Congratulations to Citizen of the Year Nominees — Broken Hill and Wentworth

There were many deserving nominees and the competition was extremely tough this year. Our congratulations are extended to all of the nominees.

Elaine Johns
Inaugural winner of the Broken Hill Senior Citizen of the Year

Margaret Grillett
Receiving her Broken Hill Citizenship Award

Cont’d on Page 2—3:
Wentworth Shire Nominee – Barbara Bone

Barbara shares her passion for Tai Chi and art with her local community through her volunteering efforts. She is a Far West LHD Volunteer Tai Chi Leader. Barbara enjoys sharing her skills and love of art with residents at Murray House.

Barbara Bone presented with a Medallion by Wentworth Shire Council Mayor, Councillor Melisa Hederics. Barbara was a nominee in the Citizen of the Year Awards on 26 January 2018. All nominees receive a medallion in acknowledgement of the honour of being nominated.

Our thanks to Adele Kennedy, Wentworth Shire Council, for sharing the above photo.
Broken Hill Citizen of the Year Awards

Far West LHD was again proud to have several of their volunteers nominated for their contribution to our health Service and dedication to the communities we serve, including:

Barbara Bone — Dareton Tai Chi Leader
Margaret Grillett – Tai Chi Leader
Elaine Johns – Broken Hill Hospital Kiosk Auxiliary
Pamela Lord – RFDS Hospital Visitor
Timothy O’Neill – PFS Staff Volunteer
Gail Turner – Tai Chi Leader
NSW Healthy Food and Drink Framework

With the introduction of the NSW Healthy Food and Drink Framework being implemented in NSW health facilities, the Kiosk Volunteers have been fortunate in having the assistance of the Dietitians in the Allied Health Department of the Broken Hill Hospital. In addition to our wonderful staff, two students, Elizabeth Hurley and Andrea Rossides have been working with the volunteers assisting them to implement the required changes.

In the first two weeks of working with the Kiosk Volunteers, Elizabeth and Andrea have assisted with:

· Drink fridge displays: ensuring the occasional drinks are displayed at the bottom of the fridge with water and healthy options such as Farmers Union 300mL variety in more prominent positions

· Food fridge displays: highlighting the healthy options at the top of the fridge

· Suggesting alternative snacks for the vending machines and the availability of fresh fruit on sale in the Kiosk.

Suggestions for future:

· Kiosk volunteers competition – the day that comes up with the most creative way to promote healthy eating

· Free Fruit Friday — purchase a salad plate and receive a free piece of fruit on Fridays

Elizabeth and Andrea attended the Kiosk’s General meeting, presenting ideas and suggestions to the volunteers and were on hand to answer questions about the Framework.

Following a survey of consumers and staff, conducted by Elizabeth and Andrea, they responded to “A list of Frequently Asked Questions”. The list was presented at the Kiosk meeting, a copy of which is on Pages 6 and 7.
Broken Hill Hospital Kiosk Takes up the Challenge

The Kiosk Volunteers thanked Elizabeth and Andrea for clarification of their queries regarding sizes and sugar content of various drinks. The Volunteers acknowledge Elizabeth and Andrea for their work and assistance which has made the transition easier for the Kiosk and for their excellent presentation at their General Meeting.

Many of the volunteers said that they were concerned about the community’s perception that the Kiosk would not be making many of their favourite foods. Heidi advised the Volunteers that a Media Release had been prepared and its contents will again remind the community that its business as usual at the Kiosk with regard to the availability of all the regular favourite items. The aim of the changes is to make a healthy variety of products available without compromising or stopping the Kiosk from selling the items they are well known for and which are enjoyed by the community.

Dietitian Students Andrea Rossides, Elizabeth Hurley and Heidi Drenkhahn, Community Dietitian, present at the Kiosk General Meeting
NSW Healthy Food and Drink Framework

FAQ

What are the new guidelines?
The NSW Health has initiated a state wide campaign to ‘Make Health Normal’ within health facilities to promote and increase the availability of healthy options for purchase. The framework aims to increase product quality by promoting homemade items rather than commercial products and provide appropriate portion sizes. To increase the availability and visibility of healthy options display areas should have the 75% Everyday and 25% Occasional ratio, all food within arms-reach and eye level must be Everyday foods.

What is an Everyday and Occasional food?
Everyday meals and snacks made from foods in the five food groups:

- Vegetables and legumes
- Fruit
- Milk, yoghurt and cheese (or alternatives)
- Lean meats, poultry, fish, eggs, tofu, nuts and seeds
- Grain foods, including bread, pasta and rice

Occasional food and drinks are higher in bad fats, sugar and salt and are not needed in an everyday diet and should be consumed sometimes and in small amounts. Occasional items include pastry, bacon or crumbed meat and must contain at least 1 vegetable to comply.

What is the 75% Everyday and 25% Occasional food ratio mean?
Each food display should contain 75% Everyday items and are promoted at eye level. For example, the fridge display illustrates what 75% of Everyday food products looks like by having 6 of 8 shelves as Everyday items.
Do the guidelines take away my right to choose products?
No, the guidelines aim to increase healthy options in the kiosk and help make choosing a healthier option easier. Everyone's favourite homemade sweet and hot items will still be available to purchase. The new guidelines make it easier to keep homemade Occasional items than keep the packaged or commercial items such as the donuts and McLeod's pies. We want to increase the delicious homemade items that are available for everyone to enjoy.

Do I have to measure or weigh food items every day?
No, of course not! It is a good idea to measure or weigh your products once or twice to be able to visualise the appropriate serving size but after this you will be able to make an educated guess.

I'm worried that people won't come to the kiosk and the hospital will suffer from a smaller donation.
It is normal that customers will need to adjust to the changes which may temporarily reduce the number of customers coming to the kiosk temporarily. Once all hospital wards are open and accurate information is circulated around Broken Hill that your delicious homemade meals and snacks are here to stay, we anticipate the kiosk will resume normal takings.
Wilcannia Hospital Auxiliary—Latest Purchase

Patient comfort and staff work conditions are the main purpose of the Hospital Auxiliary. The latest purchase of a “Princess Reclining Chair and Day Bed”® achieves both.

Ursula O’Brien, Wilcannia Health Service Manager, commended the community on the support they give the Auxiliary’s fundraising to allow the purchase of equipment such as this. Ursula noted that the many functions of the chair reduce the risk of movement injury to staff and give the patient a greater degree of control over their comfort. The chair sits up, lays down, arms, headrest and foot rests adjusts, is covered in material that is easy to clean and has an “air comfort seating system”, which combine to give pressure relief for long term sitting.
Can you tell me a little about your job with the Health Service?

My role is to support and advocate for clients over 70 years who present to our Emergency Department. Older people present with vague reasons which can include a typical or non-specific presentation of illness and social/functional related problems, that can be masking underlying problems.

What do you like about your job?

I enjoy being able to assist our older community members in a time when they are unwell, scared or even overwhelmed. Sometimes you are their voice, other times you are there just to tell them “it will be okay”.

Can you tell me about your life and family, hobbies?

I am born and bred in Broken Hill. I completed my Nursing Training here in Broken Hill, the last group prior to the move to universities. I am married to a local, David Pruszinski and we have three children, Emily, Sarah and Jakob. I have lived and worked in Broken Hill all my life, a great asset in the emergency department (excuse the pun).

I enjoy cooking, reading, gardening and craft or art projects. I am always busy baking or making something for someone. My children were known as the cupcakes kids, especially in their 3 Unit maths class.

Have you ever/or are you volunteering currently – if so what’s your role and where do you volunteer?

I supported my children at Morgan Street Public school with the many different activities. I was a Cub Scout Leader for several years. I was also a volunteer at the Aged Care Facilities, running activities on weekends and taking the residents to personal events (eg ANZAC Day march).

I am currently a volunteer at our Health service, supporting the Patient Family Support Group. This is a group of staff members that are available for families in the emergency department when their loved one is unwell or experiencing a traumatic event. We support them through the tough decisions and give them someone to talk to.
Tuesday Kiosk Team: Who else would be so happy even before 7 am — some of our wonderful volunteers that’s who!

Above: Polly and Betty: Below Polly and Helen

Above Meredith and Colleen
Below Betty

Raelene and Mary
Telecross Belated Christmas Morning Tea

Unfortunately not all of the Telecross Volunteers were able to put their busy schedules on hold to attend a belated Christmas Morning Tea catch up. It was lovely to see some of the volunteers getting together as although they work on a regular roster they each work on different mornings so it was a treat to catch up with each other and Telecross Coordinator Dot Hanley.

Back Row L: Telecross Coordinator Dot Hanley, Marie Milne, Sue-Ellen Rudd, Anne Bloomfield Josie Shoobridge and Jann Collins

The Red Cross Telecross Program’s Team do a wonderful job of contacting isolated people in our community each morning, 365 days a year; giving peace of mind to the person being contacted and their carers or families who may be interstate.

Telecross is for people who live along and are at risk of an accident or illness that may go unnoticed. In particular; people who:

- are frail and aged
- have a disability
- are housebound
- are recovering from an illness or accident.

Anyone wishing to make a referral to Telecross or obtain further information about the service please contact Red Cross Telecross Coordinator Dot Hanley on (08) 8087 6695.
Things to make you smile — think...

“Kindness might not be your first impulse, but it should be the next one”

- Life’s Little Instructions—author unknown

Contact Details
Volunteer Manager:
Mary Leehane
Kincumber House
Morgan Street
Broken Hill 2880
08 8080 1256
Email:
Mary.Leehane@health.nsw.gov.au

Further Information con volunteering can be obtained from our Website:

Volunteers are unpaid not because they are worthless, but because they are priceless

Response Form

We would appreciate any comments or suggestions on this newsletter.
If you have requests or ideas for publication feel free to get in contact.
Fill out your comments/suggestions below and send to Mary or email
Mary.Leehane@health.nsw.gov.au

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Thank you