

Leading our community to better health



Left to Right: Sally (Chef), Megan (Catering), Crystie (Health Promotions Officer), Katherine (Dietitian), Lyn and Cathy (Catering).

Café RED

REDHS Café was successful in meeting the Victorian Public Hospital Healthy Choices guidelines to become a Healthy Choices accredited café. To celebrate Café RED hosted a small event on Thursday 17 of August. A taste testing station with a variety of GREEN & AMBER foods were available to try, including delicious frittata, quiches, salads and vegetables.

To ensure Café RED meets the Victorian Government Healthy Choices guidelines for Victorian Public Hospitals, REDHS must follow the traffic light system to classify foods into GREEN (best choices), AMBER (choose carefully) and RED (limit). This helps to support staff and consumers to make healthier food choices and support our vision of "Leading our community to better health". This change will not only promote good health and wellbeing but will reduce the risk of diet-related conditions, such as high blood pressure and high cholesterol and reduce the risk of a variety of chronic diseases, such as obesity, Type 2 diabetes, cardio-vascular disease and some cancers.

Clare Ireland (Corporate Services Manager), Crystie Ballard (Health Promotions Officer), Rebecca O'Sullivan (Catering Team Leader) and Katherine Watson (Dietitian) were the main drivers of this project and met on a regular basis to review and update the Café RED policy, assess the menu, make staff aware and work with Café staff to implement the changes. This helped to ensure all staff members were aware of the importance for change to Healthy Choices. Catering staff had attended a Healthy Eating Advisory Service (HEAS) Healthy Choices workshop to receive information and support on how



to classify food and drink into their correct categories and ideas for easy ingredient swaps.

The café is monitored to ensure that the guidelines are being met every day.

Check out the new menu options and menu comparison on our website www.redhs.com.au and tell us what you think.

Vision

Leading our community
to better health

Values

Respect

Equity

Diligence

Honesty

Service

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Message from the CEO

Welcome to the 2017 Spring Edition of REDHS newsletter.



New Board Members elected 1 July 2017



Carl Wood - Formerly an Officer with the Australian Army, and following many and varied senior management roles in sporting and other organisations, Carl is now a Bail Justice as well as a member of a number of boards and committees.



Frank Oliver was an independent member of the Board's Risk Management and Planning sub-committee for 12 months. After retiring in a career in Information and Communications Technology, Frank is looking forward to improving his knowledge and understanding of how REDHS interacts with its community. Frank is a long serving member of the CFA, and a current member of several local community groups including Landcare and the local Recreation Reserve Committee.



Ben Davanny joined after having been an independent member of the Board's Audit sub-committee for 12 months. Ben has worked in local government as well as in business banking and accounting. Ben looks forward to bringing his skills and experience to the Board to ensure that REDHS continues to offer the best possible service to the region.



Kate Lemon is currently the Public Environments Manager at the Shire of Campaspe, where she has worked for the past 27 years. Kate has lived in the Rochester and Elmore district for nearly three decades and loves the close Rochester community, wonderful businesses and services. Kate looks forward to further developing her skills in the areas of corporate governance, strategic planning, business development and public health management and making a positive contribution to the Rochester and Elmore communities.

New Aged Care Manager



I am pleased to advise that Mark Cresp has been appointed to the role of Nurse Unit Manager Aged Care and commenced on 31 July 2017. Mark comes to REDHS most recently from Doutta Galla Aged Services in Avondale Heights (Melbourne) and has managed a number of aged care facilities in the Mildura region.

He has a wealth of experience in aged care management and will continue the progress that Michele Bibby and Jenny Putna made in this position.

National Safety and Quality Health Service Standards Accreditation Periodic Review

On 2 May 2017, the Australian Council on Healthcare Standards conducted a Periodic Review of REDHS. The surveyors reported that their visit had been an positive experience for them and acknowledged the significant progress made in the two years since they last visited REDHS in 2015. The surveyors found REDHS to have met the intent of all 111 mandatory/core actions as well as all 22 developmental actions, achieving 133/133.

Australian Aged Care Quality Agency unannounced visit is a success

"Whatever you are doing, keep doing it". This was the message from the assessors from the Aged Care Quality Agency who came on 24 May 2017 to conduct an unannounced visit.

The agency is required to carry out this type of visit at least once every 12 months. Assessors, passed on their thanks to residents, family members and staff and they found everyone to be very welcoming. They were particularly impressed with the way that residents were so willing to speak with them and how engaged and willing to volunteer information during conversations. This was considered to be an indication that there are regular opportunities for social interaction, one of the positives at REDHS that is not necessarily found in all aged care facilities.



87 Years' Service

Recently we congratulated three staff members on a total of 87 years' service. It is a wonderful achievement for them individually and as highly valued Support Services members.

Left to Right:
Sherrill Carr 25 years,
Val Naughton 31 years and
Lyn Godden 31 years.

A McEvoy
Anne McEvoy
Chief Executive Officer



Urgent Care Centre

The Urgent Care Centre is an unfunded department of REDHS. This means that UCC offers the service 24 hours a day, however it does not have a doctor present at all times. The doctor will be called in if required, but may take time for them to arrive as they can be quite a distance from REDHS. Please take this into consideration if requiring UCC services.

Great Sugar Free Bake Off

On Wednesday 12th July REDHS hosted the 2nd annual Rochester's Great Sugarfree Bake Off as part of National Diabetes Week. There were 30 treats entered into the competition across two categories, 'Young Bakers' and 'Baking Legends'. The only rule for the competition? No sugar added to the dish.

The judges were REDHS CEO Anne McEvoy, Campaspe Shire Councillor Leigh Wilson, Mick Baker from the Rochester Wine Tavern, and Karen Latter from the Rochester Bakery.

The winners are:

Baking Legends

Ann-Maree Hewlett (muesli slice)

Kerry Gibson (carrot cake with cream cheese icing)

Bev Hoffman (diabetic fruit cake)

Lyn Mussared (carrot cake balls)



Baking Legends - People's choice

Garry Baldwin with his tasty vanilla cake



Young Bakers

Sarah Warren (truffles)



Young Bakers - People's choice

Nate Mussared with his chocolate crackles



Thank you to everyone who helped with this event. We would love to expand the event and make it a permanent fixture in the REDHS calendar. We welcome any feedback to Diabetes Educator Ash Watson at awatson@redhs.com.au

Corporate Services deliver on feedback

Acute Ward

Six rooms of the Acute ward have had the ensuite doors replaced due to feedback from patients and the Occupational Health, Safety and Wellbeing committee. The heavy swing doors have been replaced with sliding cavity doors to ensure patients can independently enter and exit the ensuites with ease. The works to install the doors only took a week with minimal disturbance.

Hostel- Bacchus

External paving and the internal floor have been ramped up to meet the level of the sliding door to the Bacchus lounge door. This was altered to improve access to the outdoor areas and to reduce the falls risk to residents.

Kitchen

The plating room grate and vinyl floor replacement has been completed.

Lighting

Automation of lighting in Administration, Primary Care, Campaspe Medical Centre and Support Services installation is now complete. The lights turn off after 30 minutes of non-activity, saving both energy and money.



Brett (Maintenance Supervisor)

The Value of Volunteering a Digital Story



REDHS' Volunteer Coordinator Paula Grech is a member of the Campaspe Vibrant Volunteers Project. One of the main objectives of this network was to improve capacity and sustainability of volunteering practices across the Campaspe and Murray areas. As a member, Paula had input into the development of a digital story about the value of volunteering. The digital story showcases volunteers from nine organisations from across the Campaspe region. Thank you to Thelma Wales and Sharlene Schaper, two of REDHS volunteers, who were interviewed and are now featured within the digital story. The volunteer video can be accessed on the REDHS website www.redhs.com.au

REDHS is extremely lucky to have volunteers who are very dedicated and who enjoy their role very much.

Volunter will again be held in October. This initiative encourages those who would like to volunteer their time to join our passionate team of volunteers to assist with the Aged Care activities, Social Support Group, Café RED, administration, gardening and much more. Please see our website for further details. www.redhs.com.au

Do you have an interest in publishing? Would you like to help?

REDHS publishes newsletters and reports throughout the year, including this Newsletter, Annual Report and the Quality Account. Would you be interested in supporting us by proof reading, suggesting topics and collating information? Please contact Lynn or Paula at rochhosp@redhs.com.au for further information.

Rochester and District Hospital Auxiliary

The Hospital Auxiliary had another successful year of fundraising with \$6,000 donated to assist REDHS in the purchase of equipment. Thank you to all those who participated in supporting our fundraising, through the donation of goods purchased raffles tickets and attendance at functions.

2017 Calendar of Events

Aged Care Activities

September

Father's Day celebration
Footy Tipping winner announced

October

8-15 Seniors' Week

November

7 - Cup Day Celebrations
9 - Oak Day Celebrations
11 - Remembrance Day

For further information please contact Aged Care Activities
Mon-Fri on 5484 4439

Social Support Group Activities

Red Shift band

When: Friday 27 October, 1.00pm

Mens Day Out

When: Every second Monday of the month

Cost: \$9.00, you must bring/buy your own lunch.

Music Melodies in Moama

When: Every third Monday of the month

Cost: \$9.00, you must bring/buy your own lunch.

Contact Social Support Group

Mon/Wed/Fri on 5484 4448