



# The Eastern *Vibes*

**Monthly Newsletter 2019**

September 2019, Issue #63

## ERHA Wellness Centres Host their Annual Sports and Wellness Day



*Members of the wellness groups, clients and staff engage in fun activities at the Sports and Wellness Day*

*See article in page 2.*



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## ERHA Wellness Centres Host their Annual Sports and Wellness Day

Over 200 members of the Eastern Regional Health Authority's (ERHA) Wellness Centres got moving under the **"TTMoves"** banner in the ERHA's 2nd annual Sports and Wellness Day on October 29, 2019.

The event was hosted at the Sangre Grande Recreation Grounds, Ojoe Road, Sangre Grande. The activities on the programme focused on changing lifestyles by empowering persons to make healthier choices in their diet and also encouraged participants to increase their daily physical activity moving away from a sedentary lifestyle.

Interactive display booths were mounted to give participants practical experience in creating a healthy balanced meal with props from the ERHA's Nutrition Department. The Health Education Department quizzed the attendees on their knowledge of the human body and also provided them with key information to improve their health. Vaccinations and Blood Pressure Testing were also provided by Nursing personnel.

The ERHA also partnered with other members of the community such as the Ministry of Agriculture Land and Fisheries; El Reposo; the Police Service Homicide Bureau, Criminal Investigation Division and Narcotics Unit; the Children's Authority of Trinidad and Tobago; Sangre Grande Fire Service and Health Emergency Rescue Occupational safety and Environmental Services (HEROES).

The event was described by those in attendance as a day full of education, excitement and fun. Eleven (11) Wellness Centres demonstrated camaraderie as they participated in the activities which included among others, March Past, Tug-of-War Aerobics Burnout, and novelty races specially designed for the Wellness Groups. Children were not left out as they were treated to bouncy castles, face painting and games.

Cumana Wellness Centre emerged victorious in this year's competition, Mayaro Wellness Centre cupped second place, and Coryal Wellness Centre came in third.



Ms. Astra Bennett, Wellness Centre Coordinator, pose for a photo with winners of the aerobics burnout



Coryal Wellness Centre Committee



Persons visit display booths



Ms. Lisa Daniel-Charles, Manager-Corporate Communications presents the 2nd place trophy to the Mayaro Wellness Centre Group



A member of the Wellness Groups gets a back massage



Aerobic burnout session

## ERHA's Career Caravan Continues

Over 800 students of the SWAHA Hindu College, Guaico Government Secondary School and the Matura Secondary School participated in the Eastern Regional Health Authority's Career Caravan during the month of September, 2019.

One of the main objectives of the Career Caravan is to provide information to guide those interested in careers in the health sector. This will enable students within the Eastern Region to prepare themselves for opportunities that will become available when the new Sangre Grande Hospital comes on stream.

"Tremendous benefit," is one of the phrases used to describe the Eastern Regional Health Authority's Career Caravan by class teacher, Devika Chatar. Students were able to gain knowledge from experts in various fields in the health sector as well as learn about different aspects of the ERHA and the academic requirements for each field.

Sharing their knowledge at the Career Caravan were members of the Nutrition, Pharmacy,

Para-Clinical Services, Human Resources and Dental departments. The ERHA also partnered with Tertiary Education providers such as University of Trinidad and Tobago (UTT), College of Science, Technology and Applied Arts of Trinidad and Tobago (COSTAATT) and University of the Southern Caribbean (USC).

The caravan will continue at various secondary schools within the Eastern Region.



*Students of the SWAHA Hindu College at the ERHA's Career Caravan*

## MEDCAP Outreach in Ecclesville

The ERHA partnered with the U.S. Southern Command team via the U.S. Embassy and the Office of the Member of Parliament for Nariva/ Mayaro to bring a wide range of health care services directly to clients in Ecclesville and environs.

Over 325 persons accessed the services provided during the MEDCAP Outreach initiative which was conducted at the Ecclesville Presbyterian Primary School, Rio Claro on August 30, 2019.

The ERHA's team was led by Dr. Anushka Bissoon-Pustam, Primary Care Physician II (Ag.)



*Member of the public has a chat with a medical professional*



## ERHA Promotes Breastfeeding

The Eastern Regional Health Authority displayed banners depicting, “The Ten Steps to Successful Breast Feeding” at Health Facilities. The banners were recently presented to Ms. Indardaye Maharaj, Manager – Regional Nursing by Ms. Debra Thomas, Breast Feeding Co-ordinator, Directorate Women’s Health, Ministry of Health.

This initiative is part of a global strategy of the World Health Organization (WHO) and United Nations Children’s Fund, that aims to give infants the best start in life by creating a health care environment that supports breastfeeding as the norm.

The aim is to improve the nutritional status, growth and development, health and thus the survival of infants and young children through optimal feeding.

It supports exclusive breastfeeding for six months followed by timely, adequate safe and appropriate complementary feeding, while continuing breastfeeding for two years and beyond. It also supports maternal nutrition and social and community support.

On September 11, 2019 a banner was installed at the Sangre Grande Hospital.



*Ms. Indardaye Maharaj, Manager-Regional Nursing receives banners from Ms. Debra Thomas, Breastfeeding Coordinator, Directorate Women’s Health, Ministry of Health*



*Staff of Ward 4, Sangre Grande Hospital displays the new Breastfeeding Banner*

## World Physiotherapy Day Observances at the Sangre Grande Hospital

Clients and staff were moving for health with the Sangre Grande Hospital Physiotherapy Department in observance of World Physiotherapy Day held annually on September 8, 2019.

This year’s theme, “Movement for Health” focused on Chronic Pain, which is associated with long standing conditions and is managed by the benefits of exercise: maintaining movement and flexibility, improving cardiovascular health, developing and maintaining muscle strength, controlling pain, increasing confidence by participating in activities and removing fear and taking back control of life.

The Department invited everyone to visit a display booth on Friday 6th September, 2019 where posters, pamphlets and infographics about the profession were shared. A Games Lime was also held on Friday 27th September, 2019 at the

Physiotherapy Department which afforded staff at the facility the opportunity to bond with the Physio team over some good food, fun games and lots of laughter.



*Staff of the Physiotherapy Department*



*Ms. Amy Ali, Manager-Para Clinical Services and other staff members visit the display booth*



Government of the Republic of Trinidad and Tobago

Ministry of Health

# Flu Prevention Tips

**Personal hygiene practices are the main methods of preventing the spread of the flu.**

## 1. Cover your nose and mouth. . .please

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash bin after use, and wash your hands with soap and water. If you don't have a tissue, sneeze into your sleeve or elbow.

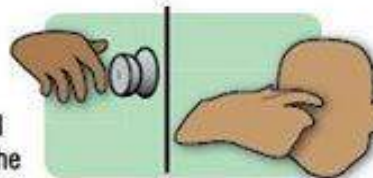


## 2. Wash your hands

Washing your hands helps protect you from germs. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.

## 3. Avoid touching your eyes, nose and mouth

Flu viruses from the cough or sneeze of an infected person, move through the air and lands on surfaces like desks and doorknobs. These germs are spread when a person touches the contaminated object and then touches his eyes, nose or mouth.



## 4. Stay home when you are sick

If you develop flu-like symptoms such as high fever, headache, body pains, sore throat, coughing, runny nose, visit your doctor or health centre.

Stay home from work, school or other public places like shops and malls until the doctor says you can do so. Keeping your distance from others protects them from getting sick too.





# LANDSLIDE



## What is a landslide?

A landslide is the rapid mass movement of soil, mud and/or rocks downhill due to the pull of gravity. Landslides are triggered by two main natural factors: 1) heavy and/or prolonged **rainfall**; and 2) **earthquakes** and /or tremors from tectonic movements. Human activities such as **deforestation, mining and quarrying** also lead to landslides. Landslides are common in Trinidad and Tobago so you should know what to do before they occur.

## Warning signs

- \* Doors or windows stick or jam for the first time..
- \* New cracks appear in plaster, tile, brick or foundations.
- \* Outside walls or stairs begin to pull away from the building.



## What to do if you are caught in a landslide?



- \* If you are inside of a building, stay inside.
- \* If outdoors, try to get to the nearest high ground away from the path of the landslide.
- \* If you are at a river, be prepared to leave the area immediately .
- \* If driving, remain alert and look out for collapsed pavements, mud and fallen rocks.

When driving along routes on hilly areas, such as the road to Maracas beach.

## And after a landslide...

- \* Do not go into or return to an area that just experienced a landslide - only return when it has been officially declared safe to do so.
- \* Check your property for any structural damage.
- \* Check for any damaged utility lines or ruptured water mains and report any damage relevant utility company.

*Be prepared,  
know what to do!*





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

stress	coping	activities	responsibility
physical	reliable	occupational	intellectual
spiritual	balance	give back	mental
swimming	hydrate	biking	yoga
eating healthy	no smoking	emotional	debt free
financial	savings	laugh	volunteer
walking	exercise	hygiene	therapy
church	wellness	pray	goals
prescriptions	social		





**SEPTEMBER 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](mailto:corpcomm@erha.co.tt)**