



What's happening at your Health Service?

Thank you for joining us on June 18th 2010 for our Grand Opening day, we had a great time as did all those who attended

Thanks are extended to the following people who helped with the displays, activities, the BBQ lunch and in many other ways to make the day a great success:

- The Hon Dr Sharman Stone
- Rochester RSL Branch
- Rochester Lions Club
- Campaspe Primary Care Partnership
- Carelink, Bendigo Health
- Aged Care Assessment Service
- Victoria Police, Rochester
- Elmore/Lockington & Districts Community Bank
- Echuca Mental Health Service
- Rochester Community House
- Rochester CWA
- Rochester Hospital Auxiliary
- Kane Constructions
- Tectura Architects
- Gerry Quinn, Aurecon
- Altus Page Kirkland
- Campaspe Irrigation
- Members of the Clergy - Fr Peter Austin, Rev Glenys Traill, Rev David Willsher and Salvation Army representatives Lorraine and Leah

The Rochester Hospital Auxiliary presented REDHS with a generous donation of \$6,000; this money will be used together with a donation of \$1,000 from the Diggora and Ballendella Auxiliary to purchase two mattress overlays with pressure relieving functions to provide comfort to those patients and residents who are immobile and confined to bed. Later this year the Diggora and Ballendella Auxiliary will make a final donation of \$10,000 to REDHS; this has been pledged to assist with the purchase price for the Aged Care Activities Room Stained Glass Windows.

Sadly the Diggora and Ballendella Auxiliary have decided to close after 55 years.

Diggora and Ballendella combined auxiliary activities in 1998, and even with what has become a small and dedicated group have raised significant funds through their efforts over the years.

Our sincere appreciation is extended to the Diggora and Ballendella Auxiliary, and to the two leaders - Grace Haines and John Lees who have pursued fundraising efforts for REDHS over many years.

Our History Book has been compiled and authored by local identity, Eve Salter. It contains a wealth of stories, photos and memories set within factual accounts of the past. Using a decade by decade approach, Eve has encapsulated the Hospital history within a richness of layered events, and delightful photos that exhibit the essence and excitement of life in rural communities.

Photos of the grand opening day are on display in the front foyer at REDHS, and can be purchased for \$2.00 each. Monies raised from photo sales and other donations received over the coming months will assist us in publishing the Rochester Hospital History Book later this year. If sufficient funds are available an audio version will be an option for the sight impaired.

REDHS' next construction project is the Rochester Men's Shed.

This exciting project is a partnership initiative of the Australian Government, the Shire of Campaspe, Rochester and Elmore District Health Service and Rochester Community House. The Men's Shed Project has been funded through a combined effort with financial support from the Australian Government's 'Regional and Local Community Infrastructure Program', Shire of Campaspe and internal financial support from the REDHS donation fund.

The Rochester Community House and REDHS have designed plans to provide multiple work stations, a tea room and meeting space. Located at the rear of the Hospital site, the building will be in close proximity to the Rochester Hostel, Nursing Home and Community Garden, and is expected to provide many opportunities for community members and Aged Care residents to catch up and share in activities.

Diabetes Week - 11 - 17 July 2010

The theme for Diabetes Week in 2010 is 'PREVENT Type 2 Diabetes and AVOID kidney damage'

Diabetes is a serious disease and can lead to potential lethal complications including heart attack, stroke and kidney failure. It has similar risk of death as smoking.

The most common form is Type 2 Diabetes with 85% of people diagnosed with Diabetes having this type. Diabetes cannot be cured but may be managed through diet, exercise and medications.

The good news is that the onset of Type 2 Diabetes can be prevented with healthy eating, physical activity and by maintaining a healthy weight. By making some of these lifestyle changes, people identified with a high risk for developing the disease may be able to prevent the onset of diabetes and prevent serious complications.

As a part of the activities for Diabetes Week at REDHS and in conjunction with the Rochester Chemmart Pharmacy, Leanne Rankin, Diabetes Educator, will be conducting some health screening sessions at the pharmacy - Tuesday morning 13 July and Wednesday afternoon 14 July. Pharmacy staff will be available at other times to discuss these issues.

The health screenings involve blood pressure checks and completing a Diabetes Risk Screen to determine a person's risk of developing this serious disease. Information regarding possible prevention will also be discussed.



Top to bottom:

- Aerial view of facility
- Memorial Wall unveiling ceremony conducted by RSL members Pat O'Shaughnessy and Greg Walkley, watched by Director of Clinical Services, Matt Sharp
- RSL members Pat O'Shaughnessy and Greg Walkley planting a peace rose
- REDHS board members planting grapevine cuttings along arbour
- The Hon Daniel Andrews, Minister for Health with Board President Mary Magennis and CEO Glenis Beaumont
- The Hon Dr Sharman Stone, Board member Meeuwis Boelen and Hostel resident Faye Bird following the dedication of the Stained Glass windows
- Crowd of onlookers waving to aerial photographer



Leanne Rankin, Diabetes Educator