



# The Eastern *Vibes*

**Monthly Newsletter 2025**

**July 2025, Issue #132**

## Walk for Wellness the Re-launch of the ERHA Manzanilla Wellness Centre Exercise Classes



Aerobic Session at Manzanilla Beach Resort

Rags, flags and hands waved in the air as participants **"chipped down d' road"** during the energetic Walk for Wellness which was hosted by the Eastern Regional Health Authority's Manzanilla Wellness Committee on July 19, 2025 to re-launch the Manzanilla Wellness Exercise Classes. The event united community members, health enthusiasts and ERHA staff in one powerful stride towards healthier living.

Over **90** health enthusiasts with strong support from wellness committees representing Matura, Valencia, Brothers Road, Mayaro, Sangre Grande and Manzanilla participated in the walk from Cedar Hill, Manzanilla to the Manzanilla Beach Facility. The group was accompanied by certified fitness instructors who conducted mini workout sessions along key stops during the walk.

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## Walk for Wellness the Re-launch of the ERHA Manzanilla Wellness Centre Exercise Classes (Cont'd)

The event was not simply about exercising but also about making smart health choices. The participants gathered for an informative wellness chat with Ms. Tricia Bramble, Senior District Health Visitor who emphasised the importance of regular health screenings, physical activity and understanding one's health numbers.

This outreach event was organised by the ERHA

Wellness Coordinating Department and supported by the Trinidad and Tobago Police Service; Sangre Grande Regional Corporation; Ministry of Tourism and many dedicated ERHA staff members. Their combined efforts ensured everyone had a safe, smooth and rewarding experience.



# Empowering Fathers to Build Healthier Families



The Baby-Friendly Hospital Initiative (BFHI) Unit acknowledges the importance of male involvement in sustaining infant feeding decisions, care and recognises that by educating and supporting fathers, the backbone of sustainable breastfeeding and infant care can be strengthened.

To realise this outcome the Unit hosted the first Giving Every Mother Support (GEMS) Men initiative to celebrate and appreciate men and to increase their knowledge on how to make healthy lifestyle changes. Men are recognised as essential contributors to their family unit and were encouraged to continue providing their

partners with love, care and support especially during their child bearing years.

During the outreach, stigmas surrounding cultural perceptions and societal norms of the male role in infant and maternal care were addressed. Information was also provided on how the father's involvement impacts on the maternal experience and breastfeeding, thereby, fostering an environment of male involvement in infant care and feeding. The participants willingly shared their experience and challenges and empowered each other to initiate healthy lifestyle changes and to increase community awareness.

## Regional HIV Testing Month and Mini Health Fair



Staff at the Mini Health Fair

**Regional HIV Testing Month is dedicated to raising awareness about HIV, its impact, the importance of testing, early diagnosis and treatment.**

With this in mind, the Valencia Outreach Centre held a Mini Health Fair on July 4, 2025 at Villa's Bar, Valencia Old Road, Valencia.

Over **35** persons participated in the Outreach

and accessed services such as Blood Pressure, Blood Glucose, HIV Testing and counselling.

Lectures were also delivered on HIV/AIDS, Mental Health, Stress Management and Healthy Eating. Educational flyers were distributed on Sexually Transmitted Infections, Nutrition and Healthy Eating Habits.

## Healthy Eating Children's Camp

**According to the World Health Organization, healthy eating habits fosters healthy growth, improves cognitive development and reduces the risk of children becoming overweight and developing Non-Communicable diseases later in life.**

In July, the Nutrition Department participated in the Sangre Grande Library's Children's Camp, which embraced the theme **"Superheroes."** Our team of nutrition interns conducted an interactive and educational session on healthy eating habits, centered on the concept **"Eat the Rainbow"**, a vibrant and simple approach to making balanced food choices.

Through engaging discussions and hands-on activities, the children explored the categories of **"Go, Glow and Grow"** foods, learning how each group contributes to their overall well-being by providing energy, building strong bodies and supporting good health.

The session was engaging and stimulating as the children eagerly identified their favourite colourful foods and discovered that eating a variety of colours can be fun, tasty and essential for maintaining a healthy lifestyle. The Nutrition Department was delighted to be afforded the opportunity to contribute to this meaningful initiative to inspire the campers to become their own **"Health Superheroes."**

# Incident Command System Training



Members of the Eastern Regional Health Authority Management Steering Committee participated in the Incident Command System (ICS) 200 course to enhance their overall incident management skills.

ICS is a standardised all-risk incident management concept and the nationally recognised coordinating structure for incident

response. The ICS 200 builds on the information from ICS 100 and provides the context for ICS within initial response and also supports higher level ICS training. Certified ICS Instructors from the Office of Disaster Preparedness and Management (ODPM) delivered the training and conducted the assessment at the end of the programme.

## Implementation of the National Events Supposedly Attributable to Vaccination or Immunization Surveillance System



L to R: Dr. Aliyyah Hosein, Medical Officer of Health, Ms. Lydia Richardson, Surveillance Nurse; Dr. Waly Mohan, CMOH; Dr. Avery Hinds-Director, Epidemiology Unit, MoH; Dr. Artee Bridgelal, PCP II- PHO; Ms. Debra Ramkissoon, Surveillance Nurse

related to a vaccine, the manufacturing process, transportation, storage, administration and any pre-existing condition in the vaccinated person, and rules out an association between the event and the vaccine.

The Eastern Regional Health Authority participated in a two-day workshop during the period 15-16 July, 2025 hosted by the Ministry of Health (MOH), in collaboration with PAHO, at the MOH's Conference Room to discuss advancements in strengthening the national ESAPI system in Trinidad and Tobago. Participants included MOH officials, EPI Manager, Surveillance Nurses and Epidemiologists from all the Regional Health Authorities.

Workshop activities included presentations and group discussions on relevant topics.

**According to the Pan American Health Organization (PAHO) the Events Supposedly Attributable to Vaccination or Immunization (ESAPI) surveillance system involves monitoring incidents purportedly related to vaccination.** This system aims to detect adverse events that may occur following immunization. It monitors and classifies risks

# Empowering Communities Through Health Education



Ms. Zalina Khan Health Education Aide conducts a lecture on smoking and vaping cessation at the Brothers Road Outreach Centre

during the month of July, as part of their ongoing efforts to educate persons about the risks associated with smoking and vaping.

Lectures and educational booths were organised at Heroes Pharmacy Rio Claro, Brothers Road Outreach Centre, Biche Outreach Centre and Sangre Grande Fire Service Vacation Camp. The health promotion activities were held on July 4, 8, 23 and 29, 2025 respectively.

Health Education Aides delivered interactive lectures on the dangers of smoking and vaping and also addressed the myths surrounding vaping. Participants engaged with staff at the interactive booths and had access to a range of brochures which focused on smoking and its consequences; vaping, drug abuse and Non-Communicable Diseases. They were also encouraged to join the Men's Health and Smoking Cessation Clinics.

**According to the World Health Organization, "Globally, over 22, 000 people die from tobacco use or second-hand smoke exposure every day."**

The Health Education Department, Nariva/ Mayaro hosted four health promotion activities

## Awareness Session on Parkinson and Alzheimer's Disease



Dr. Kelsey discuss Alzheimer's and Parkinson's Disease at Rio Claro Health Centre

that affect the brain. Parkinson's disease mostly impairs movement resulting in symptoms such as slowness, stiffness and tremors. Alzheimer's disease mostly impairs cognitive abilities, resulting in memory loss, disorientation, and issues with judgement and language.

On July 3, 2025 the Health Education Department Nariva/Mayaro hosted a lecture on Alzheimer's and Parkinson's disease for the Rio Claro Chronic Disease Support Group. The goal was to foster understanding and to support persons living with the diseases.

Dr. Kelsey Persad connected with **21** persons and shared information on the risk factors of the diseases, information on early detection, understanding the characteristics of the disease and management strategies.

Parkinson's and Alzheimer's disease affect mostly older people but not everyone will get it as they age. Parkinson's and Alzheimer's are both progressive neurodegenerative illnesses

# Making Waves in Paediatric Cardiology

## Dr. Shimeka George Mc-Kain Represents the ERHA on the International Stage



L to R: Dr. Rameshdath Roop, Paediatric Cardiologist, Sangre Grande Hospital Campus; Dr. Ronand Ramroop, Paediatric Cardiologist, Eric Williams Medical Sciences Complex; Dr. Shimeka George Mc-Kain, Paediatric Registrar, Sangre Grande Hospital Campus; Dr. Gaurav Kumar and Dr. Varun Bansal International delegates from India

Dr. Shimeka George Mc-Kain, one of our dedicated Registrars, recently represented the Eastern Regional Health Authority (ERHA) at the 38th Annual Caribbean Cardiac Society Conference, held from 23-26 July, 2025 at the Hyatt Regency Hotel under the banner, ***"Strengthening Hearts, Empowering Communities."***

This prestigious event is held to raise awareness of cardiovascular diseases in the Caribbean. Heart specialists and healthcare professionals from across the Caribbean and beyond were welcomed.

Dr. Mc-Kain did us proud! Her participation was a big moment for the Authority and especially for the Paediatric Cardiology Unit, which was officially established on August 26, 2024. Since joining the unit, Dr. Mc-Kain has been working closely under the mentorship of Dr. Rameshdath Roop, our Consultant Paediatric Cardiologist.

At the conference, Dr. Mc-Kain presented on some of the early work coming out of the unit.

The presentation which was entitled, ***"When Routine Becomes Risk: A Case of Late Diagnosis in a Cyanotic Child."*** highlighted significant findings; examinations and investigations; team assessment and treatment. It also focused on the surgical procedure and post operation among other key areas.

Her contribution was well-received and helped to shine a spotlight on the incredible progress being made at the Sangre Grande Hospital Campus and our region. She also shared how our team is already making a difference in the lives of children with heart conditions in the region.

Congratulations to Dr. Mc-Kain on this amazing achievement! It is inspiring to see our young professionals leading the way and putting our hospital on the map in such a meaningful way.

The journey has just begun — and the future of Paediatric Cardiology at Sangre Grande looks very promising!

## Community Outreach Activities



From Community health fair to vacation camp and religious organisation the Health Education, Nutrition and Medical Social Work Departments were able to connect with over **65** adults and children within their communities.

The staff conducted engaging and informative presentations on Non-Communicable Diseases, Men's Health; Women's Health; Dangers of Tobacco Use and Alcohol; Nutrition; Stress Management and Self-Care. At the Coalmine Community Health Fair on July 12, 2025 and at the Sangre Grande Fire Service Vacation Camp they discussed, How to read Nutrition Labels; Dangers of Smoking Cigarettes and Vapes; Healthy Alternatives to Abstain from the Use of

Tobacco Products and How to Make Healthier Food Choices.

A Food Demonstration was hosted for the members of the Sangre Grande, Valencia and Manzanilla Chronic Disease Support Groups on July 30, 2025. Members were taught how to read food labels, the importance of protein in their diet and hydration. A cooking demonstration was done to show persons how to prepare nutritious but healthy meals. They also participated in a low intensity armchair exercise session which included safe exercise practices and alternative exercises for various restrictions.

## Mosquito-Borne Diseases Lectures

During the rainy season there is an increase in breeding opportunities and favourable conditions for mosquitoes to thrive, thereby, leading to an increase in mosquitoes in our communities.

In an effort to increase awareness on effective methods to prevent mosquito breeding and to protect themselves from mosquito-borne diseases the Health Education Department St. Andrew/St. David, conducted lectures at the Sangre Grande Enhanced Health Centre, Valencia and Manzanilla Outreach Centres.

Over 400 clients were advised to do the following to protect themselves:

- Keep environment clean, in order to reduce *Aedes aegypti* mosquito breeding sites by cutting bushes low, removing old vehicle parts, rubbish, cans, coconut shells, tires and

regularly cleaning pet bowls, plants pots and other containers that can hold water.

- Cover all water containers properly to prevent the laying of eggs.
- Wear long clothing, using insect repellent, sleeping under mosquito nets and installing mesh screens on windows and doors.
- Seek medical advice; do not self-medicate with over-the-counter drugs such as Aspirin, Cataflam or Olfen.
- Get adequate bed rest, stay hydrated and control fever with a lukewarm sponge bath.
- Keep premises free of mosquito breeding sites to avoid serious consequences, including fines or imprisonment.

## Staffing Updates



*The Management and Staff of the Eastern Regional Health Authority honour Ms. Martina Picton for her service*

*Thank you for your Service*

**Ms. Martina Picton**

Ms. Picton assumed duties at the Eastern Regional Health Authority on January 2, 2001 as a **Patient Care Assistant**. She worked at the Central Sterilisation Services Department (CSSD) at the Sangre Grande Hospital.

Ms. Picton had excellent work ethic and played an integral role in the department. During her tenure, she was also an exemplar to her coworkers and had an outstanding performance appraisal. She retired on **July 2, 2025**.

*"Caring is the Key"*

# Christmas in July



Coryal Outreach Centre



Satellite Dialysis Unit, Nariva/Mayaro



Nursing Supervisors, Sangre Grande Hospital Campus



Surgical I- Sangre Grande Hospital Campus



Communications Department- Head Office



## Commendations to Staff

### Wayne Chaman Huggins

Excellent care this evening at the Sangre Grande Hospital Campus (7:15 p.m.) from the Administrative Staff, to the Triage Nurse to Dr. Ramcharitar, in treating with my father, Lennox Huggins (86). Not to forget the security whom I spoke with before entering the hospital.

Thank you sincerely,

God Bless

*Sent via Facebook by Wayne Chaman Huggins*

*July 8, 2025*

### Donna Narine

As humans we always want a quick fix. That's one of the reasons so much of us continue to bash the E.R.H.A Sangre Grande but all we have to do is have patience. Yes we are in pain and want to get through but there are procedures in some of the diseases we have.

My father a person who hates the hospital has been there since Thursday midday. We stayed from midday to 11pm to know what's wrong and what's next. After they warded him all my dad could say is the doctors and nurses in here really nice everybody treating you so good. I have seen a lot of posts bashing our healthcare, let us start appreciating them and what they do because sometimes they go above and beyond what they sign up for.

Thank you Sangre Grande Staff, hospital, clinic staff, clerk, receptionist etc.

*Sent via Facebook by Donna Narine*

*July 8, 2025*

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



### Commendations to Staff

#### **Destinantur Magnitude**

Good Afternoon, I would like to publicly share my appreciation to Nurse Sabrina and the Quality Officer both operating in the maternity clinic. My encounter with them today displayed nothing but professionalism, care and willingness. They were very accommodating and listened in detail to my concerns. True gems at the Maternity clinic. Continue the good work.

*Sent via Facebook by Destinantur Magnitude  
July 8, 2025*

#### **Bernadette Gyan-Manickchand**

Heartfelt thanks to the staff of the Sangre Grande Hospital, especially the nurses at Ward 1 A Medical and Ward 5 A Medical... consideration and compassion deserve God's choicest blessings.... Much gratitude to my kind security peeps may you always be safe and sound.

*Sent via Facebook by Bernadette Gyan-Manickchand  
July 13, 2025*

#### **Lily Boodoo**

I can proudly say Sangre Grande Hospital is the best in the country my husband has been on the wards in and out since July last year doing dialysis at the unit. The love we got from nurses, doctors and everyone too much to mention and to all the attendants always willing to assist. We were treated like family and if anyone in my family needs to go to the hospital I recommend Sangre Grande Hospital. Unfortunately he is no longer on dialysis because of other complications, he is home resting comfortably and the hospital always checks up on him to see if he is ok.

*Sent via Facebook by Lily Boodoo  
July 15, 2025*

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



# HOW TO BUILD AN EMERGENCY KIT

## KIT ESSENTIALS:

Being prepared means being equipped with the supplies you will need for an emergency/disaster. Keep your supplies in an easy-to-carry kit that you can keep at home or take with you.



**First Aid  
Kit**



**Non-perishable  
Food Items**



**Hygiene Items  
& Medications**



**Bottled Water:  
1 gallon per person  
/per day**



**Important  
Documents  
& Cash**



**Flashlight**



**Clothing, Blankets  
& Towels**



**Batteries &  
Chargers**



**Battery Powered  
Radio**



**Manual  
Can Opener**



## OTHER ESSENTIAL SUPPLIES:

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet specific needs include:



Maps



Baby  
Supplies



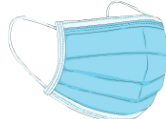
Pet  
Supplies



Extra Car/House  
Keys



Whistle



Masks



Tarpaulin



Rope

## MAINTAINING YOUR KIT:

After assembling your kit remember to maintain it so it's ready when needed:

- Check items in the kit periodically.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.

## KIT STORAGE LOCATIONS:

Since you do not know where you will be when an emergency occurs, prepare supplies for your home, work and vehicle.

- **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes stored in a "grab and go" case.
- **Vehicle:** In case you are stranded, keep a kit of emergency supplies in your vehicle.

**In case of an emergency, you can contact the following numbers:**

**Fire: 990    Ambulance: 811    Police: 999    ODPM: 511    T&TEC: 800-8832**

**Your Regional Corporation Hotlines.**

**Sangre Grande Regional Corporation: 668-2461**

**Mayaro/Rio Claro Regional Corporation: 644-2261**

# Hand Hygiene Word Search

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

- |                               |                        |                        |
|-------------------------------|------------------------|------------------------|
| ◆ AFTER BATHROOM USE          | ◆ BEFORE BREASTFEEDING | ◆ HANDSOAP             |
| ◆ AFTER BLOOD EXPOSURE        | ◆ BEFORE EATING        | ◆ HANDWASHING          |
| ◆ AFTER PATIENT CARE          | ◆ BEFORE PATIENT CARE  | ◆ HEALTHWORKERS        |
| ◆ AFTER TOUCHING SURROUNDINGS | ◆ FIVE MOMENTS         | ◆ INFECTION PREVENTION |
| ◆ AFTER WEARING GLOVES        | ◆ GERMS                | ◆ PAPER TOWEL          |
| ◆ BEFORE ASEPTIC PROCEDURE    | ◆ HANDRUBBING          | ◆ SCRUB                |
|                               | ◆ HAND HYGIENE         | ◆ WATER                |



July 2025

**Sangre Grande Hospital Campus**

Ojoe Road, Sangre Grande  
Tel: 228-3742/226-4744/668-2273  
Fax: 668-4368

**Brothers Road Outreach Centre**

Brothers Road  
Tabaquite  
Tel: 656-2547/340-6895

**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

**Rio Claro Accident and Emergency**  
Tel: 226-9230

**Toco Health Centre**

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

**Toco Accident and Emergency**  
Tel: 226-9428

**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: 670-8264/385-5421

**Matelot Outreach Centre**

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

**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: 280-9781/668-9053

**Cumana Outreach Centre**

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

**Guayaguayare Outreach Centre**

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

**Matura Outreach Centre**

Toco Main Road  
Matura  
Tel: 226-1261/668-6276

**Sans Souci Outreach Centre**

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

**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**

