

Leading our community to better health



Clinical Governance Award Winner

The Victorian Healthcare Association (VHA) Innovation Awards were announced at the annual Melbourne Conference in early October. REDHS was very proud to have been named the inaugural winner of the Innovation in Clinical Governance Award, sponsored by Russell Kennedy Lawyers. The trophy was presented at a VHA workshop in Moama on 26th October. A delicious cake, shared by many staff, was also presented to REDHS.

In order to win the award, REDHS had to demonstrate innovative measures have been implemented to enhance patient safety.

The award sponsors provided a prize that includes a clinical governance training session for staff, senior management or the board to be presented by Michael Gorton AM, Principal at Russell Kennedy Lawyers (Health and Medical Law). This will be scheduled in 2017.

The Board's Quality of Care sub-committee, led by Director of Clinical Services, Mark Nally and Quality Systems Manager, Lynn Wolfe, were instrumental in developing and altering the way that reports are presented and analysed. This has enabled the members of various REDHS clinical committees to more easily interpret the large amounts of information and data that they receive and then make decisions that will benefit REDHS and the community we serve.

Left to right: Michele Bibby (Aged Care Manager), Mark Nally (Director of Clinical Services), Gaye Pilven (Human Resources Manager), Sam Campi (Primary Care Manager) and Lynn Wolfe (Quality Systems Manager).

Vision

Leading our Community
to Better Health

Values

Respect

Equity

Diligence

Honesty

Service

In this Edition

Clinical Governance Award Winner	1
Message from the CEO	2
Reception and Waiting Areas Makeover	2
Dairy Farmers' Big Day Out	3
Radiology Services at REDHS	3
Continuing to Deliver	3
Voluntober	4
Calendar of Events	4

Message from the CEO

Welcome to the Summer 2016 edition of REDHS newsletter.

REDHS would like to welcome Gaye Pilven (pictured on the front cover) to the Executive Team as our Human Resources Manager. Gaye brings extensive knowledge in people and culture services, with recent senior roles at Coliban Water and Australian Homecare Services. We look forward to Gaye's input in developing our staff.



As outlined on the cover of this newsletter, it was very exciting for REDHS to be the winner of the Victorian Healthcare Association's Innovation in Clinical Governance Award 2016.

The organisation welcomed Murray Goulburn Occupational Health and Safety (OHS) Representatives on a reciprocal visit as part of OHS week in late October. They were involved in a range of activities at REDHS. This was in response to REDHS' Health and Safety Representatives visiting Murray Goulburn to attend its annual "Stop for Safety" day in May. The feedback from Murray Goulburn regarding the visit was excellent.

REDHS participated in the Shire of Campaspe's White Ribbon Day "Banner Relay" to raise awareness of violence against women and children and to profile the White Ribbon Campaign. REDHS staff are pictured with the Banner. The photo will be posted on social media and the banner has been passed on to the next Rochester business on the list.

Thank you to community and staff members who provided suggestions for improving the reception and waiting areas at REDHS. Numerous suggestions have been actioned including a display of entries from the 2016 Rochester Fine Arts Exhibition "Rochy-bald" competition, the installation of both a water fountain and television, as well as new shelving on which to display craft for sale. More improvements are planned, so have a look around next time you visit and let the reception staff know what you think. We are also partway through enhancing the courtyard area which is accessible through the REDHS Cafe with the aim of Stage 1 being completed by Christmas.

I hope you enjoy this issue of REDHS Community Newsletter which is also available on our website www.redhs.com.au. Feedback is always welcome to our communications department on 5484 4328 or rochhosp@redhs.com.au.


Anne McEvoy
Chief Executive Officer



Dairy Farmers' Big Day Out

On 9th October, over 200 members of the local dairy farming community enjoyed a fun afternoon of good food (with the luncheon provided by REDHS' catering team), friendly company and great entertainment.

This event gave local dairy farming families the opportunity to have a day out, gather together and enjoy themselves. To stage the event, a community partnership was formed between REDHS, St Vincent De Paul Society, Rochester Lions Club and the Rochester Business Network.

AFL legend Kevin Sheedy was an entertaining guest speaker as he recalled some old "War Stories" about his time with Richmond, Essendon and GWS. Speaking for an hour, he held everyone's attention and gave an insight into what it takes to be an AFL player and coach. He also made a very generous donation of a signed picture to the St Vincent De Paul Society to be used for future fund raising.

The day was truly a demonstration of community spirit with St Vincent DePaul Society handing out \$200 vouchers for dairy farming families in attendance; they will also make personal deliveries to the other families not in attendance. Lions Club cooked up a storm with burgers, sausages and fairy floss being a real hit. The Rochester Business Network was able to muster over \$3000 worth of prizes from the generous local business community and these were given out with free raffle tickets.

The Honourable Damian Drum, Federal Member for Murray and The Honourable Peter Walsh, Member for Murray Plans and the Victorian Leader of the National Party were also in attendance.

The day was also supported by funding from the Murray Primary Health Network (MPHN) through its Stigma Action funding, which focuses on reducing the stigma of mental illness in our community.



Pictured: Kevin Sheedy and REDHS Primary Care Manager, Sam Campi.

Radiology Services at REDHS

To ensure Rochester and Elmore district community members have access to regular X-ray and ultrasound services, Rochester and Elmore District Health Service (REDHS) has entered into an agreement with Goulburn Valley Imaging Group (GVIG) to deliver a three day a week service from REDHS' site in Pascoe Street Rochester.

This arrangement will ensure the community has regular access to high quality X-ray and ultrasound services, offering a quick turn around on reports. This will support doctors in prescribing the most appropriate treatment for their patients. The partnership between REDHS and GVIG will also save the inconvenience of travelling to other towns for services that can be accessed here in Rochester.

Radiology services will be offered Monday, Wednesday and Friday, except public holidays. Appointments can be made through REDHS' main reception in person or by phoning 5484 4400 from 8.30am-5pm on any weekday. Doctors may use any referral slips to support local community members' use of this service. It is envisaged that as demand for the services grows, extra hours may be made available.

"As REDHS' Vision is *Leading the community to better health*, it is essential that REDHS enters into arrangements such as this" explains REDHS CEO, Anne McEvoy. "This partnership with GVIG will support a high standard of service for our community and will ensure that the community has access to appropriate diagnostic services. This is essential for better health outcomes."

Continuing to Deliver

The Corporate Services Team has had another busy three month period.

The Catering Department hosted two Vocational Education and Training (VET) students in August and two in October from Rochester Secondary College. REDHS continues to provide local students with support in vocational learning. This may include providing work experience placements and hands-on learning skills and opportunities within their chosen field.

A review of the new menu that was launched in July was undertaken and feedback collated from aged care resident experience surveys. REDHS also changed its cooking process to more freshly cooked meals provided to residents. Resident feedback since the menu change includes 72% saying there is an overall improvement with the food and 73% saying the food tastes fresher.

The Support Services department assisted in the refurbishment of the Nursing Home with painting completed, carpets replaced and the installation of five new electric beds. The overall look of the finished works is refreshing and has enhanced the atmosphere in the Nursing Home for residents, families, visitors and staff.

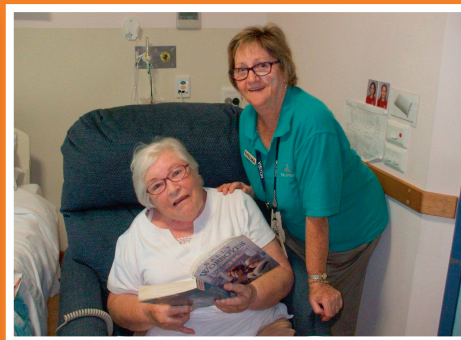


Pictured: Liza Marsh

Voluntober

REDHS conducted a successful volunteer drive in October. We commenced six new volunteers within the areas of administration, garden maintenance and aged care. Volunteers are an invaluable asset to REDHS and provide ongoing support to the organisation.

They continually enhance resident, patient and client quality of life. Volunteer activities include craft sessions, driving residents on outings, playing cards, bingo, pastoral visits and much more. REDHS welcomes volunteers at any time of the year and is now seeking volunteers who can spend time with residents during evenings and on weekends.



Please contact Paula on 5484 4328 or pgrech@redhs.com.au for further information.

Rochester Hospital Auxiliary

REDHS recently received a very generous donation of \$6000 from the Hospital Auxiliary, this has been allocated to Aged Care for new equipment.

CWA Donation

The Campaspe Branch of the Country Women's Association donated an outdoor bench seat for use by our residents. It is located at the front entrance to the Hostel.



Calendar of Events

Volunteer Christmas Party - Tuesday 6 December 12pm - RSVP to Paula by November 29 on 5484 4328 or pgrech@redhs.com.au

REDHS Primary Care team offers a range of different groups that focus on health and wellbeing these include:

Social Support/ Planned Activity Group:

When: Monday, Wednesday and Friday **Time:** 10.00am to 2.00pm Transport support available. Activities include outings, shopping trips, musical performance, craft and much more. Lunch is provided and we can pick you up from your home and help you get home. Charges may apply.

Fitness for Older Adults Program

When: Thursday **Times:** 9.00am to 10am or 10.30am to 11.30am. Join our vibrant exercise group and participate in a fun way to keep fit and receive health and wellbeing advice. Morning tea is served in between groups **Cost:** \$5 per session.

Cardiac Rehabilitation Maintenance Program

When: Wednesday **Time:** 1.30pm to 2.30pm. Program designed to support those who have suffered a cardiac event or have a cardiac condition regain fitness three months post event/diagnosis. Ask our friendly staff for more details. **Cost:** \$5 per session. A referral is required from the appropriate health professional.

Strength and Balance Level 1

When: Wednesday **Times:** 9.30am to 10.30am or 10.45am to 11.45am. This program helps those with difficulty in standing for a long time; the exercise program is designed with a number of chair based activities. **Cost:** \$5.00 per session

Supervised Gym Session

When: Thursday **Time:** 2.00pm to 3.00pm. Supervised by our exercise physiologist, this group provides access for clients to undertake individually designed exercise programs in a group setting. **Cost:** \$5.00 per session.

Contact 5484 4400 or chealth@redhs.com.au for more information about the programs.



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