

KOOWEE CONNECT Newsletter

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January/ February 2025



Kooweerup
REGIONAL HEALTH SERVICE



Summer Bliss with Homegrown Nectarine

There is nothing that says summer more than picking fresh summer fruits from the garden and this is just what Jenny Bayliss, our Manager - Leisure & Lifestyle /Volunteer coordinator did! Our residents loved turning the fresh fruit into a Nectarine Upside Downcake as part of their fun with food activities. As you can see the finished result was a big hit with everyone! Pictured here are Beryl, one of our 'chefs', and Jenny displaying the delicious cake. Please see page 22 for the recipe.

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03 5997 9679



info@krhs.net.au



Aileen Thoms

Interim Chief Executive Officer

Director Primary Health and Innovation

How wonderful to celebrate our first newsletter of 2025. It's a bumper edition filled with lots of news. You may see some changes to the style as we welcome our new Communications Officer; Madhura Seneviratne (Maddy). Maddy has taken over this role as we farewelled Leanne Duff. You can read more about Maddy and welcome the many talented new staff to a wide range of roles, of whom some will feature in this edition.

We have a big year ahead with lots of reform both in Aged Care and into the new Local Health Service Network currently named Bayside Health. As I write this, we are welcoming Bass Coast Health and Gippsland Southern Health to join the network along with Alfred and Peninsula. Calvary (Bethlehem) will join us as a partner from July 2025.

One of the key goals of the merger will be to provide better access to care close to home and to establish more integrated and connected services that will improve the health outcome of our shared population. This network will also provide benefits to staff in connecting to greater learning, sharing of skills and knowledge and career development opportunities. We will continue to build on the proud history of KRHS in providing care and support to our community.

January frequently enables us to press the reset button for key competencies and connections however I am aware that healthcare never really has down time and our dedicated staff continue to provide the best of care.

This festive period saw a small COVID wave and other respiratory infections have been on the rise. I want to thank all our Staff and Managers for their tireless commitment in continuing to ensure we provide safe settings and review them regularly.

I hope you have been enjoying this glorious summer weather I regularly see some of our residents taking in the walks in the garden , it is wonderful to watch and I hope everyone can enjoy spending time in them.





Brenda Birch

Director of Nursing

As we move towards Autumn, I've been in the DON role now for three months. I'm consistently proud to be leading and be inspired by our team of Nurses, Midwives, Health Care Workers and Leisure and Lifestyle. Drawing on and inspiring others in good time and bad has been a significant aspect of my leadership in healthcare. In understanding what drives us we can make better choices in the complexities of work within healthcare.

At the end of last year, I shared my initial focus on "back to basic" to ensure our incumbent staff and current teams are engaged and feel confident to provide high quality care whilst recruiting and supporting the next generation. As many enjoyed some leave over the festive season, I had the pleasure of what would be called in Japan as "Going to Gema" which is the act of going to the "real place" or place on importance where the work is done. This provides a deeper level in identifying opportunities to not only improve the safety and quality of our services but the experience for our staff and consumers. One of the most deeply touching moments was going to check on a client that had been unwell to find a team member gently stroking the forehead of the resident. Sometimes it's the simplest thing of human connection that matter most.

Balancing big-picture changes like aged care reform with the day-to day moments that matter is only achieved with the right team. As we enter 2025, I'm delighted that some of our team has expanding their careers within the organisation and we have been fortunate to recruit some exceptional new Nursing and Health Care Workers.

Nursing is one of the most fulfilling and impactful careers, offering the chance to make a meaningful difference in people's lives. At Kooweerup Regional Health Services (KRHS), the dedication of their team of Graduate Nurses and the expertise of experienced mentors provide an inspiring journey for new nurses.

Through the stories of Krystle Segwaben, Carolyn Evans, Hetal Desai, and Damian Burns, we see how KRHS is fostering growth, development, and compassionate care.

Krystle Segwaben, a Graduate Registered Nurse at KRHS, draws inspiration from her cousins and the residents she interacts with in aged care. Her four years of experience as a Personal Care Assistant (PCA) in Aged Care have reinforced her commitment to nursing. Krystle emphasizes how education and open communication at KRHS are crucial in helping her grow. She says, "The training provided helps me improve my skills, and the orientation gave me a better understanding of the work environment."



Messages from Managemnet

For Krystle, nursing is more than just a job—it's about making a difference in people's lives, with the support of a strong team.

Carolyn Evans shares a similar passion for helping people during their times of need. Her inspiration comes from a desire to make others' last moments happier and more comfortable. Carolyn's journey into nursing began after eight years of experience as a PCA. Now, as a Graduate Nurse at KRHS, she is surrounded by a supportive team of colleagues. "All staff have been informative, friendly, and knowledgeable," she says. Her family, too, has played a significant role in supporting her throughout her degree.

Behind the scenes at KRHS is Damian Burns, the Manager of Education and Training, who has spent 40 years in the nursing profession. Damian's story is one of immense pride and commitment to his work. "I believe my purpose is to be a humanitarian. It gives my life meaning," he shares. His experience as a mentor and educator has shaped the supportive training environment at KRHS, ensuring that new nurses receive the guidance they need to thrive in their roles. Damian's long tenure in nursing speaks to the enduring fulfillment and impact of this profession.

Together, the voices of these four individuals highlight the incredible

Brenda Birch (Director of Nursing) and Damian Burns (Manager - Education & Training) alongside three of our talented graduates Hetal, Carolyn, and Krystle.



Hetal Desai's 15 years of experience in the healthcare sector and a childhood filled with the example of her parents helping others led her to pursue nursing. She says, "I wanted to do something to support the community, just like my parents did." Hetal's dedication to her patients is matched by her appreciation for the training and encouragement she receives from both her workplace and her family. With six years of nursing experience, Hetal embodies the deep sense of purpose that nursing brings.

opportunities available within the nursing profession, particularly at Kooweerup Regional Health Services.

With strong educational support, teamwork, and a shared sense of purpose, KRHS fosters an environment where new nurses can grow and contribute meaningfully to the community.

For anyone considering a career in nursing, the journey at KRHS is not just about providing care—it's about making a lasting impact, both on the people they care for and on their own lives.

Welcome Onboard! – Meet Our New Staff



Catherine Stott (Enrolled Nurse)

I started in Aged Care as a PCA and EN, then moved into various hospital roles and district nursing as an EEN. Most recently, I spent five years working as a Case Manager and Community Nurse in Home Care. Outside of work, I love to travel, swim, and practice yoga.

One of the best pieces of advice I've received throughout my career is to always treat others as you would like to be treated yourself. This simple yet powerful principle guides my approach to both my professional and personal life.

Jenny Percell

(Patient Services Assistant)



I was born in Australia and have been living in Korumburra for the past 14 years.

Outside of work, I love spending time outdoors—whether it's walking, gardening, or playing with my grandbabies. They bring so much joy to my life!

The best piece of advice I've ever received is simple but powerful: "Treat everyone with respect and equally, and always do your best." I strive to live by this every day.

Asanthi Palihawadana

(Registered Nurse)



I'm a Registered Nurse with experience in the public hospital sector, and I've recently joined KRHS as a casual RN. Originally from Sri Lanka, I graduated as a nurse in Australia, which has given me a unique perspective on healthcare. Outside of work, I have a passion for reading—whenever I find a free moment. I also enjoy gardening, where I grow a variety of plants, including vegetables, roses, geraniums, and an assortment of flowers.

One of the best pieces of advice I've received is to not worry about the past or the future, but to live fully in the present moment.



Welcome Onboard! – Meet Our New Staff



Sobia Zohaib (Registered Nurse)

I'm a Registered Nurse and Midwife (RN/RM) from Pakistan. I have over 3 years of experience working in healthcare, with a strong background in Obstetrics/Gynecology and NICU.

Outside of work, I love spending quality time with my family, especially my son. Parenthood has taught me to appreciate the small, everyday moments like reading or playing with my child.

One of the best pieces of advice I've received came from a mentor during my nursing school: "Always put yourself in your patients' shoes."

Shabana Jawaid (Enrolled Nurse)



I'm originally from New Zealand, I've been living in Melbourne for the past 21 years. I began my career as an agency PCA in 2019, and for the last four years, I've been working as an Enrolled Nurse, mainly in aged care, TCP, and GEM.

Outside of work, I love to travel, spend quality time with my family, and enjoy a good coffee. The best piece of advice I've ever received is that "hard work always pays off," and I truly believe in the power of persistence.

Madhura Seneviratne (Communications Officer)



I'm a Communications and Digital Content Specialist with experience in the Australian public Media sector. I recently joined KRHS as the Communications Officer. Originally from Sri Lanka, I graduated as a journalist in Sri Lanka and an ICT person in Australia, which has given me a unique perspective on the media and communications sectors.

Outside of work, I love spending time with my family. Traveling and watching movies are my other hobbies.

The best advice I've ever received is to think positively at all times in life, and that will bring you success.



Staff Updates – The road to retirement

After more than a decade of dedication and creativity, Leanne (Lea) Duff retired from her role at KRHS. Lea's journey began in November 2012 when she joined the Leisure and Lifestyle team, quickly bringing her skills as a Graphic Artist to the forefront by taking over the newsletter.

In her second year, Lea transitioned to Communications Officer, where she revitalized KRHS's communication materials, creating new brochures, posters, signage, and contributing to the website's development. She was also instrumental in building our presence on social media, helping shape KRHS's identity within the community.

Lea's contributions went far beyond the day-to-day, with highlights such as celebrating KRHS's 100th anniversary and creating the beloved Circle of Friends Cookbook, which remains available to this day. Of course, the challenges of the pandemic left unforgettable memories, and Lea continues to volunteer with the community art group she helped establish, welcoming all to join on Wednesdays from 10:30 AM – 12:30 PM.

Lea, we will miss you dearly but wish you all the best in your retirement adventures!



Happy
Retirement
Leanne!



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info@krhs.net.au

07/28

Managers learning can create a profound impact on KRHS

Vamsi Yalavarthi, Manager of Patient & Food Service at Koo Wee Rup Regional Health Services (KRHS), has recently completed an education program in Procurement and Contracting. Motivated by a passion to enhance operational efficiency and improve patient services, Vamsi pursued this structured learning opportunity to gain specialised knowledge in procurement processes, contract negotiation, and stakeholder engagement within the healthcare environment.

Vamsi's newly acquired skills have already had a significant impact on his department. Through a deeper understanding of procurement strategies, he has been able to streamline supplier negotiations, ensuring high-quality food products at optimal costs.

His expertise in contract management has led to clearer performance metrics and stronger vendor relationships, improving service delivery standards. Additionally, Vamsi's focus on compliance and risk management has enhanced his ability to make informed, data-driven decisions that ensure KRHS adheres to industry regulations.

The benefits of Vamsi's education extend beyond just procurement and contracting. By refining these practices, Vamsi is able to ensure timely access to quality supplies and services, directly impacting the overall patient and resident experience. The improved vendor partnerships foster reliability, supporting both patient/resident care and staff operations, while his focus on sustainability and compliance ensures long-term efficiency.



Vamsi with Aileen Thoms (Interim Chief Executive Officer at KRHS)

For those considering further education in healthcare, Vamsi encourages investment in personal and professional growth. He believes that education not only enhances technical knowledge but also develops broader perspectives and problem-solving skills, preparing individuals to navigate the evolving challenges of the healthcare sector.

Vamsi's journey is a testament to how continued learning can create a lasting impact on both professional growth and the quality of care provided in healthcare settings like KRHS.

Staff & HR Updates

Learn about Support for Seniors



KRHS staff member Joanne Cain and KRHS volunteer Tina Kendall attended the Cardinia Shire Seniors Network Meeting. Representatives from seniors groups across the Cardinia Shire came together to share information about their groups' activities and to hear from the Ageing Well team about support and resources available to Senior residents.

Ageing Well team member Geneivra Antal gave the group an online tour of the Cardinia Support Seniors page of the Cardinia Shire website, which can be found at the Cardinia support service directory and Kelly Burdack talked about upcoming information sessions for carers of people living with dementia. Anyone interested in attending these sessions can find more information on Cardinia Shire Council's website.

**In February,
we held our First of 2025
new employee orientation!
We are thrilled to welcome
our newest team members
to the KRHS family.**



Unlocking Opportunities – tips for success in getting a job at KRHS

As a desirable local employer we welcome applications from those seeking to work at KRHS, however, a few points to help you:

- All roles must be advertised and selection completed on merit. We do not run a talent pool, so please only apply for specific roles when advertised.
- All roles are advertised on our careers page, Facebook page, and Seek.
- When you see a role that meets your interests and skills, be sure to apply before the closing date.
- For your best success, write a cover letter highlighting how your experience and skills will see you do the role well. If you don't have any experience, highlight your placements (if applicable), or your own experience you believe is transferable to the role.
- If you need adjustments to the interview process, please call us so we can assist you – we want the people that can do the job well, which we recognise are not always the people that can write applications and interview well.

-Joe Sheppard (Manager – HR)



Victoria's New Health Service Plan: **KRHS** joins Bayside Health Network



A recent review of Victoria's health system found to improve access to quality care, hospitals across Victoria are working together to form Local Health Service Networks.



12 NEW NETWORKS

1. Barwon
2. Bayside
3. East Metro & Murrindindi
4. Gippsland
5. Grampians
6. Hume
7. Loddon Mallee
8. North Metro & Mitchell
9. Parkville
10. South Metro
11. South West
12. West Metro



KRHS JOINS BAYSIDE HEALTH

KRHS joins Bayside Health Local Health Service Network, which also includes Alfred, Peninsula Health, Calvary (Bethlehem), Bass Coast Health, and Gippsland Southern Health Service. These Networks will be in place by 1 January 2026.



WHAT DOES THIS MEAN FOR YOU?

The purpose of these Networks is to provide Victorians with greater access to health care services, closer to home. The Networks will use their resources to provide more options to patients who need treatment and care that cannot be provided by their local hospital.



NEXT STEPS:

We are committed to ensuring your voice is heard. The next steps will be consultation with Health services workforce, communities and the Department of Health about the immediate priorities of each Network.



STAY INFORMED, STAY INVOLVED

We'll keep updating our community with more information as we work together to build a healthier Victoria.

The five health services will care for more than 1.2 million people living in Victoria's south-east, and deliver even better and more connected care in the community for the newly expanded south-east region.



Heartfelt Thanks!

KRHS Ladies Auxiliary Donations

A huge thank you to the amazing KRHS Ladies Auxiliary for their generous fundraising efforts!

Funds were raised for specialised chairs for our residents.

The wonderful ladies met with our CEO, Aileen Thoms, Allied health staff, Cass and Ronan, who took them on a tour of the hospital to see the chairs in action.

Following the tour, they enjoyed a lovely morning tea together.

Your support makes such a difference – Thank you!



Thank
You!



Heartfelt Thanks!

KRHS Ladies Auxiliary Donations

We are incredibly grateful to the KRHS Ladies Auxiliary for their generous donation of vital sign monitoring equipment and insulated bags to our District Nursing Unit.

Their generous fundraising makes a world of difference.

If you would like to find out more about joining our Ladies Aux, please contact our Volunteer Coordinator at **03 5997 9679**.



Thank
You!



Healthy Lunchboxes: Fuelling a Healthy Workforce

At our health service, we understand that healthy staff are the cornerstone of delivering high-quality and high value care. To support the wellbeing of our teams, we are excited to promote the importance of nutritious and balanced lunchboxes. With busy schedules, demanding workdays and shift work, it can be easy to overlook the power of a healthy lunch, but a well-packed lunchbox can be a game-changer for energy, focus, and overall health.

Why Healthy Lunches Matter:

A balanced lunch provides the energy needed to power through the afternoon, helping staff stay alert, focused, and productive. It also plays a critical role in long-term health, reducing the risk of chronic conditions such as heart disease, diabetes, and obesity. More than just fuel for the body, nutritious meals can also boost mood, reduce stress, and improve mental clarity—qualities that are essential for providing high-quality care to our residents and clients.

The Lunch Box Builder:

This is a one stop shop where you can choose a food group and select items. Also, you can find tips and recipes for your lunch box.



What Makes a Healthy Lunchbox?

A healthy lunchbox should be filled with a variety of foods that provide essential nutrients to keep you energised and satisfied. Here are a few tips for packing a nutritious lunch:

- **Protein:** Include a source of lean protein, such as chicken, turkey, tofu, or beans, to help keep you full and support muscle repair.
- **Whole Grains:** Options for whole grains like brown rice, quinoa, or whole wheat bread, which provide fibre and help regulate blood sugar levels.
- **Fruits and Vegetables:** Fill your lunchbox with a colourful array of fruits and vegetables. These provide essential vitamins, minerals, and antioxidants that boost immunity and improve overall health.
- **Healthy Fats:** Incorporate sources of healthy fats, such as avocado, nuts, or olive oil, to support brain function and heart health.
- **Hydration:** Remember to hydrate! Bring along a bottle of water or herbal tea to keep your body and mind refreshed throughout the day.



Health Promotion



On 28 January, we had a wonderful time at our "Forget Me Not Café"!

It was great to meet new faces and catch up with familiar ones.

A special thank you to Kelly and Geneivra from the Cardinia Shire Council's Ageing Well team for joining us as well!

If you or someone you know is interested in learning more about these sessions, reach out to Joanne Cain at **03 5997 9655** or joanne.cain@krhs.net.au.

The Forget Me Not Café is a welcoming space for people living with dementia and their loved ones in Koo Wee Rup and surrounding areas.



**Forget Me
Not Café**



Join Our Community Session on Elder Abuse

As our community grows, so does the need to ensure that our elders are treated with the dignity and respect they deserve. Elder abuse is a serious problem that many people face, but it often happens behind closed doors, making it difficult to identify and address. That's why Kooweerup Regional Health Service is hosting an important awareness session aimed at increase the public awareness on what elder abuse is, the different types, warning signs, and how to seek help.

SESSION DETAILS

Date: 05 March 2025 (Wednesday)

Time: 10.00 am

Refreshments will be provided.

Location: Eco-House Community Room,
215 Rossiter Road, Koo Wee Rup

Speaker: Kim McCartney (KRHS- Social Worker)

WHAT IS ELDER ABUSE?

Elder abuse is the intentional mistreatment or neglect of an older adult, typically by a family member, caregiver, or someone they trust. It can take many forms, each causing emotional, physical, financial, or psychological harm to the victim. Unfortunately, many cases go unreported, leaving vulnerable elders at risk. 'Elder abuse is a form of family violence'



The Different Types of Elder Abuse

- 1. Physical Abuse:** Infliction of bodily harm or injury, including hitting, slapping, or restraining an older adult.
- 2. Emotional or Psychological Abuse:** Verbal assaults, threats, humiliation, or intimidation that can lead to anxiety, depression, and fear.
- 3. Sexual Abuse:** Any non-consensual sexual contact or behaviour.
- 4. Financial Exploitation:** Manipulating, stealing, or coercing an older adult into giving away their money or property.
- 5. Neglect:** The failure to provide adequate care, including withholding food, medications, or necessary physical and emotional support.

Warning Signs to Watch For

Identifying elder abuse is crucial to protecting our loved ones. Here are some red flags to be aware of:

- Unexplained injuries, bruises, or fractures.
- Withdrawal, depression, or sudden changes in behaviour.
- Fear or anxiety around a specific person or caregiver.
- Sudden financial difficulties or missing valuables.
- Poor hygiene or unattended medical needs.
- Isolation from friends and family.

How to Seek Help and Support

If you suspect elder abuse, it's important to take action to help the victim. Resources are available to support both the victims and those who care for them. During the session you will find more. The upcoming community awareness session is an opportunity for us all to learn about elder abuse and the steps we can take to help. Whether you are a caregiver, a family member, or a concerned neighbour, knowledge is key to recognising and addressing elder abuse. Together, we can protect our elderly population and ensure they live their golden years with the care and respect they deserve.



What's happening with local youth?

Youth support in the Health Promotion Department has kicked off 2025 with a bang! In collaboration with Kooweerup Secondary College, we warmly welcomed the incoming Year 7 students on their first day of high school. Our team helped them navigate the school grounds and organised fun activities during recess and lunch.

Every Friday, you'll find students from the Secondary College diligently maintaining our beautiful Community Garden. They tend to the garden beds, care for the chickens, and have begun enhancing the children's play area. This hands-on experience allows students to develop a variety of valuable skills.

We also participated in the Secondary College's school swimming event, where we set up a fun games area for students not swimming. This event provided an excellent opportunity to promote the Sun Smart message and distribute over 150 servings of fresh fruit to the students.



Year 7 students enjoying their first recess at high school in 2025

A Secondary School student trimming the hedge, being supervised by a TAFE student on placement.



Students in the cool-down space at the school swimming event.

Health Promotion

Clean Up Australia Day

In the week leading up to Clean Up Australia Day on Sunday, 2nd March, a group of twenty Year 10 students from Kooweerup Secondary College, along with the Youth Team from Kooweerup Regional Health, joined forces to tidy up Koo Wee Rup.

The team focused on several key areas including Cochrane Park, the pools, the hall, the walking track, Main Street, and the bus terminal. Impressively, there was noticeably less rubbish around this year compared to previous years, highlighting the community's commitment to keeping the area clean.

The group managed to collect eight full bags of rubbish, as well as some unexpected items like a golf ball, a tennis ball, a fire extinguisher, and a shovel.

A huge thank you goes out to the students for their enthusiasm and dedication to making their community a better place. Your efforts are truly appreciated and help keep Koo Wee Rup beautiful.



Leisure and Lifestyle

Australia Day BBQ

Residents from the Killara and Westernport Unit enjoyed an Australia Day BBQ in our beautiful garden with our amazing staff.

The BBQ brought the residents together to reflect, respect, and celebrate living in Australia.



Leisure and Lifestyle

Australia Day BBQ



Leisure and Lifestyle

Mary Poppins visit....

We had Mary Poppins (Caroline, Leisure and Lifestyle Assistant) came to visit and play word games with the word 'supercalifragilisticexpialidocious'



Residents are enjoying gardening in our Bass Garden.....



Leisure and Lifestyle

Celebrating Valentine's Day....

Our residents celebrated Valentine's Day with a special Tea Party.....



Cooking Session.....

Our residents recently enjoyed making a Nectarine Upside Down cake as part of their fun with food activities. The nectarines used were from one of our fruit trees in the garden and the finished result was a big hit with everyone!



Nectarine Upside Down Cake recipe

Ingredients

- 2 cups all-purpose flour
- 1 cup brown sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup buttermilk
- ½ cup 1 stick unsalted butter, melted and divided
- 2 large eggs
- 4 nectarines, sliced into thick wedges

Instructions

- Preheat oven to 180 degrees C.
- In a large bowl, combine flour, sugar, baking soda and salt.
- In a large glass measuring cup or another bowl, whisk together buttermilk, 4 tablespoons butter and eggs. Pour mixture over dry ingredients and stir using a rubber spatula just until moist.
- Add remaining 4 tablespoons butter to the bottom of a cast iron skillet or 9-inch cake pan, swirling the pan until the bottom and sides are well coated. Sprinkle brown sugar evenly over the melted butter. Arrange nectarine slices on top in a single layer. Scoop the batter evenly over the nectarines, smoothing out the top.
- Place into oven and bake for 45 minutes, or until a tester inserted in the center comes out clean.
- Let cool for 5-10 minutes. Run a knife around the edge of the cake and turn upside down onto a serving plate.
- Serve immediately.



Leisure and Lifestyle

Happy Hour with Brooke...

Our residents enjoyed the happy hour music with Brooke at Westernport Unit.....



Meanwhile,
our resident Michael is
enjoying the sunshine
of the last few weeks
of summer.



Welcoming New Faces and Celebrating New Adventures

Hoping that everyone had a terrific festive period and got to spend some much needed time with loved ones. For those of you who had a well-deserved break and were able to get away for a short while, I'm very jealous but hope you had a fabulous time away! I would love to hear all your recommendations of a good holiday destination!

2025 sees us back in full swing with a few new volunteers starting their journey with us and a couple of you moving on to different adventures!

We welcome to Kooweerup Regional Health Service Pauline, Howard, John, Leanne Duff, Rachel and Crystal and thank you for your support in deciding to join us. We hope you will find the rewards that volunteering brings just as valuable to you as you are to us.

I will also try and arrange photos of you all for the next newsletter!

In other news.....

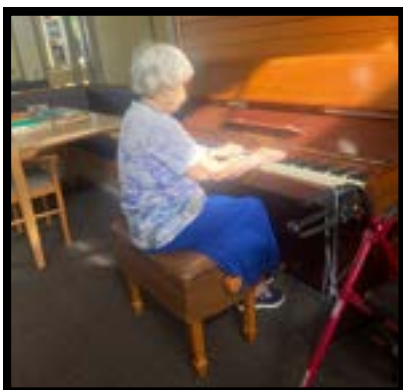
Our residents here at Kooweerup Regional Health Service enjoy music as part of their activities and are often entertained by a variety of volunteers, school groups as well as some professional musicians.

Recently it was noted that one of our pianos which had been previously donated by our wonderful Ladies Auxiliary several years ago had sadly become irreparable and needed to be replaced.

After making a quick phone call followed by a meeting it was soon agreed by the current group of Ladies Auxiliary members that they would again be very happy to generously provide the funds for a replacement piano.

It was acknowledged by all in attendance how much joy music brings into the lives of our residents and therefore how important a piano to compliment this program would mean to everyone.

Pictured below is one of our musically minded residents Joyce enjoying playing a tune on the newly installed piano and two of our Ladies auxiliary members Beryl and Doreen. We are extremely grateful for everything that our Ladies Auxiliary volunteers do for us here at KRHS.



Resident Joyce is playing a tune on the newly installed piano.



Two of our Ladies auxiliary members Beryl and Doreen with the newly donated piano.



The newly installed piano.

Volunteers Voice

And to finish on some very exciting news.....

Our very own L&L team member Lauren who is well known and well loved to many of you, together with her partner Steven welcomed a very special young lady Lily Maree into the world on 29th January weighing 3.87 kg.!!

Anyone that knows Lauren will also know what a kind and caring person she is and what a beautiful mum she will be to this lucky little girl!

Huge congratulations to both Lauren and Steven.

The staff and residents also hosted a little baby shower for her which was a lovely way to send her off in style with a pink party!!

-Jenny Bayliss (Manager - Volunteers and Leisure and Lifestyle)



Meet Ernie.....

Ernie was a Market Gardener for over 50 years.

After retiring, he became a volunteer at Kooweerup Regional Health Service, helping to manage our Community Garden. Look at the great work he's doing!

Want to make a difference like Ernie?

Join our volunteer team at KRHS – we'd love to have you!

Call us: **03 5997 9679** or Email: **info@krhs.net.au**



Diversity

Strengthening equity and inclusive care: A Key to Success for Our Health Service in 2025

In 2025, our health service is more committed than ever to strengthening its diversity portfolio. Working alongside the Centre for Cultural Diversity in Ageing, we continue to participate in the Diversity Mentoring Program (DMP), a key initiative that brings together a wide range of perspectives, experiences, and ideas. This ongoing collaboration benefits not only our organisation but also our staff and the community we serve.

Why Diversity Matters:

A health service that prioritises Equity and diversity creates an environment where everyone – regardless of cultural background, age, or ability – feels valued, respected, and heard. For staff, this commitment means greater professional growth opportunities, exposure to different perspectives, and a sense of pride in contributing to an inclusive workplace. For our community, it ensures that care services reflect the rich diversity of those we serve, improving health outcomes and satisfaction.

The Benefits to Our Organisation:

By continuously working to enhance our diversity portfolio, we are fostering an environment that attracts top talent, builds a stronger team, and improves overall organizational performance. A diverse workforce brings creativity, innovation, and better problem-solving skills, which are essential in delivering high-quality, patient-centred care. Moreover, a more inclusive workplace leads to improved employee retention, as staff are more likely to remain with an organization that embraces diversity and fosters an inclusive culture.

Empowering Our Staff:

Our participation in the Diversity Mentoring Program allows our staff to learn from experts in the field of cultural and diversity inclusion. It helps them understand the importance of adopting inclusive practices in every aspect of their work, from patient care to team collaboration.



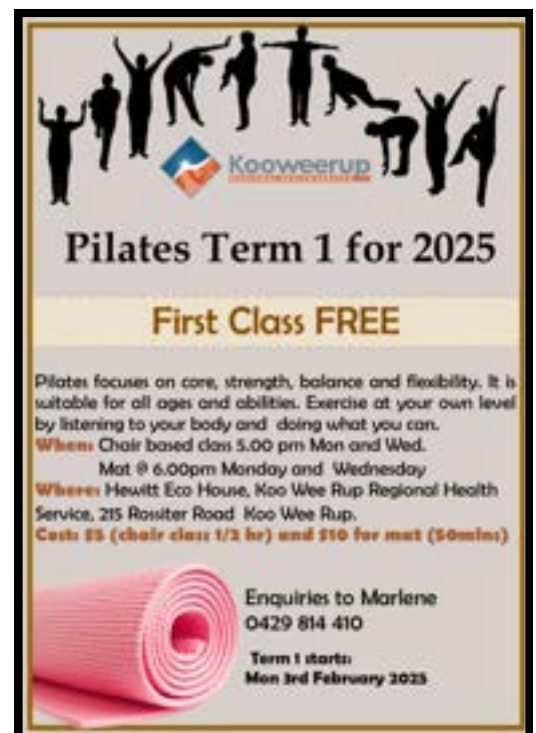
Upcoming sessions in 2025 will provide valuable knowledge and skills:

- Developing Culturally Inclusive Lifestyle and Recreational Programs – March 31, 2025: This session will guide our team in creating programs that are welcoming and respectful of different cultural traditions, preferences, and needs. It's an opportunity to learn how to offer engaging and accessible recreational activities that reflect the diversity of our residents.
- Developing Inclusive Food Services – April 2025 (exact date to be confirmed): This session will focus on how to offer food services that are sensitive to the cultural and dietary preferences of our staff, residents, and visitors. This includes everything from meal options to the presentation of food, ensuring everyone feels valued and cared for.

Serving Our Community:

Ultimately, the impact of a health service's commitment to diversity extends beyond the walls of our organisation and reaches the broader community. When we offer culturally inclusive programs and services, we ensure that all members of the community can access care that respects their cultural and personal needs.

This fosters trust and promotes better health outcomes, as people are more likely to engage with services that are tailored to their specific needs and preferences.



In 2025, we are excited to continue working with the Centre for Cultural Diversity in Ageing as part of the Diversity Mentoring Program, developing programs and services that promote inclusivity in every aspect of our care. By strengthening our diversity efforts, we are not only improving the experience of our staff but also enriching the lives of those we care for, ensuring our health service remains an inclusive and equitable care provider.

Stay tuned for more information about upcoming sessions and other initiatives as we continue our journey to strengthen diversity in healthcare.



Pakenham Bushwalkers Groups

Pakenham Bushwalkers do a different walk each Tuesday so there is no regular meeting point.

The group meet around 9 to 9.15 am and start walking on the dot of 9.30 am.

The 2 walks during Parks week are as follows:

04 March

Leader: Marlene (Enquiries on 0429 814410)

Lang Lang Foreshore to Jam Jerrup.

Meet at car park at right hand end of Jetty Lane Lang Lang Beach

Description: 7 km easy walk. Walk along the foreshore to Stockyard Point and Jam Jerrup community precinct. (It's Shrove Tuesday so pancakes will be provided)

11 March

Leader: Haydn Foster (Enquiries on 0429 814410)

Churchill Park.

Meet at Churchill Park car park.

Description: 11 km medium walk. Walk towards Lysterfield Park and return. Some short steep climbs.

Heart Foundation Walking Groups in Koo Wee Rup

Heart Foundation Evening Walking Group

Meets 7 pm every Thursday during daylight saving at the Koo Wee Rup Clock Towers and bus Interchange in Rossiter Rd for a township walk including rail trail for up to one hour.

Heart Foundation Daytime Walking Group

Meet every Monday and Thursday mornings year round, at 9 am for up to one hour of walking around the township. Same starting point as the evening group.

Enquiries to Marlene on 0429 814410



The poster features the Heart Foundation logo at the top left, with the text 'Walking together towards a healthier heart' in a large, stylized font. Below this, it says 'There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.' and 'Join your free local walking group at the date and time below:'. A table provides details about the group, including the name 'Koo Wee Rup Evening Walkers', the time 'Thursdays @ 7 pm', the location 'Koo Wee Rup Clock Towers' and 'Rossiter Rd Koo Wee Rup', and the organizer 'Marlene 0429814410'. Below the table, it states 'This group walks every Thursday evening during daylight saving. We started early October and continue weekly until early April 2025.' and 'Visit walking.heartfoundation.org.au to join or for more information'. At the bottom, there are logos for 'Proudly supported by Australian Government' and 'Program partner Koo Wee Rup', along with a QR code and a small icon for 'Smart phone to join'.

Group	Koo Wee Rup Evening Walkers
When	Daylight saving period Thursdays @ 7 pm
Where	Koo Wee Rup Clock Towers Rossiter Rd Koo Wee Rup
Organiser	Marlene 0429814410

Visit walking.heartfoundation.org.au to join or for more information