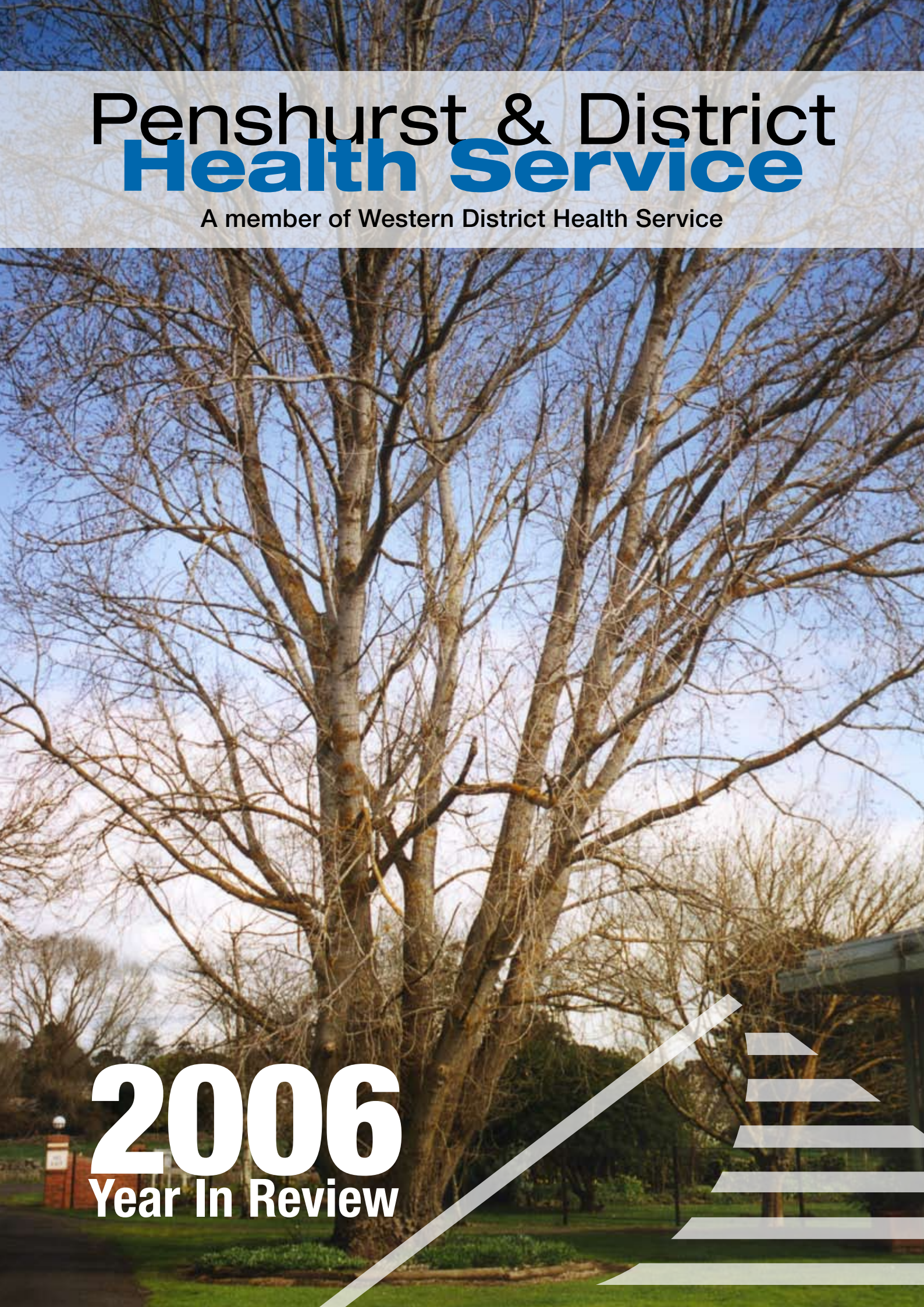


# Penshurst & District **Health Service**

A member of Western District Health Service

**2006**  
Year In Review





## **MISSION**

To enhance the health and the quality of life of community residents through the provision of care and co-ordination of services, which address the needs of patients, residents, and clients and which are based on principles of equity and access.

## **COVER PHOTOGRAPH:**

TREE PLANTED BY THE LATE PASTOR E.W. WIEBUSCH WHEN THE FOUNDATION STONE WAS LAID.

## **Acknowledgements**

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# REPORT OF THE CHAIRPERSON

## REPORT OF THE ADVISORY COMMITTEE CHAIRPERSON

The Penshurst and District Health Service has again fulfilled its role as a small rural hospital, providing services ranging from Infant Welfare to Aged Care.

The staff provide an excellent level of care and the Manager/Director of Nursing, Darren Clarke has continued to build a cohesive team. Support from Western District Health Service is an integral part in the management of our Health Service.

Dr. Doug Fleming resigned as our visiting Medical Officer and from the Kimberley Clinic in January after 21 years of excellent service to our Hospital and the community. We have been fortunate to obtain the services of Dr. Michael Forster to take over from Dr. Fleming.

Both the Ladies Auxiliary and the Murray to Moyne Bike riders have again been our major fundraisers. Their focus this year has been on new air conditioning for the Nursing Home.

The Advisory Committee continues to work to improve the Health Service. Mrs. Georgina Mann and Dr. Doug Fleming resigned from the Advisory Committee during the year and we welcomed Mrs. Wendy Williams and Ms Florence Graetz onto the Committee.

I would like to thank all the members of the Hospital community for their efforts and continued support, and look forward to another successful year.



*Mr. Peter Heazlewood (chairperson)*

### **PETER HEAZLEWOOD**

Chairperson  
Advisory Committee

# HISTORY IN THE MAKING

Originally, the district was serviced by a Bush Nursing Hospital located in Cobb Street, Penshurst. This building remains and is currently the home of Mr. W. McDonald. In the early 1950's, a Dr. Watt in Penshurst and Pastor Wiebusch of the Tabor Lutheran Church were concerned that a need for a local hospital existed in Penshurst as patients requiring treatment were usually sent to Hamilton Base Hospital. To expedite a hospital project for Penshurst, they set up a committee including Mr. R. Schramm, MBE, Mr. C.G. Ross and Mr. J. Ryan to work toward the construction of a health care facility.

Leased Crown land at the Eastern end of Watton Street had been set aside for a hospital building, however, it was considered unsuitable. Mr. J.O.W. Smith donated a parcel of land presently occupied by the Hospital and additional land to the east of it, which has subsequently been sold.

Construction of the new hospital commenced on 15th August, 1955, and the first patient was admitted on the 24th of July, 1957. The cost of constructing and furnishing the new five-bed hospital was 46,567 pounds, of which a portion was paid by money raised by the community. A Government Grant paid for the remainder.

- August 1972, work commenced on a four-bed extension to the hospital, bringing the total to nine acute beds. This extension was funded by a Government Grant and completed in January, 1973.
- 1984 brought the cessation of theatre operations, with patients then travelling to the Hamilton Base Hospital or elsewhere for surgery.
- January 1987 saw work commencing on an extension to the Hospital to provide a 10 bed Nursing Home wing. The extension resulted in a reduction of the acute beds from nine to seven. In November 1988, the first residents were admitted to the new nursing home. To recognise the efforts made by a Board of Management member, Mr. W.J. Lewis, in securing approval and funding for the project the 10-bed wing was named the W.J. Lewis Wing. The cost of the extension was \$ 528,102 of which the community raised nearly half.
- 1989 the Victorian Nursing Council reviewed the facility's midwifery services and recommended to the Health Department that, due to the hospital's inability to attract sufficient qualified midwifery staff to cover the service on a 24 hour basis, midwifery services be discontinued. This recommendation was accepted by the Department and subsequently, Penshurst's midwifery-based service ceased.
- 1992 builder Mark Uebergang converted the Boardroom to a patient care area. The room was designed to provide a service to patients with special needs. Funds for the project were provided through community support given to the Murray to Moyne Bicycle Team. The room's amenities and privacy is greatly appreciated by patients and their families. A bequest from the family of the late Mr. A. Uebergang provided furnishings for the room.
- 1994 the former Labour Ward and Emergency Room were converted into two 2-bed rooms with ensuites designed by Robert Miles of Mount Gambier and rebuilt by Mark Uebergang of Penshurst. This facility enabled the hospital to "bid" for the nursing-home type beds being re-allocated within the sub-region, and the nursing home capacity was subsequently increased to 16 residents.
- 1994\95 the Hospital's Board continued to work with the Shire of Mount Rouse and subsequently the Southern Grampians Shire (following Municipal amalgamations), to develop a total aged care and accommodation project based in Penshurst and extending to Dunkeld and Glenhompson. This project provided 2-bedroom cottages on two sites in Penshurst and Dunkeld and a 20 bed Hostel.
- February 1995 major fundraising commenced following a resolution by the Board to undertake a major redevelopment of the Hospital. Over 3 years funding in excess of targets enabled the renovation to be undertaken. In addition to the local funds, \$ 160,000 (Rural Taskforce Grant) was provided by the State Government towards the redevelopment.
- Late 1995 the Board reconsidered the Hostel design and concluded that redesign was necessary to accommodate changing aged care needs and the associated funding models offered by the Commonwealth Government.

- 27th April, 1997 the Hon. D. Napthine opened the newly developed 16 bed Nursing Home.
- May, 1997 construction commenced on the 10 bed Kolor Lodge Hostel.
- February, 1998 the Hostel was completed and the first residents were admitted. The Hostel provides single accommodation with ensuite bathrooms. There is a large sitting room and dining room with two other guest\quiet areas.
- September, 1998 the Sheppard Community Health Centre was completed. A bequest from the estate of the late A.A. Sheppard together with a HACC Grant of \$ 200,000 enabled the construction of this facility.

The Centre continues to be a benefit to the community providing a facility for Adult Day Activity Support Services, Allied Health Accommodation and as a venue for many outside organisations to utilise.

- January, 1998 a bus was purchased for the use of Nursing Home and Kolor Lodge Residents to undertake outings as a group.
- July 1, 1998 the Western District Health Service was formed whereby the Penshurst and District Memorial Hospital became Penshurst and District Health Service – a member of the Western District Health Service.
- July, 1998, the Penshurst and District Health Service has received Rural Healthstreams funding approved by the Department of Human Services.

Healthstreams is a service and funding model that encourages flexibility in the design and delivery of a diverse range of primary health services. Resulting in a more responsive, flexible and comprehensive health care system, which encourages co-operation between public health services, local private sector providers and hospital based services.

## RECENT CHANGES AND ACHIEVEMENTS

- July, 2001 Installation of Waste Water Management System at Penshurst Campus.
- October, 2001 Completion of Fire and Safety upgrade.
- May, 2003 Fourth Dunkeld Independent Living Unit at Dunkeld completed.
- October 2003 Achieved Commonwealth Aged Care Accreditation (3 years)
- April 2004 An additional (17th) Nursing Home Bed approved by the Commonwealth Government.
- November, 2004 Completed Review of Penshurst Master Plan.
- December, 2004 Fifth Dunkeld Independent Living Unit at Dunkeld completed.
- 2005/2006 Environmental Safety Audits 100% compliance.
- February, 2005 Sixth Dunkeld Independent Living Unit at Dunkeld completed.
- May, 2005 Achieved Australian Council of Health Care Standards Accreditation (4 years).
- June, 2005 New Water Treatment Plant installed at Penshurst Campus (filtering entire site)
- June, 2006 Diesel powered Emergency Generator installed.

# SERVICE DELIVERY

## SERVICES

Penshurst and District Health Service (a member of the Western District Health Service) is a public hospital providing:

- **Acute Care:** inpatient care for six acute care patients
- **Nursing Home (High Level):** residential accommodation for seventeen permanent nursing home residents.
- **Hostel (Low Level):** residential accommodation for nine permanent residents and one respite resident.
- **Independent Living Units:** At Penshurst and Dunkeld providing independent living for ten residents.
- **District Nursing Service:** a District Nursing Service operates from the facility. This service is also available on weekends (Healthstreams funded).
- **Meals on Wheels:** Meals on Wheels Service also operates from the facility seven days per week.
- **Allied Health:** Other services delivered by visiting therapists include, Podiatry, Physiotherapy, Dietitian, Asthma and Diabetes Educators

## CATCHMENT AREA

The catchment area of the Penshurst and District Health Service comprises the area in south western Victoria bounded by Dunkeld, Glenelg in the north, Chatsworth in the east, Hawkesdale and Macarthur in the south and about 15 kms along the Hamilton Highway in the west. This region corresponds to part of the Southern Grampians Shire (former Shire of Mount Rouse and parts of the former Shire of Dundas) and part of the Shire of Moyne (parts of former Shires of Minnamitjol and Warrnambool).

## POPULATION

The 2001 Census, conducted by the Australian Bureau of Statistics, indicated that the population within the catchment area of the Penshurst and District Health Service was ageing at a higher rate than the State generally. The median age of the catchment population in the 2001 Census was 42 years and over 90% of the catchment population stated that they were Australian-born. English was stated as the only language spoken at home by 96% of the catchment population.

## PATIENT CARE

The hospital continues to provide services ranging from primary care through to low-level acute care and residential aged care.

## SERVICE DELIVERY

Existing services are primarily devoted toward needs of the aged within the local community.

The service delivery model provided, based on service provision to the entire area, is:

- Acute services – maintain a flexible service that can accommodate needs – 6 beds
- Nursing Home – 17 beds
- Hostel services – 9 beds plus 1 respite
- Independent Living Units – 4 at Penshurst and 6 at Dunkeld
- District Nursing
- Chaplaincy
- Diabetics and nutrition
- Asthma Education
- Physiotherapy
- Podiatry
- Speech Pathology
- Social work / Counselling
- Aged Care Assessment
- Occupational Therapy
- Adult Day Activity Support Service (ADASS)
- Community Health and Allied Health professionals
- Meals on Wheels (7 days/week)

# ADVISORY COMMITTEE OF MANAGEMENT

The Penshurst and District Health Service Advisory Committee comprises members of the community who are appointed to advise the Western District Health Service Board on issues in relation to the Penshurst Community and District on health needs and services.

The Advisory Committee's operation is governed by the by-laws, rules and standing orders of the Western District Health Service.

## Functions of the Advisory Committee

The functions of the Committee as authorised by the Board are:

- Review the performance and operations of the Penshurst and District Health Service.
- Be responsible for service planning, service delivery and service quality activities for the Penshurst Community and make recommendations to the Board of the Service.
- Make recommendations on the strategic plan of the Service (so far as it relates to Penshurst and District Health Service) to the Board of the Service.
- The Committee conduct bi-monthly meetings.

The Advisory Committee are grateful for the assistance provided during the past year by Mr. Jim Fletcher, Mr. Pat Turnbull, Mr. Neil Harvey, Mr. Richard Staude, Mr. Nick Starkie, Mr. David Knight and staff of the Finance Department of the Western District Health Service in reviewing and planning performance.



**Mr. Peter Heazlewood**  
**Chairperson**  
Commenced 1994  
Term of Appt. 2004-2007



**Mr. Tom Nieuwveld**  
Commenced 2003  
Term of Appt. 2003-2006



**Dr. Doug Fleming**  
Commenced 1985  
Term of Appt. 2004-2007  
Resigned April 2006



**Mrs. Margaret Eales**  
Commenced 2000  
Term of Appt. 2003-2006



**Mrs. Florence Graetz**  
Commenced 2005  
Term of Appt. 2005-2008



**Mrs. Wendy Williams**  
Commenced 2005  
Term of Appt. 2005-2008



**Mr. Les Paton**  
Commenced 2004  
Term of Appt. 2004-2007



**Dr. Tom Stephens**  
Commenced April 2005  
Term of Appt. 2005-2008



# HONOUR ROLL OF THE PENSHURST AND DISTRICT HEALTH SERVICE

## LIFE GOVERNORS:

MR. G.G. BURGER  
MR. T.A. RENTSCH  
MR. E. COTTRILL \*  
MR. J. RYAN \*  
MR. F. DUNKLEY \*  
MR. F. SCHRAMM  
DR. L. JENKINS  
MR. R. SCHRAMM \*  
MRS. E. KINNEALY \*  
MR. J.O.W. SMITH \*

MR. W. LEWIS \*  
MRS. H.M. LINKE \*  
MR. A. THORNTON  
MR. H. MIRTSCHEIN \*  
Pastor E.W. WIEBUSCH \*  
MR. N. KRUGER  
MR. A. COTTRILL \*  
MR. T.D. HUTTON  
DR. J.D. FLEMING

## PRESIDENTS OF THE BOARD OF MANAGEMENT:

1956-1959 Pastor E.W. WIEBUSCH \*  
1959-1961 Rev. C.A. GIBSON\*  
1961-1966 MR. R. CHESHIRE\*  
1966-1969 MR. J.G. RYAN \*  
1969-1974 MR. K. CROPPER \*

1974-1977 MR. G.G. BURGER  
1977-1988 MR. W.J. LEWIS \*  
1988-1994 MR. T.A. RENTSCH  
1994-1998 MR. T.D. HUTTON

## CHAIRPERSON OF THE ADVISORY COMMITTEE:

1998-2000 MR. R. GREIG  
2000- Pres MR. P. HEAZLEWOOD

## MATRONS AND DIRECTORS OF NURSING:

1956-1957 MRS. J. CHESSWAS \*  
1957-1958 MRS. E. FAIRHURST  
1958-1959 MRS. A. PITT  
1959-1960 MS. M. HIGGINS  
1960-1966 MRS. E. WILSON \*  
1966-1971 MISS. S. MURPHY  
1971-1975 MRS. J. FLYNN \*

1975-1978 MS. A. BLACK  
1978-1979 MRS. G. HARRINGTON  
1979-1984 MRS. M. JEREMY \*  
1984-1987 MR. J. DRUMMOND  
1987-1992 MS. E. DUCKMANTON  
1992 MS. C. FRECKLETON {Acting DON}  
1995 MRS. N. GASH {Acting DON 5mths}

## DIRECTORS OF NURSING AND MANAGER:

1992-1995 MS. M. DADSWELL {DON\Administrator}  
1995 MS. J.A. DAVIS {Honorary Administrator 5 mths}  
1995-1998 MS. J. ROSS {DON\Administrator}  
1998-1999 MS. J. ROSS {Manager\DON}

1999 MRS. C. TEMPLETON {3 mths Acting DON}  
1999-2003 MRS. J. BURTON {Manager\DON}  
2003 MRS. J. PATON {3 mths Acting Manager/DON}  
2004- Pres MR. D. CLARKE {Manager\DON}

## UNIT MANAGERS:

2002-2003 MS. A. O'BRIEN  
2003- Pres MRS. J. PATON

## MEDICAL PRACTITIONERS:

DR. COURTENAY \*  
1956-1958 DR. J.P. WATT \*  
1970-1982 DR. L. JENKINS  
1958-1963 DR. R.J. LEITCH

1982-1985 DR. A. ARKELL  
1963-1970 DR. A.I. MacKINNON  
1985-2006 DR. J.D. FLEMING  
2006-Pres DR. M. FORSTER

# YEAR IN REVIEW

## SUMMARY OF ACHIEVEMENTS

**2005\2006**

### PENSHURST AND DISTRICT HEALTH SERVICE

Penshurst and District Health Service (PDHS) has continued to ensure our services are directed towards meeting the needs of our consumers, including residents, patients, and the community at large. In collaboration with the other departments of the Western District Health Service, we have maintained a broad range of services that are accessible, timely and provided in accordance with the priorities outlined in our Operational Plan.



*Gwen Rentsch, Reception PDHS*

### Corporate Identity

- In September 2005, around 100 residents, staff and community members attended the Annual Report to the Community. Our guest speaker was Mr Bob Handby, Manager of Health, Environment and Regulatory Services at the Moyne Shire, who gave an extremely interesting presentation. The Tabor Male Choir performed an excellent recital.
- The Manager/Director of Nursing has attended a range of meetings, representing the Health Service.
- Ongoing fundraising during the year has greatly assisted our goal of continually enhancing and upgrading our facilities.
- In March 2006 a very successful Trivia Night raised almost \$3,000, with proceeds going towards our Murray to Moyne Team's fundraising efforts for new air conditioning units in the Nursing Home and Acute areas.
- In April 2006, our Murray to Moyne Cycle Relay Team, involving a group of dedicated riders (the Rouse Rare Rumps) and their support crew, raised a further \$7,000, bringing the total raised this year to \$10,000.

### Performance Monitoring

- Penshurst Nursing Home and Kolor Lodge Hostel continued to remain fully compliant in all forty-four Expected Outcomes under the Commonwealth Aged Care Standards when an unannounced Support Visit was undertaken during December 2005.
- All new staff and postgraduate nursing students on placement at the Health Service participate in a structured orientation program specific to our facility.
- Any new or updated Policies and Procedures are conveyed to staff via Staff / Quality Improvement Meetings and Memoranda.
- QPS Focused Benchmarking for Aged Care continues, with a regular audit program in place. Copies of our audit results are displayed on a Quality Matters notice board located in the main entry foyer.
- Our Internal Cleaning Audit results have continued to exceed the benchmark.
- PDHS participated in the DHS PSRAC Quality of Care Performance Indicator Tool trial in 2005.
- Full compliance was achieved with an External Food Safety Audit conducted in January 2006.
- Investigation of all complaints was initiated within 24 hours of receipt.

### Quality Improvement and Risk Management Initiatives

- The annual Resident Satisfaction Survey, conducted in November 2005, achieved an overall score of 87%
- Staff completed "No-Lift" competency refresher education.
- A detailed Menu Review continued throughout 2005 and into 2006, trialling various new options. The Working Party included Resident Representatives from both the Nursing Home and Kolor Lodge. A 5-week rotating menu will be introduced in July 2006, with a range of new Healthy Eating Options introduced.
- Staff completed an annual Fire and Safety Competency audit
- Falls risk minimisation plans have been implemented for residents identified at high risk of falling

## Service Planning and Development

- Adult Day Activity Support Service (ADASS) attendance rates maintained.
- Active Penshurst Strength Training Sessions for Older Adults were provided at Penshurst. The introduction of Active DunGlen Strength Training Sessions for Older Adults were also facilitated at Dunkeld, as part of our ongoing involvement in the Falls Prevention Project, "Footholds on Safety".
- Regular Maternal and Child Health Clinics were conducted at Penshurst
- The Resident Information Packages were completely revised.
- Community Health Plan initiatives were implemented, including a Men's Health Forum. A very successful Dads and Lads session was held at Penshurst during Rural Health Week in May 2006.

## Human Resource Management

- PDHS is participating in Western District Health Service Registered Nurse Division One Graduate Program and a rotation program for second year nursing graduates.
- An additional three volunteers commenced during the past year.
- Two of our staff completed a 2-year Diversional Therapy course in 2005.
- Three of our staff commenced TAFE training for registration as a Registered Nurse Division Two in 2006, through a Commonwealth-funded training initiative.
- The Aged Care Standards and Accreditation Agency Ltd. providing funding which enabled two nursing staff to attend interstate Better Practice Events in 2006.

## Facilities and Equipment

- The new Water Treatment Plant was commissioned
- Non-slip vinyl flooring was replaced in a Nursing Home bathroom
- 100% hi lo electric beds throughout the Nursing Home and Acute sections.
- Replaced faulty washing machine and clothes dryer in main laundry with a commercial-rated stacker unit, jointly funded by Hospital Auxiliary and remainder from PDHS Capital Reserves.
- A new diesel powered generator has been installed
- A Pan Flusher has been ordered in Kolor Lodge

## Information Management

- Vital system used for all new admissions to the Penshurst Campus.
- On line booking system for visiting Allied Health services.
- Intranet access available to all staff.
- Trakhealth (Electronic Pathology Results) implemented at PDHS in October 2005, accessible throughout the facility via a portable wireless laptop computer
- Video Conference facilities were upgraded

## Financial and Service Activity

- Activity targets were achieved.
- Penshurst Nursing Home and Kolor Lodge Hostel occupancy maintained at 100% throughout the year, with waiting lists for both facilities.
- Due to higher than usual staff sick leave and an associated increased utilisation of casual staff, a small operating deficit was recorded (< 0.01%).



*Marcia Cameron and Nathalie Gash*

## MANAGER/DIRECTOR OF NURSING REPORT



*Darren Clarke  
Manager/Director of Nursing*

### 2005/2006

On behalf of our staff at the Penshurst and District Health Service, it is with great pleasure that I report on our achievements over the past 12 months. The level of community support that we continue to experience has made our task considerably less arduous.

The dedication and commitment of our staff at the Penshurst Campus, as well as staff from other departments of the Western District Health Service, has enabled us to maintain consistently high standards in all areas. I remain most impressed by the enthusiasm displayed by our staff and sincerely appreciate their ongoing support and commitment to continually improve our services. I am indebted to all who have contributed to the smooth day-to-day operation of Health Service, particularly Jennifer Paton (Nurse Unit Manager) and the After Hours Coordinators.

I am also extremely appreciative of the many hours contributed by our volunteers, whose efforts have assisted us in many ways, and the dedicated work of the members of our Pastoral Care Group.

The end of January 2006 signalled the culmination of a significant era in the history of the Health Service, with the retirement of Dr. Doug Fleming. On Australia Day 2006, Dr Fleming celebrated 21 years continuous association with the Health Service. The Southern Grampians Shire Council presented Dr Fleming with a Community Recognition Award as part of the 2006 Australia Day Awards. A community barbecue function was held at PDHS on Sunday 12 February 2006, with approximately 200 attendees. Dr Fleming was presented with farewell gifts from the Advisory Committee, staff and community. This event was originally planned for Australia Day, however it was postponed due to the Grampians Bushfire emergency and the prevailing extreme weather conditions.

In late January 2006 we welcomed Dr Michael Forster, who commenced practising at Penshurst and Dunkeld Medical Clinics. The TriStar Medical Group now manages the Medical Clinics. Dr Forster's transition into the new role has progressed well and we look forward to his long association with the Health Service.

Dr Ravi Chollangi commenced working as a General Practitioner at the Penshurst and Dunkeld Medical Clinics in April 2006. We also look forward to Dr Chollangi's long association with the Penshurst and Dunkeld communities.

Nathalie Gash (Education Coordinator) has again assisted in many ways, with staff participating in a diverse range of educational opportunities.

As part of maintaining Commonwealth Aged Care Accreditation of our Residential Aged Care facilities, the Aged Care Standards Agency conducted an unannounced support visit in December 2005, with Kolor Lodge Hostel and Penshurst Nursing Home receiving excellent feedback.

Occupancy levels for our Residential Aged Care facilities and Independent Living Units were very high, while the Acute area and our Allied Health services and facilities have also been well utilised.

Fundraising efforts continued throughout the year, with donations totalling just over \$140,000. In excess of \$6,700 was donated this year by the Hospital Ladies Auxiliary, in the form of a range of items. A Trivia Night was held in March 2006, to support the fundraising efforts of our Murray to Moyné riders, the 'Rouse Rare Rumps'. This event was very well supported by the community and raised almost \$3000. The riders achieved an overall fundraising total of \$10,000.

The Hospital Ladies Auxiliary, the Rouse Rare Rumps and staff who assist with fund raising projects and co-ordinate our trading table, continue to play a major role in enabling us to obtain equipment and items that greatly enhance the lives of our residents, patients and clients.

During the year, a new commercial-rated washer and dryer unit was installed in the hospital laundry and a diesel-powered emergency generator was installed. Air conditioning units were also acquired for the Nursing Home and Acute Areas.

Along with all members of our staff, I sincerely thank the community for their ongoing support.

**DARREN CLARKE**  
Manager/Director of Nursing



## MEDICAL REPORT

It was with great pleasure that I took over the medical practice in Penshurst and Dunkeld from Dr. Doug Fleming in late January, 2006.

Doug left an extremely well run practice after over 20 years. I hope to keep up his high standards. Personally I left my Hamilton practice after just under 20 years to take up a new challenge.

At the time of Doug's departure the practice was actually sold to the Tristar Medical Group who take on administrative work of small country practices. Their role has been valuable in reducing administrative burden while largely allowing us to continue in a similar reign to Doug's direction of practice.

On the 10th of April, 2006 I was pleased to be joined by Dr. Ravi Chollangi who was formerly working in outback Queensland. Ravi has settled in to the practice and we hope our association will be a long one.



*Back: Dr. Michael Forster and Dr. Ravi Chollangi  
Front: Julie Barr, Val Linke and Dr. Doug Fleming  
on the retirement of Val Linke.*

Health Assessments of the over 75's continue to be a high priority and we are maintaining a high percentage availing themselves of this service. The high uptake I must say is in large part due to the energy and enthusiasm of our practice nurse Julie Barr.

Diabetes remains an area of increasing need as the number of sufferers continues to rise. We are working on better follow up strategies for follow up and tracking to optimise control.



Val Linke, who was for 28 years the main visible face of our practice, left and we wish her good health and a happy retirement from here. Val's position was ably filled by Karen McLean. Also we were very pleased to be joined by Robyn Nieuwveld as we are trying to increase our medical services to Dunkeld. Joy Darroch has continued in her usual able way to run the 'front end' of our practice.

My transition into working in Penshurst has been very smooth largely due to the tremendous support and assistance, not only of the clinic staff, but also the immense help of all the Penshurst Hospital Staff from the top down.

I hope this to be a long association between myself and the Hospital.

Like Doug, I am eternally grateful to the Hamilton doctors for their support and expertise making team medical care a reality where needed.

**DR MICHAEL FORSTER**



# STAFF OF THE PENShurst AND DISTRICT HEALTH SERVICE

**JULY 2005 - JUNE 2006**

## **MANAGER\DIRECTOR OF NURSING**

DARREN CLARKE RN, RM, BN, MN, MAAQHC, MQSA, MRCNA

## **UNIT MANAGER**

JENNY PATON RN, Dip Mgt

## **DIVISION 1 REGISTERED NURSES**

VIVIENNE BRADLEY RN, OR Cert, RAN

JOCELYN PATON RN, Dip Oncology

MAREE WEST RN, RM, Dip Teaching (Nursing), B. Ed (Nursing), Cert. Health Management, Grad. Cert. OH&S, M Health Studies (Gerontology).

JULIE BARR RN

PAM TEMPLETON RN {Resigned 26-9-05}

CAROLYN TEMPLETON RN, Cert. Of Sterilisation & Infection control, HepC/HIV counsellor, Nurse Immuniser.

HEATHER KELLY RN

JUDY DELLA-VEDOVA RN

LUCY INNES RN

ANNIE LEACH {Casual}

## **EDUCATION CO-ORDINATOR**

NATHALIE GASH RN, Cert IV in Workplace Training, MRCNA

## **DIVISION 2 REGISTERED NURSES**

DEBBIE WHITE

KATE JACKSON

WENDY HARRIS

JAN NICHOLSON

MANDY JUBB {Casual}

LYN PEACH

MARGARET MEULENDYKS

KIM CAMERON

RAQUEL CASEY {Resigned 25-7-05}

LYN LINKE

MARDI BROWN

JESSICA DIGGINS {Resigned 12-6-06}

DI WALKENHORST {Strength Trainer}

TAMMIE LYONS {Casual}

## **NURSING ATTENDANTS**

CHERYL CASEY

GAYE COLLINS

JOY DARROCH

BEV OLLE

PAULINE McLEAN

PAT WALKER

JOY LAMBOURN

LORRAINE HILL

LESLEY BARLING

SALLY TEELOW

PAULINE LOUREY

NICOLE RUDDLE

## ADASS

BRENDA UEBERGANG {ADASS Co-ordinator}  
KATE COOTE {Assistant}  
MOLLY MacGILLIVRAY {Assistant – Resigned April, 2006}  
MICHELLE MASLEN {Assistant}  
LUCY ORMISTON {Assistant}

## CATERING

CLARE-MAREE CASEY  
LIZ EWING  
RHONDA HAMILTON

## CATERING ASSISTANTS

BELINDA HILL  
MELVINA KENNEDY {Resigned 25-12-05}  
LEANNE CAMERON

## DIVERSIONAL THERAPIST

WILLY HIATT {Resigned 24-2-06}  
MARCIA CAMERON

## ENVIRONMENTAL SERVICES

NORELLE BENSCH  
NICOLE LANDWEHR  
KAY LINKE {Casual}

## MAINTENANCE

STUART GRAHAM

## ADMINISTRATION ASSISTANTS

HEATHER MCKENRY {PART TIME}  
GWEN RENTSCH {PART TIME}  
LEANNE COTTRILL {PART TIME}

### STAFF SERVICE AWARDS

#### 5 YEARS

JOY LAMBOURN  
STUART GRAHAM  
PAULINE MCLEAN  
PAT WALKER  
MANDY JUBB

#### 10 YEARS

HEATHER MCKENRY  
KATE JACKSON

## NURSING AND ATTENDANT STAFF



*Jenny Paton  
Nurse Unit Manager*

### Our Year In Review

Yet another year passes and it seems hard to believe that we are now half way through 2006.

We have again faced a few challenges this year with our staffing levels being up and down. It is an ever-changing challenge.

Three of our Personal Care Attendants (PCAs) have had the privilege to do further studies to become RN Division 2's, which requires study days and placements. This is a fantastic opportunity and sponsored by the government.

We are participating in an ACS and AA Accreditation survey in August 2006. I am confident that with our excellent quality of care and standards at Penshurst that we will obtain a good result.

We continue to offer all services, such Podiatry, Dietitian, Diabetic Services, Asthma Education and Physiotherapy to our residents and these are an invaluable service.

We also have acquired the services of Hearing Australia. They are now visiting Penshurst to access our residents rather than them having to travel to Warrnambool or Hamilton. This is so much easier and convenient for our residents and is a great bonus for the community.

In the near future it would be nice to be able to access services such as Dentistry as well and I believe the Government is looking into this.

Nursing and Medical Staff are now able to access pathology results online via Trakhealth, which was implemented at Penshurst and District Health Service in October, 2005.

Penshurst and District Health Services' staff continue to give of their best and strive to keep up to date with best practice. All our staff are eager to continue their education, so that their skills and knowledge are passed onto our residents/patients with the best of care possible.

### JENNY PATON

Nurse Unit Manager



## EDUCATION CO-ORDINATORS REPORT

This year a total of 19 in-service lectures, including 2 Video education sessions, were held at Penshurst and District Health Service, with an total of 93% of staff attending at least one of the mandatory sessions plus other in-service lectures.

Again 20 staff have taken the opportunity to undertake external study days and conferences, to maintain high levels of skills. Two staff attended Better Practice events, conducted by The Aged Care Standards and Accreditation Agency Ltd. Jocelyn Paton attended the Adelaide Event in May, 2006 and Vivienne Bradley attended the Hobart Event in June, 2006

This is an excellent result considering that most of our staff travelled to the sessions, and with the costs involved, indicates their dedication to Penshurst and District Health Service.

This includes fulltime, part time and casual staff, with sessions catering for nursing, environmental and hotel service staff.

Each staff member, as part of their employment agreement, is required to attend mandatory education sessions, including Cardio Pulmonary Resuscitation for both nursing and non nursing staff and Fire, Safety and Evacuation, both theory and practical, with scenarios used in the practical evacuations. Hotel services and food handling staff completed a competency on "Kitchen Safety", which included a written component, video and DVD. "No Lift" also is completed with a yearly review of the techniques used for the safe transfer of patients and residents.

During the year students from TAFE campuses at Hamilton and Warrnambool have undertaken placement at PDHS. Secondary school students have also had work placement giving practical experience prior to commencing their careers.

As part of their graduate year, we continue to enjoy RN Division 1 graduate nurses on placement from Western District Health Services. Usually these placements are for two months to assist them in the nursing of Sub Acute patients and Aged Care residents.

During the year, I have attended South West Regional Health and Primary Care Partnership Forums, Occupational Health and Safety Meetings and South West Education Forum meetings. These are a successful means of networking with other Educators.

In May and June, 3 sessions of staff education were held by Fiona Evans from Diversitat Training based in Geelong, which covered topics valuable to documentation and communication. Diverse topics were discussed to cover elective workplace relationships and responsibilities and duties to promote cooperation in good working relationships.

These lectures gave constructive feedback to others, knowing that discussion was acted upon.

A new piece of equipment in the form of a 68cm video conferencing unit has recently arrived at Penshurst and District Health Service. This enables staff to interact in forums and meetings without the travel that is usually involved.

During 2006, 3 of our Personal Care Workers have undertaken training to become Registered Nurse Division 2's and now approaching the end of their course through a Commonwealth Government Funded initiative. We wish them well in their final exams.

As part of the Western District Health Service, the staff are able to take advantage of education resources at "The Base" and I take this opportunity on behalf of our staff, to extend our gratitude to the Education Centre for their assistance and knowledge.

Lastly, I extend to the staff at Penshurst my thanks for their encouragement, advice, assistance and support that make for a rewarding career.



*Nathalie Gash  
Education Co-Ordinator*

## DISTRICT NURSING REPORT

The past year has proved to be an eventful time for District Nursing.

The amalgamation of the Discharge Planning Unit, which includes Post Acute Care and Hospital in the Home, with the District Nursing Service has been a challenging time for staff with orientation issues ever present.

In October 2005 the Department of Veteran Affairs advised us that a Request for Tender for the provision of community nursing services would be advertised nationally.

The aim of the tender process was for DVA to establish a panel of contracted community nurse providers that would give them national community nursing coverage. The tender document was submitted in December 2005 and on the 10th April 2006 we were advised that our tender was successful.

We continue to offer Advance Care Planning to all our Palliative Care and appropriate District Nursing clients. This program gives clients the opportunity to make decisions about their future healthcare.

Recently we farewelled Mary Dempsey after six years with WDHS District Nursing. Prior to that Mary spent five years working in the Penshurst Hospital followed by ten years with the Penshurst District Nursing Service. We wish Mary all the best in her new position in Port Fairy.

District nurses continue to provide a broad range of services to community based clients which include Palliative Care, Stomal Therapy, Breast Care Support, wound care and the more acute services required for the provision of the Hospital in the Home program.

During the period from the 1st July 2005 to the 30th June 2006, the District Nurses saw 603 clients, made 23,076 visits and travelled 85,300 kms

**PAT O'BEIRNE**

Unit Manager District Nursing

# INFECTION CONTROL REPORT

The Infection Control (IC) Department at Western District Health Service (WDHS) now has three part time infection control consultants who continue to monitor the infection control programs in Penshurst, Hamilton, Heywood and Coleraine.

It has been "smooth sailing" for the Penshurst and District Health Service (PDHS) over the past 12 months, with no outbreaks or clusters of infections reported.

All Penshurst Nursing Home and Kolor Lodge Hostel residents are monitored for infections and these are reported through the Quality Performance System (QPS), with infection rates below the state average

Data from the acute and nursing home type patients continues to be collected monthly for Victorian Hospital Acquired Infection Surveillance System (VICNISS).

Penshurst can benchmark against other health facilities of similar size

The data collected includes

- Patients infected or colonized with multi resistant organisms e.g. golden staph
- Patients who acquire a blood stream infection 24 hrs after admission
- Staff who received an occupational exposure or needle stick injury
- Staff uptake of the influenza vaccine



*Carolyn Templeton  
Infection Control Nurse*

The PDHS staff flu vaccine uptake for 2005 was 40%, compared to the State average 37 % of health care workers (HCW) vaccinated. To date, for 2006 70% of PDHS staff have been vaccinated for influenza.

Local flu planning is progressing due to the possible threat of flu pandemic. The Avian virus (bird flu) is being closely monitored both at the state and local levels. The local community will be kept informed and will receive education if the need arises. Influenza vaccination against the human strain of the flu is encouraged. A respiratory isolation kit has been developed for staff to use in the event of a patient presenting with sudden flu like symptoms and a history of overseas travel.

The third Pressure Ulcer Point Prevalence Survey (PUPPS 3) was conducted with Penshurst found to have one patient with a pressure ulcer. This ulcer was present on admission and was not acquired at Penshurst. The survey is conducted on one day through all public hospitals in Victoria to establish the incidence of pressure ulcers. Pressure relieving mattresses were purchased from the PUPPS 2 State government funding initiative. These mattresses disperse the pressure reducing pressure points, which can breakdown skin, creating ulcers. Extra pressure relieving chair cushions will soon be purchased for Penshurst

All staff continue to be informed about Infection Control issues through newsletters, memos and education sessions. Regular audits are attended to monitor compliance with policy and procedure. Audits were attended on hand hygiene, waste management, staff knowledge of IC and gastro enteritis, and recognition of sterile stock.

## Achievement over the past year

- The development of the Respiratory Isolation Kit.
- Implementation of retractable Intravenous and subcutaneous cannulae equipment. This equipment reduces the risk of sharps injury to staff.
- Podiatry Commonwealth Guidelines for IC released
- Attended the State IC conference in Melbourne
- Completed the Nurse Immunization Course through Latrobe University
- Penshurst and District Health Service (PDHS) continue to score well in the Victorian cleaning standards facility wide audits
- Penshurst has been invited to participate in a state wide hand hygiene project over the next 12 months

PDHS continues to encourage staff involvement in the Special Interest Wound Care Group to receive the latest information regarding wound care, which can then be communicated back to staff to ensure Best Practice.

**CAROLYN TEMPLETON**

Infection Control Practitioner

## NUTRITION AND DIETETICS DEPARTMENT



*Jodie Nelson  
Dietitian*

As I sit here writing another article for the Year in Review, I can't believe another year has passed by. I reflect on what has been happening and that this is my second year at Penshurst and District Health Service. The first thought that springs to mind (and not to my surprise) is the new menu! Fashionably late to start, the new 5 week cyclic menu will be commencing July, 2006. In actual fact, by the time you read this report the new menu will be on its second rotation at least.

Until you've personally been through the process of developing a new menu, it is difficult to appreciate the time and effort it demands, not to mention, controversy, discussions and the increased consumption of paracetamol to combat the headaches!!! I've worked at a few hospitals and health services previously where the "new menu" never actually happens or is on the conveniently listed "long term goal". The process is lengthy, detailed and includes co-ordinating meals so there is no overlap, minimal repetition, allows for individual preferences such as likes, dislikes, religions and cultures. The meals must meet the resident's nutritional and physical requirements. (Does it cater for people with and without chewing difficulties, or with those with increased nutritional value, but not necessarily increased energy needs). Do residents have medical conditions that require certain foods increased or decreased in their diet?

A new menu brings new meals and new recipes to trial and standardise. Does the appearance of the meal look appetising? Does the food service dept have the resources to implement the new menu i.e. do staffing resources, shifts and kitchen equipment need to be reviewed? As there are so many questions, and issues to be considered, the process is therefore not achievable in a short time frame.

As mentioned in last years report, the menu review process was and is one of the Penshurst and District Health Service Quality Improvement projects. As part of Accreditation, Aged Care Facilities must meet criteria that encompass good nutrition for individual needs, best practices with food safety and embrace the diversity of food preferences that come through culture, background, religion, beliefs and so on. The Criteria and Outcomes are outlined in the manual 'Standards and Guidelines for Residential Aged Care Services' released by the Department of Health and Ageing.

All staff who work in the kitchen are to be congratulated on taking responsibility for a mammoth task and showing a keen interest in the practice of best care for their residents and patients. Everyone working and residing at Penshurst and District Health Service have provided and will be continuing to provide valuable contribution to the process.

**JODIE NELSON**  
Dietitian

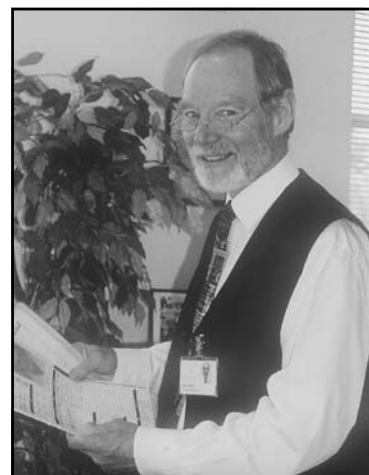


# MEDICATION REVIEW SERVICE REPORT

A Commonwealth-funded Medication Review service commenced at the Penshurst and District Health Service on 1 July 2004. A Medication Review Agreement was entered into with John Barke, an Accredited Pharmacist, to conduct the reviews on all 26 permanent residents of the Penshurst Nursing Home and Kolor Lodge.

The service is an important adjunct to the other medication management programs that were already in place, including regular reviews of resident medications conducted by our General Practitioner involving the Hostel and Nursing Home residents and an intermittent Clinical Pharmacy service provided by Western District Health Service.

The Medication Review service enables a Pharmacist who has been accredited by the Commonwealth Department of Health and Ageing to provide comprehensive medication reviews of each resident every six months, and to provide reports of these reviews to the facility and to the resident's doctor. The Medication Review process is an integral process identified in the 'Integrated best practice model for medication management in residential aged care facilities' (Commonwealth of Australia, 2000).



*John Barke  
Accredited Pharmacist*

The primary objective of the Medication Review service is improved health outcomes for residents by enabling pharmacists to support doctors and nursing staff. Medication Reviews can contribute to improved resident health outcomes by identifying opportunities for optimising drug therapy and avoiding drug-related health problems.

During the course of the year, quarterly reports were submitted to the Pharmacy Development Section at the Department of Health and Ageing. In the twelve months ending 30 June 2006, John Barke completed Medication Reviews on a total of 31 residents. Several education sessions were also provided to nursing staff on a range of resident-related medications.

The Medication Review service is continuing in 2006/2007.

## **JOHN BARKE**

Accredited Pharmacist

## PHYSIOTHERAPY DEPARTMENT



*Yvette Schmal  
Physiotherapist*

The past year has thankfully been a much more settled year for the Western District Health Service Physiotherapy Department in general and for the service to Penshurst in particular. To our great relief, the arrival of four new physiotherapists in April 2005 meant that we were able to provide a much more regular and less disrupted service over the 2005/2006 financial year.

During this time the Physiotherapy Department provided an inpatient assessment and treatment service, outpatient treatments and assessment and physio plans for all aged care residents, amounting to 431 hours of physiotherapy provided over 82 visits. The continued inclusion of Allied Health Assistants in the visiting service has enabled exercise and rehabilitation programs for individuals needing further assistance to be carried out on a regular basis as well as providing support for the Active Penshurst program.

An education session provided for the Active Penshurst group about falls prevention and how to get up after a fall was well received. In addition the physiotherapists have also provided advice to staff regarding back care and manual handling equipment on an individual basis as needed.

Thanks must be extended to the reception staff at the Sheppard Centre for keeping us all on track, making our appointments and handling all our enquiries with good grace.

**LYN HOLDEN**  
Chief Physiotherapy

## PODIATRY DEPARTMENT



*Phuong Huynh  
Podiatrist*

There has been a steady increase of clients seen in the podiatry clinic at Penshurst Health and District Service. We are very lucky to have the commitment and continuing efforts of all the staff who have contributed to maintaining such a high work standard for the podiatry service.

Due to the high demand for podiatry services efforts are being made to recruit more staff but a shortage of podiatrists is impacting on the outcome.

We continue to wait for the funding for the proposed local podiatry school in Hamilton to enhance service capacity and expand clinical experience for the students.

**PHUONG HUYNH**  
Podiatrist

## PROFILE - DR. DOUG FLEMING

Prior to coming to be a GP at Penshurst, John Douglas Fleming was a member of the British Navy and for part of that time served as a Surgeon Lieutenant in a Polaris submarine, then 2 years exchange in Australia.

He then practiced at Hastings in a group practice. While at Hastings, John Douglas Fleming trained as a Specialist Acupuncturist, before setting up a practice at Frankston.

He missed the holistic part of medicine and that is when he set up practice in Penshurst in 1985 where he lived in the "Doctor's House" in Cobb Street with wife, Anne, sons Hamish and Alex and daughter, Cate. The practice at Penshurst is attached to the Penshurst and District Memorial Hospital now the Penshurst and District Health Service.

He then bought and moved to a farm 10 km from Penshurst, "Kimberley Park", where Doug and Anne took a keen interest in farming; Anne becoming a qualified wool classer. The property was sold and they moved to Dunkeld approximately 6 years ago where Doug also had a practice.

Having a practice at Dunkeld makes it easier for patients travelling from outlying areas of the "catchment" area of Hamilton, Victoria Valley and Glenthompson for treatments and appointments.

Doug has been involved with community activities. Some of these include

- Hamilton and Alexandra College, Hamilton College Foundation.
- Past member of Rotary, Hamilton and Hastings
- President of Hamilton and Alexandra College P & F Committee.
- Dunkeld Progress Association including Streetscape.
- Year 2000 Dunkeld Millennium Committee.
- Dunkeld proposed Sporting Complex Committee.
- 150th. Birthday of Dunkeld celebrations committee.
- Member of the Acupuncture Association
- Member of the Otway Division of General Practitioners.
- Honorary Doctor on Course for the Dunkeld Racing Club

Doug served as a member of the Board of Management of the Penshurst and District Memorial Hospital. He was President of the Giving Appeal Committee for the community appeal for the building of Kolor Lodge.

He has been a member of the Advisory Committee since the amalgamation of Penshurst and District Health Service with Western District Health Service.

He has always given freely of his time whether it be community service or to the staff.

- In the past he has made himself available to lecture at staff in-service education.
- Q Fever blood testing and vaccinations for farmers and pastoral workers.
- Speaking to community groups to encourage a healthy life style. This included the Strength Training groups at Penshurst and Dunkeld.
- Aged Care Assessments.

Having a surgery attached to the Health Service, has benefited the staff in that if the staff need verification or are concerned with a patient/resident, Doug gives freely of his time, information and expertise. He always leads by example, as people will testify who meet him on his regular runs up Mount Abrupt in the Grampians, near Dunkeld.

Anne and Doug have a "bush block" where they enjoy getting away to the bush life. Other hobbies are motorbike riding and his Rolls Royce (early 60's), enjoys mountain bike riding and perfecting the perfect loaf of bread.

Accompanied by Anne, Doug enjoys camping, especially in remote areas of Australia.

His dream is to have his own kitchen "away from his wife" (quote from Anne). Doug also takes a keen interest in architecture and building things, as testified by the designing of his home and furniture building.

Gardening design is another hobby and he takes any opportunity to make things grow, although when the garden is established he prefers low maintenance.

## HOTEL SERVICES REPORT

This year once again has been a busy one for all catering staff, providing meals for our community, Hospital, Nursing Home, Kolor Lodge Hostel, Meals on Wheels, Senior Citizens and ADASS (Adult Day Activity Support Services ) as well as numerous functions for the Penshurst and District Health Service.

In these times where the Cook Chill System is widely used, we are still lucky enough to use fresh produce and cook daily taking into account the client's appetite and nutritional needs at a reasonable price.

Our aim for 2005-2006 has been to work with the Dietitian, Jodie Nelson, and complete the implementation of a comprehensive 5-week menu review whilst ensuring our continual high standards are met.

We would like to thank the Penshurst Hospital Ladies Auxiliary for their ongoing generosity and support for everything they do.

As always, teamwork is utmost and without it the job couldn't be done.

Thanks must go to Clare-Maree, Liz, Rhonda, Belinda and Leanne for the continual high standards and excellent meals provided to clients.

Meal Statistics 2005\06							
M.O.W. (including weekend)	Senior Citizens	Acute	Nursing Home	Hostel	Adass	Other Functions	TOTAL
1,059	313	5,612	17,346	10,353	497	622	<b>35,802</b>

### CATERING STAFF



*Belinda Hill and Leanne Cameron*



# OCCUPATIONAL HEALTH AND SAFETY

One of the paramount issues that face any organization or workplace is to provide a safe environment for all workers.

Each year we have an external inspection by two Western District OHS representatives who give an independent view and advise where improvement can be made.

Every six months the year, we have a practical fire demonstration and an evacuation, with different scenarios. A scenario could be a fire in the kitchen, a gas leak or evacuation of residents. An in-service for staff education in codes and protocols components for Fire and Safety is also required. This is a mandatory component of employment at Penshurst and District Health Service and therefore all staff must participate.



*Fire extinguisher training*

It is a part of my position as Occupational Health and Safety representative to attend meetings of the OHS committee at Western District Health Service. At these meetings diverse issues of health and safety are discussed, from new electric beds to pressure mattresses or lighting to trolley hoists. All these issues assist patients, residents, contractors, visitors and staff, enjoy a better and safer place to be.

Our nursing staff are assisted in their work safety in the provision of up to date lifting machines. Each year all nursing staff members undertake assessment in the methods of "No Lift" which assists them and their patients/residents in safe transfer, therefore reducing the risk of back and other injury to both parties.

Before a new piece of equipment is introduced to the Penshurst and District Health Service, a trial is conducted and all relevant staff undertake instruction in the correct procedure of use.

In consultation with the Manager/Director of Nursing and Maintenance Department, potential hazards and issues that staff have concerns with, are identified through audits and ongoing surveillance, considered and resolved, to make our health facility a safe environment to work.

## NATHALIE M. GASH

Occupational Health and Safety Representative



*Staff participating in an evacuation exercise at Kolor Lodge*

## MAINTENANCE/GARDENING REPORT

Things haven't changed greatly over the last twelve months, with regular maintenance, preventative maintenance and gardening keeping me as busy as usual. As well as normal duties involving garden maintenance at the Hospital and at the Independent Living Units Penshurst and Dunkeld and preventative maintenance checks, there were several larger projects completed this year.

A grant was received from the Department of Human Services in 2004-2005 which assisted with the installation of a new Water Softener in July 2005.

Other projects undertaken included:

- Due to water leakage through the roof during times of major rainfall the Acute required a major roof upgrade. The upgrade commenced in June, 2005 with work completed in August, 2005.
- Upgrading of maintenance ladders to comply with new safety requirements.
- External lighting upgrade around perimeter buildings, including sensor lighting at the rear entrance.
- Installation of CCTV and Intercom system at the main entrance to enhance after hours security.
- The reinstatement of a flagpole adjacent to the main entrance.



*Stuart Graham  
Maintenance and Gardening*



*Resident Ian Steele with the reinstated flag pole.*

Again this year I wish to thank Tony Auden who on most Wednesdays and Fridays during the past year has undertaken extensive garden maintenance and improved the garden beds within the Hospital Grounds. I constantly have people comment to me on how wonderful the gardens look and it is without a doubt that Tony can take a lot of the credit. I very much appreciate all the effort and assistance he provides.

I also wish to thank the Hospital Ladies Auxiliary for once again donating petunias for the garden.

The Independent Living Units both in Penshurst (4) and Dunkeld (6) have been fully occupied for the 12 months, however, due to a resident moving out of the area a Penshurst Unit will become vacant in August, 2006. New bollard lights were installed in the driveway of the Dunkeld units.

Vinyl floor covering was replaced in a Nursing Home bathroom in January, 2006.

The Fire Panel is now monitored by A.D.T. in Ballarat through a radio link.



Due to the limited seating capacity and age of our hospital bus and with the assistance of funding received from HACC (Home and Community Care) a new 12-seater bus with dual wheelchair capacity arrived in May, 2006. The bus had a special PA system installed and is equipped with interior and exterior cameras to assist with resident safety during outings. Many hours have been spent training staff on operating and driving the bus, which is compulsory for any staff prior to driving it.

With the assistance of fundraising by the Murray to Moyne Team funds were made available to install additional air-conditioning units for the Nursing Home and Acute Rooms. At the time of writing this report they are currently in the process of being installed.

Training courses I completed during the year include:

- Annual compulsory CPR training in June, 2005
- Practical fire training July, 2005.

I wish to acknowledge the support of our local trades people, especially in times of emergency.

**STUART GRAHAM**

Maintenance and Gardening

# ACTIVITIES REPORT

I commenced as Diversional Therapist on the 27th March, 2006, after my predecessor Willy Hiatt took up a position at the Mulleraterong Centre in Hamilton.

Since then the residents have been involved in many activities which promote and provide social interaction and mental stimulation. Individual Therapy Plans are developed for each resident. This enables an assessment of physical, sensory, communication, cognitive (mental), social and recreational needs and it is holistically addressed thoroughly through the activity programs.

## ACTIVITIES UNDERTAKEN INCLUDE:

- Quiz
- Current Affairs
- Craft
- Bingo
- Bocce
- Indoor Bowls
- Hookey
- Ball & Balloon games
- Snakes and Ladders
- Dominoes
- Knitting
- Sewing
- Cooking
- Paper reading
- Wheelchair tours
- Garden walks
- Ecumenical Services
- Prayer Groups
- Massages
- Concerts
- Sing-a-longs
- Library
- Football tipping
- Paintings
- Cemetery visits
- Anzac Service
- Bus Outings
- Daily flag raising
- Music Therapy

Thank you sincerely to residents, family, friends who donate so generously to the trading table. The monies raised from this go back into resources for the Residents.

We have enjoyed outings to the local community participating in concerts with the talented locals, concerts at the P.A.C. Hamilton. Barbara Finlay and Len Read continue their support with their musical talents, which is popular with all who reside here at Penshurst and District Health Service.

Luncheons in the Gazebo have been offered to our male fellows. This, with games of Bocce, brought back memories and reminiscing of days gone by.





A big thank you to our volunteers who give their time to enlighten the days of the residents. This is so valuable to them. If anyone can see their way to become a volunteer please contact myself through the hospital reception. A little of your time, for them, helps to maximise their "quality of life".

One of the ongoing activities of painting Mount Rouse in different views on canvas, showcases the talent our residents have.

A wedding/baby display of staff pictures was a great talking point between families, residents and staff. The wedding gowns were all very beautiful. Thank you to all who participated.

My aim is to have a "Variety of Experiences" and "Quality of Life" for all who reside in the Nursing Home and Hostel.

I wish to thank staff and management, families, friends and volunteers for their continued support offered to me in my role as Diversional therapist.

**MARCIA CAMERON**

Activities Co-Ordinator \ Diversional Therapist



*Marcia Cameron with residents enjoying Bocce.*



## STRENGTH TRAINING

The people of Penshurst and surrounding areas are very important to the Health Service and access to programs such as Strength Training provide the community with opportunities to maintain optimum health through exercise. Strength training involves benefits to the older person with regular exercise to:

- Increase muscle mass and speed up metabolism.
- Improve bone density, which helps to keep bones healthy and strong and reduces the risk of osteoporosis and bone fractures.
- Increase cardio respiratory fitness.
- Strengthen soft tissue (such as tendons and ligaments in joints), and help reduce the risk of injury. In particular, people with arthritis can benefit enormously from a gentle exercise routine.
- Assist in reducing weight.



*Leila Cook (102 year old resident of the Penshurst Nursing Home)*

*(Mrs Cook passed away peacefully on 3 July 2006)*

*Photograph Used with permission of family and provided by The Standard.*

As part of my position I have been coordinating and instructing a Strength Training Program in the Sheppard Centre. Over the last 12 months we have had several morning teas at Madigan's Tea Rooms, followed by a walk around the town of Penshurst. We have also had a visit from the C.F.A. and another visit from Arthur Stevens with Chair Yoga.

I attended a Physio Chi workshop in Geelong, which will enable me to instruct Tai Chi in a chair setting. We also celebrated a Christmas and Birthday morning tea.

An analysis was completed of attendances over the 112 weeks since the commencement of the Strength Training Program and showed that one participant has attended a total of 81 weeks with another attending 79 weeks, which is an amazing effort.

On each Monday morning, up to 16 participants enjoy a low impact exercise session, with up to 6 people attending on a Tuesday evening. We have also commenced a Strength Training session for Kolor Lodge residents on a Monday morning with an average of 6-8 residents attending each week.

Our continuing exercise programs still receive very positive feedback, giving people self-esteem, improving their exercise tolerance and renewing or making new friendships in a social environment. Many of these participants are new to the Penshurst area.

An application for funding has been submitted recently to enable the Strength Training Group to visit the Hamilton Leisure and Aquatic Centre once a month for exercises at an alternative venue.

A Dad's and Lad's Night was successfully attended by 32 men and boys on 17th May, 2006, encouraging all round fitness and health. Guest Speakers included: Mr. Darren Beks (Hamilton Leisure and Aquatic Centre), Mr. Kane Fraser (Chiropractor – past AFL Hawthorn player), Mr. Stuart Wilder (WDHS Men's Health Educator) and Mr. Gavin Wray-McCann (Fitness Instructor). A BBQ tea cooked by myself with the assistance of Glen Walkenhorst, was enjoyed by all who attended.

#### **DI WALKENHORST**

Qualified Strength Trainer



# ADULT DAY ACTIVITY SUPPORT SERVICE (ADASS)

ADASS aims to enhance the lives of aged, frail and disabled residents in our community through:

- Client focussed program
- Practical and emotional support
- Access to a large range of services
- New friendships
- Participation in Community Activities

ADASS meets weekly on Thursday at the Penshurst Sheppard Centre.

*A small cost covers all services. Could this service benefit you?*

## Overview of Activities:

Another successful year has been completed with the ADASS program at Penshurst.

A large variety of activities centred on global, community, school celebrations, theme days, and health awareness have been utilized during the 8th year of operation.

Clients again had the opportunity to gain valuable information through:

Information, benefits, and availability of 'Medi Alert'- 24 hour emergency information & identification service, local Lions Club, Road Traffic Officer, Sgt Dennis Wheelhouse – Road safety for older drivers, CFA-fire & safety in your home, Vision Australia – services, WDHS Respiratory Nurse, Ev Thuma - Respiratory disorders & O.T Ellen Dix – Arthritis and aides. Over the summer months, the main health focus was on healthy eating and exercise. Most clients' enjoyed salads as a regular ADASS meal, alternating weekly with fresh fruit for afternoon tea. An informative presentation from Dietetics was well received by clients' giving them a wonderful opportunity to learn and ask questions.



## Community

The welcoming hospitality of district communities has allowed the ADASS clients to visit many places of interest. Our two local primary schools, Madigan's Tea Rooms, Mount Rouse, Nareeb Nareeb Homestead and Woodhouse Hall, Jan's Fine Glass and Catalpa Restaurant.

Special outings have been to Balmoral for 'Christmas in the Bush', Koroit, Tower Hill and Port Fairy, Nareeb Nareeb Homestead and Jan's Fine glass Studio.

Regular interaction between ADASS, Kolor Lodge and the Nursing Home is ongoing.

## Overnight Trip

The annual overnight trip, this year was to Portland and surrounds for one night. Clients' enjoyed visiting Alcoa, tram ride and museum, Powerhouse museum, a history tour of Portland and surrounds, fish n chips at Bridgewater and the strawberry farm. Wet weather conditions necessitated altering some of our planned itinerary. All had a happy and safe time.

## Theme Days

Cultural experiences with Danish and Egyptian days, Bark Painting, Commonwealth Games, Footy finals, 'All things Aussie' – Australia Day, Animal Kingdom and Queen Elizabeth 2nd 80th birthday. 'You can leave your hat on' - a special hat day, and a day in the garden, are some of the theme days held during the year.

## Client Referrals and Priority of Access

All clients are registered with the service and assessed by the Coordinator. *Priority of need* ensures that the most needy are offered a place as soon as possible. It is necessary for referrals to go on the waiting list in order to obtain a place in the program.

## Targets

Targets set by SGSC were met in July and August 2005. September saw a new beginning for ADASS with the contract being transferred from SGSC to WDHS, effective from 1st September 2005.



## Volunteers and Donations

Staff and clients greatly appreciate volunteers assisting us in transporting clients and helping on the day. The lives of our elderly are enhanced and many wonderful opportunities are made possible with your support, assistance and friendship.

Our sincere thanks to PDHS staff that support and assist us each week to ensure smooth running of the program.

***PDHS Ladies Auxiliary has provided a hot/cold food container for ADASS use. We sincerely appreciate your continued support to enhance the ADASS program.***

***Penshurst Pantomime*** kindly donated \$200. ADASS purchased a CD stereo player for clients' pleasure.

***Murray to Moyne Hamilton Bikers*** Kindly donated two Phonic Ear sets and a Glide heavy-duty wheelchair to ADASS.

***Kodak Digital Camera*** was donated to ADASS for use in all activities. This has enabled the clients to begin a scrapbook of their days at ADASS.

## Staffing

One staff member resigned in March 2006, effective from April 21st. The position was advertised and filled. The newly appointed staff commenced on April 18th 2006. The staff consists of one part time Co-ordinator and three part time Nurse attendant/bus drivers.

## Staff training and Networking

Continued contact with other service providers, health professionals and community organisations has occurred throughout the year. Staff took advantage of educational opportunities where possible, one Staff has completed Certificate IV in Lifestyle and Leisure at TAFE, and one staff is working towards completing Certificate IV in Lifestyle and Leisure.

## Customer/Client Feedback

Satisfaction Surveys conducted in October 2005, March 2006 and December 2006 identified health needs and expectations are being met, and overall satisfaction with services demonstrated.

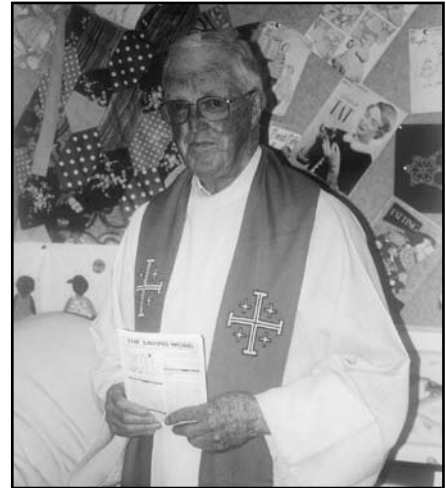
**BRENDA UEBERGANG**  
ADASS Co-ordinator

## CHAPLAINCY AND PASTORAL CARE

Human beings, whatever their age, are to be viewed not as individuals in isolation from one another, but as persons in community. Mutual respect is developed from the love and trust we experience in caring relationships. As we learn to 'give and take', recognise individual abilities and accept limitations, we develop a sense of interdependence.

The pastoral group aims to foster caring relationships in a community of interdependence. We are brought together by the Manager/D.O.N., Mr. Darren Clarke at 11 am on the 3rd Friday of every third month in the Penshurst Nursing Home, to discuss issues related to pastoral care, which is much appreciated. The current membership of the pastoral group include:

- Lay worship leader – David Ross (Uniting Church)
- Fr. Graeme Perkins (Anglican church)
- Rev. Greg Noll (Lutheran Church)
- Fr. Frank Madden (Catholic Church)
- Accompanist – Mrs. Brenda Mirtschin (Lutheran Church)



*Father Madden*

On the 3rd Tuesday of the month at 11 am an Ecumenical Church Service is conducted by one of the pastoral group members. We are grateful for the assistance provided by staff in preparing for this service and thankful for the new keyboard that Mrs Brenda Mirtschin plays with such dedication and gusto. We appreciate the presence of members of the community at these services and the assistance and fellowship they share with the Penshurst and District Health Service family.

The death of a family member or close friend stirs up many feelings and emotions. As time moves on, many of these subside. However, memories of our loved ones remain. Each year the chaplaincy and pastoral care group hold a memorial service as part of our ministry to those who are grieving. On the 22nd September Reverend Greg Noll conducted the Memorial Service in the Sheppard Centre. The relatives of those who died in the past year received a special invitation to attend this service. Friends of the deceased and staff, especially those who had a special bond with any of the deceased were most welcome. Consequently, there was a very good attendance. Those remembered were:

- Mrs Lesley Huf
- Mrs Evelyn (Tat) Edlich
- Mr William Baulch
- Mrs Marion Burrow
- Ms. Ethel Wallace
- Mrs Janie Dorrington
- Mrs Annie Lomas
- Mrs Irene Pryor
- Mrs Kathleen (Maggie) McLure
- Mr Laurence Nagorcka



*Reverend Greg Noll*

We are made to feel welcome and accepted by all members of the staff who are only too willing to aid us in the visitation of our various denominational residents so that we may proclaim Christ's reconciling love in word, the Sacraments and pastoral care. We thank Mr Darren Clarke who is supportive of our efforts to provide opportunities for patients and residents who wish to engage in prayer, confession and forgiveness, both in public ritual and by private counsel.

**REVEREND GREG NOLL – PASTOR, TABOR LUTHERAN PARISH**  
for the Pastoral Group



# PENSHURST HOSPITAL LADIES AUXILIARY

As my first year of President, I have been glad of the help received by our capable secretary Aileen Pye and efficient treasurer Judy Page.

Thank you to all members who faithfully attended meetings and assist cheerfully in the practical catering work that we do. Thank you to our vice president Pam Gimson and our assistant secretary Barbara Jones. We sympathize with Barbara who over recent months has been unable to attend meetings because of family responsibilities.

In September we farewelled Denise Meikle who relocated and we are sorry that Doreen Greaves continues to have health issues, which we hope will be resolved in 2006-2007. We thank Wendy Eales for again auditing our books for 2005-2006. Thank you also, to Muriel Macklin who always has beautiful arrangements of flowers for our tables and extra flowers for decorative displays in the Supper room and at the Hospital and to Darren Clarke and Nathalie Gash for keeping us informed of the news and needs of Kolor Lodge and the Nursing Home.

The ladies who attend meetings are vocal in helping to get the formalities resolved then we enjoy the social part of the afternoon proceedings with a "cuppa and a chat." This is also a feature of our catering work and other projects – it is a happy socialising experience. We are very thankful to all our catering supporters.

We received a Certificate of Appreciation from Penshurst and District Health Service at the 2005 Year in Review, to acknowledge our service to the Hospital over the past year (this has been placed in the honour book). Thank you to Aileen Pye who has completed the yearly membership entries; this book should be valued by all of us.

The following is a summary of fundraising events held for 2005-2006.

- Eleven funerals
- Uniting Church Lunches July 05 – Dec 05.
- Sausage sizzle Walkers Yard, Hamilton August 05.
- Masterfood Raffle
- Trading Stall – Pre School Ladies Afternoon
- Grampians business Promotion
- Sandwiches cut for Mr. Lovell's Farewell Supper
- Penshurst show Catering
- Christmas Lunch Dunkeld, December 2005
- Apex Club Rodeo and Ute Show, 2006
- Dr. Doug Flemings Farewell, February, 2006
- Anzac Day Morning Tea, 2006
- Street Stall, 2006



The above fundraisers have assisted with purchasing the following items for the Hospital.

- Hot/Cold Food Combo for ADASS (Adult Day Activity Support Service)
- Industrial Vacuum Cleaner
- Awnings on Nursing Home Windows
- Half of the purchase price of the new Washing Machine and Dryer for the Nursing Home.
- Shower Chair
- Two vases for the Sheppard Centre

Nathalie Gash (Education Co-ordinator) conducted education on Food Handling Regulations at one of our meetings. This was an enlightening and informative talk and especially important due to our catering assignments.

We also give thanks for the two crocheted rugs made by Joan Talbert and wool donated by Muriel Macklin and also to those men who over the past year have assisted with the heavier work on some of our ventures.

A number of our members attended the Penshurst and District Health Service annual Year in Review, which gave an insight into the wider work that is being completed and planned by the Advisory Committee and Board of Management.

Our year has been a very productive one when you realise what has been accomplished and I hope that we shall continue, as a group, to service our Hospital in the future as well as it has been served in the past.

## 50TH ANNIVERSARY CELEBRATIONS

Planning is underway for our 50th Anniversary, which will be officially celebrated in October 2007.

A recorded history will be produced outlining the progress of the Penshurst and District Health Service from the inception to have a hospital in Penshurst in 1955 to the first patient admission to the facility in 1957 up to the present day.

We are compiling lists of peoples name and addresses, who have been employed at Penshurst and District Health Service (previously Penshurst & District Memorial Hospital) over the past 50 years and are seeking any photos, certificates or documents, for copying (the originals will be returned).

Some of the community may have equipment that at some time had been used at the Health Service. If you are able to loan items for an exhibition, great care would be taken.

In October, 2007, a celebration weekend and festivities is planned, at which there will be an exhibition and historical display.

Especially of interest would be photos of past staff, including Matrons and Directors of Nursing, social occasions, documents and diaries of their times.

Please forward any items to Nathalie Gash, Penshurst and District Health Service, 146 Cobb Street, Penshurst Victoria 3289 or contact Nathalie on [03] 5552 3000 or e-mail at [Nathalie.Gash@wdhs.net](mailto:Nathalie.Gash@wdhs.net)



## MURRAY TO MOYNE BIKE RIDE 2006

How would your gluteus maximus feel after riding approximately 200 kilometres in less than 24 hours? Ask 9 very sore and tired "Rouse Rare Rumps".

On Friday 31st of March, 2006 The Shire of Southern Grampians bus and a support vehicle set out from Penshurst and District Health Service with 9 very enthusiastic riders and 5 support crew, on a leisurely drive to Mildura.

All except 2 riders had been members of past teams and knew what to expect. There could be sunshine and hot conditions as were part of last year's ride, or severe rain and windy conditions that have befallen our team in the past. So the team was prepared for anything the weather was to throw at us.

Many reminiscences of years past were talked about on the trip up, tricks that were played out and the trials and tribulations of past rides. The fall at a particular rail line, or the firecracker escapade, the nights prior to past rides when riders enjoyed the evening to face up to a hard ride next day.

And then to come home saying "Never again," but to face up again to the ride the following year.

Then there is the kindness of people supplying refreshments along the way. Every year, Gwen and Trevor Rentsch and Peter Heazelwood, meet us with refreshments, which are highly appreciated by all.

Looking at the trailer with all the bicycles packed on and to think of the expense that riders go to, to keep their bikes and gear replaced or repaired, plus their special clothing, helmets and shoes.

There can be unforeseen conditions of the road, especially at night, where a puncture or a bike may need repair in not ideal circumstances or locations. These are the things that most people would say were too hard to do, but not our riders.



*Members of the "Rouse Rare Rumps"*

*Back: Darren Clarke, Barry King, Kirsty McLean, Alix Kelly, David Linke, John King, Anthony Page, Nathalie Gash.  
Front: Lachlan McKenzie, Brendan Cottrill, David McLean, Rob Greig, Charlie Gubbins, Peter Ryan.*

This year our team consisted of Peter Ryan, Anthony Page, Brendan Cottrill, Lachlan McKenzie, Rob Greig, Alex Kelly, Kirsty and David McLean (from Queensland), and Charlie Gubbins. With a back up crew comprising of John and Barry King, David Linke, Darren Clarke and Nathalie Gash.

After a day of quite severe head winds, we had an evening and night of delightful calm riding conditions, missing out on the rain that dogged the teams riding from Swan Hill and Echuca.

After arriving at the check in point at Hamilton in the middle of the night, the team went to Charlie and Winks Gubbins for our traditional feast of lasagne and garlic bread. Our thanks are extended to the Gubbins family for their hospitality and for accommodating some of the team while the rest of the team went on to Peshurst for a few hours sleep.

On Sunday morning a group of local residents of Peshurst turned up to cheer on the riders as they rode through on their way to Port Fairy. These people are held in high esteem by the team for their tenacity to get up early to support our team.

When the ride had been completed at Port Fairy, we returned to Peshurst to ride from Kolor homestead into the Peshurst and District Health Service for a well-earned late lunch.

Our gratitude is extended to "Toofy" who made coffee and bacon and egg sandwiches for breakfast, to the administration staff, especially our "Team Manager", Leanne Cottrill, for the paperwork involved with the Murray to Moyne Bike Ride, to the town's people who encouraged on the tired riders and the helpers who assisted with the Sunday lunch.

## THE MURRAY TO MOYNE FUNDRAISING TRIVIA NIGHT

On Friday 24th of March, 2006, 11 teams crowded into the Sheppard Centre for a thoroughly enjoyable night of trivia and fun.

During the evening, people were given a series of 10 questions each round, on various subjects, and could buy a question if an answer was not known. Wendy and Tony Williams, who kept the proceedings flowing very smoothly, hosted the evening.

A spinning wheel was conducted along with an auction of goods donated from various sponsors thanks to Darren Clarke who amassed a wonderful selection of prizes.



The final tally of money raised was \$2820. This went towards the Murray to Moyne "Rouse Rare Rumps".

Our thanks to the sponsors for the individual riders who raised \$ 7,200. This money was designated for the air conditioning units in the Nursing Home and split systems in the acute area.

Lastly, to the "Rumpers", our riders and a great team with a total of 1768.2 kilometres ridden, have raised a total of approx. \$ 10,000 for the Peshurst and District Health Service.

**NATH GASH**

# THANK YOU FOR YOUR DONATION

## General

- Penshurst Hospital Ladies Auxiliary
- Alec & Kit Boyd
- Penshurst Bowling Club
- Dunkeld Consolidated School
- Tabor Ladies Guild
- Estate of Hazel Heather Waller
- The Estate of Wilhelmina Cochrane
- The R.E. Ross Trust
- The Estate of Anthony Charles Gordon
- Mr. C.R. Adamson
- Mr. Tony Auden
- Mrs. K.E. Cook
- Grampians Golf Club
- Mrs Maree West
- Albert and Nancy Torney
- Julie and Lloyd Barr
- Jeff and Joy Howley
- Mr. Eric Pohl
- Mr. Keith Lovell
- Helen and Graham Dixon
- Simon and Marcia Macgugan
- Lloyd and Clare Raggatt
- Mr. & Mrs. J. Baimbridge
- John and Alison Overall
- Mereweather Estate
- Mary Sparke
- Kathleen Russell
- John and Jan Addinsall
- A.J. Macgugan
- W.C. & E.C. Fletcher
- Corinne and J.L. Smith
- Ian and Heather Macgugan
- Roger and Dianne Napier
- Mr. Kathleen McMahon
- Mr. Jim Fletcher
- Mrs. Lorraine Mirtschin
- Mr. Ian Steele
- Mrs. Gwen Rentsch
- Coca-Cola Amatil
- Fishers IGA, Hamilton
- Les and Jocelyn Paton
- Southwest Stockbroking Pty. Ltd.
- Maconochie Partners Fertilizer
- Mrs. Jenny Kinneally
- Mr. Andrew Collie
- G.D. & A.J. Linke
- Helen Peel
- Country Fire Authority
- Penshurst Hotel
- Mr. Murray McKenzie
- Mr. Neville Linke
- Mrs. Margie Ross
- Mrs. Nathalie Gash
- D. & J. Jenkin, Banemore Herefords
- Danmac Products
- St. Albans Textile Co.
- K.S. & D.R. Dacomb
- A.S. & M. Gubbins
- Mr. Glenis Linke
- Maxine Keane
- Daryl Edwards
- Thelma Ryan
- Gerard Ryan
- Ryan Pastoral.
- P.G., J.A. & A.J. Heazlewood
- W.D. Windows and Doors
- Lifetime Distributors
- B & D Books
- Kellys Merchandise
- Richardson and Dennis
- P.J. & J.A. Shiells
- Hammonds Paints
- H.J. Burrows
- W.A. Koch
- D.R.D. & W.M. Kelly
- Ian McLeod, Wingara Pty. Ltd.
- Jim Zwar, Greenleaf Crop & Pasture
- Neil Roll Contracting
- Caramut Post Office
- W.E. O'Brien
- Coolana Corriedales
- G.M. Morrissey
- J.C. & J.E. Ridsdale
- E.R.A. & C.O.A. Maconochie
- K.M. Robinson
- Rohan Macaully, Elders Rural
- R.B.H. & J.J. Chalk
- D.I.T. & K.M. Maclean
- ABN Munro Morgan
- Possum Gully Shearing
- Hamilton Farm Supplies
- Stonehaven Pastoral Co.
- Jennifer Barnes
- Terimo Nominees
- A.C.W. Kelly
- North Gums Partnership
- Elders Ltd. Mortlake



## Gifts in Kind

- Rouse Rare Rumps and Support Crew
- Hospital Ladies Auxiliary
- Ms. Ros Greenwood
- Mrs. Heather Lynch
- Mrs. Shirley James
- Ms. J. Thomas
- M. & J. Hetherington
- Mrs. Julie Radley
- Mr. Tony Auden
- Mr. Michael Lynch
- Ms. Deanna Beardsell
- Mr. Peter Mackinnon
- Marshall Macklin, Peshurst
- Alexandra House, Hamilton
- Arcadia Records
- Australian Open
- Australia Post
- Bakers Delight, Hamilton
- Buena Vista Home Entertainment
- Darriwill Farm
- Ford Motor Company of Australia
- George Taylor's Stores
- Grand Central Hotel, Hamilton
- Gwen Rentsch, Peshurst
- Harvey Norman, Hamilton
- James Dean Pharmacy, Hamilton
- KFC, Hamilton
- LA Walker Mitre 10, Hamilton
- Leanne's Natural Solutions Bowen Therapy
- Robsons Pharmacy, Hamilton
- Royal Mail Hotel, Dunkeld
- Safeway, Hamilton
- Sony Pictures Home Entertainment
- Sunbeam Corporation Ltd.
- Timbercorp Ltd.
- Universal Pictures (Australasia) Pty. Ltd.
- Dunkeld Red Cross.
- Mr. Derek Morse
- Mrs. Brenda Mirtschin
- Mr. Len Read
- Mrs. Barbara Finlay
- Mrs. Win Page
- Mrs. Anna Walter
- Mr. Tony Auden
- Mrs. Muriel Macklin
- Mrs. Wendy Block
- Mrs. Barbara Jones

There are many individuals who give their time or other gifts in kind including donations\sponsorships and attending fundraising functions for the Murray to Moyne Cycle Relay and the Major Fundraiser "Trivia Night" held in March 2006. Volunteer drivers for the Nursing Home, Hostel and meals on wheels and thank you gifts given to staff, which is too numerous to mention individually. Your efforts are greatly appreciated.



*Paul Couch (Brownlow medallist 1989 for Geelong) with Kolor Lodge Residents June 2006*

# PROFILE – MR. BOB HANDBY

## GUEST SPEAKER - 2005 YEAR IN REVIEW

Around 120 Resident's Staff and members of the public attended the 2005 Penshurst and District Health Service Year in Review, which was held on Tuesday, 20th September, 2005.

The Tabor Male Choir entertained attendee's and the Guest Speaker, Mr. Bob Handby, gave an excellent presentation on his deployment to Indonesia following the Boxing Day Tsunami in late 2004.

Bob is currently employed by the Moyne Shire as the Manager of Health, Environment and Regulatory Services. His duties include, inspection and monitoring of liquid waste, water supplies, food supplies, accommodation, environmental issues, and the responsibility for Moyne Shire emergency management, along with preparation and management of the Department budget.

Over the past 22 years Bob has been a delegate of numerous organisations, providing emergency responses, on various Public Health issues, some of which are mentioned below:



*Mr Robert (Bob) Handby*

### **Public Health Delegate (Water and Sanitation): Australian Red Cross International Committee and the International Federation of the Red Cross**

1984: In Uganda building camps for the internally displaced persons fleeing the civil war, undertaking short term repairs to water supplies at hospitals and institutions, improving sanitation in prisons and liaising with the government at a national level to ensure security whilst working.

1991: In Iraq assessing conditions of camps and assisting with establishing camps in Northern Iraq for the Kurdish population and on both the Turkish and Iranian borders, along with improving water supplies and sanitation for the Kurdish population.

1993: in Fiji providing relief to the population affected by cyclone and floods and assessing and giving recommendations to improve public health conditions.

1994: in Rwanda assessing camps of internally displaced people during the war, developing and implementing programs to improve water sanitation and assessing and implementing programs for short-term restoration of damaged hospitals.

1997: in Democratic Republic of Congo assessing water supply projects.

2000: in Federal Republic of Yugoslavia – Montenegro: building displaced persons camps for IDP's fleeing the conflict in Kosovo. Serbia: assessing water supplies and hospitals affected by NATO bombing.

2001: in Indonesia assessing the public health impact of the movement of people from Borneo to Madura Island.

2003: in Fiji assessing and co-ordinating repairs to damaged water supplies in remote villages.

2004: in Papua New Guinea and Fiji undertaking a water and sanitation scoping exercise in the Pacific Island countries.

2005: in Finland undertaking a Team Leadership course in Nynas.

### **Environmental Health Delegate for the Australian Government**

2005: in Banda Aceh undertaking and reporting findings of internally displaced persons camps to U.N.ICEF and supporting the medical team with restoration of the main Banda Aceh public hospital after the Indonesia Tsunami.

Bob's presentation on the Boxing Day Tsunami was very informative and interesting. It generated much discussion for many weeks. We wish to thank Bob very much for giving his time to report and show photographs of his work.

# Penshurst and District Health Service

## Revenue and Expense Statement for the Year Ended June 30, 2006

	2005/06 \$	2004/05 \$
<b>Revenue</b>		
State Government Grants	1,405,798	1,259,282
Patients Fees	1,116,380	1,092,445
Other Revenue	120,539	111,244
<b>Total Operating Revenue</b>	<b>2,642,717</b>	<b>2,462,971</b>
<b>Expenditure</b>		
Salaries & Wages	2,184,964	2,062,090
Direct Expenditure	230,430	216,893
Overheads	229,511	181,795
<b>Total Operating Expenditure</b>	<b>2,644,905</b>	<b>2,460,778</b>
<b>Operating Surplus / (Deficit)</b>	<b>(2,188)</b>	<b>2,193</b>
<b>Capital Items</b>		
Fundraising and Donations	140,384	100,995
Ingoing Residential Charges - Aged Care	146,928	145,836
Capital Grants	-	66,967
Depreciation	(110,830)	(98,882)
<b>Health Service Result</b>	<b>174,294</b>	<b>217,109</b>
Accumulated Surpluses at Start	392,341	160,609
Transfer to Asset Replacement Reserve	(146,928)	(145,836)
Transfer from Asset Replacement Reserve	135,645	160,459
Transfer to Specific Reserve	(126,276)	-
<b>Accumulated Surpluses at End</b>	<b>429,076</b>	<b>392,341</b>

# Penshurst and District Health Service

## Balance Sheet as at June 30, 2006

	2006 \$	2005 \$
<b>Equity</b>		
Contributed Capital	3,126,784	3,126,784
Accumulated Surplus	429,076	392,341
Asset Replacement Reserve	747,049	735,765
Asset Revaluation Reserve	781,797	-
Specific Purpose Reserve	126,276	-
<b>Total Equity</b>	<b>5,210,982</b>	<b>4,254,890</b>
<b>Current Liabilities</b>		
Payables	8,528	27,970
Employee Entitlements	282,542	208,354
Monies Held in Trust	1,357,481	1,211,571
<b>Total Current Liabilities</b>	<b>1,648,551</b>	<b>1,447,895</b>
<b>Non Current Liabilities</b>		
Employee Entitlements	159,278	210,471
<b>Total Non Current Liabilities</b>	<b>159,278</b>	<b>210,471</b>
<b>Total Liabilities</b>	<b>1,807,829</b>	<b>1,658,366</b>
<b>Total Equity and Liabilities</b>	<b>7,018,811</b>	<b>5,913,256</b>
<b>Current Assets</b>		
Cash at Bank	1,239,534	1,071,476
Receivables	41,748	49,491
Monies Held in Trust	1,357,481	1,211,571
<b>Total Current Assets</b>	<b>2,638,763</b>	<b>2,332,538</b>
<b>Non Current Assets</b>		
Land, Buildings, Plant & Equipment	4,561,773	4,066,915
Accumulated Depreciation	(181,725)	(486,197)
<b>Total Non Current Assets</b>	<b>4,380,048</b>	<b>3,580,718</b>
<b>Total Assets</b>	<b>7,018,811</b>	<b>5,913,256</b>







# **Penshurst & District Health Service**

A Member of the Western District Health Service

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