More maternity beds for Frankston Hospital

There will be more beds for mothers and babies at Frankston Hospital when a $5 million expansion is completed.

Funding to expand the Hospital’s Maternity Unit was announced recently by the State Government.

Health Minister Daniel Andrews visited the maternity ward at Frankston to view the facilities.

“The expansion will help meet the demand of the growing number of births on the Peninsula. The new enlarged unit will be a great benefit to the community” Peninsula Health Chief Executive Dr Sherene Devanesen said.

Dr Devanesen said detailed planning for the expansion was underway. It would take about six months to finish architectural plans and finalise contracts and the expansion would be completed by late 2009.

Last month Health Minister Daniel Andrews visited Frankston Hospital to announce a further $16 million increase in funding for Peninsula Health.

This increases Peninsula Health’s total budget to $312 million for the 2008-09 financial year.

The funding will be used to replace vital medical equipment which is becoming outdated.

Baby boom
Peninsula Health is helping more and more babies arrive in to the world each year.

The following is a snapshot of the growth in maternity services at Peninsula Health over the last three years.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>BABIES BORN AT PENINSULA HEALTH</th>
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<tbody>
<tr>
<td>2005/06</td>
<td>2,270</td>
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<td>2007/08</td>
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Minister for Health, Daniel Andrews, with Nicole Hill and baby Keeley in the Special Care Nursery at Frankston Hospital.
A New Peninsula Health

Community health services on the Peninsula are now managed and delivered by a single organisation following the amalgamation of the Peninsula Community Health Service (PCHS) and Peninsula Health.

The amalgamation, which took effect on July 1, adds three more community health sites in Hastings, Rosebud and Mornington, to Peninsula Health.

The combined organisation will be known as Peninsula Health.

“At the first Board meeting the Board of Directors confirmed Dr Sherene Devanesen as the Chief Executive of the new organisation,” Chairperson of the Board, Mr Barry Nicholls said.

Before the meeting Mr Nicholls visited staff at PCHS and at the Frankston Community Health Service to welcome them to the new organisation.

“Peninsula Health is now better able to offer co-ordinated and integrated care,” said Mr Nicholls.

“Its hospitals, mental health, aged care and rehabilitation services now have an expanded community health service that covers the whole Peninsula,” he said.

“Clients of the existing services will benefit from the expertise that will be brought together under the new organisation and the integrated approach to community health service delivery,” said Mr Nicholls.

“Our goal is to enhance community health services on the Peninsula with a sharper focus on preventative health and early disease management,” he said.

Service Recognition Awards

Six of Peninsula Health’s longest serving employees recently received awards for passing their 30 year milestones.

Dale Newbegin, Mercedes Williams, Lorraine McPherson, David Piper, James Forbes and Patricia Kardinaal each celebrated 30 years of employment.

Other dedicated, long serving staff of Peninsula Health were also recognised at the recent Service Recognition Awards ceremony.

Many staff members were recognised for their achievements of 10, 15, 20, 25, and 30 years of employment.

Dr Sherene Devanesen, Chief Executive opened the ceremony and was joined by the Executive Directors in presenting the awards at the St Francis Xavier Parish Hall.

Dr Devanesen said that staff were the heart of the organisation.

“We are very grateful for the dedication of staff. These people all bring warmth, affection and passion to their roles at Peninsula Health,” Dr Devanesen said.

Recipients and their guests were treated to music from a string quartet on arrival and enjoyed afternoon tea with colleagues and Executive Directors following the ceremony.
New Board appointed

With the merger of Peninsula Health and Peninsula Community Health Service (PCHS) Health Minister Daniel Andrews has appointed a new Board of Directors for the combined organisation, which will be known as Peninsula Health.

Seven members of the original Peninsula Health Board of Directors will continue to serve on the new Board of the combined organisation, while two have retired.

Mr Barry Nicholls will continue as Chairperson of the new Board of Directors and two new members have been appointed.

“In addition to strong representation from the Peninsula community, Board members have been appointed for their expertise in clinical governance, delivery of high quality services, organisational development and health care financing. Their expertise will represent the needs and interests of the local community,” Mr Nicholls said.

“The Peninsula Health Board and staff extend their sincere appreciation to retiring Board Directors, Mr Jim Swinden and Associate Professor Ruth Solom, for their valuable contributions.

“We look forward to welcoming Professor Helen Keleher and Dr Winston McKean who have been appointed for a three-year term,” Mr Nicholls said.

Members of the Board of the new combined organisation will be:

Mr Barry Nicholls: Chairperson. Former Senior Victorian public servant, including roles within DHS and numerous public authorities; Fellow, Australian Institute of Company Directors; Fellow, Institute of Public Administration Australia (Vic); Past President, Economic Society of Australia (Vic); Former President, Rotary Club of Sorrento Inc.

Ms Nancy Hogan: Executive Director, Health and Aged Care Services with Galante Business Solutions; former Board Director, Hesta; former Board Director, Industry Funds Management Advisory Board and a resident of the Peninsula.

Professor Helen Keleher: Head of the Department of Health Science, School of Primary Health Care, Monash University; Member of the DHS Public Health Research Expert Advisory Panel; Member of the Board, Public Health Association of Australia (PHAA); President of the Victorian Branch, PHAA; and a Peninsula resident.

Mr James Kerrigan: Former co-ordinating Surveyor and Preceptor for Australian Council on Healthcare Standards; former State President and Councillor ACHSE; former State President and Federal Councillor Australian Hospitals Association; former CEO at three major teaching hospitals, PANCH, RVEEH and Mater Hospital Newcastle.

Dr Winston McKean: A retired medical practitioner, specialising in Public Health Medicine; formerly worked in Senior appointments in the New Zealand public health sector, including the Regional Health Authority and National Clinical training agency; Former Chairman of a Provincial Primary Health Organisation (NZ), Former Chairman of the National Taskforce on the Primary Health Care Strategy (NZ); Chairman of the current Peninsula Health Community Advisory Committee and a Peninsula resident.

Ms Liza Newby: Consultant in health law and policy; Member of the Victorian Quality Council; Community Member of Victorian Mental Health Review Board; former Victorian Health Services Commissioner.

Mr Michael Tiernan: Consultant in Legal Management and OHS, Rehabilitation and Risk Management; Member Law Institute of Victoria; WorkCover Committee, Accident Compensation Committee.

Ms Diana Ward: Current Deputy Chairperson, Licensed Estate Agent; Director, Victorian Healthcare Association and a Peninsula resident.

Ms Dianne Wickham: Partner, Morey Wickham Chartered Accountants and Advisers.

ZZzzzzz.....

Sleep Lab achieves five year accreditation

Patients of Peninsula Health’s Sleep Lab can rest easy knowing they are being cared for in a facility that conforms to the highest standards.

Five year accreditation has recently been obtained from the Thoracic Society of Australia and New Zealand and the Australasian Sleep Association.

The sleep laboratory is used for the diagnosis and treatment of sleep apnoea (breathing difficulties during sleep). About 720 patients are admitted each year.

Sleep apnoea mainly affects middle aged people. Men are more often affected than women. It is significantly associated with obesity. People with sleep apnoea are at a higher risk to develop hypertension, stroke, diabetes and heart failure.

Located in the Frankston Integrated Health Centre, the unit is a three bed facility with a central monitoring station where patients can be monitored as they sleep.

Senior Respiratory Scientist, Van Le Blanc said the accreditation ensures that the sleep service meets the high standards set by these organisations.

Peninsula Health’s Department of Thoracic Medicine has also achieved accreditation from the Royal Australian College of Physicians as an advanced training site in Adult Respiratory Medicine.
Charity exhibition supports Rosebud Hospital

$250 – that’s all you will pay for an original painting by one of the Peninsula’s most prominent artists.

The Artists’ Charity Exhibition will give seasoned art lovers, avid collectors or first-time buyers the chance to pick up a work of art for a fraction of its value.

Presented by the Mornington Peninsula Galleries Association in partnership with Mornington Peninsula Tourism and Peninsula Health, the annual event will raise funds for Rosebud Hospital.

More than 300 people attended the exhibition last year which raised more than $12,000.

Many well-known and indigenous artists are expected to take part in this year’s event with each painting to be sold for a fixed price of $250. Artists are only allowed to sign the back of their paintings, making it a mystery for buyers when purchasing a canvas.

“The exhibition will be an opportunity to promote our talented local and up-and-coming artists,” said Linda McLean Cook, President, Mornington Peninsula Galleries Association.

“Part of the fun of the exhibition is the possibility of being able to purchase a painting at a fraction of its real value - a painting that may have been created by someone famous, a painting by a family member or friend, or a painting just because you love it,” she added.

The Artists’ Charity Exhibition will be held at the Peninsula Community Theatre on Saturday October 4. Tickets include a selection of fine food and wine from local wineries and restaurants.

For further information contact Mornington Peninsula Galleries Association on 5987 3114.

Annual General Meeting 2008

Peninsula Health’s Annual General Meeting will be held on Friday October 31 at the Frankston Arts Centre, from 2.00pm.

The meeting, which usually attracts over 200 people, will preview upcoming developments across Peninsula Health and highlight some of the achievements of the last financial year.

Presentations will be made by Board Chairperson Barry Nicholls and Chief Executive Dr Sherene Devanesen, and a special guest speaker will be announced closer to the date.

Peninsula Health volunteers who have given 10 years of continuous service will be acknowledged with a presentation of Life Governorship Awards.

All interested members of the community are welcome to attend.

For further information contact 9788 1501.
Maureen Murray thought it was time to give back to her community.

In the 31 years she has lived in Rosebud, Maureen has had three operations and an abundance of support from the Rosebud Hospital.

As the President of the Rosebud Hospital Kiosk Auxiliary and member of the Rosebud Hospital Opportunity Shop Auxiliary, Maureen began volunteering with Peninsula Health eight years ago.

The Kiosk keeps her busy, each week she must buy the weekly stock and help staff the kiosk.

“There is always the need for an extra hand in the kitchen, we are always looking for more helpers,” said Maureen.

It was a proud day for the Auxiliary when their $50,000 donation led to the purchase of a mini bus for the hospital. The bus is used to transport patients between Peninsula Health sites.

Maureen’s work with the cinemas in Rosebud led to her involvement with the Rosebud Auxiliary.

“The Rosebud Auxiliary had picture days and it was my job to organise the picture luncheons.”

“I loved what they did and how happy they all were, and I knew it was for me,” said Maureen.

Since then, Maureen has enjoyed many great experiences and made some wonderful friends volunteering at Rosebud Hospital.

“The best part of my work is meeting new people and working with such a great group of staff,” she added.

“The nurses are exceptionally lovely and are always up for a laugh, which was one of the aspects that attracted me to volunteering with Rosebud Hospital.”

“Some of our volunteers have been there for years, and we are always looking for new volunteers to join our team,” said Maureen.

If you are interested in becoming part of this great team, please contact Maureen on 5982 1403.
Volunteers, Friends, Golf Partners

Helen and Diane share a passion for volunteering and golf!

Since meeting as volunteers at the Frankston Community Rehabilitation Centre the two women discovered they had a lot in common.

Four years later, Helen and Diane continue to volunteer. They have become firm friends and occasionally partner each other in a round of golf.

On Monday mornings Helen and Diane can be found helping out in administration at the Golf Links Road site.

Both ladies agree that there is always something useful to do. “We are go, go, go from the moment we get here,” says Diane.

“And we know when we leave we have worked hard,” adds Helen.

They are referring to the hours spent organising and maintaining the filing system, keeping up to date with systematic changes, tracking down files and making feedback calls for surveys amongst other tasks.

“It is challenging work,” remarks Helen, who first started volunteering back in 1999 after responding to an advertisement in the local paper.

“When I stopped working full-time and wanted to volunteer, I wanted to do something different, this was the perfect fit.”

Five years later, in July 2004, Helen was on hand to welcome Diane to volunteering with Peninsula Health. Diane believes that “helping others is vital to personal growth. Volunteering is about being challenged through a new experience,” she said.

Significantly, both of the ladies feel that their work is worthwhile and appreciated.

“They do a fabulous job and their role is vital to efficient administration” says Judi McKee, who up until recently was the Acting Principal Nurse and Site Manager for the Golf Links Road site.

In fact, Helen remembers that when she was unwell last year the first person to visit her was Jose Arrebola, Sub-Acute Ambulatory Care Manager and Acting Principal Nursing Officer & Campus Manager, Rosebud Rehabilitation Unit.

“He just dropped everything and came to visit me when he found out,” says Helen.

Together, Helen and Diane also enjoy attending the Annual Volunteer and Auxiliaries Appreciation Day Luncheon.

“We don’t expect that sort of thing, but it is a good chance to meet other volunteers and recognise long serving volunteers,” says Diane.

Helen and Diane will have been volunteering for 10 and five years respectively next year, and thankfully, don’t have any plans of ending their valuable work or their friendship anytime soon!

If you would like to volunteer with Peninsula Health please contact Judi McKee on 9788 1536 for further information.
Striking a delightful chord

Pauline Watt greets everyone by name as she enters the recreational room at the Jean Turner Community Nursing Home.

Pauline’s presence strikes a delightful chord when she comes in to play the piano each week.

“Pauline has been amazing,” says Rita Moore, Jean Turner’s full-time activity staff member.

As regular as clockwork, Pauline has visited Jean Turner every Tuesday for the last 10 years to lead the sing-a-long.

As residents call out the numbers of the songs they would like to hear, Pauline begins to play.

Classics such as ‘Happy Days Are Here Again’, ‘Home on the Range’ and ‘I’ll Be Your Sweetheart’ have everyone joining in, singing and kicking up their heels.

Laughing and joking between songs, Pauline warns everyone to “stick to the words” as they each have a turn singing into the microphone. She then proceeds to conduct a duet between one of the residents and her husband; ‘If You Were The Only Girl In The World’, they sing.

As the sing-a-long hour comes to an end it is clear that Pauline’s visits form a wonderful part of the week for the Jean Turner Community Nursing Home.

Celebrating her 81st birthday in July, Pauline learnt the piano when she was 10 years old. Today, her visits to Jean Turner are just about the only time she plays.

“I love playing for everyone at Jean Turner,” says Pauline.

“I have been here for quite a while now. It’s great because you get to know everyone”.

Pauline finishes by playing ‘Kiss Me Goodnight Sergeant Major’ to a deserved round of applause. And she exits the room the same way she entered, with a personal ‘goodbye’ and a smile for everyone.

Carolyn shares a secret

Carolyn Montgomery has found the way to beat the Monday blues, and is keen to let everyone in on the secret.

“More people should do this,” said Carolyn, 59. “It’s a real thrill, I just love it.”

Carolyn’s secret is volunteering at her local Peninsula Community Health Service (PCHS) site at Hastings every Monday with the Daycare for the Elderly program.

“I had been pretty lonely, and I’d done volunteering before in Richmond and a friend suggested I get involved through PCHS,” said Carolyn.

Five months later Carolyn is involved with everything from making lunches to arts and craft, and helping group members knock down the pins at the local bowling alley.

“They say I’m doing a lot, but they’re doing far more for me than I could ever do for them,” she said.

For Carolyn the time spent and friendships built with the different people she meets in the Daycare group is the greatest reward she could hope to get.

“It’s such a wonderful feeling, I can’t say it in words, it’s just joy.”

Volunteer Carolyn Montgomery and Gordon Jeffs enjoy a game of Bingo at the Daycare for the Elderly program.
Shirley Wragge has had a go at everything. She has delivered flowers and newspapers to patients, organised their TVs, and worked in the kiosk.

Shirley has been very busy as a member of the Frankston Hospital Pink Ladies Auxiliary since it first began 40 years ago.

Today, Shirley works on Wednesdays as a Duty Officer and has no plans of giving up her beloved role.

Shirley is one of Peninsula Health’s longest serving volunteers who were acknowledged at the Annual Volunteer and Auxiliaries Appreciation Day Luncheon on May 16th.

Chief Executive Dr Sherene Devanesen with Jan Child, Executive Director Community and Continuing Care, Psychiatry, Nursing and Community Participation, presented 23 volunteers with long service awards.

Chairperson Mr Barry Nicholls acknowledged that “volunteers have made a remarkable commitment to Peninsula Health. This assists us in providing top quality health care to our growing community”.

Those acknowledged with long service badges include:

<table>
<thead>
<tr>
<th>Name</th>
<th>Organisation</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shirley Wragge</td>
<td>Frankston Hospital Pink Ladies</td>
<td>40</td>
</tr>
<tr>
<td>Gwen Burford</td>
<td>Frankston Hospital Pink Ladies</td>
<td>30</td>
</tr>
<tr>
<td>Betty Raymond</td>
<td>Frankston Hospital Pink Ladies</td>
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<td>Isabella Hollands</td>
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<td>Marcelle Doran</td>
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<td>Sorrento/Portsea Auxiliary</td>
<td>25</td>
</tr>
<tr>
<td>Thelma Wilmeth</td>
<td>West Rosebud/Tootgarook Auxiliary</td>
<td>25</td>
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<td>The Mornington Centre</td>
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<tr>
<td>Florence Sadler</td>
<td>West Rosebud/Tootgarook Auxiliary</td>
<td>20</td>
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<td>Margaret R Short</td>
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</tr>
<tr>
<td>June McIntyre</td>
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<td>Ann Crump</td>
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<td>Elaine Jones</td>
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<td>Annette Croad</td>
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<td>Beryl Dow</td>
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<tr>
<td>Dilys Baker</td>
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<td>June Casper</td>
<td>Sorrento/Portsea Auxiliary</td>
<td>15</td>
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<tr>
<td>Joan Quickenstead</td>
<td>Sorrento/Portsea Auxiliary</td>
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<tr>
<td>Marion Sparrow</td>
<td>Friends of Carinya Auxiliary</td>
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<tr>
<td>Janet Chalmers</td>
<td>Rye Auxiliary</td>
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</tr>
<tr>
<td>Irene McNamara</td>
<td>Rye Auxiliary</td>
<td>15</td>
</tr>
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</table>
Liz Sullivan is everywhere

Liz Sullivan is everywhere at Carinya Residential Aged Care; helping staff run water exercises in the hydrotherapy pool to hopping on the bus taking residents on special outings.

Sometimes, Liz is at the sewing machine helping to make outfits for residents off to a dinner dance. She has also been spotted on the back of a Harley Davidson after organising special rides for residents who are also motorcycle enthusiasts.

These are just a few of the activities that Liz has been involved in or helped to co-ordinate in her nine years as a volunteer at Carinya.

“There is almost nothing that Liz does not do” says Marion Sparrow, Diversional Therapist.

“She helps out with luncheons, takes residents on picnics and special outings and spends valuable one on one time with residents,” Marion says.

In that time Liz has been able to get to know the residents quite well, inspiring one of her many projects - developing ‘Lifestyle’ books for residents.

“The Lifestyle books are personalised for residents,” says Liz.

“I get to know the residents and try to create a book filled with pictures that represent their memoirs,” says Liz.

As well as helping out with various special activities, Liz is also a member of the Friends of Carinya Auxiliary. Together, Auxiliary members work hard to fundraise for the aged care facility throughout the year.

From her variety of experiences volunteering, Liz believes that it is most important to share a laugh.

“It can be challenging at times, but every week something funny happens and you have to laugh with the residents,” says Liz.

A relieving sight for some, volunteers are on hand to give directions, assist with general centre enquiries and escort people to a destination or assists in using lifts.

There are eight volunteers responsible for operating the information desk, working three hour shifts to provide support for patients, visitors and staff alike.

“Nothing surprises me anymore,” Norman said.

“Rather, I surprise the visitors. I can anticipate where people want to go and usually start telling them where to head before they ask,” Norman said.

As a result of the volunteer’s hard work, the information desk has proved so useful that the idea is being considered for Frankston Hospital.

Gloria Callery, Community Health Volunteer Co-ordinator said:

“Frankston Hospital will begin advertising for volunteers for the information desk soon.”

“Hopefully, we can have two volunteers at a time, someone at the desk and someone to escort people around”.

Frankston Integrated Health Centre Information Desk operates between 9am and 5pm Monday to Friday and welcomes all queries.

Information ready

Norman Summers is the face of Peninsula Health for many visitors to the Frankston Integrated Health Centre.

As a member of the Frankston Hospital Men’s Auxiliary, Norman began volunteering with Peninsula Health in January 2001.

On Thursdays, Norman works at the Information Desk at the entrance to the Frankston Integrated Health Centre.

A Community Health initiative, the information desk operates from Monday to Friday and is staffed entirely by volunteers.

Clearly there is not much that Liz Sullivan hasn’t done at Carinya Residential Aged Care, and it does not go unnoticed.

According to Marion, “it takes a very special person to look past the illness of some of our residents and see who the person is”.

“But with her patience and great sense of humour, Liz does exactly that”.

Gloria Callery Co-ordinator of Volunteers, Frankston Community Health Service and volunteer Norman Summers at the Information Desk.
Frankston Hospital relies on the contributions of hundreds of volunteers every week to deliver quality health care services.

From the Pink Ladies in the Kiosk to individuals assisting on the wards or around the gardens, volunteers can be found helping out all over the hospital.

Brain Donnelly is one of many volunteers. For almost 18 months he has dedicated his Monday mornings to helping the team at Peninsula Mental Health Service (PMHS).

Working with the Community Group, Brain says the highlight of his week is reading a quiz to the group.

“Additionally, I am responsible for preparing various kits for the administration team, and maintaining a constant supply of consumer and carer kits for the wards,” he said.

These are just some of many necessary support services that Brian, and other volunteers are involved in to help staff around PMHS.

Carmel Jackson, Carer Consultant PMHS, says that Brian brings a fresh face to the ward.

“He helps out the Occupational Therapy team with activities, joins in community meetings, discusses current affairs with patients and engages in one on one time with patients if they wish”.

Carmel also identifies having non-clinical contact as a positive influence for patients spending time on the ward.

Both Brain and Carmel agree that volunteering in PMHS is not an easy task, but it can be rewarding.

“I find my time here is appreciated, and job satisfaction for me is its best reward. I feel that the staff treat and respect me as a worthy contributor to the team and value my efforts,” Brian said.

Cyril Jessup and Allen Prowse have green thumbs that brighten the gardens at the Rosebud Rehabilitation Centre.

For the past 10 years, Cyril and Allen have been tirelessly working to make the gardens a picturesque pleasure for patients and staff.

Clearing, cutting, sweeping, watering, planting and of course stopping to say g’day, is all a part of their Tuesday mornings in Rosebud.

Not even the blustery weather can stop the ‘busy bees’ from starting with a smile at 7.30 in the morning.

“Everybody knows who they are around here,” said Allan Saliba, Unit Manager of the Rosebud Rehabilitation Unit.

“Allen and Cyril are always so warm and friendly and it’s nearly impossible not to stop and have a chat,” he said.

Although the drought had initially presented a challenge to Allen and Cyril, the pair has managed to cope, keeping the gardens as delightful as they were a few years ago.

“They are great, really fantastic. The work they do in their cheerful manner every Tuesday really makes a difference. The patients and staff at Rosebud are honoured to have them here,” said Allan Saliba.
Shirl Peachey had the artistic flair, but lacked the experience when she first started volunteering in floral arranging four years ago.

In fact, fellow volunteer Kay Calrow jokes, “Shirl didn’t know a flower from a tree”.

With the help of other more practised volunteers Shirl became competent in creating eye-catching floral arrangements that decorate The Mornington Centre.

Today, Shirl works with Kay, a volunteer of 15 years and Marie McCartney, who has been volunteering for nine years.

Kay, Shirl and Marie are part of a team of six, responsible for maintaining floral displays at The Mornington Centre. Every Tuesday morning they develop flower arrangements that brighten the days of the Centre’s patients.

The ladies agree that seeing patients light up when they come into the room with fresh displays of flowers is rewarding.

“We also love to stop and have a chat with the patients, we enjoy cheering them up” added Kay.

“Nurse Unit Managers sometimes ask us to spend some time talking to particular patients and they like to keep the place looking good, so we help them out,” said Marie.

Their work also involves sourcing the flowers to be used, either from their own gardens or through donations.

“This has been tough lately” says Marie, “It is difficult to get flowers in winter and the drought has also impacted their availability”.

All three women agree that it is important to continue their work in the wintry conditions, as most of the patients love to see the new flowers arrive every week.

Commenting on her position as a volunteer, Marie says “I love anything to do with nature but I’d be no good at clinical duties, so this is how I help out”.

If anyone would like to donate flowers and/or their time please contact Robin Digby on 9784 9092 for further information.
Volunteers needed at Peninsula Health

Whether you’re a butcher a baker or a candle stick maker, if you are looking for an opportunity to contribute to your local community, we want you!

Peninsula Health has a number of vacancies for volunteers in various departments available.

At Frankston Hospital the Men’s Auxiliary has vacancies for more volunteers. If you are interested in joining a mature group of men, please ring Tony Birchall on 9776 7528. The Auxiliary meets every Tuesday from 8.30am-10.30am.

The Aged and Palliative Care Centres are all looking for volunteers. The Mornington Centre, Lotus Lodge Hostel, Jean Turner Community Nursing Home, Rosewood House, Carinya and Michael Court all need assistance across the following areas:

- Administration volunteers – assist clerical and receptionist staff,
- Activities and Exercise assistants – help therapists with various physical activity tasks including hydrotherapy sessions, inpatient rehabilitation sessions, walks and gardening,
- Age Strong Program and Ageing Well Program volunteers – assist staff in providing information, services and support to the local community,
- Floral arrangements where possible providing some flower arranging and refreshing the flowers.

Anyone interested should contact David Piper on 0407 888 578, Judi McKee on 9788 1536, Marion Sparrow [Friends of Carinya], on 9783 7277, Barbara Williams [Rosewood House Manager] on 9582 0147 or Monique Cook [Site Manager Rosebud] on 9586 1011.

Frankston Community Health Service is in need of volunteers to assist them as:

- Volunteer drivers - to transport clients to the Frankston Integrated Health Centre for various appointments,
- Cardiac Rehabilitation volunteers,
- Massage Program volunteers – to provide hand and foot massages to patients undergoing chemotherapy.

Time commitment is negotiable and can range from once a fortnight to twice a week.

For more information please contact Gloria Callery, Volunteers Co-ordinator on 9784 8174.

Peninsula Community Health Service is looking for volunteers to help out with their Planned Activity Group Day Programs for every day of the week. They are looking for:

- Bus drivers and car drivers to transport clients,
- Volunteers to clear tables and pack dishwashers after lunch,
- People with computer, woodworking, craft, music and / or gardening skills,
- People to assist with caring for aged and dementia clients.

For more information about volunteering at Peninsula Health, visit our website www.peninsulahealth.org.au click on ‘Volunteer and Auxiliaries’.

Here you will find a list of the many Auxiliary and Volunteer groups and phone numbers for the Volunteer Co-ordinator at each of our sites.

You can also download our Volunteer Handbook which details more information about volunteer opportunities at Peninsula Health.
No excuse for no exercise

Sue Stanley and Tony Shaw’s ‘no frills’ approach to exercise saw the crowd at Peninsula Health’s recent diabetes forum off their seats and shaking their hips.

The former world aerobic champion and former AFL champ’s tips for a healthy lifestyle helped raise awareness about the prevention, detection and management of type 2 diabetes.

The real risk of the disease hit hard for many people when Sue asked them to measure their waists. Men with waist measurements of more than 100cm and women with 80cm are considered at a high risk of developing type 2 diabetes.

Nearly 200 people attended the forum at the Frankston Arts Centre. Displays from services including Peninsula Health’s Ageing Well and Diabetes Education Units, Frankston City Council, Go For Your Life, Diabetes Australia – Vic and the Peninsula Community Health Service offered people information about different services in the area.

Stan Alves and Tony Shaw, both Former AFL champions, and Sue Stanely shared their experiences and advice about living a healthy life. Their stories encouraged people to change their perception of type 2 diabetes and take charge of their health.

Dr Ralph Audehm from Diabetes Australia – Vic and Dr Deepak Dutta, Peninsula Health’s Head of Endocrinology joined the guest speakers for the panel discussion. They encouraged the audience to complete their full risk assessment for diabetes and speak to their GP.

“It was an informative night. The speakers both entertained the audience and discussed issues that are important to health and the prevention of type 2 diabetes,” said Jan Child, Executive Director Community and Continuing Care.

Peninsula Health will be holding another health forum in 2009.

Click cyber bullies away

Computers, online chat rooms, social networking websites, mobile phones…. teenagers today are more technology savvy than any previous generation.

But the advance in technology has also created an advance in a new style of bully – one which can invade the privacy of your own home and has the ability to broadcast anonymously to an audience of millions.

The issue of cyber bullying and online safety will be discussed at two forthcoming forums hosted by Peninsula Health’s Frankston School Focused Youth Service.

“This is a prominent issue at the moment with increasing reports in the media of inappropriate internet use by teenagers, or people targeting teenagers,” said Sonja Bottern, Frankston School Focused Youth Services Co-ordinator.

Special guest speaker will be Senior Constable Susan McLean, who was the 1994 Cyber Safety Project Officer with Victoria Police and has over 15 years experience of working with youth and the issue of cyber bullying.

“Many parents probably don’t even know what their children get up to online or what sites such as My Space or Facebook involve.

“At the forums, there will be tips on how to advise children to be safe when using the internet, how to monitor their activity and about the ethics of cyber safety,” she said.

“These forums are relevant not only for parents, but also for schools dealing with the results of increasing numbers of students being cyber bullied and agencies being asked to help support families and students,” added Sonja.

The forums are a joint project with support from Department of Education and Early Childhood Development, Frankston Police and Frankston City Council.

There are two sessions, one tailored for parents (7.00 – 8.30pm) and one for schools and agencies (4.00 – 6.00pm), on Monday September 1 at the George Jenkins Theatre, Monash University, Frankston.

Entry is free but bookings are essential. Contact Sonja on 0407 317 368 or email sbottern@phcn.vic.gov.au.
Dementia is not a normal part of ageing yet its prevalence is on the rise as the population ages.

Dr Steve Macfarlane, peninsula Health Director of aged psychiatry, said dementia will become more prevalent in the community with the population over the age of 65 expected to triple in the coming years.

“Confusion, neglect and the inability to carry out every-day tasks are some of the symptoms of dementia. Many sufferers also experience personality changes that can lead to angry outbursts and other behavioural problems.”

“The changes are confusing and distressing for carers of dementia sufferers and lead to many questions about the best way to handle these behavioural changes,” said Dr Macfarlane.

To help the professional carers of those with dementia who live in residential aged care facilities, Peninsula Mental Health Service is producing an educational DVD about dementia and how to best manage the behavioural symptoms often shown by those with dementia.

The DVD will cover a range of topics including the best ways to speak and approach sufferers that are showing abnormal behaviour. The second part of the DVD targets General Practitioners and will provide information on the appropriate use of medications and how they can help manage the symptoms of dementia sufferers.

The DVD follows the successful ‘About Psychosis’ DVD which provided information for consumers and carers of those who are in the early stages of a psychotic illness. The ‘About Psychosis’ DVD was developed in conjunction with pharmaceutical company, Janssen-Cilag, and officially launched in 2007 at the Congress of the Royal Australian and New Zealand College of Psychiatrists. To date, more than 10,000 copies have been distributed.

“It is hoped the new DVD will be a valuable resource for the carers of dementia sufferers and for General Practitioners nationwide. The information featured will address the factors that impact on the health and well-being of people with dementia,” Dr Macfarlane said.

Like the ‘About Psychosis’ DVD, the new DVD will be produced in-house by Peninsula Health with the support of Janssen-Cilag. Peninsula Health staff including Dr Macfarlane and Dr Jeremy Blumenthal, Aged Psychiatry Registrar, will also feature in the DVD.

The DVD is expected to be available by the end of 2008.
Research Week expands

The annual celebration of outstanding research undertaken by Peninsula Health staff gets bigger every year.

“A public forum has been added to this year’s program of events to showcase to our community the increasing research focus at Peninsula Health,” said Dr Susan Sdrinis, Acting Executive Director Medical Services & Quality, and Clinical Governance.

“There is evidence that patients who are treated in research-active health services have better clinical outcomes,” said Dr Sdrinis.

Research Week is an initiative of Peninsula Health’s Research Development Committee and will be held from Thursday – Friday, November 13-24.

The public forum, titled “Research Initiatives in Mental Health” will be held on November 13 and will feature special guest speaker Professor Jayashri Kulkarni, Professor of Psychiatry at The Alfred and Monash University and Director of the Alfred Psychiatry Research Centre, along with presentations by Peninsula Health researchers.

The week will again feature a poster display competition in the foyer of Frankston Hospital.

Awards will also be given to research projects conducted by Peninsula Health registrars, allied health and nursing staff during the Registrar Research Prize and the Allied Health and Nursing Research Symposium.

“The week is an opportunity to both showcase our research achievements to the public and inspire our staff to undertake new and exciting research projects,” said Dr Sdrinis.

It concludes with the annual Research Dinner and Jeremy Anderson Oration, which features special guest speaker Professor Steve Wesselingh, Dean, Faculty of Medicine, Nursing and Health Sciences, Monash University.

For more information regarding research at Peninsula Health contact the Research Program Secretariat on 9788 1474.

Overdose awareness

Each year, all over the world, overdoses from illicit drugs cause many preventable injuries and fatalities.

Overdose Awareness Day is a time to put different views and presumptions aside and commemorate the lives of those who have suffered an overdose.

For our Community Health needle syringe program SHARPShS (Southern HIV/Hep Resource and Prevention Service), it is also an opportunity to increase awareness around overdose issues and the dangers around drug use.

“Each year our community has shown more interest in Overdose Awareness Day. For the first time the day will be recognised internationally in 2008,” said Melissa Virtue of SHARPS.

“We will be hosting a memorial service at Frankston Uniting Church, open to anyone who has been touched by overdose, professionally or personally,” said Melissa.

“For those that have lost a loved one from an overdose, there is often an associated shame which can add to their grief, even more so around illicit drug use” said Melissa.

“There will be a candle lighting ceremony, music, a banner for attendees to write on if they wish and an open microphone session, followed by refreshments,” said Melissa.

About 100 people are expected to attend the local ceremony, now in its sixth year.

The memorial service at Frankston Uniting Church will be held on Friday August 29 from 11.00am. Overdose Awareness Day is commemorated on the following Sunday, August 31.

If you would like to participate or have any queries, please contact SHARPS on 9781 1622.

The many research projects conducted by Peninsula Health staff will be showcased during Research Week in November.
Words of praise

I just want to send a letter to let you know I think your doctors, staff and hospital are fantastic!

I am probably best known as the ‘Achilles’ girl. I ruptured my Achilles heel 10 months ago and have been on the waiting list to get it repaired for the past four months. The waiting list people have been patient and understanding with me calling every week for two months to see when my operation was.

I also had a day procedure four months ago at Frankston Hospital and they were also fantastic. My doctor was so friendly and helped me with everything I needed to get through my pre-operative and post-operative needs.

The hospital in general couldn’t do enough for me, from the anaesthetic doctor to the nurses assisting. I guess you probably hear about complaints more than all the satisfied patients so I thought I would spend this time writing this letter just to let you know how I felt.

I wouldn’t go to any other hospital as I felt Frankston Hospital treated me like a ‘private patient’.

Debbie

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