

The Kilmore & District Hospital



A new chapter of connection

The Kilmore & District Hospital (TKDH) is building community connections with the return this year of our successful intergenerational program.

There's a growing body of research and interest in what's become known as bookend generation care, programs that bring together younger and older community members who are at different stages of life's story.

Such interactions have become increasingly important as social change and a busy modern pace have shifted how families and communities engage. Health practitioners have also come to better understand the effects of isolation on wellbeing.

That's something our aged care services team has been working to address for some time. The leisure and lifestyle programs in place at TKDH's Caladenia Nursing Home and Dianella Village Hostel encourage residents' participation and enjoyment of familiar and diverse personal, social and community connections.

The intergenerational program is one of the key features. Anne Hussey, coordinator at Dianella, says the idea first arose a few years back with a few residents

keen to invite local schools where their grandchildren attended.

"We saw the enthusiasm and energy continue after these casual visits and thought we could introduce a formal program to purposefully bring together different generations for mutual benefit," said Anne.

The program enables residents and children to spend time together sharing conversation and activities. Groups visit TKDH facilities, and sometimes residents visit schools or childcare centres. The interaction can be one off or regular visits to get to know one another.

Dianella residents Stan Padgett (L) and Kevin Cooper (R) recently got busy with Reyansh Dalal from Creative Garden Kinder in Wallan, making Easter rabbit masks out of paper plates. They enjoyed the lively interaction with the children.

"It was a great morning and it put a big smile on my face. I felt great afterwards," said Stan.

TKDH is currently inviting schools and childcare centres to participate in our 2018 program.

For more information contact Anne or Mel at Dianella (5734 2170) or Tracey at Caladenia (5734 2072).

CEO's Update

Welcome to the autumn edition of our Kilmore & District Hospital newsletter.

After an enjoyable Easter break it's now the perfect time to head back into the garden or make the most of the great outdoors before winter arrives.

In this edition we showcase our Aged Care Services Intergenerational Program and welcome the next generation of our nursing workforce.

We've also introduced a snapshot of quarterly activity and events, plus a seasonal health and wellbeing tip - all of which will be regular features of future editions.

Our team's focus for the next three months includes:

- Gearing up for the June visit from the Australian Aged Care Quality Agency for an external review and accreditation of our services provided at Caladenia Nursing Home and Dianella Village Hostel
- Commencing construction works for the refurbishment of Caladenia
- Upgrading our fire safety infrastructure
- Preparing for winter and our annual influenza immunisation program.

None of what we do can happen without team effort. Thank you to our supporters, donors, volunteers and committee members for your ongoing contributions.

Regards,
Sue



Hot Tips

As the wintry weather sets in, the heating gets switched on.

Take care that people and flammable clothes are always at a safe distance from your appliance.

An unsafe gas heater can cause a house fire or pollute your home with dangerous fumes. If you have it regularly serviced and use it correctly by following the instructions, your heater should be safe and economical to use.

Make sure the room has effective ventilation – never seal up doorways, windows or vents. It's important that air can come in and fumes can go out.

For the same reason you should never use a gas heater without a flue in a bathroom, bedroom or caravan. Toxic gases like carbon monoxide may cause serious health problems if there is no way for them to exit the space.

For more tips on how to stay safe and warm this coming winter, visit the Better Health [website](#).

What have we been up to?

Data from 1 January to 31 March 2018 included in these figures



2185

Urgent Care presentations



213

Community Nurse Home Visits



22

New Staff Members



5

Dianella Resident Outings



66

Babies Born



1520

Outpatient Clinic Visits



497

Procedures Performed



89

Bingo Games at Caladenia

Cancer Care Continues

A group of five locals who have experienced or are living with cancer have gained valuable support to live well with the changes it brings.

Over two weeks from late February to early March participants in our inaugural Wellness and Life After Cancer Program (WALAC) accessed resources on topics ranging from recovery exercise to finances and relationships.

Margaret Redmond, WALAC facilitator, said the positive feedback from participants means the continued collaboration with the Cancer Council and Hume Regional Integrated Cancer Services will be a great benefit to the community. The program is open to anyone who has been touched by cancer, including carers and family members.

"Thanks to insights from our first participants, we're also looking at how we can facilitate an ongoing support group for local people," said Margaret.

To keep in touch with our cancer support programs register at our [website](#).



Fired up about Safety

Behind the scenes we work hard to keep our patients, staff and residents safe. Every five years, TKDH is required to complete a fire safety audit to check that our equipment and processes meet current compliance standards.

This time around we saw a chance for improvements and received funding towards the high cost of upgrades. Some of this work has recently been completed, and more is happening in April.

Caladenia Nursing Home now has modern smoke detection in place, and there are upgraded fire indicator panels in our Outpatients area. Dianella Hostel is set to get an in-ceiling fire sprinkler system. We've also got improvements scheduled at the Student Accommodation.



Nurturing the Next-Gen



The transition from student to fully-fledged professional can be daunting. That's one of the reasons TKDH coordinates a graduate nurse program.

As a participant in the Postgraduate Medical Council of Victoria's (PMCV) professional development, we facilitate excellence in care, and grow career confidence in our nursing workforce.

This year we welcomed four graduate nurses into the program; Meenakshi, Tara, Rebecca and Lilac (not pictured). The program offers exposure to diverse rotations including theatre and urgent care, and on the acute ward with district nursing and maternity tasters. Nurses also get an aged care perspective at Caladenia.

An exchange collaboration with Northern Health will provide two metro nurses with a rural experience, and a chance for two locals to head to the Northern hospital for a rotation.

The structured program, with dedicated study days, plus peer and clinical support, nurtures new nurses as they shift from novice to expert.

TKDH's Clinical Education Coordinator, Amanda Byrne, is keen to meet future graduates who are interested in the 2019 program. She's hosting an information session on Wednesday 13th June.

To find out more, [email](#) Amanda.

Who are You?

Warren Coyle

Engineer

Why does a hospital need an engineer?

A lot of health equipment is high tech now and hospitals need engineering resources to manage their infrastructure. In the past I was called on ad hoc whenever there was a problem but TKDH has grown. The workforce now needs a dedicated specialist with the technical skillset to look after the range of plant equipment we have here, and to keep it running smoothly day-to-day.

Describe a typical Warren work week.

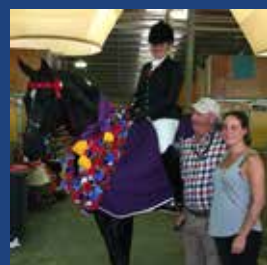
I manage the maintenance and environmental services teams. My responsibilities also include project management of capital works, like the current nursing home extension and our fire upgrade works. So I interact a lot with staff and external contractors.

How did you find yourself at TKDH?

I relocated to the area in 1997. After recovering from cancer, I responded to the hospital's ad in the local paper seeking an engineer. I got a nine week contract to support the hospital to achieve accreditation for its non-medical equipment. That turned into a nine month contract to oversee the hospital redevelopment. I have been here ever since!

What is the best thing about working here?

I've lived in the area for over 20 years. TKDH is my local hospital and I like to see it grow and prosper.




What local activities do you enjoy on your days off?

I am the President of the Kilmore Agricultural Society and the Kilmore Bowls Club. I'm a Member of the Victorian Agricultural Council, and have been participating in equestrian events since I was a teenager. I show saddle horses Australia wide and am a judge at national competitions. Entourage is my current horse. He's been crowned champion at shows right across the country, and he recently won the Australian National Champion Show Horse at the 2018 Sydney Royal Easter Show.



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