

Metro North Health

Message from the

Executive Director Community and Oral Health

Glynis Schultz



Summary:

- Final in the Mix for 26! event
- Bringing the best version of ourselves to work
- COH Staff Excellence Awards nominations open
- Updating your flu vaccination status

Message feedback



Audience: All staff



Read time: 5+ min



For: Information

Dear Team,

This week, I had the pleasure of connecting with staff at Aspley Community Health Centre and Zillmere Residential Transition Care Program.

As part of this In the Mix for 26! event we recognised our most recent COH Connecting Care Champions.

Nineteen staff were acknowledged.

Zillmere Residential Transition Care Program

Patrice Jones, Nurse Unit Manager

For bringing an unwavering and steady presence that connects the RTCP team, families and key stakeholders, while strengthening teamwork and care delivery.

For being such a hardworking, supportive and reliable team member who leaves a lasting impression on her colleagues and patients.

Vikki Aquilina, Registered Nurse

For bringing people together and maintaining a positive, collaborative atmosphere which makes a significant difference to both staff and the patient experience.

The Social Work Team – Paul Stephens, Tiahn Welsh, Terence Wong and Rhiannan Newton



For being a hardworking and dedicated team, who are the backbone of our service, and ensuring great patient flow and supporting consumers to get the necessary supports in place.

For continually showing up and standing up for our consumers and colleagues, despite the challenges.

Orlaith (Orly) Gallagher, Acting Senior Podiatrist

For working exceptionally hard with education, safety and quality, nursing and allied health across all sub-acute bedded services and for being a massive advocate for all things feet.



Aspley Community Health Centre

Emmanuel Tesese, Administration Officer, CPIU

For going above and beyond to lift team spirits with his amazing positivity. His quiet dedication and work ethic is also outstanding.

Eleanor Thompson, Clinical Nurse Consultant, RACC

For obtaining the best outcomes for our patients through thorough and amazing leadership and support of the team. For being a courageous leader and always putting her team and clients first.

Cassia Davis, Senior Data Administrative Officer, CPIU

For being the driving force behind our active dashboards and data management for both CPIU and CRU. Providing incredible support and guidance to the entire CPIU team.

RACC Nurses – Emily Merton, Cherith Whittle, Helen Collen and Emily Hohenhaus

For being a highly skilled community nursing team which demonstrate strong clinical expertise and an exceptional ability to build rapport in complex and challenging environments.

Benjamin Keightley, Occupational Therapist (Two nominations)



For being an outstanding occupational therapist who combines genuine care and empathy with a strong client-centred focus. He is always ready to bake a cake and needs no excuse to whip out his kitchen aid and provide morning tea 'just because'. He is a true care champion.

Param Kaur, Nurse Navigator, Frail and Older Persons

For her quiet way of providing dedicated and exemplary clinical gold standard care to the vulnerable frail older persons in Metro North.

Kristie Wiesner, Nurse Navigator, RAN

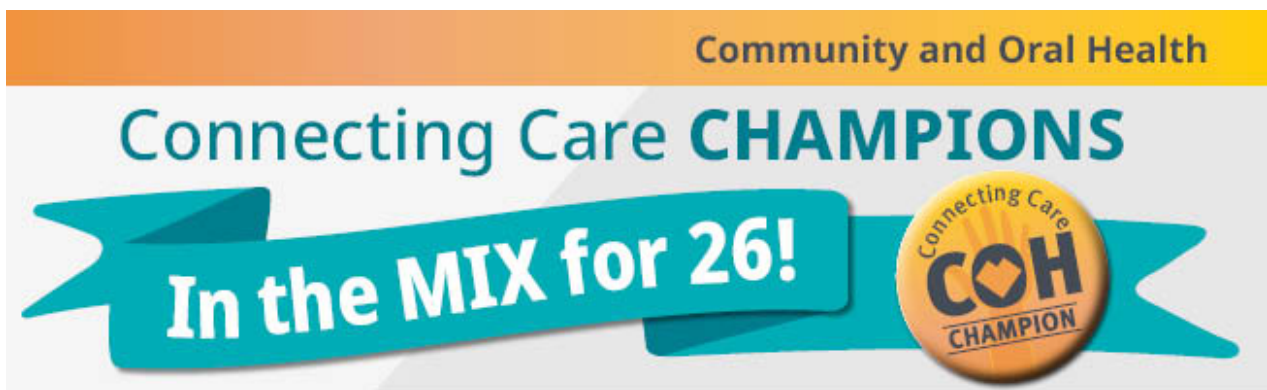
For her great management of patient flow to our bedded services each day. For ensuring patients are on time for the next stop in their care journey.

Emily Charles, Senior Administration Officer, RAN

For being an exceptional leader who consistently demonstrates kindness and understanding and is always approachability in all her interactions.

Lauren Bugeja, Acting Senior Administration Officer, CPIU

For leading the team through change in process and increasing workload, advocating for her service and her commitment to great patient outcomes.



Bringing the best version of ourselves to work

As part of our In the Mix for 26! roadshows we asked Sandgate, Strathpine and Bracken Ridge how they manage wellbeing and brought their best possible self to work.

The most memorable tips included:

- Focusing on self care
- Checking in with each other
- Having a tempting lolly jar in your area so other staff come and have a chat
- Being present in the moment
- Being honest with your team if you're feeling a bit fragile or need some space
- Giving yourself permission to pause and take a break and chat to others
- Showing gratefulness.



Community and Oral Health
Staff Excellence Awards 2026

Recognise your peers or a team for excellence, includes multiple staff awards including the annual Connecting Care Champions award.

Nominations close 5pm, Tuesday 21 July.

Presenting Partner: 
Part of Australian Retirement Trust

Nominate here

Updating your flu vaccination status

Thank you to those who have already taken the time to advise us of your influenza vaccination completed outside of work at your GP or local pharmacy — we've had a great response so far!

We'd love to keep this momentum going. If you've received your influenza vaccination elsewhere and haven't yet let us know, please send through your details to [COH Infection Control](#) so we can ensure our records are up to date.

Staying on top of vaccination records helps us maintain a safe environment for both staff and patients. Every update makes a difference.

Thanks for your continued support!

Glynis Schultz
Executive Director

Metro North Health



We uphold our commitment to health equity through our Values in Action
Respect | Integrity | Compassion | High Performance | Teamwork



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.

Metro North Health's vision

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.



**Queensland
Government**

If you have received this email and do not work for Metro North please follow this link to be removed from the mailing list.

[Email us](#)