



The Eastern Vibes

Monthly Newsletter 2019

March 2019, Issue #57

ERHA PROMOTES KIDNEY HEALTH FOR EVERYONE EVERYWHERE



Members of St. Andrew/St. David Health Education Team



Ms. Sharlene Rooplal, client of the Dialysis Unit delivers a dramatic presentation

In observance of World Kidney Day, the Eastern Regional Health Authority continued its outreach activities and hosted an interactive session under the theme, **"Kidney Health for Everyone Everywhere."**

On the 14th March, 2019 staff from the Dialysis Unit; Health Education Department; Nutrition Department; and Medical Social Work Department teamed up with clients at the Sangre Grande Enhanced Health Centre to

present information on kidney disease and prevention through lectures, display booths and skits.

Ms. Sharlene Rooplal captured the attention of those in attendance with her dramatic presentation which addressed some of the main concerns associated with kidney disease.

In this Issue

- Kidney Health for Everyone Everywhere
- Staff Gets Trained in Safety.
- NAMA Talks Carnival Safety with Students
- PHI Brings Service to You: Food Handlers Registration Drive
- MoH Gets T&T Moving with Its TT Moves Campaign
- Healthy "Easy to Make" Recipes
- Cancer Awareness Word Search
- Upcoming Activities and Events

STAFF GETS TRAINED IN SAFETY

Let's Stay Safe Together! The ERHA's Occupational Safety and Health Department embarked on Safety Warden Training which will equip safety wardens at all facilities with basic training and skills of how to proactively respond to emergencies.

The sessions provide members of staff with vital information on the protocol for safe, prompt and orderly evacuation of all ERHA facilities in accordance with the Emergency Response Plan.

The programme exposed participants to areas such as:

- Roles and Responsibilities of a Safety Warden.
- Identifying Risks & Hazards.
- Emergencies and the course of action to take.
- How to contact the respective emergency agency.
- Types of disasters.
- Points of egress.
- Use of checklist & reporting.

The OSH Department aims to ensure that each Office of the ERHA has a Safety Warden. The Officer will lend assistance and take proactive action to address hazards and ensure prompt and orderly evacuation of any building during an emergency.



Training session at LRC

Training sessions commenced on 21st March, 2019 at the ERHA's Learning Resource Centre and continues monthly.



Ms. Farah Mohammed, Manager-Occupational Safety & Health presents a Safety Warden pin to Ms. Tameika Mungo, Primary Health Care Services Administrative Officer



Mr. Jeremy Meade, Deskside Support Technician receives his Safety Warden pin from Ms. Farah Mohammed, Manager-Occupational Safety & Health

The OSH Department invites persons interested in becoming a Safety Warden to call 226-9184 for more information.

NAMA TALKS CARNIVAL SAFETY WITH STUDENTS

Students of the Rio Claro West and Rio Claro East Secondary Schools participated in Carnival Safety discussions with officers of the Health Education Team in County Nariva/Mayaro.

Promiscuity, teenage pregnancy, STIs and underage drinking were some of the key issues on the agenda. The students were encouraged to ask questions and share their concerns with the Health Education Team who also addressed other health related issues.

A short dramatic presentation highlighting Carnival Safety was also featured in the session.



Ms. Karen Copland, Health Education Aide and Mr. Peter Jeffrey, Health Education Officer perform a skit at Rio Claro West Secondary School



Mr. Peter Jeffrey, Health Education Officer chats with students of the Rio Claro East Secondary School

PHI BRINGS SERVICE TO YOU: FOOD HANDLERS REGISTRATION DRIVE

Over 350 Food Handlers along the North Coast from Matura to Matelot participated in the registration drive recently conducted by the Public Health Department, County St. Andrew/St. David.

Recognizing the challenges faced by Food Handlers who are sometimes required to make multiple trips to complete the process by 31st March annually, the Public Health Department brought the service to the people. Satellite Offices were set-up at health facilities along the

North Coast, thereby reducing the distance clients had to travel.

Food Handlers were given the opportunity to meet with the Public Health Inspectors and register themselves and their premises at these offices as well as participate in Food Safety lectures which is also an integral part of the registration process.

The Public Health Department continues to listen to our clients and respond to their needs.



Ms. Tamara Lewis, Public Health Inspector, conducts a Food Safety Lecture to food handlers at Cumana Outreach Centre



Food Handlers get registered at Matelot Outreach Centre



Registration drive at Cumana Outreach Centre

Ministry of Health Gets T&T Moving: TT Moves Campaign

The Eastern Regional Health Authority has joined the Ministry of Health on its drive to get Trinidad and Tobago moving in a healthier direction with the TT Moves Campaign. The goal is to get target population groups to take tangible steps towards increased physical activity and increased consumption of water, fruits, and vegetables to reduce NCD risk factors associated with physical inactivity and unhealthy diet.

Below is an overview of the TT Moves campaign from the Ministry of Health:

The **TT Moves National Non Communicable Disease (NCD) Risk Factor Reduction** campaign is a strategic national behaviour change communication (BCC) initiative to address the increasing prevalence of NCDs in Trinidad and Tobago and in particular the risk factor behaviours associated with NCDs.

While focused on encouraging changes in behaviour and personal eating and exercising choices, the initiative also considers the critical role of environmental and social interventions in supporting individual choice and behaviour change.

TT Moves is developed around three initial key messages: drink more water, eat more fruits and vegetables, and increase physical activity.

Activities are developed under thematically-focused days and monthly health communication activities.

- **'Water Wednesday'** - will encourage the consumption of more water as a healthier drink choice and as an alternative to sugar-sweetened beverages.
- **'Fruit Friday'** - will encourage the inclusion of more fruits and vegetables for a balanced diet as an alternative to sugar-laden and sodium rich snacks; as well as encourage persons to plant and grow fruits and vegetables and generally buy and prepare healthier meals and snacks.
- **'Shape-Up Saturday or Sunday'** - will encourage increased physical activity to make the necessary shift from currently increasing sedentary lifestyles.

All RHAs are encouraged to conduct programmes under the TT Moves campaign to increase awareness and provide practical information to facilitate and encourage behavior changes that prevent and reduce NCD risk factors.

For more information, feel free to visit the MoH's website at www.health.gov.tt



special feature

Presented by the Industrial Relations,
Compensation and Benefits Administration
Department

Feature 1 - Retirees

Ms. Marian Walcott, Hospital Attendant I

Ms. Marian Walcott, Hospital Attendant I assumed duties with the Ministry of Health on October 14, 1991 before being transferred to Eastern Regional Health Authority with effect from April 1, 2009.

Her colleagues reflected that Ms. Walcott brought with her a pleasant personality, which made her daily operations as a Hospitality Attendant I, easy to offer quality customer care. With a stern look and a gentle smile, she seized the hearts of many she served and worked with.

Ms. Walcott retired with effect from January 2, 2019.

Ms. Jacklyn Chunesingh

Ms. Jacklyn Chunesingh, Nursing Assistant assumed duties with the Ministry of Health on January 3, 1990 and was transferred to Eastern Regional Health Authority with effect from March 1, 2009.

Ms. Chunesingh is known by her colleagues for her vibrant personality and her sincere eagerness to assist those in need. Full of energy and pleasant demeanor, she brightened the corridors of the Sangre Grande Hospital with her gracious smile.

Ms. Chunesingh retired with effect from January 5, 2019.

Ms. Myroon Yatali, Patient Care Assistant

Ms. Myroon Yatali, Patient Care Assistant was employed with the Eastern Regional Health Authority since January 2, 2001 and later became permanent with effect from July 1, 2007.

Ms. Yatali is known amongst her colleagues in Nariva/Mayaro for her beautiful eyes and pleasant personality. She provided quality service in keeping with the core values of the Authority and as such, was well respected by her supervisor and fellow colleagues.

Ms. Yatali retired with effect from January 18, 2019.

Feature 2 - Pension Elections



EASTERN REGIONAL HEALTH AUTHORITY



ATTENTION!

ALL PERMANENT
MONTHLY PAID
ERHA EMPLOYEES

Pension Election is here again!

VOTING DATES:

11TH JUNE, 2019 – 13TH JUNE, 2019

Designated Voting Locations

County Nariva/Mayaro

- County Health Administration Building
- Rio Claro Health Centre
- Brothers Road Outreach Centre
- Biche Outreach Centre
- Mayaro District Health Facility
- Guayaguayare Outreach Centre

County St. Andrew/St. David

- Sangre Grande Enhanced Health Centre
- Toco Health Centre
- Valencia Outreach Centre

Sangre Grande Hospital

- Human Resources Department
- Accident and Emergency Department

Head Office

- Human Resources Department

Look out for the ballot boxes at the Designated Voting Locations to cast your vote.

For more information, feel free to contact the Human Resources Department within your Unit.

Feature 3



Question: *How much of my salary do I contribution to the RHA's Pension Plan on a monthly basis?*

Answer: *You are required to pay a monthly contribution to the Plan at the rate of 5% of your salary. The Eastern Regional Health Authority is contributing at the rate of 22.9% of your salary on behalf of you on a monthly basis.*

HEALTHY 'EASY TO MAKE' RECIPES

Awesome Carrot and Nut Muffins

Ingredients

1 cup raisins
2 cups warm water
2 cups all-purpose flour
1 tablespoon baking powder
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
4 eggs
1 cup vegetable oil
3/4 cup brown sugar
3 cups shredded carrots
Add all ingredients to list

Method:

1. Combine raisins and water in a small bowl. Let soak for 15 minutes. Drain raisins, discard water and set raisins aside.
2. Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
3. In a large bowl, sift together flour, baking powder, baking soda, salt and cinnamon. In a separate bowl, combine eggs, oil and brown sugar; beat well. Combine egg mixture and flour mixture; mix just until moistened. Fold in carrots and drained raisins. Spoon into prepared muffin cups.
4. Bake in preheated oven for 20 to 30 minutes. Let cool for 30 minutes before frosting.

Yield 18 pieces.



Fruity Chickpea Cookies

Ingredients:

2 tbsp chia seeds
80 ml (1/3 cup) water
1/2 tsp vanilla extract
400 g can chick peas
1 small ripe banana
95 g (1/3 cup) apple puree
70 g (3/4 cup) rolled oats
25 g (5 small) dates
75 g (1/2 cup) frozen raspberries
45 g (1/4 cup) frozen blueberries

Method:

1. Pre heat oven to 180c /350 F / Gas 4 and prepare two baking trays with baking paper / re-usable baking sheets.
2. Combine the chia seeds, water and vanilla extract together in a bowl.
3. Add the chickpeas, banana, apple puree, oats and dates to a food processor and blitz until smooth. Add the chia seed mixture and pulse until combined.
4. Remove blade and stir through the raspberries and blueberries.
5. Form tablespoon sized cookies onto the baking sheet.
6. Bake for 15 minutes.

Serves 12.



Recipes were submitted by the Nutrition Department under the CAMP R.O.C. programme

WORD SEARCH: KIDNEY

E W T F E F S N T R R A
 R A G U S D O O L B Y R
 U T R R L Y H T L A E H
 S E L B A T E G E V L T
 S R E R R W E N R U L A
 E S E T E B A I D R O A
 R E R V N T S S D I W D
 P C U E I D L Y T N K O
 D E L R M T T I R E R C
 O S I E Y T C S F C L T
 O E A S A L T A A R I O
 L A F F F R U I T O T R
 B A I F D C S S W F O E



KIDNEYS	FILTER	FORCE	FRUIT
URINE	SALT	FAILURE	FATTY
WATER	DIABETES	YELLOW	DOCTOR
WASTE	BLOODSUGAR	CLEAR	HEALTHY
MINERALS	BLOODPRESSURE	VEGETABLES	ACTIVE

UPCOMING HEALTH OBSERVANCES & ACTIVITIES

- April 7th: World Health Day
- April 20th - 27th: Vaccination Week in the Americas
- April 24th: World Administrative Professionals' Day
- 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 226-9102/9119



MARCH 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