

Leading our community to better health



Patricia Sandhu coaches Carol as she gives the presentation in the nursing home

National Volunteer Week 8-14 May 2017

REDHS is honoured to have a large number of regular volunteers who contribute in many different ways. An afternoon tea was held on 9 May 2017 to acknowledge their contribution.

The celebration included REDHS' Health Promotion Officer conducting wellbeing activities and a sing along to "Don't Worry, Be Happy" led by one of our fantastic Activity Coordinators which kept on topic with the national theme "Give Happy, Live Happy". The volunteers received a Certificate of Appreciation and a 2017 Volunteer Australia Lapel pin.

REDHS is proud to announce REDHS' Volunteers were also finalists in the Organisation category of the Shire of Campaspe 2017 Community Volunteer Awards held on 10 May 2017. Congratulations to the winners, Lockington and District Business Centre volunteer team.

Vision

Leading our Community
to Better Health

Values

Respect

Equity

Diligence

Honesty

Service

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8-14 May 20171

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Message from the CEO

Welcome to the 2017 Winter Edition of REDHS newsletter.



REDHS' Board of Management member, Jodie Smith was chosen as one of ten consumer and rural board members from Victoria's rural public hospitals to be sponsored to attend the 14th National Rural Health Conference in Cairns in April 2017. When told of her successful sponsorship Jodie said "I am delighted to be awarded a scholarship to attend the National Rural Health Conference at the end of April. Not only will it allow me personally to grow and expand my clinical knowledge, it allows me to engage with other rural health providers to learn from, and discuss the issues that face our community and our rural health service. I am honoured to represent the Board of Directors, REDHS and our community at this conference."

The conference brought together the latest information and issues in rural and remote healthcare across Australia, and internationally, enabling Victorian delegates like Jodie to exchange views with clinicians, policy makers and researchers who work with and for country people. The Victorian sponsored delegates also had the opportunity to participate in discussions that explore the latest research into rural healthcare and the wide range of approaches to well known challenges. Jodie brought back key ideas on healthcare and the latest advancements in health service delivery modelling that work well in rural areas.



Jodie Smith



Brett Gledhill (Nanneella Hall and Reserve Committee) presenting Anne McEvoy (Chief Executive Officer) with the cheque

On 17 March 2017, REDHS' Diabetes Educator / Exercise Physiologist Ashley Watson attended the 'Men's Night' at Nanneella. Now in its fourth year, the night at the Nanneella Hall has grown to become one of the most anticipated local events on the calendar.

Over 100 men of various ages were in attendance to enjoy a social outing whilst listening to guest speaker and AFL legend Kevin Sheedy. Kevin amused the crowd for over two hours with stories of his AFL playing and coaching careers.

Ashley spoke about the importance of men's health in rural communities as well as the local services available here at REDHS and how they can be accessed. The proceeds of the night were donated to REDHS by Brett Gledhill on behalf of the Nanneella Hall and Reserve Committee on 8 May 2017. The committee raised \$500 and these funds will go towards rehabilitation equipment for the REDHS Acute Ward.

Active April - Winners Take All

REDHS participated in the Premier's Active April Program, competing in a "friendly" with Echuca Regional Health and Kyabram District Health Services to be the most active health service in Campaspe. REDHS was the overall winner with 7 out of 12 categories won. A celebration barbecue lunch will be held for all staff on 25 May. The barbecue will be cooked by the CEOs from Echuca and Kyabram.

Congratulations to Melissa Seelenmeyer (Acting Acute Services Manager) who was the most active member at REDHS and Gaye Pilven (Human Resources Manager) who was the most consistent member.



Left to Right- Michael Delahunty - Echuca Regional Health, Anne McEvoy - Rochester and Elmore District Health Service and Peter Abraham - Kyabram District Health Services. (Picture courtesy of the Kyabram Free Press)

AMcEvoy **Anne McEvoy**
Chief Executive Officer

Leap into Health-Student Career Expo

There are many different careers in healthcare and on 28 March 2017 REDHS, in partnership with the Campaspe Cohuna Local Learning and Employment Network (CCLLEN) and the Rochester Secondary College, a broad range of career opportunities that exist at REDHS and in the modern health system were showcased. Fifty seven Year 9 students from Rochester Secondary College attended.

Presentations were made on:

- Nursing
- Exercise Physiology
- Occupational Therapy
- Podiatry
- Health Promotion
- Food Services
- Maintenance
- Activities
- Physiotherapy

After the presentations, students were treated to a BBQ lunch and provided with an information showbag relating to courses and training they could do if they are interested in a career in health. A big thanks to all the staff involved, especially Cheryl Petrini, REDHS Clinical Support Nurse, for all her support in coordinating the event.

Students wrote comments on a board which included:

"I love how there is more than just nurses and doctors"

"I liked all the activities and games in the different sections"

"I loved today!!"

"I loved today it was an eye opener"

"I liked learning about how much sugar and salt were in some foods"



Ash Watson's physiology activities were also highly regarded. All the interactive aspects of the day were great; the nursing presentation was also well received. One of the CCLLEN staff said "Today you have created 60 new ambassadors for REDHS in your community".



Audrey was very pleased to receive an Easter egg from Charlotte.

Easter Treats for Aged Care

Charlotte is the eight year old daughter of REDHS staff member, Megan. Charlotte didn't want anyone to miss out on Easter, so she sat down over the recent school holidays and painstakingly made string Easter egg baskets and filled them with Easter eggs for each aged care resident and staff member working over Easter – a total of over 100 baskets! Charlotte bought all the materials to make the baskets out of her own pocket money.

We feel that Charlotte's effort is the epitome of what REDHS is all about - generosity of spirit, goodwill and care.

Thank you, Charlotte.

Corporate Services

Maintenance Team



Maintenance Supervisor, Brett Shotton, and Maintenance Assistants, Judy Olney and Wayne Cody, looking very professional in their new uniforms.

Last year, REDHS was successful in obtaining a grant from The Maggie Beer Foundation to generate a wellbeing garden for sensory stimulation, both tactile (touch) and auditory (hearing). After several years of low rainfall, some areas of REDHS grounds were looking tired.

A meeting with the residents, staff and the executive team concluded with the decision to install two water features (one shown below) and pathways for residents to gain better access to the gardens.

A watering system was also installed to maintain the garden area. REDHS' maintenance staff completed the works.



Hospital Auxiliary

The REDHS' Hospital Auxiliary wishes to thank the community for supporting their recent fundraising for Easter and Mother's Day raffles. The Auxiliary has raised \$1000.00 to help purchase nursing aids.

The Auxiliary meets on the first Monday of each month at REDHS.

If you are interested in coming along, please call REDHS Reception on (03) 5484 4400.

We welcome any new members to attend.



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