



WWHS

# COMMUNITY NEWSLETTER

West Wimmera Health Service | October 2021 | Issue No. 10



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# KANIVA PICKS A WINNER

## THE LEXUS MELBOURNE CUP TOUR VISITS KANIVA



The Kaniva residents and staff got up close and personal with the Lexus Melbourne Cup on Thursday 15 July over a delicious morning tea! They heard from Des Gleeson, the Cup Ambassador, who was the Chief Steward of Racing Victoria for many years.

The Cup's visit provided a real buzz around the community!

An afternoon tea at the Kaniva Shire Hall and a dinner at the Kaniva Community Hub were also arranged to ensure maximum exposure of the Cup to Kaniva and surrounding communities.

Thank you to the Kaniva A & P Society for their successful application to bring the Cup to Kaniva. Many thanks for sharing it with our Nursing Home residents, Hostel residents and staff.

Maisie Roberts (pictured above) holding the Melbourne Cup.

**Pictured on front cover:** Bailey McQueen, Podiatrist

# COMMUNITY HEALTH *News*



HELPING HEALTHY LIVES, HEALTHY COMMUNITIES



## **PREGNANCY CARE CLINIC: CONNECTED LOCAL CARE FOR YOU AND YOUR BABY**

Our Maternal and Child Health Nurses, who are qualified midwives, provide antenatal care for pregnant mothers. These Pregnancy Care Clinics reduce the need for mothers to travel long distances for care during pregnancy.

The nurses meet with mothers regularly throughout the pregnancy, liaising with the patient's doctor, and regional specialists if required. Outreach clinics are also available on an as needs basis.

The Pregnancy Care Clinics are often the first experience of some women and families entering a health service.

The clinics give opportunity for both the midwife and families to develop a partnership that will continue after the baby is born.

If this is something you are interested in, please ask your Doctor to refer you to our clinic.

**Get in contact with us on 03 5391 4267 or email [intake@wwhs.net.au](mailto:intake@wwhs.net.au) to find out more about your options for support and care during and after your pregnancy.**

## **OUR RADIOLOGY TEAM IS HERE TO HELP**

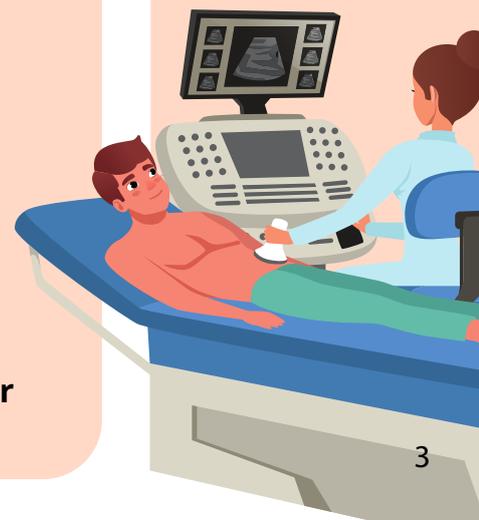
Our Radiology department is staffed with a team of five experienced radiographers and sonographers, who are available to help with your X-Ray, OPG/Ceph (dental x-rays), CT Scan and Ultrasound examinations throughout the week.

With our modern ultrasound and CT equipment, we can provide a range of scans for patients.

Ultrasounds are available by appointment from Monday to Thursday, while our X-Ray and CT Scans can be booked from Monday to Friday.

Pensioners and Health Care Card holders are bulk-billed, private gap fees are charged otherwise.

**For further information or to book an appointment, please call our reception on 03 5391 4241.**





# PHIL'S JOURNEY

STORY BY HELEN RUGE OF NHILL

**In 2012, the lives of Phillip Ruge and his family were changed in an instant, when bad weather caused a tragic single vehicle accident. This is their story, as told by Phillip's mother Helen.**

**The following words are an extract from a talk that Helen presented to our Board of Directors in 2020, sharing their journey to finally coming home and becoming a Transport Accident Commission (TAC) client at West Wimmera Health Service.**

Phillip's accident took place on 21 June 2012, on the Eastern Freeway, Melbourne, while he was travelling back into the city to meet with a friend.

My husband, Brian, and I had a phone call from the Royal Melbourne Hospital emergency department at approximately 9:30pm telling us that our son had been involved in an accident and could we come in, as they were not sure if they would be able to save him.

The injuries Phillip had sustained were extreme brain injuries, where the skull had been hit from four sides, causing his brain to be completely swollen. Injuries to the brain are referred to as an ABI (acquired brain injury).

This was the beginning of a journey for us where, as a Social Worker told us, "Your life has changed for ever".

I have the most grateful respect for the doctors and nurses in our hospitals. Phillip had 24/7 care in the ICU where staff would come and go, but would give their utmost dedicated care to him, not taking their eyes off him.

When Phil awoke, he was unaware of what had happened or where he now was. This was the beginning of the next phase of travelling through a condition called Post Traumatic Amnesia, a very confused state that took Phillip another lengthy time to come through.

Phil's first move from Royal Melbourne Hospital was to a Rehabilitation Hospital at Camberwell. This was where staff began a journey of physical exercise to see if there was any hope of Phil walking or even being able to return to somewhat of a normal life.

Because of the bleeds in the brain Phil's right side had been greatly affected (in much the same way of a patient experiencing a stroke). Phillip's muscles had wasted away, consequently any strength he may have had was now very depleted after laying in the one spot 24 hours a day for over 2 months. His right arm was locked up in a sling position.

Also, because Phil had lost so much weight a feeding P.E.G (a flexible feeding tube) had to be inserted into his stomach. This was where his food had to be administered due to the affect upon his tongue and ability to swallow.

**The eventual introduction of an electric wheel chair was a wonderful new part of the journey. We could take Phil outside into the fresh air for the very first time.**

In all of these phases of his rehabilitation, Phillip was becoming more and more aware that life for him was now very different - not being able to walk, let alone run; not being able to talk or have a conversation; not being able to express the feeling of pain, or even vent his frustrations.

After living in Melbourne for two and a half years, shifting to 16 different homes (generously given by our friends within our church), and travelling every day to hospitals, Brian and myself realised that for us to permanently move to Melbourne was very unrealistic. This began a process to find somewhere for Phil to live in Nhill, and to find a care provider to administer his care needs.

The initial care offered to Phil was that of Personal Care Workers with no training for caring for someone who has an ABI. Phillip was still very difficult to manage, and therefore we as his parents had to step into a role of helping bring Phillip some consolation and assurance. We needed to bring him some stability to a situation, that as he understood, seemed out of control.

After some time it became quite apparent that this first care provider was not administering the care that had been promised.

So Phillip's Occupational Therapist from Ballarat helped to begin the search to find another suitable provider for Phil's care. This was when West Wimmera Health Service was approached, and after much discussion they were willing to offer this care to Phil.

The transition of Phil's care took quite some time to work through. TAC's co-ordinator made visits to Nhill to help bring an understanding of what was necessary for the health service to be registered with TAC and to help Phil. Of course this was not without some troubles.

This new journey has meant a lot of help from Phil's Occupational Therapist, Neuro Physiotherapist from Castlemaine, Psychologist from Ballarat and Psychiatrist from Melbourne.

**We are pleased to say that West Wimmera Health Service has embraced this journey, offering all the allied health services that Phil requires.**

Phil has been through a great need for much equipment. His electric wheel chair allowed him to be able to experience the outdoors, even to meet people in the street of Nhill. This wheel chair was now Phillip's only vehicle of transportation.

There were multiple appointments in both Nhill and Horsham that Phil needed to attend, consequently the provision of his customised car that would be able to transport both him and the wheelchair was the most amazing provision.

Phil has now progressed to walking with one walking stick. In all these challenging times Phil has been determined, with much perseverance to complete his exercise regime and make great progress.

There has been many years of work to help Phil to be able to communicate. His Speech Pathologist has been able to bring interest in this by engaging Phil in specially prepared apps on his iPad. Phil doesn't hold a conversation, but if stimulated with a topic, or the beginning of the first syllable of a word, he is able to verbalise, even the whole sentence.

The carer staff, who play a very big role in Phillip's recovery, however far that may progress, are instructed by allied health specialists to carry out daily exercises. The carers have rung me, so excited, to report on what Phil has achieved or said that day.

**His progress has been phenomenal! To see him today being able to get up and down himself, moving from two walking sticks to one stick, and at times NO sticks is amazing. Not only is he walking, but Phil is able to dress himself and put his own shoes on and tie up the laces! Phil's journey has now entered into his tenth year since his accident.**

We are very pleased to say that Phil is happy living in Nhill. The build of Phil's customised house in Nhill has been completed after a very long journey of design meeting his requirements. He has been living in his beautiful home for nine months.

Finding fresh activities for Phil to be engaged in on a day to day basis presents its own challenges, but this great small town has a lot to offer along with West Wimmera Health Service's staff making his days very full and challenging. With physiotherapy sessions in the hydrotherapy pool and a trip to the golf course being a couple of new activities for Phil to find some enjoyment in his day.

Brian and I, and Phil's family, wish to commend every person, young and old, who have been a part of this journey. We have the most grateful appreciation for their efforts to see Phil make progress in his life.

**Thank you to each and every one for your interests in Phil and for making him feel a special person who belongs in the Nhill community. I have great pride in belonging to our beautiful little town of Nhill, knowing that the country spirit of these small towns is something that cannot be surpassed.**

Please continue to say "hi" as you pass him by in the street. Phillip is a very social person enjoying all who take time to make conversation with him about his day.



# KEEP YOUR SMILE FOR LIFE

## DO YOU FLOSS?

Only 1 in 4 Australian adults are flossing daily.

Flossing is very important for the health of our teeth and gums. It gently removes food debris and plaque from the areas between our teeth.

Leaving this behind means an increased chance of cavities forming between our teeth and inflammation of our gums.

## FOUR KEY MESSAGES TO MAINTAIN GOOD ORAL HEALTH

- Brush your teeth twice a day with fluoride toothpaste.
- Clean between your teeth daily using floss or interdental brushes.
- Eat a healthy, balanced diet and limit added sugar intake.
- Visit the dentist regularly for check-ups and preventive care.

Wimmera Smiles dental clinic, a part of West Wimmera Health Service, continues to support our community members to have good oral health.

Our friendly staff are available to guide and assist you on all things oral health including brushing, flossing techniques and transitioning from a manual to electric toothbrush.

For tips on oral health, please contact our Dental Clinic "Wimmera Smiles" on 5391 4266 or email us [dental@wwhs.net.au](mailto:dental@wwhs.net.au).

# IS IT REALLY URGENT?

Meg, a 17 year old girl has been asked to attend the Year 12 Ball with her boyfriend Zac.

Meg and Zac have been seeing each other for 6 months but they have not yet had sex. Both Meg and Zac are looking forward to spending their first night together at Zac's house.

After the ball, Zac and Meg do have sex. Zac realises that the condom he has used has broken. Meg becomes really concerned that she may now fall pregnant.

Living in a small country town, Meg was embarrassed to go to the local hospital where Zac's mum is a nurse. Meg and Zac googled their options and found the number for 1800 My Options and calls 1800 696 784.

Meg calls Di, a nurse at 1800 My Options, who speaks gently and is understanding of what has happened.

After consulting with Meg, the nurse outlines their options. Meg decides to visit the local pharmacy for the 'morning after' pill as soon as possible. She also agrees to visit her local GP for an STD check, as Zac has been sexually active before they were together.

Meg and Zac are relieved with the advice Di provided after the initial overload of information they found on Google.

Thanks to '**My Options**', I was able to get the confidential advice and help I needed when my boyfriend and I discovered the condom broke.





# MEET OUR DIRECTORS OF NURSING

LESLEY HAWKER - KANIVA DON

## WHAT ATTRACTED YOU TO THIS PROFESSION?

The nursing profession presents you with opportunities to give back to the community in which you live and make a difference to their health and well-being. It is a great career if you want to travel, as there is a myriad of opportunities in interesting roles in our country and internationally.

## WHAT QUALIFICATIONS DO YOU HAVE?

I completed my Registered Nurse Traineeship at the Royal Adelaide Hospital. I also have an Applied Diploma of Management and a Cert 4 in Training and Education.

## WHEN DID YOU START YOUR NURSING CAREER?

I commenced my nursing career as an Enrolled Nurse Trainee at the Whyalla Hospital in 1985.

## WHAT DOES BEING A NURSE MEAN TO YOU?

For me, it is a privilege to care for those that have paved the way for the lifestyle we enjoy today.

In this role, I can affect positive change.

I enjoy assisting staff to develop their skills and knowledge to achieve their full potential.

## WHY IS THIS ROLE IMPORTANT IN OUR COMMUNITY?

I believe all health professionals play an important part of our community.

Our role is to educate, treat and support the community to live their best lives.

## DO YOU HAVE ANY STORIES YOU WOULD LIKE TO SHARE?

I am really proud of the team we have at the Kaniva facility. They come up with innovative ideas to improve the lives of the residents and patients - The Trio Taxi Bike being our latest exciting acquisition.

## WHAT WOULD YOU LIKE THE COMMUNITY TO KNOW?

We are always open and willing to help and support people when needed.

We are lucky in our rural community that we have the number of services that West Wimmera Health Service offers. A lot of work goes on behind the scenes to ensure that we recruit the right staff to maintain these services. We have also increased the use of technology to minimise the impact of travelling on our consumers.



# WEST WIMMERA HEALTH SERVICE

***Be a part of our team, where our communities matter and living is more than just work.***

**Are you, or someone you know, looking to be part of a supportive organisation, where we think big and celebrate success?**

We have a number of opportunities to join our enthusiastic teams across our acute, aged care and community settings, or as a part of our hospitality services, business and administration teams.

- Work across a range of our sites and diverse communities.
- Continue to develop your knowledge and skills through ongoing professional development and education programs.
- Opportunities for career progression throughout our service.
- Salary packaging benefits available.
- Opportunities for flexible working arrangements.
- We cultivate meaningful relationships with each other. Everyone belongs.

**We need your help to spread the word!**

**Help us to share our job opportunities amongst your friends and family!**

**Visit us at [www.wwhs.net.au](http://www.wwhs.net.au).**

# STAFF AWARDS

2020 / 21



On behalf of all associated with West Wimmera Health Service we sincerely thank you for your contribution to the ongoing delivery of safe and high quality care.

You play an invaluable role in ensuring our service delivery meets the needs and expectations of the communities we serve.

## DIPLOMA OF LAWS

Kristina Koop

## COURSE IN EAR AND HEARING HEALTH CERTIFICATE

Deborah Schilling

## DIPLOMA OF NURSING (ADVANCED PRACTICE)

Anita Mark

## GRADUATE CERTIFICATE OF HEALTH (SCHEDULED MEDICINES)

Linda Drendel

## FOOD SAFETY SUPERVISOR COURSE CERTIFICATE

Linda Drendel

## GRADUATE NURSES

Louise Bone  
Sandra Benny  
Sona Sony  
Wasana Kyi Shwe

## ENROLLED NURSES

Georgina Ganley  
Kim Bermudz  
Teagan Holmes

## CERTIFICATE III IN INDIVIDUAL SUPPORT

Alias Danaha

## DIPLOMA OF NURSING

Christine Rintoule

## PSYCHOLOGICAL FIRST AID

Abdul Basir	Helen Cannell	Melanie Albrecht
Alana Storey	Ian Woodward	Melissa Heard
Alex Hall	Jackie Arnel	Michelle Barber
Bianca Jones	Jan Fischer	Michelle Borain
Bridget Gundry	Janelle Petering	Michelle Dickinson
Cassandra Batson	Janice Pekin	Nakita Jewell
Christine Chapple	Janine Clark	Natalie Robinson
Christine Cobbe	Jay Sreekumar	Nicole Henry
Darren Jeffery	Jayne Oliver	Nimmy Jacob
Darren Welsh	Jessica Pilgrim	Paul Whyment
Debbie Chaston	Joanne Werner	Raelene Alexander
Debra Russell	Julie Woolcock	Ritchie Dodds
Dellwyn Johnson	Justine Stephens	Samantha Moyle
Desley John	Kate Pilgrim	Sharon Bone
Diane Jackson	Kayleen Kingwill	Tammy Williams
Dianne Knoll	Kirsten Nesbit	Tracey Chenoweth
Dorothy McLaren	Kristy Schneider	Trish Heinrich
Ellen Robinson	Lauren Heinrich	Trudi Tegelhuter
Emma Beer	Leanne Page	Vicky Loyden
Emma Cranwell	Lesley Hawker	Yingying He
Erin Wallace	Lynley Robinson	Yvonne Jones
Gaurab Chaulagain	Lynne Lynch	
Heather Batson	Mandy King	
Heather Manville	Mariah Heinrich	

## 40 YEARS OF SERVICE

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Lynne Lynch  
Belinda Hartigan

## 35 YEARS OF SERVICE

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Katrina Pilgrim  
Tania Ryan  
Tracey Merrett

## 30 YEARS OF SERVICE

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Beverly Hage  
Karen Kennedy  
Lisa Miller

## 25 YEARS OF SERVICE

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Christine Deckert  
Glenda Aristides  
Helen Greig  
Katrina Fraser  
Kerryn Shrive  
Mark Carracher

## 20 YEARS OF SERVICE

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Anne Hamilton  
Darren Gebert  
Debra Sanders  
Diane Jackson  
Helen Batty  
Karen Shurdington  
Lindia Starick  
Trisha-Anne Heinrich  
Wendy Essex

## 15 YEARS OF SERVICE

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Darren Lyall  
Elizabeth Pfeiffer  
Jacqueline Arnel  
Katrina Lloyd  
Katrina Rabone  
Melanie Albrecht  
Michelle Marra  
Peter Hill  
Sheryl Mckenzie  
Tennille Gould

## 10 YEARS OF SERVICE

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Amanda Alexander  
Amanda Brownsea  
Anthony Bone  
Chloe Stephenson  
Dellwyn Johnson  
Heather Haddow  
Karen Lester  
Michael Alexander  
Nelia Allen  
Patricia Stapleton  
Sharyn Makin  
Shelley Mcqueen  
Susie Ellis  
Trudy Tegelhuter  
Wendy Gawith

## 5 YEARS OF SERVICE

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Adelle Bone  
Beau Lovett  
Billie-Jo Barber  
Brianna Childs  
Christine Chapple  
Darren Jeffery  
Desiree Vander Vorm  
Eliza France  
Emma Bayly  
Emma Hamilton  
Eve Delahunty  
Fiona Reaby  
Hannah Craig  
Hannah Newton  
Janelle Potter  
Janet Hall  
Jennifer Maybery  
Josephine Lawrence  
Julie Kramer  
Kristine O'halloran  
Linda Drendel  
Louise Bone  
Marie Jozeps  
Moody Tu  
Rachael Hormann  
Rhiannon Adams  
Saiah Lerhtoo  
Sarah Deckert  
Sojan Kottaram  
Stephanie Miller  
Tracie Wilde  
Vicki Myerscough  
Wendy Williams

# YEARS OF SERVICE

# A look across our Service

## West Wimmera Health Service

IONA's Let's Get Physical Group in Training for the Olympics.



Betty enjoying the sunshine at Kaniva!



Brenda enjoying pet time in Kaniva.



Kevin from Kaniva challenging his brain with a word search.



Nita celebrating her 90th birthday!

Pat and Glenys having fun  
at our Olympics Games  
morning at Natimuk-->



Pat celebrating her birthday.



Win with the first blossom of Spring.



Gay Celebrating 100  
years with a visit from  
The queen --->



*Rupanyup community members tending to the new garden*

# COMMUNITY GRANTS ACTIVITIES CELEBRATE VIBRANT TOWNS

Earlier this year, our Health Promotion Team announced the successful community-based projects to be supported by our Health and Wellbeing Grants in 2021.

Each of these projects are initiatives of people in the towns and communities, along with support from our Health Promotion team's project officers. The projects are each taking shape, and bringing new and interesting activities to their vibrant communities.

### **Rupanyup Mosaic Track**

A talented local Rupanyup artist is working to create an installation of fun mosaics with members of the community. The mosaics will be hidden around town for people to enjoy discovering. The first one is already up...have you found it yet?

Donations of chipped or broken plates are currently be sought to use for creating the mosaics. Anyone who would be interested in making mosaics, can keep an eye out in the Rupanyup Lions News for how to get involved.

### **Rupanyup Community Garden**

The Rupanyup Community Garden is really coming to life. The community has joined together for this project, with a lot of donations made to help the garden to thrive. Stay tuned for details of a garden party to celebrate the new space in the future.

### **Natimuk Unites for Health**

We are in the process of creating a health and wellbeing page for the Natimuk United Football Netball Club website. A steering group comprising eight football and netball players has come together to advise on priority health topics for the website. A graphic design company, ThinkWeb, is designing the website. Stay tuned!

### **Rainbow Community Garden**

This is a collaborative development of a community garden with associated skill building and activities within the town of Rainbow. A public meeting shared ideas for the garden amongst community members. Twelve people have now formed a working group for the garden project. A location has been identified and planning is underway. The garden will grow vegetables and flowers, and offer seating and disability access for visitors. If you would like to get involved in this wonderful initiative, please contact Rainbow Neighbourhood House on 03 5395 1884.

### **Jeparit Movers and Shakers**

This project aims to support the increased use of existing physical activity venues in Jeparit. Plans are currently underway for the reopening of the disused Jeparit Gym on Roy Street (beside the Memorial Hall). More updates to follow!

### **Kaniva Space for Me**

The Kaniva Link Neighbourhood House will be bringing Qi Gong and 'bubbles and brushes' sessions to Kaniva. It was hoped the new activities could start later this year; however they are currently delayed due to Covid-19 interruptions and restrictions. Keep an eye out for more news from the Neighbourhood House and our Health Promotion team.



# COVID-19 VACCINATION

**Arm yourself against COVID-19!**

Millions of us have chosen to arm ourselves against COVID-19.

Who will you arm yourself for...

Your family?

Your friends?

Your mob?

Your customers?

Your community?

**Book your vaccination today by calling your local clinic or the Victorian Coronavirus Hotline on 1800 675 398.**

# HAVE YOU RECENTLY BEEN DIAGNOSED WITH CANCER?

**This marks the start of your journey, full of emotional, psychological, physical and practical challenges...WE CAN HELP!**

Cancer is a disease of the cells, your body's basic building blocks, which causes abnormal cells in a part of the body to multiply or grow in an uncontrolled way.

As our body is made up of cells, cancer can start anywhere in the body. The abnormal cells can gather together and form a lump called a tumour.

There are 2 kinds of tumours:

- Benign tumours are not cancer and do not spread to other parts of the body.
- Malignant tumours are cancer and can spread to other parts of the body.

The place where the cancer first starts is called the primary cancer. Some common places for cancer to start include: skin, bowel, breasts, prostate and lungs.

Cancer is not contagious and people cannot catch cancer from someone who has it. It is safe to be near someone who has cancer.

## How are you feeling?

The shock of your diagnosis and the fear of the future may go hand in hand with feelings of uncertainty, frustration and perhaps even anger. You may not even remember much of that initial conversation with your doctor.

You may be wondering what is going to happen to you and what treatments are available. This can all become overwhelming so remember to reach out to those around you and be kind to yourself.

## Next steps...

**Educate yourself** – understanding the disease and its effects can make it easier to manage the news of a diagnosis and assist in selecting a treatment plan with your medical team.

It may be helpful to write down your questions before you see any of the medical team involved with explaining and arranging your treatment. If they use terms you don't understand, it's okay to ask for a simpler explanation and or bring close friends or family to each interview.

**Talk** – to friends and family or the social worker or counsellor about your diagnosis. This can help lighten the mental load and even help to organise your thoughts.

**See your doctor** – these may be some questions to ask your doctor:

- What treatment options are there for me?
- What will the treatment you are recommending cost?
- Will I need to have time off work?
- Will I need to travel for treatment?

It may be a good idea to write down some answers, or take someone with you to help remember what the doctors says.

**Adapt your environment** – all cancer treatments have side effects. Seek services that support you in managing these side effects or reducing their impact on your daily living. Irrespective of the type of cancer you have been diagnosed with, there are common symptoms that are either a result of the disease, or the treatment you are having, that we can support you through.

**Plan for your future** – make arrangements to update your financial matters, legal Will, Power of Attorney, Advanced Care Planning (planning for end of life) etc. to document your choices and decisions.

# HOW WE CAN HELP

If your family are confused about your treatment decisions, your doctor/counsellor/psychologist can help you talk to your family about their feelings.

## Seek services to support your symptoms:

West Wimmera Health Service provides a range of services that can help someone with cancer, as well as their carer's, families and friends. Our Community Health team can help in the following ways:

- **Cancer resource nurse** – our experienced cancer resource nurse is available to chat to you about any questions you have or support you need in relation to cancer and your health and wellbeing.
- **Cancer support group** – guided by one of our health professionals, these meetings bring together cancer sufferers and their families or carer's for support and discussions with others who are going through similar cancer journeys.
- **Social workers** – can help you understand what services are available, about fees and costs, support payments and concessions. They can also provide counselling to support you, your family and friends, from coping with your new diagnosis to managing your treatment journey throughout the course of the illness.
- **Occupational Therapists** – can help you work out ways to reduce the effects of nerve problems, numbness, tingling and pain.
- **Dietitians** – with many undergoing chemotherapy and experiencing a loss of appetite or struggling with nausea, our Dietitians are able to help ensure you can get, prepare and eat food that you like, while getting the variety of nutrition you need. They can provide ideas and recipes that suit your life and tastes.
- **Speech Pathologists** – can help if you're having issues communicating (mouth, tongue and throat problems) or if you experience any pain with swallowing.
- **Podiatrists** – can help by ensuring nail changes are monitored and ensure good health of your feet.

# OTHER SUPPORTS

The Cancer Council can help you connect with supports that are relevant to your situation and diagnosis, including local, telephone or online support groups.

## Cancer Council Online Community:

[onlinecommunity.cancercouncil.com.au](http://onlinecommunity.cancercouncil.com.au)  
Where you can connect with others like you in a safe space via discussion forums, personal blogs and online support groups.

## Information and Support line:

13 11 20

## Email:

[askanurse@cancervic.org.au](mailto:askanurse@cancervic.org.au)

## Website:

[cancervic.org.au](http://cancervic.org.au)

- **Physiotherapists** – can help you remain active and assist you in developing a regime tailored with consideration of your level of fatigue and or weight changes.
- **Continence Nurse** – can help with any continence symptoms you may experience.
- **Medical Alert System** – our staff can assist setting you up with a medical alert system, so you can call for help should something happen and you need assistance.

**Contact our Community Health Intake Team to talk about how we can support you and your loved ones with your Cancer diagnosis.**

**Phone us on (03) 5391 4267.**





## Communication is everyone's right

There are 1.2 million Australians with a communication disability. Speech pathologists like Yingying He and Tarrah Dodds from our allied health team are passionate in their work to ensure that communication is everyone's right.

"In Australia today, communication disability remains largely invisible. Unseen and out-of-sight," Ying shared.

The coronavirus (COVID-19) pandemic has highlighted the challenges faced by Australians with communication disability.

That's why we are taking up the call to highlight the vital message: Communication is everyone's right.

"Communication is a basic human right," added Tarrah. "It is fundamental to person's ability to participate fully in the social, educational, economic and sporting aspects of our community."

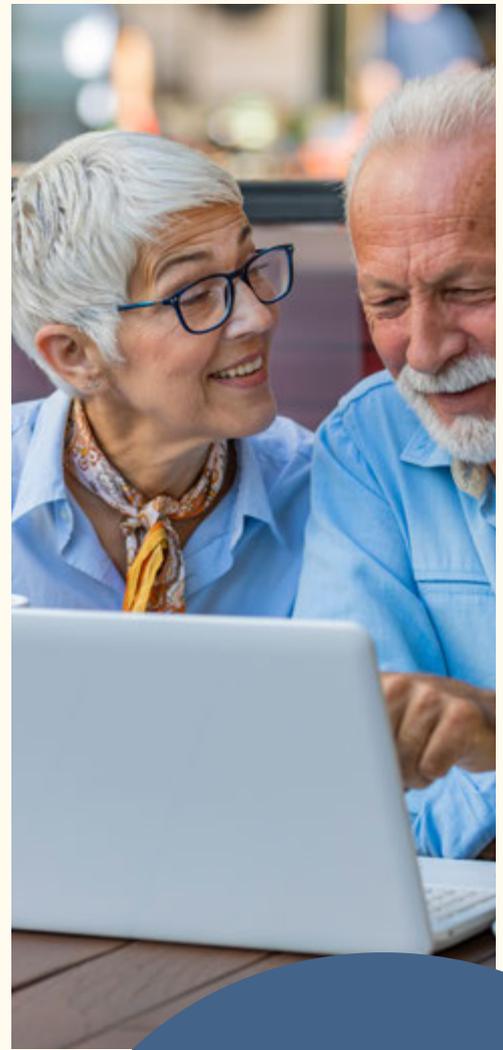
"Australians with communication difficulties communicate with others using a variety of

means, including word-based or picture-based communication boards or books, sign and gesture, and spelling."

"Technology is playing a growing and vital role in keeping Australians with communication difficulties engaged with their family, friends and those in our West Wimmera Health Service community."

Our Speech Pathologists help people who are unable to communicate effectively or who have difficulty with eating and swallowing. They see a broad range of clients from pre-school children to aged care residents, as well as people who acquire communication disabilities as the result of disease, injury or a stroke.

**Call our Speech Pathology team on 03 5391 4267 to make an appointment, or to find out more about how we can help you.**



# HAPPY HEALTHY AGEING EXPO

**SAVE  
THE  
DATE**

**14 OCTOBER  
11 NOVEMBER  
9 DECEMBER**

**THIS WILL BE A COVID SAFE PLANNED EVENT,  
ABLE TO BE ACCESSED WHEREVER YOU ARE.**

**FURTHER DETAILS COMING SOON**



# Message FROM THE CEO

## COVID-19

Another month and here we are again in lockdown. Although at the time of reading we may be out of it. Or we may have come out of lockdown but then gone into another one. We all get the picture. It's been tough for everyone for eighteen months now. And I can only once again acknowledge and thank all people involved in the healthcare system for the resilience they continue to show in what remain extraordinary times.



Everyone's lives have in one way or another been impacted by the coronavirus but hopefully as vaccination rates continue to rise we will begin to see some relief and be on the way back to 'normal' before we know it.

Speaking of vaccinations, most readers will now be well aware of the big push on to have as many Victorians vaccinated as soon as possible.

Supply of the Pfizer vaccine continues to be stretched, which has meant some delays, but we expect this situation to continue to improve in coming weeks and months.

We were delighted to work with the Royal Flying Doctor Service to run pop-up vaccination clinics in some of our communities in mid-September.

The clinics were well attended. Thank you to everyone who rolled up their sleeve!

In early September we set up a pop-up COVID-19 testing site at the Nhill Trailer Exchange. Working with the Department of Health and Ballarat Health Services, we're providing another option for transport drivers to be tested as a part of their requirements to cross the border into South Australia.

A recent South Australian snap rule change meant truckies now need to have been tested no earlier than 72 hours before crossing the border. This led to a bottlenecking of trucks lining up at a Horsham testing clinic, which created safety concerns and impacted on the convenience for the drivers. The testing site itself is something of a test - if it's well used then it's likely that a more permanent facility will be established.



*A pop up COVID-19 testing clinic at the Nhill Trailer Exchange has been a popular site for truck drivers and people in need of tests to carry out their jobs.*

It seems a long time ago now but it was a big relief when it became apparent that no-one in the local community had caught COVID from the Nhill roadhouse. The roadhouse was listed as an exposure site after two removalists stopped there after coming from NSW through Melbourne. We were most grateful for Rural Doctors in Nhill who immediately began offering tests to concerned members of the community. Fingers crossed this is the closest any of our communities will get to COVID-19.

### Accreditation Success

Over the week commencing 5 July, the Service underwent an assessment of its level of compliance against the eight National Safety and Quality Health Service (NSQHS) Standards. Four surveyors were on site for the full week and each variously visited all Service sites.

The eight standards are comprised of 149 separate actions each of which is assessed as being met; met with recommendation/s; not met; or not applicable.

The Service was assessed as having met 147 actions, met with a recommendation one action and had one other action which was not applicable and therefore not assessed.

In the close out meeting the surveyors mentioned several "pockets of excellence" they encountered including the Service's Health Promotion program, our approach to diversity, and how well we involve and interact with the communities we serve.

“  
**An overall result as excellent as this one can only be achieved by everyone involved working well together over a sustained period. Well done and thank you to those many people involved in this outcome including staff, volunteers, community advisory committee members and board directors.**  
”

### Proposed Amalgamation

The proposed amalgamation of Ballarat Health Services, Wimmera Health Care Group, Stawell Regional Health and Edenhope Hospital has become a step closer with the recent vote by their respective Boards to seek regulatory approval to amalgamate into one entity.

Further information and the opportunity to feed back on the proposal is accessible at <https://careforourregion.com.au/>.

In closing I trust readers are finding our newsletters interesting and useful and encourage you to feed back to the Service any suggestions for improvement you may have, not just for the newsletter but also in relation to all of the services provided by West Wimmera Health Service.

**Ritchie Dodds**  
Chief Executive Officer

**FARMER**

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WWHS

# WEST WIMMERA HEALTH SERVICE - AVAILABLE SERVICES

## AGED CARE SERVICES

- Residential Aged Care Facilities
- Commonwealth Home Support
- Home Care Packages

## CONTACT

To make an appointment or arrange access to our services please contact our friendly receptionist on (03) 5391 4222.

## COMMUNITY SERVICES

- Asthma Education
- Cancer Resource Nurse
- Cancer Support Group
- Cardiac Rehabilitation
- Centrelink
- Community Health
- Continence Education
- Diabetes Education
- Dietetics
- District Nursing
- Endocrinology Telehealth Clinics
- Falls and Balance Groups
- Gentle Exercise Groups
- Health Promotion
- Healthy Lifestyle Groups
- Initial Needs Coordination
- Interpreting Services (Karen)
- Maternal and Child Health
- Occupational Therapy
- Physiotherapy
- Podiatry
- Quit Smoking Education
- Refugee Health Nurse
- Social Work
- Social Support Groups
- Speech Pathology
- Well Women's Health Clinic

## CLINICAL SERVICES

- Acute Hospital Care
- Audiology
- General Surgery
- Geriatrician
- Immunisations
- Infection Control
- Medical Imaging (CT Scanning, X-Ray, Ultrasound, Dental Orthopantomogram)
- Ophthalmic Surgery
- Optometry
- Oral Surgery
- Orthopaedic Surgery
- Palliative Care
- Pathology
- Urgent Care

## DENTAL SERVICES

- General Dentistry
- Mobile Clinic
- Oral Health Education and Promotion
- Oral Health and Hygiene Therapy
- Oral Surgery

## COMMUNITY PROGRAMS

- Community and Women's Health Program (C&WH)
- GP Management Care Plan
- Domiciliary Care
- Home and Community Care (HACC)
- Hospital in the Home (HITH)
- National Disability Insurance Scheme (NDIS)
- Post-Acute Care (PAC)
- Chronic Conditions Models of Care
- Transport Accident Commission (TAC)
- Work Cover
- Transition Care Program (TCP)



# X-RAY MARKS THE SPOT!

## Help West Wimmera put our x-ray equipment on the map!

Our Radiology department provides a critical service to have a timely x-ray close to home.

Our x-ray equipment needs to be updated to go digital but we need your help!

Updating our outdated equipment costs \$112,000! Currently we have raised \$33,630.

Please help us raise money for this important equipment.

Your donor support will help to advance our diagnostic capabilities for you, with a faster, higher quality and safer service.



Visit [www.wwhsdonate.net.au](http://www.wwhsdonate.net.au) to learn more or get in touch to discuss how you can support us please call **(03) 5391 4222**.



# Quick Quiz

1. What colours are the Olympic rings? \_\_\_\_\_
2. What is the longest river in the world? \_\_\_\_\_
3. In which year was Queen Elizabeth II born? \_\_\_\_\_
4. Which is the rarest blood type in humans? \_\_\_\_\_
5. How many gold medals did Australia win at the Tokyo 2020 Olympics? \_\_\_\_\_
6. How many sides does a nonagon have? \_\_\_\_\_
7. What ocean lies between Africa, Australia and south of Asia? \_\_\_\_\_
8. What is the slowest land animal in the world? \_\_\_\_\_
9. How many hearts does an octopus have? \_\_\_\_\_
10. What does the Roman numeral 'X' equal? \_\_\_\_\_

## Who am I?

1. I was a famous pop singer. I am often called the "King of Rock and Roll" or simply "the King". I am often impersonated. Who am I?  
\_\_\_\_\_

2. I was President of the US when the Berlin Wall fell. Who am I?  
\_\_\_\_\_

3. I am a physicist. I am famous for my book "*A Brief History of Time.*" Who am I? \_\_\_\_\_

4. I was the heavy weight boxing champion of the world. I was stripped of my title for refusing to serve in the US military during the Vietnam War. Who am I? \_\_\_\_\_

N P A Y C U L F D Z M F A L Q  
 N R O W I N G H O G Z B E V B  
 O E O P T A L R A N L O P E R  
 Y Y E W R H C E R I E R Z K O  
 M S K R A P D V E M G T Z K N  
 W O Z O G E X L G M A H S C Z  
 V S Z U T T J I P I S C A L E  
 U B W A E S N S L W K N I X B  
 J M D N Y G F A U S O W L H U  
 E K L I C V R W R E T A I J M  
 C E O I S T G U J W H A N Q Y  
 L Y G X S K U Y K H W V G N B  
 A X E U M W O L Y M P I C S L  
 S K A T E B O A R D I N G B W  
 N S H V P T H E O A G X G M C

AUSTRALIA  
 BMX  
 BRONZE  
 CANOE  
 GOLD  
 GREEN  
 LUCY  
 OLYMPICS  
 ROWING  
 SAILING  
 SILVER  
 SKATEBOARDING  
 STEPHAN  
 SWIMMING  
 TOKYO

- WHO AM I ANSWERS
1. Elvis Presley
  2. Ronald Reagan
  3. Stephen Hawking
  4. Mohammad Ali
- QUIZ ANSWERS
1. Blue, yellow, black, green and red
  2. The Nile
  3. 1926
  4. AB Negative
  5. 17
  6. Nine
  7. The Indian Ocean
  8. The three-toed sloth
  9. Three
  10. Ten