



The Eastern *Vibes*

Monthly Newsletter 2019

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Sod-Turning Ceremony for the Construction of the New Sangre Grande Hospital



Prime Minister Dr. the Honourable Keith Rowley, the Honourable Terrence Deyalsingh, Minister of Health and Mrs. Glenda Jennings-Smith, Member of Parliament for Toco/Sangre Grande.

Dr. the Honourable Keith Rowley, Prime Minister of the Republic of Trinidad and Tobago delivered the feature address at the sod-turning ceremony for the construction of the new Sangre Grande Hospital on 4th October, 2019.

The Prime Minister reminded the people of Sangre Grande of the promise made to them in 2015 to improve the quality of their life and

level of healthcare to the standard that exists throughout T&T.

The new 106 bed facility will be incorporated into the Sangre Grande Hospital campus and will enable the ERHA to increase the specialist services offered to clients as we continue to work towards the realization of our strategic objectives and deliver quality healthcare to our clients.



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ERHA Hosts “TTMoves” Health Bazaar in Collaboration with the Ministry of Health

“Drink water, eat fruit and get moving” were key lifestyle practices students of the Sangre Grande Seventh Day Adventist and the St. Francis (Cunapo) Roman Catholic Schools were encouraged to adopt from their participation in the TTMoves School Health Bazaar.

Recognising that there are a number of health challenges primary school students may encounter, the ERHA collaborated with the MoH and other stakeholders to host the TTMoves Health Bazaar on October 02, 2019 at the Sangre Grande Civic Centre in Sangre Grande.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and members of the Board of the ERHA were present at the event to welcome over 200 students and teachers. The TTMoves Health Bazaar created an environment where different methods were used to capture the children’s attention to provide the basic health information.

Students were invited to a specially designed movie area to view informative health videos and later participated in a process to filter water and they learnt about the importance of drinking

water and recycling.

They were also engaged in discussions with representatives from the Ministry of Agriculture on the importance of growing food and received seedlings to start their home gardens. The students had the opportunity to create menus and to sample healthy snacks such as smoothies and chow made with local fruits by the Nutrition Department who also conducted basic health screening. Aspects of general health was addressed by the Eastern Division Community Police who sensitised the students to be ‘street smart’, to be able to recognise elicited activities and to know how to respond to bullying. The Wellness Department transformed an area into an obstacle course and invited the students to test their skills in various activities which included a number of traditional games such as skip and hula hoop before venturing outdoors to explore the rock climbing wall and bouncy castle.

It is envisioned that the children will remember the lessons learnt and will practice drinking more water, eating more fruits and exercise daily.



Members of the Health Education Department in an interactive session at the TTMoves School Health Bazaar as Ronald Tsoi-a-Fatt, Chief Executive Officer looks on.



Students all got moving.



The Eastern Division Community Police sensitized students about being street wise and the effect bullying have on individuals.



Hydra Station offered free filtered water refills at the event and encouraged students to reuse and recycle their bottles

Partnering with the Community

The ERHA partnered with the Eastern Division Community Policing Unit to develop students in the Eastern Region.

On October 25, 2019, Mrs. Lisa Daniel-Charles, Manager-Corporate Communications was a member of a panel to judge a debate competition for Secondary Schools held at the Sangre Grande Police Youth Club, Mc Gillvary Road, Brooklyn Settlement, Sangre Grande. The Sangre Grande Educational Institute and Guaico Secondary School faced off to defend their position on the topic “Have Social Media Benefited or Harmed People’s Social Lives”.

Both teams were well informed and demonstrated that they understood the fundamentals of critical thinking, sound judgement and rational decision making. They were supported by students from various school who were assigned to the facility to attend counselling sessions.

The aim of the project is to assist in forging camaraderie within the education system and by extension instill within the youths the principles of good governance, sound ethical values and leadership styles. Guaico Secondary School were the winners of the competition.

ERHA Celebrates Breast Cancer awareness month

In commemoration of Breast Cancer awareness month, staff and clients of the Eastern Regional Health Authority (ERHA) joined with members of the public on Sunday 20th October, 2019 to increase cancer awareness.

"Rise Above Cancer" was the theme for the event which commenced with a walkathon from the car park next to the Sangre Grande Police Station and ended at the Sangre Grande Hospital.

Scores of persons participated and the activities continued with a Zumba burnout followed by a health fair which featured live performances, clients testimonials and health presentations on men's and women's health. Basic screening, pap smears, breast examinations, prostate examinations, and blood tests including Prostate-Specific Antigen (PSA), were conducted and persons were also treated to body massages.

Staff members of the Nutrition, Physiotherapy, Medical Laboratory and Medical Social Work Departments also shared information on various health related topics and gave individual advice on living healthier lifestyles.

Representatives of Sagikor and Pan American Life also came out to support the fight against cancer and provided vital information to the staff, clients and community members.

The event was hosted by the Sangre Grande Hospital's Oncology Department in collaboration with the Trinidad and Tobago Medical Association (Eastern Branch).



ERHA staff, clients and members of the public at Health Walk in observance of



Sonia Seecharan- Raphael, General Manager Human Resources performs a devotional dance.



Participants stride through the streets of Sangre Grande to raise cancer awareness.

Participant at Health Fair gets a blood test at the Medical Laboratory Department's display booth.



Candice Pierre-Sooklal, Cancer Survivor gives a heartfelt testimonial on her journey as an Oncology client as her daughter stands by her side.

ERHA Celebrates



Breast Cancer awareness month



Members of staff and clients of the Guayaguayare Outreach Centre at cancer awareness walk



SDHV Mohammed proudly displays a placard at the cancer walk

Over 100 persons took part in a Cancer Awareness walk held on 18th October, 2019 hosted by the Eastern Regional Health Authority.

The walk began at the Guayaguayare Outreach Centre and continued to the Guayaguayare Recreation Ground.

Staff members of the nursing department shared pivotal information on the importance of early detection and cancer screening in both men and women.

Health & Wellness Expo at Rio Claro

Clients in Rio Claro and environs participated in the Eastern Regional Health Authority Health & Wellness Expo and benefitted from free blood pressure, blood sugar & human immunodeficiency virus (HIV) tests. They also received a wealth of information and giveaways from the various interactive display booths that were managed by Nursing, Nutrition, Medical Social Worker, Physiotherapy, Dental and Health Education.

The event was hosted on 18th October, 2019 and focused on encouraging individuals to make healthier dietary choices as well as increase their daily physical activities.

The ERHA also partnered with other members of the community such as the Ministries of Health; Sport and Youth Affairs; Community Development & Agriculture; Courts Optical, Civilian Conservation Corps, Trinidad and Tobago Field Natural Club, Mayaro Fire Station, Forestry Division, Trinidad and Tobago Police Service,

National Institute of Higher Education, Research, Science and Technology (NIHERST) National Science Centre and Top Physique Gym.



Persons visit the Forestry Division display booth



ERHA Team at the Expo

Mr. Vesaish Ramtahal, Medical Social Worker I gives information on mental health

Farewell Surprise for the Regional Nursing Manager

Members of the Management Team surprised Ms. Indardaye Maharaj, Manager Regional Nursing with a beautiful farewell party to celebrate her journey at the Eastern Regional Health Authority.

The event was held on Friday 13th September, 2019 at the ERHA's Conference Centre.

Mr. Ronald Tsoi-a-Fatt, brought greetings and took everyone down memory lane as he reminisced on Ms. Maharaj's dedication and commitment to providing quality healthcare throughout her 20 years of service at the Authority.

Ms. Maharaj began her tenure at the ERHA in 1999 as a District Nurse and went on to hold positions such as Senior District Health Visitor, Primary Care

Nursing Manager and Manager - Regional Nursing.

Ms. Maharaj proceeded on pre-retirement leave in July 2019 and will retire in November 2019.

The ERHA says thank you to Nurse Maharaj for her excellent contribution to healthcare within the Eastern Region.



Members of the ERHA's Management Team



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer presents Ms. Indardaye Maharaj, Manager-Regional Nursing with a token of appreciation

Mental Health Day Activities at Toco

Over 300 students along with teachers of the Toco Secondary School participated in St. Andrew/St. David's World Mental Health Day programme which was held on 10th October, 2019 at the Toco Health Centre.

Recognising that regular exercise can have a profoundly positive impact on mental health, the event started with a walk from the secondary school to the Toco Triangle Junction known as "Palm Tree." A fifteen (15) minute Aerobic Workout session was also coordinated by

Ms. Carissa Perrera, Fitness Coordinator.

Staff of the Medical Social Work Department were also present to guide participants on how to treat and cope with mental health related issues. Lectures relating to suicide awareness were also delivered.

Students walk the streets of Toco in observance of World Mental Health Day



World Mental Health Day Walk

The Eastern Regional Health Authority supported the Mental Health Team of the North West Regional Health Authority with its 3rd Annual Community Mental Health Awareness Walk on 16th October, 2019.

The walk commenced at the Sangre Grande Enhanced Health Centre (SGEHC) and continued throughout the streets of Sangre

Grande and back.

The event was hosted in observance of World Mental Health Day and focused on raising awareness of suicide prevention. The walk was well attended by students, clients and community members of the Eastern Region.



Participants of the awareness walk

Staff goes Green for World Mental Health Day

Members of staff of the ERHA came out in their shades of green on 10th October, 2019 in observance of this year's World Mental Health Day.

World Mental Health Day is celebrated annually on 10th October and the theme for 2019 focused on suicide prevention.



Staff at St. Andrew/St. David poses in their green attire



Members of the Accounts Family, Head Office in their green



ERHA Celebrates Diwali

Members of staff of the ERHA joined with the international Hindu community and came together to celebrate Diwali – “The Festival of Lights”. The event was hosted by the ERHA’s Sports and Cultural Club on Wednesday 23rd October, 2019 at the staff car park at the Sangre Grande Hospital.

The programme was designed to educate staff on the key aspects of the traditions of the festival which included a Lakshmi Puja, a display of traditional East Indian wear, music, food and the lighting of deyas.

Staff also had the opportunity to learn about some of the similar practices with the observance of Diwali celebrations in Trinidad and Tobago and India. Both Dr. Jayalakshmi Peddi and Dr. Venkateswarlu Malineni were invited on stage to give insight to Diwali in their homeland. Dr. Peddi stated that Diwali celebrations were very similar with Lakshmi Puja and lighting deyas and fire crackers while Dr. Milini informed the audience that celebrations are conducted over a five day period with Diwali being celebrated on the 3rd day.



THUNDERSTORMS

Are you prepared?

What is a Thunderstorm?

A thunderstorm is a storm with lightning and thunder. It is produced by a cumulonimbus cloud which usually produces gusty winds and heavy rain, often leading to flash flooding. These storms typically last for an average of 30 minutes.

You may have heard that lightning never strikes the same place twice. This is a **MYTH** lightning can strike several times in the same place.

"Taking front"

These are some measures that you can take before a thunderstorm:

- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors to protect your appliances, and electronic devices.

During the storm

If you are outside:

- In an open area e.g. a field quickly find shelter.
- Do not stand under a large tree that stands alone.
- Do not stand on a hilltop.
- Get out of and move away from water bodies.
- Do not carry or stay near metal objects.

If you are inside:

- Unplug ALL non-essential appliances, including computers and TVs, as lightning can cause power surges. Use battery-powered TVs and radios instead.
- Do not use corded landlines.
- Stay away from windows and doors.
- Stay away from running water - do not shower or wash dishes.

When the storm has passed

- Report damage to your local authorities (e.g. Municipal Corporations, T&TEC etc.)
- Listen to local radio or television for updated information or instructions.
- Avoid downed power lines or broken cables and flood waters.
- If someone has been struck by lightning call 811. If the person has stopped breathing, attempt CPR only if you are trained to do so. Also check for burns and other injuries.

Knowing what to do can help save lives and property!



OCTOBER 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