

The Eastern Vibes

Monthly Newsletter 2019

May 2019, Issue #59

ERHA SECONDARY SCHOOL AEROBICS COMPETITION - ENCOURAGING HEALTHY LIFESTYLE



From (L-R) second place winner Aaliyah Joseph, first place winner Blessing Waldrop and third place winner Abdul Hugh pose with their mountain bicycles and trophies.

The energy level and excitement were extremely high among the participants and supporters of the Eastern Regional Health Authority's (ERHA) 18th Annual Secondary School Aerobics Competition.

Blessings Waldrop, a form four student of the North Eastern College, Sangre Grande, emerged the winner of the competition which was held on May 01st, 2019 at the North Eastern College, Sangre Grande. Aaliyah Joseph, form three student of the Matura High School placed second and Abdul Hugh of the North Eastern College third won place.

Article continues on page 2

In this Issue

- ERHA Secondary School Aerobics Competition -Encouraging Healthy Lifestyles
- Observing
 Safety Week
 2019 NAMA
 Wins Safety
 Debate
- Eastern Nurses
 Now: A
 Celebration of
 ERHA Nursing
 Professionals
- ERHA Celebrates Mothers
- ERHA Upgrades
 GIS Technology
- World No Tobacco Day Outreach Programme
- Dangers of Smoking Word search
- Upcoming Activities and Events

ERHA Secondary School Aerobics Competition - Encouraging Healthy Lifestyle

(continues from front page)

This year the competition was held under the TT Moves Campaign promoted by the Ministry of Health to encourage change in behavior and personal eating and exercising choices. There were also displays and presentation from the Nutrition Department and a representative of the Ministry of Health gave a lecture on Healthy Lungs. Over one hundred (100) students from fourteen (14) schools which included North Eastern College; Coryal Secondary; Toco Secondary; Holy Cross College; Malabar Secondary; Guaico Secondary; Matura Secondary; Sangre Grande Secondary; Bates Memorial participated in the competition.

Recognizing the importance of physical activity in promoting healthier lifestyles for everyone, teachers were also invited to participate in the competition. Mr. Kennyatha Johnson, teacher of the Toco Secondary School won first prize, while Ms. Khadija Glasgow of Holy Cross College placed second and Ms. Lana Koonj Beharry of North Eastern College came third.

The top winners of the competition were each presented with a trophy, medal and a mountain bicycle while teachers received plaques and a fruit hamper.



Staff of the ERHA and stakeholders surround student winners of the Secondary School Aerobics Competition.



Mr. Kennyatha Johnson, teacher of Toco Secondary School receives his prizes as first place winner - teacher category from Dr. Candace Simpson-Smith, Nutritionist and Ms. Sherifa Ali-Badri, Health Education Aide as students look on



Students follow the lead of the instructor during the Aerobics Competition.



Top competitors face off in a push-ups battle



Students battle for the top spots



Students and teachers during the competition



Mr. Blessing Waldrop, winner stops for an interview with Ms. Carol Matroo, Journalist, Newsday

OBSERVING SAFETY WEEK 2019: NARIVA/MAYARO WINS SAFETY DEBATE

Team Nariva/Mayaro : Winners of the Safety Debate 2019



Over thirty (30)members of staff embraced the challenge to test their knowledge safety on related topics the Safety

Debate which was hosted by the Occupational Safety and Health (OSH) Department. The safety debate was held in observance of OSH Week 2019 under the theme "A Safe and Healthy Future of Work". The main objective of the event was to increase the knowledge of members of staff on safety related issues.

The finals were held on May 03, 2019 after the successful competition of the preliminary rounds in the respective units. This was followed by the semifinal rounds which were held in Learning Resource Centre and the Sangre Grande Enhanced Health Centre.

During the final debate, Team Head Office and Team NAMA squared off in a lively passionate discussion to demonstrate their understanding of OSH. Both teams were well informed on the subject and were very skillful in the presentation of their argument. In the end, NAMA emerged the winner and was awarded a challenge trophy and vouchers for Woodford Café. In acknowledgement for their commitment and sportsmanship, all participants were presented with certificates and tokens.

The event also provided an opportunity to



Junior Administrative Assistants, Ms.

Vindra Ramaass and Ms. Jenelle Ramsaran

-Ramsewak visit OSHA display booth



Ms. Farah Mohammed, Manager-OSH welcomes staff to the debate

emphasize to staff that wellness was an integral component in Health and Safety. This was demonstrated through displays in the various booths which were set-up by some of our partners in health. The Occupational Safety and Health Agency provided information, the National Shoe and Occupational Solutions showcased personal protective equipment and H.E.R.O.E.S. provided massages.

In an effort to recognize members of staff for their hard work to adopt and maintain a positive safety culture in the workplace, prizes were awarded various areas. Below is a list of awards and winners:

- NIL Needle Stick Injuries for 2018 STAD
- Fire Safety Awareness- CHA-NAMA
- Award for Attendance to Practical Development Training for Medical Officers 2018 - STAD
- Award for Most Outstanding OSH Officer for 2018- Ms. Jennifer Sampson-Harper
- Award for Least Number of Days Lost to Injury- STAD

Drivers - Award for excellence in driving:

STAD- Denvil Agrilla

NAMA- Nigel Roopan

SGH- Justin Montrose

Head Office- Selwyn Beharry

Safety Wardens - Award for attentiveness to duties

STAD- Roma Badal-Besai

NAMA- Rosanna De Gannes-Raymond

• SGH- Ann Marie Cupidore

• Head Office- Jeremy Meade.



Mr. Vesaish Ramtahal, Medical Social Worker enjoys a back and neck massage from H.E.R.O.E.S. rep at the finals



Finals - Head Office vs NAMA

"Eastern Nurses Now" - A Celebration of ERHA's Nursing Professionals

"Eastern Nurses Now" was the theme for the 2019 Nursing Appreciation Event which was hosted on 10.5.19 at the Sangre Grande Civic Centre.

This year's theme is geared towards raising the status and profile of the nursing field. It seeks to empower nurses to invest in their profession and come together to tackle the health challenges of the 21st century.

Over 300 nursing personnel gathered to celebrate as they recognized and honoured their colleagues for their leadership and innovation. The event provided an opportunity for all nurses to relax and foster camaraderie while being appreciated for their hard work.

During her address, Mrs. Anita Rampaul-Mohamed, Acting Chief Executive Officer thanked the nurses for going above and beyond what is expected of caregivers and applauded them for demonstrating their commitment during the floods of October 2018. She informed that community members at our Community Consultations gave positive feedback on the services and the quality health care provided by our nurses. Mrs. Rampaul-Mohamed encouraged them to continue serving with pride and urged them to uplift each other and work together – care not only for clients but for your brothers and sisters in the profession.

Ms. Gloria Andrews, Member of the Board of Directors of the ERHA and former Manager-Regional Nursing called on the nurses to remember the role Florence Nightingale played in the development of Nursing Profession and to go forth with their light.



Audience at the event

Ms. Anita Rampaul-Mohamed, Acting Chief Executive Officer brings greetings

Mrs. Gloria Andrews, Director reminds nurses to shine their light with the help of Mr. Christoper Toussaint, Nursing Supervisor



Ms. Stacy Ann Edwards, Nursing Assistant

Ms. Jewel Alleyne, Vice Chairman of TTRNA - Eastern Branch brings greetings





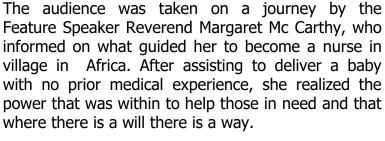
Audience enjoys the ceremony

"Eastern Nurses Now" - A Celebration of ERHA's Nursing Professionals

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Reverend Margaret Mc Carthy, Feature Speaker delivers her address



Reverend Mc Carthy indicated that nursing was a high calling and advised the nurses to always deliver more than what is expected. She also encouraged them to have dialogue with other professionals and make use of the communication system that is available today. They were also advised to invest in their profession, become advocates to raise the status and profile of nursing and to engage in policy making and research.

In closing, Reverend Mc Carthy stated "own your work and make it personal. Speak together in one voice, for our strength is in our voice. The future is in your hands".

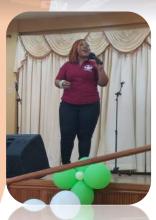
Also featured on the programme were Ms. Winnifred Vambe, Hospital Nursing Manager; Ms. Elenor John-Eccles, former Acting Manager-Regional Nursing and Ms. Jewel Alleyne, Vice Chairman of Trinidad & Tobago Registered Nurses Association (TTRNA) who brought greetings.



Members of the Head Table and audience



Nursing professionals enjoying the entertainment



Ms. Winnifred Vambe, Hospital Nursing Manager presents an award for Best Clinical Nurse to Ms. Neeshie Willie, Registered Nurse Oncology



Performance by registered nurses attached to the High Dependency Training Course



Ms. Nelcia Smith, Registered Nurse brings the house down with her performance

ERHA APPRECIATES MOTHERS

The Eastern Regional Health Authority (ERHA) paid tribute to all mothers on the Maternity Ward at the Sangre Grande Hospital on Sunday 12th May, 2019.

Ms. Annesha Dhanpat of Rio Claro gave birth to the first baby on Mother's Day at 12:00 noon. The baby girl was delivered by Ms. Adanna Bowen-Mohammed, Nurse/Midwife.

Ms. Sasha Darbeau, Deputy Chairman; Ms. Lucy Torres, Director and Ms. Anita Rampaul-Mohamed Rampaul-Mohamed, Acting Chief Executive Officer presented fruit hampers and 360° Health – Mind, Body and Soul Gift Certificates to the mothers.

Twelve mothers received the gifts which entitle them to access personal one-on-one sessions with an ERHA Wellness Coordinator, Nutritionist, Breast Feeding Counsellor and a Medical Social Worker who will offer life coaching sessions.

Ms. Darbeau congratulated the mothers and informed them that the ERHA was concerned about the health of its clients and healthy mothers will be able to focus on their families' health. She encouraged the mothers to use the wellness

certificates and to incorporate fresh fruits, water and exercise in their daily routines.

The mothers expressed their thanks and were looking forward to take the babies home and to be able to use the gifts.



L to R: Ms. Sasha Darbeau,
Deputy Chairman (1st person);
Ms. Lucy Torres, Director (3rd
person); Ms. Anita RampaulMohamed, Acting Chief Executive Officer (4 th person) with
mothers and baby at the
maternity ward at the Sangre
Grande Hospital.



Ms. Sasha Darbeau, Deputy Chairman; Ms. Lucy Torres, Director and Ms. Adanna Bowen-Mohammed, Nurse/ Midwife make a presentation to Ms. Annesha Dhanpat who delivered the first baby on Mother's Day at the Sangre Grande Hospital

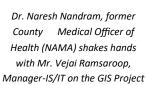
ERHA UPGRADES GIS TECHNOLOGY

The ERHA, with the assistance of the Ministry of Health's Insect Vector Control Department, particularly Dr. Naresh Nandram, has revamped and re-energized its Geographic Information System (GIS) program in 2019. The Authority has now extended its GIS reach from the Public Health Observatory to include the Office of Disaster Preparedness. The GIS software capabilities have been enhanced with the acquisition of two software licences that will enable both departments to have individual and autonomous licences to use for their specific purposes.

GIS provides a framework for gathering, managing, and analyzing data which is organised into visualisations using maps and 3D scenes. This reveals deeper insights into data, such as patterns, relationships, and situations so as to assist the end-users with planning and decision making. Specific to our health context, GIS allows users to visualize vulnerable populations, profile communities, assist with disease surveillance and

subsequently, facilitate client-based interventions to promote healthier communities.

This technology also allows for hazards and resources to be mapped. It assists key emergency personnel in making decisions to determine the most effective response measures as they identify vulnerable communities for targeted evacuations and healthcare service delivery; safe access and egress routes as well as resources for deployment, etc. GIS therefore is a unique and value adding tool in the healthcare environment.





World No Tobacco Day Outreach Programme at Sangre Grande

Shoppers and passersby of Sangre Grande were reminded to "Make every day No Tobacco Day" at the ERHA's World No Tobacco Day Outreach Programme which was held next to Zrada's Fashion, Sangre Grande in an effort to sensitize the public on the dangers of smoking.

The session was conducted on World No Tobacco Day (May 31st) under the theme, "**Tobacco and Lung Health**" and focused on the multiple ways exposure to tobacco can affect lung health.

Onlookers were invited to visit the health booths which featured a display of the "Healthy Lungs" vs the "Smoker's Lung" as well as information on Healthy eating habits when quitting smoking and different types of cancer associated with smoking.

Representatives of the Tobacco Control Unit, Ministry of Health, the Lung Cancer Unit, NCRHA and the ERHA's Nutrition Department were also at the event sharing vital information and meeting with members of the public to answer their health related questions.

Dr. Elijah Fagorola, Medical Officer also conducted health talks during the outreach exercise and strongly encouraged persons to visit the walk-in smoking cessation clinic at Cumuto Outreach Centre if they are trying to quit smoking and need additional support. He also provided Key tips on how persons can quit smoking.

The outreach programme was coordinated by the County St. Andrew/St. David Health Education Department.

See photos below.



Ms. Dionne Buffong, Health Education Officer Ag at display booth



Dr. Elijah Fagorala, Medical Officer I, with Ministry of Health representative

Dangers of Smoking Word Search

LAEHNUKN LOKME UARGXO C P ZMNR F S В I I DK DRCNXN T 0 A 0 H Y F D R S E G N UL I W Z C V G A PRE S S U OUITASTEBUDSAH

ADDICTIVE
CANCER
COSTLY
DISCOLORS
FIRE
KILLS
NICOTINE
PEER PRESSURE
SMOKER
TAR
UNHEALTHY

BURNS
CARCINOGENS
COUGH
EXPENSIVE
HEART
LUNGS
NOT COOL
SECONDHAND SMOKE
STINKS
TASTE BUDS



If you or someone you may know wants to quit smoking, feel free visit the Smoking Cessation Clinic at the Cumuto Outreach Centre on Thursdays from 9:00 a.m. - 1:00 p.m.

UPCOMING HEALTH OBSERVANCES & ACTIVITIES

June 14th:

World Blood Donor Day



Sangre Grande Hospital

Ojoe Road, Sangre Grande Tel: 668-2273/2221/2468/2577

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

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







