New Risk Test Set to Help Seniors

Alcohol and medications can be a dangerous combination.

One-in-three people over 60 are at greater risk of health complications due to accidentally mixing their medications with alcohol. Seniors will soon be able to test themselves to see if they are at risk.

Peninsula Drug and Alcohol Program Psychologist, Stephen Bright, is in the process of conducting research to develop an online ‘risk assessment’ survey for seniors who may unaware of how their drinking may be impacting on their medications.

Stephen has recently been awarded a $50,000 Fellowship Grant for the research proposal.

“Unfortunately, screening tools currently available within Australia are ineffective and are not very good at identifying ‘risky drinking’ among older adults,” said Stephen.

“They do not assess factors, such as use of medications or chronic disease, which need to be considered when determining an older adult’s level of risk.

“The Alcohol-Related Problems Survey or the ARPS - a self-administered screening measure developed at the UCLA Medical School in the US - is a tool which incorporates all of these issues,” Stephen added.

The ARPS has not been available for use within Australia due to differences in the volume of ethanol considered a ‘standard drink’.

Stephen’s research involves a partnership with UCLA that will Australianise the ARPS. This will include recalibrating the way data is calculated and measured through the ARPS to determine an individual’s level of risk at a more effective rate than existing screening tools.

“The online survey will either be accessed in one’s own home or under the guidance of a health care professional during a one-on-one consultation, who can then discuss the details of the survey’s report.  continued on page 2
Local Mt Eliza Lions Club saw their most recent donation in action when they visited the Frankston Hospital Women’s Health Unit in March.

The Club donated $8,000 to the Women’s Health Unit to purchase a PROMPT Birthing Simulator.

The Lions Club raised the funds after participating in the 2009 Red Hill Country Music Festival.

“The Simulator provides a great platform for teaching many of the practical skills required for the successful management of childbirth,” said Peninsula Health Operations Director Major Projects & Quality, Sharyn Hayles.

“We really enjoyed having members of the Lions Club come to the Unit to see how the simulator is used to train staff,” she said.

“The Birthing Simulator is a mannequin with life sized torso, hips and thighs and comes complete with a life-like baby that it can ‘deliver’.

“It was originally designed to improve training for the manoeuvres required to accurately manage shoulder dystocia; an unpredictable, obstetric emergency.

“In addition to training for complicated deliveries; this birthing simulator realistically simulates normal delivery, as well as breech and assisted deliveries.”

“The Lions Members make regular donations to Peninsula Health and we are very grateful for their contributions,” said Sharyn.

Local Mt Eliza Lions Club Member Clive Bennett with the Birthing Simulator baby during the club’s recent visit to Frankston Hospital.

Questions in the survey will focus on the relationship between alcohol consumption, health problems and medication use and is expected to take around 15 minutes to complete.

“It will include questions on the quantity and frequency of alcohol use, symptoms of alcohol abuse and dependence, presence of medical and psychiatric conditions, symptoms of disease, smoking behaviour, medication use, physical function, and demographics.

“It then classifies patients as nonhazardous, hazardous, or harmful drinkers. This aims to make older adults more educated and aware of whether their drinking is putting them at risk of adverse medication reactions or health complications.

The research project is now in an initial stage of recalibrating ARPS data. The online questionnaire is scheduled to be launched in February 2011.

“With healthcare providers across the country being able to easily access and utilise the survey once it is launched online, it is expected that a greater number of older adults whose drinking places them at-risk of experiencing alcohol-related harm will be identified,” Stephen said.

“By providing these individuals with early intervention will assist health care professionals to understand how to prevent the onset of related illness and disease, as well as to promote good health and wellbeing,” Stephen added. Stephen was awarded the funding through the Mental Health and Drugs Research Fellowship Grant Program from the Department of Health. This Program supports clinicians to undertake research that benefits consumers and alcohol and other drug clients of mental health, treatment and support services.

If you or somebody you know, aged 60 and over, would like the comfort of knowing that whether alcohol is having a harmful effect on existing medications, please contact Peninsula Health’s Reducing Risky Drinking Program. To book a free appointment, call the access team on 9784 8100.
The longest running Community Kitchen in Australia, the Mahogany Community Kitchen in Frankston North, is now cooking on a new day of the week. The group will continue cooking healthy and affordable meals at the Mahogany Neighbourhood Centre but will now be meeting every Wednesday and are seeking new members to get involved.

A Community Kitchen is a group of six to eight people who meet on a regular basis to socialise and cook healthy and affordable meals. There are over 65 Community Kitchens currently running in Australia. The Mahogany group is run by volunteers Phillip Day, Alan Brown and David King who each have over five years experience with Community Kitchens.

“We would love to have some new members come along and be part of the fun,” said Alan.

“If you’re interested in learning how to cook easy, healthy and affordable meals, Community Kitchens is for you,” says Phillip, “They provide a friendly and welcoming place for community members to come together to share a meal.”

In order to create a healthier, cleaner and safer environment for patients, visitors and staff, as of September 1 Peninsula Health will become ‘Totally Smoke Free’.

The decision to go smoke free supports Peninsula Health’s dedication and commitment to improving the health and wellbeing of our patients, our staff and our community.

Becoming smoke free means that smoking will not be permitted at all Peninsula Health sites, both indoors and outdoors including buildings, grounds, car parks and the vehicles parked there.

The ban extends to everyone who smokes – patients, visitors, employees, students and contractors.

Peninsula Health has worked closely with local Councils, other organisations and community groups to develop and begin to implement a broader smoking prevention and cessation strategy to combat the largest single preventable cause of death and disease in Australia. ‘Totally Smoke Free’ is designed to provide all staff with a healthy and safe workplace and a healthy and safe environment in which patients are treated.

This change may be difficult for people who smoke, and helping smokers who want to quit is an important part of the implementation strategy.

With the support of the Peninsula GP Network, Community Health is delivering smoking cessation programs for the broader community in conjunction with Quit Victoria.

Support to manage or quit smoking is available at anytime through Quitline on 13 7848 (13 QUIT) or at www.quit.org.au

For more information on how to get involved with the Mahogany Community Kitchen contact Alan Brown on 03 9786 1445.
More patients will be seen more quickly in Frankston Hospital’s Radiology Department thanks to nearly $5 million in new equipment.

More than $4 million has been spent on equipment in the last six months and the State Government has announced another $906,000 for three new machines.

“The new imaging equipment means we will be able to increase the number of examinations each month from 7,300 to more than 8,000, and Doctors will have higher resolution images to assist in diagnosing and treating patients,” Peninsula Health Chief Executive Dr Sherene Devanesen said.

Dr Devanesen recognised the ongoing financial support of the community.

“Building a better health service is a partnership between the government, the local community, and the people who work in the health service,” Dr Devanesen said.

“We were able to fund the $4 million to buy a new MRI machine, a 64 slice CT scanner and a new camera for nuclear medical imaging through donations and strong financial management in every department which resulted in small financial surpluses in recent years.

“The most recent $906,000 equipment grant from the State Government will be used to replace two ultrasound machines and an image intensifier with state of the art equipment,” Dr Devanesen said.

“The new equipment and the experienced Radiology team from our new supplier, Imaging Independently Peninsula (IIP) means efficiency will increase.

“Radiology Manager Bert Thorbecke and Mathew Richardson with radiology imaging equipment.

Expecting parents can access the online booking form at www.peninsulahealth. org.au under Women’s Health & Children’s and Adolescent Health or contact the booking line on (03) 9784 7455.

Sue helping Beck make an online booking.

Maternity bookings have just stepped into the modern age at Frankston Hospital with the Women’s Services Unit now offering an online booking service.

This new service advances the Frankston Hospital Women’s Health Unit as it is currently the first of its kind in Victoria.

The service which was launched in late March ‘provides a quick and stress free way for women to book in their pregnancy’ says Della Attwood, Women’s Services Manager.

Families choosing to have their baby at Frankston Hospital will be contacted by the Women’s Health Unit after they have submitted their initial booking form for a follow up appointment to start planning their pre-natal care plan.

As well as providing easy access to booking services for expectant parents the service introduces an easy to maintain information storage system and reduces the reliance on the current phone booking line and the appointment response time.

‘We feel it will reassure expectant parents that their pregnancy process has already been started when they submit the form’ says Della.

Expecting parents can access the online booking form at www.peninsulahealth. org.au under Women’s Health & Children’s and Adolescent Health or contact the booking line on (03) 9784 7455.
The Southern Peninsula Community Fund Inc. is helping to save patients’ eyesight with their most recent donation to Rosebud Hospital.

A Takagi slit lamp, used to check for foreign bodies and corneal damage in the eye, has been purchased with part of the group’s generous $18,000 donation to the hospital.

Dr Allan Whitehead, Director of Emergency Services at Rosebud Hospital said the slit lamp had been warmly received by medical staff at the hospital.

“It is a vital piece of frontline equipment that helps to accurately diagnose the cause of a patient’s painful red eye,” said Dr. Whitehead.

The donation was also used to purchase two, much needed, electric hospital beds.

“We are glad to see our donation go so far, and hope that it helps ease pressure on the hospital and further benefits our community,” said President of the Southern Peninsula Community Fund Inc., Graham Fitzgerald.

For over 50 years the Southern Peninsula Community Fund Inc. has been committed to supporting the Mornington Peninsula community. In that time, the group has made contributions to Peninsula Health totalling over $400,000 as well as donating funds to local sporting groups, emergency and health services and other community groups.

The group’s fundraising is achieved through their ownership and operation of the Rye Op Shop. Established in 1978, the Op Shop currently has 50 volunteers and proceeds go back into the community.

“Last year, we were able to inject approximately 94% of total earnings at the Op Shop back into the local community,” said Graham.

Rosebud Hospital thanked the members and volunteers of the SPCF last week in an official handover to acknowledge the donation and purchase of the slit lamp.

“It is great to have the support of the Southern Peninsula Community Fund to make these important purchases that may not have been otherwise possible,” said David Anderson, Executive Director Finance and Rosebud Hospital, at the handover.

“Peninsula Health looks forward to a continued relationship with members of the Fund while we work to support the ongoing needs need of our growing health care services.”

Peninsula Health’s Annual general Meeting will be held on Friday 8th October 2010 at the Frankston Arts Centre, commencing at 2.00pm.

This years’ special guest speaker is Professor Ingrid Winship Executive Director Research at Melbourne Health

Presentations will also be made by Board Chairperson Barry Nicholls and Chief Executive Dr Sherene Devanesen.

The meeting will report on Peninsula Health’s achievements during 2009/10, and preview upcoming developments.

All interested members of the community are welcome to attend. Please RSVP by phoning 9788 1501.
Colposcopy Clinic now close to home

Early detection of abnormal cells of the cervix and any necessary treatment is widely considered the most effective way to prevent the onset of cervical cancer.

Peninsula Health recently introduced a local colposcopy clinic to assess the cervix of women who have had an abnormal result from their pap smear.

Launched in February this year, the fortnightly clinic has seen a range of patients, who would previously have needed to be seen either in a private hospital or outside the region.

Now patients across the Frankston and Mornington Peninsula are able to access this screening close to home.

The clinic is a combined partnership between midwives, nurses and obstetricians which has developed a model of care for their patients.

The midwife or nurse triages the referrals, arranges the appointment and briefs the patient over the phone on what to expect and to answer any questions they may have.

On clinic day the patient is met by the same nurse who arranged the appointment and seen by a doctor who performs the colposcopy, with the nurse in attendance.

If the examination and any biopsy confirm an abnormality that needs treating, the patient will be booked in as a day surgery case at the hospital. Surgical treatment is not performed at the clinic.

Patients are seen again by their Doctor within two weeks of the colposcopy to receive their results and discuss subsequent treatment if required.

The clinic offers continuity of care through from the first stage of referral to the final stage follow up appointment.

The clinic has received great feedback on this process, and how it helps to put patients at ease.

Gift of a New Bed

Rosebud resident Helen Baillieu has donated a state of the art Home Health Care bed to the Rosebud Community Rehabilitation Service.

After taking a fall in her Rosebud home over the summer, Mrs Baillieu had four weeks of rehabilitation with Peninsula Health and eventually went home with the aid of a carer.

“At the time I thought it would be beneficial for me to have a new bed as it would aid in my recovery,” Mrs Baillieu said.

“However, I really wanted to keep my own bed and decided I would like to donate the new bed to the Rehabilitation Service.”

“It provides a great in between service for those patients in the transition from hospital to home,” she said.

Mrs Baillieu said, “I was very grateful for the help and guidance from the staff in the Rehabilitation team”.

Rosebud Community Rehabilitation Services Principal Nurse Officer & Site Manager Mr Jose Arrebola has welcomed the bed and Mrs Baillieu’s generosity.

“We are very thankful for the help and guidance from the staff in the Rehabilitation team”.

Rosebud Rehabilitation Nurse Unit Manager Anne Hughes with Mrs Baillieu and the much appreciated bed donation.
Pink Ladies receive top honour!

The outstanding contribution of Frankston Hospital’s Pink Ladies has been recognised with a major award from the State Government.

The auxiliary have won the Most Outstanding Team Achievement Award in the metropolitan category of the 2010 Minister for Health Awards for Volunteering.

Minister for Health The Hon Daniel Andrews presented the Award to Pink Ladies President Pauline Ellerby, Treasurer Lyn Emery, and May Raynor Vice President at a function last Thursday.

Pauline Ellerby said she was thrilled to receive the award on behalf of the auxiliary.

“We have up to 22 volunteers on site every day managing ward flowers, delivering newspapers and library books and covering shifts in the kiosk,” said Pauline.

“This award is a fantastic way to recognise all our members and their volunteering contribution.”

Andy King, a volunteer with the Quality Department since 2008, a member of the Northern Community Advisory group and team leader for the new Volunteer Information Desk was among individual volunteers recognised at the award ceremony.

There were 65 nominations from 44 different metropolitan, regional, rural and primary health services across the State for the 2010 Awards.

"Dedicated volunteer teams such as the Frankston Hospital Pink Ladies were recognised for raising more than $5 million for the hospital and giving more than four decades’ service to the local community,” Mr Andrews said when presenting the award.

The Pink Ladies have a rich history, starting in April 1968 when the initial 15 members came together to “help lighten the workload of nurses and to brighten the lives of patients” at Frankston Hospital. In those days, they each wore a floral pink dress, white shoes and a pink cape and they became known as the “Pink Ladies”.

Over the past 42 years, the number of Pink Ladies has grown to nearly 100 volunteers who provide service to the Frankston Hospital community across six days of the week. They are the face of the hospital, creating a welcoming atmosphere to all who enter.

For information on volunteering at Peninsula Health contact Helen Wilson.
Volunteer Appreciation Day

More than 300 volunteers were celebrated at the Peninsula Health 2010 Volunteers and Auxiliaries Annual Appreciation Day Lunch.

Peninsula Health Chair Barry Nicholls welcomed the guests to the Mornington Racecourse.

“Volunteers assist in all aspects of the health service from Frankston Hospital to Rosebud Rehabilitation and community health centres across the Peninsula,” said Mr Nicholls.

“In measures great and small we are fortunate to have such a range of talented people giving of themselves.” Mr Nicholls said in his address to attendees on the day.

Peninsula Health Chief Executive Officer Dr Sherene Devanesen announced Long Service Award recipients on the day.

“The recipients have volunteered on various sites of Peninsula Health for over 15 and 20 years, and were presented with certificates for their outstanding contributions,” said Dr. Devanesen

“These are special people who have made volunteering a part of their life, and in turn have helped the lives of many.”

After the formalities of the day, volunteers kicked up their heels to songs performed by Diva Tania de Jong and Divo Jonathan Morton, two members of the internationally recognised Australian Entertainment group, Pot-Pourri.

The mood was upbeat and the traditional ‘conga’ line was enjoyed by everyone at the end of the day.

Members of Peninsula Health’s Board of Directors, senior Peninsula Health staff as well as several local Members of Parliament also attended the event.

Volunteers honoured for 15 and 20 years long service this year are:

15 Years:
Mia Bentley, Betty Walker, Florence Hartley, Elaine Planner, Boyd Standing, Dawn Standing, Dawn Cobden, Marion Conacher, Dot Holland, Gail Wilson, Cyril Jessup, Alison Beal, Lyn Thomas and Elizabeth Le Miere.

20 Years:
Margaret Jacobson, Margaret Jay, Norma Johnson, Margot Kilby and Merilyn Livingstone.
Norma and Margot, 20 years of volunteering together

20 years ago Norma Johnston was celebrating at her son’s wedding with her cousin Margot Kilby when the ladies made a life changing decision.

“At the wedding, I was introduced to a friend of Norma’s who volunteered as a Pink Lady at Frankston Hospital,” said Margot.

“My friend suggested that we join the Pink Ladies, especially as it would fill some time since I had recently left full time work,” said Norma.

Both Norma and I thought it sounded like a good idea and so we joined up the very next day, and haven’t looked back,” said Margot.

Norma and Margot began volunteering with the Pink Ladies on Wednesdays, monitoring and maintaining the TV’s for patients.

Both ladies also began volunteering in the Pink Ladies kiosk on Mondays when it first opened at the hospital.

“Once the Pink Ladies stopped doing the TV sets, we started working at the kiosk on Mondays as well as Wednesdays,” said Norma.

Norma and Margot both agree that helping people isn’t the only enjoyment that they get from through their work as Pink Ladies.

“It gets me out of the house and I enjoy mixing with the staff at the hospital, the other volunteers and the public” said Norma.

“But I’ve made friends for life, and we get to socialise together as well” said Margot.

Being a Pink Lady has also come in handy for Norma at times.

“When my late husband was on dialysis at the hospital he received treatment on the days I was volunteering so it helped us out that I could be there,” she said.

Both Norma and Margot can be found at the Pink Ladies Kiosk in the foyer of Frankston Hospital making coffee and serving up sandwiches every Monday and Wednesday.

Ninety-Nine, Not Out.

99 year old Dot Holland’s spectacular volunteer efforts are continuing.

Dot recently received her 15 Year Long Service Award for volunteering and she definitely has no intention of stopping.

Dot first started her volunteering efforts with the Friends of Carinya Auxiliary at the age of 84 with her daughter Gail.

“Mum and I just wanted to be able to give something back for all the time and care that the people of Carinya gave to dad” says daughter Gail.

These days Dot attends almost every auxiliary meeting and is more than willing to contribute and give an opinion or come up with ideas to help the group.

“She’s still so lively and full of ideas” says Gail, “she may not move as well as she used to but she still has her head screwed on properly.”

The friends of Carinya Auxiliary currently run chocolate drives and raffles on a regular basis to support the Aged Care facility.

“All mum has to do is take the box of chocolate back home to Village Baxter Retirement Village and all the nurses and carers swoop on it” says Gail.

“She also comes and sells raffle tickets at Karingal Hub. I think it’s because of her that we sell most of the tickets” says Gail.

Dot has been described as “such an inspirational person” by auxiliary president Jan Graham.

Dot and the other members of The Friends Carinya Auxiliary still meet regularly and are going strong.
50 years of Raffles at Rosebud

The West Rosebud Tootgarook Auxiliary celebrates its 50th birthday this year.

The Auxiliary held its first meeting in October 1960. Members come together to raise much needed funds for Rosebud Hospital.

“The group currently consists of 12 members, eight of whom have received Peninsula Health Life Governorships for their 10 years of service, four of whom for 20 years,” said President Mrs Sue Phillips.

“We hold four raffles a year, Easter, Mothers Day, September and Christmas week long raffles are held in the Rosebud Plaza.”

“We raffle donated goods such as Rugs, Paintings, and Dolls,” Sue said.

“Over the years we have also had cake stalls, garage sales, luncheons and concert to raise extra funds.”

Since 2005 the group has raised over $20,000.

“Funds raised have been used to buy equipment such as resuscitation mannequins, a mobile shower chair, a portable blood pressure machine and a chemotherapy chair.”

50 years of volunteering for the Rosebud Auxiliary

The Rosebud Auxiliary will celebrate their 50th anniversary later this year, and their support from the local community is as strong now as it was 50 years ago.

“Earlier this year we had a fright when some money was stolen from our gift wrapping stall in the Rosebud Plaza,” said President Jan Ridout.

“We were so lucky that the community came together to support us after the money was taken. People were happy to donate again and continue to support us so that we could keep giving.”

Operations Director for Rosebud Hospital, Lee Vause said it was disappointing that the auxiliary had been robbed of the proceeds for all their hard work.

The Rosebud Auxiliary have been regular contributors to fundraising efforts for the hospital over the last 50 years.

“Our biggest fundraising activities are the gift wrapping service we offer at Christmas time and Mothers Day,” said Jan.

Most recently the auxiliary, with 10 regular members gave Rosebud Hospital $7,000 towards the purchase of a Bariatric Lifting Machine for the Emergency Department.

“The benefits to the community as a result of the auxiliary’s donations are enormous,” said Lee.
The Frankston Hospital Information Desk has opened.

Frankston Hospital’s Executive Director, Brendon Gardner and Project Team Leader, volunteer Andy King launched the service with a small official ribbon cutting ceremony.

Located outside the entrance to Frankston Hospital foyer, the desk was the hard work of Karen Edis, her Community Participation team and Andy King.

This fantastic new service provides a friendly first point of contact for patients and visitors to the hospital.

“In such a large organisation and busy hospital, it is important there is a friendly face who can provide helpful information for people coming to Frankston Hospital,” said Brendon Gardener.

The Information Desk is run by volunteers, who are familiar with the hospital and able to offer advice or can help find out the right information.

Complementing the services of Frankston Hospital main reception, the Information Desk is able to provide information such as directions, visiting hours, and services provided by Peninsula Health.

At nearly 80 years of age, Elaine Planner continues to work, run a home and volunteer!

When asked how she manages all this Elaine remarked “I think being busy is what keeps you going”.

Elaine began volunteering at Rosebud Hospital as both a Pink Lady and a member of the Rosebud Hospital Kiosk Auxiliary on the encouragement of a good friend 15 years ago.

“I began stepping in to help out with the Pink Lady Group when people were unable to make their shifts,” Elaine reflected.

“But a permanent day opened up once a fortnight, and I’m still there volunteering as a Pink Lady today”.

In her role as a Pink Lady Elaine helps to sort the hospital linen, delivers flowers and helps out as requested at the two nurses’ stations.

“We just do whatever we can to help the nurses, and we have a good chat to the patients to see that they’re okay,” said Elaine.

Elaine is also a member of the Rosebud Hospital Kiosk Auxiliary, where she works in the kiosk once a month.

“When my friend suggested joining her as a volunteer at the hospital, she was involved in both groups, so I did the same,” said Elaine.

A dressmaker by trade, Elaine also still works from home sewing bridal wear amongst other projects and has no plans to finish working or volunteering just yet!
Love for the garden and the gardener

When Dawn and Boyd Standing first came to The Rosebud Hospital Garden Group 17 years ago, all they had to work with was rubble.

Since then Boyd and Dawn have helped turn the barren surroundings of Rosebud Hospital into a native paradise, brightening up the interior of the hospital with spectacular internal gardens and courtyards.

"When we began working on the [Rosebud Hospital] garden, there was absolutely nothing but rubble, and there were no inner gardens at all," said Dawn.

"There were only very few of us in the garden group at the beginning, but we worked with what we had."

Boyd and Dawn Standing enjoy spending time together in the garden.

"There’s nothing worse than seeing a neglected garden," said Dawn.

Initially both the inner and outer gardens had an abundance of native and exotic plants.

"We had ‘healing gardens’ that would promote specific types of health but unfortunately over the years we lost a lot of the plants."

Dawn and Boyd both agree they receive a great deal of pleasure from working in the gardens.

"We are always receiving compliments from the nurses and patients," they said.

"At the end of the day it keeps us busy and it’s something that we love doing" said Dawn.

When asked to reflect on their involvement in the garden group Boyd said “Dawn loves to garden, and I love the gardener.”

Both Dawn and Boyd were honoured with Long Service Awards for 15 years of volunteering with Peninsula Health at this year’s Volunteers Appreciation Day held at Mornington Racecourse.

Volunteer with a smile

Andy King has plenty to be smiling about. Through his role as a volunteer with Peninsula Health, Andy was recently nominated for a 2010 Minister for Heath Volunteer Award.

Andy was nominated for Outstanding Individual Achievement in a Metropolitan health service. The award recognises volunteers in a health care setting for their long term commitment and achievements, outstanding successes or action above and beyond the call of duty.

In his first volunteering role with Peninsula Health in 2008, Andy began working in the Quality Department helping to hand out and collect hospital feedback forms.

Since that time, Andy has become a member of several committees involved with Peninsula Health as well as the Northern Community Advisory Group.

Andy’s most recent role has been as Team Leader for the recently opened Frankston Hospital Information Desk.

“I’m helping to coordinate the volunteers at the information desk, which involves rostering and catering to everybody’s individual needs,” said Andy.

When asked why he volunteers, Andy insisted that ”working to help others is enjoyable it gives you personal satisfaction to know you are a part of something that contributes to the bigger picture.”

Andy King at the Information Desk.
Ladies in business in Sorrento

In 1960, a group of Sorrento ladies developed a new business to help fundraise for the Rosebud Hospital, which was under construction at the time. The Opportunity Shop business was in full swing when the Rosebud Hospital was officially opened in November 1961.

50 years later the Opportunity Shop still stands, and the group of ladies behind it are known as the Sorrento Portsea Op Shop Auxiliary. Together, the auxiliary is still going strong raising funds for Rosebud Hospital.

“The Op Shop currently resides in an old SEC Service Building in Sorrento where it has been for 30 years, without renovation, painting or a facelift!” said President Shirley Leach.

“The ladies and I work up to four shifts in the Op Shop per month, depending on who is available.”

“We meet four times a year, and we also have a Christmas luncheon,” said Shirley.

The Group, which has 17 active members, has raised just under $100,000 since 2005.

Operations Director for Rosebud Hospital, Lee Vause said “the fundraising efforts and commitment of the Op Shop Auxiliary to our hospital has been tremendous”

“Their financial contributions have helped purchase equipment the hospital may otherwise never had access to.

“Most recently the ladies have donated $22,000 to Rosebud Hospital which will be used to purchase five Automatic Beds, and for that we are very grateful.”

When asked about the beds, Shirley said “they can be made to lie flat, or sit upright depending on the patients needs, they’re also very comfortable,”

“Through out the years, we have raised money to help purchase other beds, furniture, Operating tables, surgery instruments, and Automatic Blood Pressure Monitors”.

“Volunteering is very satisfying,” Shirley said.

“Giving a few days every month is fun and it’s even nicer knowing that we are helping the local community”.

“All of the girls agree, we’re a very happy group!”

Members of the Sorrento Portsea Auxiliary at work in their op shop (L-R) Kath McCormick, Jean Stirly, Shirley Leach, June Casper and Betty Walker.
New Rosebud Community Health Building Taking Shape

Work on a new building for Rosebud Community Health Services has been taking shape.

Construction is underway on the five modules that will be assembled into the new building.

The $3.1m interim facility for the Rosebud Community Health Service, located at the rear of Rosebud Hospital, is set to open in August. It will also be near the Community Dental Service that was significantly expanded with a new building in 2008.

“The new facility will offer a wide range of direct care and group programs for people living in Rosebud and the southern end of the Peninsula,” said General Manager of Peninsula Health Community Health, Rob Macindoe.

Key stages of the development include:

- the installation of all modules,
- fit-out of the building,
- and the relocation of community health staff to the new facility.

“This building has been funded as a replacement of the former Community Health building in Murray Anderson Rd which was destroyed by fire. For the past two years Community Health services have been spread across a number of sites in the Rosebud area,” Rob said.

“The relocation of staff and services means that once again most community health services in Rosebud will be offered from the one central location. This will be more convenient for clients and all people accessing our programs and services.

“Key features of the new building will include a large multi-purpose area that can be used for specialised activity groups, as well as a large room for physiotherapy and related treatment services.

“There will also be designated areas for children and education services, as well as four consulting rooms and two interview rooms for access and counselling services,” said Rob.

Community health services currently offered from the Rosebud Community Rehabilitation Centre and services offered from Eleanora House, located in front of Rosebud Hospital, will relocate to the new building. This includes children’s and family services, dietetics, diabetes education, access and counselling and chronic disease management.

The Nintendo Wii’s rockin’ at Rosebud

A recent initiative at Rosebud Hospital has seen their elderly patients battling over control of the Hospital’s newest toy – a Nintendo Wii.

“We run the Functional Maintenance Program on Tuesday and Wednesday mornings and afternoons and Friday mornings,” Laurell Morrissey Allied Health Assistant, Physiotherapy and Occupational Therapy Department Rosebud.

“The most popular activities were Sensory and garden group reminiscences, Origami Napkin folding, and seated exercise groups but now, everyone wants to play on the Wii,” she said.

The Wii gives patients the opportunity to go ten pin bowling, play tennis, golf, hoola-hoops, and baseball, all while in the comfort of the indoor games room at the Hospital.

“The program aims to maintain the patients’ level of functionality whilst in hospital. Research has shown that functionality declines while patients are in hospital. So the program was introduced to keep the patients mind and body active,” said Laurell.

“We’ve found that by using the Wii, patients are reliving fun experiences from their pastimes, and making friends within the ward, as everyone is looking for a team to bowl with!”
Jean Turner Open Day

The $1.4 million refurbishment of the Jean Turner Nursing Home is complete and last week opened it’s doors to over 60 visitors.

The Open Day was an opportunity to celebrate with residents the upgrade of their home.

The total refurbishment involved the fit out of kitchens/dining rooms, lounge rooms, laundries, storerooms, bathrooms, bedrooms and ensuites. It also included laying new vinyl flooring, internal and external painting, and many new furnishings.

“All of the gardens were also landscaped and we created a Sensory Garden for our Dementia Wing,” said Principal Nursing Officer Monique Cook.

Jan Child, MANCCC Executive Director and Frank Carlus, Manager, Department of Health, Public Sector Residential Aged Care Services toured the renovated site, along with Peninsula Health staff and volunteers, family members, and local residents.

“We showcased our new facilities at the Open Day,” said Monique.

“Our residents and families are very happy with the new look. They also were part of the working party that decided on the changes and are delighted with the end result,” she said.

“The Open Day was a wonderful opportunity to thank the residents, families, volunteers and staff for all their efforts during the 16 weeks that they were re-located at RRU,”

Monique Cook Principal Nurse Officer rosebud Rehabilitation Aged Care Services and Facilities Engineer Rod Rabinovich.

“We were also entertained by Flinders Christian College Year 12 music students, 18 of who volunteered their time to play on the day,” said Monique.

Lanie Ver Boon will combine her passion for sailing and experience as a nurse when she volunteers with the Medical Sailing Ministries (MSM) during July and August this year.

The previous owner of a 42ft sailing boat, Lanie also has experience working as a remote area nurse. That made her the perfect candidate for the MSM Sailing Mission 2010.

For five weeks Lanie will call 53ft sailing boat Chimere home, as it sails medical teams through the Pacific Island Nation of Vanuatu to provide medical assistance to people living on the remote islands.

“My main role will be to support the Prevention of Blindness Project Team as they travel around the islands,” said Lanie.

“This role may develop from providing day to day support for the team to helping identify and treat other existing medical conditions in the remote communities.”

The Medical Sailing Ministries first took to the water in 2009 and in the three months they were at sea the team aboard visited 18 islands and assisted 4,220 patients.

Lanie became interested in volunteering with the MSM after selling her beloved sailing boat to a couple in Hastings.

“After talking to the buyers, I learned of the MSM and thought that my experience would be a good fit for this type of project,” said Lanie.

“I also love working with indigenous communities and especially with the children, being on the coal face and really feeling as though you can help and make a difference.”

At Peninsula Health, Lanie works in an Orthopaedic Pathway Role. In this role Lanie identifies patients who have had total knee or hip replacements who may be able to rehabilitate at home, helping to make beds available sooner for other patients.

“Research has shown that if the patient is suitable, they can rehabilitate faster in the home,” said Lanie.

Lanie Ver Boon before departing on her voyage

“My job is to work one on one with patients in their home to help them with their rehabilitation.

“It is great working one on one with people, especially with those less fortunate. It is great to be able to make a connection with someone and develop and understanding for their traditions and culture.”

Lanie departs for Vanuatu on 1 July 2010.

For more information on the Medical Sailing Ministries visit www.msm.org.au.
Local Country Club Helps Our Youngest Patients

The Long Island Country Club is committed towards donating equipment to help the young patients in Frankston Hospital’s Special Care Nursery and Paediatric Ward.

Club President Pam Lambert joined committee members Judi Ingram and Annie Russell to visit the Hospital and see first-hand where their money could be spent.

“Long Island Country Club is aiming towards funding a humidifier and syringe pump, through a wide range of fundraising efforts,” Ms Lambert explained.

Throughout the year many lady members work on goods for sale at a Charity Golf Day to be held in October.

“The Country Club has a long history of giving back to the community, and the committee is highly motivated to help improve our local hospital.”

Nurse Unit Manager of Special Care Nursery Di MacFarlane welcomed the efforts. “A humidifier will warm and humidify the oxygen in the air to help our sick babies breathe better, and the syringe pump will make it easier for newborns to receive the medications they may need.”

Long Island Country Club Members with some of the equipment they would like to fundraise for.

For more information on Long Island Country Club contact General Manager David Smith on 9786 4122

To donate to Frankston Hospital directly contact Hospital Reception on 9784 7777.

Healthy Community Appeal

If you would like to support any area of Peninsula Health please fill out this coupon and mail it to us.

☐ YES, I would like to help build a healthy community
☐ $25         ☐ $50
☐ $75         ☐ $100
☐ or your Gift of Choice $

MAIL TO:
Peninsula Health, Public Relations,
PO Box 192, Mt Eliza 3930

My cheque/money order is enclosed OR please charge my credit card

☐ MASTERCARD    ☐ VISA

Card number

Card valid to

Name on card

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Postcode

Telephone (optional)

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Gifts are tax deductible