



# The Eastern *Vibes*

**Monthly Newsletter 2018**

**March 2018, Issue #46**

## **ERHA's DIALYSIS UNIT CELEBRATES WORLD KIDNEY DAY 2018**



*World Kidney Day Health Walk 2018*



*Staff of the Dialysis Unit, Sangre Grande Hospital, with Dr. Lesley-Ann Roberts, former Medical Director of the National Organ Transplant Unit, Ministry of Health (front, centre) at the Kidney Awareness Walk and Family Day 2018*

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## ERHA's DIALYSIS UNIT CELEBRATES WORLD KIDNEY DAY 2018 (continued)

On March 18, 2018, the Sangre Grande Hospital's Dialysis Unit celebrated World Kidney Day by hosting its annual Kidney Awareness Walk and Family Day.

The walk commenced at the Sangre Grande Health Centre where staff members, patients and supporters walked through the streets of Sangre Grande to the Sangre Grande Hospital to continue the day's activities.

Among those present were Ronald Tsoi-a-Fatt, Chief Executive Officer and Dr. Reynold Benjamin, Nephrologist, who both brought greetings.

Dr. Lesley-Ann Roberts, former Medical Director of the National Organ Transplant Unit, Ministry of Health and representatives of the Kidney Recipients Support Group were also present and shared information on becoming organ donors.

Two (2) successful kidney recipients spoke about

their journey and also graciously thanked the staff at the Dialysis Unit for their dedication and commitment to excellent service.

Officers of the Sangre Grande Fire Station gave advice on safety measures at the event and conducted an interactive demonstration with their fire truck.

The Sangre Grande Hospital's Nutrition Department also met with persons and the Health Assessment Team provided free health screening inclusive of blood glucose, cholesterol testing, blood pressure, nutrition and counselling.

A friendly aerobics burnout was also conducted and lovely prizes were distributed.

The event was coordinated by Glennis Francis, Head Nurse, and staff of the Dialysis Unit, Sangre Grande Hospital.

*Below are some highlights of the event.*

### ABOUT WORLD KIDNEY DAY 2018

*World Kidney Day is celebrated annually on the 2nd Thursday in March and is aimed at raising awareness of the importance of our kidneys to our overall health.*

*This year, World Kidney Day and the International Women's Day 2018 were commemorated on the same day, offering an opportunity to reflect on the importance of women's health and specifically kidney health.*

*The theme for this year was, "Kidney and Women's Health: Include, Value, Empower"*



Audience at the event



Glennis Francis, Head Nurse, Dialysis Unit, gives an overview of the department



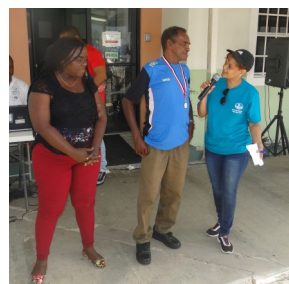
Sharon Rambharack, Cleaner I, (right) enjoys a sample drink from the BOOST booth after the Health Walk



Ronald Tsoi-a-Fatt, Chief Executive Officer, brings greetings at the function



Daniella Stoute, Medical Social Worker II, talks Mental Health at the event



Ms. Leloutee Ramcharan, Registered Nurse and Master of Ceremonies (right) introduces Rebecca Welch (left) and Hardeo Deonarine (centre), Kidney Recipients



Josiah Joseph entertains the crowd



Staff and supporters at the Health Walk



Aerobic fun at the Sangre Grande Hospital



## COMMUNITY CONSULTATIONS AT ERHA CONTINUE

This year, the ERHA has reintroduced Community Consultations allowing members of the community to share concerns and suggestions for improvement in the health services offered.

Ten (10) sessions have been conducted thus far throughout the months of January - March at various health facilities and issues raised at these forums are currently being addressed at Management Team meetings.

Sessions will continue weekly until May 2018.

*Take a look at some of the highlights from March's sessions (at right) as well as the roster for all upcoming consultations.*

DATE	VENUE
Wednesday 04th April, 2018	Matura Outreach Centre
Thursday 12th April, 2018	Guayaguayare Outreach Centre
Wednesday 18th April, 2018	Valencia Outreach Centre
Wednesday 25th April, 2018	San Souci Outreach Centre
Wednesday 02nd May, 2018	Cumana Outreach Centre
Thursday 10th May, 2018	Biche Outreach Centre
Wednesday 16th May, 2018	Sangre Grande Hospital



**Community Consultation at Brothers Road Outreach Centre**

Elma Thompson, District Health Visitor, addresses the audience as members of the Head Table look on (from left: Sandra Newton, District Health Visitor, Dr. Patrick Ozua, Medical Officer I and Silla Bissessar, Area Administrative Officer, County Nariva/Mayaro)



**Members of staff and community at the Coryal Outreach Centre Community Consultation**



Mr. Ricardo Mohammed, President of the Sangre Grande Chamber of Commerce, thanks the ERHA for its service and gives recommendations for development at the Sangre Grande Health Centre Community Consultation

## MATURA HOSTS MEN'S CLINIC 2018

The Matura Outreach Centre held its annual Men's Clinic on March 28, 2018, in an effort to raise awareness of the men of Matura and environs.

Over twenty (20) men participated in the event and were offered free HIV and blood testing, vision screening, immunization and prostate examinations.

Karen Balfour, District Health Visitor at the Matura Outreach Centre brought greetings; highlighting her satisfaction in the turnout from male community members. She further encouraged the attendees to live healthier lifestyles and to share the information received from the programme with their families and friends.

At the Men's Clinic 2018, Ishmael Mohammed, Motivational Speaker, spoke on Addiction and lots of information was provided to all the participants.

The staff of Matura Outreach Centre remains committed to providing quality healthcare and promises that next year's Men's Clinic will be even

better.

*See highlights below.*



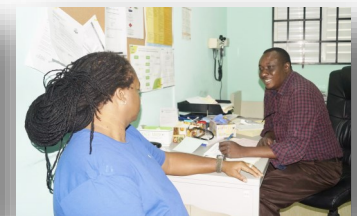
**Staff and participants at the Men's Clinic 2018**



Afga Stephen-Ramoutar, District Nurse, (left) and a staff member chat in their "Men's Clinic" Polo T-Shirt



Psyche Crosbie Williams, Phlebotomist, (right) attends to a client (left)



Dr. Olonade Prince, Medical Officer I, (right) chats with a participant (left)

## WORLD TUBERCULOSIS DAY 2018

Each year, World Tuberculosis Day is held on March 28th and is aimed at raising public awareness about the devastating health, social and economic consequences of tuberculosis. Its theme for this year, "Wanted: Leaders for a TB-free world" focused on building a commitment not only at the political level with Heads of State and Ministers of Health, but at all levels. For more information, feel free to visit the World Health Organization website at [www.who.int](http://www.who.int).



## PRE-CARNIVAL SCHOOL PROGRAMME

In February 2018, the ERHA's Health Education Departments in collaboration with the Medical Social Work Department, School Health Unit, Ministry of Health and the Community Police, conducted a Pre-Carnival Programme at various secondary schools and institutions within the Eastern Region.

Over fifteen hundred (1,500) students were sensitized on topics such as, Music and Behaviour, Age Appropriate Behaviour, Effects of Alcohol and Drugs, Sexual Transmitted Infections, Food Safety and Personal Safety.

County Nariva/Mayaro's sessions were titled, "Song Talk" where emphasis was placed on the influence of music on behaviour during the Carnival Season.

County St. Andrew/St. David's programmes also focused on music and behaviour; playing popular Soca songs and analysing the lyrics to identify its messages.

Additionally, as part of the *Food Safety* segment conducted at County St. Andrew/St. David's sessions, students were dressed in complete and incomplete food handlers gear (gloves, apron, hair net and food badge) to discuss safety tips for buying street food at Carnival events.

*See photos below.*



Khadine Ramdial, Health Education Aide (presenter) conducts a Food Safety demonstration with students at Matura Secondary School



Peter Jeffrey, Health Education Officer Ag. (right) discusses the transmission of STDs with students of the Biche Secondary School



Karen Copland, Health Education Aide, shares Carnival Safety Tips to students of the Guayaguayare Secondary School



Dionne Buffong, Registered Nurse and School Health Nurse, (front) talks to students at Bates Memorial High School

## CANCER AWARENESS LECTURES AT NAMA



Representatives of the Trinidad and Tobago Cancer Society pose for a photo with members of the NAMA's Health Education Team



Karen Copland, Health Education Aide, conducts an exercise session with attendees at the Mafeking Community Centre



Clients at the Rio Claro Presbyterian School take a photo with the "I CARE" frame



Sherma Mills from the T&T Cancer Society discusses cancer with attendees

T&T Cancer Society conducts free screening at the Guayaguayare RC Primary School



In celebration of National Cancer Prevention Month, held in February 2018, the County Nariva/Mayaro's Health Education Department in collaboration with the Cancer Society of Trinidad and Tobago hosted a series of interactive Cancer Awareness Lectures throughout the County.

The series was titled, "Operation Know Your Body, Check Your Body" and sessions were held throughout the County.

Information on cancer and prevention was shared at the various sessions and free pap smears and breast examinations were also offered to all participants.

*Take a look at some of the highlights at left.*

## INFLUENZA VACCINE DRIVE CONTINUES AT THE ERHA

Earlier this year, the Ministry of Health commenced on an extensive flu vaccination drive and the Eastern Regional Health Authority has been very active in the promotion of this national campaign.

The ERHA's Nursing Team has been conducting influenza vaccination outreach programmes at numerous locations within

the Eastern Region.

Nurses have been meeting and greeting persons at business places, schools, churches, community centres and at other locations in an effort to sensitive the public on the Influenza Virus and the importance of vaccination. See photos at right



Sandra Newton, District Health Visitor, administers a flu shot at an outreach programme held at Mafeking Village, Mayaro, on March 23, 2018



Joanna Friday - Bartholomew, District Health Visitor and Surveillance Nurse, gives a flu vaccine to a customer at Cost Cutters Supermarket on March 17, 2018

## ERHA ATTENDS THE 33RD CARIBBEAN EPI MANAGERS' MEETING

The Pan American Health Organization (PAHO) and the World Health Organization (WHO) in collaboration with the Ministry of health, hosted its 33rd Caribbean EPI Managers' Meeting on February 23, 2018 at the Hilton Trinidad & Conference Centre .

Healthcare professionals throughout the Caribbean attended, including ERHA's Indardaye Maharaj, Primary Care Nurse Manager and Eleanor Eccles, Senior District Health Visitor, County Nariva/Mayaro.

The overall objective of the EPI Managers' Meeting was to analyse achievements in the past year and to plan activities while sharing experiences on the immunization programme.

The Caribbean EPI Meeting focused on achieving 95% immunization coverage for all children ages 0-5 years with the following vaccines :

- Pentavalent
- Polio
- Yellow Fever
- MMR

Additionally, MMR 2 or 2nd MMR which was previously administered to children at 4 years of age will now be given to children from age 2 in an effort to improve immunization coverage.

The ERHA continues to work with the Ministry of Health in ensuring that vaccines are administered to persons throughout the Region and that the quality of service provided to the population is continuously improving.



*The Honourable Terrence Deyalsingh, Minister of Health, (centre) with Indardaye Maharaj, Primary Care Nursing Manager (right) and Eleanor Eccles, Senior District Health Visitor, (left) County Nariva/Mayaro at the Caribbean EPI Managers' Meeting*



*Eleanor Eccles, Senior District Health Visitor (left) and Indardaye Maharaj, Primary Care Nursing Manager (right) pose for a photo at Hilton Trinidad & Conference Centre*

## CHRONIC DISEASE SUPPORT GROUPS GET SCREENED

The County St. Andrew/St. David Health Education Department has partnered with the Blind Welfare Association in an effort to raise awareness of eye diseases such as glaucoma, cataract, diabetes and hypertensive retinopathy.

Lectures and vision screening have been conducted for the Chronic Disease Support Groups in areas such as Matelot and Sangre Grande and sessions are presently being scheduled in other areas within the Eastern Region.

Take a look at some of the highlights from a session which was conducted on March 20, 2018 with members of the Cumuto Chronic Disease Support Group as well as their families and community members.



*Kezia Philip-Joseph, Health Education Officer, (standing, back) talks to the members about*



*Members of the Blind Welfare Association meet with persons*

### ***Are you interested in joining a Chronic Disease Support Group?***

If so, please visit your nearest health facility and ask about the Group. You can also contact the ERHA's Health Education Departments for more details. See contact information below:

- County Nariva/Mayaro: 222-5005/50155017
- County St. Andrew/St. David: 668-2053/2054/2055

## MINISTER OF HEALTH VISITS THE HEALTH ASSESSMENT TEAM

On March 11, 2018, the Honourable Terrence Deyalsingh, Minister of Health, visited the Health Assessment Team at the T&T Kidney Recipient Support Group's World Kidney Day celebrations.

The Health Assessment Team provided free body mass index, blood pressure, blood glucose and cholesterol

testing to fifty eight (58) persons including the Minister of Health at this year's celebrations. See photos below.



*The Honourable Terrence Deyalsingh, Minister of Health, gets screened by Ann Marfan, Enrolled Nursing Assistant and member of the Health Assessment Team*



*The Honourable Terrence Deyalsingh, Minister of Health, checks his height with the help of Ms. Folasade Charles, Administrative Assistant and Health Assessment Team member.*

## Retirees

### Victorine Aaron Rivers, Cook I



Victorine Aaron  
Rivers, Cook I

Ms. Aaron-Rivers, Cook I, assumed duties with the Eastern Regional Health Authority with effect from March 1, 2009.

Ms. Aaron-Rivers is known for her very humble and wonderful personality amongst her colleagues. She provided quality service and as such was well respected by her supervisor and fellow colleagues.

Ms. Aaron-Rivers was an excellent supporter of her colleagues competing at the ERHA's Cooking Competition in 2014.

Ms. Aaron Rivers retired on February 26, 2018.

### Alina Moore Monrelle, Midwife

Alina Moore Monrelle assumed duties with the Eastern Regional Health Authority with effect from May 8, 1995 as a Nursing Assistant and was later confirmed in the said post with effect from March 1, 1996.

In 2004, Ms. Moore Monrelle pursued the Midwifery Programme for the Enrolled Nursing Assistant and was later promoted as a Midwife on November 1, 2007. Ms. Moore Monrelle provided excellent quality service in keeping with the core values of the Authority and as such was respected by her supervisor and fellow colleagues.

Ms. Moore Monrelle retired on January 3, 2018.

## ANNOUNCEMENT

### Pension Oversight/ Management Committee

Please welcome your new Employee Representatives on the Pension Management Committee:

- Ms. Donna Peters, Stores Clerk – Nariva/ Mayaro
- Mr. Dhanram Garness, Materials Officer – Sangre Grande Hospital
- Ms. Kerencia King, Administrative Assistant – Head Office
- Ms. Venessa Williams, Patient Care Assistant – St. Andrew/ St. David

This committee has been established to assist you with any concerns/ queries that you may have as it relates to your pension plan with the Authority.

Feel free to liaise with any of the above members if you have any concerns/ queries related to pensions.

### Prepare Yourself for Retirement!

COMING  
SOON!

- ♦ Free advice from financial planning agencies on how to plan for life after retirement.
- ♦ Available for employees between the ages of 50-60 years.



House



Car



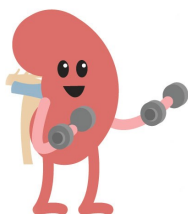
Travel

Stay tuned for more details!

## QUESTION & ANSWER

**Question:** Can I change my Nominated Beneficiary on my Pension Plan?

**Answer:** Yes. You can do this by completing another Nomination of Beneficiary Form and submitting it to the Secretary of the Pension Management Committee. It is important that you keep your nomination up to date as your personal circumstances change. Failure to fill out a Nomination of Beneficiary Form will result in a lump sum benefit due on your death being paid to your legal personal representative(s).



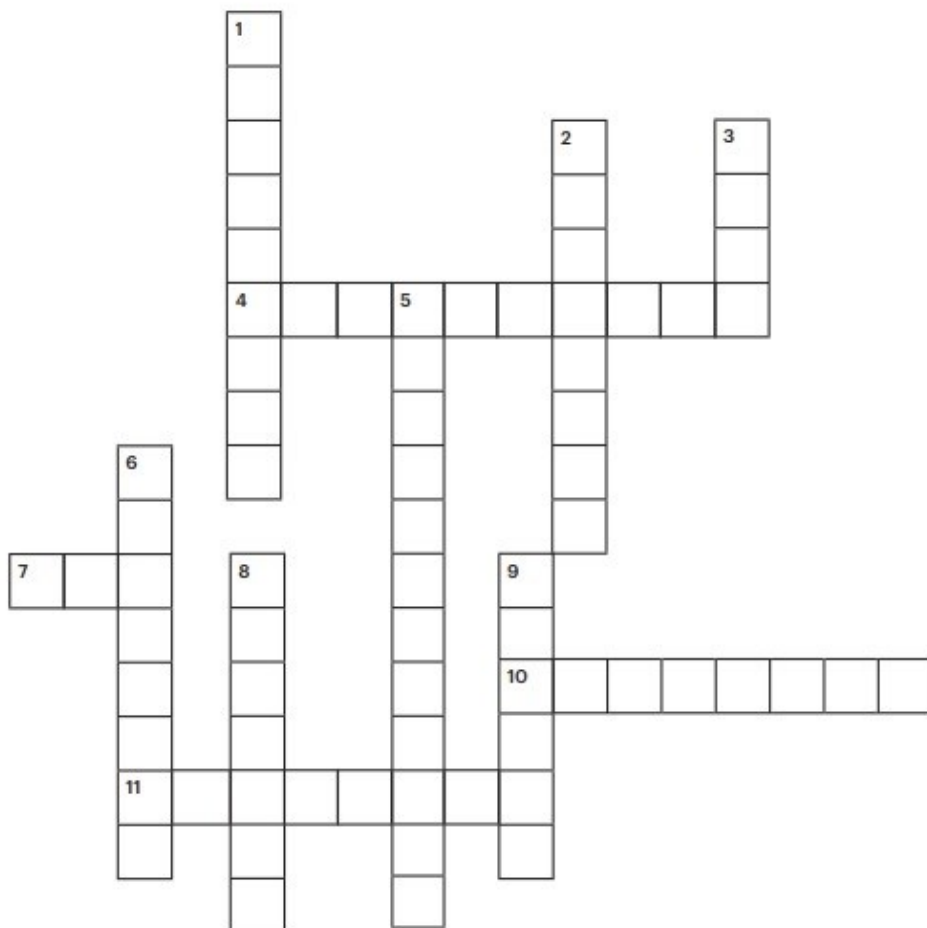
## KIDNEY CROSSWORD

### ACROSS

4. An operation that places a healthy organ in your body.
7. A test that helps measure how well your kidneys are working.
10. A disease in which your body cannot make enough insulin or use it well. It is a leading cause of kidney disease.
11. Doing enough of this on a regular basis will help keep your heart and kidneys healthy.

### DOWN

1. This person can help you plan healthy, nutritious meals.
2. This process filters waste products and extra fluid from your blood through a machine. It is a common treatment for kidney failure.
3. Eating less of this can help control blood pressure and reduce swelling.
5. A doctor who specializes in treating people with kidney disease.
6. Chemicals produced by different glands and organs, including the kidneys, to trigger certain responses in your body.
8. Having small amounts of this in your urine can be a sign of kidney disease.
9. This organ helps to keep your body's system in balance. Among other things, it removes waste and extra fluid from your body.



***Look out for the answers in the next Issue!***

## UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- April 4th: Community Consultation at Matura Outreach Centre
- April 7th: World Health Day
- April 12th: Community Consultation at Guayaguayare Outreach Centre
- April 18th: Community Consultation at Valencia Outreach Centre
- April 21st - 28th: Vaccination Week in the Americas
- April 25th: Community Consultation at San Souci Outreach Centre
- April 25th: World Malaria Day
- April 28th: World Day for Safety and Health at Work

***For details on upcoming activities, feel free to contact the Corporate Communications Department at 691-5475***



**MARCH, 2018**

## HOSPITAL & HEALTH CENTRES

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

**Mayaro District Health Facility**  
Pierreville, Mayaro  
Tel: 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: 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: 668-2063

**Matelot Outreach Centre**  
Main Road  
Matelot  
Tel: 670-2428

**Matura Outreach Centre**  
Toco Main Road  
Matura  
Tel: 668-6276

**Rio Claro Health Centre**  
De Verteuil and Dougdeen Street,  
Rio Claro  
Tel: 644-2236, 644-0181 Fax: 644-3463

**Sangre Grande Health Centre**  
Brierley Street and River Street  
Sangre Grande  
Tel: 668-2509

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

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

**Valencia Outreach Centre**  
Alexander Street  
Valencia  
Tel: 667-8197

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