



The Eastern *Vibes*

Monthly Newsletter 2019

December 2019, Issue #66

ERHA Hosts Annual General Meeting and Reviews



Members of staff engage in workout at the Annual General Meeting

Major achievements that were accomplished throughout the ERHA were announced to members of staff by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer at the Annual General Meeting (AGM) which was held on 11th December, 2019 at the Sangre Grande Civic Centre.

Mr. Tsoi-a-Fatt thanked staff for their tireless efforts, contributions and personal sacrifices made in 2019. He stated that the ERHA was on a strategic path that would assist in development as we continue to improve and provide the highest level of healthcare to all of our clients. The CEO asked staff for their support as we work together to fulfill our objectives.

Leading up to the AGM, Annual Review Meetings were held by each Unit to present updates, evaluate performance and to provide an

opportunity for staff to have an input on the direction of the ERHA. These sessions were hosted by Dr. Allana Best, County Medical Officer of Health, St. Andrew/St. David, Dr. Sasha Sankar-Maharaj, Medical Director, Sangre Grande Hospital, Dr. Natasha Sookhoo, County Medical Officer of Health and Ms. Silla Bissessar, Area Administrative Officer, County Nariva/Mayaro.

During the AGM, staff members were invited to get moving by Ms. Astra Bennett, Wellness Centre Coordinator who conducted an engaging workout session. The well spent evening was brought to a close with sweet parang music from the group, "Sabroso". Members of staff danced and greeted one another; giving best wishes for the new year to everyone.

Over 420 members of staff attended the meetings.

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ERHA Hosts Annual General Meeting and Annual Reviews

Some of the major successes are highlighted below:

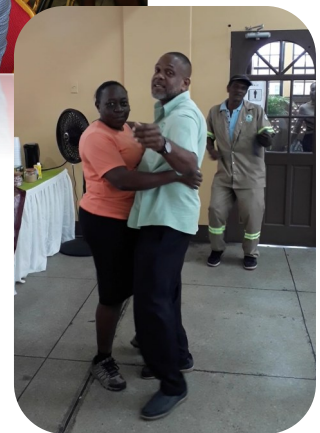
- Construction of a new CT Building and installation of a new CT Scanner at the SGH.
- Commissioning of the Sangre Grande Enhanced Health Centre.
- Introduction of Ultrasound Services and Ophthalmology services at Toco Health Centre
- Upgrades to Dental services at Toco Health Centre, Biche Outreach Centre and Valencia Outreach Centre.
- Construction of new Staff Quarters at Grande Riviere.
- Electrical upgrades at Toco Health Centre, Mayaro District Health Facility and Rio Claro Health Centre.
- Water Harvesting System at Toco Health Centre.
- Construction of an X-Ray Room at Toco Health Centre.
- Acquisition of two (2) new ambulances.
- Upgrades of all wards at the hospital and opening of an additional ward in the Extended Care Unit, increasing the bed capacity by 20 beds.
- Implementation of CTAS system for triage in both A&Es at Mayaro District Health Facility

and Rio Claro Health Centre.

- Installed CCTV Camera Systems at Rio Claro Health Centre A&E, Brothers Road Outreach Centre and at the Guayaguayare Outreach Centre.
- Implementation of a Ward Management System
- Implementation of Online Application Form
- Reconciliation of all Supplier Accounts



Members of staff at the Annual General Meeting



Ms. Rosalie Joseph, Cleaner I,
Mr. Selywn Beharry, Motor Vehicle Driver and
Mr. Julius Ramdeen, Handyman
dance to the parang music

TT Moves FITT Fest 2019

Communities in Nariva/Mayaro participated in the TT Moves FITT Fest, hosted by the ERHA on 1st December 2019 at the Rio Claro East Secondary School.

Clients of different ages had fun participating in various exercise routines selected to test frequency, intensity and time. The sessions included yoga, dance fitness, zumba, aerobics and cross training among others.

The importance of water and fruit consumption were also highlighted in the educational presentation and wellness booths which offered blood pressure testing, blood sugar testing, Body Mass Index, massage therapy and flu vaccinations.



Resident of Rio Claro checks her height



Participants engage in cross fit training



Persons participate in an aerobic burnout



Client receives a flu vaccine

TTMoves “Ease D’ Tension”

Manage hypertension by increasing your water, fruit and vegetable consumption and physical activity, was the key message delivered to participants at the TTMoves “Ease D’ Tension” programme.

Over 55 persons representing the Chronic Disease Support Groups participated in the interactive session which was held on 4th December, 2019 at the Sangre Grande Civic Centre.

Clients were educated through lectures and demonstrations on stress management; nutrition and exercise techniques.

Glendersha Thomas, Medical Social Worker II facilitated a presentation on Managing Stress. Dr. Elijah Fagorala, Medical Officer presented on the Dangers of Smoking, which is associated with increased blood pressure and heart disease. The Nutrition Department conducted a food demonstration on coconut flour crust vegetarian pizza. Finally, a physical activity session was conducted by Corporal Lincoln Charles, Physical Training Instructor of Trinidad and Tobago Defense

Force.

Display booths were also set-up showcasing health education; smoking cessation; health screening and infused water. To test the knowledge of participants on the nutritional benefits of water, a Water Think Punch Board game was conducted.



Dr. Candace Simpson-Smith, Nutritionist talks to participants about proper eating habits



Audience participates in a physical activity session



Client gets flu shot

ERHA’s Secondary School Banner Competition

Seven (7) secondary schools within the Eastern Region showed off their talent in the ERHA’s Secondary School Banner Competition which was held in observance of World AIDS Day 2019. The competition was hosted by the Prevention of Mother to Child Transmission of HIV Unit (PMTCT), Sangre Grande Hospital during the period 25th - 29th November, 2019 under the theme **“Communities Make a Difference.”**

Secondary school students were given the opportunity to showcase their designs to the judges who visited participating schools to meet with the young artists. Banners were judged based on the advertised criteria which included the use of the tools provided as well as adherence to theme, originality and clarity of message.

A People’s Choice category was also included allowing members of the public to vote for their favourite banner design through the ERHA’s Facebook Page.

The talented youngsters at Northeastern College copped the 1st place trophy as well as the

People’s Choice Award.

SWAHA Hindu College placed 2nd, followed by Toco Secondary School who placed 3rd.

The ERHA thanks all schools that participated in the competition as we continue to work together to end the stigma against HIV/AIDS.



Northeastern College proudly displays their 1st place award and People’s Choice award



Students of the Toco Secondary School pose with representatives from the ERHA and their 3rd place trophy



Students and Staff of the SWAHA Hindu College show off their 2nd place prize

Spreading the Christmas Joy Throughout the Eastern Region

Sparkling lights and beautifully decorated trees which adorned health facilities in the Eastern Region were admired by thousands of clients and passersby during the Christmas season.

Staff at the Sangre Grande Hospital and at the Outreach Centres located at Brothers Road; Biche; Cumana; Grande Riviere; Matelot; Matura; San Souci and Valencia took up the challenge along with their colleagues at the Mayaro District Health Facility, Toco Health Centre and the Sangre Grande Enhanced Health Centre to bring

the Christmas spirit to clients by participating in an in-house "Tree Lighting Ceremony" on 13th December, 2019.

At the SGH, doctors, nurses and other members of staff took center stage and sang some of the traditional Christmas songs as part of their programme.

Below are a few photos of the Tree Lighting Ceremony at the Sangre Grande Hospital.



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Ms. Celeste Solozano, Manager-Hospital Administration light the Christmas Tree at SGH's ceremony



Dr. Davin Powder performs as Dr. Damion Basdeo assists



Members of staff enjoy the entertainment



Dr. Sasha Sankar-Maharaj, Medical Director, welcomes everyone to the tree lighting ceremony



Para-Clinical staff brings smiles to all with their Christmas medley

First Christmas Baby at the Sangre Grande Hospital

At 2:43 a.m. on December 25, 2019, Ms. Camilla Sooklal was the first mother to give birth on Christmas Day at the Sangre Grande Hospital.

The healthy baby girl weighed 3590 grams and was delivered by Ms. Muminah Abdul-Basit, Midwife.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer presented the mother with a hamper filled with baby products and congratulated her on the new addition to her family.

Ms. Sooklal who resides at K P Lands Village, Valencia was very happy and touched by the gesture.



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer presents a hamper to Ms. Camilla Sooklal and baby as Ms. Celeste Solozano, Manager-Hospital Administration and Ms. Ellen Campbell, Head Nurse look on



CEO Visits Staff Members and Clients on Christmas Day

Mindful that members of the ERHA team work tirelessly on Christmas Day every year, Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, paid his traditional visit to the Sangre Grande Hospital, Mayaro District Health Facility and Rio Claro Health Centre, where he spread the joy of Christmas to staff and clients.

The CEO came knocking on the doors of the wards and departments with his jovial carolers at his side. Smiles were brought to the faces of the members of staff as the CEO graciously thanked them for coming out to provide quality healthcare on

Christmas Day and commended them for their passion and dedication to service. Mr. Tsoi-a-Fatt, hugged, greeted and even danced with staff members and presented tokens of appreciation to those on duty. The CEO was also presented with a beautiful fruit basket at the Rio Claro Health Centre as a "thank you" for his kind gesture.

Clients at the health facilities also joined in on the fun and sang along with the carolers as they too were touched by the visit.



CEO with staff at Mayaro District Health Facility



Staff of Rio Claro Health Centre presents CEO with fruit basket



Staff of A&E, SGH with CEO and carollers



CEO presents gift bag to staff at CSSD, SGH



Carolers and CEO pose for a photo at CT Department, SGH

Community Liaison Unit Brings Joy to Families for Christmas

Smiles were brought to the faces of two needy families as they were presented with Christmas hampers by the Community Liaison Unit of the Sangre Grande Hospital. This traditional act of love is undertaken annually by the dedicated staff who hosted a number of fund raising events to bring joy to others.

Ms. Carril Cooper-Wales, Head of Department/ District Health Visitor, Mrs. Bernadette Morales, Registered Nurse, Mr. Roshan Nandlal, Registered Nurse and Ms. Shelly-Ann Dindial – Clerk/Typist all pledged their commitment to continue to make a positive impact on those in need through their kind heartedness.

Remembering that "Caring is the Key" the team thanked those who contributed and wished

everyone a Merry Christmas and a bright and prosperous New Year.



Nurse Cooper-Wales presents a Christmas Hamper to the Perryman family



Christmas Hamper presented to a cheerful Ms. Gillian Sandy and her family



BEAT THE FLU

**STAY PROTECTED BY GETTING YOUR FLU SHOT
AT ANY OF THE FACILITIES LISTED BELOW**

FACILITY

DAYS & TIMES

Biche Outreach Centre	Monday – Friday (8:00 a.m. – 3:00 p.m.)
Brothers Road Outreach Centre	Monday – Friday (8:00 a.m. – 3:00 p.m.)
Coryal Outreach Centre	Mondays (1:00 p.m. - 4:00 p.m.)
Cumana Outreach Centre	Tuesdays (1:00 p.m. - 4:00 p.m.)
Cumuto Outreach Centre	Tuesdays and Thursdays (8:00 a.m. - 4:00 p.m.)
Grande Riviere Outreach Centre	Tuesdays (9:00 a.m. - 12:00 noon)
Guayaguayare Outreach Centre	Monday - Friday (8:00 a.m. - 3:00 p.m.)
Valencia Outreach Centre	Mondays, Tuesdays, Thursdays and Fridays (8:00 a.m. - 1:00 p.m.)
Matelot Outreach Centre	Wednesdays (9:00 a.m. - 12:00 noon)
Matura Outreach Centre	Wednesdays (9:00 a.m. - 2:00 p.m.)
Manzanilla Outreach Centre	Tuesdays (1:00 p.m. - 4:00 p.m.) Thursdays (8:00 a.m. - 4:00 p.m.)
Mayaro District Health Facility	Monday - Friday (8:00 a.m. - 3:00 p.m.)
Rio Claro Health Centre	Monday - Friday (8:00 a.m. - 3:00 p.m.)
San Souci Outreach Centre	1st, 2nd and 3rd Wednesday (9:00 a.m. - 12:00 noon)
Sangre Grande Enhanced Health Centre	Mondays, Wednesdays, Thursdays and Fridays (9:00 a.m. - 1:00 p.m.)
Toco Health Centre	Tuesdays (1:00 p.m. - 4:00 p.m.)

NO APPOINTMENT NECESSARY! WALK WITH YOUR IMMUNIZATION CARD

HIV/AIDS WORD SEARCH

E C W H C T X Z K O I X A K A Y F A N I Z U P R
 M K I N V X O U P Z J N H V C F N Q M A O C K J
 O C M N G X L H K U C T F F I I O M D C M Z G O
 R N V L O B A W Q A U U S E A R U D Z X J U D L
 T F B E J R H I P Q L N L P C N M C J G D K H E
 N L B U G T H T Z L L S A L O T G S E Y Q Z V K
 N Q V W J O B C D K E H M D W O I V J L Z L B P
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 S P D N N F U D V V T F R M J B L M N U L I X Q
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| aquired | awareness | blood cell | chronic |
| diarrea | fever | human | immune system |
| immunodeficiency | infection | lymphocyte | nausea |
| pain | syndrome | t-cell | |



DECEMBER 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