

# NEWSLETTER AUGUST 2016



## REGULAR PROGRAMS

All members of the community are invited to participate in the following health promotion programs – for more information or to make a booking please ring the Centre on 5155 9222.

### 'FOOD, FRIENDSHIP & FUN' LUNCHEON

**8<sup>th</sup> & 22<sup>nd</sup> August** - You are invited to attend our luncheon at the Bush Nursing Centre. **The client contribution is \$8/others - \$15.** Bookings are essential by the Thursday prior to the lunch. All welcome. Program partner: Dep. of Health & Human Services.

**HEALTHY HEART WALK** – this walk is currently suspended until further notice due to the wintery conditions we are experiencing.

### EXERCISE & RELAXATION PROGRAM

**Facilitator: Grace Davis**

**Thursday 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> August** from 9.30am – 11am.  
Cost \$5.00 per class. Dates are on this calendar.



### SCRAPBOOKING

Sunday 21st August. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 17th August.

## MEDICATIONS

If you have any unused or expired medications you can bring them to the Bush Nursing Centre for correct disposal



**SCRIPTS** – The following process is required to ensure prescriptions are collected from Bairnsdale & delivered to BNC.

When making arrangements with the Pharmacy for scripts to be collected, remember to ring Dysons Bus Service – Nicole on Ph. 0419 742 539 to state which Pharmacy and request the collection. Alternatively, notify the Bush Nursing staff by close of business Tuesday or Thursday. Scripts can be collected from the Centre after 4.30pm. or on the following business day.

### **ADULT HEALTH CHECKS – Open Day**

Adult health checks will be offered at the Bush Nursing Centre on the following dates:-

Tuesday 30<sup>th</sup> August 9am – 3pm

Thursday 1<sup>st</sup> September 1pm – 7pm

Checks will include:

- Blood Pressure
- Weight
- Blood Glucose
- Books & brochures to take home
- Height
- Body Mass Index
- Peak flow metre
- Tea/coffee/snack

**Come along and support this 'Open Day' opportunity.**

**Focus on your health, learn more and take action.**



## DATES FOR THE MONTH

*Dr. Tan. - Wed. 3<sup>rd</sup>. & 31<sup>st</sup>. August  
Appointments 5155 9222*

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*Maternal & Child Health—  
Appointments 5152 0052*

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*Immunisation— Anne Brewer  
Appointments 5155 9222*

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*Pathology—Wed. & Fri. am.  
Appointments 5155 9222*

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*Women's Clinic – TBA  
Appointments 5155 9222*

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*'Neatfeet' Footcare —  
Mon. 1<sup>st</sup>, 15<sup>th</sup>. & 29<sup>th</sup>. August  
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 for medical  
emergencies 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 staff  
workplace entitlements will apply.**

*'Thank you'*

*to Shirley Waack, for her untiring contribution to our group meal -  
'Food, Friendship & Fun'. Her help is very much appreciated by the  
BNC staff, committee & the community who enjoy the meal.*

### Alcohol and driving

Alcohol can impair coordination and judgment, and is a major cause of road injury in Australia. There is no set number of drinks that you can have to stay under .05 BAC (blood alcohol concentration). The rate of alcohol absorption in the body varies depending on body size, gender, body fat and the amount of food in the stomach. The same person can drink the same number of drinks on different occasions and have different BAC levels. It is safest to avoid drinking alcohol if you need to drive or operate heavy machinery. If you do drink and drive, it is important to keep your BAC under the legal limit for driving (in Victoria, this is .05 BAC). Remember that alcohol takes time to leave the body. You may still have alcohol in your body several hours or even the day after drinking. Learner and probationary drivers, and drivers of trucks, buses, trams and trains, must maintain a zero blood alcohol limit. It is not possible to say exactly how many drinks any person can drink to stay under a particular BAC.

### How to drink responsibly

You can monitor your drinking if you:

- Start with a non-alcoholic drink.
- Eat before and while drinking to slow the absorption of alcohol into your bloodstream.
- Avoid salty snacks that make you thirsty and make you drink more.
- Make every second or third drink non-alcoholic.
- Try low-alcohol drinks.
- Always keep your drink with you to minimise the risk of drink spiking.

*Information from the Better Health Channel Website*

### 10 Tips to cut down on salt

The average Australian consumes around eight or nine times more salt (sodium) than they need for good health. Some foods contain higher amounts of salt than you may expect. The biggest culprits are processed foods.

Here are some tips for cutting down on salt in your diet.

1. **Read food labels when shopping.** The salt content of the same type of product can vary considerably between brands.
2. **Buy reduced-salt bread and breakfast cereals.** The regular varieties of these common staples are loaded with added salt.
3. **Avoid highly processed products.** Convenience foods best avoided include flavoured instant pasta, instant noodles, canned soups and dehydrated soup mixes.
4. **Make your own sauces.** Popular processed sauces that contain lots of salt include soy sauce, tomato sauce, mayonnaise and salad dressings.
5. **Limit your consumption of salty snacks.** Potato chips, salted nuts, pickles and most cheeses should be occasional treats, not a regular part of your daily diet.
6. **Cut back on processed meats.** Varieties that are high in salt include salami, ham, corned beef, bacon, smoked salmon, sausages, frankfurts and chicken loaf.
7. **Cook with fresh or frozen vegetables.** Canned vegetables tend to have added salt.
8. **Don't add salt to food when cooking.** Instead, add herbs or a splash of olive oil or lemon juice to enhance flavours.
9. **Put away the salt shaker.** Try to break the habit of automatically salting your meals at the table.
10. **Eat takeaway foods only occasionally.** When possible, choose low-salt takeaway options such as a salad.

*Information from the Better Health Channel Website*

## AUGUST 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Footcare	<b>2</b>	<b>3</b> Pathology Doctor's Clinic	<b>4</b> Exercise Class 9.30am – 11am	<b>5</b> Pathology	<b>6</b> ODFNL Semi Final Ensay	<b>7</b>
<b>8</b> 'Food, F/ship & Fun' lunch – 12noon - BNC	<b>9</b>	<b>10</b> Pathology	<b>11</b> Exercise Class 9.30am – 11am	<b>12</b> Pathology	<b>13</b> ODFNL Semi Final Ensay	<b>14</b>
<b>15</b> Footcare	<b>16</b>	<b>17</b> Pathology	<b>18</b> Exercise Class 9.30am – 11am	<b>19</b> Pathology	<b>20</b> ODFNL Prelim. Final, Ensay	<b>21</b> Scrapbooking 10am
<b>22</b> 'Food, F/ship & Fun' lunch – 12noon - BNC	<b>23</b>	<b>24</b> Pathology CoM Meeting	<b>25</b>	<b>26</b> Pathology	<b>27</b> ODFNL Grand Final Ensay	<b>28</b>
<b>29</b> Footcare	<b>30</b> Adult Health Checks – Open Day 9am - 3pm All welcome.	<b>31</b> Pathology Doctor's Clinic	<b>1 September</b> Adult Health Checks – Open Day 1pm - 7pm All welcome.			

