



COMMUNITY NEWSLETTER

by East Wimmerera Health Service (EWHS)



Oaks Day celebrations at Charlton Aged Care. Sheryl Williams (centre), with Pat (Director of Clinical Services) and Trevor (CEO).


DECEMBER 2023

Welcome to our December 2023 Community Newsletter! This will be our final newsletter for 2023. Our first edition for 2024 will be released in early February.

Residents and staff at Charlton Aged Care joined in the Spring Horse Racing Carnival fun in November, celebrating with some fashion and lots of fun.

Early in October staff gathered to farewell Sheryl Williams after an extensive 34 year career. Sheryl first started at St Arnaud District Hospital as a Registered Nurse in January 1986 and has held many roles over the years. Sheryl has been a valuable asset to EWHS and we thank her for her passion and commitment to providing care to members of our communities. Best wishes to Sheryl as she begins the next chapter, spending time on all things that bring her joy.

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/

CHRISTMAS MESSAGES



On behalf of the EWHS Board of Directors, I would like to acknowledge and thank our local businesses, community groups and individuals who assisted us in providing services to our patients, residents and clients.

EWHS is expanding its community and primary health services as we change our service profile aimed to improve the health outcomes of our communities, including the acquisition of the Commonwealth Home Support Program.

May you and your families have a wonderful holiday season, and I hope you are able to spend some time with those special to you.

Wishing you a safe holiday period and we look forward to continuing to provide safe and quality health care in 2024.

Julianne Clift | EWHS Board Chair

EWHS wishes our communities a wonderful holiday period. However you choose to spend this time please - enjoy it, be safe and look out for one another.

At EWHS, our Acute and Urgent Care services will continue as normal throughout the Christmas and New Year period. Community Health Services may be limited during this time. Medical Imaging will be closed from Saturday 23rd December and re-open on Tuesday 2nd January 2024.

There will no doubt be many gatherings and celebrations with family and friends over the next month. Remember to **stay safe when gathering with others:**

- Wash your hands regularly and thoroughly.
- Meet outdoors if you can, or if indoors, keep 1.5 metres away from others where possible.
- Carry and wear a face mask when you leave home.
- Take a COVID test if you have any symptoms.
- Book in for your COVID booster vaccine

Support services available 24/7 during the holidays:

- Lifeline: 13 11 14
- Beyond Blue: 1300 224 636
- Suicide Call Back Service: 1300 659 467
- 13 Yarn: 13 92 76
- MensLine Australia: 1300 789 978
- Kids Helpline: 1800 551 800
- 1800 Respect: 1800 737 732

If you are concerned for your safety or the safety of others, seek immediate help by calling Triple Zero (000).

AROUND THE GROUNDS

EWHS FOR ALL YOUR HEALTH CARE AND HOME CARE NEEDS

East Wimmera Health Service (EWHS) is pleased to announce the acceptance of Commonwealth Home Support (CHSP) services as a result of the Buloke Shire exit.

EWHS is a trusted and well-established local health care provider already working with consumers within the Buloke Shire communities to enhance and encourage their ability to maintain independence and live well at home. These additional home support services will complement existing EWHS services and positively contribute to early intervention with health care and aging well.

EWHS CHSP services will expand to include:

- Domestic assistance including general house cleaning and laundry
- Home maintenance and gardening
- Meals and personal care including assistance with bathing, eating, dressing and grooming

EWHS are working with Buloke Shire to start delivering these services by January 1st 2024. If you would like to receive your home care services from EWHS please contact our Community Health Admin Team on 04 5477 2222.

The CHSP program supports older people (aged 65 years or older or 50 years of older for Aboriginal and Torres Strait Islander people) to get help with everyday tasks in their home. This program helps to maintain independence and live safely in their own home.



EAST WIMMERA HEALTH SERVICE

**BIRCHIP | CHARLTON | DONALD |
ST ARNAUD | WYCHEPROOF**

Home Care Service Provider

East Wimmera Health Service is a home care service provider working towards delivering care to you in your community.

SERVICES INCLUDE:

- ✓ Allied Health: Physiotherapy, Podiatry, Occupational Therapy, District Nursing, Diabetic Educator and Continence Nursing services available now and self-referrals welcomed
- ✓ Domestic Assistance including general house cleaning and laundry
- ✓ Home Maintenance including Garden Maintenance and Minor Home Maintenance and Repairs
- ✓ Personal Care including assistance with bathing, eating, dressing, grooming
- ✓ Delivered Meals including meals prepared and delivered to your home

If you would like EWHS to deliver your home services in the future please register your interest by contacting Community Health Admin team on 54 772 222

East Wimmera Health Service for all your health care and home care needs

RIVERVIEW AGED CARE UPGRADES

Over the last 6 months the bedrooms at Riverview, Donald have had some lovely upgrades. Firstly, the biggest challenge was ensuring each resident had their own room. Key staff from across the health service were involved to look at the most appropriate scenario. Acute rooms were considered, logistics planned and quotations sort. To ensure each resident had their own bedroom, three of the acute rooms were reconfigured to form part of the aged care structure. This also allowed for some of the residents to have a nearby ensuite.

Part of the refurbishment included some furniture replacement – **Resident James commented “I think these bedside cabinets are very nice, I can move it around the room to access my things easily.”**

Flooring, window furnishings and privacy screens were also updated. Choosing colour scheme and pattern for new furnishings was very exciting for the Riverview residents and the choice they made worked perfectly. Sheer and block out blinds replaced heavy patterned drapes. The outcomes are modern and easy to maintain.

Resident Ian is very happy commenting “The floor is very nice, and the blinds stop it from being so bright in here.”

Kathleen thinks “The furniture makes it feel so comfortable, and like my own.”

Each resident now has their own room and can decorate exactly how they want their room with their own belongings.

Part of the upgrade also included room number reconfiguration. The reasoning behind this change was that the old ones were too small, orange in colour and the font was very hard to read. The new numbers are larger and are clearer to read.

To also assist residents with direction and familiar surrounds in their home bright colourful wayfinding art has been placed around the Riverview.

In the lounge area a new smart TV has been purchased. Residents can now watch movies whenever they would like and they have more choice of channels that can be incorporated into lifestyle activities. This area also has new furnishings and a visual fireplace.

Audrey said “The environment is very homely now. The flooring is beautiful and all the blinds and curtains makes our spaces so comfortable. We have beautiful artwork on our walls, and kitchen to utilise ourselves, it’s just beautiful.”

The residents at Riverview are also very proud of the beautiful, donated windmill and **James and Ian wanted everyone to know “How great is this windmill, brings back so many memories.”**

The Riverview crew are very proud of their home and have made some lovely choices with updating their surrounds.

The facility is tastefully decorated, personalised, warm and comfortable.

AROUND THE GROUNDS



LOOKING AFTER YOUR SKIN

HAVE A SUNSMART SUMMER



Health Promotion
EAST WIMMERA HEALTH SERVICE

Slip

Slip on sun protective clothing that covers as much skin as possible.



Slop

Slop on sunscreen. Find a SPF 30 (or higher) broad-spectrum, water-resistant sunscreen that suits your skin. Re-apply every 2 hours.



Slap

Slap on a hat. Choose one with a tight weave and broad brim that provides good shade to your face, head, neck and ears.



Slide

Slide on sunglasses. Choose sunglasses labelled AS1067 - these meet Australian Standards for eye protection.



Seek

Seek a shady spot.



Download

the Sunsmart app.



<https://www.sunsmart.com.au/>

**We're moving
COVID information
to the
Better Health
Channel**



Authorised and published by the Victorian Government,
1 Treasury Place, Melbourne

• Coronavirus (COVID-19) Victoria has moved

COVID-19 information has a new home on the Better Health Channel.

Visit Better Health Channel to find out about what the latest COVID-19 transmission risk conditions are.

You can also find advice on how to protect yourself and those most at risk from getting sick from COVID-19 and what to do if you test positive.

www.betterhealth.vic.gov.au/coronavirus-covid-19-victoria

• Coronavirus Hotline

You can also call the National Coronavirus Hotline on 1800 020 080 if you have any questions about COVID-19.

'Tis the *season* to be *asking* **RUOK?**TM

The holiday season can be a difficult time for some people. You can make a difference at this time of year by checking in and having a meaningful conversation with the people in your world who:

- Are grieving
- Are missing friends or family
- Have had a tough year
- Are struggling financially
- Are affected by natural disasters
- Are working over the holidays
- Have challenging family relationships
- Are spending the holidays alone
- Feel excluded at this time
- Are feeling overwhelmed by world events



Here's some tips to help you connect and support your colleagues, friends and family:



- Think about who in your world might be finding this time difficult and ask them, 'are you OK?' or 'how are you doing?'
- Meet up for a chat over a cup or tea or coffee.
- If someone is grieving, ask them how they'd like to honour the memory of their loved one.
- Extend an invitation to someone who will be alone during the holiday period.
- Organise a picnic or activity to bring people together.
- Have a virtual catch up with someone you can't see in person or send a text message to let someone know you're thinking of them.
- Suggest a 'walk and talk' with someone you know who finds the holidays tough.
- Drop off a meal to someone to show them you care.
- Remind your friends that telephone support service Lifeline (13 11 14) are operating 24/7 over the holidays if they need extra support.

For more conversation tips visit ruok.org.au



KEEP UP TO DATE



Volunteer

AT EAST WIMMERA HEALTH SERVICE



"Volunteers are ordinary people who do extraordinary things"



ROLES ON OFFER:

- Friendly Visitor
- Community Car Driver (St Arnaud only)
- Administration
- Maintenance
- Planned Activity Group
- Wycheproof Drop-in Centre
- Community Newsletter Deliverer

BENEFITS OF VOLUNTEERING:

- Meaningful and rewarding roles
- Make a difference in peoples lives
- Opportunity to meet new people
- Flexibility to suit your lifestyle
- Try something new and exciting
- Contribute to your community

FOR MORE INFORMATION PLEASE CONTACT MADDIE AND STACEY

CALL:

5477 2100 (ask to speak to the Volunteer Coordinator)

EMAIL:

volunteer@ewhs.org.au



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.



East Wimmera Health Service is proud to support and provide care for all lesbian, gay, bisexual, trans and gender diverse, intersex, queer and/or questioning and asexual (LGBTQIA+) staff, consumers and communities. We are committed to ensuring our services are welcoming, safe, inclusive and respectful for everyone.