



The Eastern *Vibes*

Monthly Newsletter 2019

January 2019, Issue #55

MINISTER OF HEALTH OFFICIALLY OPENS THE SANGRE GRANDE ENHANCED HEALTH CENTRE



The Honourable Terrence Deyalsingh, Minister of Health unveils the plaque with Ms. Glenda Jennings-Smith, Member of Parliament for Toco/Sangre Grande, Ms. Esme Rawlins-Charles, Chairman of the ERHA, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Dr. Allana Best, County Medical Officer of Health (Ag.)

The Honourable Terrence Deyalsingh, Minister of Health officially opened the Sangre Grande Enhanced Health Centre on 12th January, 2019. In delivering the feature address, Minister Deyalsingh reminded the audience to make healthy choices with their diet, to exercise and to

accept personal responsibility to be immunized against the influenza virus.

Story continues on page 2

In this Issue

- Minister of Health Officially Opens the Sangre Grande Enhanced Health Centre
- First New Year's Baby at the Sangre Grande Hospital
- ERHA Goes Beyond the Boundaries of Healthcare
- First Public Consultation of the New Sangre Grande Hospital
- Nariva/Mayaro Continues with H1N1 Sensitization Sessions
- Practice Proper Hand Hygiene
- Sangre Grande Hospital Welcomes a New Cafeteria & Tuck Shop
- 2019 Dry Season
- Nutrition Crossword
- Upcoming Activities and Events

Minister of Health Officially Opens the SGEHC *(continues from front page)*

Also addressing the audience were Ms. Glenda Jennings-Smith, Member of Parliament for Toco/Sangre Grande; Ms. Esme Rawlins-Charles, Chairman of the Eastern Regional Health Authority (ERHA) and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer.

The opening of this new facility provides an opportunity to enhance the services to the population within the fastest growing region in the country. It also allows for innovation with regards to the type of primary care services being offered and the delivery of these services.

After the official opening, guests were taken on a guided tour of the facility which is equipped to service approximately 90-100 walk-in patients per day. Clients who visit the Sangre Grande Enhanced Centre can access the following services:

- Ante - Natal
- Audiology
- Change of Catheter
- Child Welfare
- Chronic Disease
- Dental
- Dental X-ray
- Dermatology
- Domiciliary Services
- Dressing
- ECG
- Family Planning
- Health Office
- Laboratory Services
- Medical Social Work
- Men's Health
- Mental Health
- Nutrition/Dietician
- Pap smear
- Pharmacy
- Post - Natal
- Queens Park Counselling (for HIV/Aids clients)
- School Visits
- Ultrasound
- Wellness Centre
- Vaccination
- X-ray



Cutting of the Ribbon

The Honourable Terrence Deyalsingh, Minister of Health shakes hands with Ms. Esme Rawlins-Charles, Chairman of the ERHA as Ms. Glenda Jennings-Smith, Member of Parliament for Toco/Sangre Grande and members of the Board of Directors look on



The Honourable Terrence Deyalsingh, Minister of Health tours the facility and meets with staff. At front: Mrs. Glenda Jennings-Smith, Member of Parliament for Toco/Sangre Grande and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer



Mr. Terry Rondon, Chairman of the Sangre Grande Regional Corporation, Ms. Elizabeth Wharton, Councillor for Sangre Grande Northwest, Ms. Christine Newaloo-Hosein, Member of Parliament for Cumuto/Manzanilla and Mr. Rushton Paray, Member of Parliament for Mayaro (front row, L-R) and other specially invited guests at the opening ceremony.

First New Year's Baby at Sangre Grande Hospital



(L-R) Ms. Lucy Torres, Director, Ms. Gloria Andrews, Director, Ms. Joanne Hanooman, Midwife, Ms. Ellen Campbell, Acting Head Nurse, Ms. Esmé Rawlins-Charles, Chairman, Ms. Kandi Orosco-Purcell, mother and baby Ammiel.

The Eastern Regional Health Authority welcomed the first baby to be born at the Sangre Grande Hospital for 2019 at 3:20 a.m. on January 1st. Ms. Kandi Orosco-Purcell from Foster Road, Sangre Grande gave birth to a healthy baby boy named Ammiel who weighed 2290 grams. Ammiel was delivered by Ms. Joanne Hanooman, Midwife.

Ms. Esmé Rawlins-Charles, Chairman of the Board of the Eastern Regional Health Authority and Directors Ms. Gloria Andrews and Ms. Lucy Torres were on hand to congratulate Ms. Orosco-Purcell and presented her with a hamper filled with baby products.

Ms. Orosco-Purcell thanked the staff at the Sangre Grande Hospital for the safe delivery of her son Ammiel and stated she was treated well by the staff and they made the delivery easy.

ERHA Goes Beyond the Boundaries of Healthcare

The Eastern Regional Health Authority (ERHA) opened a Computer Lab and Library at the Plum Mitan Community Centre on 3rd January, 2019 at the request of the members of the Community and the President of the Village Council, Mr. Rishi Deonanan.

The Computer Lab and Library will provide students like eight year old Shanisha Kistow of Plum Mitan Presbyterian School and others with key tools to conduct research, do their homework and prepare their School Based Assessments.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer of the Eastern Regional Health Authority indicated that, ***"The ERHA embraced the opportunity to enhance our collaboration with the community of Plum Mitan by extending our services beyond the boundaries of healthcare... and provided assistance to equip this facility to empower the community we serve."***

The ERHA donated a variety of books and six refurbished computers. ERHA also collaborated with the Telecommunications Services of Trinidad and Tobago (TSTT) to acquire unlimited Internet access for the Lab. The formal opening was followed by a

Health Clinic hosted by the ERHA to provide a range of services to the community which included basic screening, immunizations, pap smears, advice on oral health, nutrition and health education.

Mr. Rishi Deonanan thanked the Eastern Regional Health Authority for strengthening the relationship with the people of Plum Mitan and expressed his gratitude to TSTT for their contribution.



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, ERHA cuts ribbon and officially opens the Computer Lab with Ms. Ms. Anjanie Ramesar-Soom, Manager-Corporate and Community Affairs, TSTT, Mr. Rishi Deonanan, President of the Plum Mitan Village Council and Ms. Shanisha Kistow, student of the Plum Mitan Presbyterian School as Dr. Allana Best, County Medical Officer of Health, St. Andrew/St. David looks on.



Ms. Shanisha Kistow uses the computer while she chats with Ms. Anjanie Ramesar-Soom, Manager-Corporate and Community Affairs, TSTT.

First Public Consultation for the New Sangre Grande Hospital

Stakeholders of the Eastern Regional Health Authority (ERHA) in Sangre Grande and environs attended the first public consultation for the New Sangre Grande Hospital. The consultation was hosted by the Urban Development Corporation of Trinidad and Tobago (UDeCOTT) in conjunction with the Ministry of Health (MOH) and the ERHA on January 14, 2019 at the North Eastern Centre, Duranta Gardens, Ojoe Road, Sangre Grande.

One of the key objectives of the consultation was to provide stakeholders with information on key aspects of the project. Mr. Christopher Jagroo, Divisional Manager Construction and Chief Executive Officer (Ag.), UDeCOTT made a presentation to the stakeholders on the proposed hospital to address issues centered around the construction phase. Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, ERHA outlined the vision for healthcare within the region and the proposed upgrades. He also indicated that the Authority was happy to partner with the Ministry of Health and UDeCOTT and that he would represent the community and ensure that the highest possible standards were attained. Dr. David Santana spoke about the unique services offered at the Sangre Grande Hospital and the quality of care during his contribution. Dr. Santana also indicated that the sky was the limit as to what they will be able to do at the new Sangre Grande Hospital.

The stakeholders took the opportunity to raise issues that would affect their lives, such as traffic congestion, parking, noise and dust with a view to ensuring that these concerns are addressed by the start of the project.

All stakeholders agreed that there is a critical need for a world class facility for the people of Sangre Grande and environs and will work together to achieve this objective.



Residents of Sangre Grande and environs and stakeholders



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer chats with residents at the consultation



Members of the Head Table

(L-R) Mr. Chris Jagroo, Divisional Manager Construction and Chief Executive Officer (Ag.), UDeCOTT, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Dr. David Santana, Medical Director (Ag.)

Nariva/Mayaro Continues with H1N1 Sensitization Sessions

Parents and teachers in the Nariva/Mayaro area were recently sensitized on H1N1 to be able to detect the symptoms and to know how to respond.

Mr. Peter Jeffrey, Health Education Officer and the Health Education Team visited the Ecclesville Presbyterian Primary School, Rio Claro Hindu School, Navet Presbyterian School and the Mayaro Government Primary School and met with staff and parents to sensitize them on the flu virus. Topics discussed included symptoms of the flu, emergency warning signs, care guidelines and prevention.

Persons were also encouraged to visit their nearest health facility if they or their loved ones experienced symptoms of the flu virus.

Photos of the Sensitization Sessions:



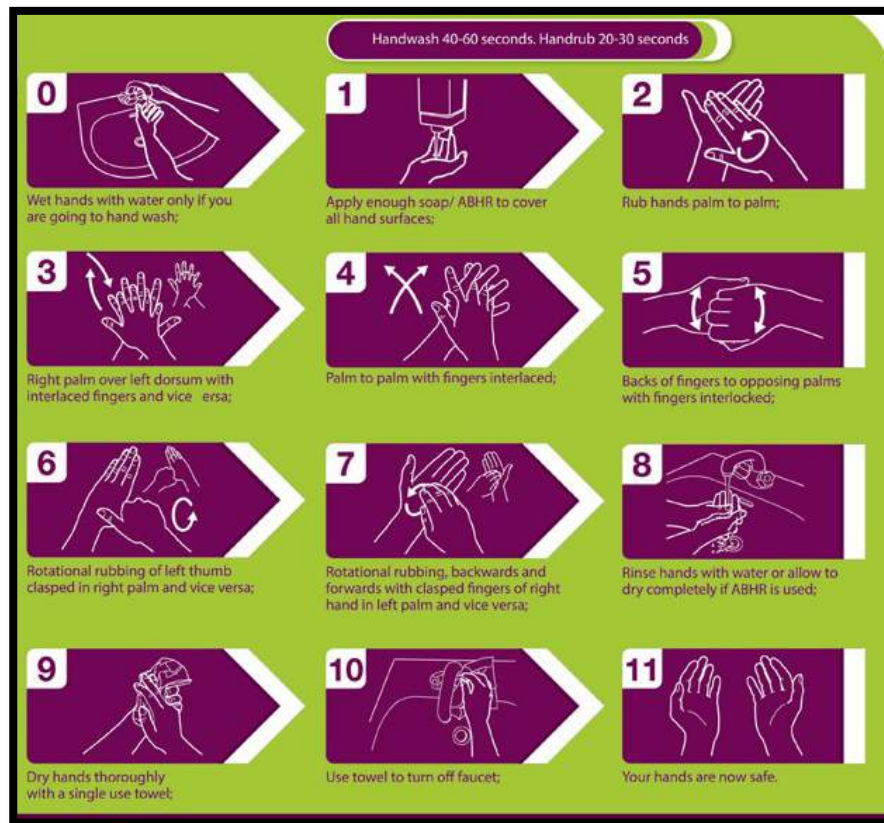
Mr. Peter Jeffrey, Health Education Officer conducts H1N1 lecture at Ecclesville Presbyterian Primary School

Ms. Zalina Khan, Health Education Aide demonstrates the proper hand washing technique to parents and teachers of the Navet Presbyterian School



Practice Proper Hand Hygiene

The Ministry of Health has embarked on a national campaign which encourages persons to practice proper hand hygiene. See below for eleven (11) steps on how to Handwash or Handrub.



Sangre Grande Hospital Welcomes a New Cafeteria & Tuck Shop

Patrons and staff at the Sangre Grande Hospital are now enjoying the use of a new Cafeteria & Tuck Shop as the improved space welcomed the public on 23rd January, 2019.

Conveniently located in an open area behind the ultrasound department, this expanded cafeteria is ran by the charitable group *Friends of the Hospital*.

Alongside the introduction of indoor seating for patrons, a relaxing outdoor area accommodates those who want to enjoy the breeze.

The new cafeteria will be promoting healthier lifestyles by providing better options in a welcoming and accessible space. The cafeteria also features a gift shop, offering items ranging from patient necessities such as toothbrushes to novelty items like fun pens.

Staff and clients expressed their delight at the upgrade as the old cafeteria had been there since the inception of the hospital.

The ERHA continues to improve the quality of

service provided, demonstrating that **"Caring is the Key."**



Member of staff makes a purchase



Items for sale at the Gift Shop

2019 Dry Season

As you may know, the dry season is upon us once again. The season normally occurs from January to May each year.

The Trinidad & Tobago Meteorological Service (MET) is forecasting a "hot and harsh dry season", with below average rainfall and drier than usual conditions expected for January to March. Day and night temperatures are expected to be much warmer than average, with hot spells (period of consecutive hot days i.e. temperatures reach or exceed 34°C) expected. When combined, much drier and hotter conditions can lead to drought or drought-like conditions. This increases the likelihood for bush, grass, forest and landfill fires. The Met Service is also forecasting an increase in the number of rough and hazardous seas events for the season.

DRY SEASON IMPACTS:

- Reduced water availability
- Increased occurrences of bush and forest fires
- Increased chances for heat and water stress for crops, pastures and livestock.



HOW CAN YOU PREPARE?

Have a water plan:

- Start conserving water now. Reduce your water usage.
- Store water safely to avoid the spread of disease from mosquitoes breeding.
- Have a water backup plan that includes storing water to last 3 -7 days.
- Find innovative ways such as collecting condensed water from your air condition to use for watering plants, washing your cars and other such activities.
- Wash less often and wash larger loads at one time.
- Use water wisely. Turn off taps. Take shorter showers.
- Wash your vehicle with a bucket instead of a running hose.

Have a heat plan:

- Heat on extremely hot days can be harmful to your health. Persons with heart, respiratory and serious health problems are more at risk during extremely hot conditions as heat can make these conditions worse.
- Have a heat season plan: for babies, elderly and socially isolated persons, young children and young livestock, all of whom are especially at risk.
- Pay attention to the Met Service weather forecast so that you know if a hot day or hot spell is on the way.
- Plan ahead to keep cool, drink plenty water, take care of others.

Heat on extremely hot days can be harmful to your health. Remember to stay hydrated!

Have a bush fire and air quality plan:

- Avoid lighting fires. It is an offence to light fires during the dry season without a permit from the Fire Services.
- Have a plan to cope with poor air quality due to smoke (remain indoors, keep doors and windows shut, use air conditioners on the recirculation setting so outside air will not be moved inside, keep your windows and vents closed while driving).

Bushfires destroy homes, crops, livestock, wildlife and livelihoods. Report them!

Emergency Contact Numbers

Fire Services - 990
Forestry Division – 225-3868 / 225-3720 / 225-3740 / 643-9595 / 225-3761
ODPM – 511 / 640-1285

This information was submitted by the Office of the Disaster Preparedness Coordinator

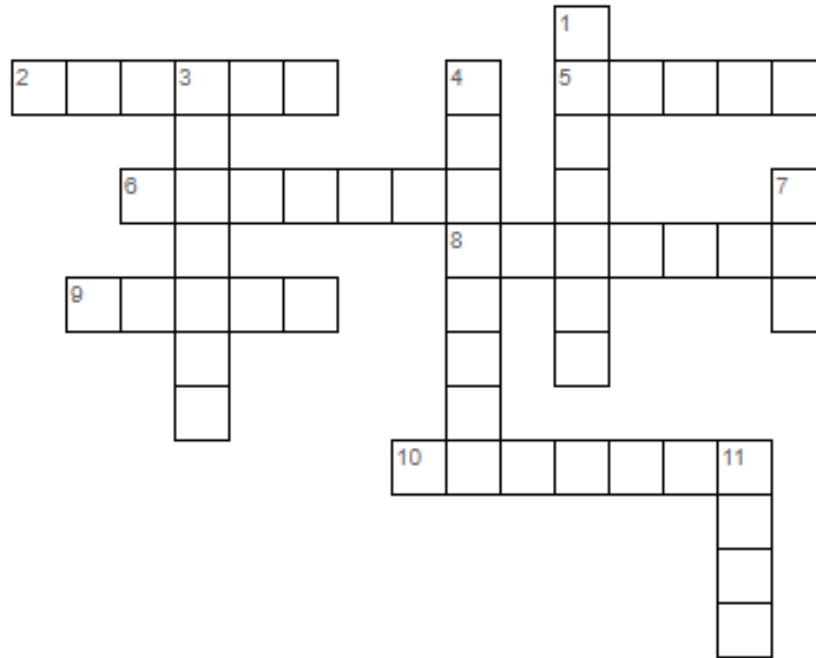


"TAKE A BREAK"



Time for
a BREAK

NUTRITION CROSSWORD



Across

- 2 Fruit used to make raisins
- 5 Fruit used to make cider
- 6 Fruit that grows on palm trees
- 8 Actually a fruit because the pit/seed is on the inside
- 9 Taste preference that all humans are born with (aka infants can taste this)
- 10 Mineral that is present in the largest amount in the human body

Down

- 1 Natural sugar found in milk/dairy products
- 3 What do egg whites contain
- 4 Vitamin that helps us see at night
- 7 What bean is tofu made from
- 11 Contains calcium and Vitamin D

Answers will be published in the next Issue

UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- February 4th: World Cancer Day
- February 11th: 2nd Public Consultation for the New Sangre Grande Hospital

For details on upcoming activities, feel free to contact the Corporate Communications Department at 226-9102/9119



JANUARY 2019

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 668-2273/2221/2468/2577
Tel/Fax: 668-4368

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 630-1258/9
Tel/Fax: 630-1257

Biche Outreach Centre
Canque Village
Biche
Tel: 668-9053

Brothers Road Outreach Centre
Brothers Road
Tabaquite
Tel: 656-2547

Coryal Outreach Centre
Balata Hill Road and Cumuto Main
Road
Coryal
Tel: 668-8066

Cumana Outreach Centre
Toco Main Road
Cumana Village, Cumana
Tel: 670-8250

Cumuto Outreach Centre
Main Road
Cumuto
Tel: 226-1106/643-9075

Grande Riviere Outreach Centre
Hosang Street
Grand Riviere
Tel: 670-8264

**Guayaguayare Outreach
Centre**
Guayaguayare Road,
Guayaguayare
Tel: 630-8777

Manzanilla Outreach Centre
Eastern Main Road
Manzanilla
Tel: 226-1111, 668-2063

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

Matura Outreach Centre
Toco Main Road
Matura
Tel: 226-1261, 668-6276

Rio Claro Health Centre
De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104, 644-2236, 644-0181

**Sangre Grande Enhanced Health
Centre**
Ojoe Road
Sangre Grande
Tel: 226-1102, 668-2509

San Souci Outreach Centre
Main Road
San Souci
Tel: 670-2382

Toco Health Centre
Paria Main Road, Toco
Tel: 226-1576, 670-8277

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 226-1260, 667-8197

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt