



Dear team,

As we move into the festive season, I just want to mention that we are also expecting a summer filled with severe weather including above average rainfall, more severe storms and heat waves.

With many of our staff out and about visiting patients in the home or community I ask that you ensure personal safety is a top priority.

With many expected heatwaves in the coming months where the maximum and minimum temperature are unusually high for three or more days - we will also see a lot of hot nights that contribute to making heatwaves dangerous.

Keep an eye out for messages and severe weather broadcasts sent via email and share these with staff who may not have email access.

Please be aware of the symptoms of [heat-related illness](#) and be familiar with the [Heatwave workplace guideline](#) for employees.

Some simple tips for staying safe include:

- Staying hydrated and packing extra water if you are on the road.
- Trying to stay out of the sun
- Utilising the car air conditioning to stay cool
- Keeping your phone charged for emergencies
- And, remembering when it is flooded forget it.

The Queensland Government disaster webpage provides a range of information, including traffic updates and alerts, road and school closures, emergency alerts and emergency assistance at <http://www.qldalert.com/>.

Metro North Health has created an extranet site to keep staff across our [emergency and disaster response activities](#). The site also includes links to useful resources.

In addition, you can check the Bureau of Meteorology [website](#) for the latest weather information to stay safe.





Our future executive leaders shine - Congratulations to Tarini and Lina

It gives me great pleasure each year to acknowledge the success of some of our current and future leaders within COH.

This year, a big congratulations go to Lina Hunter and Tarini Singh from our Metro North Oral Health Service who are the latest Metro North Executive Leaders Program (ELP) graduates.

The program is designed to identify, develop and retain senior leaders with the ability and aspiration to progress into Executive Director roles within a health environment.

The program features individual developmental assessments, face-to-face workshops facilitated by healthcare experts with real-world experience, executive coaching and mentoring, networking events and inclusion in the ELP Alumni Program.

Lina Hunter

"I am so grateful for the opportunity to be a participant in this year's Executive Leaders Program with Metro North and GE. It has been a rewarding experience over the last nine months and an opportunity to network with other emerging leaders across the state."

"I have walked away with a toolkit of resources which I have already started to implement in the workplace. I highly recommend this program to those who are looking for personal growth and advancing their leadership journey."

Tarini Singh

"I want to extend my heartfelt thanks for the opportunity to attend the Executive Leadership Program."

"The sessions were not only informative but also incredibly inspiring. I have used this opportunity to develop my leadership skills by expanding my network through the course working with some amazing leaders, and understanding my personal and professional goals and how they align with the organization."

"Gaining a wealth of leadership experience and skills through this course has been immensely beneficial in assisting me in my leadership journey."



A final shout out!

Last week, we had a familiar face join our residents and staff at Cooina House.

Bruce Paige, the Seniors Reporter at Channel 9, took some time out to join our residents to enjoy a 'Swim with the Dolphins' and some 'Paragliding in the English countryside'.

Bruce joined Christine, John and Denis in the cinema as part of their regular virtual reality sessions.

Resident Christine also got wind of Bruce's recent birthday, and hand crafted him some "Apple of my eye!" inspired boxers and a sleep mask.

I will share the full news report with you once it is aired on Channel 9.



Kind regards,

Glynis Schultz
Executive Director
Community and Oral Health

We respectfully acknowledge the Traditional Owners and Custodians of the land on which our facilities are built. We also pay respect and acknowledge Elders past, present and the future.

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