

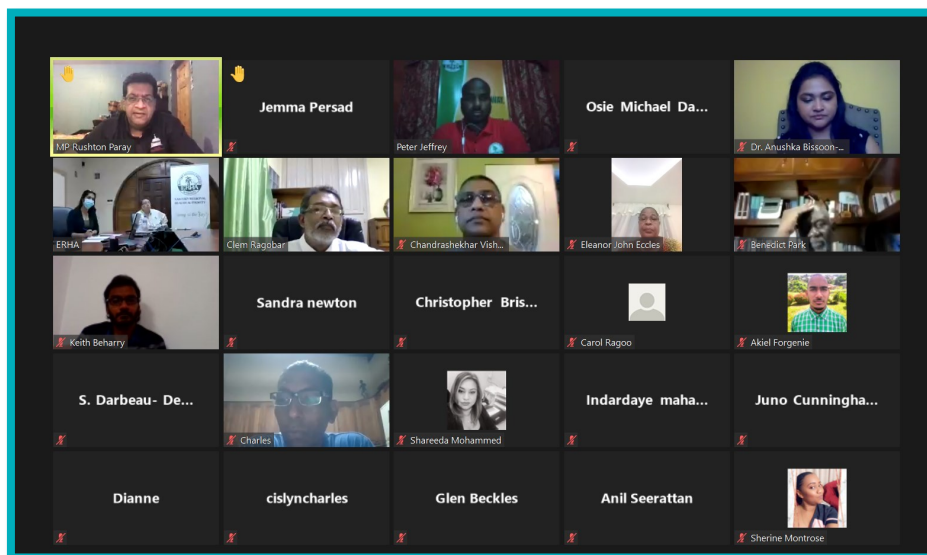


The Eastern *Vibes*

Monthly Newsletter 2021

July 2021, Issue #84

Connecting with the ERHA Communities



Nariva/Mayaro's Virtual Community Meeting

COVID-19 has raised several questions that persons will like to have addressed. With this in mind, the Eastern Regional Health Authority's medical professionals connected with over 90 group leaders and members from various organisations in the eastern region.

Two virtual community meetings were hosted on the advice of the Chief Executive Officer, under the offices of the County Medical Officers of Health in St. Andrew/St. David and Nariva/Mayaro on July

29 & 30, 2021 respectively from 6:30 p.m.

The main purpose of the meetings were to discuss the COVID-19 pandemic and provide answers to related questions to empower leaders to motivate and encourage their members to be vaccinated.

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Connecting with the ERHA Communities (continued)

Focusing on some of the common questions associated with COVID-19, members of the panel delivered presentations giving a general update on the vaccination programme in the ERHA with specific emphasis on the virus, vaccination and accessibility.

The Question & Answer segment was very interactive. The attendees who addressed the meeting, including Members of Parliament, Mr. Rushton Paray and Dr. Rai Ragbir, commended the Authority on the initiative to educate clients. Some offered suggestions for improvement and stated that they will inform their members.

Mr. Ronald Tsoi-a-Fatt, CEO, provided further insight on the rollout of the Authority's Vaccination Outreach Programme with easier reach, accessibility and convenience. He thanked the representatives for attending and encouraged everyone to do their part to **Vaccinate T&T**.



National Staff Vaccination Day at the ERHA

The Eastern Regional Health Authority joined the other RHAs in the hosting of a National Staff Vaccination Day on July 30, 2021.

Members of staff were encouraged to get the COVID-19 vaccine with their families. Two locations were designated for easy access, the Civic Centre in Sangre Grande and the Mayaro Sport Facility in Mayaro.

Those who responded indicated that they wanted to do their part to make their homes and their workplace safe from the COVID-19 virus.



Ms. Zanisha Jaimungal, SDHV, and Ms. Karen Copland, Health Education Aide at Mayaro Sport Facility



Mr. Marcos Mark, Trainee, at the Sangre Grande Civic Centre



Ms. Sherlane Montrose, relative of staff, gets vaccinated at the Sangre Grande Civic Centre



Family members of staff get vaccinated at Mayaro Sport Facility

The Elderly Express Experience - Home Visit

Recognising the challenges some clients may encounter to visit a COVID-19 vaccination site, the ERHA vaccination team conducted home visits within the communities. This initiative allows challenged persons to receive the vaccine in the comfort of their homes.

On July 1, 2021, a team from the Rio Claro Outreach Centre, comprising of Dr. Lydia Ramsaran, House Officer, Ms. Pamela Bristol, District Health Visitor, Ms. Tricia Gajadhar,

Emergency Medical Technician and Mr. Narrad Singh, Motor Vehicle Driver visited a client to administer the COVID-19 vaccine. Ms. Deokie Darsan, relative of the client, expressed her gratitude to the team.

If you have a bed-bound family member who requires home vaccination, feel free to contact your nearest health centre and schedule an appointment.



Dr. Lydia Ramsaran, House Officer, checks Mr. Primchan Harriran's blood pressure as Ms. Pamela Bristol, DHV and Ms. Deokie Darsan look on



(L-R) Mr. Narrad Singh, Driver, Dr. Lydia Ramsaran, House Officer, Ms. Tricia Gajadhar, EMT and Ms. Pamela Bristol, DHV at a client's home

CEPEP Workers Get Vaccinated at the ERHA

Workers of the CEPEP Company Limited are now fully vaccinated as the Eastern Regional Health Authority administered 2nd dose COVID-19 vaccines to the employees on July 5, 2021 at the Sangre Grande Civic Centre.

The ERHA continues to partner with its stakeholders in the fight against COVID-19, demonstrating that **"Caring is the Key."**



ERHA staff with Mr. Keith Eddy, Chief Executive Officer, CEPEP and employees



Ms. Sherry Khan, Registered Nurse, administers 2nd dose vaccine to Ms. Judy Salvary, CEPEP worker



Mr. Tarandeo Ramtahal, Regional Coordinator at CEPEP gets his 2nd shot of the COVID-19 vaccine administered by Ms. Sherry Khan, Registered Nurse

Good News for July



Just got my second dose of AZ at the Mayaro Sporting Complex and I must express my appreciation and gratitude to the entire staff at the location. The process was seamless and filled with persons who were very invested into making sure you felt comfortable and informed prior and post vaccination. So from the QC rep to registration to vaccinating nurse to observation big shouts and thank you to all. Stay safe and healthy to all.

- Teddy B. Mohan



"Caring is the Key"



"Hi, I got my 1st jab last Wednesday at the Mayaro Indoor Sporting Facility and I must commend EVERYONE for the excellent service! I was pleasantly surprised at the level of care, attention and efficiency expressed by all involved. The entire process was easy and smooth. A special thank you to the entire staff."

- Natalie Hosein-Sahadeo



"Caring is the Key"



Government of the Republic of Trinidad and Tobago
Ministry of Health

"I would just like to say thank you to the Ministry of Health, especially the Eastern Regional Health Authority at the National Racquet Centre for the excellent quality of service of the AstraZeneca vaccination drive. The efficient service for the first dose and second dose procedure was absolutely fantastic. Well done !! Keep up the excellent work !!

Thank you frontline heroes ♡"

- Chad Ford

*For Me, for Family for T&T...
Take the COVID-19 Vaccine!*

www.health.gov.tt [Ministry of Health-Trinidad and Tobago](https://www.facebook.com/MinistryofHealth-TrinidadandTobago) [TrinidadHealth](https://www.instagram.com/TrinidadHealth) [MoH_TT](https://www.twitter.com/MoH_TT) [minhealthtt](https://www.instagram.com/minhealthtt)



"Good morning, I received my vaccination at Rio Claro Health Centre on Thursday 22nd July and the service was impeccable! The nurses were kind, friendly and very gentle. Hats off to them on doing such a wonderful job." 🙌

- Nalleni Singh



"Caring is the Key"



Good day,
I got vaccinated at Tacarigua yesterday and just wanted to say a huge thank you to your team for their caring and efficient service. From getting the form to getting the shot took abt 20 mins and every single staff member/ volunteer was friendly, polite and patient. I could not have asked for a better experience - it was truly well organised.

Thank you and I look forward to my 2nd shot.

- Anu Nandika



"Caring is the Key"



***Presented to Our Heroes
Along the COVID-19 Journey***

***Through your sacrifice and
selflessness, we are on a path to win
the fight against the pandemic.***

**Primary Care | Hospital | Administrative Support Services |
Quarantine Facilities | Step-down Facilities |
Vaccination Sites**

***Thank you for protecting
the frontline and community!***

“Caring is the Key”

Nariva/Mayaro's Healthy Living Programme

Non-communicable diseases (NCDs) are identified as one of the leading causes of mortality. NCDs have several modifiable risk factors including unhealthy diet, physical inactivity, tobacco use and alcohol abuse. While they are often associated with adulthood, NCDs have a significant impact on children and adolescents during their life cycle.

Recognising the need to educate the upcoming generation on the importance of healthy lifestyles, the Nariva/Mayaro's Health Education Department alongside the Nursing, Nutrition, Social Work and Dental Departments, conducted a virtual Healthy Living Programme for students.

A total of 31 children, between the ages of 9 to 13, participated in the one-week workshop which was held from 19 - 23 July, 2021. The Telegram and Zoom platforms were used to transmit the lively sessions which were focused on various health topics including, Chronic Diseases (Q&A); Food Groups/Labels; Exercise; Mental Health and Oral Hygiene.

Related information was also distributed daily to aid the children in developing healthier

practices.

The series was designed to grasp and maintain the children's attention with fun learning games and prizes were awarded to winners. Each student also received a Certificate of Participation at the end of the virtual Healthy Living Programme.



Students participate in a High Energy Exercise virtual workout



Prize distribution

St. Andrew/St. David's Healthy Recipe Competition

Studies show that people who frequently cook at home eat healthier and tend to consume fewer calories on average. Home-cooked meals can support your immune system and reduce the risk of illnesses such as heart disease, cancer, high blood pressure and diabetes.

In an effort to promote healthier lifestyles and encourage members of staff to prepare meals at home, the St. Andrew/St. David's Health Education Department hosted a **"Healthy Recipe Competition"** as part of the Workplace Wellness Initiative in the month of July.

Participants were given the opportunity to demonstrate their culinary skills with the use of the local whole food, **"green fig"** as the main ingredient.

Recognising the importance of proper diet and nutrition, persons were required to prepare a dish that included other high fibre foods such as vegetables, peas or beans and other locally available products.

Ultra-processed items such as canned foods or deli meats, deep frying preparation methods, added sugar or sweeteners and flavor enhancers such as seasoning salts were not allowed.

With the assistance from the Nutrition Department, the submissions were judged based on nutrition content, recipe format, creativity and presentation.

Mr Joseph Sheppard, Dental Nurse at Valencia Outreach Centre placed 1st with his **"Red Thai Curried Green Fig"** dish while Ms. Sumatee Soomai-Barran, District Health Visitor/HIV Coordinator, captured 2nd place with her dish **"Green Fig Broiled Down."** Ms. Onikka Raphael, Junior Administrative Assistant, placed 3rd with her presentation of **"Green Fig Rice Wraps with Grilled Chicken Breast."**

Mini kitchen appliances were awarded to all winners.

See recipe of 1st place dish on Page 7.

Winning Recipe: Red Thai Curry Green Fig

Serving size: 1 cup **Serves:** 6
Preparation time: 20 minutes
Cooking time: 20 minutes
Category: Entrée
Method: Stovetop
Cuisine: Thai



Red Thai Curry Green Fig

Ingredients

Red Thai curry paste - 1 tsp lemon juice

3 grains garlic

3 medium pimentos

1 onion

2 dried red chillis

1 tbsp ginger

3 tbsp coconut milk

¾ tsp coriander

¼ tsp geera/cumin

¼ tsp thyme

¼ tsp white pepper

1 ½ tbsp chilli powder

¼ tsp cinnamon

2 tbsp low sodium soy sauce

¼ tsp salt

Other Ingredients

16 small green figs

1 tbsp coconut oil

½ onion, chopped

1 grain garlic, finely chopped

1 tsp ginger

½ carrot, chopped

1 cup coconut milk

1 lemon grass stalk

Juice of ½ lemon

2 leaves chadon beni

1 cup broccoli

½ cup sweet pepper, chopped

½ cup patchoi

Salt to taste

Benefits of Green Fig

Green fig, is one of our traditional foods that can be prepared in a variety of ways. This inexpensive and abundant food is quite filling, due to its high fibre content, while providing us with the minerals - potassium, manganese, and copper, as well as vitamin C and B6. Green bananas help to promote good digestive health by feeding helpful bacteria in the gut and can help to lower blood sugar levels.

Instructions

- Cut up coconut and blend with water. Strain coconut milk and put aside.
- To a food processor, add spices, aromatics, lemon juice and soy sauce.
- Pulse along with 3 tbsp coconut milk. Pulse until incorporated and transfer to a bowl.
- Clean and cut green fig into ½ inch pieces. Roughly chop vegetables.
- Add oil to a frying pan. Heat. When oil is hot, add onions until aromatic and translucent.
- Add garlic and ginger.
- Add chopped green figs and carrots. Sear on both sides.
- Add red thai curry paste. Stir.
- Add 1 cup coconut milk, lemon grass, lemon juice and chadon beni.
- Leave to simmer for 15 minutes.
- Stir regularly as coconut milk sticks.
- Once green figs have softened, add broccoli, patchoi and sweet peppers.
- Add salt to taste and let simmer for an additional 5 minutes.

Serve with rice, naan, sada, to name a few.

NOTES:

- *Coconut milk helps with richness and cools the heat from the chillies.*
- *It is gluten free.*
- *Meat can be added as well.*

OSH Feature

The ERHA's Occupational Safety & Health Department presents its "OSH Feature" where vital information on workplace health and wellbeing will be shared each month.

IN THIS ISSUE: Get familiar with the NAMA OSH Team and learn about Situational Awareness.

Also, keep reading for a chance to win a prize.



Meet the NAMA OSH Team

The Nariva/Mayaro's OSH Team consists of an OSH Officer and a Clerk/Typist who work extensively to ensure your health and safety is given priority.

The Team provides oversight of the following facilities: County Health Administration, Nariva/Mayaro; Celinex; Learning Resource Centre, Old Public Health Inspectorate; Rio Claro Health Centre; Mayaro District Health Facility and the Biche, Brother's Road and Guayaguayare Outreach Centres.

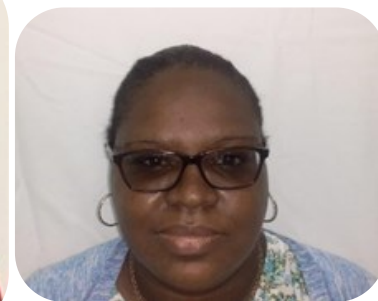
Feel free to contact the team at:

- Nichelle Morgan, OSH Officer- 226-9907 / 462-8982
- Tricia Charles, Clerk/Typist - 226-9908.

Or email: OSHDepartment@erha.co.tt



Ms. Nichelle Morgan, OSH Officer



Ms. Tricia Charles, Clerk/Typist

Situational Awareness

Situational awareness is being aware of what is happening around you in terms of where you are, where you are supposed to be, and whether anyone or anything around you is a threat to your health and safety. This is important to everyone as we all have to be aware of our surroundings and the potential hazards we face. It is important that each individual is looking out for his or her own safety as well as looking out for their workmates. Below is the colour code of Awareness. *Let's all try to be "yellow" or situationally aware!*

COLOR CODE OF AWARENESS

WHITE (unaware)	You are relaxed, completely unaware, and unprepared.
YELLOW (situationally aware)	You are relaxed, have an alert mindset, and are aware of your surroundings.
ORANGE (potential threat)	You are in a heightened state because something just doesn't look or feel right.
RED (ready to fight)	There is a verified threat and it's time to take action and execute necessary fight.

Activity: List twenty (20) words that can be derived from the word "SAFETY". The first correct response to be submitted to the email OSHDept@erha.co.tt would be issued a prize from the OSH Department.

Disaster Preparedness Feature

How can Climate Change Affect Human Health?

We live in an environment with the impacts of climate change. Not only does climate change affect the planet's health, but also people's health. The intensity of these impacts can vary by age, gender, geography, and socioeconomic status.




How can changes in the earth's climate affect our health?

Changes to the environment are anticipated to cause more heat stress, an increase in waterborne diseases, reduced air quality, and diseases transmitted by insects and rodents. Extreme weather events can complicate many of these health threats. Vulnerable populations such as children, the elderly, and those with underlying conditions are greatly affected by health threats.

Drivers of climate change that affect health:

Environmental consequences of climate change, such as extreme heat waves, rising sea-level, flooding, droughts and hurricanes can directly and indirectly affect the **physical**, **social**, and **psychological** health of humans. The table below displays some of the health risks in each category as mentioned.

Physical, social and psychological impacts of climate change and health:

Physical	Social	Psychological
Respiratory Illnesses: Asthma, Chronic Obstructive Pulmonary Disease (COPD)	Disease Migration	Stress
Vector-borne Diseases: Malaria, Dengue, Chikungunya, Lyme Disease	Population Displacement	Anxiety
Cardiovascular Disease 	Malnutrition or Undernutrition 	Depression 
Waterborne Diseases: Cholera, Diarrhoea, Typhoid, Amebiasis, Hepatitis, Gastroenteritis	Financial Strain due to increased food prices	Increased Suicides
Heatstroke		Mental Health Disorders

TAKING PRECAUTIONS

Avoiding Vector and Water-Borne Diseases:

- Avoid drinking from potentially contaminated water sources, including floodwater, streams, rivers, or unsafe tap water.
- Do not swim, bathe or submerge your head in, or swallow floodwater or any fresh water source that may contain animal urine or feces contaminated by floodwater runoff.
- Do not consume food that was exposed to contaminated water.
- Treat water to make it safe to drink by boiling or using an appropriate chemical treatment.
- Cover cuts or abrasions with waterproof bandages or other coverings that seal out water.
- Wear waterproof clothing, shoes or boots near floodwater or other water or soil.



Avoiding Heat Stroke:

- Stay tuned to weather alerts and forecasts daily.
- If possible, try to avoid direct sun exposure.

Dealing With Respiratory Illnesses:

- Ask your doctor for advice on how to avoid situations that can cause an asthma attack or an allergic reaction.
- Before leaving your home, check the Air Quality Index (AQI). This tells how polluted the air is in your area. If the AQI is high, limit your outdoor activities.

What Can You Do To Mitigate Climate Change?

We can help by lowering our carbon footprint, which is the amount of greenhouse gases generated by our actions.

Here's a list of simple ways in which you can do so:

- Unplug computers, TVs and other electronics when not in use.
- Change traditional light bulbs to energy-efficient bulbs.
- Drive less, carpool or use public transit.
- Switch to cleaner sources of fuel such as Compressed Natural Gas (CNG).





Government of the Republic of Trinidad and Tobago
Ministry of Health

PAHO



Pan American
Health
Organization



World Health
Organization
Regional Office for the Americas

Rodent Control

In flooded conditions rodents (rats and mice) become a greater threat to health.

You can control rodents by:

- *Keeping rubbish bins closed.*



- *Using rat bait – always place away from children and pets.*



- *Keeping all food items and drinking water in sealed containers.*



- *Wiping countertops with water treated with bleach before preparing meals.*



- *Always rinsing dishes with water treated with bleach before using.*



- *Throwing away all food and food packages that show signs of rat bites.*



**Play your part
in keeping yourself
and your community
HEALTHY.**



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Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH_TT



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JULY 2021

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
Tel/Fax: 668-4368

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

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

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

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

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

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

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

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

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

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

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

Biche Outreach Centre
Canque Village
Biche
Tel: 668-9053

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

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

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

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

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9000

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