

AUGUST 2024

BSHS NEWS

MESSAGE FROM THE CEO

MERYN PEASE | CEO



Congratulations to our newly appointed Board Directors. We welcomed onto our Board on 1 July 2024, Kate Redwood, Simon Grant and Doug McCaskie.

Kate Redwood is a highly experienced Board Director, having been on the Central Highlands Rural Health Board and various local government roles in rural and metropolitan Victoria. Kate lives locally.



New Board Directors, Simon Grant, Kate Redwood and Doug McCaskie

IN THIS ISSUE

CELEBRATING RETIRING BOARD DIRECTORS

WELCOME NEW BOARD DIRECTORS

GILL CHECKLEY MEMORIAL SCHOLARSHIP

OUR RESIDENTS

SKIPTON KITCHEN GARDEN

TRAINING AND APPRENTICESHIPS



Gold Recipient

Australian Small Employer of the Year

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.



Doug McCaskie is the Executive Director Ambulatory Services and Chief Allied Health Officer at the Royal Children's Hospital. Doug is a qualified Speech Pathologist and has held senior leader and health executive positions.

Simon Grant works for the Department of Transport and has over 20 years' experience in the Victorian Police Force and held the position of National Chair for Apex. Simon lives locally and farms with his family.

This year National Diabetes Week, ran from 14-20 July, and provides us with the opportunity to reflect on the impact of this prevalent disease in our community. Diabetes affects millions of people worldwide, with many of us either personally experiencing it or knowing someone who does. This year the focus of National Diabetes Week was on the advancements in health management, in a country such as Australia, individuals living with diabetes should have access to life-saving technology and the latest education opportunities to help them live well.

There has been quite a lot of media interest in the past few weeks around the Victoria's Health System reform along with comments on the impact of budget cuts across Victorian Public Health Services. At this stage, the report and recommendations have gone to the Government for consideration. I do not have any further details on which option, if any, will be expected. It is best that we stay focused on delivering services to our communities and not speculating the possibilities.

Currently BSHS is awaiting confirmation of the State funding allocation for 2024/25. We are required to have a Budget Action Plan, which is a financial efficiency strategy, that we have used for the past five years. The Victorian Health System reform aims to improve access and support.

Congratulations to our for new apprentices. Tessa Allen, Billie Antis, Silver Victorsen and Tarlee Clarke-Ziday who have commenced the Certificate 3 in Commercial Cookery - Apprentice Chef through Australian Vocational Training & Employment Services, and facilitated by Jody Sutherland. It is fantastic to enable career development opportunities for staff to upskill and to ensure succession in our kitchens. More information is available in this edition of our newsletter.

Regards Meryn Pease

BOARD DIRECTOR REPORT

DR. MARGARET WAY | BOARD CHAIR



As we reach another financial year end, it's a great time to reflect on our challenges and achievements over the past year.

Thanks to the hard work of our Chief Finance Officer, Chris Nykoluk, and his Finance team. We're excited to report another positive financial outcome that surpasses our budget, ensuring our continued sustainability and growth. As your Board Chair for the past year, I personally have found this role incredibly rewarding, representing our Health Service at various forums and being a part of what is a very successful and effective Health Service.

This year, we've also seen significant advancements in our community services, including the expansion of our Home Care Packages and the launch of the 'Food for Thought' pilot project. We also hosted two Dementia Forums in Beaufort and Skipton, with the aim of providing our community with some additional support and resources around this disease.

We are thrilled to welcome three new Directors to our Board, Kate Redwood, Simon Grant, and Doug McCaskie, who joined us for their first meeting in July 2024. We are looking forward to working with our new members and utilising their experience and skill sets. We must also express our gratitude to outgoing Board Directors, David Lenehan and Tony Edney. David, who served as Board Chair for six years, has been instrumental in building a strong foundation for our Health Service. Tony's legal expertise and commitment to the community have also been invaluable. We wish both David and Tony all the best in their future endeavours.

Regards Dr. Margaret Way

RETIRING BOARD DIRECTORS

Retirement is a time to reflect on the contributions and legacies of those who have dedicated their careers to serving the community. Two well respected Board Directors, David Lenehan and Tony Edney, have recently retired from the Board of Directors of the Health Service, after six years of dedication and service.

David Lenehan, who served as Chair for most of his tenure, brought a wealth of experience from his former role as CEO of another regional Health Service. His extraordinary knowledge and genuine wisdom were instrumental in guiding the Board through both turbulent and calm waters. David's ability to foster a collaborative atmosphere during meetings ensured that the Health Service received the steady and careful oversight it needed, while also providing support for Meryn, in her role as the CEO.



David Lenehan

Joining David on this journey was Tony Edney, a career lawyer whose extensive legal and business knowledge proved invaluable to the Board. Tony's commitment was unwavering, he rarely missed a meeting, and his dedication was so profound that he once dialed into a Board meeting from bunk on yacht in the picturesque Whitsundays. Tony served on various sub-committees including the Community Advisory Committee and it was his unique perspective and passion for local community that supported positive change and improvement across various areas of the Health Service.



Tony Edney

Together David and Tony have been advocates for the community. Their diligent service, both at the Board level and in their respective roles within committees, have left a lasting impact on our organisation, the staff and the consumers it serves. Their contributions have not only shaped the present but have also laid a strong foundation for the future. As they step into this new chapter of their lives, we thank David and Tony for their commitment and exceptional service. We wish them all the very best as they explore the new challenges and adventures that await them.

WELCOMING NEW DIRECTORS

As we bid farewell to retiring Board Directorsthe Health Service is thrilled to announce that Kate Redwood, Simon Grant, and Doug McCaskie have been appointed to our Board of Directors. Each brings a wealth of experience and fresh perspectives that will undoubtedly enhance our Board.

After recently attending their first meeting, a greater insight was gained into our New Board Directors extensive knowledge and skilled backgrounds. Please join us in extending a warm welcome to Kate, Simon and Doug as they embark on this new journey with us. Together, we look forward to building a healthier future for our community.

Kate Redwood

Kate Redwood is a dedicated community leader with a diverse career focused on various causes, including disability access and environmental conservation. Currently, Kate directs mixed farming businesses in the Chepstow area, emphasising innovative farming practices that support habitat conservation.



Starting her journey as a Social Worker in child protection, Kate has developed a strong skill set in corporate governance, community services, audit and risk management, along with expertise in communications and stakeholder engagement. Over the years, she has held numerous Board positions, including roles with the Daylesford Community Bank, Central Highlands Rural Health, and served as a counsellor for both the City of Melbourne and Hepburn Shire.

Kate's commitment to her local community is evident through her active participation in various community groups. With her extensive experience and passion for service, Kate will undoubtedly provide invaluable support to the Health Service in her role as a Board Director.

Simon Grant

Simon has dedicated over two decades to a rewarding career with Victoria Police, spanning from 2000 to 2022. Throughout his tenure, he has honed extensive leadership and management skills, with a particular focus on strategic leadership, audit and risk management, as well as communications and stakeholder engagement. Currently, Simon brings his expertise to a management role in the Grampians region of the Department of Transport and Planning.



Beyond his professional commitments, Simon is deeply involved in his local community. He has held significant positions, including serving as the National President of the Apex Club. He also actively participates with the CFA and the Beaufort Football Netball Club. Simon lives in the area with his wife and their three children.

Doug McCaskie

Doug is a seasoned health executive and senior leader with over 18 years of diverse experience in clinical, operational, and leadership roles across various sectors, including private, public, government, community, and aged care. He holds a Bachelor of Health Science in Speech Pathology and a Master of Health Administration, which underpin his extensive expertise.



Currently, Doug serves as the Executive Director Ambulatory Services and Chief Allied Health Officer for the Royal Children's Hospital, where he focuses on clinical governance, enhancing patient experience, and fostering consumer engagement. In addition to these primary skills, he possesses strong capabilities in strategic leadership, human resource management, and financial management.

Based in Melbourne, Doug also enjoys his time at his property in the picturesque Pyrenees region, where he finds a perfect balance between his professional commitments and personal interests.

GILL CHECKLEY MEMORIAL SCHOLARSHIP

Applications are now open for the 2024 Beaufort and Skipton Health Service Gill Checkley Memorial Scholarship. The Gill Checkley Memorial Scholarship is awarded in memory and recognition of Dr. Gillian Checkley's contribution and service as a Board Director to BSHS. The Scholarship is designed to assist and provide education expenses for Beaufort and Skipton Health Service staff. For further information and for a copy of the Application Form and Guidelines please refer to the BSHS Intranet Education portal.

Forward your application and accompanying documentation to
Meryn Pease, CEO
Meryn.Pease@bshs.org.au

Applications close 31 August 2024

RESIDENT VACCINATION PROGRAM

SAM WHITE | INFECTION CONTROL COORDINATOR

Vaccination against vaccine preventable diseases is an important part of health promotion and disease prevention. It is important to provide our resident specific vaccinations to help protect them against diseases. Vaccinations which will be offered are annual Influenza, COVID-19, Shingles and Pneumococcal vaccinations. COVID-19 vaccinations doses are recommended every six months for those over 75 years and every 12 months for those aged 65-74, years with consideration for every six months, based on health needs.

The Infection Control Coordinator is working on a Quality Improvement Plan to ensure all residents are eligible and those who would like to participate in the vaccination program, are vaccinated. Plans are currently underway to liaise with our GP's to assess resident eligibility, obtain consent and to provide vaccinations. It is anticipated the project will be completed by the end of September. If you require any further information please speak with your GP, nursing staff or the Infection Control Coordinator.

SKIPTON KITCHEN GARDEN

Anna, a resident at Brigadoon in Skipton is a one of the keen gardeners at the Health Service who is always talking about plants and growing seedlings. When Anna arrived, she immediately began a pot plant garden, growing flowers, fruit trees, herbs and vegetables. When talking to Kel (Support Services Manager) about extending the garden and planting some fruit trees, Kel told Anna about the new kitchen garden area.

All the residents watched each day as the concrete was laid and the new garden beds were installed. Anna was quick to plant up the herbs and vegetable seedlings. Anna is keeping an eye on the growth of the seedlings and is looking forward to the kitchen using fresh vegetables and herbs.



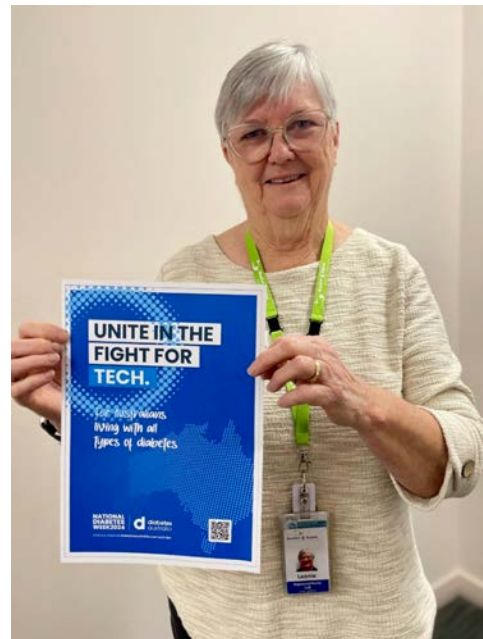
DIABETES EDUCATION SERVICE

This month we celebrated National Diabetes Week, from 14–20 July, which was the perfect time to reflect on the impact of this prevalent disease. Diabetes affects millions of people worldwide, with many of us either personally experiencing it or knowing someone who does. With advancements in health management, in a country such as Australia, individuals living with diabetes should have access to life-saving technology and the latest education opportunities to help them live well.

One of the crucial technologies that have transformed the lives of those with diabetes is Continuous Glucose Monitoring (CGM) devices and insulin pumps. These devices have significantly improved the quality of life and health outcomes for individuals living with the disease. Unfortunately, the cost of this equipment remains a barrier for many Australians. It's essential to implement a comprehensive approach to subsidies that expands access, accelerates approvals, and ultimately enhances health outcomes for individuals living with diabetes. It's also important for people with diabetes to have regular eye checks and foot care.

At Beaufort and Skipton Health Service, we are committed to supporting individuals through our Diabetes Educator. Education can be a "Game Changer" and our Educator, Leonie Tellefson works with individuals to educate, coach, and guide them in managing their diabetes effectively. By setting goals and providing support, we aim to help individuals and their families understand that while diabetes may be incurable, it should not hinder the ability to enjoy life to the fullest.

If you or a loved one needs support in managing diabetes, appointments with our Diabetes Educator are available at Beaufort on Mondays and at Skipton every fourth Monday of the month. Appointments for our Podiatrists are available on Mondays, Wednesdays and Fridays at Beaufort and every second Tuesday and Thursdays at Skipton. It's our hope that with access to great education opportunities and therapies, we can work together to ensure that our community members living with diabetes have the tools and resources they need to live a healthy and fulfilling life.



BSHS Diabetes Educator, Leonie Tellefson



COMMUNITY HEALTH FOOD FOR THOUGHT

A free 8 week, one on one program to address lifestyle factors affecting your health

The Food for Thought program aims to help you make positive dietary and lifestyle choices to manage disease, reduce medication, lose weight, improve your quality of life and stay healthy. Learn how to support your health and wellbeing with qualified health professionals.



Low carb
nutrition



Meal ideas



Shopping
and labels



Gut
health



Mental
health



Sleep



Managing
stress



Time restricted
eating



Staying
healthy



Movement

For more information or to join the wait list please call 5340 1101



OUR RESIDENTS

Delma Buchholz, Brigadoon Hostel

**When did you move into the Hostel?**

I can't remember when I moved to Skipton, maybe 2018. I've probably been here longer than most. I wouldn't swap it for anywhere else, it's very good here.

Where did you live prior to moving to BSHS?

I lived on a farm and moved into my house in Lismore once my son started farming the family farm.

Where were you born?

I was born in Beeac at the Beeac Bush Nursing Centre.

Would you like to tell us something about your family?

I grew up without my mum. Dad was really good and a hard worker. My brothers went to school in Ballarat. They were weekly borders with my aunt and uncle who had no children. I went to my aunty Dorrie and Uncle Bobs. Dad paid for me to go to Clarendon College but I didn't really like it there, I wanted to be home.

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

I liked the country and I like animals. I went everywhere with Dad on the farm and worked with him, like lamb marking. I also cooked for them on the farm. We had two prisoner of war men working on the farm. I loved craft classes at the Derrinallum High School.

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

My job was to cook for my father, uncle and brothers on the farm. I looked after them.

Did you have any pets?

We had dogs galore, cats too. We had working dogs, not house dogs. I rode a horse to school each day, he was a Timor pony.

What would you like to be remembered for you?

For just being me, always helping others, being an efficient and capable person on the farm.

What is your favourite hobby or thing to do?

Anything! I can sew, do dressmaking, all craft I'll have a go at. When I was a child I used to make houses out of pine needles and loved colouring in.

What is your favourite type of music?

Not opera. I like good music, classical and the crooners where there is more of a story to a song,

One thing I would like to do is?

One thing I would like to do is ride in a helicopter. Well I did have a helicopter ride after a bad fall, I was taken from Skipton to Melbourne in a Medivac helicopter but I can't remember it.

A MOMENT OF MIXED EMOTIONS

KEL OSWIN | SUPPORT SERVICES MANAGER

Life is often a tapestry of mixed emotions, especially when it comes to significant milestones. recently, we experienced one of those moments with the retirement announcement of a dedicated employee Judy Layley who has been with the Skipton campus team for nearly three decades. We are hoping that Judy will now experience a new chapter filled with opportunities and adventures.



Meryn Pease (CEO), Judy Layley, Kate White (Kitchen Supervisor) and Kel Oswin (Support Services Manager)

Judy's journey with the Health Service began back on 30 July 1995, at the Skipton campus. At that point Judy started her career as a cook. Over the years, she wore many hats within the Domestic Services department, but her impact extended far beyond her job title. Judy was not just an employee, for many she was a friend, a confidante, and a source of joy for both staff and residents alike. Her unwavering dedication to bringing smiles to the faces of those she served was always recognised and greatly appreciated. The warmth and kindness that Judy radiated made her an integral part of the Health Service community, and there was never a doubt that she was a welcoming and comforting presence for the many residents that came and went over the years.

To honour Judy's years of service and to celebrate her retirement and afternoon tea was arranged and attended by many and with heartfelt tributes. Meryn shared touching words that resonated with everyone, reflecting the collective gratitude for Judy's contributions. A special feature of the celebration was Judy's favourite dish, homemade vanilla slice, baked by Kate White, which quickly became the envy of the afternoon. "I plan to travel, spend time with friends and family, and just see what lies ahead" Judy said "but look out...I may even come back and volunteer from time to time" she added.

All in attendance shared their thanks for Judy's commitment and just how much she will be missed.

TRAINING AND EDUCATION

KEL OSWIN | SUPPORT SERVICES MANAGER

The Health Service was recently excited to announce a significant opportunity for four of our dedicated Support Services staff members, Tessa Allen, Billie Anstis, Talee Clarke-Ziday and Silver Victorsen, now embarking on a Certificate III Commercial Cookery Apprenticeship Apprenticeship. Their enthusiasm and commitment shone brightly during the selection process, and BSHS could not be prouder of their willingness and energy to take up this opportunity.



Jody Sutherland, Talee Ziday-Clarke, Tessa Allen and Bille Anstis

The apprenticeships not only a promise to enhance their knowledge but also opens new doors of opportunity for their careers. While they may face challenges along the way, we believe this journey will empower them to develop valuable skills that will most assuredly benefit the entire the Health Service as they share their new found knowledge. The team met recently with Jody Sutherland (Apprenticeship Coordinator), where they were signed up and made ready to dive into this educational adventure. We extend our heartfelt thanks to Tessa, Billie, Talee and Silver for their dedication to personal growth and professional development. We wish them all the best as they learn and hone their skills to elevate the quality of the services they help to provide.

REMEMBERING PIG, A FURRY FRIEND

KEL OSWIN | SUPPORT SERVICES MANAGER

In the aged care sector, the challenges of the job often extend beyond the physical and emotion demands of providing care. One particularly tough moment that staff encounter is the inevitable loss of a resident or patient. These moments can strike unexpectedly and leave a profound impact, not only on the families and loved ones but also on the caregivers who have dedicated their time and affection until the very last moments. Each goodbye can be heavy burden to bear, one that can become a regular part of the job.

However, in our journey through life, we often find solace and joy in the presence of a different kind of companion, our furry friends. Pets can bring an unparalleled warmth to the environment, and the unconditional love creates connections that are deeply cherished. The loss of these four-legged friends can sometimes feel even more profound, as they offer their affection without the need for words. This was particularly true for a beloved dog named Pig, a friend of the Beaufort and Skipton Health Service family.

Pig was more than just a pet, she was a cherished member of our community, brought to visit the residents from time to time by her owner Jane Spencer, one of our dedicated Support Services employees. Pig's story began some 13 years ago when Jane finally bought the little pup home after nearly a two-year wait for the right litter, she was chosen from just a photo. From the moment they met, it was evident that Pig had chosen Jane as much as Jane has chosen her. Their bond was immediate, filled with shared experiences and a love that blossomed over countless hours of training and play. Despite her name, which stemmed from her adorable grunting as a puppy and her fondness for KFC, Pig was anything but ordinary. Her gentle spirit and intuitive nature were an instant hit with the residents at the nursing home. She had a unique ability to bring out the best in everyone, especially those who might have been hesitant or withdrawn. Pig would give a nudge or a gentle lick, reminding everyone around her that a little affection was always welcome. Visiting the nursing home was one of Pig's favourite adventures. The other was a trip in the car. Each trip brought new sights and smells, but more importantly, it brought her the joy of connecting with new people, the potential for a new friend and someone to connect with. She had a knack for knowing just how much attention someone needed, never overwhelming but always present. Her soothing presence could transform a difficult day into one filled with warmth and love.

As we reflect on Pig's life and the joy she brought to our residents and staff alike, we also acknowledge the pain of her passing. We know for Jane her absence leaves a void that cannot be easily filled, but her legacy of love and companionship will always be everlasting. Today, we pay tribute to Pig. Thank you, Pig, for the laughter, the love and the countless moments of happiness you provided. Pig will always be remembered fondly by those who she came in contact with at the Beaufort and Skipton Health Service.



Meryn Pease and Jane Spencer

FAREWELL, A NEW CHAPTER BEGINS

A special afternoon tea was recently held to bid farewell to Catherine Tian. Enjoyed by all in attendance it was a time of celebration for her remarkable journey with Beaufort and Skipton Health Service. After earning her accountancy degree, Catherine joined the Finance Department, quickly proving herself to be a true gem. Under the guidance of our Chief Finance Officer, Chris Nykoluk, she not only excelled in her role but also earned the admiration and friendship of her colleagues.



Chris Nykoluk, Catherine Tian and Meryn Pease

Over the past five years, Catherine has demonstrated outstanding loyalty and dedication, leaving an indelible mark on the Health Service. However, the time has come for her to spread her wings and embrace a new challenge. We're excited to share that she has accepted a position as a Business Analyst at the Royal Melbourne Hospital. Catherine's thirst for knowledge is inspiring, as she continues her studies toward becoming a Certified Public Accountant. While we will miss her dearly, we know she will shine in her new role and make a positive impact in all she chooses to do. Wishing Catherine all the best in her new adventure.

NATIONAL STROKE WEEK

National Stroke Week runs from 5–11 August. In 2020, there were 27,428 Australians who experienced their first stroke, which equals one stroke every 19 minutes. The goal of National Stroke Week is to educate the community about F.A.S.T (Face, Arms, Speech and Time) signs of stroke to help save lives.

FACE: Check their face. Has their mouth dropped?

ARMS: Can they lift both arms?

SPEECH: Is their speech slurred? Do they understand you?

TIME: Time is critical. If you see any of these signs, call 000 immediately.

A stroke is always a medical emergency and you should call 000 right away.

For more information visit www.strokefoundation.org.au



Salary Packaging 1-on-1 consultations

One of our highly trained Eziway consultants is visiting your location. Book an appointment if you have any questions about Salary Packaging.

- How does it work?
- Do I earn enough?
- How much can I save?
- Can I buy a new car?

Consultation Details



Site

Beaufort
28 Havelock Street
Beaufort VIC 3373



Location

TBD



Date & Time

27/08/2024
8:30 AM - 12:30 PM



More Information



Scan the QR code to download the MyEziwayAccount app

Booking an Appointment

1

Download the MyEziwayAccount App

2

New Starter Login
Username: BSHSHealth
Password: Newstarter


3

Choose the 'Book Appointment' button

For existing account holders, use your existing login details.





 SAT 21 SEPT 2024

 9:30AM-1:30PM

 AMPHITHEATRE

FREE WORKING DOG & FARMER HEALTH CHECK WORKSHOP

MORNING TEA & LUNCH PROVIDED

Join Us for an Exciting and Informative Day!

Featuring:

Veteran Dog Trainer Vin Gedye

- Watch one of the best in the business as Vin demonstrates how dogs of different ages can work sheep
- Vin will be available to answer all your dog training questions

BONUS: Biosecurity Basics with Cathy Bunter

- Led by Cathy Bunter from Agriculture Victoria
- Learn essential biosecurity practices for your farm
- Get crucial insights on buying and selling livestock
- Bring your questions for Cathy!


FREE Farmer Health Checks available throughout the day to ensure our farmers stay healthy and informed.



Register now



MORE INFORMATION

1300 882 833 

vff.org.au/stock-sense/ 

stocksense@vff.org.au 