



COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)



MAY 2023



Welcome to our May 2023 Community Newsletter!

We kick off our Around the Grounds this edition sharing photos of Kara Court's Reminiscence Program. Our wonderful volunteer and local history guru Heather brought in various items that could have been found on the dressing table many years ago. It took our residents back to that time, and lots of stories were shared. Everyone very much appreciated Heather's kindness in bringing these items in.

We're always on the lookout for volunteers to share special moments like this with our residents. And with National Volunteer Week happening in May, what better time to sign up as an EWHS Volunteer! More information can be found on page 4.

Continue reading to see what else has been happening at EWHS!

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



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.

AROUND THE GROUNDS Wycheproof PAG

Wycheproof Planned Activity Group (PAG) enjoyed Easter celebrations with a special visit from the Easter Bunny who delivered Easter cheer and chocolates!



AROUND THE GROUNDS Riverview, Donald

The Residents of Riverview were blessed with a special visitor recently. It was smiles and cuddles all round!



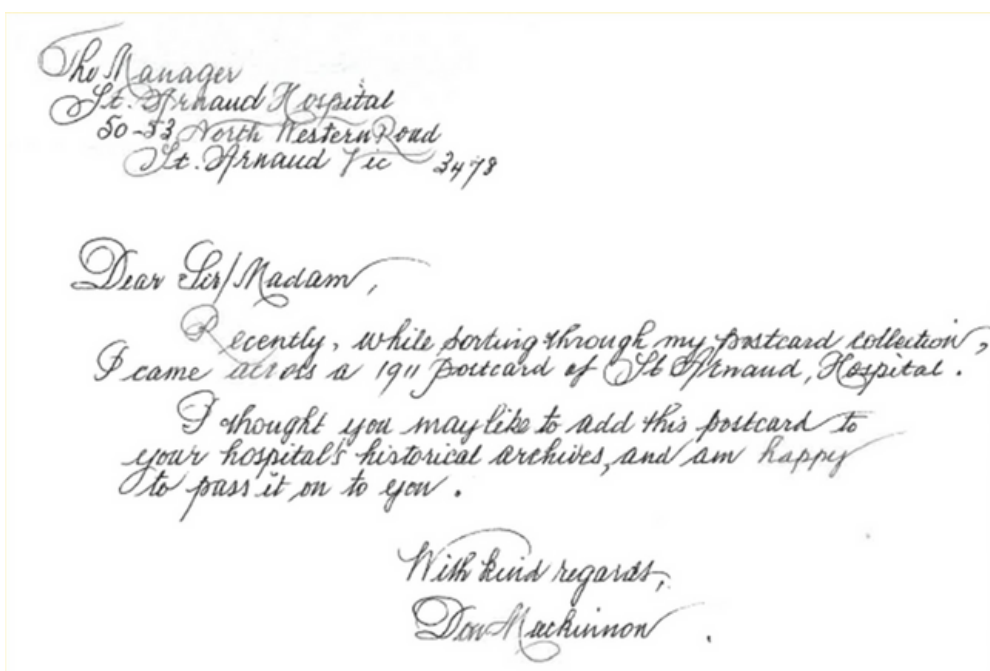
AROUND THE GROUNDS St Arnaud Campus

St Arnaud Campus Manager Genette received a lovely handwritten letter and post card in the mail recently. It reads:

Dear Sir/Madam,

Recently, while sorting through my postcard collection, I came across a 1911 postcard of St Arnaud Hospital. I thought you may like to add this postcard to your hospitals historical archives, and am happy to pass it on to you.

With kind regards, Don Mackinnon



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:

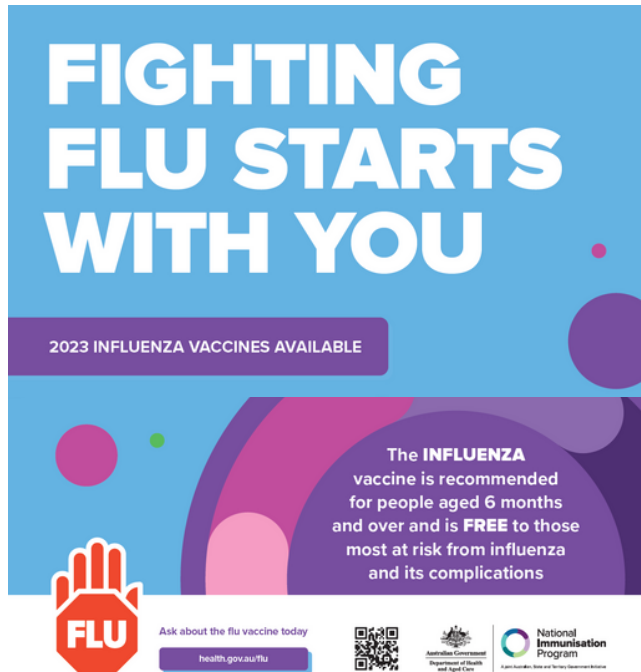
- Friendly Visitors - Visit and share your skills with our fabulous Aged Care residents
- Maintenance Volunteer - A hands on role working with our Maintenance team
- Community Newsletter Deliverer - Help us deliver this newsletter around your local town
- Administration - An office based role, assisting 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 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.

FLU VACCINES



Why should I get a flu vaccine? The flu vaccine protects you and your loved ones.

When should I get a flu vaccine? You should get vaccinated each year from mid-April onwards to be protected before the influenza season (June to September).

Who should get a flu vaccine? Everyone six months and older is recommended to get a flu vaccine each year.

Where can I get my flu vaccine? You can book a vaccine appointment at a range of health services including: your local GP, council immunisation clinics, community health centres, Aboriginal health services, participating pharmacies.

Flu vaccines and COVID-19 boosters? Flu vaccines can be given on the same day with a COVID-19 vaccine.

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.

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



KEEP UP TO DATE



EVENTS AND INFORMATION

International Day Against Homophobia and Transphobia (IDAHOBIT)

May 17th

All community members deserve the right to receive the best health care. EWHS is proud to support and provide care for all lesbian, gay, bisexual, transgender, intersex, queer and/or questioning and asexual (LGBTQIA+) staff, clients and communities.

We are committed to and continually working towards making our services welcoming, safe, respectful and inclusive for everyone.



KEY DATES

All - Mindful in May

1-7 May - Heart Week

5 May - World Hand Hygiene Day

7 May - World Laughter Day

12 May - International Nurses Day

15-21 May - National Volunteer Week

17 May - International Day Against Homophobia and Transphobia (IDAHOBIT)

26 May - National Sorry Day

27 May-3 June - National Reconciliation Week

31 May - World No Tobacco Day