

MILDURA
BASE PUBLIC HOSPITAL

Heartbeat



WINTER 2023



Sarah's story of survival

SEE PAGE 6 FOR
THE FULL STORY

CLINICAL TRIALS AND RESEARCH UNIT OPENS
A COLOURFUL SHOW OF APPRECIATION
CALEB'S EMOTIONAL MBPH REUNION



Welcome

TO OUR 'HEARTBEAT' MAGAZINE

Welcome to the Mildura Base Public Hospital Foundation's new Quarterly magazine 'Heartbeat'.

There is always something exciting happening at the hospital and with the Foundation's activities and so we thought it was time we shared the good news with all of our staff, our Foundation Friends and the Northern Mallee Community.

A lot has happened since we established the Foundation in 2022, following the hospital transitioning back to public administration in September 2020.

The MBPH Foundation aims to create happier, healthier lives by investing in the life-saving and life-changing work of the Mildura Base Public Hospital. Our Foundation has a unique partnership with our community.

One of the feature articles in our inaugural edition of Heartbeat, is the KC Society Alfresco Luncheon held on Friday, May 5. The KC Society was established in honour of the late surgeon Kevin Chambers, and it was delightful that his wife Julie and her family were able to attend the event.

Not only was it a wonderful occasion and a huge success, almost \$150,000 was raised which will be used to fund the Society's Tertiary Scholarships program.

The luncheon was attended by more than 180 people whose generosity was overwhelming and I take this opportunity to thank each and every one of them for opening up their hearts and their wallets to support the KC Society and the Foundation.

Since its establishment, the Foundation has raised almost \$2million and staged a number of key fundraising events, including the Foundation Gala Ball, a Golf Day and the fabulous MBPH Foundation 'Back to Base' Concert, featuring Australian Superstar Jessica Mauboy, which was a brilliant success last December.

This year we have some brilliant not to be missed events including, the Foundation Cocktail Party to be held at the new Powerhouse Precinct on September 8, our Golf Day at Coomealla Golf Club is a favourite and will take place on November 17. The Black-Tie Gala Ball is our major fundraiser

and this year it promises to be bigger and better than ever! It is being held at the wonderful Club Da Vinci and again the menu will be inspired by Stefano de Pieri.

Some of the money already raised by the Foundation is being used to fund cancer research in the hospital's new Clinical Trials and Research Unit and to build Foundation House, a \$4million plus project, which will create a 'home away from home' for families.

MBPH often cares for patients for extended periods of time and for some people that means not having the support of loved ones around them because of the distance between their home and the hospital.

Foundation House will provide a place of comfort, convenience and support for those people.

Thursday, February 2, marked the opening of the MBPH Clinical Trials and Research Unit an event that was attended by more than 100 people.

On behalf of the Foundation, I had the pleasure of presenting a cheque for \$215,000 to the hospital which was gratefully received by MBPH board member Quinton Norton and CEO Terry Welch.

This money will assist with the cost of establishing the Clinical Trials and Research Unit.

The Unit will provide a valuable additional service for the health care of the community and further adds to the services provided at MBPH, which CEO Terry Welch, described as a "game changer" for health in the Northern Mallee region.

The MBPH Foundation is grateful for the great generosity of our many wonderful sponsors and advertisers, without whose support, the publication of this magazine would not have been possible and we thank them for their valuable contribution.

I hope you enjoy reading Heartbeat as much as we enjoyed producing the publication.

Kind regards,

Ross Lake, Foundation Chairman

Inside



6

SARAH'S STORY OF SURVIVAL



10

CALEB'S EMOTIONAL MBPH REUNION



16

A COLOURFUL SHOW OF APPRECIATION



20

THE GIFT OF LIFE



24

CLINICAL TRIALS AND RESEARCH UNIT OPENS



26

A NOBLE CAREER AWAITS



28

MBPH FOUNDATION HOUSE BLUEPRINT



30

FUNDRAISING LUNCHEON SUCCESS



34

SOUND ADVICE FROM THE EXPERTS



38

EXCITING TIMES IN ALLIED HEALTH



44

FROM INDIA TO MILDURA VIA NZ



46

ON THE WARD SIMULATION



48

SUSTAINABILITY AT THE HEART OF MBPH



54

TALIA HITS THE TARGET ON SO MANY FRONTS



56

2023 FOUNDATION EVENTS CALENDAR



58

FOUNDATION GRANTS AND SCHOLARSHIPS

Your Feedback...is welcome!

Let the editorial team know what you think of our Winter edition of Heartbeat and we would also welcome any story ideas you may have for future publications.

Advertise in Heartbeat! For more information contact:
John Dooley m. 0404 475 687 or email: jdooley@mbph.org.au

Editorial content: Heath Kendall & John Dooley.

Graphic Design and Layout: Shaun O'Bree.

Printed by: Park Douglas Printing Mildura.

If you would like to receive the digital version of heartbeat send an email to jdooley@mbph.org.au requesting to be added to our subscriber database.

SUBSCRIBE FOR OUR

Next edition

SPRING 2023

THE PULSE BRIEFS

Kidney Disease Symptoms | Take a Minute for Your Kidneys.
 'Take the Quiz' visit: www.kidney.org.au/kidneyrisktest



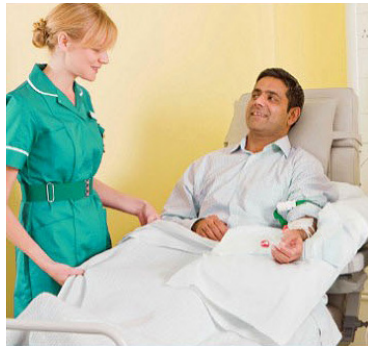
KNOW YOUR KIDNEYS

Your kidneys play a vital role in your body. Without them, you would struggle to process toxins, and this would have a devastating impact on your health.



NEW TO KIDNEY DISEASE

We explain kidney disease from causes to treatments, we take a look at what it means and what you can do next.



CHOOSING YOUR TREATMENT

Depending on the stage of your kidney disease, there are treatments and steps you can take to improve your kidney health and overall quality of life.



SUNRAYSIA BREAD & BUTTER BAKERY

Mildura's Award Winning Bakery!

- Fresh bread baked daily
- Scrumptious cakes & slices
- Pies, pasties, sausage rolls, quiches, sandwiches & rolls
- Plus great barista coffee



At two great locations:

210B Deakin Avenue, Mildura | Ph: 5023 2205
 Fifteenth Street, Irymple Hub | Ph: 5024 5553



MILDURA

114A - 118 LANGTREE AVENUE

PH: 5023 2383

OPEN 7AM - 11PM DAILY
WITH FREE NURSING SERVICE
6PM - 10PM



Supercare
Pharmacy



VICTORIA
State
Government

<p>MILDURA 114A - 118 LANGTREE AVENUE</p> <p>OPEN 7AM - 11PM, 7 DAYS PER WEEK, 365 DAYS PER YEAR WITH FREE NURSING SERVICE 6PM - 10PM</p> <p>5023 2383</p>	<p>MILDURA DC SHOP 5B, MILDURA HOMEMAKER CENTRE</p> <p>MON - SUN: 8AM - 7PM PUBLIC HOLIDAYS: 9AM - 6PM</p> <p>5022 9872</p>	<p>MILDURA CENTRAL S/C SHOP G002, MILDURA CENTRAL S/C, CORNER DEAKIN AVENUE AND FIFTEENTH STREET (NEAR JB HI-FI & NEXT TO TELSTRA)</p> <p>MON-THUR: 9AM - 5:30PM FRI: 9AM - 9PM SAT: 9AM - 5PM SUN: 10AM - 5PM</p> <p>8527 1758</p>
--	---	---

Sarah certainly had something to smile about, this was that day she was discharged and could go home to her family.



Sarah's STORY OF SURVIVAL

WHEN 18-year-old Sarah Young was admitted to Mildura Base Public Hospital's (MBPH) ICU, she was struggling to breathe and needed to be put on ventilator. Such is the severity of this year's Influenza strain.

A patient presenting with Sarah's life-threatening symptoms, would normally be transferred to Melbourne by air, but in her case the situation was so critical, that it would have been dangerous to move her from the MBPH ICU.

MBPH Intensive Care Specialist, Dr Michael Patterson, who was looking after Sarah from her time of admission said she remained on a ventilator for eight days.

"Sarah's increasingly deteriorating condition saw her almost needing to be connected to a heart-lung, by-pass machine," Dr Patterson said.

"However, with the remote assistance of the Alfred Hospital, this was fortunately avoided."

Sarah's uncle, Aboriginal Health Liaison Officer, Jamie Billing, said that Sarah was admitted by ambulance and immediately had a tube inserted to help her breath.

"She had that for a while, and slowly her condition started to improve and then the physios got involved and taught her some exercises and even with her issues, Sarah really worked hard at that," Jamie said.

"Compared to how she was 13 days ago it's an amazing turn around!"

Sarah thanked all of the ICU team and everyone at the MBPH who had cared for her.

"Everyone has been so caring and I am lucky to be back to good health and it's all thanks to their great work," she said.

MBPH Executive Director for Patient Experience Andrea Floyd said Sarah's experience and outcome was the hospital at its best.

"This is great example of collaboration between the nursing and the medical staff and the Alfred, in the care of Sarah from the beginning," Andrea said.

"It has really been exceptional. I think Jamie will have told you that they were looking at doing a procedure called ECMO, which is for the sickest of sick patients.

(The ECMO procedure, which pumps blood outside of the body to a heart-lung machine that removes carbon dioxide and sends oxygen-filled blood back to tissues in the body.)

"Sarah was so sick that we couldn't even contemplate road travel to Melbourne.

"I think we did an exceptional job looking after her and I think it is testament to Sarah's strength as well – she is an amazing girl."

Fortunately, Sarah made a full-recovery thanks to the wonderful expert treatment she received from the team in the MBPH ICU, which is renowned for it's brilliant life-saving work.

Dr Patterson said that Sarah's case is an example of how the flu can severely affect people of all ages - even the very young.

The message - get yourself vaccinated!

FLU FACTS:

During 2023, amidst the fourth year of the COVID-19 pandemic in Australia, continued seasonal influenza activity is anticipated as borders remain open and interstate and international travel increases.

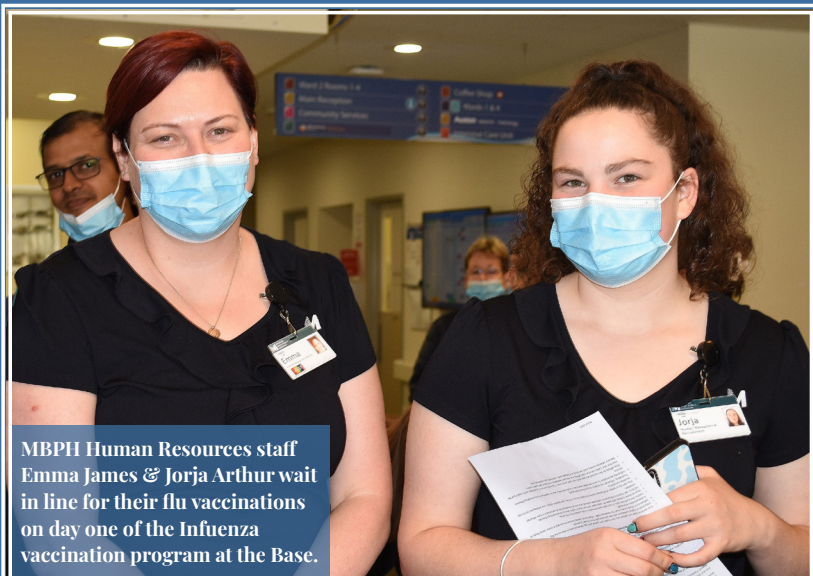
People who are planning international travel should ensure they have had a 2023 influenza vaccination before departure. Depending on individual circumstances, a northern hemisphere influenza vaccine administered overseas should be considered for optimal protection while travelling.

Annual vaccination should ideally occur before the onset of each influenza season. The period of peak influenza circulation is typically June to September in most parts of Australia. In 2022, as international travel resumed, Australia observed a resurgence of influenza with an early season commencement.

During 2023, influenza epidemiology may be atypical, particularly in the context of COVID-19. Vaccination is the most important measure to prevent influenza and its complications.

While protection is generally expected to last throughout the year, the highest level of protection occurs in the first 3 to 4 months after vaccination.

Source: AUSTRALIAN TECHNICAL ADVISORY GROUP ON IMMUNISATION (ATAGI)



MBPH Human Resources staff Emma James & Jorja Arthur wait in line for their flu vaccinations on day one of the Influenza vaccination program at the Base.

MBPH Registered Nurse, Brooke Higgs administers the first flu vaccination in the hospital for 2023 to Aboriginal Health Practitioner, Natalie Bates



MBPH STAFF LINE-UP TO GET THEIR FLU SHOT

With the Flu season well underway, it was timely that on Tuesday, April 18, the MBPH Influenza Vaccination Program commenced and there was a huge up-take, with hundreds of staff getting their flu vaccination and the program continued each week after that.

MBPH CEO Terry Welch put out a 'big thank you' to the clinical staff who were undertaking this exercise saying: "Your efforts are greatly appreciated."

MBPH's Dr Matthew Kho receives his flu shot from MBPH Registered Nurse Brooke Higgs.





SunraysiaFarmers market

There's nothing better than brekkie at the Farmers Market!

"Once a month our wonderful combined market is held with local artists from Riverfront Boutique Markets Mildura join us for the Farmers and Artists' Market - a not to be missed Market Day."

Upcoming market dates:

- June 3
- June 10 (combined market)
- July 1 (combined market)
- July 15
- August 5
- August 19

- Locally grown fresh produce
- Beautiful arts & crafts
- Scrumptious food
- Fun entertainment
- The best hot coffee in town
- And so much more!



QUALITY PRODUCE - STRAIGHT FROM THE FARM TO OUR MARKET

JAYCEE PARK, HUGH KING DRIVE, MILDURA VIC 3500

ONGOING MARKET OPENS 8AM-12PM | 1ST & 3RD SATURDAY OF THE MONTH

JOE HAIR CRAFT



The boutique salon passionate about the care of your hair



FAMILY OWNED & OPERATED FOR MORE THAN 60 YEARS

Catering for all Men, Women's and Children's hair needs

STYLISH CUTS - PERMS - COLOUR & BLOW WAVES

Mildura's stockist of Schwarzkopf quality haircare products

OPENING HOURS: Monday-Friday, 9am-5pm | Saturday 9am-12noon.

Late nights available by appointment only.

Call Tia on 5023 0733 | 124B Eighth Street, Mildura | e: joehaircraft@hotmail.com



MBPH's CEO Terry Welch, Dr Michael Patterson, intensivist-(critical care doctor) and Andrea Bock, Intensive Care Nurse Unit Manager, with accident survivor, Caleb Bowers 19 and his mother Karen Phillips at the reunion at Mildura Base Public Hospital.

Caleb's

REMARKABLE TALE OF SURVIVAL

A HIGHLY emotional reunion took place at Mildura Base Public Hospital on February 15, this year, when 19-year-old Caleb Bowers was reunited with the team who saved his life.

Caleb returned to the hospital with his mother Karen to meet the team who saved his life last year after he suffered a traumatic head injury when struck by a car when crossing Deakin Avenue.

Tears flowed freely as ICU Nurse Unit Manager Andrea Bock and Dr Michael Patterson recounted the events of the day.

The then 18 -year-old apprentice chef suffered a traumatic head injury when struck by a car when crossing Deakin Avenue on April 28 last year and was brought to the hospital's emergency department in a critical condition.

A neurosurgeon was deployed from Melbourne, and was due to arrive in three hours, but Caleb's condition was deteriorating fast.

Dr Michael Patterson and a supporting nursing team needed to act.

Fighting back tears, Caleb's mum Karen said he wouldn't be standing here today without their actions.

"Words can't describe how grateful I am," she said.

"Just talking to the surgeons in Melbourne, they said what the guys did here - he wouldn't be standing here now if he wasn't taken to ICU straightaway, if they didn't fly a surgeon here to operate before taking him in there."

Caleb had to be resuscitated that day, before being put on

a ventilator and given anaesthetic as he was ushered to intensive care.

"Thankfully Michael happened to be on duty and proceeded to get him pushed through to ICU very quickly," ICU nurse unit manager Andrea Bock recalled.

"What he did that day was nothing short of amazing."

Caleb was transferred to an operating theatre the moment the neurosurgeon arrived.

Bone was meticulously removed from Caleb's skull to relieve swelling on his brain, and once surgery was complete, he was whisked away to the Alfred Hospital for recovery.

Dr Patterson said without the procedures the base hospital had in place, Caleb's fate would have been very different.

"I don't think he would have survived," Dr Patterson said.

"Every day we're liaising with The Alfred, we have telehealth with them and the retrieval service every day to try to make sure that we've got the capabilities here to provide intensive care so that when something like this happens, we're ready to go," he said.

Caleb spent a few weeks recovering at the Alfred, before several more at the Epworth Hospital for his rehabilitation.

He was determined to return home quickly, and had plenty of motivation to overcome the barriers he faced.

"Mainly Mum and that just trying to push me through, and friends that were worried about me, just wanting to get to work as well, do stuff that I enjoy," Caleb said.

His projected hospital stay was at least six months, but less than two months after the incident he was back home with his family.

"He wanted to be home by his 19th birthday, and he was home two weeks before," Karen said.

Caleb has continued his rehabilitation, and had his final exercise physiology appointment at Lime Therapy this week.

He has also returned to work at Brother Chris on a part-time basis - setting himself some short-term goals as he continues to recover.

"Just regaining my strength to what it used to be, remembering all the things that happened at work, not requiring any help from anyone, trying to get used to relying on my-self," Caleb said.

As a result of the incident, Caleb does have a slightly impaired sense of smell.

A dietitian at the Epworth Hospital is in the process of writing a cookbook for people with an olfactory impairment, and Caleb will be one of the first people to review it.

"Being an apprentice chef, they've sent us a copy, he's cooked a couple of recipes and he's got to send them some feedback for them soon," Karen said.

MBPH CEO Terry Welch said that Caleb's story was a wonderful example of the MBPH at its best.

"We talk all the time about our values and our team-based focus, but hearing the tales from that day just highlighted to me what an incredible team of people we have working at MBPH," Terry said.



Caleb Bowers and mum Karen Phillips.

"The situation they faced when Caleb arrived at the hospital's emergency department was daunting to say the least and just listening to Dr Patterson and Andrea talk about what they did to save this young man's life was simply amazing."

This is not an isolated story. On many occasions we have seen different teams step up to ensure positive outcomes for our patients.

"It just makes me so proud to be working with every single one of our 1200 staff who I know come to work wanting to make a difference. Well done, you should all feel very proud to be part of the MBPH team," Terry added.

Thank You

to our valued Partners for your continuing generous support of the Foundation



*Designed to assist you
to live safely and
independently at home.*



princescourt
AT HOME



Princes Court has been part of the Mildura community for more than 60 years and we understand the importance of getting the right aged care support services that are tailored to your individual needs. Our team of experts are committed to helping you get the most out of your aged care package.

We provide a range of services, including:

- Personal care
- Social support
- Nursing care
- Domestic support and cleaning
- Home maintenance and gardening
- At-home respite

To find out more about our aged care services or to request an assessment, please get in touch with us today. We're here to help you live the life you want.

Home Care Services

(03) 5055 0911

homecare@princescourt.com.au

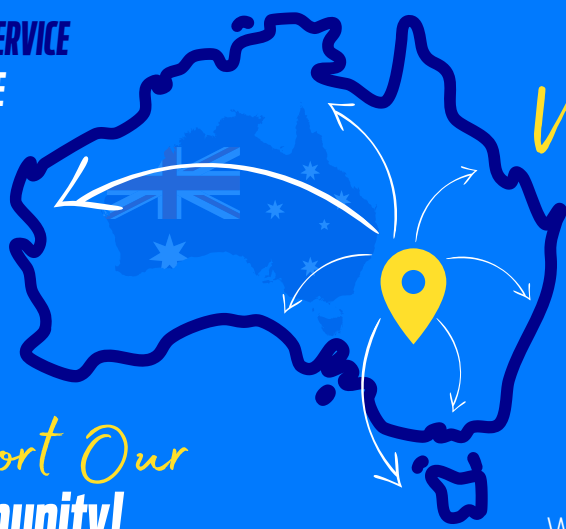


Est. 1983 Davison Motors

Mildura's oldest and most respected Family Motor Firm



NEW & USED SALES // SERVICE
PARTS // FINANCE



We Deliver
Australia Wide!

@DAVISONMOTORSMILDURA

We Support Our
Local Community!

Shop Online
WWW.DAVISONMOTORS.COM.AU



Davison Motor Firm

(03) 5018 7400 | 705/711 Fifteenth Street Mildura



A colourful
SHOW OF APPRECIATION

OUR second Appreciation Day celebration on Wednesday, April 29, highlighted the role every staff member plays in the delivery of outstanding health care at Mildura Base Public Hospital (MBPH).

Staff from across the hospital community enjoyed a delicious lunch provided by a range of caterers including Enjoy Wine and Two Black Sheep.

With a team of more than 1200 and our primary focus on caring for patients, often the areas of our business which sit outside the clinical scope are overlooked, although the role they play in the overall delivery of services are just as important.

Appreciation Day is a chance to celebrate the contribution of all our non-clinical staff and it again highlights our team-base value which contributes to the success of our service.

Our MBPH values are continuing to drive our success and the role they play in supporting every team member through the highs and lows of working in such a complex environment should not be under-valued.



Above: Appreciation Day Two Black Sheep food catering van.
Left: MBPH Human Resources & Recruitment Assistant Genevieve Danenberg about to enjoy her lunch.

HIP POCKET WORKWEAR & SAFETY MILDURA
13 - 15 Tenth St, Mildura VIC 3500
PH: 03 5021 4506
mildura.hippocketworkwear.com.au

WE'RE FROM *AROUND HERE*



Prestige Staffing

WHERE GREAT PEOPLE AND GREAT COMPANIES MEET

Proud
**Lifetime
Partner's**



MILDURA
BASE PUBLIC
HOSPITAL
FOUNDATION



Prestige Staffing

Our Service To You:

At Prestige Staffing, we understand that the key to a company's success is in finding the right people to make it happen.

Our success is dependent on the quality of the candidates we provide to our clients, which is why we take great care to look after and cater to the needs of our candidates and job seekers.

We pride ourselves on taking the time to get to know each candidate and understand their unique needs, goals and preferences. This allows us to match them with the right job opportunities and employers that align with their career aspirations.

Our Community:

As a locally owned and operated agency, we understand the importance of supporting our local community and giving back where we can.

We are proud to be a Lifetime Partner of the Mildura Base Public Hospital Foundation. We take great pride in supporting the healthcare needs of our community and we are honored to contribute to the Foundation's mission.

Contact Us:

☎ (03) 5023 3990
 🌐 www.prestigestaffing.com.au
 ✉ admin@prestigestaffing.com.au
 📍 228 Deakin Avenue, Mildura

LOCAL UNIVERSITY



GLOBAL EDUCATION

**WORLD-CLASS FACILITIES.
INDUSTRY CONNECTED.
GREAT EMPLOYMENT OUTCOMES.**

La Trobe Mildura 





MBPH Registered Nurse Jinu Skaria, MBPH Associate Nurse Manager, Nicole Dacey, Dr Michael Patterson with Executive Director – Clinical Operations, Katrina Allen in the ICU Ward.

The gift of life

THAT SADLY COMES THROUGH DEATH

ORGAN, eye and tissue donation saves lives, restores health and improves the quality of life for thousands of Australians each year.

However, the fact is, only two per cent of people who die in hospital each year, can be considered for organ donation? One organ donor can save the lives of up to seven people and help many more through eye and tissue donation.

In February this year, a 49-year-old Vietnamese woman was in Mildura holidaying with her sister, when she became unwell and then suffered a cardiac arrest, which rendered her unconscious and unable to breathe.

By the time ambulance paramedics were able to render assistance and revive her and get a pulse, her brain had been starved of blood supply for a significant period of time.

The lady was stabilised in the Mildura Base Public Hospital's (MBPH) Emergency Department and then placed in the care of the Intensive Care Unit (ICU) team, but despite everyone's best efforts, the patient's brain began to swell and she was eventually declared brain dead.

Intensive Care Specialist, Dr Michael Patterson, treated the patient upon her arrival into ICU and said while it was a very unfortunate set of circumstances, there was to be a silver-lining outcome.

"The patient was placed on a ventilator and we were able to stabilise her for a period and monitor her blood pressure levels and brain activity," Dr Patterson said.

"You never really know how things are going to go, but her heart had stopped for quite a while, and so it was unlikely she was going to do very well.

"When your heart is stopped for that long, you can get

quite a lot of brain swelling and that is unfortunately what happened to this lady.

"Her brain became very swollen due to that lack of blood supply and she became brain dead."

Because the woman's family were in Vietnam, and didn't speak English, communicating to them what had happened, was challenging.

Once aware of the situation, her husband made arrangements to fly to Australia and was able to be with his wife at her bedside to say goodbye before the decision to switch off her life-support was made.

Following this, the family were asked if they would consider allowing their loved one's organs to be donated, something they would subsequently consent to.

DonateLife's organ retrieval team in Melbourne was alerted to the news that there was an organ donor at the MBPH. Once it was determined what organs were compatible for transplant to a recipient - which takes some days - Donate Life despatched their surgeons to Mildura who were then assisted in theatre by MBPH clinicians to undertake the procedure which took several hours.

The DonateLife team were able to retrieve the woman's lungs, liver and both of her kidneys.

If there is such a thing as a silver lining to a story like this, it would be in regard to the fact that three organ transplant recipients will have had their lives extended and in the case of the kidney recipient, the need to be on constant dialysis, is now a thing of the past.

MBPH Executive Director – Clinical Operations, Katrina Allen paid tribute to all of the MBPH clinicians who looked after

the patient and in particular, the staff who assisted the organ retrieval team.

"The MBPH theatre staff who assisted the DonateLife surgeons volunteered for the role, which was performed on a weekend, outside of their normal rostered hours and they deserve to be congratulated for their dedication," Katrina said.

The Vietnamese lady was in the MBPH for seven days before she was then conveyed to the funeral home prior to her cremation at the Coomealla Crematorium, where a service was held for her.

The MBPH approached Sunraysia Funeral's owner Elvira Iamarino to assist with the cremation service and upon hearing the circumstances of the case, she kindly waived her service fees and only charged for the costs associated with the cremation and death certificate.

"I was very moved by the situation that was explained to me by the hospital and was very happy to assist the deceased's husband with the service, which had to be conducted under very sad circumstances," Mrs Iamarino said.

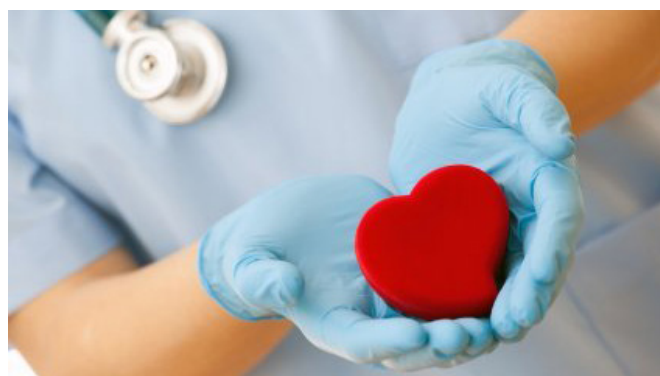
Katrina Allen said that the hospital greatly appreciated the assistance that Elvira and Sunraysia Funerals provided.

"It was a generous and compassionate gesture for which the deceased's family were also very grateful for too," she said.

Following the cremation the deceased's husband returned to Vietnam with his wife's ashes. Sadly her son wasn't able to obtain a visa to enter Australia in time for his mother's service, which further added to the sadness of a very unfortunate situation.



MBPH ICI ward bed & life-support equipment.



How does donation work?

The donation and transplantation of organs and tissues involves donors, families and specialist medical and nursing teams.

Donation and families: what you can do?

The two vital things you can do is to register and tell your family.

Register to be a donor. Registering is important because it lets your family and the doctors and nurses know that you want to be a donor. It's easy to register and only takes a minute. You need to be over 16. Visit: www.donatelife.gov.au/register-donor-today

Tell your family. It's vital that your loved ones know you want to be a donor. This will help them make the decision when the time comes.

How organ and tissue are donated

The way you die affects the donation process and which organs and tissues can be donated.

To be an organ donor you need to die in a hospital, usually on a ventilator in Intensive Care, as your organs need to be working well to be transplanted.

Eye and tissue donation can occur up to 24 hours after your death, so you do not need to die in a hospital.

Organ donation will only proceed if there is a person on the waitlist for an organ that is a match with you.

During end-of-life care, the medical team and donation specialists will discuss the options with your family. Care, dignity and respect are always maintained.

Donation specialist staff will keep in contact with your family over the coming months and provide support and information.

Who will be helped by my donation?

Organ and tissue donation can save and transform the lives of people who, in many cases, are seriously ill or dying.

FACTS:

1,800 Australians are currently waitlisted for an organ transplant.

14,000 Additional people on dialysis who may need a kidney transplant.



Surround yourself with
pure, clean air
Ask us how



Excellence in Heating, Cooling and Commercial Refrigeration Solutions. Since 1961.

VICTORIA | 15 Eighth St Mildura | 03 5021 1210

SOUTH AUSTRALIA | Old Sturt Hwy Berri | 08 8582 1844

info@devilees.com.au | www.devilees.com.au



Proudly MBPH Foundation Partner



MILDURA
BASE PUBLIC
HOSPITAL
FOUNDATION



Haeusler's

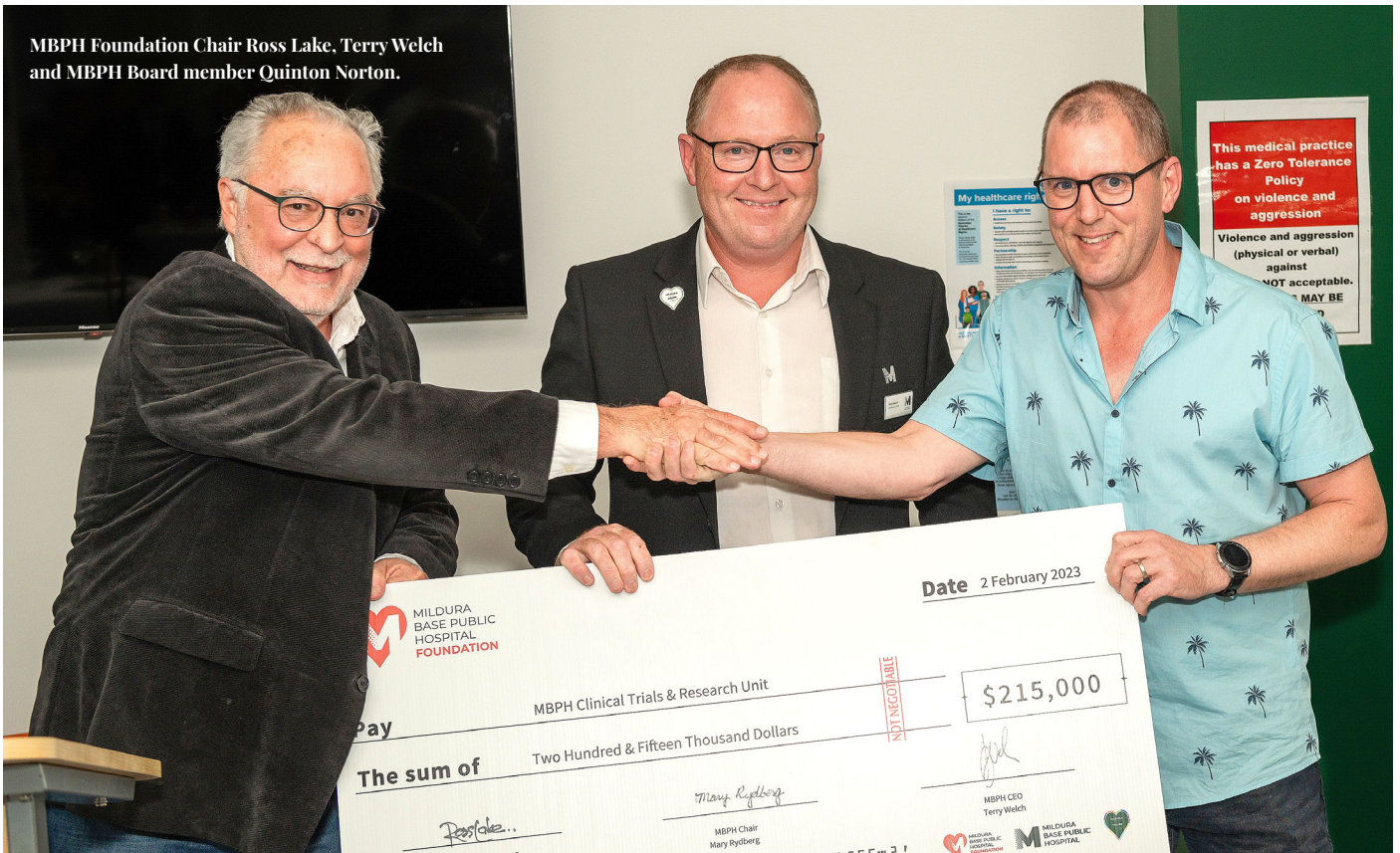
PICK YOUR OWN DIGITAL ADVENTURE

A CAREER IN AGRICULTURE: NOT WHAT YOU EXPECT, NOW MORE DIGITAL THAN EVER.



INNOVATIONS IN AGRICULTURE

**FOR MORE INFORMATION VISIT
WWW.HAEUSLERS.COM.AU/CAREERS**



Clinical Trials

AND RESEARCH UNIT OPENS

FOUNDATION DONATES \$215,000

RESEARCH is such a fundamental part of a health care service, but it has not been something the Mildura Base Public Hospital (MBPH) has had the capacity to undertake. However, thanks to a \$215,000 cash injection from the MBPH Foundation all that has now changed with the opening of our new Clinical Trials and Research Unit.

The Mildura Base Public Hospital (MBPH) officially opened its new Clinical Trials and Research Unit on Thursday, February 2, 2023. The facility is located on the ground floor of the Specialist Clinic adjacent to the hospital.

Therapeutic Goods Administration, Chief Medical Advisor and former Head of School at Monash Rural Health, Professor Robyn Langham, who has been instrumental in the establishment of the Clinical Trials and Research Unit at the MBPH was the special guest speaker at the opening event, where MBPH Foundation Committee Chair, Ross Lake, presented a cheque for \$215,000 from the Foundation to assist with the cost of the facility.

The acquisition of this valuable funding is due to the generosity of our wonderful Foundation Partners, the list of whom, is growing daily and the broader Northern Mallee Community. Without this support, the dream of a Clinical Trials and Research Unit being established at the MBPH, would not have become a reality.

The outlook for people with many cancers is changing dramatically.

The reason is that cancer treatments are changing.

Therefore the establishment of the Clinical Trials and Research Unit provides a valuable additional service for the health care of the Mallee community and adds greatly to the services provided at MBPH which CEO, Terry Welch, described as a “game changer” for health in the Northern Mallee region.

Mr Welch said that having a local research and clinical trials unit means that people in our region can access the benefits of research and clinical trials participation without having to travel to a metropolitan trial’s unit. “I am delighted that patients will now have access to new and potentially lifesaving treatments not otherwise available, with close support to their families and medical care,” he said.

Importantly, MBPH will have control over which research and trials they participate in and can determine the areas of priority the hospital considers will be of most benefit.

Because of the high standards required, clinical trials participation increases the organisation’s reputational status, with the community, with industry peers and with clinicians. The capacity to participate in research is an important factor considered by doctors when taking on a new position.

The MBPH CTU will also benefit from the Alfred Health TrialHub which is a partnership initiative between Alfred Health and rural and regional health services to expand participation in clinical trials.

The TrialHub is funding additional program staff, providing workforce development, training and mentoring to build MBPH’s expertise in clinical trials.



Above: MBPH Board member Quinton Norton, Louise Litten Chief Medical Officer MBPH, Dr Krishna Rachakonda Oncologist MBPH.

Left: Terry Welch MBPH CEO, Professor Robyn Langham Chief Medical Officer Therapeutic Goods Administration.



MARIO'S BAR

AT GRAND ON DEAKIN

PUB MEALS
5 DAYS FROM 5.30PM

SPORTS BAR
FRI-SAT FROM 12 NOON ~ MON-SUN FROM 3PM

GRANDONDEAKIN.COM | 03 5023 0887





Director Clinical Learning & Development Timothy De Boo, Executive Director – Patient Experience Andy Floyd, look on as undergraduate Nurse Educator, Isabella Gove, welcomes the students to the careers seminar.

A noble career awaits

THOSE INTERESTED IN NURSING & MIDWIFERY

STUDENTS from years 9, 10, 11 and 12 attended a Nursing and Midwifery Careers Day seminar at MBPH in May.

During the seminar they heard from various MBPH nurses and midwives about what a great and rewarding career nursing and midwifery is.

The 35 students who attended the sessions were from Trinity, St Joseph's, Mildura Senior College, Merbein P10, Red Cliffs Secondary College and Chaffey Secondary College.

Members of SuniAFE and La Trobe University were also in attendance to promote the various local pathways into nursing and midwifery.

Apart from hearing about the virtues of making a career in nursing and midwifery, the eager students also took part in practical exercises, relating to a variety of tasks and patient interactions that are undertaken by nursing staff in the wards on a daily basis.

Director Clinical Learning & Development, Timothy De Boo, said that during COVID the hospital was unable to conduct

information days for students interested in making a career in nursing and midwifery.

"During the pandemic we were unable to conduct work experience sessions and so today is a wonderful opportunity to invite our budding nurses and midwives along to MBPH to answer some of their questions and to also give them some first-hand experience on what a nurses role entails," Tim said.

"It is really about promoting the profession and today's event ties in beautifully with the fact that it is International Nurses Day tomorrow. We also celebrated our wonderful Midwives last week with International Day of the Midwife. As an organisation we say thank you to our nurses and midwives for the hard work they have done in particular over the last two years, to keep the patients and the community safe."

Due to high demand and fantastic feedback from the Careers Day in May MBPH is planning to repeat the Nursing and Midwifery as a Careers Day with local educational partners this coming October.



Students from six secondary schools attended the Nursing & Midwifery career information seminar at MBPH.





Hilltop a blueprint

FOR MBPH FOUNDATION HOUSE

MILDURA Base Public Hospital (MBPH) CEO, Terry Welch, PICTURED, visited Albury in mid-April, where he enjoyed a guided tour of 'Hilltop', which was hosted by Alice Glachan, the Accommodation Centre's Capital Fundraising Campaign Director. Mr Welch was joined on the tour by Albury Wodonga Heath CEO, Bill Appleby.

Fight Cancer Foundation and the local community through the service clubs are the owners of Hilltop, which is located on the original Albury Base Hospital's block of land, which Fight Cancer now owns and they operate the facility independently of the hospital.

Hilltop is a magnificent four-star accommodation facility which provided Mr Welch with a myriad of great ideas for MBPH Foundation House.

"To see this wonderful accommodation facility first-hand is just amazing," Mr Welch said.

"MBPH Foundation will this year embark on a major fundraising campaign to build our Foundation House – a

home away from home for patients and their loved ones to stay and Hilltop provides an excellent blueprint for us to emulate."

The facility is located just over 50 metres via a wheelchair friendly path to the Albury Base Hospital and the Albury Wodonga Cancer Centre.

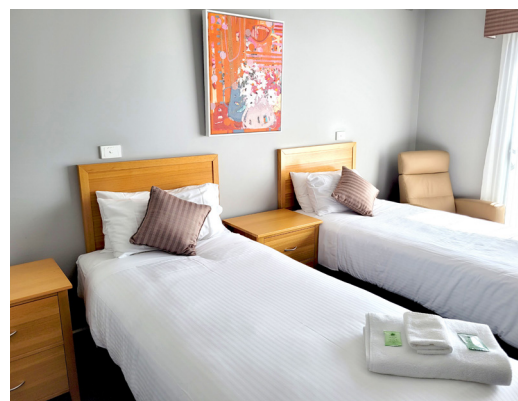
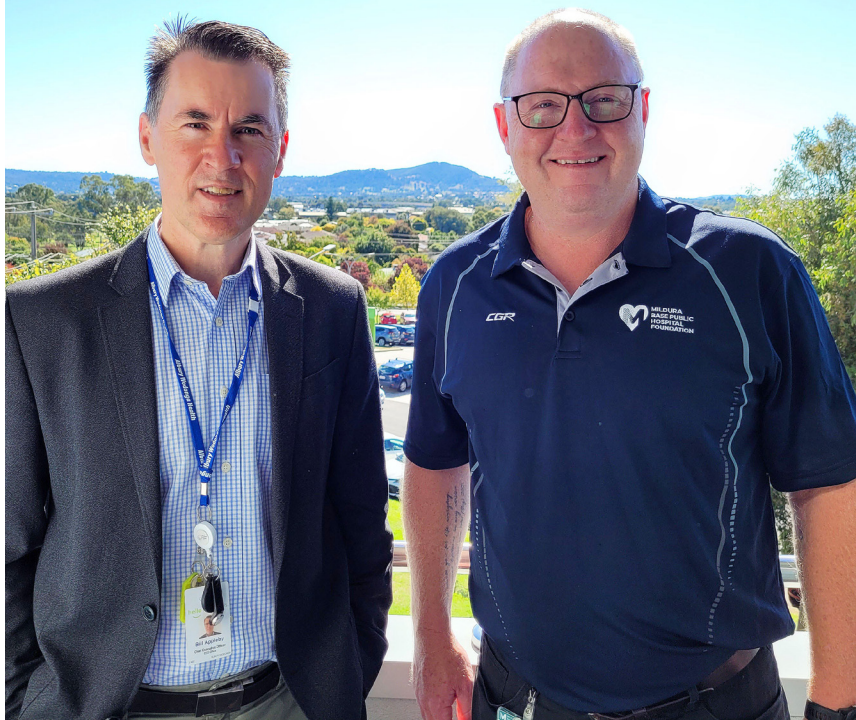
The Hilltop project was the initiative of the local Lions, Rotary and Zonta clubs, who initially raised \$1million and then they approached the Fight Cancer Foundation to partner with them to build the accommodation facility.

Those service organisations have a contract that says that they have a legal right to the ownership of the building. If for any reason Fight Cancer withdrew from the facility they would become the legal custodians.

STAGE 1 was opened in 2010 – originally 20 rooms

STAGE 2 opened just over a year ago and Hilltop is now able to sleep 60 people in 30 rooms.

Albury Wodonga Heath CEO Bill Appleby with MBPH CEO Terry Welch At Hilltop.



STAGE 3 which will be added to the existing building and will provide an additional 10 rooms

The funding of the facility is quite unique with individuals, service organisations and businesses purchasing rooms in perpetuity for \$25,000 each in Stage 1 and \$35,000 in Stage 2. Other opportunities to donate include paying for the cost of furniture for a room and recreational amenities or the kitchen, laundry, disabled toilets and so on. More than \$3.5million has been raised.

MBPH Foundation House project will follow the same funding model in addition to our major fundraising efforts.

The suites include kitchen, dining facilities, and ensuite bathrooms. The rooms are fully equipped with quality appliances, comfortable furniture and bedding. There

are also rooms available for guests requiring wheelchair access.

Each floor features a friendly communal area called 'The Hub'. The Hub boasts a comfortable lounge area with television and stereo, a fully equipped kitchen and a dining area where you can enjoy a quiet meal or mix and mingle with other guests.

To complete your home away from home at Hilltop, The Hub also features a large undercover balcony with outdoor lounge and dining furniture, and BBQ facilities.

All suites have individually controlled reverse cycle air-conditioning and every room has a balcony with a beautiful view.



Quality Fuels & Lubricants

SUPPLYING QUALITY FUELS & LUBRICANTS FOR OVER 60 YEARS



MILDURA
BASE PUBLIC
HOSPITAL
FOUNDATION

Proud supporters of Mildura Base
Public Hospital Foundation



**MILDURA
CARDIOLOGY**

CONSULTATIONS

- One full-time Cardiologist that resides in Mildura
- Nine visiting Cardiologists that consult in Mildura on a regular basis
- Royal Children's Hospital - Paediatric Cardiology Rural Out Reach Service (quarterly)
- Three visiting Haematologists from The Alfred Hospital
- Cardiology Registrar from The Alfred Hospital - rotating on a six monthly placement
- 3rd year and 5th year Medical Student placement from Monash School of Rural Health
- One visiting Respiratory & Sleep Physician

DIAGNOSTIC TESTING

- Electrocardiograph (ECG)
- Echocardiogram (ECHO)
- Transoesophageal Echocardiogram (TOE)
- DCR Cardioversion
- Exercise Stress Testing
- Stress ECHO
- 24Hr Holter monitoring
- 3-5 day Holter monitoring
- Ambulatory Blood Pressure Monitoring
- Pacemaker/ICD/Reveal follow up
- Pacemaker/ICD/Reveal Implantation arrangements



**MILDURA
CARDIOLOGY**

Mildura Cardiology
230 Thirteenth Street, Mildura
P: 5023 8111
E: milduracardiology.com.au



Guests at the KC Society Luncheon enjoyed a three course menu prepared by 400 Gradi & Stefano's Cafe.

Fundraising luncheon

HAILED A SUPER SUCCESS!

THE Mildura Base Public Hospital (MBPH) Foundation held its first major event for the year - the KC Society Alfresco Luncheon on Friday, May 5 - which was a wonderful success, raising almost \$150,000.

Attended by 180 people, guests enjoyed a sumptuous, three course menu provided by 400 Gradi and Stefano's 27 Deakin Café, while seated under the vines along the pavement in front of both restaurants.

An integral part of MBPH Foundation, The KC Society was established in honour of Mildura Surgeon Kevin Chambers to help assist rural doctors to realise their dream of practicing medicine and advance them in their training. The KC Society will ensure that the late Mr Chambers will be forever enshrined in Mildura's memory.

Mr Chambers arrived in Mildura in 1983 after completing his training at the Royal Prince Alfred Hospital in Sydney.

There are tens of thousands of people in the Mildura community - and beyond - who benefited from his surgical skills and now the KC Society Tertiary Scholarships Program will benefit young students in our region by supporting them financially during their studies.

MBPH CEO Terry Welch summed up what the day was about in his welcome speech to the luncheon guests.

"All of the funds raised here today will go directly to the KC Society Tertiary Scholarships program, something that Kevin Chambers, I have no doubt, would have been so

proud and delighted about," Mr Welch said.

Mr Chambers' wife Julie and extended family attended the lunch and Mrs Chambers said that she was quite overwhelmed by the occasion.

"I am feeling totally overwhelmed and I think it is absolutely wonderful to see the support of the community," she said.

"Kev hated anything that made him stand out but I think he would have been thrilled and humbled by what is happening here today.

"He would have been so thrilled that money being raised here today will be for students because students were everything to him and he just loved his role in teaching them.

"One of the things that disappointed Kev most, was that we had a lot of fly-in-fly-out people who didn't really contribute to the community here and took the money out of town.

"He was such a strong believer that any medical staff that came should settle in the community and be part of that community.

"And so I am really hopeful and I feel really good about the fact that this fund might encourage and enable that to happen."

Mr Chambers' daughter Jasmine made a wonderful speech at the luncheon here is what she said.



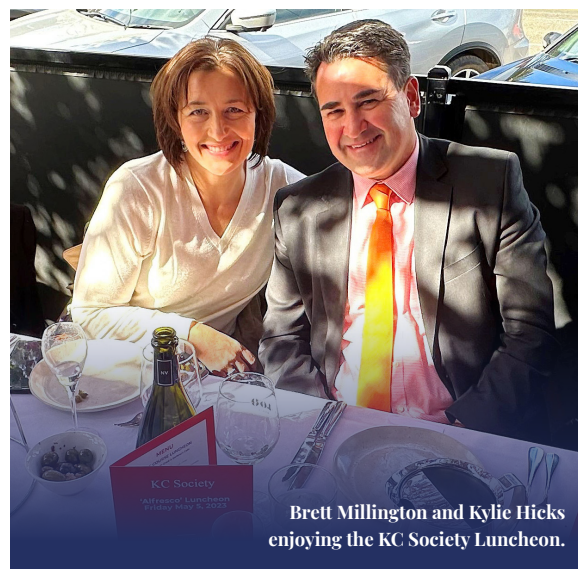
MBPH CEO Terry Welch with Julie Chambers and Mark Yates, winner of the "Ultimate Dining Experience" raffle prize.



MBPH Dr Matthius Russ, Member for Mildura, Jade Benham, Member for Mallee, Dr Anne Webster with Professor Mark Fitzgerald.



MBPH Foundation Committee member Stefano de Pieri takes part in the 'Q&A' with Terry Welch.



Brett Millington and Kylie Hicks enjoying the KC Society Luncheon.

"It is wonderful to be at the foundation's first major event for the year and the inaugural KC Society Luncheon which typifies everything the beautiful city of Mildura has to offer – great food great people and a vision for the future," she said.

"So what would KC – 'Kev' have made of this?"

"We reckon he would have shuddered that something so swanky was being held in his name. He thought of himself as a simple man with simple needs, scratching a living out

of the desert, as he used to say, as he used to say "Steak, chips and a coke please", which I don't see on today's menu!

"Kev thought a lot about what makes a regional town tick and the connected way in which a town works.

"He was incredibly proud of Mildura and this region having moved here 40 years ago at the age of 35.

"He was a great marketer. Extolling the virtues of Mildura,

Chris' Stump Grinding

- SAME OR NEXT DAY SERVICE
- PENSIONER'S DISCOUNT AVAILABLE
- IF NO ANSWER, PLEASE LEAVE A MESSAGE

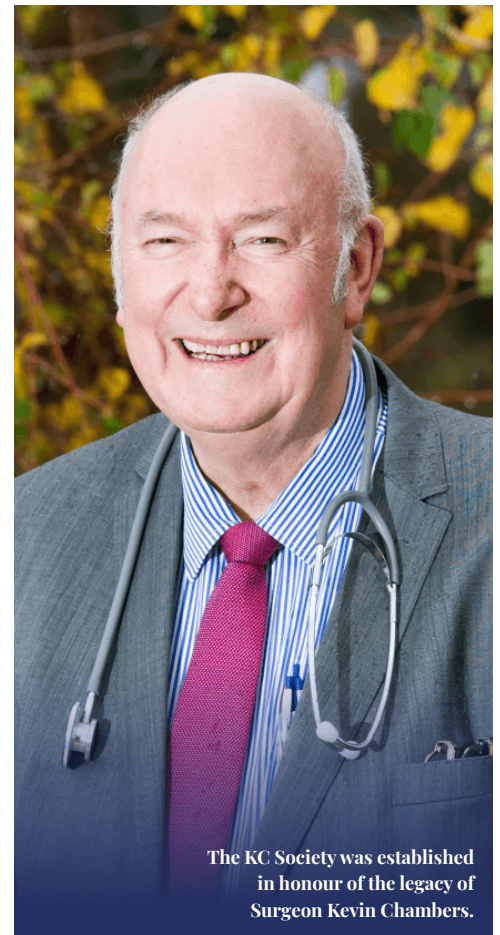
PHONE CHRIS ON 0478 068 707 FOR A FREE QUOTE

No job is too small!





MBPH CEO Terry Welch presented Jas Chambers with the Chemist Warehouse hamper she was the lucky recipient of.



The KC Society was established in honour of the legacy of Surgeon Kevin Chambers.

describing it as a seething metropolis – a glittering oasis at the end of a long road from anywhere and a place with never ending sunshine – more than the so-called Sunshine and Gold Coasts!

"And he also talked about what we produce and access here. Food, wine, generous hospitality, nature, music, the arts and culture.

"Kev was tirelessly dedicated to bringing young doctors here to experience the lifestyle and the opportunities the bush had to offer. He was thrilled that they could get their hands on the tools early truly learning the craft of surgery which he loved so much.

"If those doctors and their families bought a house here that was the test - he knew they were in it for the long haul.

"Because for regional towns to thrive, access to reliable, excellent local health care is essential.

"And that meant excellent people and excellent facilities. And so we think in the end, Kev would have been happy that this lunch might be a legacy for that effort, a focus on bringing great talent here, so that Mildura can continue to grow and thrive.

"For Kev felt there was no better place on the planet than this place and he believed it deserved excellence.

"I'm told today is a fundraiser for the KC Society Tertiary Scholarships Program and the best way you can honour KC today is to emulate him.

"So let me explain how. It's very simple. You need to get out your wallets and hand over your hard earned cash, but you need to do it in a particular way that makes absolutely no sense to your accountants or estate planners.

"Our town of Mildura deserves that kind of passionate investment- thank you!"

Special Guest Speaker at the event, was Professor Mark Fitzgerald, Director of Trauma Services at the Alfred Hospital in Melbourne.

Prof. Fitzgerald's visit coincided with the announcement of a partnership with The Alfred Hospital and the National Trauma Research Institute which will change MBPH's care for emergency patients.

Mildura's remoteness means that the hospital is often left on its own to deal with incredibly complex situations, but using new trial technology and with the support of Prof. Fitzgerald, MBPH will be able to greatly improve patient outcomes.

While in Mildura Prof. Fitzgerald visited the MBPH and he was able to see first-hand some of the challenges the hospital faces and like us he is incredibly excited about this research program.

"Most people who die from serious injury die within the first six hours of them being injured, an hour is already gone by the time they get to hospital," Prof. Fitzgerald said.

"If the Mildura doctors and nurses can't save them that's it - it's pointless trying to transfer them anywhere."

Speaking about his visit to the hospital, Prof. Fitzgerald said he hadn't been to the MBPH since well before the pandemic.

"It's three or four years ago that I was last here and the first thing I noticed, is that the place has a lot of energy," he said.

"Compared to when I was here last, everybody looks upbeat, keen and enthusiastic and the ED is well staffed.

"It's about a third of the size it needs to be to look after the case-loads that come in, but the staff manage pretty well. "I understand that hospital is looking at expanding the Emergency Department."



Ransoms

128A EIGHTH STREET
MILDURA VIC 3500
info@ransoms.com.au
03 5023 1116
FRONTLINE 3705

COUNTRY ROAD

SINCE 1974

Now available at Ransoms

ransoms.com.au



SCBA Foundation Visit
Principal Tony Jones with
MBPH CEO Terry Welch.

Sound advice

FROM THE EXPERTS

RUNNING a business in today's environment isn't easy for managers and owners as they face challenges on a number of fronts every day – regardless of what sector they operate in.

Every business needs good advice if it is going survive, prosper and grow in a sustainable and profitable way.

Southern Cross Business Advisers (SCBA) led by Principals Noel Costa, Tony Jones and Peter Hartmann specialise in providing their clients with sound advice and a range of services that ensure their businesses are in good shape.

“We provide our clients with personalised professional services focused on improving their personal wealth and lifestyle,” Tony Jones said.

“We spend the time to understand what it is that our clients need and want. There is no one size fits all and we are committed to fully understanding your financial needs and aspirations.

“Whether you're setting up a new business, looking to expand your operations or plan for succession our expert advisors will tailor a solution that's right for you and your business.”

With a team of 40 dedicated professionals and client support staff, the firm's two offices, situated in Mildura and Melbourne, services progressive business enterprises and family groups throughout Australia.

BUSINESS ADVISORY & MENTORING

SCBA services help business owners address issues and challenges as they arise and plan for improved operations and financial results in the future. They work with business owners and businesses at the various stages of the business life cycle including: Start-ups

ESTABLISHED - EXIT-FOCUSED - WEALTH MANAGEMENT

Their qualified advisors take the time to listen to what is important to the client, to better understand what they want to achieve in both the short and long term.

SCBA documents a plan to help their clients achieve their goals, by structuring their financial affairs to ensure they are making sound choices with their money. Our commitment is to keep their clients 'on track' by monitoring their investments and personal circumstances, and making recommendations as required.

FINANCE AND LENDING

SCBA can help people find the best deal for:

Buying a home or investment property, refinancing a home loan, business finance and vehicle and equipment finance.

SCBA also review current loans to ensure that their clients have the loan that best suits their financial needs.

FINANCIAL PLANNING

SCBA Financial educate and help their clients to make informed decisions about their future. Whether they are just starting out or approaching retirement they provide a wide variety of financial planning services tailored to individual needs.

SELF MANAGED SUPER FUND SERVICES

SCBA can advise their clients who may be considering creating and maintaining an SMSF, and whether it is right for them if they are seeking more control and flexibility over their financial future.

IT SERVICES – SOUTHERN CROSS ICT

Clients can trust SCBA's day-to-day IT support with Southern Cross ICT, keep their business protected and productive allowing them to do what they do best - without disruption. Whether they need security or disaster recovery SCIT can coordinate the entire end-to-end process.

AUDIT, COMPLIANCE AND ASSURANCE

Clients can access audit and compliance services based on a transparent fee structure and with personal attention to their business. Property Investing

SCBA provides first time and progressive property investors advice in purchasing residential property throughout growth corridors Australia Wide. Their clients are financially profiled to ensure they are making well informed decisions build equity in property. The end to end service also incorporates finance structures and selecting independent property management teams..

PEOPLE AND CULTURE

A high performing team underpins a high performing business. SCBA have expertise developing an ascending culture by increasing the teams awareness of their workplace behaviours and allowing team members to work in their 'Area of Genius'

ADDITIONAL SERVICES SCBA OFFER:

Management Reporting & Analysis, Budgeting and Forecasting, Financial Analysis - Cost/Margins, Asset Structures, Business Appraisals, Due Diligence, Business Plan, Succession Planning/Business Sale, Business Grants, Business Coaching, Software Solutions. Administration and Compliance, including tax returns, financial statements preparation and lodgements, Facilitating Annual

Independent Audits, Fund and trust deed establishment, Investment advice/strategy review, Pension establishment, Finance brokering, Tax and strategic advice.

AN EYE TO THE FUTURE

Noel Costa said that his organisation is very keen to connect with the next generation of accountants in their region.

"The firm already has some outstanding young graduates, who are part of their cadetship program, who are thriving in the workplace and with their ongoing studies and are perfect examples of what they would like to see more of in the future," he said.

"These team members level of training and hands-on work experience puts them at a level of a second-year university graduate – that's how well our cadetship program works.

"We want to reach out and connect with the next tier of accountants - young people who are out there studying their last year of secondary education and those who are already undertaking tertiary studies, to consider a career in accounting and business.

"The fact is, this industry has a lot to offer and it is a very rewarding career option for a young person looking for a dynamic role in a sector that plays a pivotal role in supporting business, agriculture and industry in a big way in our Northern Mallee region."

Peter Hartmann added that the outside perception of the sector SCBA represents is that all accountants do is count numbers and audit the books.

"The reality is that our world is about looking forward and motivating our clients to look forward to the future and to grow," Mr Hartmann said.

"Our people spend a lot of their time in the field, particularly providing service to our clients in the horticulture and agriculture sectors, which is of course represents a massive part of the wealth generated in this region."

SCBA has an enthusiastic team which is a made up of a fairly even blend of male and female employees, something Mr Jones says typifies the organisation's values.

"We have a very strong focus on this concept and we often ask the question as to who will be the next female who is going to put a stamp on this industry and call it their own," Mr Jones said.

"There are no boundaries or impediments to rising up the ladder of success in our industry. You deserve to be recognised and be able to get to the level to which you aspire and we will support you along the way in every way we can.

"We have changed our approach in the workplace to ensure that our female team members are supported across the board to enable them to achieve their maximum potential, while juggling their work-life balance.

"We are constantly challenging ourselves to be the best selves that we can be and we meet regularly to 'push the boundaries' and to strive to do better and these are the values we espouse and aspire to live every day in our workplace and in the community."

Southern Cross Business Advisers, in conjunction with Count Charitable Foundation are a proud lifetime partner of the Mildura Base Public Hospital Foundation.



MBPH CEO Terry Welch addresses the SCBA team members during his recent visit to the firm's Mildura office.

SCBA's service offering has been built from the foundation of the firm's core values:

Care, passion, wisdom, integrity and growth.

"Our team's care for our clients, builds an enduring relationship that supports our chosen role as the trusted advisor," Mr Costa said.

"We exist to service our clients and our commitment is demonstrated via our range of service offerings that are valued by providing financial clarity throughout their life cycle. "We see ourselves as being in the business of educating our clients to enable them to make great decisions. The implementation of such leads to their financial success."

The MBPH Foundation Executive, led by MBPH CEO, Terry Welch, recently visited Southern Cross Business Advisers' Mildura office, where they had the pleasure of meeting the SCBA team, which provided an opportunity to update them on the work the Foundation is undertaking.

The occasion also provided an opportunity to thank SCBA for their ongoing financial support as a Lifetime Partner of the MBPH Foundation.

Mr Welch was able to talk about the HEART values that are integral to the day-to-day operation of MBPH and how these have been the corner stone of their improvement as an organisation.

The feedback Mr Welch received from the SCBA staff was reassuring and reconfirmed that the MBPH is certainly on the right path as an organisation.

SCBA VISION & VALUES

Our Vision

Trusted leading advisors to industry & business owners.

Southern Cross Business Advisers is a dedicated group of experts whose sole focus is helping you achieve your life goals through personal solutions that work.

Our Core Values

Care

Support our family, team, and community.

Passion

Proactive and energetic commitment to being the best.

Wisdom

Inspire and impart practical information to develop skills and confidence.

Integrity

Uncompromising dedication to our highest standards.

Growth

Constant and never ending improvement

SCBA Mildura office is located at 234 Deakin Avenue.

Melbourne office is on level 11, 456 Lonsdale Street.

www.scba.com.au - email: admin@scba.com.au -

ph: 03 5018 6444

SOUTHERN CROSS BUSINESS ADVISERS

OUR PURPOSE - TO BUILD AND PROTECT FINANCIAL INDEPENDENCE



HOW CAN WE HELP YOU?

We offer a wide range of services designed to educate and empower our clients. No matter what industry or stage your business is in, we offer support to meet your needs

MILDURA OFFICE - 234 DEAKIN AVENUE, MILDURA VIC 3500
 MELBOURNE OFFICE - LEVEL 11, 456 LONSDALE ST, MELBOURNE VIC 3000



Former National Serviceman, Russell Pearson
with MBPH Oncology Services, Kimberlee Howe



MBPH Hydrotherapy pool.



Stroke patient Keith Ferguson
with MBPH Occupational.

Exciting times

IN ALLIED HEALTH

MILDURA Base Public Hospital (MBPH) Allied Health and the Community Services teams are currently undergoing a major transition to the Royal College of Practitioners (RCP) – electronic medical records for outpatient's system

MBPH is now seeing the revival of a number of Allied Health services that were forced to be abandoned during COVID.

COVID basically destroyed a lot of the outpatient clinics because people were unable to come into the hospital – and that area was not prioritised as key essential during the peak COVID time.

There has been a lot of work done by clinicians to build up those services again.

Hydrotherapy is one key example of a service that hasn't been used in more than two years and will open up again soon.

Heartbeat recently visited the Allied Health and Community Services gymnasium, where outpatients attend rehabilitation therapy sessions on a weekly basis.

These services have only recently resumed after being closed down for more than two years due to COVID which meant outpatients could access the vital therapies needed to make a full recovery.

Many of those patients requiring 'recovery' therapies are typically stroke or heart attack victims and also hip and knee replacement recipients.

The MBPH therapists who supervise the sessions are a group of dedicated, MBPH team members who provide expert treatment and advice to their patients in a caring and professional manner.

One such clinician, is MBPH Oncology Service, Kimberlee Howe, who leads a prostate cancer exercise group, that is exclusively for patients with prostate cancer who are currently undergoing active treatment.

"The group meets in the hospital gymnasium and the exercises aim to help patients gain more strength and

to enhance their bone density better health in general," Kimberlee said.

"Now that the service has resumed, we are getting a lot of positive feedback from those attending the sessions.

"There is also a social aspect to the group sessions whereby patients get to meet other men who are going through the same thing they are and so it gives moral support as well as being a lot of fun and the guys really enjoy it."

There are three types of prostate cancer an oncologist has to deal with, which Kimberlee said the best way of explaining them in layman's terms, is to think of the oncologist as a farmer.

"You have a patient whose cancer is like a turtle," she said.

"It's slow and isn't going to go anywhere and they don't have to worry about it for the whole of their life and it's not going to bother them.

"Then there is the hare. The farmer uses a fence to keep the hare in and it stays within the boundaries of the prostate. You don't have to worry about it spreading, but you do have to have the radiation and hormone therapy to keep it contained.

"And then there is the third kind, which is a bird, who will fly free, and this is the worst one to have, because it can go anywhere in the body."

Kimberlee said that her section is in the process of establishing a 'Managing Cancer Program' run by Cancer Council Victoria.

"It is vital for there to be strong messaging around the importance for men to get their prostate checked by their doctor - something many men neglect to do," she said.

"We also want to stress the importance of exercise for men who have cancer, because a lot of them don't understand that.

"Typically, we have a lot of farmers who have worked hard all

their lives and they don't go and see a doctor.

"And if you do get diagnosed with prostate cancer, you have to go and see so many people.

"You're not just seeing your doctor. You are seeing the oncologists, a radiation oncologist, a urologist – it is overwhelming the number of people you have to see and so many don't want to have to meet with an Exercise Physiologist as well."

A TALE OF GRIT AND DETERMINATION

Kimberlee spoke of a regularly attending patient, who wanted to be able to walk the whole distance in this year's Anzac Day march and so he put in a concerted effort to get fitter.

"He's a National Service Veteran and he didn't think he would be able to walk in the Anzac Day march and that was upsetting him," Kimberlee said.

"But, by attending some exercise sessions, he got his confidence back by walking on the treadmill and building up the strength in his legs and he was able to complete the march. He was in tears when he told me – which is absolutely amazing!"

Kimberlee was talking about Former National Serviceman, Russell Pearson 78.

"I attend the gymnasium every Thursday for an hour to do some physiotherapy training," Russell said.

"I have had my prostate and my bladder removed and I need to get a little fitter.

"I took part in the Anzac Day march, and last year and really struggled to go the distance.

"This year, I was determined that I was going to make it and with Kim's help with the physio, she got me there! This program has really helped me – it is really, really good."

Kimberlee said that the Gymnasium at the hospital is very well equipped,

"We have been fortunate to install a lot of new equipment in the gym, including treadmills, cross trainers, rowing machines and exercise bikes and we are in the process of getting cable machine because some of these guys can lift 20 kilos and we shouldn't be undersubscribing exercise, we need it to be to a maximum quality level," she said.

The fact is, the cancer itself reduces a person's physical stamina and in the case of prostate cancer, the hormone therapy reduces the testosterone levels in the body and that leads to the patient losing a lot of muscle mass and they also put on weight and often can't control their emotions as much and they can also suffer from hot flushes – there are a lot of side effects they have to endure, but it is necessary if they are going to survive and recover."

Another gentleman attending the exercise session when Heartbeat was visiting, was Michael Wood, who described the treatment and therapy he receives at the MBPH as excellent.

"It is very good – excellent – and it is helping me recover from the stroke I had at Christmas time and I also had some heart surgery at the end of March," Michael said.

"I'm getting there. It's been a slow process but I'll will get there - they're fantastic here!"

A RANGE OF THERAPISTS

MBPH Exercise Physiologist, Alistair Mumford, said outpatients attending the clinic will typically need to see the Exercise Physiologist, the Physio Therapists and also the Occupational Therapists.

"Stoke victims in particular will need to attend the sessions to regain the deficit in the upper limb that they need to recover," he said.

"These patients will have a series of individualised exercises to benefit the upper limb.

"We also concentrate on balance and strength during the classes as well in all we aim to cover all of the bases required for a full recovery."

The obvious point has to be made that during COVID, there rehabilitation therapies weren't able to be accessed and so stroke and heart attack survivors largely went without the treatment they so desperately needed.

"They suffered enormously from this deprivation," Alistair said.

"There was a lack of opportunity to recover. While they were an inpatient they were able to receive it on the wards, but not as an outpatient."

Alistair said that now the clinic's services have resumed, they can have up to eight people at any one time in the gymnasium area and usually have five or six active participants at one time.

"Generally, they will attend the sessions over an eight week



BRENDON EDE

PEST

MANAGEMENT

NO GIMMICKS JUST GREAT SERVICE!




Specialising in pre purchase inspections,
rodent control and termite treatments.

Offering the newest technology in
pre construction pest control

COMMERCIAL • INDUSTRIAL • DOMESTIC

PH: 5022 2336

Email: edey.007@bigpond.com

Sunraysia and surrounding districts

Lic No. Vic 1652 NSW 2840



block and then after that we access what they may need ongoing to make the best recovery they can," he said.

"Those services will be beyond outpatients and may be provided by a community or private facility or sometimes people just prefer to do it in the privacy of their own home and we can provide them with guidance in that instance.

"Another service we provide, is we can bring patients off the rehabilitation or the acute ward to the Neuro Group as long as they are medically stable enough to do that.

"And so, we currently bringing patients off the ward who have had a stroke or a neurological episode and they can start to participate in therapies as they transition to becoming an outpatient."

Alistair said that in the case of a stroke patient, they are seen immediately.

"The rehabilitation therapies usually commence three or four weeks later, depending on how severe the stroke has been," he said.

"But we like to get them into the group a week or two after they are discharged – so there isn't a big delay.

POST OP EXERCISES

Alistair explained that the Post Op exercises are designed for patients who have had a hip or knee replacement.

"We get referrals for them off the wards and also from the outpatient clinic physios," he said.

"The patient will come in one a week for their supervised

exercises and they can that for up to eight weeks.

"We also provide them with 'homework' – exercise programs they can do at home – and again we have about eight people in the group.

"These exercises focus on strength and returning them to be able to undertake functional tasks and to improve the range of motion, especially for knees – getting them to bend to have a range of functionality so they can return to doing the things they did before the operation and hopefully have a better quality of life after the surgery."

Alistair highlighted the fact that the stages to recovery vary from patient to patient.

"No two surgeries are the same. Hips and knees are always individualised outcomes," he said.

"Having said that we do have a pretty good success rate at the MBPH, but there are challenges, particularly in the early phase of post-operative recovery.

"We see people sometimes a week to two weeks after the operation, which is still very early and they will be dealing with a lot of post-op pain and swelling.

"And so, to get them moving through that is super-important, but also quite challenging.

"When we access them at the end of the eight weeks, we can see where they have improved from where they started, which is comforting to the patient and hopefully gives them the encouragement to keep going."

MILDURA Working Man's CLUB

eat
Breakfast: 8:30am - 2pm, Saturday & Sunday only
Lunch: 11:30am - 2pm, 7 Days a week
Dinner: 5:30pm - 9pm, 7 Days a week
Meals & light snacks available from Bistro 121 & the Sports Bar

drink
Sports Bar Outdoor Courtyard
Bistro Bar Selection of Tap beers
Lounge Ciders & Local Wines

play
Sports Action on the Big Screen Pool Tables
Weekly Meat Raffle Promotions
Weekly Membership Draws Functions/Event Spaces
Kids Playground & Games Room Weekly BINGO

CONTACT CLUB RECEPTION OR OUR WEBSITE FOR FURTHER INFORMATION



100-110 Deakin Avenue MILDURA | (03) 5023 0531
milduraworkers.com.au | milduraworkingmansclub



Russell Pearson doing his therapy exercises to improve his walking stamina.



MBPH Allied Health assistant, Cara Lang with patient Craig York.



MBPH Exercise Physiologist Alistair Mumford with stroke patient Michael Wood.



SUNRAYSIA FUNERALS

SINCE 1988

FAMILY OWNED & OPERATED

You are not alone...

We are here to care for you at all times with our **24/7 personalised service**

Ask us about our pre-paid funeral options

Our Chapel facility is able to accommodate over 250 mourners
**WE ARE JUST A PHONE CALL AWAY
OR VISIT OUR NEW WEBSITE FOR MORE INFORMATION**

150 Madden Avenue, Mildura
(03) 5021 2312 (all hours)
info@sunraysiafunerals.com.au
www.sunraysiafunerals.com.au



ZILZIE

WINES ~ FAMILY OWNED



ZILZIE WINES PROUDLY SUPPORTS THE MILDURA BASE PUBLIC HOSPITAL FOUNDATION

ZILZIE WINES IS LOCALLY FAMILY OWNED AND OPERATED, THEY OFFER WINE LOVERS A JOURNEY OF DISCOVERY BY CREATING DELICIOUS, APPROACHABLE, SUSTAINABLE AND FORWARD THINKING WINES. TODAY, THE FOURTH GENERATION OF THE FORBES FAMILY, ARE FORTUNATE TO BE THE CUSTODIANS OF THE ZILZIE PROPERTY AND THEIR UNWAVERING COMMITMENT TO THIS LAND RUNS DEEP.



CONNECT
WITH US

ZILZIEWINES.COM

@ZILZIEWINES

*Please drink
responsibly*





Super Dental Provider for



NO GAP

Mildura HEALTH Fund*

- Consultations
- Fissure Sealants
- Scale and Clean
- X-Rays

*Providing you have already served your waiting periods, are within your annual limit and you hold an eligible level of cover.



Mildura



Ph: (03) 5022 2933



Ouyen (Hospital Site)



Ph: (03) 5092 1121



Red Cliffs



Ph: (03) 5024 3435



Robinvale



Ph: (03) 5026 3536

www.tankarddental.com.au



MBPH Registered Nurse Surya Kochu.



MBPH Registered Nurse Merin George on duty in the Emergency Department.

From India TO MILDURA VIA NEW ZEALAND

ORIGINALLY from Keralla, in southern India, Registered Nurse, Merin George recently joined the clinical staff at the MBPH after she decided to leave Auckland in New Zealand to come to Australia and found herself working at the Base.

"I was interested in coming to Australia because I have relatives here and they said it is a good place to live and work – it has a nice climate and the salary rates are good," Merin said.

"I then enquired more about Mildura. I had friends who had worked at the hospital here who told me it was a good place to work and Mildura's a nice place to live.

"I then applied and was fortunate to be granted an interview and my application was successful.

"The MBPH then assisted us with the relocation from New Zealand including helping with the visa application and other administrative things which was really excellent and made it very easy to come here.

"When you are new to Australia it is really hard to do the paper work and the relocating process is complicated."

Merin said she was very grateful to Julie Pettett (Employee Relocation and Wellness Liaison Officer) for her assistance.

"She was really helpful and on our first day she met with us and it was a really nice welcome to Mildura and the hospital," she said.

"Julie also did a wonderful job assisting us to find housing here because we don't have any references and so most of the property managers won't take you as a tenant.

"Julie came with us and had a chat with them and with her support it really helped us to find a place to live."

Merin became a recruiting officer herself encouraging another Indian friend and nursing colleague Surya Kochu, with whom she worked in New Zealand, to come to Mildura too.

"We both moved together to Mildura with our families and so it was a lovely situation to be both in a new town and hospital together which also made the move easier," Surya said.

"I enjoy working in the critical care areas of the hospital and in New Zealand I was working in aged care which is quite different.

"It has been easier to transition to my role here at the MBPH because the staff are so helpful and we can always consult a senior person they are always very helpful.

"I also like the fact that there are so many other nationalities working here it is a wonderful happy place and I like the team work and everyone helps each other."

Also from Keralla, Heartbeat also spoke to Merin's friend and work colleague, Surya, who explained how she too had decided to come to work at MBPH, bringing with her more than eight years of experience in ICU and theatre, gained in India and New Zealand.

"I was given an opportunity to work in New Zealand and I worked in aged care for almost 18 months, but it was always my ambition to work in Australia – it was my dream actually," Surya said.

"I spent time searching on SEEK for nursing opportunities

in Australia and I saw that there were vacancies at the Mildura Base Public Hospital, particularly in the Emergency Department.

"Given I had experience in critical care, I applied for the position and had an interview with Emma – which was a nice experience- and I was ultimately successful and got the job and commenced at the hospital in January this year.

"I also had another friend who had worked at the MBPH previously and she told me a wonderfully, friendly place to it was to work at.

"She said that for new comers to Australia, Mildura is a nice place to come to.

"I then asked another friend, who is still working in the Paediatric Ward at MBPH, about the management and she said it was a really nice place and so that's how I chose Mildura."

Surya is with her family in Mildura and she said that Merin and her husband knew each other in India and worked together and that is how we all became friends and we lived together in New Zealand and now are all in Mildura and it is nice to know people here when you first arrive.

Surya also paid tribute to the MBPH staff who were very helpful in making the transition to Australia a smooth process and upon arrival the educative induction program which was very informative and welcoming.

"The Julie was very helpful and arranged our temporary accommodation and then introduced us to a real estate agent who found a home for us to rent-which was very nice," Surya said.



AREAS OF LAW

- Victorian and New South Wales Conveyancing
- Property Law
- Leases
- Commercial Law
- Wills
- Estates - Victorian and New South Wales
- Victorian and New South Wales Powers of Attorney



***A wealth of local
knowledge and
experience.***

P: 03 4009 0066
A: 161a Lime Avenue, Mildura VIC

ON THE WARD SIMULATION



WITH the recruitment of new nurses at the MBPH being a great success, with that comes the need for intensive training for those completing Registered Nurse courses.

Regular training sessions are held at the hospital where real-life Emergency Department and in-the-ward simulations and practical workshops are regularly conducted.

Here are some pictures of these sessions which show some of the activities undertaken by the nurses.



ED Nurse Educator Bill Klaric explaining procedures to the attending nurses.



COOMEALLA
MEMORIAL SPORTING CLUB LIMITED

PROUDLY SUPPORTING OUR COMMUNITY!



SILVER CITY HIGHWAY
DARETON NSW 2717
P: (03) 5027 4505

WWW.COOMEALLACLUB.COM





FREE DRINK VOUCHER

Present this coupon when you play golf or enjoy a meal in the clubhouse **to receive a complimentary beer, wine or soft drink**

Valid until December 31st, 2023. Limit of one voucher per person per day. Offer does not apply to existing members.

*Terms & conditions apply. Original voucher must be presented.

Green Fees	18 holes	9 holes
* Social Thursdays	\$25	\$15
* Other days	\$35	\$25
Motorised cart hire	\$40	\$30

Accommodation packages available

BE REWARDED!

Only \$11 to be a social member





MILDURA

GOLF RESORT

P: 03 50231147 | 287 Twelfth St Mildura | www.milduragolfresort.com.au



MBPH Café
Manager
Chantelle
Robins.



Sustainability AT THE HEART OF MBPH

ENVIRONMENTAL responsibility and sustainability are at the heart of Mildura Base Public Hospital's (MBPH) mission to reduce the organisation's carbon footprint and to recycle and reduce single use plastic items where practicable.

To achieve this, MBPH has introduced a number of sustainability initiatives and programs throughout the hospital.

These include, the implementation of a fleet of hybrid vehicles, installing solar panels, using eco-friendly recycled paper for printers, phasing out of single use plastic items and coffee cups and the recycling of blue towels used in the surgical unit and so much more.

MBPH Café Manager, Chantelle Robins is enthusiastically embracing the changes to how the café operates and how it will play an important role in the hospital's goal to achieve a high-level of sustainability across the organisation. "Sustainability is something that I'm learning more about and it's becoming a passion of mine," Chantelle said.

"We are introducing 'keep cups' that we will possibly give

out to staff or they will be available at a low price. "And they will be branded keep cups as well, to show how important it is to us."

Incredibly, but perhaps not surprising, the hospital cafe use close to 1000 cups a week, approaching 52000 in the course of a year

"The cups have a bio-plastic lining on the inside, meaning they are more compostable than standard plastic cups but cannot be recycled, the cups go to landfill, so that's something that we want to reduce this year and we've also stopped all single use plastic by then as well," Chantelle said.

"At the moment we are using bamboo knives and forks and spoons and we try to avoid saucers being single use.

"We are looking at heading towards reusable cutlery instead of bamboo in an effort to reduce landfill and everything we buy in from the kitchen and elsewhere comes in reusable containers, too.

"All of our plastic milk lids go to 'Lids for Kids' which is a great organisation. They turn them into prosthetics for children."



MBPH Patient Services Assistant Darren Robbins taking out some recycling bins at the rear of the hospital.



Cleanaway truck picking up sharps waste material from the MBPH.

GETTING REAL ABOUT RECYCLING

THERE has been an increase in the amount of recycling of co-mingle waste materials typically, cans, bottles glass, cardboard, plastic and other materials at MBPH and so there is a serious and concerted effort to have everyone in the hospital community do their bit and to consciously dispose of waste into the right bin

MBPH Environmental Services Manager, Lacey Hatley, whose department is responsible for waste disposal within the MBPH said there is now a large number of new bins circulating throughout the hospital.

“There are a lot of yellow bins for example out in the courtyard and we also have some smaller, individual ones in some offices,” Lacey said.

“The increase in the co-mingling waste indicates that more people are actively recycling their waste in a responsible way.

“It says to me that people are really getting-on-board with the program and recycling properly, which is really good to see,” she said.

“We are also working toward introducing ‘green waste’ by the end of this year, which will see large organisations like the hospital and supermarkets, having containers similar to the community’s green waste containers and green bins.

“And we will introduce a similar system here at the MBPH, particularly in the kitchen and eventually we will have bins in the courtyard.

“There is no doubt that the interest in sustainability is strong amongst the staff here at the hospital and they are actively segregating waste and are interested to know how it will be recycled and what other uses there are for waste materials and how it will be repurposed.

“When people do the right thing, it makes a significant impact on costs and it reduces our carbon footprint and so the more people on board the better!”

MBPH Registered Nurses Kira Murray & Alison Cook.



Blue towels being used.



LITTLE BLUE TOWELS

MBPH Executive Director Clinical Operations, Katrina Allen, explained how the recycling of surgical blue towels is giving literally thousands of them a new lease of life – repurposing them for use in the broader community.

“I guess from my perspective, I had been thinking about other ways that we can recycle, re-use and engage with the community with the products we use at MBPH, Katrina said.

“One of our programs is the recycling of blue surgical towels, that would otherwise see more than 8000 of them going into landfill each year.

“The hospital undertakes more than 100 operations a week and on average there are around 8000 towels that need recycling, so it is a huge number.

“By recycling these in an efficient and sustainable way, MBPH is not only being environmentally responsible but also providing a valuable resource for the community and supporting the Christie Centre in the process who are providing a wonderful service to us.”

Originally, MBPH was approached by the ‘Little Blue Towels’ organisation, which was established in Echuca and they gave the hospital a 240-litre wheelie bin to put the used towels into.

The towels are made of a highly absorbent material and are similar to a tea towel in size.

They are used in the theatre for surgeons, anaesthetists, nurses and other medical clinicians who are about to undertake surgical procedures, to dry their hands with after they have done a surgical scrub. Once used, the towels are never used in the hospital again.

“At the outset, the blue towels are supplied in a pack

with the sterile surgical gowns the theatre team use,” Katrina said.

“When someone does a surgical scrub, they dry their hands in a very specific way and the blue towels are ideal for this procedure.

“Up until recently, the towels were being collected by Little Blue Towels and then expertly laundered and packaged by people living with disability.”

Little Blue Towels are collected from participating hospitals across Victoria and Southern NSW which also previously included MBPH.

Once laundered, they were folded and packed ready for sale, with 100% of proceeds of the sale of the recycled cotton towels going to the OTIS Foundation.

Katrina said eventually however, it became economically unviable for the organisation to pick up the towels from the MBPH and so an alternative option for the recycling had to be found.

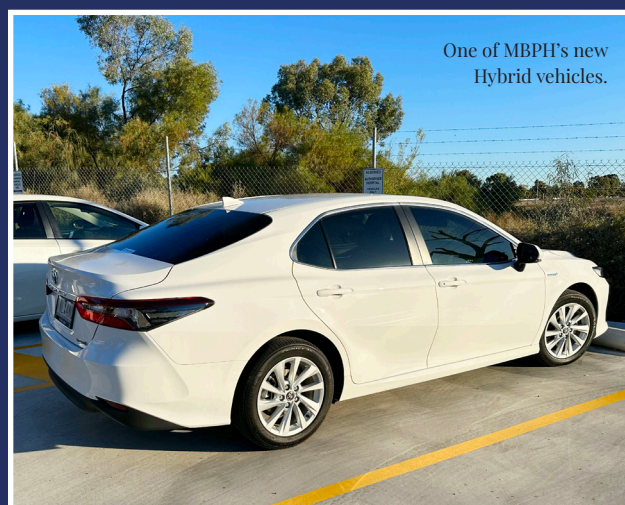
“I had the idea that we could do this ourselves locally and that is where the Christie Centre is now playing a role in recycling the towels,” she said.

“Now once the towels are cleaned, the Christie Centre is making up packs of towels which can be sold through their social enterprise stores as gifts, as well as being used across a wide range of domestic, commercial and industrial sectors for a variety of purposes.”

Christie Centre Executive Officer, Florence Davidson said: “This project fits in line with the Christie Centre's social enterprises and our focus on sustainability, avoiding waste and repurposing items.”

“It is anticipated that once in full swing, this project will see the Christie Centre create another ongoing employment opportunity within our community.”

All of the printer paper used at the MBPH is ecofriendly.



PVC RECYCLING

MBPH Prostate Nurse, Craig Millard, has worked diligently to have PVC recycling extended to the hospital's Renal Dialysis Unit and to the Chemotherapy Ward.

"The Dialysis Unit has two shifts a day, where up to 18 patients are treated and the saline solution which is used to purify their blood, results in a large number of PVC satchels or fluid bags being used," Craig said.

"It is really just a matter of cutting the ends off the satchels and then putting the bags into the waste bin provided in the ward.

"This is pure PVC, which goes directly to a factory in New Zealand who recycles the material."

The PVC waste from the MBPH is collected by Geelong based, Aces Medical Waste and they ship it to New Zealand.

"PVC recycling was originally undertaken with used materials for theatre and now we have expanded it to dialysis and chemo and we would like to expand it further," Craig added.

"One of the questions staff asked was what happens to the PVC waste and how is it recycled and is it made into useful products and that was important to staff. If they felt it was worth doing they would do it."

As Craig pointed out, the simple thing is that all it requires, is to dispose of the satchel into the bin which is in the ward.

"If we replicate this throughout the hospital, we can dispose of a lot of waste in a sustainable way," he said.

"In addition to the fluid bags, oxygen tubing and masks can also be recycled and the intravenous bags from the wards and theatre, which collectively represent a significant amount of PVC that can be recycled."

Some other facts about MBPH's pathway to a more sustainable workplace

Paper:

All purchased A4 paper is now 100% recycled.

Used paper will go in either the secure document destruction or the co-mingled recycling, both of which will go to reuse or recycle programs.

In January, MBPH saw a 25% increase in recycled content by weight.

Paper use has reduced within the organisation and systems such as Kesto introduced by the Finance team have contributed strongly to paperless processes, in Health Information Kofax will also significantly reduce paper use once implemented.

Vehicle Fleet:

The Fleet is being converted to hybrid vehicles, replacing all petrol cars.

20 vehicles are on order, two have been received so far.

96 g/km of CO₂ emissions for hybrid compared to 166 g/km for std petrol.

Once the fleet has arrived (over next 18 months) it is estimated that MBPH's annual CO₂ impact from fossil fuel will reduce from 43.4 tonnes to 26.8 tonnes.

SOLAR POWER

SOLAR Energy is a natural fit for MBPH being located in sunny Sunraysia which enjoys more than 3400 hours of sunshine annually.

Late last year, the hospital installed solar panels on its roof and on any given day it generates up to 200kWp of electricity.

The more than 300kWp Solar Panel Installation system delivers significant energy cost savings.

The System which was supplied and installed by Energis consists of 668 solar panels each capable of generating 460 watts and 336 optimisers and four inverters.

MBPH Maintenance Engineering manager Matthew Carn said that the hospital is a big energy user, the consumption can be between 400-700kw depending on time of year, with the plant and equipment needed to run the systems in the hospital requiring large amounts of electricity 24 hour a day.

“Our 310KWp system is a big one but we use a power load of energy with our chillers, hot water boilers, suction systems and more,” Matthew said.

The system’s performance is monitored by Energis and can also be seen online at the MBPH.

Across the month of November, December and January for example, the saving on electricity cost was in the order of \$25,000 and through the course of the year, the figure will be approaching \$100,000, an average a minimum of 10 percent per day is saved.

Not only does this provide a financial benefit to the MBPH, it is sustainable, clean, carbon neutral source of renewable energy.

Since the solar panels came online, the Co2 emissions saved as of April this year were more than



138,823.59 kg which equals the planting of 236.59 trees.

On a good day we can generate 1Mwh of power for internal use.

HOW DOES THE SYSTEM WORK?

The Solar Panels: The panels capture sunlight and convert it into DC current. Solar panels contain photovoltaic cells made of silicon and when sunlight strikes the panels, it energises the electrons in the silicon, moving them around to create direct current (DC) electricity.

The Inverter: DC electricity cannot be used by common appliances or fed into the grid – it needs to be converted into alternating current (AC) first.

A power inverter, or inverter, is an electronic device or circuitry that changes direct current (DC) to alternating current (AC), usable by standard appliances.

MBPH uses all power in house and does not add to the grid.

E-WASTE

THERE is an ‘E-waste’ bin located at the back of the hospital near the loading and deliveries bay.

Items that are able to be disposed of include everything from old phones, to decommissioned medical equipment.

“We also recycle batteries which are a more difficult commodity to deal with because we no longer have a local organisation that will do the collection,” Lacey explained.

“Battery recycling is done by Ecobatt, who specialise in the safe collection, processing and recycling of battery products Australia wide.

“The company has invested in a state-of-the-art facility modelled on proven world-class battery recycling technology.

“I have also reached out to the Mildura Rural City Council and other facilities and I recently visited the Warrnambool Hospital to see first-hand what they are doing in this space.

“They have a Sustainability Manager, who has con-



nected me with a company that is willing to come to Mildura and collect the batteries from the MBPH, which is a great outcome.

“This represents a significant change and I didn’t realise how popular that service would be in the hospital and now I get emails every day from departments wanting the container to put the batteries in.”

Cleanaway Waste Management pick up a large amount of the hospital’s waste, including E-waste and sharps materials and are they located nearby, at the Mildura Waste and Recycling Centre.

MBPH confidential shredding is also undertaken there at the Christie Centre’s Aroundagain facility opposite the hospital.

Receive a

\$500

Harvey Norman Gift Card

when you connect to a new
OPTUS \$69 SIM Only Plan
for 24 months.

Offer available until withdrawn. In store and online. N/A with any other offers*.

\$69

per month

Min. plan cost over 24 months
is \$1656

100GB

No excess data charges

UNLIMITED

STANDARD NATIONAL TALK & TEXT

Available at Harvey Norman®

Your premium **Optus** dealer

yes OPTUS

Harvey Norman® stores are operated by independent franchisees.

*Gift card available to eligible Consumer and Business customers (excl. Techfund and Fleet) who sign up to a new eligible Harvey Norman SIM plan at select Harvey Norman, Domayne or Joyce Mayne stores or online at hn.com.au. Max 1 per service up to a max of 5 per customer. Optus Fair Go policy applies. Plan cancellation fees apply. T&Cs apply, see hn.com.au/optus-byo.



Talia on the winner's podium in Darwin at the recent National Pistol Shooting Championships.

Talia hits the target

ON SO MANY FRONTS

WHEN Talia Woodroffe was just 12 years of age she said to her mother and grandfather – 'Pa', she wanted to learn to pistol shoot with them.

Five years later this determined young lady is a national champion pistol shooter and has just returned from a competition in Darwin in which she took out a swag of trophies

"I am extremely over the moon and very happy that I took out the Junior Women's Air Pistol Title in Darwin and it was the second year in a row that I was defending my title after winning it in 2022 at the Yarra Pistol Club in Melbourne," Talia said.

"I then continued my run, competing in and winning this year's National Champion in Women's 25m Pistol and that was a new type of feeling to have, not only a national title, but to have the national title for all women in Australia was phenomenal!

"And I can't thank all those people who support me enough. My friends, my family, my coach and of course my sponsors in Mildura who help me out as well as well as those across Australia.

"The gun that I used to win the Women's 25m Pistol was given to me by Glycol International and I have become their Junior Ambassador, which is really exciting."

"They gave me new Pardini Sports Pistol to compete with and I used that to take out the title, which was amazing.

"When I was at the Nationals in Darwin and took out the Junior Women's Air Pistol title, I actually ended up having the highest score across all Juniors – male and female – and I was awarded a brand new Steyr Air Pistol, which was really cool!

"It's so wonderful, because now I have two new guns under my belt which is amazing and it will definitely help me."

As if the news couldn't get any better, Talia recently learnt that she had been chosen to be part of the Australian team who will compete in South Korea in July this year.

"I will be going to Korea to compete in the IOOF Junior World Championship in July and this really amazing for me as well," Talia said.

Talia started shooting in 2018, encouraged by her 'Pa' and mother Viona, who was also competitive pistol shooter.



Talia's proud mother, MBPH Administrative Assistant, Viona Woodroffe is also a pistol shooter.

"I am a third generation of pistol shooters. My Pa started shooting and then my mum joined in and ever since a young age, I wanted to be a shooter and my brother also used to shoot, but his university studies have since taken precedent," Talia said.

"My stepdad competes in pistol shooting as well and so it's a real family affair."

The whole family were in Darwin and it was really nice to have everyone together to compete."

Talia's mother, PICTURED works at the Mildura Base Public Hospital as an Administrative Assistant in Ward 2 and the proud mum contacted Heartbeat to tell us of daughter's brilliant success.

"I remember Talia coming to me one day saying Mum I want to shoot – that's what I've always wanted to do," Viona said.

"Then after she had won her first competition just a few months after she took up the sport, she said to her grandfather then, "I'm going to shoot for Australia one day!"

It seems Talia excels at everything she does, including being a 'straight-A' student in Year-11 and is School Captain

at Mildura Senior College' where she is undertaking her Year-12 studies.

"I am so grateful to the Senior College for allowing me to balance everything that I do and I am really proud to represent Mildura Senior College as well," Talia said.

Talia plans to go to University in Adelaide once she completes her VCE.

"I am hoping to study Social Work next year and to become a Social Worker as well as an Auslan Interpreter, like my Mum," she said.

With all of her success at such a young age, the future looks very bright for Talia and a spot in the Australian Olympic Pistol Shooting Team, seems a certainty and would fulfil her promise made to her Pa.

"One day I am hoping for an Olympic opportunity and so 2032 in Brisbane is a goal I'll be aiming for," Talia said.

"I am currently training with my National Squad – I am on the Pathway Squad with Shooting Australia – doing a training camp in Melbourne with the National Coach for another international competition – the Oceania Championships being held in Brisbane from November 30 to October 3 this year and hopefully I will qualify for that."



2023 *Foundation*

CALENDAR OF MAJOR EVENTS

FUNDRAISING is at the heart of MBPH Foundation's mission and raising money also means having a lot of fun!

With such strong community connections, opportunities to sponsor and get involved in our events are plentiful.

MBPH Foundation has now established a number of annual major fundraising events.

Each of these will provide wonderful opportunities for corporate branding, networking and socialising, whilst contributing to a great cause! With such strong community connections, opportunities to sponsor and get involved in our events are plentiful.

KC SOCIETY LUNCHEON

Kicking off our brilliant calendar of events on Friday, May 5, was the KC Society 'Alfresco Luncheon' which was held in front of 400 Gradi and Stefano's Café. Guests enjoyed superb cuisine from both restaurants.

The KC Society named in honour of the legacy of highly esteemed, Surgeon, Kevin Chambers, is a pivotal part of the Foundation.

FOUNDATION COCKTAIL PARTY

On Friday, September 8, the Foundation is excited to be partnering with Naming Rights Sponsor Mildura City Heart, to hold a Cocktail Party featuring live music and a fashion parade, which will be held at the new Powerhouse Complex on the Mildura Riverfront.

The spectacular new venue will provide the perfect backdrop for what will be a very sheek, not to be missed event!

FOUNDATION GOLF DAY

Following the fantastic success of the 2022 inaugural Foundation Golf Day, held at the picturesque Coomealla Golf Club located beside the banks of the Murray River, this event has become a favourite, not to be missed day!

As one of New South Wales' top-rated regional golf courses,

you are guaranteed a great day of golf, food and beverages!

The Golf Day also provides a great opportunity for organisations to display their branding and gain exposure for their business while supporting a great cause – the MBPH Foundation.

So come and tee-off with us on Friday, November 17!

FOUNDATION GALA BALL

MBPH Foundation Gala Ball is a brilliant annual event which was held for the first time in August 2022 and has become Mildura's 'Hottest Ticket'!

The lavish black-tie, '007' themed night was hosted by celebrity cook, Stefano de Pieri and attended by more than 320 people.

Stefano is renowned for his exquisite coupling of wine and food and delighted guests with his superb three-course menu.

The Gala Ball is now firmly cemented into the MBPH Foundation's calendar of events, with this year's 'Hollywood' themed event being held at Club Da Vinci on Saturday, October 7.

BACK TO BASE ANNUAL EVENT

In December 2022, the inaugural Back to Base Concert was held to celebrate the hospital's 130 year anniversary.

The concert was a phenomenal success, with Australian superstar singer, Jessica Mauboy headlining the entertainment, supported by Bushby Marou, The Groundswell and local grown band, Loose Bricks.

Jess wowed the more than 5000 people in attendance, who really got into the festive spirit of the night.

Back to Base has now become an annual December event which will see an exciting night of entertainment, food markets and a host of festivities for the northern Mallee community to come together and enjoy, while supporting MBPH Foundation.





Lucas House Mildura's Founders
Mark Thornton and Bree Whitelegg.

Foundation grants

AND TERTIARY SCHOLARSHIPS

IN 2022, having achieved one of our first major goals – the establishment of the Clinical Trials and Research Unit - in 2023 our focus will be on the building of Foundation House, continuing the work of the Lucas Foundation, who have generously donated \$220,000 to the Foundation and the implementation of the KC Society's Tertiary Scholarships program.

Foundation House will provide a home away from home for families of patients undergoing treatment at the MBPH – a vitally important added service.

A major fundraiser will be launched in July this year, which will aim to raise more than \$2million.

The Lucas Foundation has previously raised funds to provide comfort and assistance to residents of Sunraysia, suffering financial hardship due to unforeseen circumstances or illness affecting their children.

The MBPH Foundation is proud to be continuing the legacy of the Lucas Foundation in supporting families and

children under the age of 12 who need to travel to metropolitan areas for medical treatment for extended periods. People requiring assistance may apply for a grant by visiting the MBP Foundation website (see link below) and completing the application form.

www.mbphfoundation.org.au/foundation-grants

The MBPH Foundation is also proud to introduce a Tertiary Scholarships Program which will be supported by the KC Society in honour of the late surgeon Kevin Chambers.

The tertiary scholarships will be available to students living in the Sunraysia and Northern Mallee region who are permanent Australian residents.

Tertiary scholarships will be available for eligible people under the age of 24 years who are studying a health-related course full-time.

For further information and to apply for a tertiary scholarship visit the Foundation's website: **www.mbphfoundation.org.au/kc-society-teritary-scholarships-program**

RIVER 
Feeling good 1467AM

NORTHSTAR | **SFNL**
SUNRAYSLIA FOOTBALL & NETBALL LEAGUE INC.

The Mildura Gateway SFNL
2023 Season
LIVE on RIVER 1467

Match of the round
every Saturday from 2pm

All the action, interviews,
special comments, around the ground
score updates and more

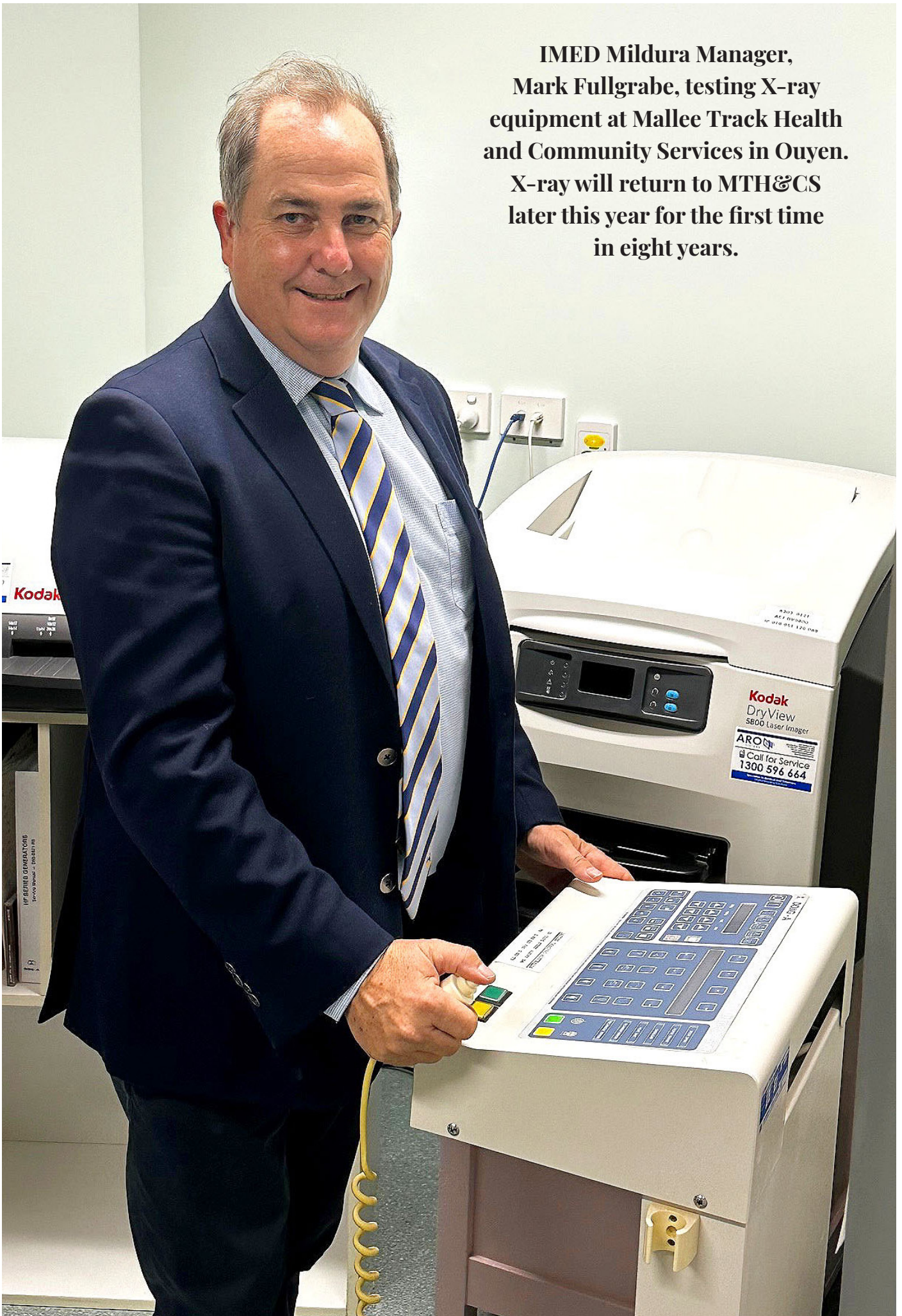


RIVER 
Feeling good 1467AM

Local footy's
'home ground'

THE
GATEWAY
EST  1990

**IMED Mildura Manager,
Mark Fullgrabe, testing X-ray
equipment at Mallee Track Health
and Community Services in Ouyen.
X-ray will return to MTH&CS
later this year for the first time
in eight years.**



MBPH

contract delivers

X-RAY SERVICES FOR MTCHS & ROBINVALE DISTRICT HEALTH SERVICE

Mildura Base Public Hospital, Mallee Track Health and Community Service and Robinvale District Health Service are different – in size, structure and composition. They also operate in communities with innately different identities and character.

Yet, they have a shared goal of improving local health outcomes in the Northern Mallee. In 2021, they set out to find new ways to do this by establishing the Northern Mallee Integrated Partnership.

The Partnership was based on trust, and defined ground rules for working together. Clear governance arrangements were established upfront, based around a transparent Memorandum of Understanding.

Each party – no matter their size – were equal partners, with quarterly meetings held on a rotational basis between Robinvale, Mildura and Ouyen or Sea Lake. They had the autonomy to act in ways that serve their own interests, in line with community needs.

Continuous communication about opportunities were mandatory, with a “if you want in, come on board” mentality, sharing ideas and resources for mutual benefit.

These foundational arrangements enabled each health service to retain its own identity while working together as equals. It’s delivered a variety of services in each community and supported better access to care.

The partnership started with joint credentialing for clinicians, enhancing clinical governance while sharing the administrative burden. A broader service level agreement followed, allowing simple shared capabilities and service, without the need for cumbersome, individual agreements.

Building on this success was an opportunity to tender for an upgrade to X-ray services. Normally, Mildura Base Public Hospital (MBPH) would do this alone, but because of the partnership, they included Robinvale District Health and Mallee Track Health and Community Services in the submission. The resulting successful tender has delivered X-Ray services in all three services, right across the Northern Mallee and will be delivered by I-MED Radiology.

Now, every tender is a shared opportunity for collaboration and MBPH CEO Terry Welch said today’s

X-ray announcement proved the benefit of building strong partnerships.

“Every relationship and partnership is built on trust. We have been able to secure the return of X-Ray services to Mallee Track and Robinvale because of the Northern Mallee Integrated Partnership,” Mr Welch said.

“Each of our three services are unique and play a critical role in the delivery of health care in their individual communities.

“I’m sure, moving forward we will have many more exciting joint announcements, but like anything we do together, they will be done in consultation and as part of our Northern Mallee Integrated Partnership.”

Mallee Track Health and Community Services interim CEO Tracey Wilson said it had been eight years since X-ray services were available at their service.

“It is fantastic that people of this community will no longer have to travel two hours to have a basic X-ray,” Mrs Wilson said.

Interim CEO of Robinvale District Health Services Greg Pullen reiterated the views of his colleagues saying the return of X-ray to Robinvale was a huge plus for the community.

“It is great to be able to deliver additional services through our Northern Mallee Integrated Partnership. Having X-ray back operating out of our facility after a five-year absence is a great benefit to our community and will mean people will no longer have to travel long distances for this service.” Mr Pullen said.

Currently, the Northern Mallee Integrated Partnership is embarking on a shared clinical service plan, providing further tangible linkages across the region.

This process will unlock new shared opportunities, from specialist primary, acute, mental health and aged care services, to sustainable recruitment of regional GPs – meaning better care closer to home.

By drawing on this successful framework, built around transparency and trust, this partnership is only just getting started.

And staff and community will benefit.



MBPH CEO Terry Welch, Ritchie's Mildura Store Manager Brendan Notman and Victorian State Manager Wayne Harris.

Hospital Foundation joins RITCHIES IGA COMMUNITY BENEFITS PROGRAM

IN March this year, Mildura Base Public Hospital (MBPH) was invited to become a beneficiary of the Ritchie's Community Benefits Program.

MBPH CEO Terry Welch, met with Ritchies Victorian State Manager, Wayne Harrison and Deakin Avenue Store Manager, Brendan Notman for the official launch of the program in Mildura and the supermarket's welcome to the hospital.

Speaking recently, Mr Welch said he was delighted that MBPH is a beneficiary of Ritchie's Community Benefits Program.

"Ritchies have contributed money to thousands of clubs, schools and charities and the total amount paid to date is more than \$52million," Mr Welch said.

"The Ritchie's Community Benefit Program commenced across all of their Sunraysia stores in March this year.

"Already it is proving to be a wonderful way to raise funds for MBPH Foundation.

"I encourage everyone to join today, and when you do, you'll be supporting the hospital every time you shop at any Ritchies IGA store."

People can join the program and nominate MBPH Foundation as their preferred organisation to support when they make a purchase at Ritchies IGA.

It's easy to do, simply download, register and activate.

Visit: <https://www.ritchies.com.au/ritchiescardterms>

Once supporters have chosen the MBPH Foundation they can shop at any Ritchies supermarket or liquor store throughout VIC, NSW or QLD and the benefit will still come back to MBPH Foundation.

RITCHIES IGA + LIQUOR



RITCHIES CARD

WELCOME OFFER



- 1** Join and activate your Ritchies Card or App.
- 2** Visit a store within 14 days, spend \$100* or more in a single transaction and scan your Ritchies Card or App.
- 3** **Get \$10 off instantly.** Valid for one transaction.



Download the Ritchies Card App and select the Mildura Base Hospital Foundation.



🔍
RITCHIES CARD

Download on the
App Store

GET IT ON
Google Play

*Terms & Conditions apply. See [ritchies.com.au](https://www.ritchies.com.au) for details. Excluding cigarette & tobacco products, gift cards, electronic recharge and items marked reduced to clear. Liquor can be used to obtain the discount.

Mildura's premier fashion and dining precinct

OVER 300 SPECIALTY BUSINESSES



gift cards available

Mildura City Heart office,
63a Langtree Mall

Also available at Banjo's Bakery
Cafe, Surf Crew Langtree Mall, and
Mildura Visitor Information Centre





PARK DOUGLAS

PRINTING SINCE 1982

- Family owned & operated
- Printing practically anything on paper since 1982
- Serving locally and Australia-wide
- Hospitality Industry specialists
- Corporate stationery specialists
- Promotional Marketing & Packaging specialists
- Sunraysia's only small-run digital label printer
- Young, vibrant and customer-first

**OUR OFFICES ARE OPEN
8AM-4PM MONDAY TO FRIDAY.**

(03) 5023 3115

18 Tenth Street Mildura VIC
gday@parkdouglas.com.au

