



The Eastern *Vibes*

Monthly Newsletter 2022

June 2022, Issue #95

Minister of Health presents staff with Letter of Commendation



Terrence Deyalsingh, Minister of Health presents Ms. Kandace Winter, Head Nurse at the Toco Accident and Emergency Department with a Letter of Commendation for the staff during a visit to the facility. Also in attendance was Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer of the Eastern Regional Health Authority.

The Honourable Terrence Deyalsingh, Minister of Health visited Doctors, Nurses and other Healthcare Workers at the Toco Health Centre to deliver a

Letter of Commendation on June 10, 2022 and also visited the Cumana and Matura Outreach Centres.

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Minister of Health presents staff with Letter of Commendation (con't)

Also present were Mr. Roger Monroe, Member of Parliament for Toco/Sangre Grande: Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and other senior representatives of the Eastern Regional Health Authority (ERHA) as well as Mr. Terry Rondon former Chairman of the Sangre Grande Regional Corporation.

Mr. Tsoi-a-Fatt welcomed everyone and thanked the Minister for recognising the good work of the staff of the ERHA who continuously demonstrate that **'Caring is the Key.'**

Minister indicated that he saw it as his duty to make the visit which was prompted by a letter from a member of the public who commended the staff at the Toco Health Centre for the attention care and medication provided to a very serious medical situation during a holiday weekend. He told the staff, "You all are the heroes and deserve all the acknowledgement and praise." He urged us all to be quick to praise, quick to acknowledge, quick to nurture excellence and quick to nurture in spirit. He

credited the Chief Executive Officer, County Medical Officer of Health, Managers and Staff for doing a wonderful job in nurturing the staff as Community Leaders.

Mr. Monroe also thanked the staff for their service and indicated that he is proud to be from the Eastern region. Mr. Rondon also praised the staff for their good work and cited some of the positive experiences he had encountered.

Minister Deyalsingh presented the framed letter to all staff present. In closing the Minister requested that the letter be publically displayed and serve as further motivation for staff to continue being the wonderful human beings they are. Staff were then presented with tokens by the Minister and by MP Monroe. Staff at Cumana & Matura Outreach Centres also welcomed Minister Deyalsingh and other representatives. They were also recognised for their service and presented with tokens.

See photos below.



World Blood Donor Day

39 clients in the Eastern region performed an act of solidarity and donated blood under the True Voluntary Blood Donation (TVBD) System at the Sangre Grande Blood Donation Centre at the Sangre Grande Hospital on June 14, 2022 in observance of World Blood Donation Day. They are now registered on the Non Remunerated Voluntary Donation System which can be accessed online to book appointments.

The Honourable Terrence Deyalsingh, Minister of Health launched the True Voluntary Blood Donation campaign at Queen's Hall, Port-of-Spain. Under this system patients requiring blood will be able to access blood from the Blood Bank

without a chit or a blood donation being made on their behalf. Ms. Stacy King Massiah blood donor indicated that she gave a Non Remunerated Voluntary Donation because, "It is a gift you give somebody by giving blood. There can be somebody who is your family member, friend or coworker that may need that help. It is a good thing, give generously, give with your heart".

An additional 14 units of blood were collected under the chit system bringing the total units of blood collected for the day to 53. The existing chit system will be conducted alongside the new system until it is phased out.



Rishi Ramkissoon gave the gift of life



Ricardo Babb, Senior Technician at the ERHA Information System/Information Technology donated blood



Shenyce Serrette donated blood under the True Voluntary Blood Donation System



Stacy King Massiah performed an act of solidarity and donated blood under the Non Remunerated Voluntary Donation System



Dylan Mc Nish participated in the Non Remunerated Voluntary Donation System



Rishi Shaffie shared life by giving the gift of blood

ERHA Conducts Regional HIV Testing



Know your status and help curb the spread of HIV.

Over 255 persons accepted the invitation of the Eastern Regional Health Authority to know their status and took the *Human Immunodeficiency Virus* (HIV) test during the HIV awareness campaign held in observance of Regional HIV Testing Day.

During the period June 1-30, 2022, the Authority collaborated with key stakeholders such as the HIV and AIDS Coordinating Unit (HACU); Ministry of Sports & Community Development; Office of the Member of Parliament for Toco/Sangre Grande; CEPEP and Community groups to host activities to provide easy access to testing for vulnerable groups. By increasing HIV testing, Trinidad and Tobago is accelerating action to achieve the UNAIDS 95-95-95 goals by 2030 (diagnose 95% of HIV-positive individuals, provide antiretroviral therapy

for 95% of those diagnosed and achieve viral suppressions for 95% of those treated) by 2030.

The Authority conducted 25 Open Day testing sessions at key locations on scheduled dates. Clients had the option to visit selected Health Facilities which included the Sangre Grande Enhanced Health Centre and Outreach Centres at Cumuto; Valencia; Coryal; Matura; Manzanilla; Guayaguayare and Matelot. The service was also made available at popular locations such as Birdie Square, Sangre Grande; Anglairs Recreational Grounds in Cumana; in the vicinity of Wendell Guy's Bar in Grande Riviere; Palm Tree Junction, Toco; Paray's Car Park #2 Guayaguayare Road, Mayaro; Rio Claro Car Park, Naparima Mayaro Road, Rio Claro and the National Energy Skills Centre, Mayaro.

In an effort to empower clients to make informed decisions the ERHA conducted health education sessions for over 547 clients under this initiative. 71 HIV self-testing kits were also distributed thereby increasing the number of persons who are now aware of their status. Additional services such as Random Blood Glucose testing, Blood Pressure test vital signs, Influenza vaccines were also conducted.

The ERHA encourages persons to know his/her status.

See photos below.



Esther Williams, Enrolled Nursing Assistant interviews a member of the public



Members of staff pose by the Clinomobile at Paray's Car Park #2 Guayaguayare Road, Mayaro



Staff members at the vicinity of Wendell Guy's Bar in Grande Riviere

Equipping Students with life long skills in the Eastern Region



Students ask questions at the Medical Social Work session

Over 145 students in standards 4 and 5 in the St. Francis R.C School participated in an Emotional Intelligence session on June 8, 2022.

The session was conducted by the Medical

Social Work Department to teach students the skills to understand and manage their emotions and to recognise and respond to any kind of emotional distress in others.

The students were guided through different activities to help them to identify the emotions they were feeling. They were then asked to harness those emotions and apply them to various tasks where they had to think and problem solve. The students were also shown how to regulate their emotions when necessary and how to help others to do the same.

The development of these skills will alert the students to prevent and avoid situations that may become confrontational, to respect the feelings of others and to be able to change a negative outcome to a win-win situation.

Teaching the Next Generation to Develop a Healthy Lifestyle



Rosette Scotland UWI Dietetic Intern and Reyanna Boodoo UWI Nutrition Science Intern discuss healthy eating

Making healthy decisions about food lowers the risk for Non Communicable Diseases NCD's obesity and even anxiety and depression.

The Nutrition and Health Education Departments are aware that most children consume a variety of snacks each day between meals and conducted a session on healthy lifestyle. The session was held on June 24, 2022 at the Toco A.C Primary School for students in standards four and five.

The aim of the session was to develop healthy eating habits.

The students were taught about smart snacking and the benefits of consuming healthy snacks such as fruit chow; yogurt; popcorn; vegetable sticks and mixed nuts.

They were also taught about the dangers of snacking on unhealthy items such as sweets; sugary drinks and processed foods. The importance of drinking water and the benefits of engaging in regular physical activities were also covered. The students eagerly participated in trivia activities to demonstrate they understood the information.

Lecture series on the Dangers of Tobacco



Onella Chuniesingh Health Education Aide engages Standard Five students at St. Francis R.C. School

The Health Education Department, St. Andrew/St. David recognises that education is a very important tool to prevent smoking.

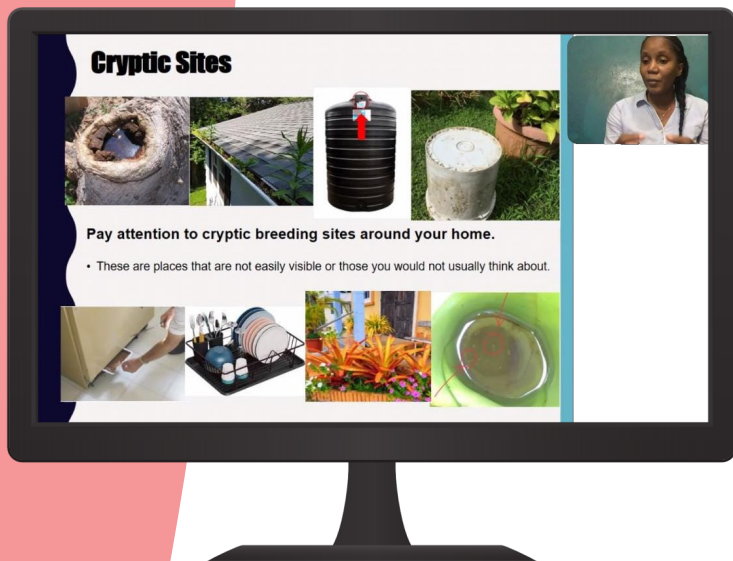
On June 01, 2022 Kezia Philips, Health Education

Officer; Sherifa Ali and Onella Chunnesingh Health Education Aides and Officials from the Sangre Grande Community Police facilitated a lecture series on the Dangers of Smoking Tobacco and the Effects of Tobacco at the St. Francis RC Primary School.

86 students from standards four and five were informed about the dangers of tobacco smoke and peer pressures.

Other sessions were conducted during the month of June to reinforce the message to clients from the Chronic Disease, Ante-Natal, Post-Natal and Health Office clinics at Valencia and Sangre Grande Enhanced Centre. Sherifa Ali and Kezia Philip spoke to over 280 clients on the Dangers of Smoking Tobacco and the Effects on Asthma.

Focus on Environmental Health & Mosquito Borne Diseases



Protecting the safety and improving the health of communities becomes more challenging during the rainy season with the changes in the environment and the elevated risks of water-borne and other diseases.

The ERHA collaborated with the Public Health Department and the management of the Sangre Grande Civic Centre to host a webinar to educate

members of the community on how to address the challenges. The interactive sessions focused on preventing mosquito borne diseases such as Dengue Fever, Chikungunya and Zika Viruses by reducing mosquito breeding sites such as coconut shells, garbage, tyres and bricks.

Participants were advised to remove and get rid of containers that can collect water on their premises, wash and scrub plant pots and pet bowls once per week, cover barrels, bins and open containers with tightly fitting covers. The officers informed that mosquito nets and insect repellants can be used by persons to protect themselves from mosquito bites.

They also stated how important it was to cooperate with health inspectors when they visit their homes to seek medical attention if they experience any signs or symptoms of diseases.

Good Touch and Bad Touch



Cherries Lopez , Health Educator
HACU interacts with students

On June 24, the Health Education Department St. Andrew/St. David in collaboration with the HIV/AIDs Coordinating Unit (HACU), held a conversation about sexuality with 29 infants of first year and second year at the Toco AC Primary School.

Ms. Cherries Lopez, Health Educator

– HACU delivered the interactive session in the form of a children's story in which she highlighted '**Good touch and Bad touch.**' This method has proven to be a very effective strategy to educate young children on this sensitive but important topic.

Engaging Clients in their Communities



Zalina Khan, Health Education Aide engage students at the One Day Fun Day

The Health Education Team partnered with the Biche Football Development School to increase awareness on healthy lifestyles in their community.

On June 16, 2022 an information booth was set-up at Biche Recreation Ground, Wells Street, Biche during their "**Seed of**

Greatness One Day Fun Day" event. Persons from different age groups were engaged in brief discussions on various health related topics. Literature was distributed and persons were encouraged to participate in fun activities to test their knowledge on healthy lifestyle.

Educational Drive by Health Education Department Nariva/Mayaro



Karen Copland and Zalina Khan,
Health Education Aides lecture clients on Leptospirosis and Vector-borne diseases

The Health Education Department Nariva/Mayaro conducted lectures in the health centres to assist clients to protect themselves from Leptospirosis and Vector-borne diseases.

105 clients participated in the interactive

sessions which were conducted during the period June 14-29 , 2022. Pamphlets were also distributed to remind persons about the important tips to follow.



Good News

The ERHA is pleased to inform you of a "Good News" message published on Facebook:



Kathleen Teelucksingh • ERHA Trinidad & Tobago
June 23 at 8:15 PM · 🌐

I had surgery on the 20th May I just want to say Thanks to all the staff of Ward 3 Special thanks to Dr. Ramsingh and Dr. Singh. Very caring thoughtful. Thanks is not enough. Keep doing what you guys are doing.

Posted by Kathleen Teelucksingh

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."



Good News

The ERHA is pleased to inform you of a "Good News" message published on Facebook:



Outam Ramnarine
June 25 at 8:23 PM · 🌐

Help share let's recognize the positive and fantastic service ERHA Committees (Rio Claro accident and emergency) to the doctors and nurses and staff who work yesterday from 3pm until 10pm. Thanks so much for your fantastic work and the friendliness that was extended to the family. Hats off ... keep up the fantastic work. May God continue to bless you and protect you to reach home safe to your family. Yesterday you all did everything in your power to ensure our family members was good and able to arrive safe back to our family. Response time was fantastic. Friendliness was great and service was #1. Thank you all to the staff.

Posted by Outam Ramnarine

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."

Observing World Environment Day 2022

World Environment Day which is observed on June 05, 2022 is the biggest international day for the environment. Led by the United Nations Environment Programme (UNEP) and held annually since 1973 has grown to be the largest global platform for environmental outreach. This day is celebrated by millions of people across the world. In 2022, World Environment Day was hosted by Sweden. The campaign slogan is "Only One Earth" and will focus on "Living Sustainably in Harmony with Nature".

Today, we are experiencing worsening global warming as a result of the impacts of climate change; nature and biodiversity loss and pollution and waste. The activities of mankind are changing the climate in unprecedented and sometimes irreversible ways. The United Nations Secretary General described this state as "A Code Red for Humanity".

At the same time, billions of people have limited or no access to income, food, shelter, healthcare and education. Further, on the heels of the COVID-19 pandemic we are experiencing an energy crisis and spikes in conflicts around the world.

There is still time to prevent the worse damages. We must transform our economies and societies to make them inclusive, fair and more connected with nature. We must shift from

harming the planet to healing it. We must protect what we have and replenish what we lost to advance to a better, more sustainable future where everyone can thrive. World Environment Day 2022 can help accelerate this shift. This year's campaign, #OnlyOneEarth, highlights the need to reset the balance with nature through transformative changes in how we eat, live, work and move around.

At the Eastern Regional Health Authority, let us be part of the change. Join the Occupational Safety and Health Department by actively participating and contributing to our Recycling program (presently facilitating beverage plastic and glass bottles, tetra packs and aluminium cans at the iCare bins only, and shredded office paper). Be part of our plant a tree initiative as we encourage green spaces at the Authority both indoors and outdoors.

For more information feel free to liaise with the OSH Department at OSHDept@erha.co.tt or your respective OSH Department of your unit.

See photos below



Staff at Matura Outreach Facility plant a fruit tree on the grounds of the facility



The Rainy and Hurricane Season 2022



The 2022 Rainy Season

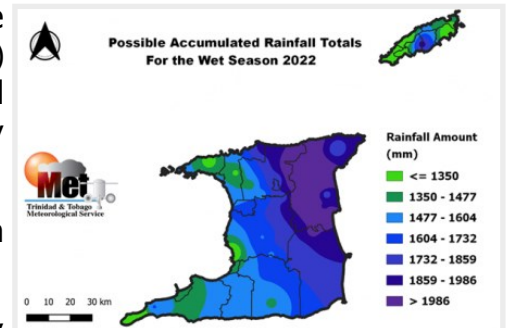
With incessant rainfall and turbulent winds, it is evident that the rainy season has approached again. The Trinidad and Tobago Meteorological Service (TTMS) officially declared the start of the 2022 Wet Season on May 16, 2022.

The official start is characterized by measurable rainfall caused by a Tropical Wave and/or the Inter-Tropical Convergence Zone (ITCZ), two of the country's key weather-producing phenomena.

Rainy Season Forecast

Overall, the 2022 rainy season is expected to be unpredictable and erratic, with anticipated wetter-than-normal (above-normal) conditions. There is a much higher-than-normal flood potential for known and emerging flood prone areas. These are the key messages:

- It is forecast for a slow start with June receiving less rain than typical (below-normal).
- The first half of the season is expected to be typically wet, while the second half is expected to be wetter than usual, with above-normal rainfall.
- There will most likely be an above-average amount of heavy and extremely heavy rainfall days, as well as a 3-day and 5-day wet spells.
- Both day and night time temperatures are predicted to be significantly higher than average.
- Most likely, there will be a few hot days (maximum temperatures of 34.0°C), with one (1) or two (2) hot spells. Cities and urban areas are most prone to experience extreme heat.



The 2022 Atlantic Hurricane Season



The Atlantic Hurricane Season extends from **June 1 to November 30**. The region faces another active hurricane season in the area of interest (AOI). For a season to be active, all it takes is **one (1)** tropical storm or hurricane to bring devastation across the country. Therefore, citizens should heighten preparations during this active season. Please see preparedness tips on the next page.

Hurricane Season Forecast

- Most likely number of named storms is **four (4)** with **two (2)** hurricane formations.
- There is a **47%** chance for near-average number of tropical storms to form in our AOI and the Eastern Caribbean.
- There is a **40%** probability of a higher-than-average number of tropical storms, and **13%** possibility of below average activity.
- Tropical storm activity is more likely at the peak of the season; from August to October.

The Rainy and Hurricane Season 2022 con't

Preparedness Tips:

All households, communities and organisations should increase rainy/hurricane season preparedness to effectively withstand effects such as flooding, landslides and fallen trees. Persons and communities are urged to reduce the level of disruption through the following steps:

- Stock up on emergency supplies and assemble a **'grab and go' bag** or **disaster kit** with all essential items (refer to disaster kit video) and keep on standby in a known-location.
- Get familiar with your flood prone areas and shelter locations.
- Have **sand-bags** ready if you are in a flood-prone area.
- Develop a **family disaster plan and communication plan** that outlines the contacts, emergency meeting place and the needs of all family members/pets.
- Stay alert and keep up-to-date with the T&T MET Office and other official weather forecasting sites like the ODPM.
- Update contact information of local weather officials and other emergency services such as the various Regional Corporations.



TRY THIS DISASTER WORD SEARCH ACTIVITY!

Local Disasters and Hazards

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

HAZARD MAPS
LIGHTNING
EARTHQUAKE
LANDSLIDES
DROUGHT
STORM SURGES
FLOOD
HURRICANE
MUD VOLCANO
THUNDER STORM
FOREST FIRES
FUNNEL CLOUD
CLIMATE CHANGE
COASTAL
TROPICAL STORM
DEBRIS
DAMAGES

Emergency Numbers:

POLICE 999

FIRE SERVICE 990



JUNE 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**