



Sharon's art instils appreciation

A powerful piece of art near the main entrance of the Grampians Health Stawell campus tells the moving story of Sharon Lee Guttie, an Aboriginal teacher from Queensland. Her life's journey, reflected in the painting titled 'Turbulence,' speaks of both turbulence and love.

Sharon spent over 50 years navigating the vast landscapes of Australia's northern regions, raising four children while teaching at high schools and creating remarkable artwork.

Eight years ago, her daughter Cody-Lee Hayne moved to Stawell, eventually leading Sharon to make the move herself four years ago. Despite periodic health issues, Sharon preferred to keep her struggles private.

Earlier this year, Sharon's health took a severe turn, prompting her to seek medical help.

Sharon's health rapidly declined, and determined to provide unwavering support, Cody-Lee took her mother to various clinics in the region.

As Sharon's condition worsened, the family made the difficult decision to admit her to our Simpson acute ward in late July.

Initially resistant to being in the hospital, Sharon underwent a remarkable transformation in her attitude. The nursing staff, recognising Cody-Lee's concerns, reassured her, allowing her to leave confidently, knowing her mother was in capable hands.

In her final days, Sharon, appreciative of the care she received, chose to express her gratitude by donating one of her prized paintings, titled 'Turbulence,' to our campus.

In a heartfelt video message, she conveyed her thanks, acknowledging the hard work and dedication of the hospital staff. Sharon's words echoed a sentiment of love and respect for the team. Cody-Lee shared that her mother found comfort in the hospital environment, creating a unique bond with the nurses and doctors.

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Laurie's 12 years of volunteering and bingo

Stawell's Laurie Carruthers knows how to bring a smile to the residents at Macpherson Smith Care Community.

The retired truck driver volunteers every Monday and Wednesday at the Grampians Health facility where he calls bingo and provides camaraderie for the residents.

Laurie's career in truck driving eventually led to him relocating to Melbourne where he worked for the Federal Government. Upon retirement, he returned to Stawell, where he has now resided for 17 years.

Laurie's commitment to community service spans over a decade. He initially joined the hospital's community care program, which offers transportation assistance to patients attending medical appointments.

However, after Laurie celebrated his 80th birthday, he decided to change course and contribute his time and enthusiasm to the Meaningful Life Program at Macpherson

Smith, which focuses on enhancing the daily lives of its residents.

"I just like to give something back to the community," Laurie said.

"I was fortunate to have a good job for 23 years and after that, I wanted to help others."

The benefits of Laurie's contributions extend beyond the residents' enjoyment of the game. He finds volunteering fulfilling and enjoyable.

"I always like to have a yarn with all the old fellows about the history of the district."

For those considering volunteering but hesitant to make a commitment, Laurie's experience underscores the flexibility and ease with which one can help others.

Kellie McMaster, Volunteer Program Coordinator West at Grampians Health, says that the volunteers help make a meaningful impact on residents' lives.



"Volunteers play a very important role in our health service as they selflessly dedicate their time and compassion to provide support to our residents and patients."

Laurie encourages those who are able to dedicate their time to think of volunteering. "It's easy, flexible, can be done any time and a small amount of time can make a big impact," he said.

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Sharon's art instils inspiration

Following Sharon's passing on 19 August, Cody-Lee continued to experience the hospital's unwavering support. Reflecting on her time there, she expressed gratitude for the familial atmosphere, emphasizing that the hospital remained a place of comfort, even after her mother's departure.

The legacy of Sharon's gratitude lives on, embodied in her donated artwork and the heartfelt words she shared with our team.

Are you our next volunteer?

For further information about becoming a volunteer like Laurie, please contact Kellie on 5381 9347 or kellie.mcmaster@gh.org.au

Service Awards presented

Grampians Health held its Stawell Service Awards on 14 November. The event provided an opportunity to honour and recognise the remarkable dedication and commitment of our longstanding team members.

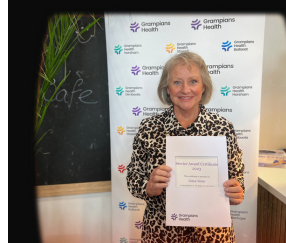
Several members of the executive team were in attendance, acknowledging the importance we place on celebrating the milestones achieved by our staff.

The Service Awards are a reflection of the service milestones that individuals have reached, spanning from 10 to an impressive 40 years.

Congratulations to the following individuals who reached their milestone years of service:

Carolyn McDonald: 40 years*
Sally Hamilton: 25 years*
Suzy McQueen: 25 years
Stephanie Rathgeber: 25 years *
Anna Sullivan: 20 years
Rachel Nicholls: 20 years
Shev Healy: 10 years*
Kristy Dodds: 10 years*
John McNeill: 10 years*
Stephanie Walker: 10 years
Gavin Brady: 10 years*
Amanda Baker: 10 years
Amy Yole: 10 years*
Leonie Tellefson: 10 years
Amanda Carr: 10 years*
Bethany Eldridge: 10 years
Rhys Duncan: 10 years*
Alison Howgate: 10 years*
Diane Waite: 10 years*
Linda Feilding: 10 years*
Jacqueline Lazones: 10 years*

**Pictured in descending order from left to right*



Grand opening of Hilltop Cafe



In September we celebrated the grand opening of our redeveloped cafeteria.

Following a staff competition to rename the Café, we received several great entries and we would like to thank those who submitted a suggestion. After careful assessment the name Hilltop Café was chosen, which was suggested by our Occupational Therapist Ebony Summers.

The Hilltop Café represents not just a dining destination but Grampians Health's commitment to offer a warm and inviting space where the community can come together and savour health and happiness.

Hilltop Café is open to members of the public and offers a range of healthy eating options and fresh barista coffee.



Allied Health exercise programs

Cancer Wellness Program
Wednesdays
9:45am – 11:30am

10 week exercise and education program. Individual exercise prescription with a focus on strength and fatigue management for those who have completed active cancer treatment or are receiving ongoing cancer treatment.

Better Balance
Mondays & Wednesdays
2:45pm – 3:45pm

10 week exercise and education program. Balance and strength exercise focus to meet goals and prevent and reduce falls risk.

Tai Chi for Health
Wednesdays
11:00am – 12:00pm

10 week exercise program. Gentle program focussed on improving flexibility, strength, balance and reducing falls risk. 12 Tai Chi movements are taught over the duration of the program.

GP or self-referrals accepted

For further information about the programs we have on offer or to enroll, please contact our Allied Health team on 5358 8507

The team at Grampians Health Stawell wish you and your family

Happy Holidays!

We hope that 2024 is a safe and happy year for all.



Stawell savours charity night with record result

The Stawell community has demonstrated its generosity and support for its hospital after a hugely successful Wine and Savoury Evening at Stawell Entertainment Centre.

The annual event is the principal fundraiser for the hard-working members of the Stawell Hospital Auxiliary.

This year's event exceeded its target, raising approximately \$11,000 which will go directly to Stawell's Oncology Department.

Around 100 people attended enjoying a variety of finger food supplied by auxiliary members. The event was well supported by local wineries with wines donated by Bests Winery, Seppelts Winery, Grampians Estate, Pomonal Estate, Fallen Giants, Clarnettes Winery and Miners Ridge.

Additional donations were also received from The Stawell Club and Graeme and Robyn Anyon.



Entertainment for the night included items donated by local business going under the hammer of Stawell auctioneer Bruce McIlvride.

Janita Perry volunteered to take payments for items on the night as well as entry and raffle tickets.

Several Grampians Health executives and board directors also attended and took part in the entertainment.

Auxiliary president Pam Byron said the night was a great success.

"We are very grateful to the public and local businesses for supporting us again this year," Mrs Byron said.



As summer approaches, it's vital to take care of yourself, your family and neighbours.

Heat-related illness occurs when the body becomes dehydrated and is unable to cool itself enough to maintain a healthy temperature. This can lead to heatstroke, which is a life-threatening medical emergency.

- Prevention is the best way to avoid heatstroke.
- Drink plenty of water, even if you're not feeling thirsty.
- Seek shade, avoid direct sun, and wear lightweight, loose cotton clothing to stay comfortable.
- If you need to be outside, try to go before 11am or after 5pm when it's cooler. Don't forget your hat and a bottle of water.
- During the day, close windows and curtains to block out the sun's heat. Open them at night for fresh air. Consider using fans or air conditioning to maintain a cool indoor environment.
- Ensure you know who to call for help in case of an emergency and consult your doctor for guidance if you have any underlying health conditions. Check in with your family and friends.

Peter Martin appointed to quality and safety board



Retired Stawell school principal Peter Martin is bringing a wealth of experience to his new role with the Quality and Safety committee of the Grampians Health board of directors.

Mr Martin served almost 20 years on the Stawell Regional Health board including four years as president. He first joined the board after retiring from a distinguished career in education, ending as principal of Stawell Secondary College.

While Mr Martin's career is extensive and varied, he has also devoted a lifetime to voluntary work with a variety of health organisations throughout Australia. His interest in health developed from a request during one of his early teaching posts.

"One of my first posts was at Mansfield and I was asked to volunteer with the ambulance service there," Mr Martin said. "I eventually qualified as an ambulance officer and you can

imagine that was a very busy place in the winter when skiers were packing Mt Buller and having all sorts of accidents."

Mr Martin moved to Stawell as principal of the Stawell High School and remained in that role when the school combined with Stawell Technical School.

"When I retired, I was asked to join the hospital board and I eventually became president which led me to be invited to take part in other health related activities, at regional, state and national levels," he said.

"While I have taken on many other roles, I've always maintained my interest in Stawell. That has never wavered.

"When we merged into Grampians Health, I took up a position on the community reference group and on the Stawell site committee and now I'm on the Quality and Safety committee.

"Throughout my many roles on various health boards, I have always regarded that committee as one of the most important. We will be keeping a sharp eye on a variety of performance measures including pressure injuries, returns to surgery, weight loss while in care and numbers of medications, particularly in aged care."

Mr Martin said his committee was reporting on all Grampians Health campuses with relevant data, not rumours.

"With every committee I have been on, I have always regarded my role as representing the community and asking the questions that I know the community wants asked and answered," he said.

"I've always been impressed with the staff at Stawell and no matter how much I have pressed an issue, if they haven't got the answer they will always get it for me and they always remain calm and pleasant during these dealings.

"I know that will continue to be the case."

Grampians Health Deputy Chief Operating Officer Hospitals – West Carolyn Robertson said she was buoyed with the appointment of Mr Martin.

"The great thing about Peter is that he asks really good questions and he actively listens to our answers which I really appreciate," Ms Robertson said.

Celebrating Success: Ashleigh Todd



Congratulations to Ashleigh Todd, Executive Assistant to the Site Director of our Stawell campus, who recently accomplished a significant career milestone by completing a Certificate IV in Business.

Ashleigh's commitment to personal and professional growth is commendable. Over the past months, he has balanced the demands of his role at our hospital with the rigorous coursework required for this certification.

In celebrating Ashleigh's successful completion of his Certificate IV in Business, we are not only recognising his hard work but also highlighting the importance of continuous learning within our health service.

Here's to Ashleigh and to all of our staff who continue to demonstrate their dedication and commitment to excellence.

Respect

Grampians Health believes in treating our staff with kindness and respect, as they work tirelessly to provide exceptional care to our community.

We have a zero-tolerance policy for any form of aggressive or poor behavior towards our healthcare staff, including verbal abuse, threats, or physical harm.

Such behavior undermines the crucial work that our staff do, and has no place in any of our healthcare facilities.

We are committed to providing a safe and supportive work environment, where staff can feel valued and appreciated.

Please support our staff and your health service.

We CARE about your OPINION

Share your experience with us anonymously, no matter how good or bad, and help to improve care services through Care Opinion Australia.

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- How did it feel?
- What was good and why?
- What should change and why?

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Helping Communities Thrive

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

Urgent Care

5358 8522

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

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

Acute Care

5358 8517

Provides 24 hour care, with
care managed by our
experienced nursing staff and
Hospital Medical Officer.

Stawell Medical Centre

5358 1410

Open Monday to Friday,
9.00am to 5.30pm

Care Community

5358 8502

At Macpherson Smith
Residential Care residents are
provided with 24 hour nursing
care and comprehensive Allied
Health services.

X-ray & Radiology

5358 8680

- CT
- Ultrasound
- General Radiology
- Interventional
- Radiography

Oncology

5358 8556

Treatment available Tuesday to
Thursday. Oncologists are
available at the centre each
week for appointments.

Surgical Services

5358 8524

- General surgery
- Gastroenterology
- Orthopaedic
- Ophthalmology
- Gynaecology
- Ear, nose and throat

Telehealth

5358 1410

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

Community Services

- Hospital Admission Risk
Program: **5358 8604**
- District Nursing: **5358 8546**
- Aged Care Assessment
Service: **5358 8535**
- Memory Support Nurse:
5358 8551
- Post Acute Care: **5358 8618**
- Transition Care Program:
5358 8535
- Social Support Group:
5358 8523

Allied Health and Community Rehabilitation

5358 8531

Services can be provided in the
hospital, at home, or at one of our
facilities. Services include:

- Physiotherapy
- Exercise Physiology
- Dietetics
- Cardiac and Pulmonary Rehab
- Occupational Therapy
- Social Work
- Podiatry
- Diabetes Education
- Allied Health Assistants

For the full range of services and more detail on
accessing the services please visit **www.srh.org.au**



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Health
Stawell**