

NEWSLETTER SEPTEMBER 2015



'FOOD, FRIENDSHIP & FUN' LUNCHEON

14th September – You are invited to attend our luncheon at 12 noon at the **Bush Nursing Centre**.

21st September - You are invited to attend our luncheon at 12 noon at the Callemondah Cafe. **The client contribution for the meal for 'HACC eligible' people is \$8 / others - \$15.** Bookings are essential by the Thursday prior to the lunch. ALL WELCOME.

Program partners: Dep. of Health & Human Services & Callemondah Cafe.

HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 8th, 15th, 22nd & 29th September from 9am – 10am.

No cost. Meet outside Caves Reserve Information Centre.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis – Tuesday 8th, 15th, 22nd & 29th September from 10.30am – 12 noon. Cost \$5.00 per class.

SCRAPBOOKING

Sunday 13th September. Time: 10am. Where: Bush Nursing Centre.

RSVP to Anne by Wednesday 10th September.



DATES FOR THE MONTH

Doctors Clinic

Dr. Vaz - Wed. 9th & 30th Sept.

*Dr. Reid – Spot Check Clinic
Wed. 30th September*

Appointments 5155 9222

Maternal & Child Health—
Appointments 5152 0052

Immunisation— Anne Brewer

Appointments 5155 9222

Pathology—Wed. & Fri. am.

Appointments 5155 9222

'Neatfeet' Footcare —

Mon. 14th & 28th September

Appointments 5155 9222

EMERGENCY NUMBERS

Police / Ambulance / Fire—000

Buchan Police—5155 9268

Buchan Bush Nursing Centre—

5155 9222—Bus.Hrs.

Gelantipy Bush Nursing Centre

—5155 0274

Hospitals—

Bairnsdale 5150 3333

Orbost 5154 6666

National GP Helpline

1800 022 222

Nurse-on-Call 1300 606 024



For all EMERGENCIES RING 000

Then ring a nurse who may be available.

Out of Hours Procedure

Nursing staff are not obliged to be available outside normal opening hours, in the event they are able to respond to an emergency, all workplace entitlements will apply.

In partnership with the Orbost Medical Group, a SPOTCHECK Clinic will be held on Wednesday 30th September, 2015. Appointments can be made by phoning the Centre on 5155 9222.

**Buchan & District Community Fire Ready Meeting & BBQ Dinner
Thursday 10th September, 2015 - 6 p.m. at the Recreation Pavilion
Is your property Fire Ready Prepared?**

The East Gippsland Resilience Project are organising an evening to come together to provide a forum for community and our emergency services both local and regional. Meat will be supplied, can you please bring along a salad or a dessert to share.

Please RSVP to Suzanne Davies by 3rd September for catering purposes.
Email: suzannedavies555@gmail.com or Phone 5155 9415.

Please find herewith an Information Sheet from Peter Larter regarding the Centre's Service and Capital Plan.

BUCHAN BUSH NURSING COMMUNITY SURVEY 2015

Continuation of information arising from survey results.

Question 2: *'Where else can you go (apart from the Centre) to raise concerns about the Centre or the services you receive?'*

Answer 2: **'The Office of the Health Services Commissioner (HSC) is an independent, impartial statutory authority created by the Health Services Act 1987.**

- **The HSC protects your right of access to your health information.**
- **They can help you get answers to your concerns about a health service**
- **This service is free and confidential.**

The first step is to contact the BBNA and try to resolve the issue. If you find this difficult or are still unhappy then call the HSC.

Please refer to the brochure included in the previous Newsletter.

The **ANNUAL GENERAL MEETING** of the Buchan Bush Nursing Association will be held on Wednesday 16th September, 2015 at the Bush Nursing Centre at 6p.m. Meal available for \$20/head. RSVP by 9th September. All residents are encouraged to attend, however, only financial members of the BBNA have voting rights and are eligible to be elected to the Committee of Management. Nominations are invited from the community. Nomination forms are available at the Centre. **ALL WELCOME**

National Stroke Week – 14th – 20th September

In September each year National Stroke Week takes place across the country in an effort to put the spotlight on stroke and encourage Australians to become more aware of stroke, understand their risk and what they can do to prevent a stroke. Stroke is Australia's second biggest killer after coronary heart disease and a leading cause of disability. Stroke kills more women than breast cancer and more men than prostate cancer.

- **Be aware** of what stroke is, how to recognise a stroke and what to do.
- **Live healthy** to reduce the risk of stroke and;
- **Get a regular health check**

Lifestyle stroke risk factors that you can control:

High blood pressure (hypertension) is the most important known risk factor for stroke. High blood pressure can cause damage to blood vessel walls, which may eventually lead to a stroke.

High cholesterol (hyperlipidemia /dyslipidemia) – contributes to blood vessel disease, which often leads to stroke.

Cigarette smoking and stroke

Smoking can increase your risk of stroke or further stroke by increasing **blood pressure** and reducing oxygen in the blood. Tobacco smoke contains over 4,000 toxic chemicals which are deposited on the lungs or absorbed into the bloodstream. Some of these chemicals damage blood vessel walls, leading to atherosclerosis (narrowing and hardening of the arteries). This increases the chance of blood clots forming in the arteries to the brain and heart. Smoking also increases the stickiness of the blood.

This further increases the risk of blood clots forming. Seek advice on how you can quit smoking as soon as possible by calling the QUIT line on 13 78 48.

Obesity or being overweight and stroke

Being overweight or obese can increase the risk of stroke. Too much body fat can contribute to high blood pressure, high cholesterol and can lead to heart disease and Type 2 diabetes. If you are unable to maintain your weight within recommended levels, ask a doctor or nutritionist for help.

Poor diet and lack of exercise

Being inactive, overweight or both can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. A balanced diet eating fresh foods is recommended. It is important to maintain a balance between exercise and food intake; this helps to maintain a healthy body weight.

People who take part in moderate activity are less likely to have a stroke. Try and build up to at least 30 minutes of moderate physical activity most days of the week. Talk to your doctor about an exercise program as people with high blood pressure should avoid some types of exercises.

Drinking too much alcohol

Alcohol and stroke: Drinking large amounts of alcohol (six or more standard drinks per day) increases your risk of stroke.

Visit www.enableme.org.au – the worlds first stroke recovery tool. *Stroke Foundation Website*

SEPTEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 No walk or exercise class today	2	3	4 Pathology	5	6	
7	8 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	9 Pathology Doctor's Clinic	10 Community Fire Ready Meeting & BBQ 6p.m. at Rec. Pavilion	11 Pathology	12	13 Scrapbooking 10am	
14 Footcare 'Food, F/ship & Fun' lunch – 12noon at BNC	15 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	16 Pathology BBNA Annual General Meeting	17	18 Pathology	19	20	
←			National Stroke Week				→
21	22 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	23 Pathology	24	25 Pathology	26	27	
28 Footcare 'Food, F/ship & Fun' lunch – 12noon	29 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	30 Pathology Doctor's Clinic & Spot Check Clinic					

