Central Highlands Rural Health
COMMUNITY NEWSLETTER

Summer 2020/2021 | Issue 3

WELCOME FROM THE CEO

Welcome to third edition of our Community Newsletter.

We recently passed the one-year anniversary of the amalgamation of Hepburn Health Service and Kyneton District Health and the formation of Central Highlands Rural Health.

I don't think any us could have possibly predicted a first year quite like the one we have experienced as a combined organisation, but I want to thank our community for their ongoing support and our staff for their service through the most difficult year in healthcare I have ever experienced.

We said throughout the consultation process that the formation of the new organisation would enable us to deliver a stronger health service for our communities. We promised to strengthen services, enhance quality and deliver more consumer-driven care.

Although we may not have foreseen quite how this would roll out in the first twelve months, I couldn't be prouder of the way we have continued to look after our local communities. I truly believe we have delivered on our amalgamation promise and will continue to do so in the years ahead.

I hope you enjoy reading the articles in this newsletter. This edition includes an in-focus feature on the services available at Kyneton Health, photos from the new build at Creswick Aged Care as well as a lovely interview with one of our nurses who works at the facility. You will also find stories about some of the services we've been able to reinstate with the easing of restrictions.

As always, we welcome your feedback and I invite you to drop me a line at ceo@chrh.org.au.

Kind regards,
Maree Cuddihy, CEO

INFECTION CONTROL MEASURES

As we continue to follow guidelines issued by the Victorian Department of Health, a reminder about the screening and infection control measures in place across our facilities:

- wear a face mask at all times
- report to the temperature station upon arrival for screening
- keep at least 1.5 metres apart from others
- perform hand hygiene before and after entering our facilities and a patient's or resident's room
- follow directions about visitor time limits, if applicable
- follow directions about the maximum number of visitors in a room at any given time
- follow directions about wearing specific masks, gloves or gowns, if requested by staff

Thank you for following these control measures to keep our community safe.

FOCUS ON.... KYNETON HEALTH

In upcoming editions of our Community Newsletter, we will focus on the services available at one of our five locations across the Macedon Ranges and Hepburn Shire. First up, Kyneton Health.

About Kyneton Health

Kyneton Health at Central Highlands Rural Health offers a comprehensive range of hospital and community-based services. We are proud of our place within the community, having served the people of the Macedon Ranges for more than 160 years. From our original bluestone hospital on Simpson Street in 1854, to the purpose-built modern hospital in Caroline Chisholm Drive that opened in 2003, we continue to respond to the needs of our local community, collaborating with healthcare partners to deliver Best Care to our patients.

Kyneton Health
Central Highlands Rural Health

7-25 Caroline Chisholm Drive
Kyneton VIC 3444
P: (03) 5422 9900
E: info@chrh.org.au

Hospital Services

Our hospital services include a 24/7 urgent care centre, 27-bed overnight acute ward, two operating theatres, dialysis and oncology services. We have a dedicated palliative care suite where families can stay while we look after their loved one at the end of life. We also have two palliative respite beds that can be booked to give carers a break for up to two weeks.

Respiratory Assessment Centre (COVID-19)

Kyneton Health offers testing for the Coronavirus (COVID-19) through our Respiratory Assessment Clinic. Members of the community can book an appointment for testing if they are experiencing any of the symptoms associated with the coronavirus (COVID-19) or as directed by the Victorian Department of Health.

Community Health and Wellbeing

Community Health and Wellbeing services in Kyneton include the Treehouse, a socially supportive program for people with dementia and Healthy Mind and Movement, a physiotherapist-led program that aims to build exercise endurance, general fitness and improve overall independence and wellbeing.

In Home Services

In Home Services include District Nursing, Home Care packages, Hospital in the Home, Post-Acute Care, Transition Care Program (TCP) and Palliative Care in the home.

Kyneton Health Partners

Our collaborations and partnerships ensure our clients and patients are well supported to access the services they need, close to home. On Site at Kyneton Health our partners include Austin Pathology, Campaspe Dental Practice, Campaspe Family Practice, Kyneton Community Mental Health and Lake Imaging. In our local community we partner with Brooke Street Medical Centre, Cobaw Community Health, Kyneton Medical Centre and Springs Medical.

Ambulatory Care Centre

The Ambulatory Care Centre is home to the Kyneton Health Consulting Rooms. A range of Visiting Specialists and targeted programs can be accessed here, making it convenient to attend appointments close to home.

FUNDING SECURED

Central Highlands Rural Health received exciting news before Christmas with the confirmation of more than $544K from the Victorian Government's Engineering Infrastructure Replacement Program.

This scheme provides funding to upgrade or replace critical risk capital plant items and essential engineering infrastructure for acute services in public hospitals across Victoria.

Central Highlands Rural Health has been allocated the funding for improvement works at Daylesford Hospital, including the replacement and relocation of a new generator, suitably sized for the whole facility and the upgrade of theatre power supply.

AGED CARE ROYAL COMMISSION

Royal Commission into Aged Care Quality and Safety

The Royal Commission into Aged Care Quality and Safety was established in October 2018 to look at the quality of aged care services and whether those services are meeting the needs of the Australian community.

The commission delivered a special report on COVID-19 and aged care on 1 October 2020, and will provide the final report by 26 February 2021.

For more information, visit: https://agedcare.royalcommission.gov.au/

COVID SURVEY FINDINGS

We are delighted to have finalised our report 'Health and wellbeing during COVID-19 and beyond – Survey findings'.

The Population Health Team conducted a survey to capture how the impacts of the COVID-19 pandemic has affected the health and wellbeing of our local community including Hepburn Shire and surrounding regions.

Findings from the report will help seek positive ways to continue to support our community now and into the future.

If you are interested in receiving a copy or have any questions about the report please email pophealth@chrh.org.au.

POPULATION HEALTH

SOCIAL SUPPORT PROGRAMS RESTART ACROSS HEPBURN

Our Social Support Groups returned in November, after a four-month suspension due to the coronavirus pandemic.

Our Trentham clients visited the Social Foundry in Kyneton, those from Daylesford got out and about and enjoyed the sunshine, whilst our Clunes clients enjoyed a delicious lunch at the Community Health centre.

For more information about our Social Support programs, please contact the Integrated Community Aged Care Office on 5321 6596 or email: aged.care@chrh.org.au

Trentham

Clunes

Daylesford

Daylesford

LOCALS CARING FOR LOCALS

Central Highlands Rural Health employs hundreds of clinical staff providing a wide variety of health and wellbeing services throughout Creswick, Clunes, Daylesford, Kyneton, Trentham and surrounding districts. Yet numbers don't matter when you are seeking healthcare services for you or a loved-one. What does matter is the quality of that care. And ideally, you want your healthcare to be provided close to home, and thus close to family and friends.

For over 100 years, Creswick Health has been doing just that. What's more, the quality of its care is only enhanced by the fact that many of its staff are themselves long-term local residents. Within the Creswick hospital, aged care home and community health campus, it is truly a case of 'locals caring for locals'.

One of its local staff members is Enrolled Nurse Olivia Blake, who has cared for many local Creswick residents in the nursing home over the past 10 years. She fondly remembers looking after one of her former primary school teachers who took great comfort in seeing a familiar face. Olivia said, "For me, it was both a privilege and a joy to have the opportunity to look after my old teacher. I was able to personalise the type of care we offered."

Olivia Blake, EN

Olivia made a mid-career transition to nursing after she had children and realised that her perspective had changed. She says, "It was only after starting a family that I truly appreciated the value and reward in caring for others. From that time, nursing became the obvious choice for me."

Olivia is very excited about starting work in the newly constructed wing of the nursing home. Yet, she is also quick to add that a "shiny new building" does not in itself equate to quality care. She asserts, "Quality care only comes from quality human carers. We provide excellent care in the old building, and will continue to do so in the new redevelopment as it gradually opens."

"Mind you, the redevelopment offers some great opportunities to further enhance our level of care and thus the quality of life of our valued and beloved residents", she added. The new wing includes home-like rooms with ensuites, various lounge and dining spaces and a dedicated activity room. Undoubtedly, its centrepiece is a landscaped sensory courtyard garden which was very generously donated by the Creswick & District Community Bank.

Like other nursing staff, Olivia thinks that there is perhaps just one missing component in the new nursing home wing. She recognises that the existing aging beds do not meet recent advances in technology. She says, "Current bedding technology is extremely beneficial to residents with weight, pain or pressure issues as well as those prone to falls or sleep disturbance." Pictured is Olivia and also one of the spacious new rooms awaiting a new bed.

Creswick Health recognises this important need and so now appeals for the community's support to help achieve a better quality of life for all our local aged care residents by upgrading the quality and therapeutic benefits of their bedding. Collaboration with the local community is very appropriate as it is local residents who will benefit in the years ahead.

In fact, Creswick Health has already welcomed its very first donation to fund a specialist bariatric bed. Around $5,000 was kindly provided by the tireless members of the Creswick Hospital Auxiliary, themselves all community-minded local residents who continually add yet another level to the concept of 'locals caring for locals'.

Please consider offering a tax-deductible donation to support this bedding appeal by visiting our website. Depending on mattress quality, full bed sponsorship is either $3,167 or $3,967 and will be appropriately acknowledged with a special plaque. Part donations are also most appreciated.

Please direct all enquiries to Peter McConvill, Fundraising, Events & Marketing Manager on phone 0412 204 621 or via email peter.mcconvill@chrh.org.au

CRESWICK MEN'S FRIENDSHIP SHED EASTER RAFFLE

The Creswick Men's Friendship Shed is a place where men can connect, support and contribute to their local community. It provides a safe and inclusive environment for men to participate in self-led activities, share a story and enjoy a cuppa.

CRESWICK MEN'S Friendship SHED ESTD 2001

EASTER RAFFLE

The Easter raffle is now live with all items proudly put together by members of the Creswick Men's Friendship Shed - total prize pool $1000.

Please help support our local Men's Shed!

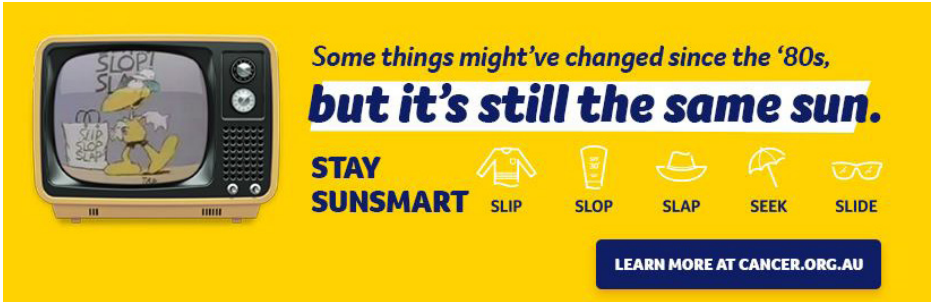
- 1st Prize – Beautiful Victorian style doll's house with furniture
- 2nd Prize – Train pot plant holder with Easter eggs
- 3rd Prize – Bird box
- 4th Prize – Bird box
- 5th Prize – Box of Easter Eggs

All funds raised from the Easter Raffle will help the Shed purchase much needed new equipment to continue doing the great work which supports the local communities across Creswick and surrounding district.

For more information and to purchase tickets securely online before 23rd March 2021, please visit: https://www.rafflelink.com.au/cmfseasterraffle2021

POPULATION HEALTH

STAY SUNSMART CAMPAIGN



Remember when perms, mullets and crimped hair were all the rage? In the '80s, bigger was always better. Hair styles might have less volume these days, but it's still the same Aussie sun. Stay SunSmart this summer, and encourage your kids to do the same.

SLIP – on sun protective clothing
SLOP – on some sunscreen
SLAP – on a hat
SEEK – shade
SLIDE – on sunglasses

POPULATION HEALTH

WATER CONSUMPTION

With the warmer summer weather, it's important we drink enough water to keep our body hydrated. Water makes up 70% of our body and plays an important role in the health of our brain, skin, heart, lungs and more.

If you find it difficult to ensure you are drinking the recommended 6-8 glasses of water a day, why not try adding some flavours to keep it interesting.

Stay away from the sugar loaded cordials and instead add some fresh fruit or herbs for a delicious flavour. Try adding the following combinations to your water:

- Strawberries and mint
- Lemon and ginger
- Sliced cucumber
- Berries

If you have any great flavour combinations for spicing up your water, let us know at pophealth@chrh.org.au.

POPULATION HEALTH

BEST CARE BIG TICK ANNUAL AWARD WINNERS

Central Highlands Rural Health's Best Care Big Tick nomination program recognises and celebrates the terrific things our staff do to ensure patients, residents, clients, families and colleagues receive Best Care that is Personal, Safe, Connected and Right. The program also recognises behaviours and actions that align to our organisational values.

The Best Care Big Tick program commenced in May across our organisation and since then, we have received 137 nominations for 101 employees across our organisation. A huge congratulations to everyone who received a nomination this year.

From the nominations received, members of the senior leadership team selected overall 18 finalists from Creswick, Daylesford, Kyneton, Trentham and Community Care as well as a special category for those who work across the organisation. Congratulations to all our finalists in 2020!

Board Chair Peter Matthews selected Rachel, a Registered Nurse with Macedon Ranges Community Nursing, as the recipient of this year's Chair's Award.

Peter felt that Rachel shone out for her outstanding care in the most difficult of circumstances. She went above and beyond her daily duties to attend to the needs of a palliative care patient. Working in Palliative Care is hugely challenging, however through difficulty came reward. In this excellent example of Best Care, Rachel and the team at Kyneton Health were able to help the family give their loved one one last wish.

Congratulations Rachel – on a well-deserved Chair's Award.

VOLUNTEERS RETURN

Volunteers have been making a slow return to our Aged Care services and are now able to visit residents and assist with activities.

Residents in Creswick have been able to enjoy Chair Tai Chi with Lorelle as well as chaplaincy. Piano and guitar entertainment at Daylesford and Trentham have also returned and our residents have been able to enjoy visits and chats from our friendly volunteers.

The Volunteer Transport Program for medical appointments has recommenced. Requests for transport for people aged 65+ or with a disability can be made through reception at the community health centres.

The Hepburn L2P Program also have the green light to start again soon.

We want to thank the volunteers who have continued to deliver Meals on Wheels throughout the pandemic and the friendly phone calls that some volunteers have been making to Meals on Wheels clients have been greatly appreciated. We even have a volunteer and client who plan to catch up in person soon.

We are about to commence a recruitment drive for volunteers and we look forward to welcoming new volunteers to the team. If you are interested in volunteering, please email: j.cawton@chrh.org.au or submit an expression of interest application through the CHRH website.

CRESWICK AGED CARE

After months of waiting, residents at Creswick Aged Care were finally able to move into their new home just before Christmas.

Our new facility includes 13 single rooms with ensuites, an activities room, outdoor courtyard and a large living, dining and kitchen space.

Public tours are now available, in line with current COVID-19 restrictions. For more information, contact Creswick Director of Nursing Pam Saunders on 5435 9175.

MEET THE CENTRAL HIGHLANDS RURAL HEALTH BOARD OF DIRECTORS

The Central Highlands Rural Health Board of Directors is appointed by the Minister for Health and has well defined set of responsibilities within our organisation. Each board member brings a diverse range of experiences and skills and their expertise is utilised to govern and provide oversight. The Board develops strategies, oversees financial and service performance, responds and adapts to challenges and opportunities, and ensures that our organisation meets regulatory and government policy requirements and standards.

To find out more about our Board, visit the Central Highlands Rural Health website.

Peter Matthews

Kate Redwood

Andrea Driscoll

Ken Gray

Alexander Heriot

Mary Delahunty

Bronwyn Malignaggi

Karen O'Sullivan

Greg Pullen

Phillip Thompson

Jeffrey Zajac

HEPBURN TOGETHER

Hepburn Shire Council is embarking on a major strategic planning project; the Hepburn Together project. The project encompasses the development of the following key strategic documents:

- Community Engagement Policy
- 10-year Community Vision
- 4-year Council Plan (incorporating Municipal Public Health and Wellbeing Plan).
- Financial Plan and Asset Plan.

Through engagement, Council will build a comprehensive understanding of community aspirations, strengths, ideas, priorities and challenges.

They will uncover the best way to engage with the community, create a shared community vision, and define strategic priorities to inform Council decision making while providing strong leadership and governance that is responsive, open, and accountable.

The Hepburn Together project is an opportunity to shape the future. To find our more, visit: https://participate.hepburn.vic.gov.au/hepburn-together

HEALTHY HABITS

Many of us may have let our healthy habits slip away over the festive season (which is totally okay!), but as we settle back into 2021, it can be a great time to focus on our routines and looking after ourselves.

CHRH in partnership with the Hepburn Local Drug Action Team (LDAT) and Hepburn Shire Council's Local Support Network (LSN), came together to provide information on how we can enhance our health and wellbeing.

Check out the video showing how we can maintain and create new healthy habits in a 'COVID-normal' life: https://vimeo.com/493546504

POPULATION HEALTH

POPULATION HEALTH E-NEWSLETTER

Subscribe to the Population Health & Wellbeing Newsletter: https://bit.ly/37ouBBa

The Population Health team will keep you updated with everything health and wellbeing and a great opportunity for anyone who wants to share news with the community.

The newsletter will be distributed bi-monthly in 2021, so contact the team via email if you have anything to share: pophealth@chrh.org.au.

SUBSCRIBE

POPULATION HEALTH

ARE YOU A GOODSAM?

GoodSAM

GoodSAM is a mobile phone app that connects confident and willing members of the community to someone in cardiac arrest.

GoodSAM responders receive a text message alert is someone close by needs CPR and an AED.

Find out more about GoodSAM visit: https://www.ambulance.vic.gov.au/goodsam/

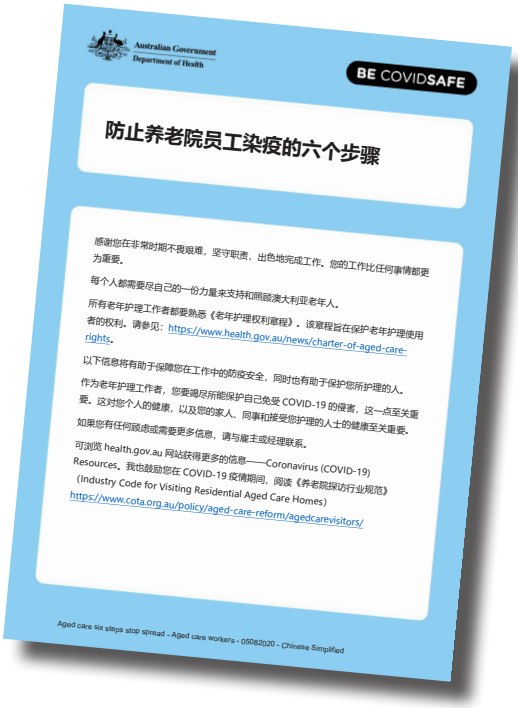
TRANSLATED RESOURCES AVAILABLE

The Six Steps to Stop the Spread information sheet has been translated and is now available in 63 languages other than English. There are various versions of the information sheet, depending upon the audience:

Aged Care Residents:
https://www.health.gov.au/resources/translated/coronavirus-covid-19-six-steps-to-stop-the-spread-for-aged-care-residents-other-languages

Families and Visitors:
https://www.health.gov.au/resources/translated/coronavirus-covid-19-six-steps-to-stop-the-spread-for-families-and-visitors-other-languages

Aged Care Workers:
https://www.health.gov.au/resources/translated/coronavirus-covid-19-fact-sheet-six-steps-to-stop-the-spread-for-aged-care-workers-other-languages-0



SUPPORT WHEN AND WHERE YOU NEED IT

The Australian Government has strengthened a number of digital and telehealth support services, including for vulnerable people and those with severe and complex needs.

There are a number of ways you can get help.

- **Coronavirus Mental Wellbeing Support Service** is specifically designed to help people through the COVID-19 pandemic.
  1800 512 348 | https://coronavirus.beyondblue.org.au
- **COVID-19 Support Line for Senior Australians** offers mental health support for senior Australians, their families and carers.
  1800 171 866
- **Head to Health** is a good place to start if you, or someone you care about, needs help managing anxiety and worry. It provides access to free and low-cost telephone and online mental health and support services.
  www.headtohealth.gov.au

Additionally, the Australian Government has established 15 new **HeadtoHelp** mental health clinics to further support Victorians to get the help they need, when they need it.

These HeadtoHelp clinics are a free service, and you can visit these clinics in person or via the phone to talk to a mental health professional about your needs.

1800 595 212 | www.headtohelp.org.au

CAREERS AT CHRH

Interested in working at Central Highlands Rural Health?

Current vacancies are listed on our website and we encourage applications from candidates who align with our organisational values and behaviours:

- Act with respect
- Be responsive, kind, caring
- Act with integrity and be accountable
- Commit to learning and reflection

To view current employment opportunities, visit our website:

https://www.chrh.org.au/careers/current-vacancies/

MEN'S HEALTH GATHERING

On Tuesday 23rd March, the Creswick Men's Friendship Shed will be hosting a men's health event at the Doug Lindsay Reserve in Creswick. We are encouraging all men to attend; however, everyone is welcome.

The event will include presentations about mental health and wellbeing, good nutrition and updates from members of local Hepburn Shire men's sheds. It will also be an opportunity for men to get a quick health check and discuss any health concerns with local health professionals.

To ensure your spot at the event or for any questions please contact Taletha Rizio on 5321 6699 or email: taletha.rizio@chrh.org.au

Please remember social distancing rules will apply and we will also require participant's details to comply with State Government contact tracing regulations.

The Population Health team would love if you could pass this on to any men that you work with in your role, or those within our community.

POPULATION HEALTH

HEALTHY LUNCH BOXES

We know that many people in our community are parents, grandparents or carers of young people and that school and kinder lunchboxes are a daily task once again! Creating healthy lunchboxes is the perfect opportunity to get your child involved and develop healthy habits, whilst letting them make decisions that will help them to feel there best all day!

When creating a healthy lunchbox try and pick one yummy item from each of the following groups:

1. Fruit
2. Vegetables, legumes and beans
3. Dairy – milk, yoghurt, cheese and alternatives
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds
5. Grain (cereal) foods
6. Plain water – tap is best!

Often it may be the snacks that we pack in our children's lunchboxes that can hiding the sugar and fat. Although they are advertised as 'healthy' or 'low sugar/fat', that may not be the case when we read the nutrition label. When choosing items for lunchboxes, fresh food is best or products that have a short ingredient list.

The Cancer Council has put together a bunch of healthy alternatives to traditional unhealthy snacks that you may find beneficial, which you can check out here: https://healthylunchbox.com.au/healthy-swaps/

POPULATION HEALTH