

FEBRUARY 2023

BSHS NEWS

MESSAGE FROM THE CEO

MERYN PEASE | CEO

Welcome to our first edition for 2023. I hope you all had a lovely Christmas and New Year with family and friends and were able to get some time to relax.

COVID is still in our life, and with each wave of infection we build our understanding. The latest advice from the Grampians Public Health Unit is to anticipate continuing waves of COVID infection in the community, possibly in cycles of 3-4 months.

The key messages are to remain vigilant with hand hygiene, keep up to date with vaccination, ensure there is good ventilation of rooms, continue RAT testing, test if you have symptoms, stay home from work if you are unwell and adhere to our current requirements.



Vicki Currie (Lifestyle Coordinator), Sheila Morrison (Beaufort Resident), and Sheryl Darken (Procurement Officer) with Beaufort Nursing Home planter pots

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Beaufort

28 Havelock St, Beaufort
5349 1600

Skipton

2 Blake St, Skipton
5340 1100

Beaufort and Skipton Health Service acknowledges the Wadawurrung people, as the traditional custodians of the land and their continuing connection to land, water and community.

We pay our respects to them and their culture, and to elders both past and present.



The Commonwealth Department of Health and Aged Care, has advised that accreditation of the Beaufort Nursing Home and Hostel will remain for a further six months from 9 February 2023. This enables the auditing team further time to conduct their unannounced assessment during this timeframe.

I am pleased to announce that the Victorian Health Building Authority have allocated funding of \$220,000 for the Beaufort Nursing Home, as part of the Regional Health Infrastructure Fund (RHIF) 2022-23 grant application round. The funding is to commence the detailed design and planning documentation requirements and have them ready for tender to submit an application for implementation and construction funding by 30 June 2023.

The scope is the planning for:

- Six single resident rooms each with private ensuite to increase the Nursing Home accommodation to a total of 15 single bedrooms with ensuites
- New external terrace for residents continuous with floor level of the resident accommodation
- New ramp and stair access for residents and staff use
- Facilities in alignment with the Public Sector Residential Aged Care Accommodation guidelines

I would like to thank Kel and his team for the fantastic work that is continuing to improve our garden spaces across both campuses. At Skipton the staff memorial space is now landscaped and ready for the finishing touches.

I would like to remind all staff that our Annual General Meeting will be held on Wednesday 8 February 2023 at the Skipton campus. I would love to see as many staff as possible attend as we will have Nicole Porter present on our Healthy@Home program, along with our annual staff service awards presentation.

I am sure that we will have a fantastic 2023 that assists us to deliver on our vision of being a vibrant provider of care. Please let me know your ideas on how we can improve our services for our community.

Regards Meryn

26TH ANNUAL GENERAL MEETING

with GUEST SPEAKER
NICOLE PORTER

WEDNESDAY 8 FEBRUARY | 2PM
DAY CENTRE ROOM SKIPTON

RSVP to Narelle Harrison
Narelle.Harrison@bshs.org.au
5349 1682

FRAUD & PUBLIC DISCLOSURE POLICIES

CHRIS NYKOLUK | CHIEF FINANCIAL OFFICER

As we all progress our mandatory competencies this is a timely reminder around our Fraud Prevention and Public Interest Disclosure Policies.

The Fraud Prevention Policy details the reporting channels that can be used to notify or escalate any suspicion of fraud and details the process of investigation that will follow that notification. The Fraud Prevention Policy also provides some examples of what could be considered fraud and we encourage staff to speak up if you do have any suspicion that fraud has occurred.

The Public Interest Disclosure Policy closely supports the Fraud Prevention Policy. This policy is backed by the Public Interest Disclosures Act 2012 and provides protections, including confidentiality, to any employee who makes a disclosure of improper or corrupt conduct by public sector staff. BSHS cannot receive Public Interest Disclosures directly, but can assist the discloser to contact the appropriate agency related to their complaint.

INPUT INVITED FOR OFFICIAL NAMING PROCESS

Beaufort and Skipton Health Service is seeking community input and ideas to help name the Beaufort Nursing Home and Beaufort Hostel.

It's time for these premises to have names that are unique and stand the test of time. If you have a suggestion for names that are a reflection of our services, have significant importance within the community or are in recognition of any long term contributors to the Health Service, we welcome your suggestions.

All name suggestions will be considered and shortlisted, with the final official recommendations decided by the BSHS Board of Directors.

Please submit your ideas via the contact details below

1. bshs@bshs.org.au
2. Meryn Pease, Beaufort and Skipton Health Service, 28 Havelock Street Beaufort, VIC 3373
3. 5349 1682

SUBMISSIONS CLOSE FRIDAY 3 MARCH

SKIPTON MEDICAL PRACTICE CHANGE OF OPENING HOURS

JENNY HOLDSWORTH | MEDICAL PRACTICE MANAGER

We would like to advise that Dr. Anderson will be unavailable for appointments the following days during February and March.

Friday 3 February
Monday 6 February
Friday 10 February
Monday 13 February

Friday 17 February
Friday 24 February
Friday 3 March
Friday 10 March
Monday 13 March

Friday 17 March
Friday 24 March
Monday 27 March
Friday 31 March

A message on the Medical Practice phone will also notify the days that Dr. Anderson is unavailable. Please book ahead for regular appointments and receiving scripts.

Appointments on the day will be for urgent issues only, following triage by the Practice Nurse.

SKIPTON MEMORIAL GARDEN CONSTRUCTION

KEL OSWIN | SUPPORT SERVICES MANAGER

January saw the construction of the new Memorial Garden at the Skipton Campus. After some long delays due to wet conditions, the first sod was turned in mid January.

With the completion of this project on the north side of the campus, staff and residents will be able to enjoy a beautiful quiet spot to read a book or relax in a shady corner on a warm summer day. Thanks to Craig for his support through the project.



MEET OUR RESIDENTS

GLADYS | BEAUFORT HOSTEL

When did you move into the Beaufort Hostel?

I moved into the Beaufort Hostel in October 2022.

Where did you live prior to moving to BSHS?

I lived in Pratt Street, Beaufort.

Where were you born?

I am very much a local girl as I was born and bred in Beaufort, attended Beaufort schools and have lived here all my life.

Would you like to tell us something about your family?

I lived with my mother and father as well as my older brother and younger sister. When I married, my husband was an engineer at a factory in Beaufort. I have two daughters and many grandchildren.

What did you like to do when you were growing up?

I loved playing tennis and swimming in the pool.

Did you have a job when you were younger and what did you do?

I used to work at the Beaufort factory of the The Maryborough Knitting Mills where I would make shirts and pyjamas. My job was to sew all the pieces together.

Did you have any pets?

I had a cat for about 10 years and a dog for 15 years.

What would you like to be remembered for?

I would like to be remembered for being good!

What is your favourite hobby or thing to do?

I love to play cards, especially Euchre. Every week I go to Senior Citizens to play Euchre, which is great. I also love watching movies, I am happy to watch old classics, musicals and modern ones.

One thing that you would like to do?

There isn't anything I especially want to do but I did go to Thailand with my sister and her friends which was lovely. We saw the King's Palace, traditional dancing and the Bridge over the River Kwai.



AFRICA DONATIONS

Thank you to all staff who donated pencils, technology and money to go towards school books for Nicole and Rachel Clarke to donate to children in Africa.

The children are now all able to go to school next year and thanked the BSHS staff by making signs as seen in the photos. Thank you to Caitlin Stewart for organising these donations.



HEALTH AND SAFETY REPRESENTATIVES (HSR'S)

Workplace Health and Safety and Occupational Health and Safety legislation in Australia states that workplaces are entitled to elect Health and Safety Representatives (HSR's).

HSR's play a vital role in supporting safer workplaces by advocating within their work groups on critical health and safety issues and hazard identification and remediation. Their role is also important in forming a bridge of communication between the employer and employees.

Tracey Ho
Beaufort Hostel and Finance/Administration

Tiffany Harper
Skipton Acute and Residential

Jessica Harding
Skipton Medical Practice, Community Health and Kitchen

Liz Jenkins
Beaufort Acute and Residential

Jade Oscar
Beaufort Community Health

Andrew Hodge
Beaufort Kitchen and Maintenance

THANK YOU

We would like to thank all sponsors who donated prizes to both the Beaufort and Skipton Resident's and Family Christmas Lunch. Beaufort Bakery, Beaufort Butchers, Beaufort IGA, Beaufort Newsagent, Grovers of Skipton, Pyrenees Pantry, Skinny Sisters Cafe, Skipton Country Grocers, Tangled Vine Gifts and Cafe and Skipton Health Service staff.

RECIPE OF THE MONTH

Rice Paper Rolls

INGREDIENTS

Rolls

- 1 cup baby spinach
- 1 yellow capsicum, cut into thin strips
- 1 zucchini, julienned
- 2 carrots, julienned
- 3 leaves wombok (Chinese cabbage), sliced
- 200g firm tofu, cut into strips
- 20 rice paper rounds

Sauce

- 1 clove garlic, crushed
- 1/2 lime, juiced
- 1 tsp brown sugar
- 1 tsp rice vinegar
- 30mL reduced-salt soy sauce
- 15mL water

METHOD

1. Fill a large bowl with warm water. Quickly dip each rice paper round into the water until it is soft. Spread flat on a work surface
2. Layer the vegetables, starting with the spinach over the bottom third of the rice paper. Then top with capsicum, zucchini, carrot, wombok and tofu. Fold and roll.
3. Mix all ingredients to make sauce.



DR. PHIL'S 40TH BIRTHDAY

Last week it was Dr. Phil's 40th birthday!

Our Beaufort Hospital and Nursing Home staff surprised him with a cake.

COVID-19 MODERNA BIVALENT VACCINE

JENNY HOLDSWORTH | MEDICAL PRACTICE MANAGER

The COVID-19 Moderna Bivalent vaccine is available to staff and community members.

You are eligible for a booster dose if you

- Are 5 to 15 and are severely immunocompromised, have a disability with significant or complex health needs or have severe, complex or multiple health conditions that increase the risk of COVID-19
- Are 16 years and older
- Completed your primary course at least three months ago

An additional booster is recommended for people at increased risk of severe illness to be given three months after their first booster dose. This will be a fourth dose for most people and a fifth for people who are severely immunocompromised.

You should get an additional booster if you are

- 50 years or older
- 16 years or older and a resident of an aged care or disability care facility
- 16 years or older and immunocompromised
- 16 years or older with a medical condition that increase the risk of severe COVID-19
- 16 years or older with a disability

People aged 30–49 can receive an additional booster if they choose. Healthy people aged 16 to 30 are not recommended to receive an additional booster dose.

Call 5340 1101 to book your appointment



AGED CARE ACCREDITATION

We have been advised that accreditation of the Beaufort Nursing Home and Hostel will remain for a further six months from February 9 2023. This enables the auditing team further time to conduct their unannounced assessment during this timeframe.