

KOOWEE CONNECT NEWSLETTER



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**Celebrating
100 Years of
KRHS**

Special Edition





Noni Bourke

Chief Executive Officer

It has been an extraordinarily busy time over the last few months but as always our staff, volunteers and community have just got on with it, and always with a smile.

As winter hit so did the winter bugs including a resurgence of COVID as well as colds and flu. Make sure you get your vaccinations (COVID and Influenza) if you are eligible to protect not only yourself and your loved ones but the broader community. A reminder also to stay at home if you are unwell or have cold and flu symptoms.

The colder weather could not put a dampener on our brilliant 100 Years Celebrations – I am sure you will enjoy the pictures in the newsletter and

if you haven't done so already have a look on our Facebook page for more great memories from the events. Our Community Celebration on the 21st May saw the broader KRHS community come together in a celebration of where we have been, who we are now and possibilities for the future. As the “new kid on the block” it was truly wonderful to see and hear so many stories capturing our rich history and the deep connections to community. Then on the 23rd May we held a smaller celebration on site for staff and residents which involved singing and magic, displays and stories and two enormous cakes to be cut.

We had the absolute delight of working with the team from HUSH Foundation to develop two magical 100 Years videos incorporating scenes from KRHS and the local community as well as stories and memories from our 100 Years Ambassadors. Keep a look out for the videos which will be available on our website and social media soon.

Of course events such as these do not happen without an enormous amount of work behind the scenes – twelve months' worth of work! A huge Thank You to the 100 Years Committee who took a vision and made it a reality. The Committee led by Aileen Thoms worked tirelessly but I know you would all agree it was well worth it.

In other news we had a visit from 3 assessors from the Aged Care Safety and Quality Commission to assess our service against the Aged Care Standards (in fact they arrived just in time for our 100 Years celebrations). We have received a preliminary report which was very positive and are now awaiting final sign off from the Commission to say we have achieved accreditation. Well done to all of the teams who played a part in the site visit and more importantly work every day to provide safe, high quality care. Particular shout out to our Quality Manager Annie Barwise who played a key role in our preparation for the visit and during the 3 days the assessors were on site.

There has been a lot of activity across the health service by way of overdue maintenance and upkeep – hopefully you have noticed and appreciated the exterior cleaning, interior painting, carpet replacement, new blinds, line marking, to name a few. Thank you to Geoff & Scott, our Maintenance team, who have made all of this happen and also to the staff and residents who worked around all of the activity.

The KRHS Board of Directors provide oversight, governance and strategic direction to the health service. In June we will say farewell to 3 of our Directors – Tania Hansen (9 years), Laurie Warfe (6 years) and Brent Kimpton (3 years). On behalf of the Executive and staff of KRHS I would like to thank these Directors for giving so generously of their expertise, wisdom and time. In July we will welcome 3 new Directors – Sally Crowther, Sudeep Saraf and Andrew Fordyce. We look forward to welcoming the new Directors to KRHS.

Never ones to rest on our laurels over the next few months we will continue our maintenance work and look to get some new equipment thanks to donations from the Ladies Auxiliary, Lions and the state government; we will commence work on upgrading our veggie gardens within Killara and WPU thanks to a State Government grant; and continue preparation for another upcoming accreditation this time for our medical beds and community services.

As always I acknowledge and thank our dedicated staff and volunteers and acknowledge the vital role played by our residents, patients, clients and their families and our broader community in making KRHS the special place it is.



Aileen Thoms

Director Primary Health and Innovation

What a wonderful full few months we have enjoyed. This newsletter is a bumper edition with features from our Centenary Celebrations. It is such an honour to be part of celebrating 100 years of exceptional health care. In celebrating the Centenary, Kooweerup Regional Health Service is proud to acknowledge the wonderful care, support and kindness of our staff, volunteers and visiting medical clinicians. The services

provided to our community from this site since May 23rd 1923, have been many, varied and of high quality.

Behind the scenes we have continued to plan and deliver our usual terrific community programs, community education and partnered with Sing and Grow for little ones to enjoy. We have attended consultations and workshops to strengthen the direction of Public Health in the south east and promoted our service at regional forums. We are delighted to continue our partnership with Hush foundation and promote Gathering of Kindness. We are also supporting the #bekind campaign. A 15 day International campaign to encourage us to focus on how we can bring kindness into our workplaces. Look out for the tips and share your ideas.

We are delighted to have reconvened our Environmental sustainability committee. We have new Green champions across the organisation and they bring great enthusiasm and energy to this work. Enjoy this feature in the newsletter.

As we face the colder weather rug up and get outdoors. The community garden still has lots of vegies you can buy on Fridays from the Mens shed café. Grab some yummy fare while you are there. So catch up with friends, go for a walk, there is lots to enjoy in the winter landscape.

Happy Winter

Aileen



Welcome to KRHS

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A big hello and welcome to KRHS Amandeep, Jagpreet, Ramanjit, Tanya, Elyse, Harjeet, Janaka, Sandamali, Madalene, Smitha, Sarah, Charanvir, Harmeet, Mandeep, John, April and Seema.

Pictured here is Osman Ali, Health Practitioner (left) and Damian Burns, Educator (right) with some of our new staff at orientation.



We celebrated Cultural Diversity Week with a party catered by the "Wicked Spud". Staff were treated to delicious baked potato's with different toppings and enough left overs for the late shift.



International Nurses Day

Our staff enjoyed celebrating International Nurses Day and International Midwives Day.

#OurNurses
Our Future





Another wonderful team at KRHS, Hospitality Workers in Health Care Day, was celebrated with some treats and a delicious cake.

On International Womens Day we remembered that as long as one woman faces discrimination, harassment, inequality or oppression, we all do. [#EmbraceEquity](#) [#IWD23](#)





Heritage Day

KRHS staff enjoyed the sunshine and chatting to visitors at the Harewood House Heritage Day today. Cathy Sutton got into character as Sister Mary, Noni Bourke CEO congratulated the committee on such a fabulous day and thanked everyone for the generous donations to the hospital



Clean Up Australia Day

saw a number of activities across the Koo Wee Rup township.

On Friday the 3rd of March, students from Kooweerup Secondary's Duke of Edenbrough class joined volunteers from KRHS to clean rubbish from the Cochranes park area. This was part of the students volunteer work to help their community.

On Wednesday the 15th Susan and her team from Seymour Whyte came out to KRHS to lend a hand. Seymour Whyte are constructing the southern end of the Koo Wee Rup road duplication.

The road construction also includes a number of environmental initiatives to reduce impact and protect the endangered species including: Building frog ponds to form an ecological link, varying-width fauna underpasses, including creek bridges and drainage culverts; to protect federally listed endangered species (Southern Brown Bandicoot and Growling Grass Frog).



Leisure and Lifestyle visiting the Art Group with some fun entertainment.

Careers expo at Bunjil place

On the 16th June, Gerard Anninga and I had the opportunity to go to Bunjil place to be a part of the Careers expo being held there.

Having never been part of a careers expo I was not sure what to expect.

What I found was a truly great experience.

Gerard using his new workplace trainer role spent time going round and talking with both Chisholm Tafe and Federation University about what courses they are offer so we could inform prospective employees about what course they would need to do to work at KRHS.

Potential opportunities we were asked about by many people that visited us were in particular home care and health care worker roles. We also talked about patient services.

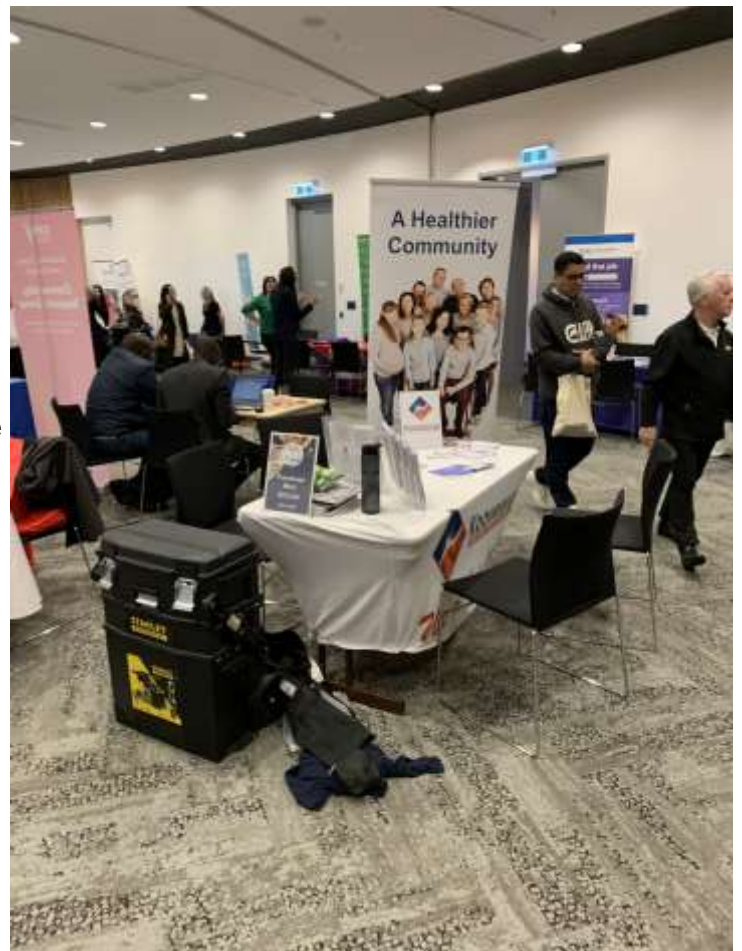
It was great to networking with other services in Bunjil and promoting our service.

There was also a considerable interest in our community work like volunteering and the mens shed.

As the Director of Nursing of this organization I felt so proud to talk about the great work we do as a health service and to let the community know what we do was a real privilege for Gerard and I.

I certainly will take the opportunity to do this again and will encourage other areas to join me.

Steven Doyle
Director of Nursing



Be Kind at Work

In recognition of the Be Kind At Work campaign we give a huge shout out to the Ladies of the Swamp from Craft Quarters in Koo Wee Rup who regularly donate quilts to new residents at KRHS making them feel welcomed.

Together we can make a difference, one act of kindness at a time.

[#kindatwork](#)



Kooweerup
REGIONAL HEALTH SERVICE

100
1923 2023

'100 Years'
Celebrations!



Jordan CRUGNALE MP (Bass) Speaking in Parliament

We came from near and far to celebrate the centenary of Kooweerup Regional Health Services.

The day brought insight into the history, beginning as the fallen soldiers memorial hospital, the journey, the service iterations, the challenges along the way, the myriad of programs and their reach – early parenting, community midwifery, youth hub, primary and community care programs, residential aged care, acute care and respite.

The reach into the community through prevention and early intervention services is extraordinary as well. Connections abound – it is a fibrous network of golden threads. So much more than a service, it is the absolute beating heart of Kooweerup and district. The amazing staff and volunteers are gold – professional, dedicated, hardworking, visionary, socially minded, compassionate, active and super caring, who at their core want us to be well, healthy, supported, connected, nurtured and strong. Thank you. You have navigated us through some of the most challenging times in our history and continue to provide excellent care to patients, clients, participants, their families and our community.

A big yay to the organising committee, who have truly excelled – CEO Noni Bourke and her remarkable team, board chair Patrick Nolan and members, the ladies auxiliary, volunteers extraordinaire, the men's shedders, the youth hub crew, students from the secondary college band, the myriad of supporters and the very chatty emcee Gary King. It was a highlight to meet Dr Hewitt, who has delivered so many babies and is a local icon.

The service and all within are highly regarded, remarkably respected, trusted and loved.



Thanks goes to the Centenary committee who worked extremely hard over many months to design the festival and create a celebration to remember.

Committee members are Osman Ali (Health Promotion Practitioner), Heather Arnold (Historical Society), Annie Barwise (Quality), Jenny Bayliss (Volunteer Coordinator), David Bourke (Killara resident), Leanne Brown (Home Care), Lea Duff (Communications Officer), Marlene Dalziel (Community rep), Brian Harlow (Youth /CD), Audrey Mills (WPU resident), Joyce Mills (Ladies Auxiliary), Marie Ritchie (Board member), Olive Stokes (Ladies Auxiliary) Aileen Thoms (Director Primary Health and Innovation).



Celebrating a Centenary of Health care at KRHS not only acknowledges and celebrates our organisations past, it recognises the achievements of our staff and visiting medical experts who provide outstanding care to the Cardinia and district community every day.

From its early beginnings as a Bush Nursing Hospital to the diverse health service it is today, Kooweerup

Regional Health Service is proud to celebrate a centenary of exceptional health care to the community.

100 years ago on May 23, 1923, the Fallen Soldiers Memorial Hospital was opened in Station Street with six medical surgical and four midwifery beds.

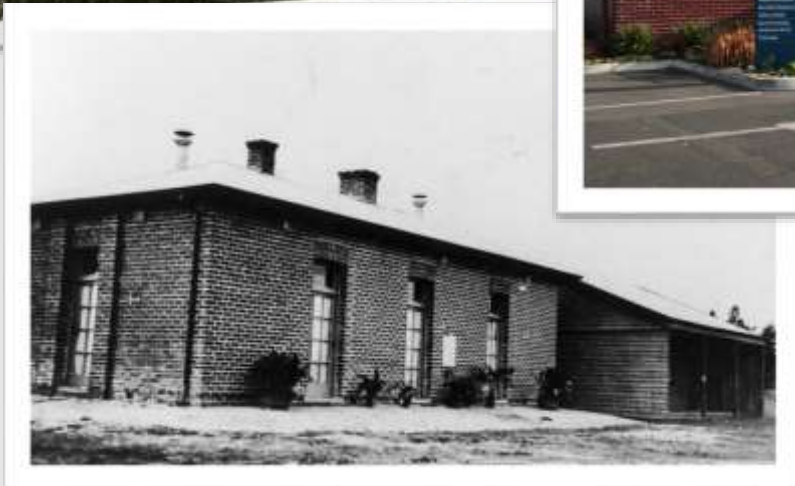
Over the century the hospital has had a number of name changes including Westernport Memorial Hospital, Kooweerup and District Memorial Hospital and in 2005 became Kooweerup Regional Health Service.

Built on the swamp, the hospital was subjected to many floods and threats of flood, including the worst flood in 1934 where patients including babies after many hours in high flood waters were rescued through a hole cut in the roof. Donations following the floods raised significant funds 1935 saw the opening of a new operating theatre and by 1955 the new hospital Westernport Memorial Hospital was built on the current site preventing some of the flood impacts.

Westernport Memorial hospital as it was then called, provided broader medical services including acute medical, surgical services, Day surgery, and residential care to the local community. This was a much needed expansion at the time.

Although we no longer provide surgery or midwifery to the community it is with great pride that KRHS continues to provide safe, high quality, person-centred care, and to a continued deep partnership with our community.

Since opening in 1923 KRHS has continued to deliver its vision of a healthier community. The provision of unique care across the life course beginning with early years, through our Early parenting unit, Primary and Community Care Programs and Services to our excellent residential aged care and inpatient care, we continue to thrive. Our eighty strong volunteer program complements and supports our staff.





Camera Snap Action

When we were planning for our 100 years event it was mentioned how great it would be if we could capture the service on film. A few weeks later Noni and Aileen caught up with Professor Catherine Crock from the Hush foundation and before we knew it we had a couple of camera crews to work with us! Amazing! The first discussion was around taking images of the hospital and the local landscape and setting it to the beautiful Hush sound track. The concept was of a film the residents and families could enjoy, recognising local landmarks and creating conversation as well as a way to have a permanent reminder of the Health service and location today in 2023.

Next a group of us met with Catherine and Andrew Gill from Agent Creative. We even started to use creative jargon such as “pre production”, “field notes” and “Take 5!” Andrew and his crew; producer- Kieran Stewart and Camera and sound, Dougal and Tim were great to work with and put the interviewees at ease. Andrew even had a few special tricks up his sleeve literally when he became Magician on our Centenary day!

Hush Volunteer; Ettore Altomare captured key interviews and stories from the many significant people who have generously shared their experiences with us and Marie Ritchie one of our Board members helped us work through the materials to create the Ambassador stories.

Jesse Sago (below) – “I’m a photographer and video editor and make soothing music videos including the use of my Drone. I will include some local material (local sites, historic buildings/events/characters, nature, birds, wildlife, flora), basically anything that a local who may be visiting the service will see in the video and say “I know that place/thing!” - **Click on the QR code and watch the film**





Happy Birthday!

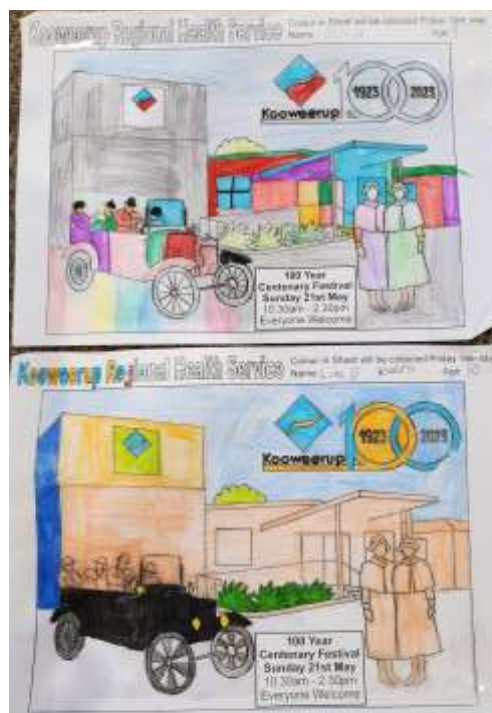
Community is at the heart of what we do. The festival brought together a feast of delights from the speakers to the quirky entertainment, the informative historical displays which provoked so many memories; the food trucks and art works. The best bit was the connections and reconnections of people. The event was a great success.

The day began with an Acknowledgment to Country a recognition of the Bunurong people as the traditional owners of the land on which we meet. Our Master of Ceremonies and former Board Chair, Gary King introduced the day and welcomed our dignitaries who included, Patrick Nolan, Board Chair. Jordyn Grugnale, MP for Bass. Noni Bourke, KRHS CEO. David Bourke. Graeme Moore, Cardinia Shire Councillor. Aileen Thoms, Director of Primary Health and Innovation. Councillor, Kaye Cameron. Professor Catherine Crock. We even had a rendition of Happy Birthday on the Bagpipes!

On the 23rd May we celebrate with our residents and staff; our unsung heroes who have dedicated themselves to contributing to this community, caring for others; bringing innovation, kindness and creativity to this service. We are proud to celebrate the achievements of our 100 years and to build on this rich history.

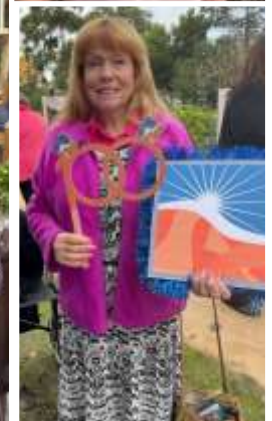


Congratulations to our Colour-in competition winners - Olivia age 9 from St Johns Primary School and Luke D. age 10 from the Koo Wee Rup Primary School, thank-you to everyone who entered.



It was all about the People!





The Food!



The Stalls!



The Music!



A Time Capsule!



Fun and Games!



Then there was Tuesday!









What a busy couple of months we've had with planning our centenary events and then successfully hosting first the community event followed by the celebration on the actual day of our 100th birthday!

What an achievement for our health service and for all the staff, volunteers, residents, families and community members who supported us both prior to and on the days I say a huge thankyou!

There were so many of you who contributed in different ways and too many to mention individually, but you know who you are and I hope you know how much everything you did was appreciated.

No doubt you will enjoy all the photos of the celebrations so take some time to sit and have a cuppa and look through to see the many smiling faces of everyone who was able to attend.

We are still pouring through the hundreds of photos and videos so if there is a photo you think might have been taken that we haven't published let me know and we will do a search for you.

Just to add to the business of the month of May we also celebrated national Volunteers week. If you haven't been able to visit recently please come and see me to receive a small gift bag containing some very special mementos of our 100 years.

Thankyou from everyone here for all that you do for us at Kooweerup Regional Health Service.

Jenny Bayliss
Volunteer Co-ordinator
5997 9704



A big thank-you! for these recent donations

Angela Francis for records for our record player in our new relaxation room in the dementia wing.

Jo and the team from Bunnings East Pakenham for your workshops with our residents.

Woolworths Koo Wee Rup for the donation of sausages, bread, onions and sauces for our sausage sizzle to celebrate Australia during our cultural week.

Jan Lewis for strawberry plants and garden accessories.

Everyone that donated to our Easter raffle.



Alice getting creative with pots.

Maureen is loving a visit from Georgia and her cat Stormy.

Below Nancy and Audrey enjoy a chat and a treat in the new outside lounge chairs.





Eric, Tom and Janet enjoyed playing Bocce during Multicultural Week.



St Patrick's Day celebrations are always fun with Tom, Fred and Julie

Janet with Bob and Alice, two student nurses, Michael and Scott, all getting in on the action.





Gerard Anninga, during a Men's Shed Wednesday lunch, recently gave a presentation on the work of District Nursing Service, What is it? and How do I get it? The men were very interested, asking serious questions. Gerard has now been invited to talk to other various groups.



KWR-LL Rotarians Bob Comber, President Sam Loughridge, Jan Kruizinga (on the truck), Graham Warry, Kyle Kruizinga, Hayden Giles, Michael Boraston, Geoff Barrett (KWR Health Service Maintenance Manager) and Rudy DeJong

Rotary in Action

A dozen hospital beds, three adjustable chairs and sundry other items were saved from landfill by Koo Wee Rup-Lang Lang Rotarians who loaded all the goods onto Rudy DeJong's truck for transport to Rotary Donations-in-Kind (DIK), from where they will find themselves to somewhere in the world in real need of such items, probably Tonga but perhaps the Solomons.

This is the second time that Rudy has transported replaced beds from Kooweerup Regional Health Service to DIK, with the first load of twenty two beds being delivered in December 2022. Those beds went to Zimbabwe in early February this year. Another great example of 'Rotary in Action'.

New Distracted Driver Road Rules

Distraction is involved in at least 11 per cent of fatalities – equal to 20 people each year whose death is avoidable.

Designed to keep people safe, new distracted driver road rules are now live. The new rules extend existing mobile phone road rules to cover modern devices including inbuilt systems, mounted and wearable devices, and portables devices such as phones and tablets.

The detail of the changes can be found at:
<https://www.vicroads.vic.gov.au/drivingdistractions>

Learners and probationary drivers are at a much greater risk in their first years of driving so stronger conditions will apply, including not touching any portable device, taking phone calls or using voice control unless parked.

Motorists caught driving distracted will receive penalties of four demerit points and a \$555 fine.







Mobile phone and seatbelt detection cameras

In addition to the rules, mobile phone and seatbelt detection cameras are now operational on Victorian roads.

These cameras detect and take photos of drivers who use portable devices, like mobile phones. The cameras can also pick up people in the front seats not wearing their seatbelts.

A three-month warning period will apply from the technology's activation before drivers face infringement and demerit penalties.

Further information can be found on the [Cameras Saves Lives website](#).

All drivers		
 <p>Restrictions on how you use devices while driving will apply</p>	 <p>Keep portable devices mounted, not on your lap</p>	 <p>No scrolling or entering numbers or text on any device</p>
L and P platers		
 <p>Restrictions on touching any device</p>	 <p>No phone calls or voice control permitted</p>	 <p>Set up navigation and audio entertainment before you start your journey</p>



Thank-you!

A big shout out to Gurdwara, Siri Guru Nanak Darbar from Officer who supplied delicious free snacks at the 100 year community celebration.

They also passed on this recipe for us all to enjoy.



RECIPE

- 1 small, chopped Onion
- 1 chopped tomato
- 2 cloves finely chopped Garlic
- 1.5 cups chopped vegetables of choice (anything like celery, peppers, carrots)
- 1 cup washed Black Lentils
- 4 cups veg stock
- 2 tsp salt
- ¼ tsp crushed Black pepper
- 1 tbsp cooking oil of your choice
- ¼ fresh lime or a handful of coriander to garnish
- 1-2 cups of Water if needed

Winter Warmer BLACK LENTIL SOUP



**GURDWARA
SIRI GURU NANAK DARBAR, OFFICER**
33 OFFICER RD, OFFICER VIC 3809
INFO@SGND.COM.AU | FACEBOOK.COM/SGNDOFFICER

METHOD

- In a large pot, gently heat a tbsp of oil.
- Add chopped onion, tomato & garlic.
- Sauté for a couple of minutes.
- Next add chopped vegetables, followed salt, and crushed black pepper.
- Sauté everything for 5 minutes on medium heat.
- Now, add washed black lentils and veg. stock.
- Let it come to boil on medium heat, then after 10 minutes reduce it to low heat.
- Keep the pot covered when it's on low heat and just stir at regular intervals so that you can keep an eye on the consistency of soup and nothing sticks to the bottom or sides of the pot.
- Cook it for just over an hour or until lentils feel soft or tender when pressed. You can add some more hot water (add little at a time), if needed to get desired soupy consistency as black lentils have a tendency to thicken quickly.
- Garnish with coriander or a splash of fresh lime and enjoy hot.

Please like and follow us for more recipes and events...

facebook.com/sgndofficer





Grow Food, Not Tobacco

Kooweerup Regional Health Service continues the commitment to its strategic plan vision, 'A healthier Community'.

A critical pillar of a healthy community is having a healthy environment. When closely examining our environment, we understand the danger imposed through tactics implemented by the tobacco industry (e.g. littering and air pollution). Most recently, targeting mainly young customers by promoting disposable flavour, non-regulated so-called 'nicotine-free', e-cigarettes full of harmful chemicals linked to cause severe lung illness 'EVALI'.

At KRHS, we stand firm on our position as a health-promoting health service that is a smoke-free health service—supporting the State and the local council efforts to reduce the related harm from tobacco to individuals, the community, and the environment. We continue to work internally and externally to support our staff, residents, and the community to raise awareness of tobacco industry tactics and empower tobacco users to make successful quit attempts.

If you would like to know more, please contact Osman Ali (Health Promotion)

Our Environment

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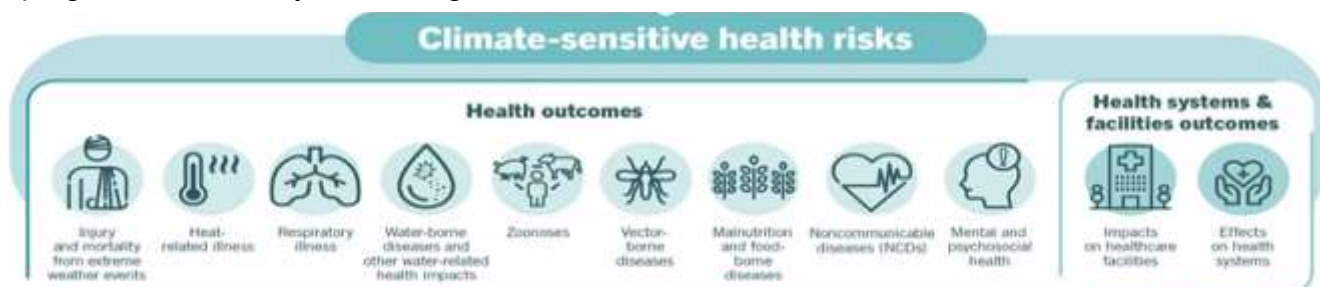
KRHS environment committee has been re-established and got off to a great start. The new committee brought enthusiasm and energy to this work.

Decisive action to address issues now will reduce current and future risks build social and economic resilience and enable us to take advantage of emerging opportunities.

Small quick wins identified by the committee have set us on a great path. Noni quickly identified we are using too much paper with multiple notifications going out to individuals not departments. This has been quickly rectified with digital copies and single printouts if necessary to each department – We are actively saving trees.

It was brought to our attention that lots of used hand paper towel was going into our recycling bins – a note on the bins sorted this out. We brought in the experts and found it can go into composting bins or unfortunately needs to go to Landfill. The good news is it isn't contaminating our recycling further.

Gerrard identified we had large amounts of medical equipment no longer used that could be donated to other causes. This was quickly cleared out and taken over to Monash where this equipment is sent to developing countries. They were delighted! a win win!



Forget-Me-Not Café

The Forget-Me-Not Café is an opportunity to make new friends and nurture old ones, share experiences and create new ones in an environment of support and understanding.



Join us at the **Forget-Me-Not Café**
Hewitt Eco House Community Room
215 Rossiter Road, Koo Wee Rup
10.00am - 12.00pm



Upcoming Dates:

Tuesday's 2023
25th July
26th September
28th November

The Café aims to bring together people living with dementia and their loved ones in Koo Wee Rup, and surrounding areas.

The Café is a nurturing space that offers enrichment, support and understanding, where you can share experiences with others living with the challenges of dementia.

Contact Joanne for more
information 5997 9655
Joanne.Cain@krhs.net.au



Kooweerup
CENTRAL HEALTH SERVICES

If you would like to contribute to the Kooweerup Connect Newsletter, please do. Send your news, articles and photos to email Leanne.Duff@KRHS.net.au or call 5997 9790 or drop into Reception.