



# The Eastern *Vibes*

**Monthly Newsletter 2019**

**August 2019, Issue #62**

## **The Honourable Terrence Deyalsingh, Minister of Health, Visits Health Facilities in the Eastern Region**



*The Honourable Terrence Deyalsingh, Minister of Health (centre) with Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer (left), MoH representatives and staff members of the ERHA at the CT Department, SGH*

Staff at the Eastern Regional Health Authority embraced the opportunity to discuss issues and interact with the Honourable Terrence Deyalsingh, Minister of Health and senior officials of the Ministry during a visit to the Eastern Region on August 02, 2019.

Mr Ronald Tsoi-a-Fatt, Chief Executive Officer and members of the management team welcomed the visiting party and led them on a tour of the Toco Health Centre, Cumana Outpatient Centre, Matura Outreach Centre and the recently opened CT

Suite at the Sangre Grande Hospital.

The new CT Suite is linked to the Sangre Grande Hospital Accident and Emergency Department to provide priority care to patients requiring urgent and/or emergent attention.

Diagnostic imaging services are also available by referral through the public health system.

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## The Honourable Terrence Deyalsingh, Minister of Health, Visits Health Facilities in the Eastern Region (continued)

The ERHA Team provided updates on the new developments and the enhanced services that were available to clients such as, its improved water supply, electrical supply, sewer system and staff accommodation to ensure uninterrupted 24-hour health care to clients in a vulnerable environment from Matura to Matelot.

Advancements were also made to enhance connectivity within the region. The Authority is now equipped with multiple capabilities for communication including amateur radio to reach internal and external stakeholders in times of emergency and disaster.

Two-way base radios facilitate communication with all health facilities and ambulances within the Authority. The amateur radio is utilised by licensed operators for communication with other global amateur radio users.

The Team also responded to questions and demonstrated the new technology installed at the health facilities. Clients who were present interacted with Minister Deyalsingh who listened to their view points with an aim to improving the health care services to ensure a **"Healthy you, Healthy me, Healthy T&T."**



**New Quarters**  
for clinical staff to have quick and easy access to respond to emergencies



**Water Harvesting System**  
Increasing the quality and supply of potable water to ensure a sustainable supply post natural disasters.



Dr. Oluwaseun Sobukunola, Medical Officer conducts an eye examination on a client at the Toco Health Centre



Ms. Alana Lewis, Disaster Preparedness Coordinator demonstrates use of the amateur radio to the Honourable Terrence Deyalsingh, Minister of Health and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer

## ERHA celebrates Breastfeeding Week 2019

The ERHA joined with the international community to observe World Breastfeeding Week, under the theme **"Empower Parents, Enable Breastfeeding"**.

This event is celebrated annually from August 1 - 7.

To commence this year's celebration, members of staff participated in a fun walk hosted by the Ministry of Health, Directorate of Women's Health on August 3, 2019 on the grounds of the Mt. Hope Women's Hospital.

The Authority conducted sessions in the counties of STAD & NAMA to educate on the importance of breastfeeding exclusively and proper nutrition. Visual aids were used by lecturers to demonstrate feeding positions.

To measure the transfer of knowledge, a quiz was conducted with patients of the antenatal clinic in STAD to test their knowledge on breastfeeding and special prizes were awarded.

Clients were also invited to join in the cutting of a cake to commemorate the occasion. Tokens were presented to mothers who breastfed their babies to commend them for recognizing the importance

of breastfeeding and participating in the programme.

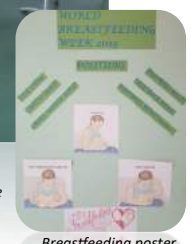
On the margins of the celebration, Dr. Allana Best, County Medical Officer of Health, STAD and Ms. Cherry-Ann Ottley, Breastfeeding Counsellor highlighted the work of the ERHA at a symposium hosted by the MPU under the theme, **"From Pregnancy to Parenthood"**.



Vanessa Gabriel District Health Visitor makes a presentation to a breastfeeding mother



District Nurse Ria Neaves demonstrate breastfeeding positions



Breastfeeding poster

## ERHA's Camp R.O.C: "Gimme 5"

"Limit the sweet. Why? It will damage your teeth..." were just some of the lyrics of this year's Camp R.O.C "**Gimme 5**" theme song which echoed through the corridors at Northeastern College during the period 8<sup>th</sup> – 10<sup>th</sup> July 2019. The programme targeted secondary school students who were screened by the School Health Unit and identified as being at risk for chronic disease during the previous academic year of 2017-2018.

The three-day camp, focused on building awareness of the Caribbean's six food groups and making healthy food choices. When purchasing meals on the go at Fast Food Restaurants, students were advised to adopt the proactive approach of "**Gimme 5**" where they will limit their intake of added sugars and fried foods and would instead choose more wholesome foods such as staples, protein, vegetables and fruits.

A mixed approach was used to communicate the importance of healthy eating and living an active lifestyle. The students participated in dramatic skits, '**Build a Meal**' team activities and interactive group discussions. To further engage students in participation and dynamic learning, they were placed into two teams which assessed their knowledge of topics before and after presentations.

They were also given educational literature on issues affecting adolescents and teens such as eating disorders, anemia and physical exercise.

This year's "**Gimme 5**" initiative was hosted by the Nutrition Department in collaboration with members of the **JWalkers** group.

Schools in attendance at the camp were Toco Secondary School, Northeastern College, Manzanilla Secondary School, Sangre Grande Secondary School, Guaico Secondary School and Tuition and Success.



Members of the Nutrition Department



Ms. Natasha Bellamy, Food demonstrator gives lessons to students of the Northeastern College

## A Good Deed

Ms. Celeste Gopaul-Atwell donated a pair of crutches to the Sangre Grande Enhanced Health Centre which are to be given to clients who need crutches for use during their recovery period.

The recipient is required to return the crutches after their recovery for it to be made available to another client in need.

The ERHA thanked Ms. Gopaul-Atwell for her act of kindness.



Ms. Celeste Gopaul- Atwell presents Lisa Daniel - Charles Manager - Corporate Communications with a pair of crutches

# *An Evening of Elegance*

*The Eastern Regional Health Authority (ERHA) displayed the rhythmic fusion of Trinidad and Tobago in a concert entitled “An Evening of Elegance” on August 24, 2019 at the Cipriani College Auditorium. The concert which was held to celebrate excellence in the ERHA brought together talented members of staff, representatives from other Regional Health Authorities, Ministry of Health and celebrated artistes who are ardent supporters of the Authority.*

*Gracing the stage as guests were celebrated artistes such as Pink Panther; Sean Daniel; Jervae Caesar; John Thomas; Candice Alcantara; The Quays Foundation; Danica Daniel; The 2 Cents Movement and Khaty Ann Martin.*

*The audience was treated to dance, spoken word, drama and a multitude of genres which reinforced the talent of our people and the ERHA. Maxine Greaves; Athia Adams; Sharon Fraser; Nelcia Smith; Angelina Rampersad-Pierre; Sonia Seecharan-Raphael and Keston Daniel and Company also delivered excellent performances that were truly appreciated by the audience.*

*Present to enjoy the evening, was the Honourable Terrence Deyalsingh, Minister of Health who delivered brief remarks and assisted with the presentation of tokens to staff who were acknowledged for their participation in the “Brighten Your Corner” and “Project Recognition Awards”. Mr. Ronald Tsoi-a- Fatt, Chief Executive Officer and Ms. Esme Rawlins-Charles, Chairman of the ERHA Board of Directors assisted the Minister with the presentations.*



*The Honourable Terrence Deyalsingh, Minister of Health with Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer*



*Pink Panther performs*



*John Thomas and Maxine Greaves performs a duet*



*Audience at the night of Elegance*



*The Honourable Terrence Deyalsingh, Minister of Health with Ms. Esme Rawlins-Charles, Chairman, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer with Project Recognition Awards winners*



*Audience at the night of Elegance*

# An Evening of Elegance



Angelina Rampersad-Pierre & Sonia Secharan-Raphael



Khaty Ann Martin performs with her daughter



Audience dances to the sweet music



Member of the Sombroso Group performs



Delegates of the TTRNA Queen Show



The Quays Foundation



Ms. Candice Alcantara, Manager - Corporate Communications, MoH and Singer opens the show



Audience at the night of Elegance



John Thomas performs



Mr. Jervae Caesar, Calypsonian



Sean Daniel entertains the audience

## Brighten Your Corner

Congratulations to the winner of the “ **Brighten Your Corner**” initiative Cumuto Dental Department with their project “**Child Friendly Dental Care**”.

This initiative was established to cultivate a culture of innovation, team spirit and continuous quality improvement. It targeted client - focused projects that enhances efficiency, promotes sustainable practices and improves health care service delivery.

*Take a look at some of the projects below.*



Cumuto Dental Department - Child Friendly Dental Care



Cumuto Dental Department - Child Friendly Dental Care



Cumuto Dental Department - Child Friendly Dental Care



Guayaguayare Outreach Centre – Sitting Out Facilities



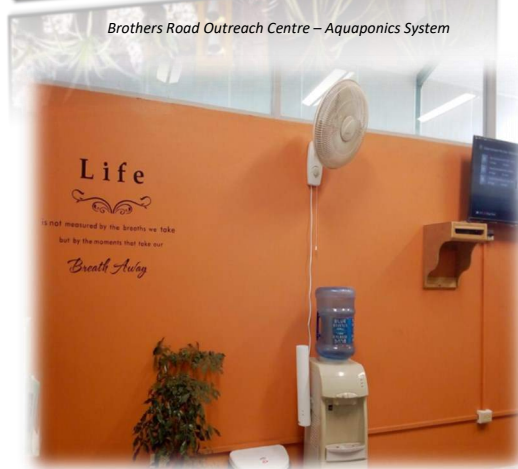
Brothers Road Outreach Centre – Aquaponics System



Sangre Grande Hospital (Medical Laboratory) – Waiting Room and Exterior Upgrade



Medical Social Work Department – Play Therapy Corner



Sangre Grande Hospital (Accident and Emergency Department) – Waiting Room Initiative



Rio Claro Dental Unit – Read with me Corner

# DISASTER FEATURE

Presented by the Office of the Disaster Preparedness Coordinator

## Rainy and Hurricane Season Preparedness Tips

We are currently in the most active part of the 2019 Atlantic Hurricane season. September has the highest likelihood for Trinidad and Tobago to be impacted by weather associated with tropical cyclones. These systems typically carry rain, thunderstorms and strong winds. In preparation for these weather systems, warnings and watches will be issued and persons are encouraged to stay away from the sea, as well as coastal areas and to avoid driving long distances during these conditions.

### Know the difference!

#### Watch

- Tropical Storm and/or Hurricane conditions are POSSIBLE in Watch Area.
- Issued up to 48 hours in advance of tropical force winds.

#### Warning

- Tropical Storm and/or Hurricane conditions are EXPECTED in Warning Area.
- Issued up to 36 hours in advance of onset of tropical force winds.

*NB. Hurricane preparedness activities become difficult once tropical storm force winds*

## Don't wait until the last minute - Prepare now!

✓ Pack your disaster bags.



- ✓ Identify your nearest emergency shelter.
- ✓ Reinforce outdoor structures e.g. doors, windows, fencing,

✓ Prevent outdoor items in your property from becoming projectiles, such as potted plants, garbage bins, buckets, chairs, wind chimes, loose pieces of wood, etc. Secure/bolt them where possible.

- ✓ Trim tree branches.
- ✓ Clean and secure your rain guttering.

✓ Pre-position sand bags.

✓ Save updated contact information for relief emergency and services in your area e.g. Police Service, Fire Service etc.

✓ Make arrangements for pets.

### THINGS TO NOTE:

1) The TT Met Office forecast in the month of that September to November will receive near average rainfall but the potential for flooding remains high.

2) The National Oceanic Atmospheric Administration (NOAA) revised its earlier forecast of "near normal" activity in the Atlantic Hurricane Season to "above normal".

To get timely and accurate information about the weather, always check the TT Met Service and the National Hurricane Centre at:

• <http://www.metoffice.gov.tt/>

• <https://www.nhc.noaa.gov/>



or download the App: "TT Met Office"





AUGUST 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](mailto:corpcomm@erha.co.tt)