

April Falls

Now in its second year, REDHS April Falls program was another great success. This year, participants were encouraged to find a series of handouts, strategically placed throughout REDHS and gain a stamp on their 'passport' for each handout found. The handouts contained strategies on how to reduce the risk of falls including exercise, footwear, diet, social activities and other advice. Completed passports were then handed in and a winner drawn. The lucky winner received a package of Murray Goulburn goodies.

REDHS would like to thank New Image Hair and Beauty, Rochester Bakery, Mitre 10, Chemmart Pharmacy, SportsPower and Jan's Shoes and Accessories for their involvement in the program.



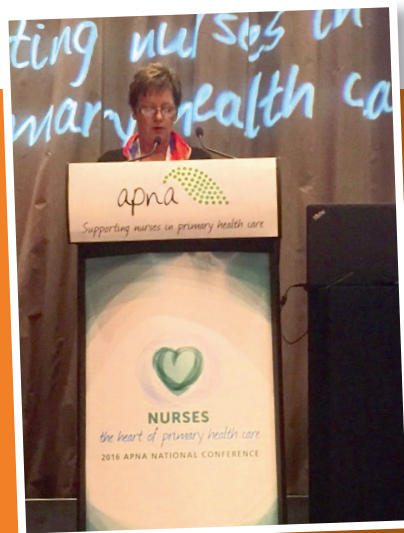
NEWSLETTER

WINTER EDITION JUNE 2016

REDHS Invited to Present

REDHS Nurse Educator, Cheryl Petrini was honoured when the Australian Primary Health Care Nurses Association (APNA) asked her to present at this year's conference held in Melbourne between 5-7 May. Cheryl was asked to speak about REDHS' involvement in the development of the Northern Rivers Graduate Nurse Program, in particular the opportunity that the program provides for graduate nurses to participate in a combined graduate role, working in both a health service and a general practice.

Alongside Nicole Brereton of St Anthony's Family Medical Practice, Cheryl spoke about the Program's great advantages for both the graduate and the participating health service or clinic. These advantages include offering a variety of clinical settings for a more comprehensive learning experience as well as ensuring a higher calibre and more educated workforce. Cheryl said the experience of speaking at the conference, although nerve-racking, was extremely positive and a great honour to represent the progressive work that REDHS does.



Safer Workplaces

In an effort to create a safer workplace for our staff, REDHS has installed security glass in our Acute ward reception area.

As reported in our summer edition, REDHS was one of 18 regional health services to receive funding from the Victorian State Government in an effort to prevent violence against staff.

The new glass is now in place, creating a secure area for our administration and nursing staff, particularly during evening and weekend shifts.



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Old Time Dance - Huge Success

In March, REDHS Aged Care residents along with family, friends and staff members were treated to a fun afternoon of dancing, music, singing and reminiscing.

Residents and Planned Activity Group clients danced with staff, who were dressed in ball gowns, setting the scene for a glamorous afternoon. The group enjoyed music from eras gone by and danced the afternoon away, followed by afternoon tea and some games. Later in the day in the dining room, residents reminisced and spoke fondly of the day saying they were well and truly ready for bed. Activities coordinators Karen

and Janine said the day was a huge success and it was such a pleasure to see the smiles of delight on the guests' faces when a familiar song was played. "They had a great day, it was a lovely afternoon and we hope to do it again". REDHS Aged Care Manager, Michele Bibby says "There is much evidence to show that unstructured exercise such as dance can provide many health benefits including improved mood, better sleep, maintenance of motor skills, increased balance which decreased risk of falls, improved memory and social skills. It is a great way of providing health improvement in a fun environment. The day was a huge success".



More Than a Hospital

Vision

REDHS is widely recognised for excellence in responsive, sustainable rural health services and compassionate care

Values

- Respect, dignity and understanding
- Equity, access, participation and consultation
- Diligence, responsibility and accountability
- Honesty, trust, fairness
- Service, professionalism and ongoing improvement and innovation

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Message from the CEO

I am pleased to present the Autumn edition of the REDHS Newsletter 2016. We received great feedback on our first newsletter edition which reaffirmed our decision to develop a community newsletter



In addition to the featured articles throughout, REDHS has been a hub of activity. The Rochester Fine Art Exhibition was held over the ANZAC weekend and REDHS was delighted to be involved and overwhelmed to receive the cheque for \$12,000 which is nearly double the funds of the last show! The exhibition was a huge success with 340 individual works finishing with a gourmet dinner at the Rochester Wine Tavern on the Sunday night. Special thanks to the hard working committee who were the quiet achievers behind the scenes to make this classy cultural event a reality.

Finally, over the coming months, I will be working with our Board of Management to finalise the strategic direction for the next four years, resulting in the "REDHS 2020" plan. Numerous community members and staff provided feedback and input into the Plan including review of our vision, identifying strengths, weaknesses, opportunities and risks, along with areas for improvement and future aspirations. What an exciting time for REDHS and our communities.

Please enjoy this issue of our Newsletter which will also be available on our website www.redhs.com.au. Feedback is always welcome to our communications department on 5484 4328 or rochhosp@redhs.com.au.

AMcEvoy

Anne McEvoy
Chief Executive Officer

National Volunteer Week

During the week of 9-15 May, REDHS celebrated National Volunteer Week with almost 100 of its volunteers attending an afternoon tea, embracing this year's theme "Give Happy, Live Happy". The theme represents not just the celebration of the contributions the volunteers make to others but also the good health and happiness that volunteering can bring to the volunteers themselves.

REDHS CEO, Anne McEvoy, said the afternoon tea was a huge success and a great opportunity to thank its volunteers for the invaluable contribution they make. Volunteers are able to provide much needed support in many areas of REDHS such as aged care, planned activities, gardening and meals on wheels. REDHS plans to continue to grow its volunteer base which would open up many new roles for volunteers in other areas in the health service.



If you are interested in volunteering, please contact our volunteer co-ordinator Hannah Whatley on 5484 4430 to discuss interests and opportunities.

New Menu Design, Great Experience for Students

During February, REDHS was home to four final year Dietetics students. During their time at REDHS the students conducted a menu review of all meals served in our Hospital, Aged Care facility, Planned Activity Group and Meals on Wheels, working with nutritional value and satisfaction of taste. In alignment with current guidelines, the students worked with catering staff to redevelop the menu which resulted in increased protein sources such as more meat, chicken and fish, higher energy foods including milkshakes and fortified cereals as well as monitoring portion sizes. REDHS food forum involved our residents throughout the process from contributing to meal ideas to taste testing the new additions. Positive feedback was received and the new menu is to commence July 2016. Some of the new meals will include spinach and ricotta slice, baked fish in white wine sauce, pork with braised celery and onion, berry pancakes and banana bread with custard.

The students reported that the project was extremely rewarding and very educational. One student commented that often on placement elsewhere, she had been assigned to tasks which she felt were irrelevant to her course however, the REDHS menu redevelopment would stand her in good stead for beginning her practice as a graduate dietitian. In April REDHS was again home to two Dietetic students. These students worked on developing a number of specialised menus including gluten free and texturized meals which will begin in conjunction when the new menu is introduced in July.

Pictured are: Catering team leader, Becky O'Sullivan, Students Heather Ko and Shaynie Ashkenazi, REDHS Dietitian Katherine Watson, Student Emma Low, REDHS Chef Sally Tall and Student Kara Cohen



New Uniforms for Catering & Cleaning Staff

Catering and cleaning staff have a new uniform! It's been approximately 8 years since the previous green and orange shirt designs were introduced and the staff decided it was time for an update.

A consultation process occurred with all staff involved in the selection of the new design which has achieved a stylish and professional result which all the support services staff are truly proud of.

New uniforms are being worn by catering staff members.

Pictured from left to right: Rose Youl, Jessica McArdle, Lyn Godden, Kim Powles, Alison Crossley, Lynn Mussared

