



The Eastern *Vibes*

Monthly Newsletter 2025

December 2025, Issue #137

ERHA Welcomes Christmas Babies



Staff at the Eastern Regional Health Authority joined with mothers on the Maternity Ward to welcome their babies on Christmas Day.

Deputy Chairman Dr. Stephan Bhagan and Mrs. Angelina Rampersad-Pierre, Chief Executive Officer were present and congratulated Ms. Onella Gill, the first mother to give birth on Christmas Day at the Sangre Grande

Hospital Campus. They presented her with a hamper filled with baby products.

Her baby boy who weighed 2365 grams was delivered by Ms. Marella Mark, Midwife.

All other mothers and expecting mothers who were on the ward were also presented with gift bags containing personal items for mother and baby.

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Christmas Cheer on the Campus

"The best way to spread Christmas cheer is singing loud for all to hear." (Elf, 2003)

The lobby area of Sangre Grande Hospital Campus (South Block) came alive as voices echoed festive Christmas carols during the Eastern Regional Health Authority's Christmas Cheer on the Campus, held on December 12, 2025.

Mrs. Angelina Rampersad-Pierre, Chief Executive Officer, shared a powerful message from the Holy Bible in her Christmas greetings as she quoted from, John 3:16 **"For God so loved the world, that he gave his only son, that who ever believes in him should not perish but have eternal life."** She further explained that this message tells us that Christmas celebrates the birth of Jesus Christ who came to give us love, hope and joy. Christmas greetings were also brought by Dr. Cindy-Ann Badaloo, General Manager-Primary HealthCare Services

(Ag.) and Ms. Eleanor John-Eccles, General Manager-Nursing. They extended warm wishes for a bright and merry season filled with generosity, peace and love.

The audience were truly moved by the majestic voices that echoed throughout the lobby by Carlton Louison, Kemi Knight, Kamilah Knight and Stacey Morang. Their performances added a special touch to the programme and they were warmly received and joined by the audience, strengthening the sense of community and Christmas cheer on the Campus.

Keeping with the theme of giving and generosity, the programme also featured several giveaways and door prizes. Staff sang Christmas Parang and participated in a Christmas themed questionnaire to earn prizes, while one lucky audience member walked away with the door prize.



Christmas Cheer on the Campus Photos



*Merry
Christmas*

Christmas throughout the ERHA Photos



Holiday Wellness: Mind, Body & Balance



Mrs. Shelly-Ann Rawlins, Food Demonstrator explains how to prepare balanced meals during the festive season at the Guayaguayare Health Centre

The holiday season can bring warmth, connection and joy; however, it can also bring challenges such as holiday blues, unhealthy food choices and excessive alcohol consumption. Recognising these challenges, the Health Education Department hosted several health promotion activities throughout the month of December, aimed at encouraging healthy

lifestyle habits during the festive season and beyond.

Staff webinars were conducted to assist employees to identify the signs of holiday depression, low mood and burnout in both themselves and their colleagues on December 3 and 15 2025. The sessions also highlighted the importance of balanced food choices, preventing dehydration and controlling alcohol consumption.

Additionally, the Health Education Department Nariva/Mayaro in collaboration with the Nutrition Department hosted a programme on December 11 2025, at the Guayaguayare Outreach Centre entitled **"Healthier Eating During the Holidays."** The session focused on the importance of reading food labels, facts about fats and sodium, prevention and management of Non-Communicable Diseases during the Christmas season.

Exercise Lecture and Armchair Aerobics Session

According to the World Health Organization, insufficient physical activity is one of the leading risk factors for death worldwide and is on the rise.

Noting this growing concern, the Valencia Wellness Centre in collaboration with the Health Education Department hosted a wellness session to provide more opportunities for individuals particularly older adults to become and remain physically active.

The wellness session was conducted on December 15, 2025 at Valencia Outreach Centre under the theme **"Staying Healthy and Active in Your Twilight."**

Mr. Isaac John, Health Education Aide,

delivered an interactive lecture on the importance of regular exercise. Participants also learned how physical activity helps reduce the risk of developing chronic diseases, supports disease management, prolongs independence and improves quality of life.

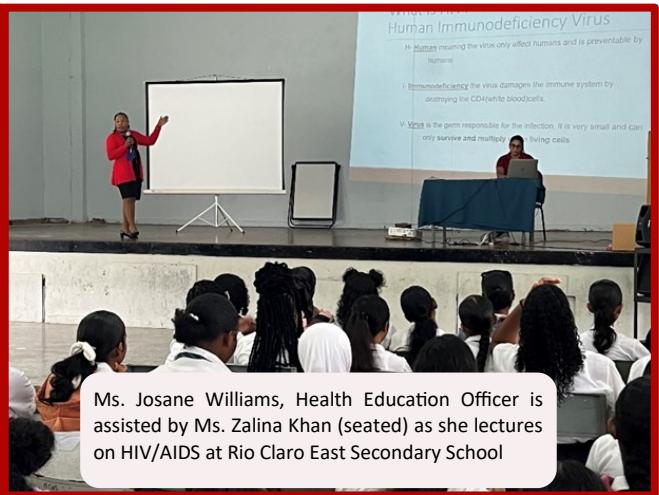
A key highlight of the session was a 20-minute high energy armchair aerobics session. The participants practiced alternative ways to get physically fit and to strengthen specific parts of the body associated with mobility problems.

To further support participants' well-being, grocery vouchers were distributed at the end of the session.

Promoting HIV Awareness in the Communities



The ERHA Team at Villa'z Bar Car Park, Valencia Old Road, Valencia



Ms. Josane Williams, Health Education Officer is assisted by Ms. Zalina Khan (seated) as she lectures on HIV/AIDS at Rio Claro East Secondary School

World Aids Day which is observed on December 1, serves as an important reminder that we must remain steadfast in our commitment to prevent new HIV infections and provide essential service to all people living with HIV in our communities.

This year, the ERHA under the theme **“Overcoming disruption, transforming the AIDS response”** used multiple platforms to raise awareness to stakeholders within the communities we serve.

In county St. Andrew/St. David, outreach activities were held by the Coryal and Valencia Outreach Centres on December 9 and 12, 2025 respectively to provide information and to improve access to HIV testing services for members of the community. At the Villa'z Bar Car Park, Valencia Old Road, services such as blood pressure, blood sugar, body mass index and the Influenza vaccine were also available. Staff from the Nutrition and Medical Social Work Departments were also present to provide guidance and support to clients.

In Nariva/Mayaro, the Health Education Department hosted an HIV/AIDS sensitisation

programme at the Rio Claro East Secondary School on December 3, 2025 for students 15 to 19 years of age. The specially designed programme focused on HIV transmission, prevention strategies, treatment options, common myths surrounding HIV/AIDS, HIV statistics recorded amongst teenagers and stigma surrounding HIV infections in Trinidad and Tobago. The topics were presented by Ms. Josane Williams, Health Education Officer, Ms. Melissa Wright, District Health Visitor and Mr. Ronaldo Toney, Surveillance Officer of the National HIV/AIDS Coordinating Unit. To reinforce learning, a short game of Pictionary was conducted by Ms. Zalina Khan and Ronald Ram, Health Education Aides, allowing students to test their understanding in a fun and interactive way.

Members of the Chronic Disease Clinic in Rio Claro were also engaged in an HIV sensitisation session at the Health Centre on December 5, 2025. Awareness activities such as these allow persons to understand how HIV is transmitted, how it can be prevented and why early testing is essential in an effort to improve their quality of life.

Staffing Updates



The Eastern Regional Health Authority Celebrates the Life of:

Ms. Mayros Perrot

Wardsmaid

The management and staff of the Eastern Regional Health Authority extend deepest condolences to the friends, family and co-workers of Ms. Mayros Perrot.

Ms. Perrot assumed duties in the position of **Wardsmaid** on December 17, 2018 and was last attached to the Rio Claro Health Centre. Ms. Perrot passed away on December 21, 2025.

May her Soul Rest in Peace



Good News



Commendations to Staff

Wayne Chaman Huggins

Our heartfelt gratitude to the loving dedication and care for my father Lennox Huggins. He was admitted last Saturday. Discharged on Christmas Eve. Thank you to the doctors, nurses and EMT at the Accident and Emergency Department and to all of the doctors and nurses at Med 1 ward. Phenomenal, yes, they do that!

*Sent via Facebook by Wayne Chaman Huggins
December 26, 2025*

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

Congratulations to Dr. Rajeev Nagassar



*The Eastern Regional Health Authority
extends congratulations to*

Dr. Rajeev Nagassar



The Pan American Health Organization/World Health Organization (PAHO/WHO) has announced Dr. Rajeev Nagassar of Trinidad and Tobago as the first recipient of the Caribbean Antimicrobial Resistance (AMR) Leadership Award, established in memory of Jamaican veterinarian and public health advocate Dr. Suzan McLennon-Miguel.

"Caring is the Key"

Congratulations to Mr. Daniel Geelalsingh



*The Eastern Regional Health Authority
extends congratulations to*

Mr. Daniel Geelalsingh



*Mr. Geelalsingh was awarded the Early Career
Researcher Prize at the National Health Research
Conference (NHRC) 2025*

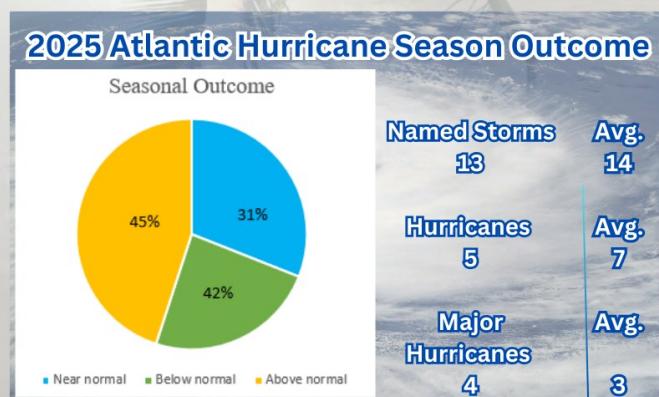
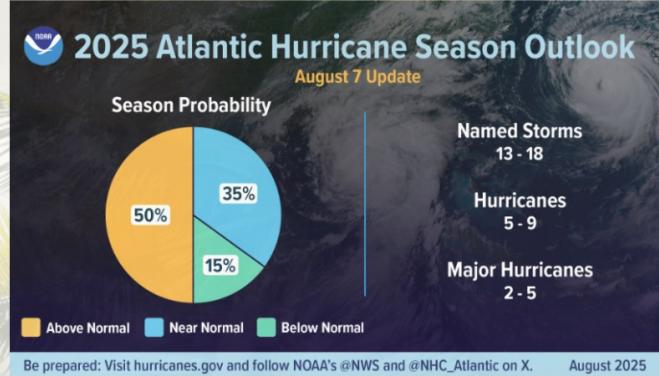
"Caring is the Key"

Atlantic Hurricane Season Recap - 2025

The 2025 hurricane season began June 01 and ended November 30.

Thirteen tropical cyclones were recorded for this year's Atlantic Hurricane Season. Eight tropical storms were noted while an additional five cyclones would have strengthened into hurricanes. The National Hurricane Center stated that four of those hurricanes became major hurricanes, with minimum sustained winds of 179km per hour.

Tropical Storm Andrea was the first cyclone recorded on June 23, 2025. The season was officially ended by the TTMS on December 01, 2025. Hurricane Melissa was the last cyclone of an active and impactful hurricane season characterized by fewer storms overall but a higher rate of intensification.



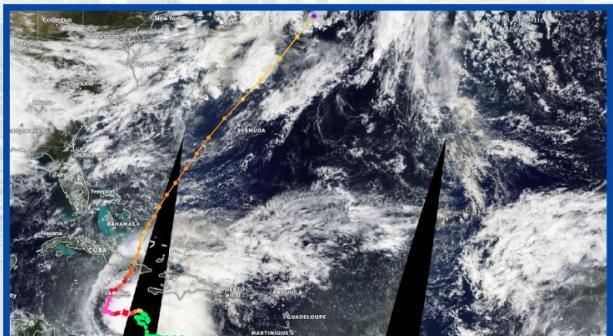
Atlantic Hurricane Season Recap - 2025

Hurricane Melissa Synopsis: The Third Strongest Hurricane Recorded

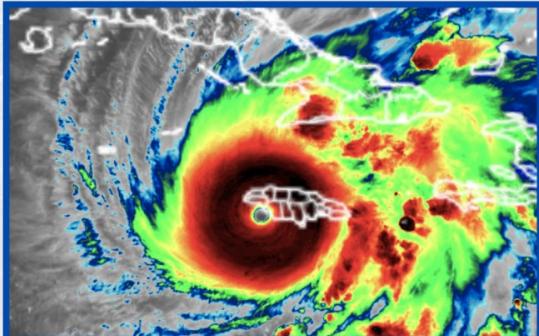
In 2025, Hurricane Melissa was one of the strongest hurricanes formed in the Atlantic basin. It first appeared as a tropical storm on October 21, 2025. On October 25, 2025 this cyclone then intensified into a category-one hurricane, by the following day it strengthened to a category-four and on October 27, 2025 the cyclone reached peak intensity as a major category-five hurricane.

This system made landfall on October 28, 2025 and fully dissipated by November 04, 2025 but not without displacing many Caribbean nationals. According to the National Hurricane Center (2025), Melissa reached maximum sustained winds of approximately 298 km/h, a minimum central pressure of 892 mb, and an accumulated cyclone energy (ACE) of 34.7×10^4 kt².

Highlighting the system's organized structure with a well-defined eye and an extremely tight pressure gradient. Notably, Melissa was a slow-moving system, with a forward speed that at times dropped below approximately 10 km/h (about 5 kt). This slow motion prolonged the storm's interaction with warm ocean waters, enabling it to sustain extreme intensity for an extended period. Melissa's exceptional intensity was driven by warm sea surface temperatures, elevated subsurface ocean heat content and favorable atmospheric conditions. These factors, combined with broader climate-related warming of the Atlantic, contributed to Melissa becoming one of the strongest hurricanes observed and a defining benchmark storm for the 2025 season.



Tropical Cyclone Track of Hurricane Melissa
(zoom earth, 2025)



Hurricane Melissa nears landfall in Jamaica
(WMO, 2025)

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 DMU Hotlines

Sources: https://www.nhc.noaa.gov/data/tcr/AL012025_Andrea.pdf, <https://newsday.co.tt/2025/12/02/hurricane-season-has-ended/>,
<https://www.nhc.noaa.gov/data/tcr/index.php?season=2025&basin=atl>,
<https://www.noaa.gov/news-release/prediction-remains-on-track-for-above-normal-atlantic-hurricane-season>



December 2025

Sangre Grande Hospital Campus

Ojoe Road, Sangre Grande
Tel: 228-3742/226-4744/668-2273
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: 280-9781/668-9053

Brothers Road Outreach Centre

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

Coryal Outreach Centre

Balata Hill Road and Cumuto Main Road
Coryal
Tel: 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

Rio Claro Accident and Emergency

Tel: 226-9230

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

Toco Accident and Emergency

Tel: 226-9428

Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
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Website : www.erha.co.tt



ERHA Trinidad & Tobago



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