

## Family's donation provides a real lift



*Nurses Sarah Gavan and Anne Launer position the new lifter for resident Victoria Baker*

Patient transfers for Dimboola Care Community's care team at Grampians Health have been made easier after the family of a resident donated a new lifter to the campus.

Resident Victoria Baker lived the majority of her life in Melbourne, with her daughter Glenda moving in with her mum for about 15 years before she retired.

Victoria's son John Baker said despite the family being city dwellers, Glenda had always wanted to live in the country.

"Glenda moved to Dimboola after retiring, buying the house next door to our sister Jill and by this time Mum had already transitioned into aged care in Melbourne," John said.

"When Glenda moved to the Wimmera, the family decided to move Mum up as well. We'd heard plenty of good things about the Dimboola facility.

"Jill had some good experiences with it as well so that's where she went.

"But the girls still wanted to be able to take Mum home and on outings because she liked watching her grandchildren playing sports. It was really a matter of setting Mum up to give her a life outside the home as well.

"That was the goal, so early last year we bought a wheelchair-accessible car and the lifter."

John said the Dimboola team were very helpful throughout the process.

"They helped us select the most appropriate lifter and they even provided training to my sisters so they could operate it at home," he said.

"Sadly, not long after that process Glenda, who had been in remission from cancer, started having back troubles and the cancer returned. She died in October last year and as a result, the lifter never got used.

"After that we decided to donate the lifter to the Dimboola team. After all, we've been extremely happy with the facility and staff

*Continued on page 2...*

... continued from page 1

so it's just nice to be able to give back and show our appreciation."

Dimboola Care Community manager Breanna Eldridge said she was very thankful to the family for their generosity.

"It's an unusual circumstance because families often make donations to the facility after the

resident has left us," Breanna said.

"In this case, Victoria's carers will be using it to move her around safely and comfortably.

"We have a lot of high care residents so it will come in handy for a lot of others as well and it's a great back-up for the other lifter that Wimmera Health Care Group Foundation donated a couple of years ago."

## Strengthening support for eating disorder carers

Grampians Health has received a joint grant with Eating Disorders Victoria (EDV) to foster and embed a community-based approach for supporting eating disorder carers in the Grampians region.

The project supports carers to have access to dedicated appointments, face to face group carer workshops and group sessions led by EDV Carer Coaches.

The group sessions will be held online, allowing access across the Grampians region. Throughout the project, the EDV team will be training a Grampians-based Carer Consultant, who will continue to provide this support in the region when the project concludes.

The 'Connecting Carers in their Community' grants program aims to reduce isolation, enhance overall health and wellbeing, and improve connections between carers and their local community.

The grant is provided by Carers Victoria and supported by the Victorian Government.

In 2023, Grampians Health opened a new dedicated



*Stacey English, Paediatric Eating Disorder Nurse Consultant and Tracey Gibson, Enrolled Nurse Specialist Outpatient Clinics*

eating disorder service for the Grampians region providing a holistic approach in delivering physical and psychological care at the same time, supporting all age groups.

If you would like to learn more about this new carer support project or other supports for carers, contact Eating Disorders Victoria on 1300 550 236 or visit [www.eatingdisorders.org.au](http://www.eatingdisorders.org.au)

To learn more about the new eating disorder service for the Grampians region visit [www.bhs.org.au/eating-disorder-clinic](http://www.bhs.org.au/eating-disorder-clinic) or call the Eating Disorder Nurse Consultant on **0438 376 905**.

**If you are concerned for someone's mental wellbeing, please call Mental Health Services on 1300 661 323.**





*Wimmera Nursing Home manager Bree Stonehouse tests the new device with resident Angelina*

Telehealth carts were invaluable for increasing resident access to specialists and additional supports.

"These carts provide greatly improved access for residents to consult with specialists because they remove that concern of them having to travel to metropolitan or regional cities for face-to-face visits," Sarah said.

"The carts are equipped with their own observation monitors so they can provide the specialist with the resident's blood pressure, oxygen saturation and heart rate in real time.

"There is also a detachable camera that can provide the specialist with close-up views of wounds or lesions. The unit really does allow for a thorough examination from the specialist without the need for a face-to-face consult.

"We appreciate the support of the Western Victoria Primary Health Network with this program."

## Telehealth boost for Grampians Health care communities

Residents in Wimmera Nursing Home and Dimboola Care Community will have better access to specialist medical consultations through new Telehealth carts.

The \$18,000 VisionFlex carts have been made available through a pilot trial from Western Victoria

Primary Health Network. The carts can be wheeled to the room of non-ambulant residents so they can communicate directly with a medical specialist or other professional clinicians.

Grampians Health Care Community Operations Director-West Sarah Kleinitz said the new

## Maureen the drummer



Resident Maureen is already well known for her artwork at Dimboola but it turns out she also played the drum in the Dimboola Brass Band.

When staff learned of this new revelation, nurse Peter Walscott approached the band to enquire about getting her a drum and the band were only too happy to deliver with one they no longer used.

Maureen has been banging out her paradiddles and single stroke rolls ever since, impressing her carers and fellow residents.

Pictured left is Maureen with Meaningful Life Partner Michelle Edwards, volunteer Glenda Eldridge and Care Community Manager Breanna Eldridge.



# Every farmer should know heart attack signs



*Ian and Travis Penny*

Every Wimmera Mallee farmer should learn the warning signs of a heart attack, how to manage one and to consider an automated external defibrillator (AED) for their worksite, says Grampians Health Chief Strategy and Regions Officer Dr Rob Grenfell.

His crusade has the backing of a Wimmera farmer who is lucky to be alive after being resuscitated in June last year.

Boolite farmer Ian Penny and his son Travis were servicing a tractor when Ian started experiencing excruciating chest pains. Travis downed tools and got Ian into his ute to drive him to Warracknabeal.

On the 27 kilometre journey, Travis phoned the local doctor's surgery to warn him of their imminent arrival.

When they arrived Dr Franklin Butuyutu and his nurse Debbie George were ready for him.

"I can recall saying to Dr Franklin that I'm having trouble lifting my arms. I've got no strength in them – and then I just died," Ian said.

Ian said his next recollection was opening his eyes to see his wife gently rubbing his face.

"She'd been called down to the surgery and I said to her, 'I think I've had a little sleep'.

"They found I had an artery that was completely blocked. Luckily Travis was with me otherwise I would never have got to Warracknabeal.

"I was told that only about seven percent of people survive a heart attack after they've actually died. I consider myself very fortunate to have survived.

"Apparently with the number of defibrillators around now that figure is rising. I think everyone should have an AED in their workplace, especially if they are in any risk category."

Ian said he and Travis made the purchase of an AED a priority after the scare.

Dr Rob Grenfell said Ian's story was all too familiar.

"Farmers are always too busy to be worrying about their health," Rob said.

"Especially at harvest time when they [think] it's more important to beat the rain and get the harvest in than to take time out to visit a GP or hospital and find out why they have that chest pain, tightness or numbness in the arms."

*Continued on page 5...*



... Continued from page 4

"Obviously getting a regular check-up, managing heart attack risks and knowing the warning signs of a heart attack, go a long way to preventing an untimely death.

"At least by having a defibrillator nearby, there is a huge increase in the likelihood of saving a life or preventing a massive heart attack."

Rob said that Ian's story should be enough reason for every farmer to make sure they take heart disease seriously: "You don't have to be old or unfit to be a risk to cardiovascular disease."

## Reconciliation Action Plan launched

The inaugural Grampians Health Reconciliation Action Plan has been launched, formalising a framework for providing just, equitable and culturally safe healthcare for Aboriginal and Torres Strait Islander peoples.

Acting Chief Executive Officer Ben Kelly said the Reconciliation Action Plan is key to Grampians Health's vision of being a trusted, progressive, and innovative leader of regional and rural healthcare.

"Reconciliation is a shared responsibility for all Australians, and our Reconciliation Action Plan showcases our commitment to going beyond symbolic gestures," Ben said.

"This plan defines the steps we're going to take as an organisation to deliver meaningful and substantial change for First Nations care recipients, families and staff.

"As a public health service provider, we are committed to improving health outcomes for Aboriginal and Torres Strait Islander people, and key to this is providing comprehensive healthcare that meets individual needs closer to home and Country."

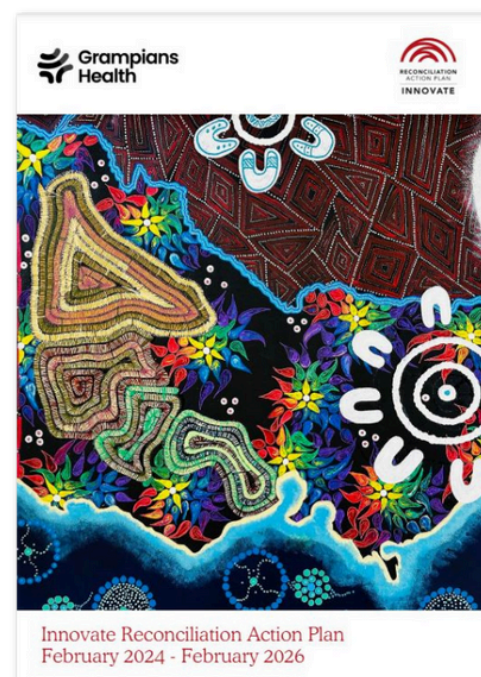
Central to the Reconciliation Action Plan is the strengthening of relationships with First Nations communities, to ensure Aboriginal and Torres Strait Islander voices are heard and embedded in Grampians Health's strategic goals and objectives.

Grampians Health Chief of Strategy and Regions Dr Rob Grenfell said the Reconciliation Action Plan was an integral step towards reconciliation for Grampians Health.

"Our vision is for Grampians Health to be a place where First Nations peoples know they are valued as individuals, and that their rich and diverse heritage, culture, and spirituality is respected and celebrated," Rob said.

"The Reconciliation Action Plan is built on improving relationships, respecting the importance of cultural identity, and providing opportunities for First Nations Peoples, organisations and communities.

"We endeavour to serve our communities on a deeper level, and creating opportunities for First Nations people and business operators to engage



with Grampians Health will help achieve this by enabling economic growth and prosperity for First Nations people."

Developed by the Grampians Health Aboriginal Health Liaison Office (AHLO) in consultation with Reconciliation Australia, the Reconciliation Action Plan builds on the AHLO team's continual work across the organisation which includes providing organisation-wide support to and cultural safety for First Nations people accessing care at Grampians Health.

The Reconciliation Action Plan can be found on our website [grampianshealth.org.au](https://www.grampianshealth.org.au)



# David's Goliath legacy to Bretag Garden

A talented volunteer and an industrious resident have been almost entirely responsible for the complete transformation of a tired campus courtyard at Dimboola Care Community.

The Bretag Garden is one of a handful of courtyards where residents can catch some fresh air and sunshine but it was beginning to look a little jaded.

At one of their regular residents meetings, resident Graeme suggested Dimboola artist Colleen Bouts would be the ideal person to give the area a face lift by painting a mural on the garden wall.

A student aide at Dimboola Primary School, Colleen had previously painted other murals at the campus after she began a part time role as a personal services assistant after hours at the campus.

While Colleen started the long project to complete another huge painting, resident David decided he wanted to upgrade the garden.



*The late David in a section of the Bretag Garden*

The retired Bacchus Marsh dairy farmer had a passion for gardening and a plan that would complement his enthusiasm and turn an area of neglect into a sustainable vegetable plot.

Sadly, David passed away only days after he was photographed and interviewed for this article.

Dimboola campus manager Keshia Roche said David was completely self-sufficient in his quest.

"David had a trailer that he would hook up to his mobility scooter and he would head down the street and get the soil he wanted along with the seeds and plants and all the bits for the sprinkler system," Keshia said.

"Then he would come back and toil away in the garden each day. He would go out there every day, weather permitting, and he just loved being out there."

Meaningful Life Coordinator at Dimboola, Megan Naylor, had been supporting David with his project. She said everything David had grown was either consumed at the campus or given to the community.

"A lot of the produce is utilised in our activities with the residents," Megan said.

"The residents have already made David's beetroot relish which has proved a big hit, and he will be remembered fondly every time we enjoy the fresh produce from his tireless work."

## 150 years of Wimmera Base Hospital

### WE WANT YOUR HELP!

This year, the Wimmera Base Hospital is celebrating its 150th birthday.

If you have any stories, old photos or memorabilia you would like to

share with us, please contact [communications@gh.org.au](mailto:communications@gh.org.au)

More details on the community celebrations, and how you can take part will be provided in coming months.





# ARE YOU OUR NEXT VOLUNTEER?

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

**Volunteer Drivers**

**Palliative Care Volunteers**

**Community Friendship Program – Dimboola Nursing Home**

If you, or someone you know, is interested in  
volunteering with Grampians Health  
Dimboola, 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.

## **Acute Care**

**5363 7100**

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

## **Allied Health**

**5381 9333**

Allied Health resources are based in the Arapiles Building at our Horsham campus.

Services available include:

- Dietetics
- Occupational therapy
- Physiotherapy
- Podiatry
- Speech pathology
- Social work
- Dental and Prosthetic Clinic

## **Dimboola Nursing**

**Home**

**(Care Community)**

**5363 7100**

This bright modern home provides facilities that support residents to maintain their connections within the wider community. The nursing home is well supported by Grampians Health and the many services they offer.

## **Day Centre**

**5363 7159**

Offers a welcoming, supportive environment for our older community and people with dementia and/or disabilities to maintain personal independence and provide support for their carers.

## **Medical Centre**

**5363 7111**

The medical centre is colocated with the Dimboola Hospital and nursing home.

Appointments are required to see the doctors except in the case of emergencies.

The clinic is private so payment is required for consultations, however all pensioners, children under 16 and health care card holders are bulk billed.

## **Telehealth**

**5363 7100**

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

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