

# Community Newsletter

by East Wimmera Health Service (EWHS)



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



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



Graduate Rebecca Cumming, Infection Control Nurse Tanya Konnecke, EN Trainee Jessica Hill and Graduate Jade Spence review the outcome of their donning & doffing skill check.

Wycheproof PAG celebrated Valentines Day in style. Marie Harrison and Annie Jolly are pictured creating heart shaped pastries.

## MARCH 2024

**The year has marched it's way into March, and with it, comes the second edition of the Community Newsletter.**

The "wild and changeable" weather continues across our region and we trust that during the days of extreme heat, we all continue to look out for family, friends and each other.

EWHS held an orientation on February 14 for new staff. We welcome Adelle, Peter, Amandeep (Daisy), Colleen, David (Dave), Jade, Jantharat (Bo), Jo, Julieanne (Jules), Nickolaas (Nick), Pauline, Rebecca, Sarah, Tanya, and Zara.

Other esteemed guests in February were our 2024



Stay hydrated on hot days



Always have a plan to stay cool



Check in with family, friends and neighbours



Stay up to date with weather forecasts in your area

graduate nurses, Rebecca and Jade, as well as the Victorian Minister for Health, Mary-Anne Thomas.

# Around the grounds

## HEALTH MINISTER VISITS RHIF FUNDING ANNOUNCED

Recently the East Wimmera Health Service hosted the Victorian Minister for Health Infrastructure, Mary-Anne Thomas.

The Minister announced the \$2.6 million, Regional Health Infrastructure (RHIF) funding, that will upgrade the hydrant and fire suppression systems at our Donald, St Arnaud and Wycheproof campuses.



Visiting the St Arnaud campus with Member for Ripon Martha Haylett, the Minister met with EWHS CEO (Trevor Adem), and Board Chair (Julianne Clift) to discuss infrastructure needs and future plans for the service.

After a brief tour of the facilities, the group visited with residents of Kara Court Nursing Home.

*From left, Minister for Health Infrastructure Mary-Anne Thomas; EWHS Board Chair, Julianne Clift; CEO, Trevor Adem and Member for Ripon, Martha Haylett.*



*Martha Haylett (left) and Mary-Anne Thomas meet Kara Court resident, Maud Coates, who is 107 years young.*



# 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 Delivery
- Meals on Wheels (Birchip and Donald)



FOR MORE INFORMATION  
PLEASE CONTACT  
MADDIE

CALL:  
5477 2100 (ask to speak to  
the Volunteer Coordinator)

EMAIL:  
volunteer@ewhs.org.au

### 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

# Around the grounds

## BLOOMING BEAUTIFUL

Reception staff at St Arnaud campus were feeling the love a few weeks ago when a gorgeous potted Begonia was delivered to brighten up the office.

On display for everyone to enjoy, the incredible *Begonia* "Can-Can" was brought in by St Arnaud local, Rolf Wacker, with the promise that he'd "be back in a week or two to replace it with a fresh one."

The *Begonia* enthusiast and now, unofficial horticulturalist to the campus, proved to be as good as his word when he returned with a second stunning plant, this time a pink and cream beauty, called "Port of Spain".

Along with the *Boronia's*, Rolf and his wife Beate, also maintain Beate's collection of 500 Orchid plants. Both species are kept in greenhouses in the yard of their St Arnaud home. A tricky balancing act to manage both species in our conditions.

The "Port of Spain" *Boronia* joins the still-blooming "Can-Can" on loan, in the foyer, and the spectacular pair will keep their flowers for up to 2 months if conditions are to their liking.



*Begonia* "Can-Can"



"Port of Spain" *Begonia*



Rolf Wacker and Prescey Sahdaaba at the St Arnaud campus reception.



Are you Aboriginal and/or Torres Strait Islander origin?



Why do staff ask this question of everyone?

At Health Services, we are working to provide a culturally safe and appropriate service to our First Nations patients.

What is the information used for?

The collection of every patient's First Nations status is necessary for the government and other services to:

- plan and deliver appropriate health services for all Australians
- measure the impact of services on particular groups
- monitor trends and changes in the health and wellbeing of Australians over time.

Why is this just for First Nation peoples?

First Nation peoples are at greater risk of some health problems. We want to make sure that they have the option to access some of the specific services that can help to reduce these risks.

Asking this question allows the government to better understand how health issues for First Nation peoples might be the same as, or different to, other Australians. It helps us to plan for better healthcare for all.



# Around the grounds

## 2024 GRADUATE NURSE PROGRAM

### Jade Spence and Rebecca Cumming embarked on the East Wimmera Health, graduate nurse program for 2024 in February.

The East Wimmera Health Service Graduate Nurse Program has been designed to enhance foundation skills, build confidence and provide a valuable and varied experience for the first 12 months of being a registered nurse.

Jade will be with EWHS at Kara Court and Osbourne House throughout the year, and Rebecca will be spending 6-month blocks at the Donald and Birchip campuses.

Locals will recognise Rebecca, who is a well-known member of staff at the Donald campus. Bec had been studying nursing between her shifts in support services, and is to be congratulated on her achievement.

East Wimmera Health Service extends a warm welcome to Jade and Rebecca, and wish them all the best for their first year of nursing.

2024 graduate nurses, Rebecca Cumming (left) and Jade Spence.



## INTERNATIONAL WOMEN'S DAY EVENTS

### Thursday 7 March

St Arnaud: 2.30pm

Stawell: 2.30 pm

[sandra.bevan@ngshire.vic.gov.au](mailto:sandra.bevan@ngshire.vic.gov.au)

Horsham: 5pm to 8pm

Details 5322 4100

### Friday 8 March

Ararat: 10.30am to 12noon

[www.trybooking.com/CPBMO](http://www.trybooking.com/CPBMO)

## INTERNATIONAL WOMEN'S DAY

### COUNT HER IN

INVEST IN WOMEN  
ACCELERATE PROGRESS

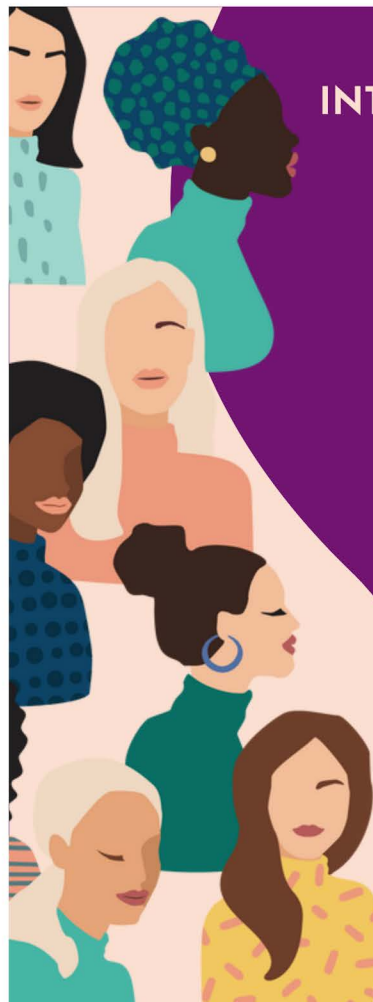
Please join us to hear from our guest speakers at:

St Arnaud Library

Thursday 7 March

2:30pm

Afternoon tea provided



For catering purposes RSVP at:  
Northern Grampians Shire  
Council Customer Services or  
St Arnaud Library

### SUPPORTED BY:



Queries: Sandy Bevan on 53588700,  
or [sandra.bevan@ngshire.vic.gov.au](mailto:sandra.bevan@ngshire.vic.gov.au)



**Healthy Ageing Hubs support people 50+ (45+ First Nations) to live healthy and active lives.**

We recognise that to thrive at any age it is important to stay informed and connected to services, activities, friends, family and the broader community.

Our *Hub Connections Officer* will work with you to identify your health and wellbeing goals and support you to achieve these.

We can support you to *Thrive at any age!*

**Hubs Connections Officers can support you to:**

- Get involved in social activities
- Explore adult learning
- Access health services
- Identify options to keep you living independently
- Understand and access My Aged Care
- Explore volunteer opportunities

*How can I keep my brain and body active as I grow older?*

*I want to get out more but I don't know what to do.*

*What is My Aged Care?*

*Where can I volunteer in the community?*

**Connect with us to Thrive!**



This is a pilot program proudly supported by the Western Victoria Primary Health Network



# Thrive 50+

Healthy Ageing Hubs  
support you to stay...



## HEALTHY

Connect  
into health  
services



## ACTIVE

Keep  
physically  
and  
mentally  
active



## CONNECTED

Explore  
social  
activities and  
groups



## EMPOWERED

Navigate  
independent  
living  
supports

## GET INVOLVED

Do you have an idea for an activity or group for people over 50? We would love to hear about it.

## DROP IN OR CALL

Visit or call our Hub Connections Officer. No appointment needed.



**St Arnaud Thrive 50+**  
St Arnaud Shire Office  
40 Napier St., St Arnaud



**Open 10am-5pm**  
Monday & Wednesday



[healthy.ageing.hub@ngshire.vic.gov.au](mailto:healthy.ageing.hub@ngshire.vic.gov.au)



03 5358 8700



This is a pilot program  
proudly supported by the  
Western Victoria Primary  
Health Network

# Around the grounds

## LUNCHTIME EXPRESS

# Pilates!

WEDNESDAYS @ 12.30 PM

@ TORNEY'S FIGHTING FIT GYM

DESIGNED FOR YOU TO ATTEND IN YOUR WORK GEAR, NOT SWEAT, AND RETURN TO WORK IN AN EXPRESS FASHION!

JUST 30 MINUTES TO WORKPLACE WELLNESS!

\$5 FOR TORNEY'S FIGHTING FIT (TFF) MEMBERS OR \$10 NON MEMEBERS, PER CASUAL VISIT.

10 PACK OF CLASSES AVAILABLE \$45 FOR TFF MEMBERS OR \$90 NON MEMBERS.

AN EVENT BY ST ARNAUD PHYSIOTHERAPY CENTRE

## DID YOU KNOW?

### MARCH 1 IS WORLD COMPLIMENT DAY!

Celebrated every March 1, *World Compliment Day* is designed to spread joy through simple verbal affirmations of appreciation.

## MARCH IS

### MELANOMA MARCH

Melanoma Institute Australia's annual awareness and fundraising initiative, supporting life-changing melanoma research.

More information about Melanoma March can be found at: <https://melanoma.org.au/>

### INTERNATIONAL WOMEN'S DAY MAR. 8

**Count Her In: Invest in Women. Accelerate Progress.** #InvestInWomen

A global day celebrating the social, economic, cultural and political achievements of women. It also marks a call to action for accelerating gender parity.

Women's economic empowerment is central to a gender equal world. When women are given equal opportunities to earn, learn and lead – entire communities thrive.

### OTHER HEALTH EVENTS

- March 1** World Compliment Day  
*A global initiative to create "the most positive day in the world".*
- March 3** World Hearing Day
- March 5** Clean Up Australia Day
- March 9** World Kidney Day
- March 12-18** World Glaucoma Week
- March 13-19** Brain Awareness Week
- March 13-20** Coeliac Awareness Week
- March 15-19** World's Greatest Shave (leukemia)
- March 17** World Sleep Day
- March 20** International Day of Happiness
- March 20** World Oral Health Day
- March 21** World Down Syndrome Day
- March 26** World Purple Day for Epilepsy



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.