

Keeping you up to date with developments at Healesville Hospital and Yarra Valley Health



HEALING IN HEALESVILLE

Healesville Hospital and Yarra Valley Health is seeking community support for the establishment of a Wellness Garden for patients and their families.

Christine Wittkopp, Nurse Unit Manager, said the wellness garden would have a range of benefits.

“We know that viewing or being in nature produces positive changes in a patient’s blood pressure, heart activity, muscle tension and brain activity,” Ms Wittkopp said.

The garden will provide patients with a safe space to breathe the fresh mountain air, spend quality time with their loved ones and give them a quiet place for reflection.



There have been significant financial contributions and time committed already to the garden, but fundraising needs to continue to complete the project. Eastern Health Foundation is raising money to make the wellness garden a reality.



Donations can be made at main reception at the hospital, by calling Eastern Health Foundation on **(03) 9895 4608** or online at easternhealthfoundation.org.au and clicking on the ‘Areas of Need’ icon.



FAREWELL JAN WORLLEY



Jan Worlley, Healesville Hospital and Yarra Valley Health theatre nurse, has retired after 56 years of nursing.

During her 53 years as a Registered Nurse Jan has proudly mentored hundreds of students and novice nurses and has been a great role model. We wish Jan all the best for her retirement and thank her for her many years of loyal service and dedication.

ABORIGINAL HEALTH TEAM

Eastern Health’s Aboriginal Health Team is a community-based service based in Healesville that is accessible to Aboriginal people and their families living in Eastern Health’s catchment.

It provides a range of services that are available on-site in Healesville and through home visits and outreach support. These include:

Primary health care: health checks, nursing support and general health information and education.

Case management and advocacy: care planning, case management, referral and advocacy for other services.

Social and emotional wellbeing: counselling services, school-based programs and education support.

Home and community care: domestic assistance, property maintenance and social events.



The Aboriginal Health Team is located at 377 Maroondah Highway, Healesville and is open Monday to Friday, 8.30am to 5pm. Phone **5957 1100** or email AHTIntake@easternhealth.org.au

For more information about our Aboriginal health services and Closing the Health Gap initiatives, email communications@easternhealth.org.au to subscribe to our Connect with Respect newsletter.

Eastern Health does not tolerate any form of violence and aggression. We appreciate your support in ensuring a safe environment for our staff, volunteers, patients and visitors.



AFTER HOURS PRIMARY CARE AVAILABLE

Healesville Hospital and Yarra Valley Health's GP Clinic offers a high-quality service after hours.

As well as business hours, the clinic is open weekdays between **6 p.m. – 10 p.m.**, weekends and public holidays between **9 a.m. – 10 p.m.** "Walk-up" appointments are available.



Pictured from left to right are our Practice Nurse, Kathleen Tester, Dr Vishal Patil, Dr Ken Tate, Dr Maryam Lak, Practice Manager Katrina Rolando and Dr Hussien Torahi. Most recently, Dr Amila Munasinghe commenced at the clinic.



Call **1300 130 381** (Option 3) to contact the GP Clinic.



If you require care outside practice hours, consider using **My Emergency Dr**, a smartphone app that allows you to have a video consultation with a specialist emergency doctor 24/7. Visit www.myemergencydr.com for more information.



Nurse-On-Call Service is also available 24/7. Call **1300 606 024** to speak to a Registered Nurse. In an emergency, call **000** or present to the nearest emergency department. The nearest emergency department is Maroondah Hospital, Davey Drive, Ringwood East.



DO YOU NEED HELP TO QUIT SMOKING?

Our Community Health Respiratory Nurse, Jennifer Johnstone, can help you to be smoke-free. Jen can also help you with managing Asthma and Chronic Obstructive Pulmonary Disease.



Contact **1300 130 381** or visit our website make an appointment.



QUALITY AGED CARE IN HEALESVILLE

Monda Lodge is a fully accredited aged care facility and we currently have a number of vacancies.

Residents are welcomed into a home-like environment where their independence, maintenance of friendships and participation in the local community is encouraged.



Call us on **5969 9968** to arrange a tour. Please visit our website for more information www.easternhealth.org.au/monda



VOLUNTEER POSITIONS AVAILABLE NOW

We are looking for volunteers to be trained and supported to help patients in hospital with their orientation, nutrition, comfort, mobility and exercise.

Our Falls and Wellbeing Program aims to reduce the risk of patient falls during their stay, and has a range of benefits for their wellbeing. Nurse Unit Manager Christine Wittkopp said the program has been extremely successful across Eastern Health, and it would be great to have local residents join the dedicated team at Healesville.



To find out more about becoming a volunteer at Healesville Hospital and Yarra Valley Health, call **5957 4459** and ask for the nurse in charge.