



The Eastern *Vibes*

Monthly Newsletter 2022

April 2022, Issue #93

ERHA Unveils the TTMoves Signage Project



The Honourable Terrence Deyalsingh, Minister of Health unveils the TTMoves Signage at the Sangre Grande Enhanced Health Centre. Also in photo (from left): Ms. Babara Punch, Director; Mr. Roger Monroe, Member of Parliament for Toco/ Sangre Grande; Ms. Lucy Torres, Director; Dr. Anushka Bissoon- Pustam, Consultant, NCD Specialist- Chronic Care Coordinator, MoH and Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer.

“Drink water, Get Moving, Eat Fruits and Vegetables” is the advice that was given to the population during the launch of the Ministry of Health’s TTMoves Signage.

The Honourable Terrence Deyalsingh, Minister of Health, unveiled two of the signs at the Sangre Grande Enhanced Health Centre on April 14, 2022. The aim of the project is to sensitise the public on non-communicable diseases (NCDs) and to equip the

most vulnerable population with appropriate information. This will empower them to make practical changes into their diets and to incorporate physical activity as they take greater ownership for their health and wellbeing.

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ERHA Unveils the TTMoves Signage Project

During the Minister's remarks, he indicated that about 203,000 persons are living with diabetes in Trinidad and Tobago. The Minister said, **"When we analyse the 3,700 people who died with COVID-19, the number-one comorbidity was diabetes. Think about how many lives could have been saved if those living with diabetes were able to control it."** He encouraged persons to make changes to their lives that will help them live longer and happier.

Minister Deyalsingh also participated in an exercise routine with members of the Sangre Grande Chronic Disease Support Group and demonstrated how easy it was to exercise daily to control NCDs. He also distributed fresh fruits to clients attending the various clinics.

Chief Executive Officer of the ERHA, Mr. Ronald Tsoi-a-Fatt, in his address, indicated that we must heighten the awareness and keep the message of reducing the risk factors of NCDs simple and visible in order to reach our clients in their communities. Mr. Roger Monroe, Member of Parliament, Toco/Sangre Grande commended the ERHA for the good work that is being done in the region and

indicated that he will continue to support the Authority in its effort to encourage healthier lifestyle practices in the communities we serve.

About the TTMoves Signage Project

The aim is to sensitise the most vulnerable populations and to equip them with appropriate information and resources to empower them to make practical changes in their diets and to incorporate physical activity as they increasingly take greater ownership for their health and wellbeing.

As part of the campaign, the Ministry of Health will strategically position TTMoves signage at health facilities in all RHAs to display key messages in selected areas with high traffic and high visibility.

The ERHA was selected as the Authority to commence installation of the signs. Clients in the Eastern Region will be sensitised as they enter the Sangre Grande Hospital; Sangre Grande Enhanced Health Centre; Toco Health Centre; Mayaro District Health Facility and Rio Claro Health Centre.

Photos of the newly installed signs are on page 3.



The Honourelle Terrence Deyalsingh, Minister of Health engages in an exercise demonstration with members of the Sangre Grande Chronic Disease Support Group



Mr. Roger Monroe, Member of Parliament, Toco/Sangre Grande



Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, delivers an Address



Ms. Renuka Mahabir, Pharmacist I and Singer/Songwriter performs at the launch



TTMoves Bus

Photos of Installed TTMoves Signs at the ERHA



Sangre Grande Enhanced Health Centre



*Toco Health Centre– Southern
external wall next to X-ray Room*



Rio Claro Health Centre -Security Booth



*Mayaro District Health Facility - external wall next to
Waiting Area*



*Rio Claro Health Centre - next to wheel chair
ramp*



*Sangre Grande Hospital - external
wall on Ojoe Road*



Sangre Grande Hospital - back of Operating Theatre



Sangre Grande Hospital - exterior wall of Ultrasound, facing Eye Clinic



Sangre Grande Hospital - Endoscopy Unit

Two additional signs are scheduled for installation at the Sangre Grande Hospital

Bringing Healthcare Closer to Communities

In our busy lifestyles we seem to never have enough time to complete what is on our list. With this in mind, the Eastern Regional Health Authority hosted a health fair at the Xtra Foods Car Park, Guaico, to make it easier for community members in Sangre Grande and environs to access a wide range of healthcare services.

The event was held in collaboration with Xtra Foods Supermarket. A holistic range of services were provided by the ERHA Team which included basic screening (blood pressure, glucose, body mass index); vision screening; pharmacy advice; oral health; medical counselling and demonstrations. COVID-19 and influenza vaccines were also available. The Health Education, Nutrition and

Medical Social Work Departments also set-up display booths and gave community members the opportunity to chat with them on various topics relating to healthy lifestyles.

Giveaways were also 'up for grabs' sponsored by Xtra Foods Supermarket. The first person to register every hour was presented with a food hamper.

The ERHA continues to partner with key stakeholders in an effort to deliver quality and accessible healthcare to the communities we serve.



Basic Life Support demonstration



Clients visit the Oral Health booth



Activities at the Nutrition display booth



Client visits the basic screening area and gets blood pressure tested

A Physician Mentorship Programme in the Eastern Regional Health Authority: A Pilot Study

Mentorship programmes have been shown to boost camaraderie, enlightenment and positive motivation, as well as, generate a mentoring culture in the workplace.

Recognising that there is limited literature focusing on medical mentorship programmes in Trinidad and Tobago, a pilot study was conducted by medical professionals at the Sangre Grande Hospital to identify potential obstacles. The study was conducted between September - November 2020, with participants being recruited from three departments at the hospital.

Mentors were pre-selected and mentees matched based on responses from a pre-pilot study questionnaire. Participants were required to complete a questionnaire once per month during

the three-month pilot to evaluate programme effectiveness. Descriptive statistics were used to analyze data.

The article was published on the Caribbean Medical Journal's website on April 17, 2022 and is available to download. To access the article, please visit the following address:

<https://www.caribbeanmedicaljournal.org/2022/04/02/a-physician-mentorship-programme-in-the-eastern-regional-health-authority-a-pilot-study/>



NICU Enhances Productivity with New Medical Carts

Medical carts help to improve the availability of patient and resident information, increase efficiency and reduce errors at the point of care.

Recognising the importance of improving productivity for healthcare providers and enhancing the client's experience, the Pan American Health Organisation (PAHO) donated two medical carts to the Sangre Grande Hospital's Neonatal Intensive Care Unit (NICU).

The medical computerised carts on wheels were officially presented to Dr. Marlon Timothy, Specialist Medical Officer/Head of NICU, and his team on March 24, 2022 by Dr. Erica Wheeler, PAHO/WHO representative. The carts were donated as part of the Perinatal Information System (SIP) project rollout which is a collaborative initiative between PAHO and the Directorate of Women's Health in Trinidad and Tobago.

Healthcare professionals can now spend more time with patients developing a more meaningful relationship as they would no longer have to spend time waiting to access a shared system. The use of the medical carts will greatly enhance the efficiency of the NICU and will provide several benefits which include among others:

1) Immediate Access to Patient Information

Doctors can check the patient history, updated test results and progress notes without returning to the nurses' station. Mobile workstations can save time and effort that can be spent on more productive and meaningful activities, such as listening to patients, conveying medical opinions, delivering excellent quality care, and discussing treatment options.

2) Fewer Errors in Patient Information

The chances of error are reduced when recording patient information at their bedside. Information can sometimes be recorded illegibly on paper and re-entered incorrectly at a later time. If the patient data is incorrect, lives could potentially be lost. Having carts strategically placed around the building can drastically improve record keeping.

3) Improve Patient Engagement

A patient who feels involved in their healthcare is going to have a better experience. Instead of the perception that decisions are being made for them, they can feel included in the process. Charts with illegible writing are hard to share with patients. However, the mobile medical cart enables the patient to see their information clearly. Healthcare professionals can explain in detail what the information means and develop a more meaningful relationship with their patients. Educational opportunities such as these can allow patients to ask questions more readily, and feel involved in their healthcare decision.

4) Helps Prevent the Spread of Infection

Stationary workstations are often a focal point for point-of-care tasks. Doctors and nurses may gather there to discuss a patient before making their treatment decision. However, this can be an epicenter for infection, which can then be spread around the building. These Medical carts can be equipped with hardware that is cleaned and disinfected before each use. Patients will also feel more confident when they see the equipment being disinfected before it is used to treat them.

The Eastern Regional Health Authority continues to increase efficiency and enhance the client's experience, demonstrating that ***"Caring is the Key."***



Dr. Erica Wheeler, PAHO/WHO representative with Dr. Marlon Timothy, Specialist Medical Officer/Head of Department, NICU at the official presentation of the medical carts



Dr. Erica Wheeler, PAHO/WHO representative (left) and Dr. Marlon Timothy, Specialist Medical Officer/Head of Department, NICU (right) observe Mr. Kumar Bissessar, Ag. PACS Administrator (centre) as he gives a demonstration on the use of the medical carts

Earth Day Tree Planting - Restoring the Beauty of Our Planet

The Eastern Regional Health Authority (ERHA) Healthy Hospital Committee members partnered with EarthMedic to celebrate Earth Day 2022 at the Sangre Grande Hospital on April 22nd, 2022.

Under the theme **"Only One Earth"**, Dr. Rajiv Bhagaloo, Medical Director Ag. of the Sangre Grande Hospital, members of the committee and Dr. James Hospedales, Founder of EarthMedic NGO came together to plant trees to restore the beauty of our planet. Recognising that health is everybody's business, a multidisciplinary team comprising clinical, clerical, auxiliary and specialist services was formulated to drive the Healthy Hospital Initiative.

Nine Manila trees were planted at strategic locations in the hospital to create a natural calming environment that will assist in improving mental health and wellbeing for staff as well as clients who visit the facility.

During the brief ceremony, Dr. Bhagaloo indicated that, **"the initiative fits well with the vision of the ERHA to continually improve the quality of life of clients through the promotion of wellness by partnering with all stakeholders to deliver accessible quality healthcare that is focused on the needs of the population"**.

Dr. Hospedales said, **"We are pleased to nurture the culture of greening through the planting and development of seed boxes around the hospital. We hope that the Sangre Grande Hospital will be a model hospital for establishing a greener and more health promoting environment"**.

Also in attendance were members of the Management Team and the Healthy Hospital Committee.



from L-R (standing) Ms. Onika Andrews, Clerk I, Ms. Karrisha Ryan, Head Nurse, Mr. Jeremiah Thomas, Clerical Assistant, Ms. Stacy Ramjitsingh, Clerical Assistant, Mr. Krishen Dass, Painter II, Ms. Susan Thomas, Head Nurse, Mr. Kendall Drakes, Ag. Occupational Safety and Health Officer, Ms. Silla Bissessar, Ag. Manager-Para Clinical Services.

L-R (front) Dr. Rajiv Bhagaloo, Ag. Medical Director and Dr. James Hospedales, Founder of EarthMedic NGO



Dr. James Hospedales, Founder of EarthMedic and Ms. Onika Andrews, Clerk I, plant trees at the Sangre Grande Hospital



Ms. Winnifred Vambe, Hospital Nursing Manager, Ms. Glennis Francis, Nursing Supervisor, Ms. Susan Thomas, Head Nurse, Ms. Natalie Galera, Registered Nurse, Ms. Kelly Ann Burgess, Registered Nurse, and Mr. Krishen Dass, Painter II, assist with planting trees as Dr. James Hospedales, Founder of EarthMedic NGO, looks on



Dr. James Hospedales, Founder of EarthMedic and Ms. Stacy Ramjitsingh, Clerical Assistant, plant trees at the Sangre Grande Hospital

Preventing and Managing Chronic Diseases for Healthy Living

According to the World Health Organization, non-communicable chronic diseases (NCDs) are the leading causes of deaths globally, claiming approximately 41 million lives each year. Some of the most common NCDs are diabetes, heart disease and cancers which are largely caused by unhealthy lifestyles such as tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol. These behaviours can lead to overweight/obesity, raised blood pressure, high blood glucose and high cholesterol levels which can result in NCDs, if left uncontrolled.

In an effort to increase awareness and education to reduce the risk of NCDs, Health Education Department, St. Andrew/St. David, continued with sensitisation sessions on April 12, 2022 at the Sangre Grande Public Library.

The presentation focused on the benefits of good nutrition and exercise in relation to preventing and managing chronic diseases; signs/symptoms and

target levels for diabetes, hypertension and dyslipidaemia. Practical healthy eating tips and ways to be more physically active were also shared with participants.

The session was recorded and shared to the library's Facebook page, allowing members of the public to also benefit from the information.



Ms. Onella Chuniesingh, RD Health Education Aide (OJT) delivers a presentation

Chronic Kidney Disease Lecture Series



197 clients at health facilities within County St. Andrew/St. David were sensitised on Chronic Kidney Disease (CKD) and the importance of maintaining good kidney health.

Clients from Chronic Disease; Child Health; Ante Natal; Post Natal and Health Office clinics at Cumuto, Valencia and San Souci Outreach Centres as well as the Sangre Grande Enhanced Health Centre were provided with information to reduce one's risk of developing CKD. In the interactive sessions, they were encouraged to maintain a healthy body weight; avoid alcohol; quit smoking if they smoke; manage diabetes and blood pressure; exercise regularly and drink sufficient water daily. Persons were also advised to keep clinic appointments; follow the dietitian guidelines and take medications as prescribed.

The series was held from April 1-29, 2022 in observance of World Kidney Day which was globally celebrated on March 10, 2022.



Ms. Sherifa Ali-Badri, Health Education Aide, conducts a lecture at the Cumuto Outreach Centre

Congratulations to Mr. Aaron Prince

Congratulations, once again! The Eastern Regional Health Authority's very own Mr. Aaron Prince, Emergency Medical Technician and National Athlete, has made us proud at the American Boxing Confederation Continental Championship where he placed third and took home the bronze medal. The

event was held in Guayaquil, Ecuador from March 22, 2022 - April 2, 2022.

The ERHA conveys congratulations to Mr. Prince and wishes him all the best in his future competitions.

Continue to make us proud!



(3rd from left) Mr. Aaron Prince, National Athlete, receives his bronze medal at the AMBC



Q

If I can still get COVID-19 and I still have to follow the 3 Ws, does it make sense to take the vaccine?

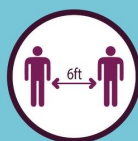
YES! Vaccinated people are much less likely to get COVID-19 and spread it.

Even if you do get COVID-19 the vaccine will:

- Reduce your chance of getting very ill
- Reduce your chance of dying



Wear a mask



Watch your distance



Wash your hands

:: DON'T DELAY ::
GET VACCINATED TODAY!



APRIL, 2022

WellNEWS

NEWSLETTER

WORLD HEALTH DAY 2022 "OUR PLANET, OUR HEALTH"

by: Health Education Department, Nutrition Department & Wellness Coordinating Unit



INSIDE THIS MONTH'S ISSUE:

- World Health Day
- Tips to conserve and preserve the environment

WORLD HEALTH DAY 2022

World Health Day is celebrated annually on the 7th of April in celebration of the anniversary of the World Health Organization (WHO), which was founded in 1948. Every year, the day highlights a specific health topic of major concern to people world wide. Each topic is geared towards increasing awareness and education on the importance of health and well-being of humans and the planet.

World Health Day gives us the opportunity to shine a light on pressing public health issues such as chronic illnesses like Type 2 diabetes, infectious diseases such as HIV and tuberculosis, mental health challenges and environmental issues such as climate change. WHO decides on a new theme each year, which highlights these challenges from years before and in years to come. These issues are broadcasted in schools, public health facilities, webinars etc. with hopes of educating the world's population to make the necessary changes.

Amidst a global pandemic, increasing diseases and a polluted planet, protecting the planet as well as human health should be a significant priority. This year's theme, "**Our Planet, Our Health**," will help us focus on the necessary steps to protect the planet while improving our health. The main aim is to promote sustainable living, to reduce environmental destruction and to create societies focused on well-being.

TIPS FOR CONSERVATION AND PRESERVATION

In recent years, our planet has constantly been faced with a number of threats ranging from the depletion of the ozone layer, water contamination, air pollution, deadly diseases and viruses and the most pressing, the negative impacts of climate change. Can this be reduced or even reversed? What can I do to protect my health and the planet? Yes, it can be reduced, but, it is a joint effort as we all have an important part to play. Follow these simple steps in your daily life to help reduce the waste produced in the environment and to reduce your carbon footprint.

1. **Reduce, Reuse, and Recycle**
2. **Go Green**
3. **Choose sustainable living**
4. **Volunteer**



Reduce, Reuse, and Recycle

By using the 3R's, we conserve natural resources and landfill space. To reduce the amount of waste produced, reuse bags and boxes, recycle materials to make new products. Avoid single use materials such as plastic straws and Styrofoam cups.



Choose Sustainable Living

Cultivating a kitchen garden is a form of sustenance that allows us to provide for ourselves. It saves us time, energy, money and helps us maintain proper mental health as it inspires a healthier way of eating and living.



Go Green

Going greens entails a number of different methods such as planting a tree. Trees provide us with shelter, oxygen and helps in combatting global warming and climate change to name a few.



Volunteer

When we volunteer collectively, we get much more done at a faster rate. Joining clean-up campaigns can aid in slowing down global warming by eradicating all forms of pollution and providing a greener Earth.



Accident Incident Policy

It is the policy of the Eastern Regional Health Authority that all accidents or incidents that result in either personal injury or illness and/or damage to property shall be reported in accordance with the approved policy. The purpose of this policy is to provide approved guidelines/procedures for reporting, recording and investigating procedure which are to be adopted when an employee, client, contractor or visitor experiences an accident, near miss or dangerous occurrence during the course of their work and/or whilst on ERHA premises and/or receiving services from the ERHA in accordance with the OSH Act 2004 Part II & Part VIII.

Although accident/incident investigation is a reactive process, a comprehensive accident reporting and investigating process is a proactive measure that can effectively prevent or minimise future accidents/incidents. This operating procedure establishes a systematic process to ensure that accidents are properly reported in a timely manner, that all causes (direct and contributory) are thoroughly identified and that the appropriate corrective actions are taken.

Reporting Protocol

In keeping in compliance with the OSH Act 2004, Part VIII Section 46-46A, the Accident/Incident Reporting Guidelines for ERHA Employees are as follows:

1. All employees are to report any Accidents or Incidents to their Immediate Supervisor instantaneously and should be logged in the Accident/Incident Log Book.
2. The Ministry of Health/ RHA Accident/Incident Reporting Form must be filled out by affected Employee, Supervisor, Witnesses and Medical Officer/House Officer if Medical Treatment was sought. Additionally, witness statements and copies of sick leave certificates are to be attached to the form.
3. The report form shall be completed and forwarded to the OSH Department for your unit before the end of your current work shift or within 24 hours.
4. All reports must be kept CONFIDENTIAL.
5. If forms cannot be completed within the 24-hour timeframe, **PLEASE** notify the OSH Officer for the **RESPECTIVE UNIT** verbally via telephone or email so that the necessary investigation can be initiated.

CONTACT INFORMATION

Head Office 226-9184	Farah Mohammed 735-8369
Sangre Grande Hospital 226-9796	Krysta Rae Snaggs 777-6740
St. Andrew/St. David 226-9850	Duane Nimblett 780-5624
SGEHC 226-9628	Christian De Freitas 728-7354
Nariva/Mayaro 226-9908	Nichelle Morgan 462-8982



DETAILS OF TICKETING SYSTEM

YELLOW	
1 ST ISSUE	OSH re-sensitisation session mandatory (verbal)
2 nd ISSUE	Formal meeting with Supervisor and OSH Officer
3 rd ISSUE	Meeting with employee, supervisor, Head of Sub-unit (MHA/AAO) and Head of HR Sub-unit/OSH Officer
<i>When the incident occurred which may/may not have resulted in property damage but had potential to cause/result in injury to others present.</i>	
ORANGE	
1 ST ISSUE	OSH re-sensitisation session mandatory (verbal)
2 nd ISSUE	Formal meeting with Supervisor and OSH Officer
3 rd ISSUE	Meeting with employee, supervisor, Head of Subunit (MHA/AAO) and Head of HR Sub-unit/OSH Officer
<i>After receipt of the 2nd Orange, HR/IR to be notified formally for disciplinary action to be taken</i>	
RED	
Tribunal coordinated by M-OSH and other committee members, which includes; GM-HR, GM-LCA and other identified officers and the line supervisor.	
Any person deemed to be in non-compliance with the OSH duties and responsibilities of the Authority, will be issued the above color code tickets. Consistent breaches can result in the issuance of a 'red' ticket or a 'black' ticket. The 'red' ticket indicates that an employee has a high occurrence of violations and will result in consequences as outlined when one is issued a 'red' ticket.	

- YELLOW** - *When the incident occurred which may/may not have resulted in property damage but had potential to cause/result in injury to others present*
- ORANGE** - *When minor injury or damage to property occurs but person is able to perform his/her normal duties, OSH Act –Part VIII*
- RED** - *As a result from an accident which cause injury to persons at the workplace where they are unable to perform their usual work duties or requires medical attention but such occurrence does not result in death or critical injury leading to disability, OSH Act- Section 46A.*
- BLACK** - *If an act has been committed where an Accident occurred due to malicious intent and results in critical injury/death, OSH Act- Section 47, and such person is proven to be liable on summary of commitment to a fine of five thousand dollars (\$5000.00) and three (3) months imprisonment. The investigation to be inclusive of TTPS and OSH Agency.*

It should be noted this policy is applicable to any category of staff on the premises of the ERHA. The policy encompasses clinical, administrative, vehicles and/or any other area whereby one may be required to perform duties as directed by the ERHA.

BEWARE AND PREPARE FOR STRONG, GUSTY WINDS IN T&T



High winds are a year-round hazard for Trinidad and Tobago and are known to cause damage depending on its strength. Wind speeds as low as 43 km/h, can lead to power outages. Tropical storm and hurricane force winds can destroy roofs and cause structural damage to homes which are not properly built. Early warning is a major element of disaster risk reduction. The Met Office monitors changes in wind speed and issues high wind alerts which are usually an indicator to be prepared and ready to withstand its effects.

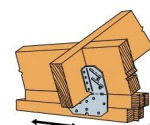
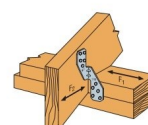
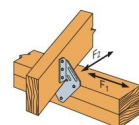
The following effects may be experienced when there are high winds:

- ♦ High winds can lead to a pressure build up in your home that causes the roofing to eventually lift off its structure.
- ♦ Fallen trees can land on buildings and damage power lines thereby disrupting electricity in the surrounding area.
- ♦ Intense winds can accompany rain and blow against your homes which rainfall can enter through small cracks or holes and around doors and windows.
- ♦ Strong, gusty winds can pick up furniture, debris and even uproot small trees and turn them into projectiles. These items can crash through windows or damage the exterior of your home.



Before any high wind or even hurricane alert, take the necessary precautions:

- ♦ Ensure the support beams that hold your house and extensions such as porches or garages are secured or bolted to the ground.
- ♦ To prevent catastrophic damage, install roofing that are designed to withstand winds of up to 210 km/h and have the roof inspected so you can make the necessary repairs.
- ♦ Install hurricane straps which are pieces of galvanized steel that are used to keep the frame of your home intact.
- ♦ Use wire mesh that is about one-quarter inch thick to seal off vulnerable areas and protect your home.
- ♦ Install reinforced doors and windows that are designed to withstand hurricane-strength winds.
- ♦ Use a fresh layer of caulk to seal off any holes or cracks around your home.
- ♦ Prepare a disaster kit with all essential supplies and create a family emergency/ evacuation plan.



If there is a high wind alert, the following actions shall be taken:

- ◆ Stay alert on the warnings and listen to the local media for further warnings or emergency information.
- ◆ Secure all outdoor items and remove those that may be blown away.
- ◆ Move cars into garages or where they will be protected from flying debris or branches.
- ◆ Keep pets indoors or shelter your outdoor pets.
- ◆ Depending on the wind speed and warning issued, a temporary solution is to secure windows and doors with plywood.
- ◆ Do not drive unless absolutely necessary.
 - If you must drive, drive slowly and with great care.
 - Maintain a safe distance from other vehicles.



DO: Board up homes with plywood



DO NOT: Park or leave cars near trees or other projectiles

After the high winds have subsided:

- ◆ Do not go outside until it is safe.
 - If you must go outside, watch out for flying debris.
 - Wear eye and head protection if possible.
- ◆ Stay away from power lines that may have been brought down by high winds to avoid injuries.
 - Report damaged power lines to your electricity provider.
- ◆ Check that nearby trees or tall structures are undamaged and are not in danger of being blown over and damaging your home.

Emergency Numbers:

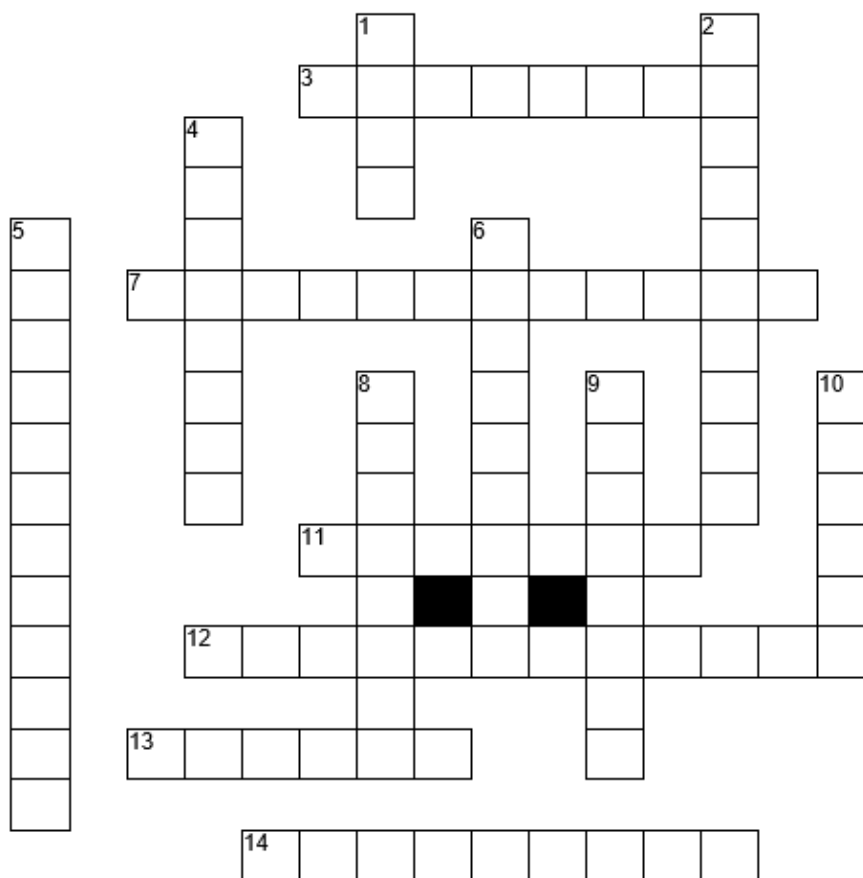
POLICE 999

FIRE SERVICE 990

GMRTT (Emergency Health Service) 811

ODPM EMERGENCY 511

Wellness Crossword Puzzle



Across

3. Making and maintaining _____ changes to improve our health and wellness is almost always easier if we have encouragement and support from our friends, family or co-workers
7. This type of wellness is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us.
11. An unhealthy state or condition of the mind or body in which physical, social, emotional, intellectual, or spiritual functioning is compromised.
12. This type of wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.
13. The forces or stimuli that impinge upon an individual; also, an individual's response to these forces.
14. This type of wellness is the ability to establish peace and harmony in our lives.

Down

1. A system of belief and practices aimed at the union of the individual self with the universal self.
2. An altered state of consciousness in which the mind is focused in passive attention and quiet, resulting in an experience of transcendence.
4. A method of altering consciousness by focusing attention on one thought, thereby distracting consciousness from other thoughts.
5. Use of beat, rhythm, pitch, harmony, synchrony, chords, and lyrics to facilitate healing, alter consciousness, reduce stress, facilitate movement, aid sleep, improve concentration, and more.
6. This type of wellness is the ability to understand ourselves and cope with the challenges life can bring.
8. An interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.
9. This type of wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress.
10. This type of wellness is the ability to relate to and connect with other people in our world.



APRIL 2022

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
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

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9000

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