

Makini Health Centre tops Morobe province in MCH patrols

By Nidra Kewere

HARSH road conditions does not deter health service delivery at Makini Health Sub Centre in the Finschhafen District of Morobe Province as a horse has been used to aid health workers in their normal monthly patrols.

The horse was bought for K2,000 from Sialum over a year ago and has been well looked after by the health facility staff while it assists in transportation in this remote area.

Makini Health Centre is situated in a geographically remote and rugged area of the Finschhafen district with poor road conditions making it almost impossible to access by vehicle.

Any other person would take seventeen hours to almost a day's walk up to Makini while people from the locality take usually six-seven hours.

During the rain season, the roads become muddy and often impassible and rivers become flooded making it hard to cross over. Makini Health facility OIC Bafike Bafinuka said the challenges of poor road conditions did not hamper how health service delivery was rolled out.

"Before the horse came, the health workers and myself would usually walk. We carry medicines and vaccines and walk to the villages for treatment for those who are to sick to come to Makini or for MCH patrols. Sometimes we overnight at villages and come back to the health facility the next day," said Bafike.

Makini Health Sub Centre caters for a catchment population of more than 8,000 people in 18 villages with four primary schools, one aid post and primary and elementary schools.

The OIC said: "Immunization patrols are a priority for us at Makini so every month we



(L-R) Senior CHW Katta Dackson, OIC Bafike Bafinkwa of Makini HSC and Finschhafen member's office representative Enock Gese during their visit to the CHS Secretariat in Port Moresby

do the rounds to the villages and also do general health awareness at the same time. Despite funding delays, we still carry on with our work."

This has indeed paid off well when Makini Health Sub Centre, a facility of the Lutheran Health Services (Morobe) was declared first in the whole province for outstanding monthly performance and meeting all targets of routine monthly MCH Patrols.

This has boosted the morale of the health staff at Makini, who said they have the compassion and heart to serve so despite the geographically harsh conditions and delays in funding they will continue to serve the people of this area.

Finschhafen District Assistant SME Manager Enock Gese admitted that government services had been almost non-existent for the past thirty to forty years in the area.

Gese, who also represented Finschhafen MP and National Planning Minister Renbo Paita's office said he recently made a trip to Makini upon request from the MP.

"I salute the OIC and his health staff for their effort and hard work. I walked almost one whole day to reach Makini and I saw with my own eyes how they served the people there," Gese said.

He added that plans were under way for proposals to be written and submitted to the MP for upgrading of the Health Facilities and to fix the road.

The OIC and another health staff senior CHW Katta Dackson and Gese were brought to Port Moresby by the MP to begin work on their proposals.

Bafike said: "Despite the challenges we face with no access to a good water source, poor roads and funding constraints, we will continue to serve our people up at Makini because that is God's calling for our lives and we will do so with love and compassion."

He also thanked the honorable member for recognizing the importance of health service in the district and said he would do his best to seek his assistance in improving government services in the district.



From The Chairmans Desk...

From the Chairpersons desk in this July – September Issue # 29 CHS PNG Newsletter, it gives me a distressed and yet meekness of heart to address you all. While I on behalf of the Executive Board express this sentiment basing on certain scenarios of worse situations and unthoughtful actions by various trusted authorities from both internal and external stakeholders and partners. Although an enacted organization complimenting the country's national health service delivery, we are sometimes if not most times displaced because of one, our own doings that implicates trust and confident of our government and partners and two unthoughtful actions by appropriate authorities within the government bureaucrat administration and above all displaced GoPNG commitment to Church Health Grant support allocation as appropriated in the GoPNG National budget and other related GoPNG decision to support CHS PNG.

In saying this, we need to also understand the economic state and the challenges our current Government is faced with to stabilise and create a balance for economic growth and expenditure anticipated for national services and development aspirations including health.

Therefore, it does without doubt and hesitation to say that, it all gives a huge burden on individual church agency within the CHS (PNG) Assembly to take the challenge uninvited or objectionable in your management and administration to tackle, address and form resilience.

Your church agency decision/s by appropriate church authorities is highly respected based on individual autonomy given the situation but yet let me remind and request for your high consideration to appropriate internal and external stakeholders as you make decision pertaining to the struggles.

In the directives and address of the situation of financial struggles, the Executive Board continues to ensure the CEO's office and CHS Secretariat in the negotiations, deliberations and finding ways to ease the struggles however, not all consultations are promising given many other factors our government and partners are also faced with.

That is why, the very core of my call on behalf of the CHS Executive board to all you individual church agencies is compliances to all matters in individual administration and management within training schools and service delivery to requirement calls from the national secretariat office.

While at the same time, the executive Board is mindful also to ensure the national secretariat continues in its operations despite negative responses and to still advocate.

The results of such have paved the way forward for partners support funding based on CHS(PNG) 2021 Budget appropriation through GoPNG and Australian government support via DFAT, yet we need to support our secretariat doing our part.

It is already September and we are heading towards October and it is indeed already discouraging with many lessons to learn.

The Executive Board also know of various calls and reports from various national media platforms by individual church agencies and from the Chairman's desk and CEO's office, we keep track of such correspondences and yet fruitful results are still -outstanding if you like and for me in the chairpersons chair it is a huge challenge against public media post and forums against diplomatic roles in such situations by the CEO and Executive Board with the government and partners. Therefore, again the directive will be in the best interest of such media calls from each individual church agency to follow up on your provincial authorities, internal church and external partners to convey meetings to address those key financial issues based on either mutual, Service level Agreement and or signed MoA documents that should support engagement and

provincial commitments to financial service support.

It is indeed another huge burden again on our struggling efforts to urban an eighty plus percentage of rural population service delivery in the current surge of Covid 19 again and the current release of lockdowns to be effective as scheduled.

The Executive Board was already preparing for the second meeting as advised by CEO while receiving the message on the current surge and lock down that will further need assessment in order to conduct the meeting to address major issues on our table for CHS PNG.

The outcome of the address of issues will be under the responsibility of the CEO and secretariat again to ensure weekly updates and progressive advice and reports on the financial support by GoPNG and Australian Government partnership and off-course long awaited concept payroll system.

Despite shortfalls in expected and or positive results, the ball is not always played on the side of our courts therefore we through the CEO office and secretariat still continue the fight.

And I assure you all that the fight is still continuing.

Finally, our undivided heartfelt gratitude on behalf of the Board firstly to all our health workers of all cadres you're your resilience and standing in front delivering services despite no pays or half pays etc, secondly to the school principals and teaching staff of all training schools to keep continuing students education, to all the church authorities and missionary support in administration and management including clinical per church agency and off course to you all health managers, secretaries and support staff to keep standing despite odd and unfavourable and discouraging situations.

I on behalf of the Board admire your God given talents best put into practices for the sake of our children and the country. With you Prayerfully.

Japalis Kaiok
Chairman
Executive Board, CHS PNG

SOUTHERN REGION

Revised Health Care manual given during Training School's 28th Graduation



(Above) Graduating CHW students saying their pledges during the 28th graduation and (Below):

Words & Pictures by Bradley Gideon Anglican Health Services

St Margaret's CHW Training School is the only Health training Institution in Popondetta, Northern Province and is an institution managed by the Anglican Church of Papua New Guinea.

St Margaret's Community Health Workers Training School hosted its 28th Graduation and 12th Competency Based Training under the revised Health Training Curriculum on Friday 13th August 2021.

It was a dull day with heavy rains which were experienced over the past 4 days prior to Friday the 13th.

About a weeks preparation went into organising this important event with staff and students spending restless nights and busy days to ensure the day was a success.

A total of seventeen students graduated with the majority coming from Oro Province, while others came from East Sepik, Morobe, East New Britain, West New Britain and the Autonomous Region of Bougainville.

The graduating students shed tears for friendships forged in in their two (2) years of CHW Training more for the achievements they had accomplished and also for leaving behind friends and

families they had come to know during their training.

Consecutively on the same day, the official distribution of the third edition of the revised CHW Health Care Manual was made by Mr Michael Ambo, Anglican Church National Program Coordinator with the PNG Church Partnership Program (CPP).

The Health Care Manual was revised over the past years and the revised third edition had been approved for use by CHW Training schools.

The Reference materials were co-funded by BUPNG, CHS, NDoH through GoPNG, Church Partnership Program (DFAT), mainlines Churches and donor partners who have financially support the efforts to become reality.

The resource books will be an important tool for health personnel, especially community health workers as they would be frontline health workers working in various rural and remote parts of the country.

The reference book will greatly support current students in the health profession later on.

Acknowledgements were made on behalf of the Anglican Church Leaders, St Margaret's training school staff and the church congregation towards Baptist

Union PNG for their tremendous effort in the production of this manual.

An Anglican Church leader said: "This manual will pave the way for years to come in educating and upskilling our work force to correctly identify different medical problems and hence properly treat them accordingly. Special thanks to Sr. Ruth Injo and the HCM3 Project Management Team for the job well done. I salute you for this great effort."

The manual was published by the Baptist Union of PNG.



Anglican CPP Coordinator Michael Ambo presenting the revised HCM to acting principal Dabik Suari

Vision testing important for good eye health



By Nidra Kewere

GOOD eyesight is part of a person's daily well-being as it gives us the ability to see the world around us and do our daily activities. Yet, eye care in itself is something many Papua New Guineans take for granted.

Local well renowned Ophthalmologist Dr. Peter Korimbo said for a normal person born without eye defects, vision or eye problems are age related and the older a person gets, more vision related issues will affect them such as short or long sightedness.

Dr. Korimbo manages SED Optical Care Centre which provides vision testing and also sells different glasses according to suit a person's needs as well as eye care reports and referrals if necessary.

Recently, the Christian Health Services Secretariat in Port Moresby engaged SED Optical to do free eye testing for all the staff and CHS partner Bread For the World, Staff. This has been the first activity of its kind for the Secretariat although regular health checks are done every quarter, eye health had not been a part of it.

Training School Coordinator Lengi Derring, who organised the activity said that eye health was just as important as overall

health and well being and that eye health would also be a routine part of the quarterly secretariat health checks.

Dr Korimbo said: "Just like your body, your eyes also get sick and you need to come for eye treatment. We need to protect eyes at all costs especially those people who work with machinery and factories that do welding."

He urged the staff to wear proper glasses for reading, computer, general sight and even sun glasses.

"If it means coming in for testing to get a proper referral or prescription for suitable glasses, then you must," Korimbo said.

SED Optical located at Garden City in the Boroko Business Area see people with a lot of eye issues and conditions that require immediate attention.

Dr. Korimbo said it was important to get regular eye tests and also to take proper care of one's eyesight.

He added that as a person got older towards the fifty and sixty year age group, vision also slowly deteriorates but that it was an inevitable part of nature and the human life.

Mr Derring said from the list of conditions

that were presented, it gave a very good impression that most of the working class people did have some form of vision difficulties but were un-noticed or undetected.

"Eye care is paramount as it is the organ that connects you to this world. Without an eye or a blind person is a lone person on an island. Wearing glasses is not an indication of aging but importantly protecting the eye itself. Seek an eye specialist and have your eyes tested and decide on proper glasses to wear," Derring said.

Fruits and vegetables are rich in vitamins and they nourish vision capacities and adding these to meals regularly are strongly encouraged.

He said: "Buying cheap reading glasses from the streets and shops without proper diagnosing your eye condition is not correct thing to do. Seek an Ophthalmologist near you for specialist eye care."

Some of the eye conditions detected among the staff include Photophobic, Presbyopia, Myopia, Emmetropia, Astigmatism and Hyperopia.

Referrals were given for further testing and or treatment at SED Optical

SECRETARIAT NEWS

Celebrating PNGs 46th independence..





Part 2 -with *Bernard Rutmat*

Hello Readers,

This is a continuation of the article I wrote in the last issue of the Newsletter on retirement which I hope most of you have read in your own time in relation to this very life changing issue. As highlighted in the last article there were three very critical questions a potential candidate for retirement needed to consider in light of his/her impending retirement. For those who came late the three questions posed were:

1. "Can I afford to Retire"? (Financial)
2. "Do I need to Retire"? (Health)
3. "Do I want to Retire"? (Psychological Well Being)

Due to consequences beyond my control, I will dwell only on the Question of "Can I Afford to retire" in this issue.

As one ponders over the right age to retire or put it more correctly "legal or compulsory age" for retirement the critical and most important question is "Can I Afford to Retire"? DO I have what it takes to go in to retirement? This question borders along a Financial Mantra and is a valid one.

A simple answer to this question is not possible because in today's setting there are more choices which are now available to people when it comes to them making a decision about retirement.

Some People might want to continue to work as long as they please. Some might decide to retire at a much younger age. Changes in the PNG rules on retirement has placed the retirement age back to 65 years after it was set at age 55 for public servants previously. So people can adhere to this.

Can I afford to retire calls for a careful assessment of the strength of the person contemplating retirement as an option. He will need to consider the following:

- a. How Much Money (Income) will one need in order to retire. By this I mean how much income one will need to "retire comfortably" without any inkling of doubts and minimal challenges to be faced in retirement. As alluded to earlier "Do you have enough money to survive in retirement? Will the level of income one has at retirement time be sufficient to support a certain "lifestyle of choice" the

retiree chooses to adopt in retirement?

- b. When is the RIGHT time to Retire: Considering ALL Factors Timing of one's retirement can be the most difficult and the most crucial decision one has to make. Why am I retiring now? Do I have enough money to quit being employed or should I continue to be in employment?

- c. Did I save money for my Retirement? Setting an income goal for retirement is not a priority for most working class PNGeans and Church Health Workers are also included. Most do not save any money at all for their retirement. As a result, most of the previous employees of our will be looking for a job a few years in to their retirement to support their livelihood. Most are of the opinion that their final entitlements will be sufficient to pull them through in retirement. Which in most cases is not the case.

- d. Am I a one Source Income Person or a Multi Income Source Person? Retirement can be a tricky scenario for some if no planning was done in order to undertake one. In most cases as seen also the period of time after retirement for retirees with a single income source can be the most difficult and challenging period for these employees. This is because most of the retirees are retiring with whatever is due to them with very little other savings to buffer their meagre payouts as they exit their regular paid job.

Most will be sweating on the release of their super funds savings from Nambawan Super and Nasfund to bail them out of their current life's impediments. Upon the receipt of the payment their retirement lives will then blossom for a year or two (depending on the level of saving culture and financial literacy) before their lives changes again from being rich to one of "being marginalized" for the remainder of their life on earth.

Depending on where one hails from the scenarios for retirees from the four (4) regions of the country may paint a different way of life post retirement. But the struggles for many will be the same.

The challenge facing the Health Workforce

of the Church Health Services is the minimal payout they will receive at the end of their years of service is quiet not the same as those who serve in the Government health services or other government departments for that matter. Thus, it is imperative of the church health workers to plan strategically professionally and effectively for an event that might decide the longevity of their life in retirement barring all else being favorable.

The crux of the matter here is as long as retirement is looked at critically and objectively by retirees and some planning goes in to it. Retirement will be an activity to be enjoyed. Retirement will not be a burden like it has been for some. Living a lifestyle that once used to will be lived as if nothing has changed.

Lastly it is very important for our Health Workers in the Church Health Services to know how much they will need to spend in retirement. I can't stress this point loud enough. Ideally that is what we all expect to happen to us years out of retirement and the good news for the retiree is some of the expenses will go down in retirement whilst others might go up depending on the locality that the retiree wants to spend his/her retirement at.

Expenses such as electricity sewerage and water might go down but other expenses such as travelling and other lifestyles expenses might go up.

Maintaining the same lifestyle prior to retirement may be a long shot. But for those who want to continue living the same kind of lifestyle prior to their retirement will need to plan well for this. This is a choice and it is really up to the retirees themselves to make this happen.

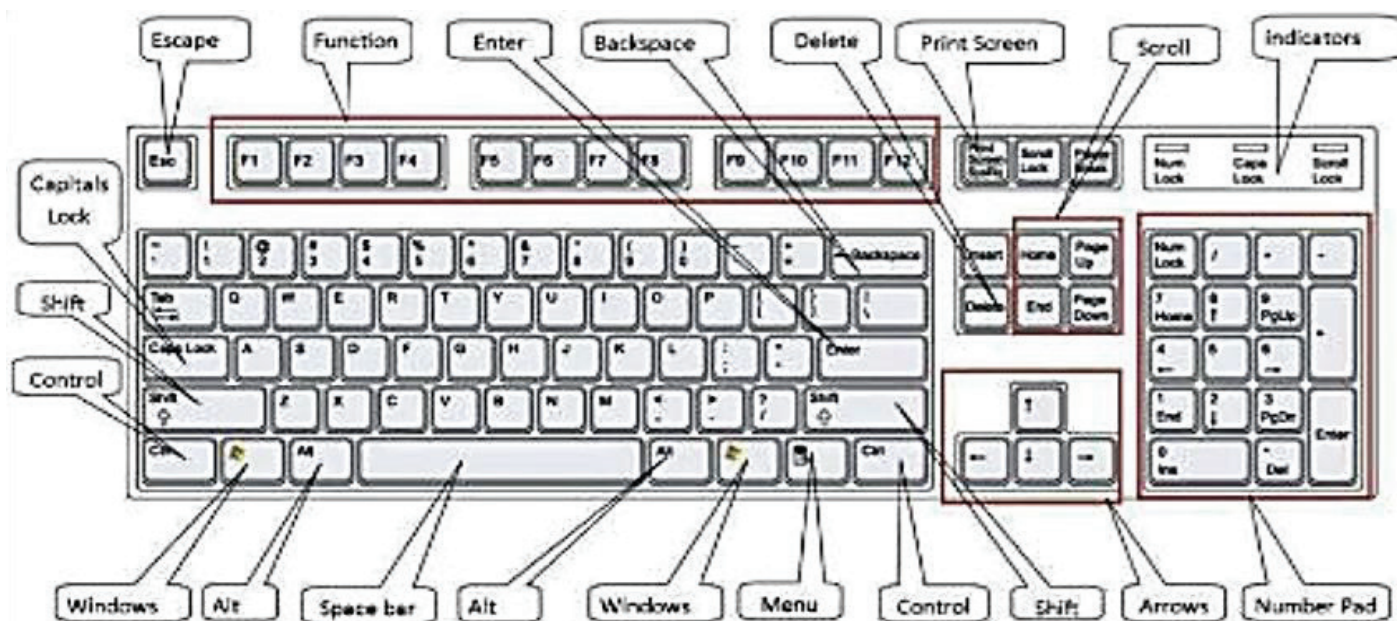
Finally, it is not uncommon at all that in the past most of our Church health workers were left working past their "effective years" of service and did not have time for themselves and their families was mostly due to the lack of awareness and understanding of what their future retirement income will be like so most of them hoping to retire will simply choose to work longer due to the fear of the unknown".

Happy Retirement Planning!!!



As I have stated in my earlier article that we will only cover the basics in Word, Excel, PowerPoint, I would like to introduce you to the very important component that will give access to you to operate a computer is KEYBOARD.

So, here are some of the basic keyboard short-cuts for Windows 10 that you need to know.



Keyboard shortcut → Action

Windows key → Open or close Start Menu.
 Windows key + A → Open Action centre.
 Windows key + D → Display or hide the desktop.
 Windows key + E → Open File Explorer.
 Windows key + G → Open Game bar when a game is open.
 Windows key + I → Open Settings.
 Windows key + K → Open the Connect quick action.
 Windows key + L → Lock your PC or switch accounts.
 Windows key + M → Minimize all windows.
 Windows key + S → Open Search.
 Windows key + Left arrow key → Snap app windows left.
 Windows key + Right arrow key → Snap app windows right.
 Windows key + Up arrow key → Maximize app windows.
 Windows key + Down arrow key → Minimize app windows.
 Windows key + Ctrl + D → Add a virtual desktop.
 Windows key + Ctrl + Left or Right arrow → Switch between virtual desktops.
 Windows key + Ctrl + F4 → Close current virtual desktop.
 Windows key + Home → Minimize all but the active desktop window (restores all windows on second stroke).
 Windows key + PrtScn → Capture a screenshot and save in Screenshots folder.
 Windows key + Shift + Up arrow → Stretch the desktop window to the top and bottom of the screen.

Windows key + Tab → Open Task view.
 Windows key + "+" key → Zoom in using the magnifier.
 Windows key + "-" key → Zoom out using the magnifier.
 Alt + Tab → Switch between open apps.
 Alt + Left arrow key → Go back.
 Alt + Right arrow key → Go forward.
 Alt + Page Up → Move up one screen.
 Alt + Page down → Move down one screen.
 Ctrl + Alt + Tab → View open apps
 Ctrl + C → Copy selected items to clipboard.
 Ctrl + X → Cut selected items.
 Ctrl + V → Paste content from clipboard.
 Ctrl + A → Select all content.
 Ctrl + D → Delete the selected item and move it to the Recycle Bin.
 Ctrl + Esc → Open the Start Menu.
 Ctrl + F4 → Close the active window.

Quarter Three updates...

Hi everyone!

Greetings to one and all from the CHS National Secretariat Office.

We are pleased once again this year to publish and deliver another Newsletter to our agencies and including our supporters and Stakeholders.

Before we all knew it, we are in to the last QTR of the year and a New Year beckon for all of us. The third Quarter will go down for us as the most arduous one for all.

Once the news of the requirement for the DFAT funding was received by us and we had to go in to overdrive to meet the requirements from DFAT. As of the date of this Newsletter being put to print, we are glad to announce that we have received a good percentage of the agency reports to which we have forwarded to DFAT as well. We take this time to salute those Agency accounts personnel and your Health Managers who bore with us during this time. We thank you all for this show of support.

During these stressful times when information from the Agencies were very slow in coming there may have been times that the tone of communication may have intensified a bit it was all for a good cause.

As we come to the end of this quarter it is indeed with a sad heart that I inform you all at this juncture of the exit of our Media Officer in Ms Nidra Kewere who has since resigned from Christian Health Services to take up a new job in another organization. She has proven her worth here and it is sad to bid her farewell to her after nearly a decade in her role as the Media Officer of CHSPNG. I have learnt a few things from her along the way too.

I remember the day I started on the 14th of August 2014 on a Thursday afternoon I walked over to her workstation and I told her "Be ready and start preparing the CHSPNG Newsletter". It was not long and we launched the first ever issue of

"Health Toktok" Newsletter. The rest is history. After being in the forefront of the CHS Newsletter and to reach a total of 28 issues of the Circulation who in his wildest dream ever thought this was going to happen. She not only concentrated on her delegated duties as the Media Officer she was the "jack of trade officer here and was involved in extracurricular activities as planned and executed by the project team of CHSPNG.

On behalf of the CHS Management Team and all our Agencies I take this time to thank Ms Nidra Kewere for the long 8 years she has worked under the banner of our beloved CHSPNG. We will miss you and the camaraderie you provided to those in past and those that are still here. Her last day of work officially is on the 29th of September 2021. A small gathering will be held at the CHS Office to officially thank her for her time spent at the CHS Secretariat Office in employment here. Best wishes from all of us at CHSPNG and may your new job be just as fun.

Retirement continues to be an issue for all persons who are employed at all levels of the Public Private and NGO fronts. From the feedback I got from cell phone calls by people to say they enjoyed the piece of writing. In this issue part II of the retirement write up is enclosed.

I take this time also to thank those Agencies who contributed item of News to the Newsletter. Continue to support the same by sending in those stories from the rural areas.

Happy Reading & God Bless

Health Toktok is a quarterly publication of CHS (PNG). All information in this newsletter has been verified before publication. Send any stories from your agency that you would like to see published in this newsletter to the address given. Material published in this newsletter shall not be used in any other publication unless permission is sought from CHS.

Publication

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Notices

1. For the ALL Agencies who have gone through the struggle of providing the much needed finance data for Grant Assistance to churches for both Salaries and the Goods & Services; we take this time to thank you all for all your support commitment and willingness to provide the National CHS Secretariat Office with the much needed data. The exercise was big as it was a first of its kind. As we got to introduce a new reporting template that was designed to assist us report well on the Funding that are given to us year in year out and especially with the DFAT Funding.
2. We are also aware that there are a few more agencies who are yet to provide the much needed finance data to us. If you are one of them please provide us the information as soon as possible.
3. A preliminary report has been sent to DFAT on the salary acquittals as per their requirements issued to us.
4. Further information will be relayed to you all in the coming weeks. Keep sending those reports in.
5. As noted on the detail information form me Ms. Kewere leaves CHSPNG after 8 years of service as our Information Officer. We farewelled her last week. On behalf of ALL of us at NCHS Office and the Agencies. We wish her well in her new Job.
6. The Executive Board of CHSPNG held its final Board meeting for 2021 from the 05th October to 6th October 2021 here at the National Secretariat Office.



Bernard Rutmat, Deputy Executive Officer, CHS (PNG)

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