



The Eastern *Vibes*

Monthly Newsletter 2023

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ERHA Staff Cook Out Competition



Judges of the competition Mr. Marcellus Benjamin, Mrs. Anthea Brizan-Langton and Mr. Wayne Toney sample succulent curry duck from the Head Office team 'D Backyard Crew'

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While you can put a price on the tasty dishes that were prepared at the Eastern Regional Health Authority (ERHA) Staff Cook Out Competition, the laughter, camaraderie, joy and fun filled atmosphere was priceless. The event was

one of the activities being held in the lead-up to the Sports and Family Day themed **"Bring Back D' Ole Time Days"** carded for May 7, 2023 at the Larry Gomes Stadium, Arima.

ERHA Staff Cook Out Competition (continued)

Four teams represented the units under their unique names. Sangre Grande Hospital - '**Sunshine Cottage**'; Nariva/Mayaro - '**Tasty Temptations**'; Head Office - '**D Backyard Crew**'; and St. Andrew/St. David - '**Cunapo Estates**' came together on April 14, 2023 at the North Eastern Community Centre, Car Park. They brought the theme to life with the decorations of their tents and took the audience on a trip down memory lane with their coal pots, calabash bowls, enamel cups, mortar and pestle and other olden items. The teams demonstrated their culinary skills in the preparation of a mouthwatering local chow, tantalising corn soup and succulent traditional curry duck. At the start of the event, teams were greeted by the Honourable Terrence Deyalsingh, Minister of Health and Mr. Roger Monroe, Member of Parliament for Toco/Sangre Grande who were hosted by Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and

Ms. Esme Rawlins-Charles, Chairman of the Board of Directors of the ERHA.

The teams enticed the taste buds of the judges, colleagues and guests with their treasured family recipes, secret ingredients and their mastered skills. But in the end the decisions of the judges Mrs. Anthea Brizan-Langton, Mr. Marcellus Benjamin and Mr. Wayne Toney was final. Nariva/Mayaro placed first in the chow and corn soup categories with Head Office taking first place in the curry duck category. St. Andrew/St. David placed second in the corn soup and curry duck category and also captured third place with their chow. Sangre Grande Hospital secured second place in the chow category as well as third place with their corn soup and curry duck.

The Cook Out Competition was the perfect avenue to strengthen teams, build staff morale and increase awareness of the upcoming Sports and Family Day.



Minister of Health visits the New Sangre Grande Hospital



(From Right) Mr. Terrence Deyalsingh, Minister of Health, Mr. Ronald Tsoi-a-Fatt, CEO, Ms. Esme Rawlins Charles, Chairman of the ERHA and Mr. Roger Monroe, MP for Toco/Sangre Grande and UDeCOTT representatives listen to a presentation by VAMED representatives



Mr. Deyalsingh and other Representatives tour the New Sangre Grande Hospital

The Honourable Terrence Deyalsingh, Minister of Health paid a visit to the construction site for the new Sangre Grande Hospital on April 14, 2023. During the visit Minister Deyalsingh viewed a video presentation and was updated on the progress of the project prior to touring the site.

Minister Deyalsingh was accompanied by Mr. Roger Monroe, MP for Toco/Sangre Grande; members of the Board of the Eastern Regional Health Authority and senior managers; as well as representatives from the Urban Development Corporation of Trinidad and Tobago Limited (UDeCOTT) & VAMED.

Increasing access to Healthcare Services



Sherifa Ali, Health Education Aide interacts with children at the Health Fair

Recognising that there are several barriers that can prohibit access to healthcare such as transportation, geography, distance, poor health, literacy, social stigma and privacy issues the staff at the Valencia Outreach Centre hosted a health fair at the Santa Rosa Roman Catholic Church, Platanal Road in Cumaca on April 29,

2023 to increase access to healthcare services.

The services provided included Blood Pressure, Glucose, Blood & HIV Testing; Medical Consultations; Dental; Vision Screening; Immunization; Food and Nutrition Display; Medical Social Work Counselling; Health Education and Pharmacy.

Prize Giving Ceremony for Wall of Art Contest



Highlights of the Prize Giving Ceremony

The prize giving ceremony for the winners of the Wall Art Contest conducted by the Sangre Grande Hospital under the Healthy Hospital Initiative was held on April 13, 2023 at the Conference and Emergency Operating Centre. Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer congratulated the winners and urged parents to

make lifestyle changes so that there will be less illness and more wellness. He also encouraged parents to continue nurturing the creativity of our young children.

The prizes comprised Tablets, Stationery Supplies and Laptop Bags.

Happy Administrative Professionals Day!

ERHA
EASTERN REGIONAL HEALTH AUTHORITY

Happy Administrative Professionals Day!

The Board of Directors and the Chief Executive Officer extend a warm **THANK YOU**, to all our Administrative Professionals. Your hard work and dedication continue to be an enriching and energizing force for the Eastern Regional Health Authority.

ALWAYS REMEMBER...You are beautiful; You are worthy; You are important; You are special; You are unique; You are talented; You are irreplaceable. *"Caring is the Key"*

Ophthalmology Department wins the Dynamic Ward Initiative



Staff do vision screening for clients at an Outreach at Xtra Foods Plaza

The Ophthalmology Department is the next winner of the Dynamic Ward Initiative in the Sangre Grande Hospital.

Their initiative focused on providing information and increasing awareness on the importance of proper eye care. The multi-pronged approach was conducted under the theme, "Reducing Vision Loss & Improving Eye Health Our Call to Action!" and was designed to ensure:

- ♦ The education of staff, patients and the general public on potential diseases, inherited diseases and eye related problems which can occur and contribute to impaired

vision/vision loss.

- ♦ Sensitisation of individuals on the signs symptoms and the various problems which cause vision loss or blindness.
- ♦ Training of staff using the Tool Box method.
- ♦ Performing Vision Testing, Tonometry, Refraction, Visual Field Test and other diagnostic tests and vitals on staff and patients
- ♦ Inclusion of all the Eastern Regional Health Authority Outreach Centres

The assessment was conducted on April 27, 2023.

Get up-to date on your vaccines



Ms. Betty Anne de Souza, District Health Visitor administers vaccine to a member of the Defence Force

In observance of Vaccination Week in the Americas the Eastern Regional Health Authority partnered with stakeholders to encourage persons to be aware of their vaccination status and to get up-to-date on the necessary vaccines.

On April 27, 2023 staff at the Cumuto Outreach Centre administered vaccines to members of the Trinidad and Tobago Defence Force and Engineering Battalion at Camp Cumuto. The staff also conducted HIV Rapid Testing.

Additionally an Open Day Immunization Outreach for members of the public was hosted on April 29, 2023

at the Cumuto Outreach Centre. Over 145 persons were vaccinated during both activities. The vaccines offered during both activities were Influenza, Adult Tetanus, Measles Mumps Rubella (MMR), Hepatitis B (HEP B), Human

Papillomavirus (HPV) and Yellow Fever.

Information was also provided on the importance, safety and efficacy of vaccines as a prime defence against harmful diseases.

Happy Medical Laboratory Professionals Week



*Happy
Medical Laboratory
Professionals Week*



The Board of Directors and the Chief Executive Officer extend appreciation to our Medical Laboratory Professionals. You continue to play a vital role in healthcare and patient advocacy enabling the Eastern Regional Health Authority to satisfy the needs of our Community.

We are truly grateful for your amazing work, your innovation, resilience and commitment to protect our future.

"Caring is the Key"

Empowering our Communities

The Eastern Regional Health Authority continues to empower persons in the communities we serve. Mr. Tanwi Lewis, a resident of Matelot, shares his reasons for seeking employment with the Authority.

Q: At what facility do you work?

A: Toco Health Centre Accident and Emergency

Q: What is your current position?

A: Handy Man

Q: How did you hear about positions within the Eastern Regional Health Authority?

A: I was encouraged to apply for a position by other persons who live and work in the community.

Q: What about the Eastern Regional Health Authority encouraged you to work here?

A: Just knowing how persons can work together as a team and treat each other like family.

Q: What are some of the benefits of working in the community in which you live?

A: Traveling is not costly. Also, being able to see persons who live in the community on a daily basis makes my job more comfortable.

Q: What is your favorite part of working for the ERHA?

A: Seeing and working with my colleagues every day.

Q: Where do you see yourself in five (5) years?

A: Working in the ERHA but in a more senior position

Q: What advise would you give to persons that are interested in becoming a part of the ERHA Team?

A: The ERHA is a very friendly environment. Once you are serious about your job working at the ERHA is the perfect place to start your career.

World Day for Safety and Health at Work 2023

World Day for Safety and Health was recognised on April 28, 2023. In observance of this day, the Occupational Safety and Health Department hosted a Debate Competition at the Northeastern Community Centre.

Two teams representing Head Office and the Sangre Grande Hospital faced-off on the topic, "Is zero rate accidents/incidents achievable in the ERHA." Members of staff came out to support and created an electrifying atmosphere. Both teams offered strong arguments reinforced by theories to cement their positions. The Sangre Grande Hospital arguing against the statement, offered more convincing examples to support their view point and was adjudged winners of the competition. The three-panel judging team comprised Ms. Annabell Seepersad, Safety and Health Inspector II - Occupational Safety and Health Administration (OSHA), Mrs. Astra Edwards-Benett, Wellness Coordinator and Ms. Sandra Newton, Senior District Health Visitor.

The winners were presented with gift certificates for a weekend stay for two at the Hilton Trinidad and Conference Centre, while the second place winners each received a five hundred dollar gift voucher from Xtra Food supermarket. Special awards were also given to units and persons in recognition of having the least numbers of accidents/incidents and for their overall outstanding performance as part of the OSH Team.

Category	Unit/Name
Prize for Most Recyclables to Unit	Head office
Unit with Least number of Accidents/Incidents	Head office
Unit with NIL Motor Vehicular Accidents	Sangre Grande Hospital
Unit with Most participation in OSH Training	Sangre Grande Hospital
Unit with Most Participation in Safety Committee Meeting (attendance and contributions)	Nariva/Mayaro
Unit which addresses and rectifies OSH issues from action sheet	St. Andrew/St. David
Most active Safety Warden	St. Andrew/St. David
Safest Driver with the least number of accidents per Unit	Narad Singh - Nariva/Mayaro
Staff who are most fire safety aware per unit	St. Andrew/St. David
Least number of days lost due to injury	St. Andrew/St. David
Most outstanding OSH Officer	Kendall Drakes - Sangre Grande Hospital

Information booths were on display by the Occupational Safety and Health Agency and NATCO

Massage Therapy was also provided by H.E.R.O.E.S as this type of therapy is deemed important in allowing persons to incorporate mental and physical wellness as part of the celebration.

World Day for Safety and Health at Work 2023 highlights



NATIONAL DISASTER PREVENTION AND PREPAREDNESS MONTH

WHAT IS THE NDPPM

The Government declared the National Disaster Prevention and Preparedness Month (NDDPM) on June 25, 2020 to be held in the month of May annually. This year's theme is "***Being disaster ready is my responsibility.***"

HOW DID IT ORIGINATE?

It is a new approach to national disaster risk reduction and management and is aligned with Government's Vision 2030 goals and the United Nations Sendai Framework for Disaster Risk Reduction. May is particularly significant because it is the month preceding the start of the Atlantic Hurricane Season and the Wet Season usually begins. NDPPM aims to promote a heightened sense of awareness, preparedness and readiness, before the commencement of the Wet Season.

This year's theme is ***"Being disaster ready is my responsibility"***

The possibility of disasters occurring is a reality we face every day. Fortunately, preparation and well-planned responses can assist to ensure you and your family are prepared for any emergency situation. It is advised that the plan is updated by reviewing personal responsibilities and procedures every six months.



NATIONAL DISASTER PREVENTION AND PREPAREDNESS MONTH (continued)

STEPS IN EMERGENCY PLANNING.



Preparedness Word Search

Preparedness

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

batteries
clothes
flashlight
matches
portable radio
water

candles
communication plan
important papers
medicine
sleeping bag
whistle

canned foods
first aid kit
manual can opener
money
toiletries



APRIL 2023

Sangre Grande Hospital

Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
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: 656-2547/340-6895

Coryal Outreach Centre

Balata Hill Road and Cumuto Main Road
Coryal
Tel: 484-1368/668-8066

Cumana Outreach Centre

Toco Main Road
Cumana Village, Cumana
Tel: 226-1134/670-8250

Cumuto Outreach Centre

Main Road
Cumuto
Tel: 226-1106/643-9075

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/385-5421

Guayaguayare Outreach Centre

Guayaguayare Road,
Guayaguayare
Tel: 226-4090/630-8777

Manzanilla Outreach Centre

Eastern Main Road
Manzanilla
Tel: 226-1111/668-2063

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428/354-0052

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

Sans Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382/280-8694

Toco Health Centre

Paria Main Road, Toco
Tel: 226-1576/670-8277

Valencia Outreach Centre

Alexander Street
Valencia
Tel: 226-1260/667-8197

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9353

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

Website : www.erha.co.tt



ERHA Trinidad & Tobago



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