

## CEO UPDATE

The winter weather and early morning frosts are a sight that I have not seen for many years. However, the colour of the autumn leaves and the much needed rain have been delightful.

### Some of the activities that we have focused on recently include:

- Residential Aged Care accreditation of our four facilities (Nursing Homes and Hostels). This involved two auditing teams undertaking an independent audit of the care and services we provide with our residents and their families. I am pleased to say that the Aged Care Quality and Safety Commission has provided a final report for all sites, which re-accredits the services for another three years. We met all 44 outcomes and the staff have welcomed the results. The auditors recognized the care, respect and support shown to residents, by staff through their actions.
- We have another accreditation audit this week, for our Home Care Packages and District Nursing service. Danni and her team have completed the self-assessment, developed evidence folders and are keen to achieve a positive result.



- The launch of the Skipton Hospital Straw Pellet, bioenergy heating project was well supported by the local communities. This is a joint project with the Pyrenees Shire, enabled through funding from DELWP's sustainable communities program. We have commenced the tender process and are meeting the key milestones as we go forward with this project.

## 2019 FLU VACCINATIONS NOW AVAILABLE

**Don't underestimate FLU... ask us about your flu shot!**

For information about your flu vaccination or to make your appointment call our Medical Practice staff at

**Beaufort on 5349 1610 or Skipton on 5340 1110.**



## CEO UPDATE (continued)

- The Open Access board meeting focused on the nationally recognized 'Care of the Older Person' (COOPS) program developed by our very own Kim Stevens (Learning and Development Manager), in collaboration with Ballarat Health Services. Over the past two years, the program has now grown in 2019, to include 25 nurses across five health services. The program is unique, in that it recognizes the needs of older people across a broad range of health settings and skills the graduate nurse to provide the best care for the older person in any setting. Kim will be presenting her evaluation of the program at the Australian College of Nurses, National Nursing Forum in Hobart this August.
- Our facebook page is very active, illustrating the great work and community engagement we are delivering. If you are on social media, please like and follow our Beaufort and Skipton Health Service facebook page.
- We celebrated Belinda Horsely's dedication to the Beaufort and Skipton Health Service, through an enduring memorial now hanging in the Skipton campus front foyer. It was an honour and privilege to share this occasion with Belinda's family, her mother and sister.
- The Community Advisory Committee has undertaken a review of the committee's responsibilities and we have increased the number of consumer/community representatives on the committee. We are seeking interested people to apply and help us provide the best care and services to our community. Please look out for the advertisement.

This time of year always turns our attention to the coming year's budget and the managers and finance team have been working through the budget build. As you know the financial performance of the health service has seen some challenges in recent years, which has necessitated a review of all programs, staffing levels and overall efficiencies.

I would welcome your feedback on how we can continue to improve the health services we provide to our communities. Please call or email your ideas.

**Meryn Pease**

Chief Executive Officer

## SKIPTON HOSPITAL STRAW PELLET PROJECT OFFICIAL LAUNCH

Beaufort and Skipton Health Service Board of Governance, Management and staff were happy to see so many in attendance at the recent launch of the 'Skipton Hospital Straw Pellet Project' official launch.

The project is an initiative of the Streatham Straw Alliance, in partnership with the Pyrenees Shire Council and Beaufort and Skipton Health Service and made possible through government funding received from the Department of Environment, Land, Water and Planning (DEWLP).

This project will include the installation of a bioenergy system that will be fuelled by straw pellets from local farmers. A pellet heating boiler system will be connected to the existing heating system and hot water supply and will provide hot water and heating for the Skipton Campus, resulting in considerable savings for the Skipton Hospital.

This is an exciting pilot project that will demonstrate the concept that straw can provide a viable and sustainable renewable energy source as an alternative to LPG supplies. The concept is drawing interest from far and wide and will commence shortly. This exciting project is expected to be completed by December 2020.



*Members of the Skipton Hospital Straw Pellet Project Control Group: Daryl Scherger, Ray Davies and Meryn Pease*

# BEAUFORT AND SKIPTON HEALTH SERVICE 'AGED CARE QUALITY AND SAFETY' ACCREDITATION SUCCESS

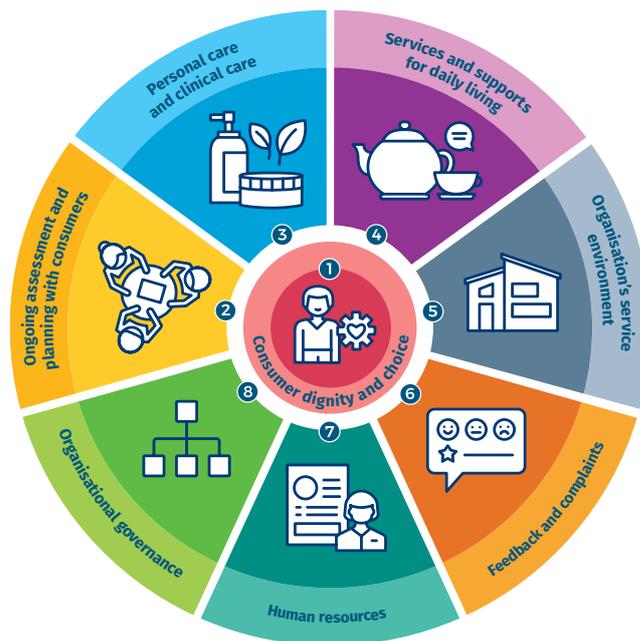


We are pleased to announce that Beaufort and Skipton Health Service recently achieved our 'Aged Care Quality and Safety Standards' Accreditation under the Aged Care Quality and Safety Commission.

Recently assessors completed a comprehensive audit of our Aged Care Services at both the Beaufort and Skipton campus. During this visit the audit focused on four standards which covered:

- management systems, staffing and organisational development,
- health and personal care
- care recipient lifestyle
- physical environment and safe systems

This audit also gave our residents and families an opportunity to give their feedback on the services provided by Beaufort and Skipton Health Service. The audit also provides important information on what changes and improvements we can apply in the future. Thank you to all who were involved in this process as your input was greatly appreciated.



The next "Aged Care Quality and Safety Standards" accreditation that Beaufort and Skipton Health Service will be assessed against will follow the new Aged Care Quality Standards that come into effect from 1 July 2019.

## OPEN ACCESS MEETING

On 22 May 2019 Beaufort and Skipton Health Service held our annual 'Open Access Meeting' which gives the community an opportunity to hear information on what is happening within the health service.

Kim Stevens (Learning and Development Manager) gave those in attendance an informative presentation on the inspiring 'Care of the Older Person' (COOPs) project that Beaufort and Skipton Health Service has been instrumental in developing in collaboration with Ballarat Health Service.

The 'COOPs' project focuses on providing specialised education and training for nurses to begin a career path as expert aged care specialists.



Open Access Meeting Guest Presenter Kim Stevens (Learning and Development Manager) and Meryn Pease, (CEO)

Darren White (Corporate Services Manager) also provided meeting attendees with an update of the 'Skipton Straw Hospital Heating Project'.

The meeting concluded with questions from the floor.

# THE FLU VACCINE YOUR BEST SHOT AT STOPPING THE FLU!



## INFORMATION FOR CONSUMERS IN 2019

- Vaccination is the most effective way of reducing the impact of influenza in the community.
- To protect yourself from influenza, you should get vaccinated every year. The influenza virus is always changing so the influenza vaccine changes too.
- The influenza vaccine is recommended for anyone aged 6 months and over and is provided free for those most at risk from influenza and its complications.
- Getting the vaccine from April will protect you before the peak flu period, from around June to September, in most parts of Australia.
- Let your immunisation provider know your age or the age of your child before getting the influenza vaccine. The brand of influenza vaccine you get depends on your age.
- The influenza vaccine does not contain any live virus, so you cannot get influenza from the vaccine.

## Other ways to stop the spread of influenza:

- Washing your hands regularly preferably with soap and water before and after contact with others, and before handling food. Alternatively, use alcohol-based hand rub.
- Covering your nose and mouth with tissues or your elbow when you sneeze or cough.
- Make sure you throw tissues away and perform hand hygiene immediately afterwards.
- Not sharing personal items such as cups, plates and cutlery.
- Staying at home when you are sick.

AUSTRALIAN

 **Clinicallabs**

New Hours for  
**'Clinical Labs Pathology'**  
Service in Beaufort will  
now be 8:30am-12.30pm  
Mondays to Fridays.



## WELCOME TO MARY CUSHING (DIRECTOR OF CLINICAL SERVICES)

Beaufort and Skipton Health Service are delighted to announce the appointment of Mary Cushing as the new Director of Clinical Services. Mary will commence her new role with Beaufort and Skipton Health Service on 15 July 2019.

Mary is a registered nurse with many years of experience in both Metropolitan and regional public health services, working in both critical care and quality and safety. Mary comes to us from Ballarat Health Services where she has held a senior role in organisational quality and safety for the last ten years.

Mary is passionate about creating an environment where patients, staff and the community feel valued and can be proud of the excellent care provided by the health service.

Mary and her family live locally at Lake Goldsmith, where they operate a farming enterprise which has been in her husband's family for 150 years.



*Mary Cushing, (new Director of Clinical Services)*

Together they are part of the Lake Goldsmith Fire Brigade, are current members of the Skipton Football Netball Club and past members of the Beaufort Football Netball Club.

**Together we warmly welcome Mary.**

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## WELCOME TO ERICA SMITH (PEOPLE AND CULTURE MANAGER)

The People and Culture Manager is a brand new role for our organisation and cements our commitment to value and support staff, volunteers and the community.

Beaufort and Skipton Health Service are pleased to welcome Erica Smith as our People and Culture Manager. Erica has extensive experience as a human resource professional, having worked in not-for-profit, community health and emergency services sectors for many years. Erica has a strong focus on people and work place culture including attraction and retention, employee assistance, people development, strategy and policy development. She is also looking forward to contributing to community engagement opportunities as well.

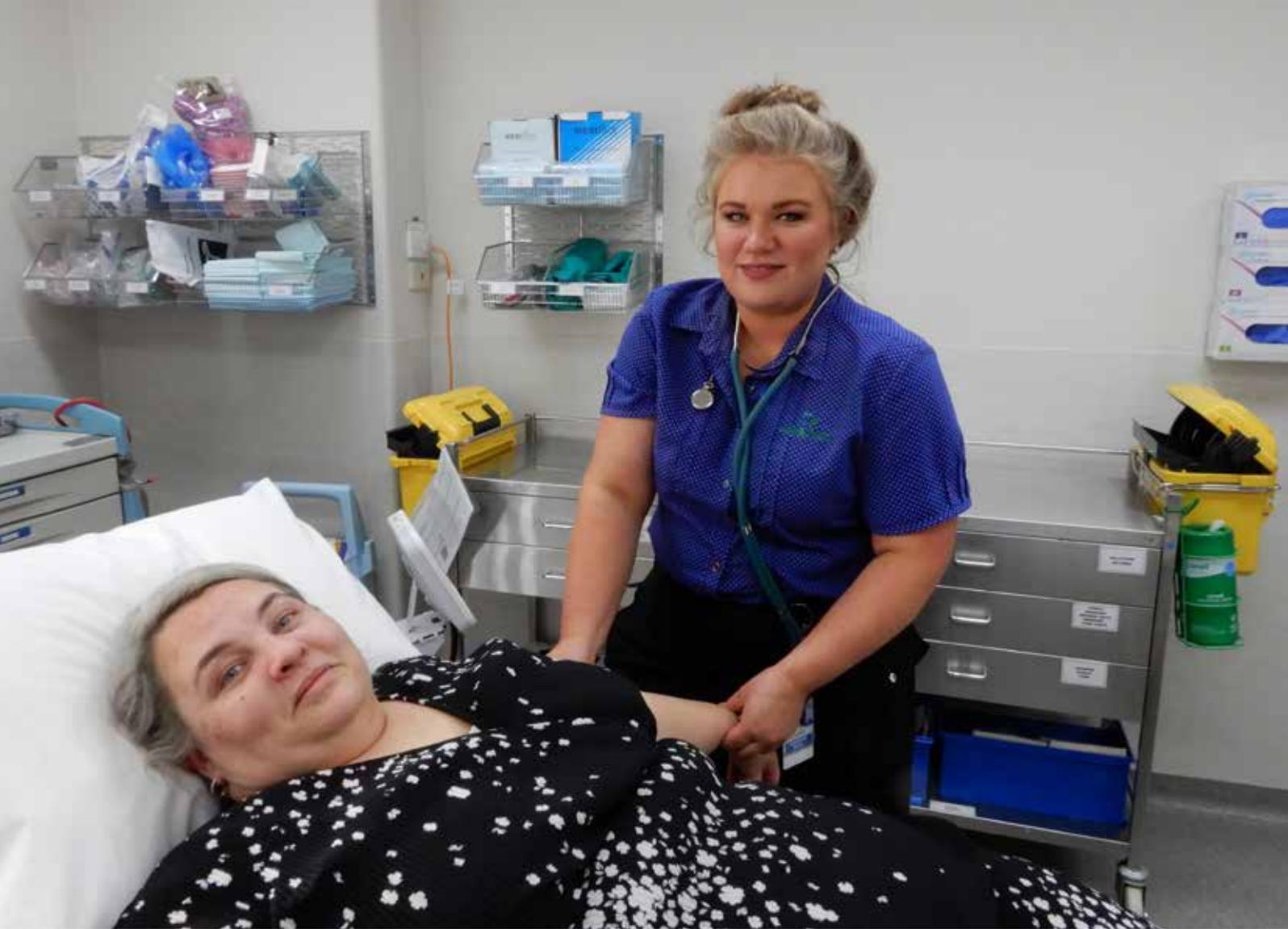
Erica has two children and moved to Ballarat from Central Queensland seven years ago. She will share her time across both campuses.



*Erica Smith (People and Culture Manager)*

Erica is looking forward to working with the Beaufort and Skipton Health Service staff and volunteers.

**Please take a moment to introduce yourself to Erica.**



## URGENT CARE CENTRE'S AT BEAUFORT AND SKIPTON HEALTH SERVICE

Our Urgent Care Centre's at our Beaufort and Skipton hospitals are staffed by nurses from our acute ward, 24 hours a day, 7 days a week.

If you find yourself requiring the services of our Urgent Care Centres, you will initially be assessed by our nursing staff who will then, if necessary contact a doctor for advice on your treatment. During business hours our nursing staff may request a doctor from the Beaufort or Skipton Medical Practice to assist with your needs. When consulted by a doctor in the Urgent Care Centre please be aware that you may be required to contribute to the cost of the consultation.

If your condition or care requires investigation or treatment that cannot be provided by our health service, an ambulance may be called to transfer you to a larger health service.

You should be aware that you may be responsible for the ambulance transfer costs.

If medical attention is required for a general and non-urgent condition, you are asked to contact your doctor during business hours.

If you are concerned about a health issue outside of business hours, please contact the Nurse-on-call helpline on 1300 606 024 which is open 24 hours a day, 7 days a week. This free and confidential phone service provides users with immediate and expert health advice from registered nurses who may suggest ways you can care for yourself, advise you to contact a doctor or, if your condition is very serious, transfer the call to 000.



For all emergencies, please **call 000** for an ambulance.



## VOLUNTARY ASSISTED DYING

**On the 19th June the new Voluntary Assisted Dying (VAD) Act 2017 came into effect.**

Voluntary Assisted Dying is the provision of medication to help a person with terminal illness take control over the time and manner of their own death. There is very strict eligibility criteria for those wanting to take part in VAD. Only people that have met all the criteria and have been assessed by two specially trained doctors, have access to VAD. Within the Act there are three pathways that Health Services can take that determines their involvement within the process.

Through discussions with the medical staff and the Board of Governance, Beaufort and Skipton Health Service has opted to work within Pathway C.

This means that Beaufort and Skipton Health Service are not in the position to provide eligibility assessments or facilitate the process. Beaufort and Skipton Health Service will provide information, assist with referrals and support our community if approached for information.

For more information regarding Voluntary Assisted Dying (VAD) Act 2017, please go to the following link:

<https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/end-of-life-care/voluntary-assisted-dying>



Health  
and Human  
Services

## HOME CARE PACKAGES COMMENCE AT BEAUFORT AND SKIPTON HEALTH SERVICE

Community Integration Manager Danni Trezise and Care Coordinator Kylie Scofield presented Lesley Hart with flowers to celebrate Lesley being the first client whose Home Care Package is being delivered by Beaufort and Skipton Health Service. Indeed a notable milestone.

Beaufort and Skipton Health Service are excited to now be able to offer this support to our communities.

A Home Care Package is a coordinated package of care and services designed to support people in our community to continue to live independently in their home, for as long as possible. The benefits of a Home Care Package is having a service that will work with individuals to choose care and services that meet their needs and goals.

To access this valuable service, an assessment is required by the Aged Care Assessment Team to determine eligibility. Clients are then placed on the national waitlist until a package of care is available from the Commonwealth Government. Beaufort and Skipton Health Service offer a range of other services to support the community during this waiting period.

For further information about services offered by Beaufort and Skipton Health Service contact Kylie Scofield or Tracey Golder on 03 5349 1613.

For further information about Home Care Packages and other aged care services call **My Aged Care on 1800 200 422** or visit the website [www.myagedcare.gov.au](http://www.myagedcare.gov.au)



*Kylie Scofield, Lesley Hart and Danni Trezise*



## DID YOU KNOW THAT YOU CAN LEAVE A BEQUEST IN YOUR WILL

Throughout your lives we volunteer, donate and support a range of organisations in our own communities. By leaving a Gift in Your Will to Beaufort and Skipton Health Service, your bequest can provide funding for the future towards new medical equipment, health services or projects that will help patients well into the future.

Through generous donations and bequests Beaufort and Skipton Health Service will be assured to fund medical equipment that would otherwise not be funded. Specialist nursing training and funding towards health projects that make a substantial difference to the lives of many patients also become a possibility or even reality. Many new projects are in planning and have the potential to make a real difference. Your bequest can help make future projects a reality and by leaving a legacy can give more meaning to your life's work.

It is essential for you to seek legal advice when making your will.

Alternatively, you can make a donation to Beaufort and Skipton Health Service through a number of means in the form of cash, cheque, postal notes or direct debit into the Beaufort and Skipton Health Service bank account.

Whatever you decide around this important issue we do thank our community for your consideration and to the many families who have contributed in so many ways over the years.



## WALKING TRIP WITH BEAUFORT AND SKIPTON HEALTH SERVICE

**By Sharee Court**

Did you know that Beaufort and Skipton communities organise regular weekly walking groups? Recently both groups recently had an opportunity to spend two days walking at Terang, Tower Hill and Port Fairy. The walks chosen were enjoyable and challenging.

Beaufort Skipton Health Service provided the transport via bus and volunteer driver to further support the 15 dedicated community walkers. The first walk for these enthusiastic walkers was in Terang. An invigorating 4.5km walk around the dry Crater Lake. Enjoying the history plaques around the crater and visions of the past. Following a quick morning tea then off to Tower Hill nestled inside a dormant volcano. This is a haven for wildlife, home to many species of water birds, emus, kangaroo's and a few snakes which some of our walkers came across on the side of the track.

The Tower Hill walks offers a range of challenges. The group accomplished the Wagon Bay Loop, Lava Tongue Boardwalk and the most challenging of all - Journey to the Last Volcano rewarding the energetic group with a great view of the ocean and surrounding district.

Budget accommodation at Port Fairy near the town centre was convenient for a quick walk to dinner.

On day two, a gentle walk to Griffiths Island and the circular walk of 5.3km in length. The island is a reserve for the shearwater birds and a great view of the lighthouse and the crashing surf.

The group then ventured onto the Port Walk along the Moyne River with lots of maritime and shipwreck history.

After these walks everyone was looking for a bite to eat, with a short walk around the town before travelling back to Skipton and Beaufort.

Current Physical Activity suggest 10,000 steps a day to maintain physical health. The walkers certainly achieved this with well over 10,000 steps each day, travelling 9-10 kms. The support given to each participant by members of the group and by Beaufort and Skipton Health Service staff and volunteers is a key factor in the successful outcome.

The aims of the annual overnight walking trips is to provide an event for community members that promotes exercise for people, to improve health and reduce risk factors associated with osteoporosis, heart disease and diabetes while being involved in a fun environment. The social connections created promote mental health and well-being, as a bonus.

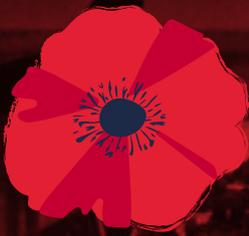
### BEAUFORT BLOKES

Would you like to enjoy some great company?

Our 'Beaufort Blokes' meet every third Tuesday of the month (11am-4pm) for an excursion.

Excursion for 2019 have included visiting the Werribee Zoo, Queenscliffe, Halls Gap and local cinema's.

For more information contact **Sharee Court on 5340 1101.**



## REMEMBRANCE DAY

*Behind every veteran is a story of service*

### SKIPTON RESIDENTS – REMEMBRANCE WALL HANGING

The residents of Brigadoon and Mackinnon residential care at Skipton are preparing for Remembrance Day 2019 and are inviting the Skipton community to help them knit, crotchet and finger knit poppies for our Remembrance wall hanging.

It will be 101 years ago that World War I ended and 100 years ago that the First World War officially ended with the signing of the Treaty of Versailles on the 28th June 1919.

Don't know how to knit or crochet? Don't Worry! We will hold teaching days to help you learn.

#### When can you join in?

3:00-4:30pm (Brigadoon Hostel, Skipton)

Learn to Knit/Crochet Days and help us start our Remembrance Day wall hanging.

- Wednesday 17th July
- Monday 22nd July
- Monday 5th August
- Monday 19th August

Pick up a pattern, learn how to finger knit or just join us for a companionable session.

School Children Welcome! We will be offering a supervised walk from the Primary School to Brigadoon after school and learn to knit, crotchet or finger knit until the school bus arrives from Ballarat. Parents, please let us know if your child would like to join.

What to bring: 8 ply wool in any tone of red and a pair of 3.5mm knitting needles or 3.5 crochet hook

**For more information contact  
Nikki Elliot on 5340 1138**

### DO YOU HAVE PRIVATE HEALTH INSURANCE?

When you choose to use your private health insurance for an admission at Beaufort and Skipton Health Service 'Out of pocket' expenses which are included during your hospital stay, will be paid by us.

This includes your excess, co-payments and gaps.

Please don't hesitate to ask our admission staff for further details.



## AUSTRALIA'S BIGGEST MORNING TEA AT SKIPTON

More than 50 staff, residents and members of our community gathered recently to take part in the 'Australia's Biggest Morning Tea' at our Skipton campus.

Through the generosity of local businesses and community members, there was a large assortment of prizes that were donated and auctioned through the spinning wheel, raffles, auctions and lucky number prizes. The morning brought much fun and laughter by all and it was amazing to see the community raise a whopping \$1,560.00 from the morning's activities.

All proceeds raised were provided to Cancer Council Australia which is one of Australia's most popular fundraising events, with last year's national total raising \$11.9 million to help beat cancer. Over the years, the Skipton event has raised in excess of \$10,000.00 for the Cancer Council.

Thanks to the many local businesses for their sponsorship and to all who supported the morning. Thank you to Sandy Briody, Cheral Sharrock and our dedicated team, for your hard work in organising another successful 'Australia's Biggest Morning Tea'.



Sandy Briody and Cheral Sharrock with the donated prizes for the Biggest Morning tea at Skipton

## CONSIDER A ROLE AS A VOLUNTEER WITH BEAUFORT AND SKIPTON HEALTH SERVICE AS A 'CONSUMER MEMBER' ON OUR "COMMUNITY ADVISORY COMMITTEE"

Our 'Consumer Members' are members of the public who have used, or might use the services of Beaufort and Skipton Health Service in the future.

You could be a member of the general public, patient, client, resident, family member or carer.

By sharing your personal experiences of our Health Service, you can assist us to improve patient experience. Our 'Consumer Members' provide information, opinion and advice about how we can make our services safer and better, on behalf of consumers from the broader community.



Meryn Pease, CEO and Judy Loader, Community Advisory Committee Consumer member

If you are interested in becoming a "Consumer Member" on our "Community Advisory Committee" we would like to hear from you.

If you would like further information or to receive an Application Form, please contact: **Narelle Harrison** on **5349 1682** or email **narelleh@bshs.org.au**

WE ARE A VITAL **COMMUNITY LINK**



**WE SURPASS  
EXCELLENCE**



**WE CREATE  
TEAMWORK**



**WE SHOW  
RESPECT**



**WE VALUE  
TRUST**



**WE CONNECT  
COMMUNITY**

## MEETING OUR MEN'S HEALTH NEEDS WITH MEN'S HEALTH WEEK

This year Beaufort and Skipton Health Service held a “Men’s Healthy Breakfast” in Skipton to coincide and celebrate Men’s Health Week.

International Men’s Health week is celebrated every year around the world and is designed to provoke thought and discussion around improving the lives and health of our men and boys.

Eighteen local, enthusiastic and hungry men enjoyed a delicious healthy breakfast consisting of fruit juices, cereals, scrambled eggs and freshly baked muffins, all prepared and served by Beaufort and Skipton Health Service staff members.

We are thankful to special guest speaker ‘Dylan’ (MICA) Paramedic from Lismore, who spoke on the theme “When is the right time to ring for an ambulance”. Dylan’s presentation was well received by all present and generated many questions and discussion.



*Enjoying the presentation on “when is the right time to ring for an ambulance”*

**Thank you to Ambulance Victoria, Beaufort and Skipton Health Service staff and the community for supporting this event.**

## INVITATION

Members of our community are invited to our **Skipton Day Centre Planned Activity Group (PAG)**

Meets weekly every Tuesday from 10am-2pm  
(Day Centre Room, 2 Blake Street, Skipton)

Come along for some great fun and friendship.

For more details contact **Sandy Briody** on **5340 1100**



### BEAUFORT CAMPUS

28 Havelock Street  
Beaufort Victoria 3373  
**P:** +61 3 5349 1600

### SKIPTON CAMPUS

2 Blake Street  
Skipton Victoria 3361  
**P:** +61 3 5340 1100

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We are a vital community link **bshs.org.au**