

# Community Connect

June Issue 2023



## MESSAGE FROM THE CEO

Welcome to the June 2023 issue of MHS Community Connect.

The last three months has been very busy at MHS with various activities and events for our residents to participate in.

In the lead up to Easter, students from St Patrick's Primary School Port Fairy and the Port Fairy Consolidated School provided art work for an art show and visited to have afternoon tea with the residents.

We commemorated ANZAC Day with a moving ceremony in Belfast House which was also attended by local service personnel, serving and retired.

At the end of April, we recognised our very generous community including Murray to Moyne, Port Fairy Community Bank and Belfast/Port Fairy Lions who all contributed to the upgrade of the dining room furniture in both Belfast and Moyneyana Houses. Our residents are very pleased with their new furniture.

May races carnival brought the opportunity for residents to join in the fun by competing in their own races. They donned their best hats and fascinators and became very competitive - especially with fashions on the field.

Before we knew it - it was time to celebrate the coronation of King Charles III.

Representatives from the Port Fairy CWA visited our female residents to present each of them a posy of flowers to recognise Mother's Day and they all enjoyed each other's company over an afternoon tea.

We spent a week acknowledging and celebrating the wonderful volunteers who donate their time to enriching the lives of our residents.

Volunteers are an integral part of enabling us to deliver the best service - every person - every time and we thank every single volunteer for their dedication.

On International Nurses Day - we reflected on the wonderful nurses and care givers we have at MHS. It is a joy to see each and every day, the staff caring for our residents and patients in the kind and caring manner that we value at MHS.

Some of our residents took an excursion out to Budj Bim for a luncheon and then attended an information session to learn about cultural awareness - it was a very enjoyable and interesting event.

Finally, with the winter weather upon us, I would like to take the opportunity to remind everyone to take care of each other. Look out for those in our communities who may be vulnerable in the cold months. Be vigilant - Covid and the Flu is active, and if you haven't already - please consider getting your vaccination up to date.

**Katharina Redford**  
Chief Executive Officer



 **Community Drop in Session - Tuesday**  
**20th June 2023**  
**10.30am - 11.30am**

We are holding a Community Drop in session at our Port Fairy Community Health Campus. If you would like to know about our services and how we can assist you please drop in and see one of our friendly staff.

If you are unable to make it on 20th June - you can call reception on 5568 0100 for any information you require.



## NATIONAL SORRY DAY

Every year on 26 May, National Sorry Day remembers and acknowledges the mistreatment of Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities, which we now know as 'The Stolen Generations'. It reminds us to reflect on how we can all play a part in the healing process.



## Meet one of our volunteers - Jim Kent

Jim Kent is well known in the Port Fairy Community for his life long commitment to volunteering. Along with our other volunteers, he was recently recognised for his work with MHS. From afternoon teas with Moyneyana men, which includes sing-a-longs and providing for the needs of residents through LionsCare - we know we can always count on Jim.

Asked why he volunteers, Jim replied "It's in the genes. I've volunteered since I could walk. I love talking to the residents and I get a deep sense of achievement and satisfaction from volunteering" Thank you Jim and all of our volunteers - You enhance our resident's lives!

## Would you like to join our group of volunteers?

If you are interested in volunteering at Moyne Health Services  
please contact our Volunteer Co-ordinator  
Joan Hose on telephone 5568 0029



## Connect with MHS



[www.moynehealth.vic.gov.au](http://www.moynehealth.vic.gov.au)



[www.facebook.com/moynehealthservices](https://www.facebook.com/moynehealthservices)



5568 0100

## Community defibrillator information session – reminding us that knowledge can save lives

On 17th May, Jo Keane, Clinical Educator, held an information session for the 'Wednesday Wanderers' from Koroit on how to use a defibrillator and how to perform CPR.

13 members from this group joined in what was a very engaged discussion and demonstration, with many excellent questions from the group.

Special thanks to Laurie, who shared his incredible story, and reminded us all that this knowledge really can help save a life.



## MHS Mosaic - a reflection in pictures



## MHS Care Opinion to Launch 1st July 2023

Care Opinion in an independent site where anyone can share their stories about their experience of care. The site covers health and aged care, and community services in Australia giving service users, their families and carers the opportunity to publish their personal experiences, good or bad, of the care system.

From 1st July, we encourage anyone who would like to share their story about MHS to visit the website:

[https://www.careopinion.org.au/services/lhn\\_mhs\\_3284](https://www.careopinion.org.au/services/lhn_mhs_3284)

Alternatively you can still provide feedback through our website or feedback forms.