

TERANG AND MORTLAKE HEALTH SERVICE 'GOSS'



TMHS Newsletter

April 2016

From the CEO'S Desk.....

The last couple of months have been busy for TMHS. The Health Service celebrated the arrival of our new mini bus in March with a celebratory morning tea at Mt View. A number of donors attended and shared a cuppa with residents before viewing the new bus. The response was very positive with a couple of donors even signing up on the day to become volunteer drivers!

The building project continues to run on time and to budget with pre made walls being delivered this week and roofing trusses arriving shortly. All going well, the Mt View extension will be water tight within the next couple of weeks in time for winter.

Our maintenance team have farewelled Tony Hadfield in recent weeks as he commences his retirement. Tony has worked at TMHS for over four years and has always encapsulated our 'What can I do next' attitude. Tony looks forward to travelling during the next few months but has promised to drop in for a cuppa from time to time. The team has commenced refurbishment of rooms 4 and 5 of the acute ward. These rooms will be freshly painted, will receive fresh vinyl flooring and cabinetry. This makeover will enhance the patient experience as well as the working environment for nursing, environmental and catering staff.

The catering and environmental teams have been working hard in recent weeks preparing for the implementation of our new menu. The menu has been developed by a specialist dietitian to ensure that it meets the needs of our residents and patients and adheres to best practice standards. We look forward to its roll out towards the end of April.

Thank you to our staff who continue to strive to ensure that our community receive the best care possible.

Julia Ogdin

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Maintenance Manager Ian Barrand with Tony. Who is retiring from the team

Farewell to Tony Hadfield. One of our Maintenance Men who is retiring and off travelling around Australia. All here at the TMHS wish him all the best on his new endeavors.

Terang Social Centre

On Tuesday the 5th of April five members of Terang Social Group took part in a Basic Life Support education session held at the Josie Black Community Health Centre. It was an interactive session where the participants were guided in the recognition and first aid management of an unconscious person. The group had an opportunity to practice cardiopulmonary resuscitation and the application and use of the Centre's new defibrillator.

Some of the participants have physical limitations and although they may not have been able to perform all of the actual processes, they agreed that they would feel more comfortable to help in an emergency situation.

Carolynne Leddy, a Registered Nurse who facilitated the session was very impressed with the enthusiasm of the participants. A couple of the group who found kneeling on the floor a challenge joked that they would require assistance from bystanders to get back up on to their feet after the Ambulance arrived!

The idea to run the session was put forward by Margaret Linford, who has been coming to the Social Group since June 2015.



If you are experiencing stress or have any concerns at work. Please contact your Supervisor, Line Manager or Gaye our Quality Risk Safety Manager.

TMHS Workplace Stress and fatigue Policy

TMHS Workplace Stress and Fatigue Policy gives guidance on how to reduce incidence of occupational associated stress and stress related illnesses. What one person may perceive as stressful another may view as challenging. Whether a person experiences work related stress depends on the job, the person's psychological make-up, and other factors (such as personal life and general health)

Think about the changes you need to make in order to reduce your stress levels then take action. Some of the changes you can make yourself are:

- Think realistically about the possible consequences of an action and try not to exaggerate it out of proportion.
- Accept what you cannot change
- Try to judge and accept yourself fairly and then your own and others mistakes may be less frustrating.
- Co-operate
- Learn to be contented with what you have.
- Don't try to be superhuman and do everything at once.
- Concentrate on here and now.
- Assertion, which is expressing your needs and wants clearly while being respectful of others rights to do the same, can help minimise stress
- Planning your time.
- Use your assertion skills to reduce too much new work or request help to do the work
- Delegate
- Look for a better way to do the job
- If necessary, walk away until you can think clearly.
- Sleep is important to your ability to handle stressful situations.
- Relaxation exercises are an invaluable means of bringing calm and stillness to a mind and body that is distressed.
- Eat well. (you are less vulnerable to stress if you are fit and well nourished)
- Sharing your problems with a sympathetic member of the family , relative, friend or work place councillor can lighten the burden and may provide you with solutions you may not have thought of before.
- Talk over your concerns with your supervisor or line manager

Gaye Sanderson
Quality Risk Safety Manager
Return to Work Coordinator

Sweet potato, rocket and asparagus frittata

A quick and easy lunch or dinner, and eaten hot or cold!

Prep time: 30 minutes

Serves: 4

Ingredients

350g sweet potato (peeled, cut into 3cm pieces)
1 bunch asparagus (trimmed, cut into 4cm lengths)
60g baby rocket leaves
cooking oil spray
6 eggs
½ cup reduced-fat milk
2 tbsp. grated parmesan
green salad, to serve

Instructions

1. Cook sweet potato in a saucepan of boiling water for 8–10 minutes, or until tender, adding asparagus to pan for last 3 minutes of cooking. Drain well.
2. Preheat grill to high. Spray a large, ovenproof frying pan with oil and place over medium-high heat. Add sweet potato, asparagus and rocket. Cook, stirring occasionally, for 2 minutes or until rocket wilts.
3. Whisk together eggs and milk. Pour eggs into frying pan over sweet potato mixture. Cook for 4–5 minutes over medium heat, or until frittata is almost set. Sprinkle with cheese and place under preheated grill for 3–4 minutes until golden brown and just set. Cut into quarters. Serve with a green salad and your choice of bread.

Tips/Handy Hints

Get creative with the vegies! Carrots, green onions, cauliflower, spinach... check to see what vegetables are in season to lower the cost per serve.

Recipe
brought to you
by Laura
Stevenson

Health and Promotions
Officer



Due to circumstances beyond our control the Long Lunch has been postponed.

We will be hoping to organise another Long Lunch in the Spring.



CONGRATULATIONS



The Girl: Joanna

The Guy: Anthony

The first date: New Year's Eve 2014

The proposal: on the beach at sunset 13th Feb 2016

The wedding: 4th June 2016 at the Warrnambool Presbyterian Church

Welcome New Staff



Fleur Barling—Casual enrolled nurse



Grace Conheady—Casual registered nurse



Jenny Lyons— Casual Food Services Assistant

Bragging rights are on the line when TMHS take on Premier's Active April in 2016!

This April, step up the amount of physical activity in your life and get more active, more often. All it takes is 30 minutes of physical activity a day during April. Get started now by registering then login to the Active April Activity Tracker to track your progress throughout the month.

TMHS are participating for the second year in a row, but this time it is campus versus campus. The community health centre staff will go up against the hospital staff. Bragging rights are on the line! Once you have registered, staff are encouraged to request to join a team.

If you are based at the Josie Black Community Health Centre or the Mortlake Community Health Centre and you want to help your team to victory your team ID is: tmhs.

If you are based at the Hospital/Mount View and you want to help your team to victory your team ID is: tmhs-hospital.

Once your request has been approved you can get moving immediately. The team with the most logged hours will win. To register visit <https://www.activeapril.vic.gov.au/> for more information. If you have any problems contact Laura Stevenson on 20301. May the most active team win!



Your Contact Officers



Michelle Symons



Tracey Harris



Julie Kenna



Tracy O'Brien



Noelyn Wales



Jenny Meade



Michael Rudezky

Contact Officers

What are Contact Officers?

They are our staff members who have volunteered to be trained to help other staff members with any queries about our policies relating to discrimination, sexual harassment or bullying. Contact Officers can provide you with information about your options relating to issues and support you at the first point of contact.

Why are Contact Officers Important?

Your Contact Officers will help you understand your rights and obligations in relation to maintaining a work place that is free of bullying, harassment and discrimination.

Contact Officers will help you understand more about our policies. They will also help you with additional information and support, if you believe you are experiencing bullying, harassment or discrimination or if you have been accused of bullying harassing or discriminatory behaviour.



Jane Fitzgibbon

What will a Contact Officer do?

Your Contact Officer will:

- ❖ Listen to you if you feel that you have been discriminated against, experienced harassment including sexual harassment or bullied.
- ❖ Help clarify your issues
- ❖ Offer you options for dealing with a situation
- ❖ Maintain your confidentiality (provided there is no imminent risk to you or other's health & safety).
- ❖ Be a resource person to staff on policies.

A Contact Officer will not!

- ❖ Discuss your case with anyone without your permission
- ❖ Advocate on your behalf
- ❖ Resolve or investigate complaints
- ❖ Take over your case or try to push you to take any particular action.



Jane Fitzgibbon



WELL WOMENS HEALTH

FREE PAP SMEAR TESTING

**WITH NURSE PRACTITIONER
AMANDA NASH**

Next Service in Mortlake

Terang & Mortlake Health Service

23 Boundary Road Mortlake

TUESDAY 19TH APRIL 2016

TIME:10:30am-4.00pm

PHONE THE HEALTH SERVICE ON 5558 7000

FOR AN APPOINTMENT

Next Service in Terang

Josie Black Community Health Centre

66 High Street Terang

TUESDAY 12TH APRIL 2016

TIME: 10.00am – 4.00pm

PHONE THE HEALTH SERVICE ON 5592 0300

FOR AN APPOINTMENT

**EVERY WOMAN SHOULD HAVE A PAP SMEAR EVERY
TWO YEARS.**