



The Eastern Vibes

Monthly Newsletter 2018

June 2018, Issue #49

MINISTER OF HEALTH VISITS THE SANGRE GRANDE HOSPITAL



Left to right: Ronald Tsoi-a-Fatt, Chief Executive Officer, The Honourable Terrence Deyalsingh, Minister of Health, Dr. Adesh Sirjusingh, Director of Women's Health, Ministry of Health and Dr. Marlon Timothy, Specialist Medical Officer and Head of Department, Neonatal Intensive Care Unit (NICU) tour the NICU



The Honourable Terrence Deyalsingh, Minister of Health, chats with members of staff at the Sangre Grande Hospital

The Honourable Terrence Deyalsingh, Minister of Health, highlighted major accomplishments of the ERHA to members of the media during a media visit to the Sangre Grande Hospital on 1st June, 2018.

During the visit, ERHA professionals made presentations on projects which were recently completed to improve the quality of health care being provided. These projects include:

- ♦ Development of the Neonatal Intensive Care Unit (NICU)
- ♦ Kitchen Refurbishment and Expansion Project

- ♦ Ambulance Fleet Enhancement
- ♦ Accident and Emergency Triage System

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer (ERHA) then led the guests on a tour of the Sangre Grande Hospital where they were able to view the new kitchen, the NICU and also newly commissioned ambulances.

Minister Deyalsingh, Minister of Health, also interacted with clients and members of staff during his visit.

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ERHA WELCOMES A NEW MANAGER - CORPORATE COMMUNICATIONS

The Eastern Regional Health Authority (ERHA) welcomes a new Manager-Corporate Communications, Lisa Daniel-Charles, who joined the Authority on June 11, 2018.

Mrs. Daniel-Charles comes to the ERHA with over sixteen years of experience in Corporate Communications in the private and public sectors.

Prior to joining the ERHA, she held positions as the Manager-Corporate Communications at the Ministry of Foreign and CARICOM Affairs and at the Ministry of Labour & Small and Micro Enterprise Development. She was also employed as a Public Relations Officer at the Ministry of Health and at the Office of the Prime Minister and has consulted on projects with the UNDP, NAPA, COPOS Credit Union, Ultimate Events among others. Mrs. Daniel-Charles holds a Master of Arts in Mass Communications from the University of Leicester and a Bachelor of Business Administration from the University of Lincolnshire and Humberside. She also possesses certification in Reputation Management, protocol & event planning and management.

The ERHA wishes to congratulate Lisa Daniel-Charles on her new appointment as the Manager-Corporate Communications.



(left to right) Oktive Lewis, Manager-Security Services presents a welcome package to Lisa Daniel-Charles, Manager-Corporate Communications

ADOPTING A COLLABORATIVE APPROACH TO REDUCE NCDs

During the month of May 2018, the County Nariva/Mayaro's Health Education Department, the Nursing and Medical Social Work Departments and the School Health Unit conducted visits to primary schools in Nariva/Mayaro to continue the Non-Communicable Diseases (NCDs) Prevention Program.

The program which targets students in standard three, began in February 2018 and aims to reduce the number of chronic diseases in young children. The program involves five steps, which includes:

1. Pre-test
2. Lectures on chronic diseases, healthy eating/snacks and exercise
3. Post-test

4. Screening of height, weight and BMI
5. One-on-one counselling

As part of the initiative, the Health Education Department spearheaded a number of other activities which included mounting of display booths at Ortoire RC Primary School and at the Ministry of Community Development, Prime Minister's Best Village preliminaries. They also hosted a walkathon, a mini health fair, and conducted a healthy eating lecture at New Life Tabernacle Open Day & Fair.

A lecture on personal hygiene and puberty was also conducted at the Ministry of Sport and Youth Affairs' Adolescent Intervention Program.

See highlights of the programs below.



Zanisha Jaimungal, Senior District Health Visitor, talks about chronic diseases to students of the Rio Claro Hindu School



Students of the Mafeking Government Primary School listen to a lecture on healthy snacks presented by Peter Jeffrey, Health Education Officer (Ag)



Karen Copland, Health Education Aide, reads pre-tests to students of the Rio Claro SDA Primary School

ERHA CELEBRATES WORLD BLOOD DONOR DAY 2018

Every few seconds, someone, somewhere needs blood.

Over 70 persons responded to the call by the Eastern Regional Health Authority to join the global community to donate blood voluntarily in observance of World Blood Donor Day on June 14, 2018.

World Blood Donor Day is a global health awareness day celebrated annually under the sponsorship of the World Health Organisation. It serves to thank voluntary, unpaid blood donors for their safety and availability of blood and blood products for patients in need.

Volunteers who visited the Sangre Grande Hospital Blood Bank recognised this need. Mr. Trevor Leopold stated, ***"I began to donate blood in 2013 to assist my friends and family who needed blood and became a voluntary donor when I learnt about the benefits of giving blood to the***

body. It is great to know that I am saving lives."

Mr. Junior Beckles has been a blood donor for five years and indicated that, ***"Giving blood is a wonderful thing and I always encourage persons to be blood donors."***

Ms. Tiffany Peters, a blood donor since 2015, stated that, ***"Giving blood makes you feel happy knowing that you are saving lives."***

All visitors were warmly welcomed by Rhona Lee, Registered Nurse, and her team who provided motivation, support and advice to the volunteers. Blood donors were thanked for their contributions and were reminded to encourage others ***to "Be there for someone else." Give blood. Share life.***

Below are a few photos of persons at the Sangre Grande Blood Bank on World Blood Donor Day.



Valerie Diaz, Enrolled Nursing Assistant, (back), and Rhona Lee, Registered Nurse, (front), assist donors in the Donation Room at the Blood Bank



(left to right) Grace Aroon, Enrolled Nursing Assistant, checks the blood pressure of Trevor Leopold, Voluntary Blood Donor



Voluntary donors and supporters at the Blood Bank's Waiting Area

BECOME A VOLUNTARY BLOOD DONOR TODAY!

Why not become a voluntary blood donor and help save lives?

The Eastern Regional Health Authority is urging you to visit the Sangre Grande Hospital Blood Bank and become a voluntary blood donor today.

Opening Hours:

- ♦ Mondays - Fridays: 8:00 a.m. - 3:00 p.m.
- ♦ Saturdays: 8:00 a.m. - 12:00 noon

Address: Katwaroo Entrance of the Sangre Grande Hospital's Compound

Contact Numbers: 668-2468 or 668-2288 ext. 147



Remember, one pint of blood can save up to three (3) lives!

HEALTHY EATING CAMPAIGN AT NAMA

290 persons from eight (8) 4H clubs in County Nariva/Mayaro, participated in a healthy eating campaign, entitled, "Healthy and Nutritious can be Delicious."

The campaign was conducted by the Health Education Department in partnership with the Ministry of Agriculture in recognition of Caribbean Nutrition Month, which is celebrated annually in June.

The topics discussed at the campaign were Grow, Go

and Glow Foods; Healthy & Unhealthy Snacks; Learning how to read food labels and The benefits of planting your own food.



Shelly Ann Charles, Food Demonstrator (left) and Peter Jeffrey, Health Education Officer (right), talk to students of Torrib Trace Presbyterian Primary School



Ria Balgobin, Agricultural Officer, discusses the benefits of planting your own food with students of Poole R.C. Primary School

"PUT A RAINBOW ON YOUR PLATE"

National Nutrition Awareness Week is observed annually in the first week of June and it was commemorated from June 4th to 8th in 2018.

During this period, nutrition education campaigns were conducted to focus on educating persons about healthy eating, the importance of physical activity and also to empower them to live healthier lifestyles.

The theme for this year, **"Put a Rainbow on Your Plate"** encouraged persons, particularly the adult population, to increase their intake of fresh fruits and vegetables, which are vital components of a healthy diet.

The Nutrition Department of the ERHA conducted a one-hour presentation with staff members at the County Health Administration Building. This interactive session

included discussions about the health benefits of fruits and vegetables, strategies for including them in the diet and a food demonstration. Staff members were eager to sample the nutritious "banana papaya smoothie" prepared by Allison Julian, Food Demonstrator.

Fruit bowls were also prepared and distributed to staff at the Administrative Office, to reinforce the importance of fruits in the diet and to encourage them to include a rainbow on their plate.

See photo at right and look out for the "banana papaya smoothie" recipe in July's Issue of the Monthly Newsletter.



Judy Bayne, Administrative Assistant, receives a fruit bowl

DISASTER PREPAREDNESS FEATURE: INFORMATION SHARING

Who do you rely on for accurate information during emergencies and disasters?

Information can be shared and received quite easily through various avenues. We have all at some point in time depended on a neighbour, family members or social media as a source of information during emergencies and disasters. While the information is sometimes valid, there are also instances where information is inaccurate and untrue. Therefore, in order to save yourselves and your family from unnecessary panic, anxiety and frustration ensure that your source of information is credible.

If you receive information from any unofficial sources make every effort to verify this with some of the credible sources listed below before sharing it among friends, family and/or co-workers.

Official sources of information during disasters and emergencies:

- Office of Disaster Preparedness and Management (ODPM)
- Trinidad and Tobago Meteorological Service (Met. Office)
- Trinidad and Tobago Police Service
- Trinidad and Tobago Fire Service
- Municipal Corporations
- Tobago Emergency Management Agency (TEMA)

You can download the Met Office or ODPM Apps. to your smartphone or follow them on Facebook, Twitter and Instagram for live updates as it relates to weather forecasts and disasters.

Met Office App



ODPM App



Remember to always verify unofficial information before sharing it.

If it's accurate it will be accessible. If you are unable to access confirmation from any of these sources chances are it is untrue.

INDUSTRIAL RELATIONS - SPECIAL FEATURE

Presented by the Industrial Relations, Compensation and Benefits Administration Department

Retirees

Ms. Mavis Chadee

Ms. Mavis Chadee, Patient Care Assistant, assumed duties with the Eastern Regional Health Authority on January 02, 2001 and became a permanent member of staff on July 01, 2007. She was attached to the Sangre Grande Hospital for the period in which she was employed and was respected by her supervisor and fellow colleagues.

During her tenure, she truly embraced the core values of the Authority and provided quality service.

Ms. Chadee retired on May 21, 2018.

Juliet Bruno-Noel

Ms. Juliet Bruno-Noel, Wardsmaid, assumed duties with the Eastern Regional Health Authority with effect from November 1, 1996 and was confirmed permanent on January 1, 2002.

Ms. Bruno-Noel was fondly referred to as Ms. Shiner by her colleagues and took pride in her job. She was well respected and went above and beyond the call of her duties and assisted in other areas outside her scope of work. She was among the finest staff members to be assigned to the Mayaro District Health Facility.

Ms. Bruno-Noel retired on June 24, 2018.



Juliet Bruno-Noel

Ms. Lackranie Sharon Jagroop

Ms. Lackranie Sharon Jagroop, Nursing Assistant assumed duties with the Eastern Regional Health Authority with effect from June 23, 2003 and later joined the permanent staff on July 01, 2005. She 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 Jagroop enjoyed organizing events and sharing her meals with her colleagues who described her as a kind, selfless person, who was always willing to assist in whatever way she can. Ms. Jagroop took pride in serving others and extended her duties beyond the walls of the ERHA as a member of the Health Assessment Team.

Ms. Jagroop retired on July 11, 2018.



Lackranie Sharon Jagroop

Patricia Charles

Ms. Patricia Charles, Cook I was transferred to the Eastern Regional Health Authority on March 1, 2009.

Ms. Charles has always been known for her very quiet and humble personality amongst her colleagues. She provides quality service in keeping with the core values of the Authority and as such is very well respected by her supervisor and fellow colleagues.

Ms. Charles will retire on August 25, 2018.



Patricia Charles

Prepare Yourself for Retirement!

Free advice from financial planning agencies on how to plan for life after retirement is available for employees between the ages of 50-60 years. The third session will be held in August 2018 for Daily Rated Employees. You will be contacted by the Human Resources Department to receive your free session on financial advice.

QUESTION & ANSWER

Question: Will I get any benefits from the Government for my service as a public officer?

Answer: Yes. Provided that you held a permanent appointment and you were confirmed in the Public Service. You will be entitled to a Preserved Government Benefits on:

- Retirement
- Death; and
- Termination of service from the RHA with at least five years pensionable service under a Pension Law for which no benefits were received.



THE ERHA's SPORTS AND FAMILY DAY IS BACK!

Get ready for this year's ERHA's Sports and Family Day!

The ERHA's Sports and Family Day is one of the initiatives on our calendar to our 21st Anniversary celebrations and will be observed under our theme, "Caring is the Key." The programme will include a number of fun activities that will promote wellness for team members and children and will commence with a March Past.

See flyer below and contact a Sports Committee Member within your Unit or the Corporate Communications Department at 226-1101 for more details.



Select your size and style

POLOs & T-SHIRTS



POLO (MALE): \$65.00

POLO (FEMALE): \$70.00

T-SHIRT (ADULT): \$50.00

T-SHIRT (KIDS): \$40.00

AVAILABLE SIZES:

SMALL, MEDIUM, LARGE, X-LARGE, 2 XL, 3 XL

Contact a Sports Committee Member within your Unit for more information.



SPORTS COMMITTEE MEMBERS

Sangre Grande Hospital

- Kavita Williams, Stores Clerk II – 668-2288
- Goonesh Mungroo, Male Labourer – 668-2288

Head Office

- Astra Bennett, Wellness Coordinator– 668-1105/472-9722
- Abe Thomas, Purchasing Officer – 691-3880
- Lue-ann Henry, Accounting Assistant – 668-1105
- Amanda Roberts, Administrative Assistant – 668-1105

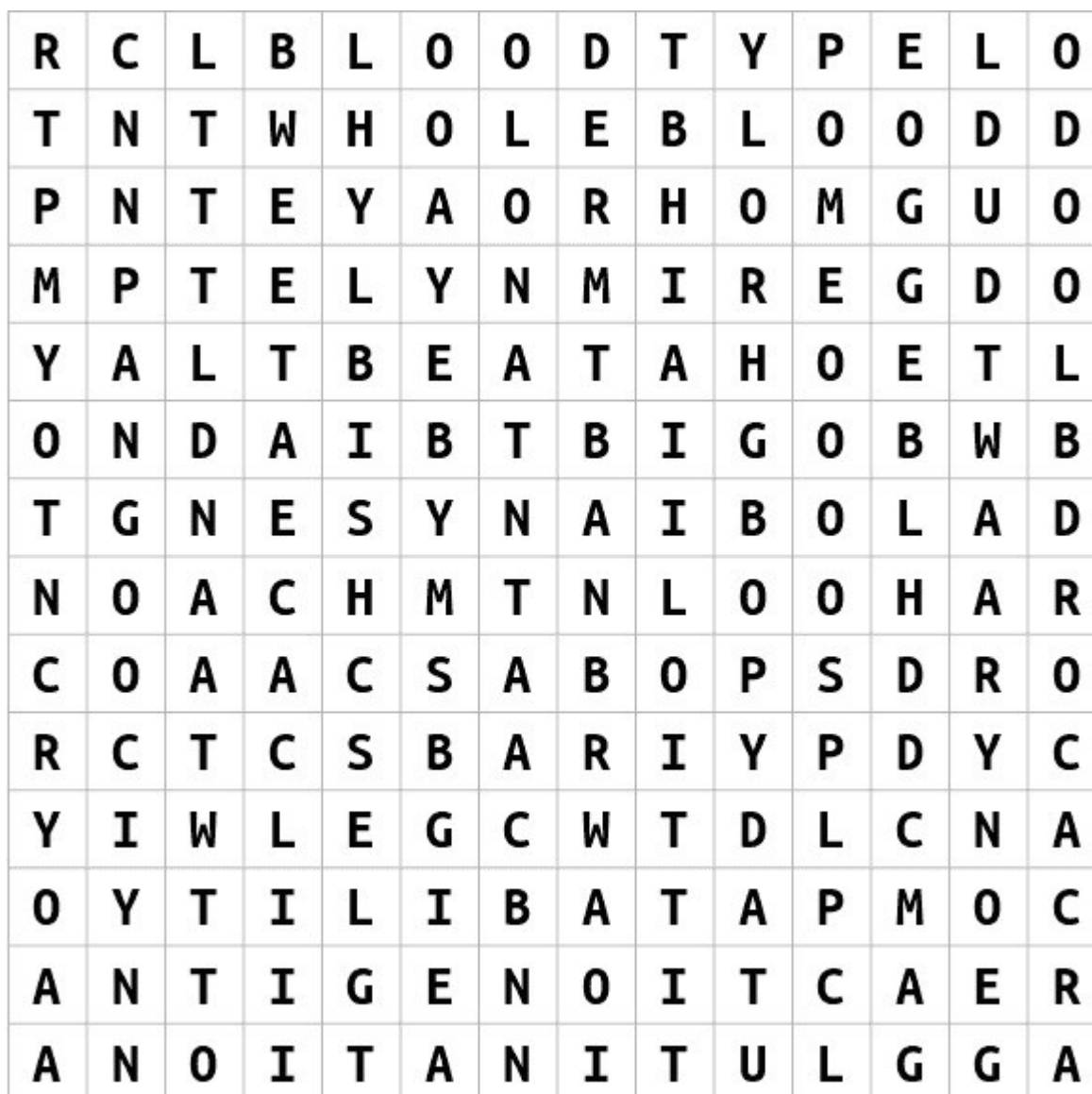
County Nariva/Mayaro

- Peter Jeffrey, Health Education Officer Ag. – 222-5005/463-8110
- Michelle Ramnarine, Quality Coordinator - 222-5005/620-4232
- Tameika Mungo, Primary Health Care Services Administrative Officer: 222-5005/786-3786

County St. Andrew/St. David

- Dionne Buffong, Health Education Officer Ag. – 668-2053
- Jameson Glasgow, Clerk I - 668-2053

BLOOD BANK WORD SEARCH



Find the words
below:

PLASMA
COMPATABILITY
ANTIBODY
ABORH
WASHED
REACTION
CRYO
BLOODTYPE
RHOGAM
AGGLUTINATION
PLATELET
CORDBLOOD
WHOLE BLOOD
ANTIGEN



UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- July 24th: Interfaith Service and Mini Health Fair
- July 28th: World Hepatitis Day 2018
- August 5th: ERHA's Sports and Family Day 2018

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



JUNE, 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**