

MARCH 2023

BSHS NEWS

MESSAGE FROM THE CEO

MERYN PEASE | CEO

The grass fire at Buangor on 23 February, has reminded us that fire is a real threat in our lives and community, during summer and especially on extreme heat days. We have refreshed our Heat Health Preparedness guidelines, in alignment with the Department of Health guidance. The plan steps us through our responsibilities and actions on days of high heat to protect our patients, residents and staff on high and extreme heat days.

I would like to thank the staff that were able to join us for our Annual General Meeting held on Wednesday 8 February at the Skipton campus. It was fantastic to hear Nicole Porter speak about our innovative Healthy@Home program and the positive impact it has had on our community already.

We also had a number of staff service awards presented. I realise that some staff may find the acknowledgment of their service to BSHS a bit daunting, however, the recognition is given from a place of respect and admiration. I hope to see you all at our next AGM.

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FOR NAMING PROCESS

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OUR RESIDENTS

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WEEK LUNCH

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OF THE MONTH



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.



It feels a little strange to be not wearing a mask, after two years of N95 and surgical masks in the workplace. Thank you Mary for the regular risk assessments related to COVID and your continued guidance and advice. COVID certainly reinforced the valuable role infection prevention and control plays in our health environment to keep our residents, staff and community safe.

We have refreshed our 'Above and Below the Line' Behaviours, which is a foundational piece in our conduct and culture in the workplace. Thank you to Maryann our Inspire Coach, the Leadership team, and Supervisors for their engagement and suggested changes to the document. Our behaviours are so important in how we engage, build relationships and trust in the workplace. There is an obligation on all of us to uphold the Health Service values and to enact these through our behaviour and actions.

The Pyrenees Shire Council has announced that from the end of June 2023, they will no longer be providing Commonwealth Home Support Programme (CHSP) services. I met with Jim Nolan in mid January to discuss the options and Councils transition plan. We are currently developing a business case to go to the Board of Directors for consideration of how we can support (if possible) the affected CHSP clients in our community. I have also spoken with Nickola Allan (Maryborough District Health Service CEO) on how we might coordinate our services to fully cover the Pyrenees Shire.

We have submitted four applications for Residential Aged Care Facility Telehealth equipment and connectivity grant funding through the Western Victoria Primary Health Network. I am hopeful that one application might be successful. Thank you to Sheryl (Procurement Officer) and Kel (Support Services Manager) for your assistance in the Telehealth technology space. Hopefully, we might be successful to some degree.

Let's make 2023 a fantastic year, as we continue to deliver on our vision of being a vibrant provider of care for our communities. Please let me know your ideas on how we can improve our services for our community.

Regards Maryn

BOARD DIRECTOR REPORT

DAVID LENEHAN | BOARD CHAIR

I hope you all had an enjoyable time over the Christmas and New year period and that you were able to spend some precious time with family and friends.

The Directors held their first meeting for 2023 on Wednesday 22 February and this followed a joint meeting of the Finance Audit and Risk Management and Clinical Governance Committees. It was a busy meeting schedule and there were a number of important reports provided by the Executive Team, for consideration by the Board.

The Health Service's Annual General Meeting for the 2021-22 financial year was held on Wednesday 8 February which was later than usual due to the state election which occurred late last year. The meeting was well attended with good representation from the community and staff and it was pleasing to be able to meet face to face at the Skipton campus.

Among the highlights of the 2021-22 financial year were:

- The dedication, commitment and resilience of staff in dealing with the ongoing challenges of COVID.
- An operating surplus for the financial year and an improved balance sheet.
- The official opening of the refurbished Beaufort Nursing Home.
- Continued growth in community based programs, in particular Home Care Packages.
- Huron Studer Award for organisational excellence.

On behalf of the Board, I would like to express our appreciation to Nicole Porter for her excellent presentation as guest speaker at the AGM on the Healthy@Home program.

In terms of current activities it is pleasing to note that there has been progress on the planning for three additional ensuites in the Beaufort Acute Unit and the Procurement and Maintenance workshop. The Health Service has been successful in obtaining funds from the Rural Health Infrastructure Fund (RHIF) to commence the design and documentation for converting three double tooms in the Beaufort Nursing Home into six single rooms with ensuites.

A report was also received from Kel Oswin (Support Services Manager) indicating that the Biomass boiler at Skipton is now functioning reliably with "olive pits" as the fuel source which will potentially enable significant savings as we reduce our reliance on LPG gas.

An important report provided by Chief Finance Officer, Chris Nykoluk, outlined the major changes proposed in funding arrangements for Commonwealth Home Care and Support Programs. It was noted that as a result of these changes many local government bodies including the Pyrenees and Corangamite Shires will withdraw from providing these programs. The Executive Team is examining the impact of these changes on our existing programs and also the opportunities that may arise to expand our range of community based services into programs being exited by local government.



David Lenehan (Board Chair) presenting Andrea Flenley (Nursing Director of Quality & Safety) with her staff service award.

This will be an important agenda item for both the Board and Executive Team over the coming months.

In closing, can I thank management and staff for their ongoing commitment and care for our consumers as we look forward to the challenges and opportunities during the year ahead.

Regards David

26TH ANNUAL GENERAL MEETING

Beaufort and Skipton Health Service held their 26th Annual General Meeting in Skipton recently, the first meeting open to the community in two years, following restrictions from the COVID-19 pandemic. The meeting used the opportunity to provide a comprehensive snapshot of the Health Service's many achievements throughout the year.

The Health Service was proud to welcome Nicole Porter as the guest speaker. Nicole updated attendees on two of the Health Service's exciting new projects, the Healthy@Home and Women's Health Awareness services that are now available to the community. Healthy@Home is a free telehealth support service aimed at supporting people to stay well at home. This service is available to anyone over the age of 18 years who has a medical condition or situation that makes them vulnerable and at risk of hospitalisation and frequent urgent care presentation. Nicole shared her passion around Women's Health and is excited to be a part of the Health Service team that will provide cervical screening for the community. 2023 will see a further expansion of services in Women's Health.



David Lenehan (Board Chair) presenting Jessica Lang (District Nurse) with 15 years of service

The meeting also recognised and thanked several staff who achieved long service awards for their outstanding dedication and loyalty to the Health Service.

Board of Directors, Board Chair, David Lenehan said ' We are looking forward to 2023 as being a year of growth as we ensure our Health Service is strong and relevant so we can continue to meet the needs of the community.'

MEET OUR RESIDENTS

DULCIE CRICK | BEAUFORT NURSING HOME

When did you move into the Beaufort Hostel?

I moved into the Beaufort Nursing Home in January 2021.

Where did you live prior to moving to BSHS?

I lived in Walker Street, Beaufort.

Where were you born?

I was born in Ballarat.

Would you like to tell us something about your family?

I had a very strict but fair father although mum had the last word if needed. My father was a Horse Trainer and my mother took care of the home duties.

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

Horse riding/showing.

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

We worked very hard on our 2000 acre farm but as I was a girl I was not allowed to work. When I married Stan, we moved to Beaufort and had a dairy farm and I worked in Welfare.

Did you have any pets?

My horses and border collies and a cheeky cocky who used to call us in for lunch.

What is the most memorable thing you have experienced?

I travelled to 10 countries with my sister Dawn (dec.).

What would you like to be remembered for?

My work on the Hospital Board and volunteering in the community and CWA. Also, for helping to save a boy from Snake Valley who ended up being adopted by a Chemist in Melbourne and later ended up meeting his family when he was married with two children.

What is your favourite hobby or thing to do?

Craft.

What is your favourite type of music?

Country music.

One thing that you would like to do?

Be able to walk again.



DULCIE'S 100TH BIRTHDAY CELEBRATIONS

Beaufort Nursing Home resident, Dulcie Crick, recently celebrated her 100th birthday!

She enjoyed a morning tea at the Beaufort Hostel followed by a lunch with her family. Dulcie then returned to the Beaufort Nursing Home and enjoyed an afternoon tea with staff, residents, family and friends.

We hope you had a wonderful time celebrating Dulcie!



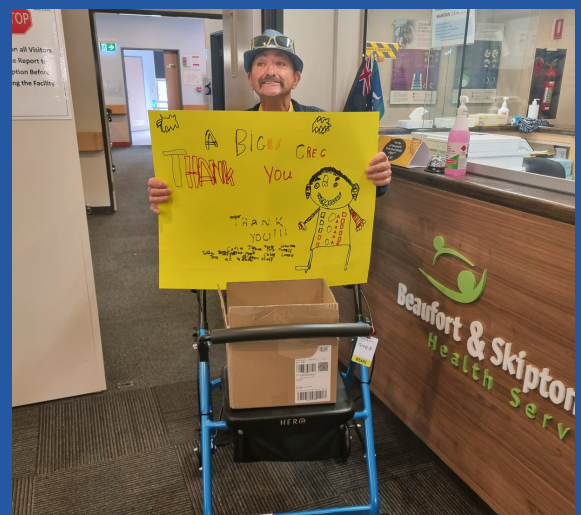
RESIDENTS VISIT THE STREATHAM FIRE MUSEUM



THANK YOU TO OUR STAFF

Acute patient Greg Biggs recently expressed his thanks and gratitude to staff for their care during his recent hospital admission.

Greg is pictured with the poster he put together to say thank you.



VICTORIAN SENIORS CELEBRATIONS

Some of our residents recently attended the Victorian Seniors Celebrations at the Beaufort Senior Citizens Hall.

Life size cardboard cut outs of seniors were designed and decorated to recognise their lives and contribution to the community.

Residents also enjoyed a performance of music from the 50's, 60's and 70's by "Honey Bee and the Stingers".



FAREWELL

Helen Kemp's farewell afternoon tea was a lovely surprise to Helen. Helen has been residing at the Skipton Hostel for the past 20 months and is now returning home.

We wish Helen all the best in the future and we look forward to seeing her again when she comes to visit us in Respite.



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 March.

Friday 10 March

Friday 24 March

Monday 13 March

Monday 27 March

Friday 17 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 OUTINGS BUS

The second excursion for the year will take place during March.

Where: Camperdown

Date: Tuesday 21 March

Time: Bus departs Skipton Hospital at 10am

The outing will involve a walk around the Camperdown Botanical Gardens which overlooks two volcanic lakes and sightseeing around the Camperdown township, with lunch to follow.

For more information or to book a place please call 5340 1100 by Monday 13 March.

ADVANCED CARE PLANNING WEEK

2 0 - 2 6 M A R C H 2 0 2 3

National Advanced Care Planning Week encourages you, regardless of your age or health status, to make your future health care preferences known by preparing an Advanced Care Plan.

Regardless of your age or health, everyone should consider advance care planning when you're healthy, before there's an urgent need for a plan. Advance Care Planning requires having conversations with your family, friends, doctors, care workers and other health professionals. Having these conversations will help you to start thinking about what's important to you.

While conversations about your future medical decisions are tough, it is an important conversation to have with those around you.

Visit www.advancecareplanning.org.au for more information.



**National Advance Care
Planning Week**
20-26 March 2023

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 31 MARCH

SKIPTON CAMPUS VISITOR

Skipton Medical Practice GP, Dr. Malcolm Anderson, and his wife Cheryl recently visited the Skipton Medical Practice, Nursing Home and Hostel residents with their dog Charlie.

Charlie is a two year old Labrador and was very well behaved during his visit.

The staff and residents loved meeting and playing with Charlie and it was great to meet Cheryl.

We hope to see them for another visit soon.



HARMONY WEEK EVERYBODY BELONGS

In celebration of cultural diversity we invite you to join us for a Harmony Day lunch.

Please bring a dish that reflects your cultural heritage or reminds you of family and home.

BEAUFORT

Tuesday 28 March

CWA Room

12:30PM-2:00PM

SKIPTON

Wednesday 29 March

Activities Room

12:30PM-2:00PM

For more information please contact Kim Stevens, Kylie Scofield or Erica Smith



WORKPLACE OH&S INSPECTIONS

KEL OSWIN | SUPPORT SERVICES MANAGER



Kel Oswin (Support Services Manager) with Jess Harding (HSR) undertaking an Workplace OH&S Inspection

Over the last couple of weeks and throughout the month of March you will see our new Health and Safety Representatives (HSR's) walking throughout all areas of the Health Service to complete our Workplace OH&S Inspection Checklists.

During these inspections our HSR's will be identifying any potential hazards, safety risks or concerns. The inspections will also help identify where improvement around safety could potentially be made and if indeed there are gaps in our systems. During the inspections the HSR's are taking an opportunity to consult with staff in respect to various questions around safety

Please make yourself familiar with our HSR's for your area and assist our team as they undertake their inspections.

PROCUREMENT PLACEMENT

KEL OSWIN | SUPPORT SERVICES MANAGER

You may see a familiar face working in 'Procurement' during the next six week as Ashley Stevens steps into this role while Sheryl Darken takes some well-earned leave.

Please be sure to assist Ashley as she undertakes this important and very busy role during this time.

We also wish Sheryl and happy holiday and a well-earned break.

MANDATORY TRAINING

KIM STEVENS | LEARNING AND DEVELOPMENT MANAGER

There less than one month left to complete your mandatory training. Please visit the [Grampians Learning Hub](#) on the intranet and complete the courses that are allocated to you. Your managers will begin to approach those that have not started yet.

Remember to click onto the Beaufort and Skipton Health Service link. This will sign you straight into the site if you are completing the courses at work. If you are completing the courses at home your username and password are the same as those used to log into your work computer.

Could you please also make yourself available for the Education Team to tick of your validation skill checks.

Log in

Remember username [Forgot username or password?](#)

[Log in](#) [Create new account](#)

Or log in with

[Ballarat Health Services](#)

[Beaufort and Skipton Health Service](#)

LOGGING ON AT WORK

Log in

Remember username [Forgot username or password?](#)

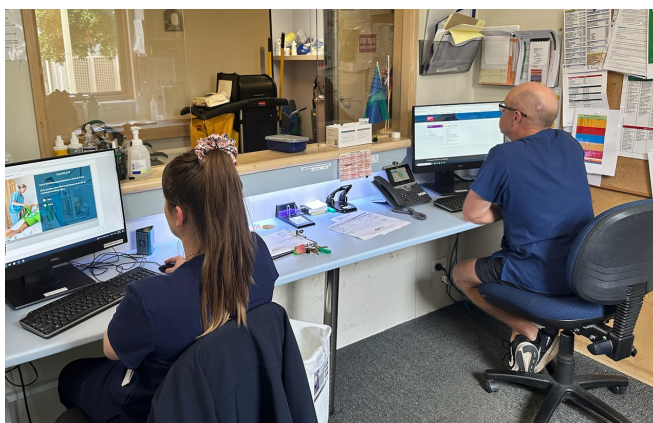
[Log in](#) [Create new account](#)

Or log in with

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[Beaufort and Skipton Health Service](#)

LOGGING ON AT HOME



Beaufort Nursing Home and Hospital Staff completing their Mandatory Training courses

RECIPE OF THE MONTH

Blueberry & Oat Muffins

INGREDIENTS

2 cups plain flour – white, wholemeal or a mixture
1 cup oats – quick or traditional
2/3 cup brown sugar
1 tsp baking powder
1 1/2 cups reduced-fat Greek yoghurt
2 eggs, lightly beaten
50g margarine, melted, slightly cooled
1 tsp vanilla extract
1 cup fresh or frozen blueberries



METHOD

1. Pre-heat the oven to 180°C. Prepare muffin tins by greasing with margarine or spraying with oil.
2. Combine flour, oats, sugar, baking powder and baking soda in a bowl.
3. Combine yoghurt, eggs, margarine and vanilla in a second bowl.
4. Fold the yoghurt mixture into the dry mixture and stir. Gently fold in blueberries.
5. Spoon into muffin tins and bake for 20–25 minutes or until the top is golden and springs back when touched.

ENROLLED NURSE GRADUATE TRAINING DAY

KIM STEVENS | LEARNING AND DEVELOPMENT MANAGER

Our Education Team joined with the East Grampians Health Service Education Team to provide training for the Enrolled Nurse Graduates at Skipton. The day saw 21 graduates join in for education on death and dying, assessment and drug calculations.

The day was a huge success and we hope to be able to hold more days like this in the future.



WDEA WORKS PARTNERSHIP PROGRAM

KEL OSWIN | SUPPORT SERVICES

Julie Vortenbosch recently commenced working in the Support Services Team at the Beaufort Campus as part of the WDEA Works pilot program. BSHS is working in partnership with WDEA Works to help give people an opportunity to find meaningful and inclusive employment.

Thank you to Erica Smith (People & Culture Manager), Jess Harding (People & Culture Administration), Tracy Walsh (Beaufort Kitchen Manager) and the Support Services team for their support in this program.



Tracy Walsh (Beaufort Kitchen Manager) and Julia Vortenbosch

GRAMPIANS HEALTH LIBRARY

Are you looking for easy ways to best serve your patients and clients?

The [Grampians Health Library](#) is a useful resource for staff wanting access to the best available evidence for clinical decision-making practice, education and research. For this reason, we supply our workforce with access to [discipline specific databases](#) and Librarian-mediated services such as literature searches.

How to ask the Library for a literature search.

Asking a Librarian to conduct your literature search will save you time. Grampians Health Librarians are trained to build precision search strategies. Once a search has been completed, we will email you with abstracts from which you can select and request access to full text articles. Call 5320 4535 for assistance.

For competent searchers, the Library offers a range of clinical databases, including Medline, CINAH, PsycInfo, Cochrane Library and Joanna Briggs Institute. You'll find these linked on the [Databases/Standards](#) tab on the Library website.

EASING OF PPE REQUIREMENTS

MARY CUSHING | DIRECTOR OF CLINICAL SERVICES

From Thursday 23 February staff are no longer required to wear a face mask. If you feel that you would still like to wear a mask then please do so.

Multiple factors were taken into consideration when undertaking a risk assessment on the risk to yourselves, our residents and our patients if we change from wearing surgical masks to no masks, these included:

- Easing of pandemic orders and restrictions for the general community.
- Very low case numbers in the community at present.
- 100% vaccination rate for our staff and high rate for our residents.
- Screening processes that we have in place including RAT tests.
- Continued use of air scrubbers in communal areas.

Fit testing still needs to be completed as there will be times where we may need to revert back to N95 masks for a period of time.

Please continue to RAT test yourself after your days off or if you are unwell. You will still be required to wear a N95 mask for the full seven days if you are a close contact or have been on a plane within the previous seven days.

Visitors can visit without a mask – RAT testing is still a requirement as per the residential guidelines.

Masks will still be required in the Skipton Medical Practice by any patient that has respiratory symptoms. The GP and practice nurse will also be required to wear a surgical mask in that scenario.

AGED CARE ACCREDITATION

We have been 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.