



## New manager for Lakeside Living

The new Nurse Unit Manager of Edenhope's Lakeside Living Care Community is relishing her decision to move into aged care nursing.

After 10 years of acute nursing in the Philippines, Lady Anne Vidal moved to Australia with her family in 2019 and after completing her bridging course, she started as a registered nurse in the acute ward at what is now Grampians Health's Edenhope campus.

Soon after her move, Anne said she became interested in aged care because it was non-existent in her homeland.

"In the Philippines there is no such thing as aged care because in our culture we look after our parents and

grandparents in our own home," Anne said.

"As that culture comes natural to me, I was fascinated by the aged care community here and wanted to work in that environment, so I completed a post-graduate certificate in aged care and then made the transition.

"It has been a great move for me. The brand new facility makes it even better because the rooms are so beautiful and clean and everyone loves being here."

Edenhope Campus Manager Tricia McInnes said Anne was the ideal candidate for the management role because she had worked the past four years

as the Associate Nurse Unit Manager at Lakeside Living.

"Anne is very popular with both the residents and her colleagues," Tricia said.

"She was a dedicated team member who stepped up as acting manager in the interim and she was willing to go the next step so naturally we supported her to do that."

Anne's husband Christian is also a nurse working in Edenhope's acute ward.

The couple love to travel with their six-year-old son Paulo, and see as much of Australia as they can when they are not working.

# A gift of comfort and generosity

A heartfelt donation by the Wait family has brought great comfort to Edenhope hospital and its future patients.

Avril Wait and her son Randall took it upon themselves to honour the memory of their beloved husband and father, Warren Wait, by gifting a specially designed, larger bed to the hospital.

Warren Wait, a tall and kind-hearted man, had been a patient at Grampians Health Edenhope, and during his stay he realised the need for larger, more accommodating beds for patients of bigger stature.

After Warren's passing, Avril and Randall decided to carry on his legacy of kindness and approached the hospital with their wish to donate a larger bed to the facility, aiming to improve the comfort and care of future patients who might face the same challenges as Warren during his stay.

"We are deeply grateful to the Wait family for their incredible gift to the hospital," said Tricia McInnes, Grampians Health Edenhope's Director of Nursing.



"Their kindness and thoughtfulness will make a tremendous difference to the wellbeing of our patients. This larger bed will not only offer physical comfort but also emotional support for those who require it."

The family hopes their donation will serve as an inspiration for others to contribute in their own meaningful ways to the betterment of healthcare facilities.

"The hospital staff took exceptional care of Warren during his time here, and we wanted to express our gratitude in a way that would make a lasting impact," said Avril.

"Our hope is that this bed will provide comfort and support to patients for many years to come, just as the hospital and its staff did for Warren."

## New ECG monitor sparks Edenhope team



Registered nurses Sharni Julian and Jessah Ozon with the new ECG monitor

Nurses working in Acute and Urgent Care at Grampians Health Edenhope have been a little more excited than usual lately after the arrival of a brand new ECG monitor.

Acute Nurse Unit Manager Sophie Conallin said the previous ECG had to be plugged into power for it to work and it was starting to become unreliable.

"The new one can operate perfectly without connecting to power and it is quick and accurate every time," Sophie said.

"It gets used pretty much every day so we were very excited to get it."





*Kirily Ryan takes clients on a shopping spree in Horsham before heading for the cinema to see a movie*

## Day program expands into night at Edenhope

Clients of Edenhope's Day Centre are over the moon with the new expansions to its activities program.

The Day Centre program is now including night-time activities as well as longer trips to dining spots and entertainment centres.

Day Centre coordinator Kirily Ryan said the activities had become so popular that their biggest problem was finding enough team members to balance the consumer-carer ratio.

A feedback form was issued to Day Centre clients in late 2022 asking what activities they would like to see made available.

"The feedback told us that our consumers wanted to be able to go out to venues at night because many of them didn't like driving outside the town limits after sunset," Kirily said.

"There was no opportunity to have a social meal at night and they

were missing that social connection. We have taken that feedback on and we now have a mix of centre-based activities as well as community-based, and they are all consumer-driven."

Since the expansion, outings have included trips to Mt Gambier and Beachport, SA, Jung Market, Lake Toolondo, Harrow, Natimuk and Horsham.

"We have taken busloads to Horsham for concert events at the Performing Arts Centre, movies at the cinema, and shopping," Kirily said.

One consumer Marilyn said the trips were usually enjoyable.

"It gets you out of the house and it's nice meeting other people and having time to get to know them.

"And a bit of shopping never went astray," Marilyn said.

"It's a great service and we're very lucky to have it."

### Like to join our mailing list?

If you would like to join our mailing list please send your name, email and postal address to [communications@gh.org.au](mailto:communications@gh.org.au)

Please also contact us if any changes are required to your contact details.

### Do you have any suggestions for us?

If you have a suggestion or an issue you want to raise, please contact us at [feedback@gh.org.au](mailto:feedback@gh.org.au)

We are committed to working with the communities in which we live and we value your feedback.



# Nurturing tomorrow's healthcare leaders



*Tricia McInnes, Director of Nursing Grampians Health Edenhope*

When Tricia McInnes chose to attend Grampians Health's Clinician 2 Manager Emerging Leaders Program in 2022, she already had a long professional record in nursing.

Having worked for 24 years as a registered nurse at both acute and the aged care wards at Edenhope, she was already in a managerial position when she opted to take advantage of the leadership course on offer.

For over six months, Tricia and some of her colleagues from Grampians Health's Stawell and Edenhope campuses attended several sessions about the basics of leadership, with a particular focus on transitioning to a leadership role.

Now a Director of Nursing at Grampians Health Edenhope, she attributes her professional growth to some of the lessons she learnt through this program.

"The Emerging Leaders course has given me more confidence in my own ability, and it has been instrumental in helping familiarise myself with strategies to have the difficult conversations and deal differently with difficult situations. The resources were great," Tricia said.

The Clinician 2 Manager Emerging Leaders Program is just one of the many learning and development pathways available for staff members at Grampians Health.

"Many of our clinical staff have years of valuable experience and as a health service, providing them access to resources like the Clinician 2 Manager Emerging Leaders Program can help uncover the next generation of leaders who are familiar with our values,

ethos and goals and those of the communities they serve," said Claire Woods, Chief People Officer, Grampians Health.

"While we are focused on attracting new people to live and work in the region, we are also constantly looking at ways to engage with our existing staff members and equip them with skills and resources so that they make a real difference in the delivery of care."

## **A bigger role**

For Stawell's Kelly Lee, the course attendance gave her the confidence to take on a bigger role at Grampians Health.

She initially joined Grampians Health Stawell's administration department, but soon progressed to other roles.

Not too long after she attended the Clinician 2 Manager



*Kelly Lee, Practice Manager Stawell Medical Centre*

Emerging Leaders Program, Kelly was confident enough to apply for a bigger role as a Practice Manager at Stawell Medical Centre – a position that she was successful in securing.

“The Emerging Leaders course taught me to recognise my strengths, weaknesses, and has boosted my confidence as a leader. It has helped me in my new role by providing new perspectives on skills such as effective communication, problem solving, decision

making, and time management,” said Kelly.

Tricia agrees that the training program has helped them to build a variety of skills, often valuable for senior roles.

“Communication skills, organisational skills, the importance of having time for yourself and self-care strategies are some of the skills I learnt from this course,” Tricia said.

“I also have more confidence in myself as a leader and my own

abilities as a clinician as a whole.”

Claire said that providing learning and development opportunities for staff members to evolve would continue to be a key focus of Grampians Health.

“We are committed to providing high-quality healthcare to the communities we serve and by fostering a culture of growth for our people, we hope to continue to excel in providing exceptional care,” she said.

## Would you like us to attend your meeting or event?

Whether you are a community group, social club, school, local government, or any other organisation, we are keen to attend and actively participate in discussions about healthcare and healthy living.

Our leadership team can provide insights on various healthcare topics, share updates about our organisational plans for the future, answer questions related to health services, and collaborate on projects that align with our purpose of a public health service.

Please email details of your request to:  
**[communications@gh.org.au](mailto:communications@gh.org.au)**



# Kendall joins Allied Health team

Edenhope's Community Hub team has welcomed a new allied health assistant to the fold.

Kendall Pickering has started work at the centre where she will support the allied health team in occupational therapy, podiatry, social work and physiotherapy.

A born and bred South Australian, Kendall grew up on a sheep and cropping farm near the banks of the Murray River at Tailem Bend.

She has moved to Naracoorte, SA with her dog Ollie, and will cross the border each day to work in her new role.

Kendall said she was already enjoying working at the Hub.

"It's been really good and the team here have made it fun and welcoming for me," she said.

When not working, Kendall is studying to be an exercise physiologist and enjoys playing netball for Tailem Bend.



## Building healthy smiles together



There's been a collaborative effort across Edenhope and surrounds to strengthen oral health and keep our smiles healthy.

This year, the Smiles 4 Miles kindergarten program will be expanded to Edenhope, Goroke, Kaniva, Rainbow, Natimuk and Greenpark.

This program helps kids learn how to look after their teeth from a young age, with a focus on the following simple messages - "Drink Well", "Clean Well" and "Eat Well".

To ensure the expansion's success, kinder staff in these towns will receive training from the Grampians Public Health Unit.

They'll be equipped with the knowledge and tools to deliver the program effectively, helping our little ones develop healthy dental habits early on.

For our older kids, the Grampians Health Dental Team is launching the free school dental program "Smile Squad" locally in 2024.

This comes on the back of a busy couple of years with visits from the team to a number of schools and kindergartens in the area, and many school dental checks carried out.

The Grampians Public Health Unit and Grampians Health Dental Services Team have also been present at Henley on Lake Wallace and the Wimmera Machinery Field Days.

If you're passionate about promoting oral health and want to get involved, keep an eye out for upcoming events and opportunities to contribute.

You can also reach out to our local community champion, Cath McDonald, who is leading the Smiles 4 Miles expansion in Edenhope.

**Email [phu@gh.org.au](mailto:phu@gh.org.au) to learn more.**

These initiatives have been greatly supported by the West Wimmera Shire Council and the Grampians Regional Health Service Partnership.



# ARE YOU OUR NEXT VOLUNTEER?

Grampians Health Edenhope are looking for people to  
volunteer in the following areas:

**Volunteer Drivers**

**Palliative Care**

**Community Friendship Program with Lakeside Living**

If you, or someone you know, is interested in  
volunteering with Grampians Health  
Edenhope, please contact Kellie McMaster at  
[Kellie.McMaster@gh.org.au](mailto:Kellie.McMaster@gh.org.au) or 5381 9347.

Scan the QR Code to fill out an Expression of  
Interest form.



# Helping Communities Thrive

Grampians Health strives to deliver quality care for all our communities through safe, accessible and connected health services.

## **Urgent Care**

**5585 9800**

Fully bulk billed medical service  
24 hours, 7 days a week.

**If your condition is serious, or  
you are experiencing chest  
pains, you need to call 000  
(Triple Zero) for an  
ambulance.**

## **Acute Care**

**5585 9800**

Provides 24 hour care, with  
care managed by our  
experienced nursing staff and  
visiting medical officers.

## **Residential Care**

**5585 9800**

At Lakeside Living we provide,  
long term and respite care in a  
beautiful brand new facility  
overlooking Lake Wallace.

We also have one bedroom  
independent living units  
available for rent across the  
road from the Hospital.

## **Rural Outreach Program**

**1300 688 732**

A free service. Our team of  
Outreach Workers can help  
when times get tough.

## **Elsie Bennett Community Centre**

Social Support **5585 9825**

Community exercises **5585 9845**

Community Health Nurse  
**5585 9845**

## **Telehealth**

**5585 9830**

Have your appointment without  
leaving home by linking with your  
clinician using a computer, smart  
phone or tablet.

## **Community Services**

**5585 9800**

- Catering
- Laundry services
- Meals On Wheels - through  
the West Wimmera Shire

## **Health & Wellbeing Hub**

**5585 9830**

Located in the main street of  
Edenhope. Services include:

- District Nursing
- Community Care Nurse
- In Home Care
- Post Acute Care
- Physiotherapy
- Diabetes Educator
- Cancer Resource Nurse
- Occupational Therapy
- Social Work
- Rural Outreach Program
- Mental Health Social Support
- Speech Pathology
- Podiatry
- Telehealth

## **Edenhope Medical Clinic**

**5585 9888**

There is a medical clinic located  
onsite which is operated by Rural  
Doctors. Please phone them for an  
appointment or visit their website  
[www.ruraldoctors.com.au](http://www.ruraldoctors.com.au)

For the full range of services and more detail on  
accessing the services, please visit [www.edmh.org.au](http://www.edmh.org.au)



**Grampians  
Health  
Edenhope**