

AUGUST 2020



The Southern Pulse

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Ginger Hill Health Centre Adopted by National Supply Foundation for Improvement

The Ginger Hill Health Centre in St. Elizabeth, which serves some 2000 persons annually, has been adopted by the National Supply Foundation, under the Ministry of Health and Wellness' Adopt-A-Clinic programme.

A Memorandum of Understanding was signed on Friday, August 14 on the grounds of the health centre to signal the commitment by the National Supply Foundation to support the facility to the tune of J\$ 3 million for three years.

Minister of Health and Wellness, Dr. Christopher Tufton, who delivered the keynote address at the adoption ceremony, noted that under the Ministry's Adopt-A-Clinic programme, some 30 clinics have been adopted by local and international, private sector and civil society adopters over the last 2 years.

"The Adopt-A-Clinic programme came out of a desire to try to engage the sense of community in building out a healthcare philosophy that says we are in fact our brother's keeper. The programme has been able to raise some J\$ 90 million and I am really heartened, happy and pleased with the expressions of interest by persons in the Diaspora and locally" Dr. Tufton said.

Dr. Tufton commended the Chen See family, who are owners of the National Supply Company Ltd., for adopting the clinic, noting that the family has connections with the Ginger Hill community as the patriarch of the family had settled and raised his family in the community.

"I really want to commend the Chen See family for really saying through this adoption that we are grateful to the people and to the community of Ginger Hill. We have benefitted in our own development and evolution as a family and we want to give back to help others to benefit similarly. One of the messages that the local people should take from this experience... is that good things and good people can come from Ginger Hill.

Through the adoption commitment by the Chen See family, the Ginger Hill Health Centre, which was built in 1960, will be enhanced over the three years. The clinic, located in north western St. Elizabeth offers several services including: child health, family planning, antenatal, postnatal, nutrition and monitoring support, immunization, mental health, dressing and pap smear.

Minister of Health and Wellness, Dr. Christopher Tufton (right) and Benefactor of the National Supply Foundation, Nigel Chen See unveil the plaque to commemorate the adoption of the Ginger Hill Health Centre by the Foundation.



Minister of Health and Wellness, Dr. Christopher Tufton (right-seated) signs the Memorandum of Understanding to signal the commitment of the National Supply Foundation to adopt the Ginger Hill Health Centre in St. Elizabeth, which will support the facility for three years to the tune of J\$ 3 million. Benefactor of the Foundation, Nigel Chen See (seated-left) signed on behalf of the Foundation. Participating in the signing also are: (standing left to right) Regional Technical Director for the Southern Regional Health Authority (SRHA), Dr. Vitillius Holder, Benefactor of the Foundation Donovan Chen See, Parish Manager for the St. Elizabeth Health Services, Sean Brissett and Regional Director for the SRHA, Michael Bent.



In the News: Southern Regional Health Authority

We Care Social Outreach Development Ltd. Provides Continuous Support to BRH



Nurse Manager at the Black River Hospital, Erica Myers (left) accepts a television from Kevin Josephs.

Since 2017, the We Care Social Outreach Development Ltd. has consistently supplied the Black River Hospital in St. Elizabeth with medical supplies and clothing, which have been very useful in the delivery of health care services in the parish.

With a high number of social cases, males in particular, the donation of clothing ensures a constant supply for these patients. A 32" television set was also donated in 2020.

The two directors are Kevin Josephs who resides in the United Kingdom, who is instrumental in getting the supplies and Mr. Devon Kinkead who clears and distributes supplies.

The Foundation also wishes to acknowledge the kind and faithful support of Kingsley Shipping who sponsors the shipping of the supplies for the Foundation.

The Black River Hospital salutes the We Care Social Outreach Development Ltd. for its partnership and continuous support to patient care for the citizens of St. Elizabeth and beyond.

The Foundation also sponsored refreshments for the hospital's Labour Day project.



Some of the medical supplies and clothing donated by the We Care Social Outreach Development Ltd.



Facilities on the Move

SRHA Regional Office Celebrates Independence Day

The SRHA Regional Office celebrated Jamaica's 58th Independence on Wednesday, August 5 under the theme, 'I am a Jamaican'. The staff members commemorated the day by wearing the Jamaican colours and preparing and partaking in traditional Jamaican meals.

Please see below photo highlights.



Staff Highlight

BARBARA ELLINGTON-Acclaimed Journalist Gets OD



Come October 19, acclaimed journalist Barbara Naedene Ellington will walk proudly across the Kings House lawns to be conferred with the Order of Distinction Officer Class for her work in media. The ride to that achievement has been a enjoyable, challenging and interesting.

A proud graduate of Manchester High School Class of '73, Barbara also attended Smithville Infant, Robin's Hall Primary and EXED Community College where she pursued sixth form and the teacher training programmes simultaneously.

She spent 19 and 1/2 years in the teaching profession in Jamaica and The Bahamas, starting at Oberlin High School, followed by Holmwood Technical High, then Bahamas Baptist College in Nassau, St. Hugh's High School, The Priory High and University of Technology on a part-time basis, while a practising journalist.

In 1994, Barbara switched careers to her first love – journalism, embarking on an illustrious career, spanning more than 26 years with **The Gleaner**. There she held various positions including: *Writer, Senior Writer, Flair Coordinator, Public Affairs Editor, Lifestyle Editor, Sunday Features Editor, Acting News Desk Editor, Acting Business Desk Editor and Flair Magazine Editor*. She is currently a *Freelance Writer*.

She also co-hosted Jamaica's first all female television talk show "*Naked Truth*" on CVM TV and was the producer/presenter of The Gleaner's "*Corporate Coffee Mornings*", an online video programme where heads of business entities shared information about their activities.

Barbara who is a member of the Christiana Baptist Church, has covered assignments in: Cuba, St. Maarten, Puerto Rico, Barbados, U.S. Virgin Islands, St Lucia, Antigua, Thailand, Norway, Spain, England, Zimbabwe, Amsterdam, Canada, France and the United States.

She is currently the Resource Mobilization Officer for the Southern Regional Health Authority (SRHA), Mandeville, Manchester. A Justice of the Peace since 2010; she has joined forces with friends to give back to the less fortunate in two communities, and is currently assisting two high school and one university student to achieve their educational goals. She also maintains the bus stop in her community.

In addition to her teacher's diploma, Barbara has completed courses in English Communications (**Temple University, Pennsylvania**), Writing and Storytelling (**Associated Press Institute, Virginia**), Project Management (**Boston University,**

UWI), Mediation (**Justice Training Institute**) and Events Planning (**HEART/NTA**). She is the recipient of the Caymanas Track Limited's Female journalist award and scores more certificates and awards.

In her down time, Barbara does farming, gardening, reading, cooking, mentoring young people, travelling around Jamaica, listening to music and spending time with her dog Delilah.

She has won three Press Association of Jamaica awards in journalism and is currently working on her cookbook.

Some of her memorable projects at the Gleaner include the following:

1. Rating the Sermon
2. Movie Reviewer
3. Parish Profile series
4. Christmas Cake Competition
5. Co-ordinated Easter Bun Contest
6. Lent Feature - Fish: 40 Days, 40 Ways
7. Laws of Eve conceptualizer
- 8 Men's Flair Edition conceptualizer
9. Kelly's World conceptualizer
10. Mentor/Supervisor Gleaner Summer Interns
11. Flairtious fund-raiser coordinator
12. Corporate Hands conceptualizer
13. Something Extra conceptualizer
14. The Monday Interviews
15. Naked Truth
16. Creator/writer of Pandora's Box
17. The Gleaner's annual blood drive conceptualizer
18. Chief judge for the annual Florida Jerk Festival for four years
19. Creator/Host/Producer for Corporate Coffee Mornings
20. First Editor for IN FOCUS
21. Only journalist in the Caribbean to get the Winnie Mandela interview.
22. Only journalist to interview Jimmy Cliff after over 20 years.
23. Last journalist to interview Edward Seaga before he died.
24. Only journalist to interview Ian Boyne
25. Only Jamaican journalist to interview Maya Angelou
26. Last journalist to interview Hon. Miss Lou

Also among the hundreds interviewed: Mia Motley (then Barbados opposition leader), Sir David Simmons, US Judge Joe Brown, P.J. Patterson, Chinua Achebe, Susan Taylor, Shaggy, Shemar Moore, Baroness Scotland –Secretary General of the Commonwealth of Nations, Maurice Hennessy – grandson to the founder of the House of Hennessy; Rita Humphries- Lewin, Lady Allen, US actor-Danny Glover, Michael Lee-Chin, Ambassadors Audrey Marks, Brenda La Grange Johnson and Sue Cobb; Aubyn Hill, Gordon 'Butch' Stewart, the late Brian George, Danville Walker, Olivia 'Babsie' Grange, Brian Jardim, Audrey Hinchcliffe and John O. Minott among hundreds of Jamaican and international persons of influence.

**Credit: SRHA Resource Mobilization Officer,
Barbara Ellington**

Staff Highlight**Published 'Letter to the Editor' -SRHA Staff Member****Letters to the Editor****Let the elderly vote with the service workers**

Tuesday, August 18, 2020

Tweet

**Dear Editor,**

Since the first case of the virulent disease was recorded in Jamaica in March varying restrictions have been imposed on the citizens.

Considering that the elderly and disabled might have underlying health issues, their probability of contracting the virus will increase.

The Representation of People Act has a provision that speaks to special service electors (military, police and election day workers). These individuals are required to vote at least three clear days, not including Sundays and public holidays, prior to the day of election.

As a concerned citizen, I am using this avenue to implore the Government to amend the Act to allow the elderly and disabled to vote on the same day as the special services electors during this pandemic.

Nichola Nichonia Lylelylenn72@yahoo.com**Accountant, SRHA Regional Office, Nichola Lyle**



Shericka Richards-Williams

Shericka Richards-Williams
Clarendon Health Department

“The Hardworking Shericka Richards-Williams”



The profound quote by Jack Canfield, “Don’t worry about failures, worry about the chances you miss when you don’t try,” is the guiding philosophy that drives Shericka Richards-Williams from the Clarendon Health Department in Clarendon. In fact, she believes in trying even if the odds are against her.

A hardworking individual, Shericka joined the May Pen Health Centre as a Records Clerk and advanced to the role of Secretary to the Personnel Officer and now functions as Administrative Assistant to the Parish Manager. She explains that some of her duties include: supervising the Telephone Operator, providing administrative and secretarial support to the Parish Manager, ordering and distributing office supplies and stationeries to the various health centres and offices at the Health Department, in addition to handling customer complaints.

With 12 years of notable service to the health authority under her belt, Shericka shares that her experience has been a great one. “I have grown professionally and personally. Even though it is very challenging at times I look forward to going to work in the mornings” she adds.

Shericka describes herself as hard-headed, helpful, playful and someone that values her integrity, which is concurred by her supervisor, Parish Manager Joseph Grant, who adds that she is always reliable and punctual. She has been formally recognized for these attributes and has received awards and recognition for being punctual and having a good attendance record.

Family is very important to Shericka and she points out that she is inspired to do her best by her family and adopted parents, Claudius and Rita Newell. “Daddy always said do not let not knowing your real mother stop you from going forward and never use the word cant, always say can” Shericka says.

Reinforcing her importance of family, Shericka states that her greatest achievement to date is her daughter, Davi-Ann, who is her pride and joy. “I believe my life would not have been the same without her and I would not have pushed myself to great achievements if I did not have her” she says.

The importance of learning life lessons cannot be understated and this Administrative Assistant has learnt many life lessons, but notes that most important to her is never looking down on others, regardless of their status in life as it is important to respect everyone.

Shericka is advising her colleagues to give of their best, do it with love and compassion as Jamaica is looking to the health sector to shine, particularly during this COVID-19 pandemic.

On a day off or weekend, she can be found cleaning, which gets her excited she says. She enjoys listening to music from her favourite singer, Jamaican Beres Hammond and American actor Samuel L. Jackson.

Wellness Bytes

"Coronavirus"

Credit:
Ministry of Health
and Wellness



What is a coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

What is a novel coronavirus?

A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans.

Can humans become infected with a novel coronavirus of animal source?

Detailed investigations found that SARS-CoV was transmitted from civet cats to humans in China in 2002 and MERS-CoV from dromedary camels to humans in Saudi Arabia in 2012. Several known coronaviruses are circulating in animals that have not yet infected humans. As surveillance improves around the world, more coronaviruses are likely to be identified.

What are the symptoms of someone infected with a coronavirus?

It depends on the virus, but common signs include respiratory symptoms, fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Can coronaviruses be transmitted from person to person?

Yes, some coronaviruses can be transmitted from person to

person, usually after close contact with an infected patient, for example, in a household workplace, or health care centre.

Is there a vaccine for a novel coronavirus?

When a disease is new, there is no vaccine until one is developed. It can take a number of years for a new vaccine to be developed.

Is there a treatment for a novel coronavirus?

There is no specific treatment for disease caused by a novel coronavirus. However, many of the symptoms can be treated and therefore treatment based on the patient's clinical condition. Moreover, supportive care for infected persons can be highly effective.

What can I do to protect myself?

Standard recommendations to reduce exposure to and transmission of a range of illnesses include maintaining basic hand and respiratory hygiene, and safe food practices and avoiding close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Are health workers at risk from a novel coronavirus?

Yes, they can be, as health care workers come into contact with patients more often than the general public WHO recommends that health care workers consistently apply appropriate infection prevention and control measures.

Disaster Preparedness Tips

"Corona-Virus Preparedness Tips"

Credit:
SRHA & Ministry of
Health & Wellness



**MANCHESTER, CLARENDON AND
ST. ELIZABETH**

STAY HOME TO HELP STOP THE SPREAD OF COVID-19

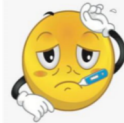
REDUCE YOUR RISK OF CORONAVIRUS INFECTION



Covid-19 Signs and Symptoms

Symptoms may appear 2 days or up to 14 days after exposure. Common symptoms include:

- Fever
- Cough
- Shortness of breath



COVID-19 HELPLINE

TOLL FREE LINE:

- 1-888-ONE LOVE (1-888-663-5683) OR
- 888-754-7792
- 878-542-5998
- 878-542-8006
- 878-542-8007

Email: covid19@moh.gov.jm
jacovid19@gmail.com

MANCHESTER

Call the Manchester Health Department
Monday-Friday 8:30 a.m.-9:00 p.m.
Saturday-Sunday 8:00 a.m.-8:00 p.m.
Telephone: 876-961-0128
Email: srhamhd.eoc.srha.gov.jm

ST. ELIZABETH

Call the St. Elizabeth Health Department
Monday-Friday 9:00 a.m.-4:00 p.m.
876(965-2266, 913-1571, 715-4172) or
Whatsapp: 876-589-0811
Email: stelizabethhec20@gmail.com

CLARENDON

Call the Clarendon Health Department
Sunday-Saturday 8:00 a.m.-12 midnight
Telephone: 876-986-9043
Email: clarendoneoc36@gmail.com

SRHA Regional Office (24 hours-Everyday) 876-962-2752
Email: srharo.eoc@srha.gov.jm

DISASTER PREPAREDNESS



Plan



Prepare



Recover



HOW & WHEN TO WASH YOUR HANDS

/// COVID-19



After coughing
or sneezing

After taking
public transportation

When caring
for the sick

Before, during and
after you prepare and
eat food

After toilet use

When hands are
dirty

After handling animals or animal waste

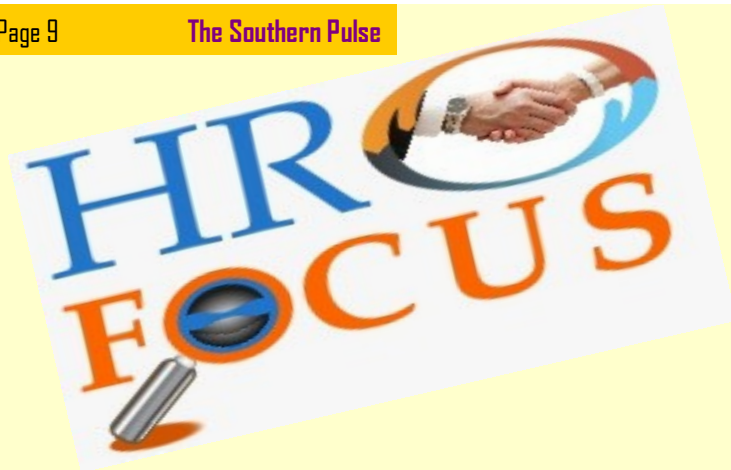
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HOW CAN HE REMEMBER 37 PASSWORDS BUT ALWAYS FORGET TO PICK HIS CLOTHES UP OFF THE FLOOR?



The Lighter Side





The Ministry of Health and Wellness is encouraging Jamaicans who may be experiencing anxiety or stress out of concern over the Coronavirus Disease 2019 (COVID-19) to contact its mental health line at 888 NEW LIFE (888-639-5433).

“Anxiety and stress are normal responses to a public health challenge of this magnitude. Among other things, COVID-19 has required that people self-quarantine or otherwise physically distance themselves from others. This can be stressful for anyone and in some people can lead to feelings of isolation,” said Director of Mental Health and Substance Abuse at the Ministry of Health and Wellness, Dr Kevin Goulbourne.

“We urge Jamaicans to talk about their fears and anxiety. It is amazing how therapeutic it can be to share your feelings and with someone who takes the time to listen. The mental health team at the Ministry is here to listen and to support our Jamaicans through this public health challenge. We therefore welcome those calls,” he added.

It is now more important than ever that Jamaicans take care of their emotional health and there are a number of ways that they can do that from home.

HR And You:

“COPING WITH COVID-19”

- **Stay in touch with friends and family.** Give them a call or reach out to them via social media.
- **Take a break from social media.** While social media is a good way to stay in touch with friends and family, the excessive use of social media has been known to fuel anxiety among some persons.
- **Keep a journal.** It is always a good idea to have an outlet for self-expression. A journal is a good way to do so.
- **Exercise.** Feel free to work up a sweat, increasing, in the process, the body’s ‘feel good’ chemicals known as endorphins.
- **Smile.** A smile, research has shown, can work wonders in helping to reduce blood pressure while improving your mood and reducing stress.

Credit: Ministry of Health & Wellness

SUBMIT AN ARTICLE

We welcome your input. Please submit your articles and feedback for the September edition to:

Latoya Laylor Brown, Public Relations Officer

Email: latoya.laylor@srha.gov.jm

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