

Leading our community to better health



Finnbar's Journey

Rochester Secondary College student, Finnbar McMullen, is combining his studies with an information technology project at REDHS. Finnbar commenced as a volunteer in March 2017 as part of Rochester Secondary College's work experience/ placement program for Victorian Certificate of Education (VCE).

Finnbar's volunteer role included supporting staff with computer programs and assisting residents to easily access websites, social media and computer games. He has been a valuable source of knowledge and guidance during this period, conversely gaining experience in customer service, communication, time management and task completion. This led Finnbar to successfully apply for the role of IT Project Assistant. This short-term role requires Finnbar to provide technical and administration assistance for a number of IT projects. These include the redevelopment of the existing REDHS Intranet, the implementation of the new version and additional administration support for the existing REDHS website and any new software programs introduced during the project period.

Finnbar will complete VCE at the end of this year and would like to further his studies in information technology, communications and the digital world to gain future employment in this field.

REDHS' Hospital Auxiliary Success

On behalf of REDHS' Hospital Auxiliary, Maureen Leahy (President) and Kath Bubb (Treasurer) were very pleased to be able to present REDHS Board Chair, Carol McKinstry and Board member Carl Wood, with a cheque for \$7000 in November 2017. The Auxiliary would like to thank the community for supporting their fund raising events.

The Auxiliary's first meeting for 2018 was held with a good attendance of members eager to organise events for the coming year. The Auxiliary meets each month. If you are interested in coming along, please call REDHS Reception on (03) 5484 4400. We welcome any new members to attend.



L-R: Carol McKinstry, Kath Bubb, Carl Wood and Maureen Leahy

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Message from the CEO

Welcome to the 2018 Autumn Edition of REDHS newsletter.



Urgent Care Centre Medical Model Review

REDHS will be conducting a review of Urgent Care Centre (UCC) processes and arrangements with our doctors. The review will undertake benchmarking of our current processes against other like organisations and determine what is best for our community. Options include investigation of use of high-tech telecommunications consultations. The benefit of the review for the community is a sustainable and responsive service into the future.



Welcome to Colin Wellard

REDHS has appointed Colin Wellard to the role of Corporate Services Manager. Colin commenced on 22 January and responsible for finance, information communication and technology; procurement; fleet, maintenance; environment, hotel and catering services. Colin has a background in health administration having previously worked in both the Department of Health and Human Services and at Heathcote Health. Colin enjoys sport and music and is a long suffering Western Bulldog supporter.



Rural/Regional Practice Enhancement Grant

Natasha Collins has recently been appointed to the role of the Infection Prevention and Control Nurse at REDHS. Natasha is a registered nurse who also provides care in REDHS Acute Ward. Her infection control responsibilities include monitoring infections and the use of antibiotics across REDHS. She provides support and advice to staff during outbreaks such as flu or gastroenteritis, administers the staff immunisation program and ensures infection control standards and accreditation are maintained.

This year, Natasha will be increasing her knowledge by undertaking the *Foundations of Infection Prevention and Control* course offered by the Australasian College for Infection Prevention and Control. In late 2017, Natasha successfully applied for the Rural/Regional Practice Enhancement grant with the Nurses Board of Victoria Legacy Limited which will financially support her to complete this course. This knowledge will be applied directly to her new role.



Jennifer, Sarah, Dianne, Indiana and Alisha

Northern Rivers Graduate Nurse Program

This year, REDHS is hosting five graduates as part of the Northern Rivers Graduate Nurse Program. The program, now in its sixth year, is a collaboration between REDHS, Echuca Regional Health, Cohuna District Hospital and Boort District Health. The program gives the graduates the opportunity to work in a variety of departments within REDHS and some of the nurses rotate to Echuca to gain wider experience in a regional health service. The graduate year helps the graduates to consolidate their learning from university and expand their skills whilst working on the wards with experienced colleagues.

A McEvoy
Anne McEvoy
Chief Executive Officer

Child Safe

CHILDREN have
the right to be protected
from being hurt or abused

AND they have the right
to the best health care possible

HELP us to keep children safe

**REPORT
any
concerns**



It's everyone's responsibility

REDHS has zero tolerance for child abuse and is committed to the safety and well-being of all children and young people.

The Victorian Government has introduced child safe standards to improve the way organisations, including REDHS, provide services for children to prevent and respond to child abuse that may occur both in the wider community or within their own organisation.

In line with the standards, REDHS provides a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability.

Rochester and Elmore District Health Service staff and volunteers have a responsibility to individually and collectively ensure that the well-being and safety of all children and young people is at the forefront of all they do and every decision they make.

War on Waste

REDHS' War on Waste team is determined to minimise hospital waste across all the departments. The team has developed an action plan, with the first step focusing on changes within Café RED.



Reusable cutlery has been purchased to reduce plastic use and REDHS mugs and travel cups introduced to allow the discerning customer to make a choice to minimise waste.

The choice to use your own cup or to purchase a travel mug allows you to buy a refill at a reduced cost. You can call into the café and purchase a travel mug for \$10.00

*War on Waste Team
L – R: Linda, Cathy, Bec, Gayle, Judy and Brett*



REDHS Home Care Grows

January 2018 marks one year since REDHS Home Care Services commenced. The service has expanded rapidly to more than 40 clients. REDHS provided services to clients with different funding streams such as Home Care Packages, Transitional Care Program, National Disability Insurance Scheme, private clients and more. REDHS is proud of its achievements in delivering these services over the past twelve months and plans to continue to expand in order to meet growing demand. REDHS will progress to the administration of Home Care Packages following community requests in the coming months



myagedcare
Commonwealth Home Support Programme



REDHS Celebrating Christmas

Aged Care

Beautifully decorated tables, traditional roasts, plum puddings and custard, family and friends and lots of smiles and laughter marked Christmas celebrations at REDHS during December. Staff and volunteers worked together to provide celebrations both before, and on, Christmas Day in a very festive atmosphere. Delicious Christmas dinners were served to nursing home and hostel residents, family members and friends in the lead up to Christmas. Social Support Group members also enjoyed a lovely Christmas meal shared with volunteers and staff members. Christmas Day was also a time of good food with family and friends, made extra special by the staff who worked on the day, volunteers who donated their time and the many visitors to the hostel and nursing home.

A lot of work went on behind the scenes to create the delicious and well-presented meals and to decorate the dining areas. Many staff dressed up, the Executive team and other staff joined in serving and/or eating with the residents and clients and former staff members. Catering Team Leader, Bec O'Sullivan, created beautifully presented meals for residents who are on texture modified diets. She used special moulds to make their Christmas lunches look like everyone else's meals and said it was a great feeling to be able to do this for the residents. A wonderful all round effort by the REDHS staff.

Staff

Staff themselves were treated to a superb Christmas barbeque, with Mark Nally (Director of Clinical Services) and Brett Shotton (Maintenance Supervisor) providing their expertise to cook the meat. The Catering Team provided an impressive selection of side dishes and a delicious dessert.

Volunteers

Our wonderful REDHS' volunteers were treated to a Christmas lunch. The Activities Team, supported by volunteer Russell Chapman, presented a skit for the volunteers' entertainment, along with other games played on the day, which brought about many laughs. The volunteers enjoyed a fabulous two course meal and greatly enjoyed each other's company.



Hostel



Nursing Home



Volunteers



Staff

Calendar of Events

Rochester Fine Art Exhibition 2018, Opening night Wednesday 25 April 2018 7.30pm.
Exhibition runs from 26 April to 29 April 10.00am - 5.00pm. Rochester Shire Hall, Mackay Street
Featuring comedian Monica Dullard and opening address by Dr Susan McMinn
Please see www.redhs.com.au for further information and booking

Aged Care Activities

REDHS Aged Care Memorial Service

Easter Celebrations

Anzac Day Celebrations

Commonwealth Games Activities

Mother's Day celebration

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

Social Support Group Activities

Men's Day Out

When: Fun activities every second
Monday of the month, you must
bring/buy your own lunch

Music Melodies in Moama

When: Every third Monday of the month, you must bring/
buy your own lunch.

For further information and costs please contact
Social Support Group
Mon/Wed/Fri on 5484 4448

A client said
"I look forward to
every Music Melodies
activity to enjoy the
sing-a-long and
the company"



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