



Inside this issue:

SRHA in the News	2
Facilities on the Move	3
HR And You	5
Staff Highlight	6
A Day in the Life of:	7

SRHA 'Gold Steppers' Team Enters Weight Loss Challenge for the Workplace



Through several programmes and initiatives, the Southern Regional Health Authority promotes “healthy people in healthy families...in a clean and safe environment,” and encourages its staff, stakeholders and customers to develop healthy lifestyle habits.

With this in mind, a team from the southern region has embarked on the National Health Fund’s “Work it Out Weight Loss Challenge for the Workplace”. The team comprises Marshalee Legore from the Manchester Health Department, Christopher Samuels from the Man-deville Regional Hospital, Latoya Lyons, Sadie Williams and Karen Nelson from the regional office.

“The NHF ‘Work it Out’ Challenge, is a weight loss team competition for workplaces that emphasizes diet

GOLD STEPPERS:

Left to right: Marshalee Legore, Latoya Lyons, Christopher Samuels, Karen Nelson and Sadie Williams.

and physical activity as ways to lose weight healthily. Improving dietary habits and increasing physical activity, reduce a person’s risk of developing chronic diseases and also improves control of these conditions.”

The competition lasts for twenty four (24) weeks and will run from April 9 – September 24, 2016. Each 5 member team entered in the challenge completes weight, height, body fat, and waist measurements at the start of and end of the competition.

In the News: Southern Regional Health Authority

Clarendon Health Department Joins Over 5000 Youths to Clean Up Parish, Sunday, March 20

The Clarendon Health Department in partnership with the Youth Ministries Department of the Central Jamaica Conference of Seventh-day Adventists will undertake a major clean-up campaign in Clarendon this Sunday, March 20.

A team of public health inspectors, health educators, vector control workers and other staff from the Health Department in addition to over five thousand youths from the Youth Ministries Department will target the northern and southern regions of Clarendon. The group will pay special attention to communities with high indices of the *Aedes Aegypti* mosquito, markets, cemeteries and other public areas.

Parish Manager for the Clarendon Health Services, Joseph Grant said in addition to the clean-up activities, free health checks will be provided at the May Pen Seventh-day Adventist Church.

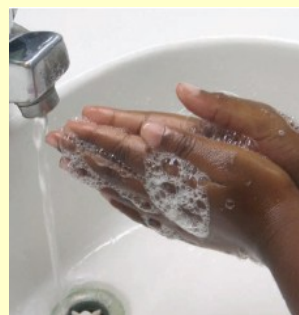
Mr. Grant noted that his team welcomes the initiative and will continue to give their support as the Ministry of Health continues its clean-up campaign across the island. He encouraged Jamaicans to get involved in cleaning up their communities as the country remains on high alert for the Zika Virus and other mosquito-borne diseases.

He added that the initiative will also help the young people to appreciate service and community involvement.

The day's activities will commence at 8:00 a.m. with a general assembly at the Middlesex Sports Complex in Clarendon followed by the clean-up activities and health checks.



Wellness Bytes: Hand Washing



Credit:
Ministry
of Health

Wash your hands as often as possible to prevent the spread of diseases. Germs can spread easily from person to person and make you sick.

During the day, we may touch books, door knobs, tables, toys and other items that may contain germs.

You must always wash your hands:
Before You:

- prepare or eat food
- look after a sick person, or a baby
- touch your eyes, nose or mouth

After You:

- use the toilet
- handle raw meat, chicken or fish

- Change a diaper
- look after a sick person
- sneeze, cough, blow or wipe your nose
- touch animals or handle waste
- handle garbage
- have been out in the public

Facilities on the Move

Southern Regional Health Authority's Fleet Boosted

Three vehicles valued at over J \$14 million have been added to the Southern Regional Health Authority's fleet, as the region continues to boost the capabilities of the health service delivery in the region. The official handing over of the vehicles took place on Friday, March 4 at the regional office.

See below photographic highlights:



'Bon Voyage'

Nerine Belnavis-Waite: "An Infectious Smile"

"An infectious smile" was the description that resonated among staff when describing Regional Personnel Manager, Nerine Belnavis-Waite.

The Southern Regional Health Authority recently saluted her for her contribution of over 17 years of invaluable service to the Regional Health Authorities.

See snapshots of the send-off reception below as the staff bid her farewell. The SRHA wishes her all the best in her personal and professional endeavors.



HR And You:

Staff Orders for the Public Service



The Staff Orders of the Public Service govern the Conditions of Service for Public Officers. It comprises legislation, regulations, policies, directives and the results of collective bargaining agreements between the Government and the respective unions and staff associations. In this issue of our Newsletter, we look at eligibility and entry into the service.

Eligibility

- i) Any suitably qualified Jamaican/CARICOM national is eligible for appointment in the Public Service.
- ii) If extensive recruitment activities do not yield a suitably qualified candidate of Jamaican/CARICOM nationality, then others may be considered.

Entry into the Service

Persons entering the Public Service may be appointed on a temporary or permanent basis, at the discretion of the appointing authority.

Temporary Appointment

In instances where the appointment is to a position which is on the Public Service Establishment, is clearly vacant and where the candidate has met all the requirements, the temporary appointment should not normally exceed six (6) months.

Permanent Appointment

Upon permanent appointment, persons will receive a letter of appointment from the appointing authority setting out the terms and conditions of the appointment, which may include the requirement for probation and



On the Lighter Side



"For the upcoming April edition we want to hear about your Zika Virus preparedness. Send us your best photos of the preventative measures, such as searching for breeding sites."

Please submit your articles and feedback to:

latoya.laylor@srha.gov.jm

Deadline: April 30, 2016

Staff Highlight

Southern Regional Health Authority Drivers and Maintenance Staff Awards Ceremony

In an effort to recognize the invaluable role that the staff play in the health care delivery across the region, the SRHA Operations and Maintenance Department officially honoured its staff at an awards function. The function was held under the theme, “Innovators...Drivers...for Growth” on March 4 at the regional office.

Please see below photographic highlights.



A DAY IN THE LIFE OF

Rosey-Ann Miller

Cashier: Mandeville Regional Hospital



1. How long have you been working with the Southern Regional Health Authority?

I have been employed to the organization for approximately six years.

2. What has your experience been like?

It has been a tremendous learning experience, both professionally and personally.

3. What inspired you to choose your profession?

I chose accounting because I have a passion for crunching numbers. Secondly accounting is relevant in the world over and it is critical to decision making in all facets of life and finally it is a part of my purpose.

4. If you did not choose your present profession, what would you have chosen?

The field of education.

5. Are you guided or driven by any philosophy or mantra?

Yes. Philosophy- Do the good you know until you know better, you do better... Maya Angelou
Mantra -Another day another dollar.

6. What do you consider to be your biggest achievement to date, personally or professionally?

Biggest Achievement – Completing the Associates Degree in Accounting at MIND while working fulltime and

raising a family.

7. What is the most important life lesson you have learnt?

To take things in strides and to appreciate the little things in life. e.g. a kind word.

8. Describe yourself in five words using letters that begin only with R.

Resilient, Resourceful, Responsible, Reflective, Reciprocatory.

9. If you were to get an unexpected visit from a colleague on a day off or on the weekend, what is the most likely thing you would be doing?

Doing my laundry.

10. Who is your favourite actor and singer?

Favourite Actor: Denzil Washington Singer: Donald Lawrence

11. What is your favourite spot in Jamaica?

Morgan's Harbour.

12. If you were to be alone on an island and could only bring four things, what would these be?

Food, Hammock, Magnifying Glass, Machete.