risk of severe illness can also receive a 2023 booster dose.

**Where can I get my booster?** You can get your next dose at your local pharmacy or GP. Find one near you using the Vaccine Clinic Finder - <https://covid-vaccine.healthdirect.gov.au/booking/>

Continue to visit <https://www.coronavirus.vic.gov.au/> for the most up-to-date information.



# KEEP UP TO DATE



## EVENTS AND INFORMATION

### SCHOOL HOLIDAY FUN

At your local library

Looking for some school holiday activities for the kids? Your local library and/or Neighbourhood House are great community assets and often have lots of fun things happening - get in touch with them to see what activities they have planned!

**Buloke Books & Fun Holiday Storytimes**

**Charlton**  
Tuesday, April 11th, 10.30–11.30am at the Shire Hall Supper Room, 11 Armstrong street.

**Donald**  
Friday April 14th, 10.30–11.30am at the Donald HUB, 70 Woods Street.

**Wycheproof**  
Monday, April 17th, 10.30–11.30am at the Community Resource Centre, 280 Broadway

Come join us for some songs, books and a craft. The activities will be aimed at pre-school and early primary ages.

**LIBRARIES HOLIDAY PROGRAM**  
All free events!

**ST. ARNAUD LIBRARY**

**THURSDAY 13**

Storytime 10.30am

Kids Karaoke! 3.00pm

**THURSDAY 20**

Storytime 10.30am

Pet Rock Making! 3.00pm

Please book in:  
Stawell Library on 03 5358 1274  
St. Arnaud Library on 03 5495 2188

Scan to subscribe to our newsletter "Check It Out! - WG Libraries"

## KEY DATES

All - April No Falls

3-7 Apr - Global Public Health Week

7 Apr - World Health Day

22 Apr - Earth Day

23-29 Apr - Patient Experience Week

24-30 Apr - World Immunisation Week

25 Apr - ANZAC Day

26 Apr - Lesbian Visibility Day

28 Apr - Pay it Forward Day