

NEWSLETTER SEPTEMBER 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

12th & 26th September - You are invited to attend our luncheon at the Bush Nursing Centre. **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 partner: Dep. of Health & Human Services.

HEALTHY HEART WALK

Classes will not be held during September.

EXERCISE & RELAXATION PROGRAM

Classes will not be held during September.



SCRAPBOOKING

Sunday 4th September. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 31st. August.

The **ANNUAL GENERAL MEETING** of the Buchan Bush Nursing Association will be held on **Wednesday 5th October 2016** at the Bush Nursing Centre at 6p.m. A light meal will be served. RSVP by 29th. 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 for committee membership are invited from the community. Nomination forms are available at the Centre.

ALL WELCOME

National Stroke Week 2016 will be from 12 - 18 September.

Australian's need to understand the impact time has on a stroke. A speedy reaction not only influences the treatment path for a person having a stroke but also their recovery. Most treatments for stroke are time sensitive so it is important we **Think F.A.S.T. and Act FAST!**

During a stroke 1.9 million brain cells are lost per minute? This is why it is important to identify the signs and symptoms of stroke **F.A.S.T.**

The FAST test is an easy way to recognise and remember the signs of stroke. Using the FAST test involves asking these simple questions:

Face - Check their face. Has their mouth drooped?

Arm - Can they lift both arms?

Speech - Is their speech slurred? Do they understand you?

Time is critical. If you see any of these signs, call **000** straight away.

Information: Stroke Foundation Website

SEPTEMBER DEMENTIA AWARENESS MONTH 2016

Dementia is a disease of the brain that affects thinking, behavior and the ability to perform everyday tasks. It is not a normal part of ageing and it can happen to anybody including people in their 30's, 40's and 50's. There are many different types of dementia including the most common, Alzheimer's.

For more info. dementiaawareness.vic@alzheimers.org.au

DATES FOR THE MONTH

*Dr. Tan - Wed. 21st & 28th Sept.
Appointments 5155 9222*

*Maternal & Child Health—
Appointments 5152 0052*

*Immunisation— Anne Brewer
Appointments 5155 9222*

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

*Women's Clinic – TBA
Appointments 5155 9222*

*'Neatfeet' Footcare —
Mon. 12th & 26th 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 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.***

BBNA Newsletter is on the Buchan
Community Website: <http://buchan.vic.au>

The benefits of eating a variety of fruits and vegetables

The latest data released by the Australian Bureau of Statistics showed that while nearly one third of Australians eat the recommended number of serves of fruit each day, less than one person out of 25 eat the recommended number of serves of vegetables. But what is the recommended number of fruit and veggies to eat? The actual recommendation is to eat five serves of vegetables and two serves of fruit every day. So nutritionists have come up with a simple idea to help you make sure people eat enough fruit and vegetables each day: 'eat a rainbow'. The 'eat a rainbow' idea groups fruit and vegetables into one of six broad colour groups – all you have to do is make sure you eat at least one or two serves from each colour group each day to meet your daily fruit and veg needs. But wait – there's more! We all know fruits and vegetables are full of fibre and all sorts of essential vitamins and minerals. But the chemicals that give fruits and vegetables their vibrant colours (called phytochemicals) have some pretty special qualities, too. And each colour has its own unique health benefits. So 'eating a rainbow' each day means more than just getting enough fruit and veg – it's about eating a wide variety of foods so your body gets all the essential nutrients it needs. Check out our colour guide to fruits and vegetables to learn more about the unique health benefits of each colour group.

Red: Red foods contain a number of antioxidants, including lycopene (tomatoes), anthocyanins (red berries) and ellagic acid (strawberries, raspberries and pomegranate). Lycopene is a pretty powerful antioxidant that can help reduce the risk of cancer and protect against heart disease.

Orange: Orange foods are high in carotenoids, including alpha-carotene and beta-carotene, which are responsible for the vibrant orange colour of foods such as pumpkin, sweet potato and carrots. The human body converts beta-carotene into vitamin A, which is important for healthy skin, a strong immune system, and good eye health and vision (see, grandma was right – eating your carrots really does help your eyes!).

Yellow: Like orange foods, yellow foods are rich in beta-carotene, a source of Vitamin A for the body.

They also contain beta-cryptoxanthin – a powerful carotenoid with strong antioxidant properties. As well as links to cancer prevention, studies have shown that a small increase in your beta-cryptoxanthin intake can reduce your risk of developing inflammatory disorders, such as rheumatoid arthritis.

Green: Green vegetables are some of the most nutritionally charged foods around, packed full of fibre, vitamins and minerals. Vegetables like spinach, broccoli, peas and kale contain lutein and zeaxanthin, which may help protect against age-related eye disease. Vegetables like broccoli, cabbage, Brussels sprouts, kale and pak choi are also sources of sulforaphane and glucosinolate, which may help protect against certain cancers and blood vessel damage (which can lead to heart attacks and stroke).

Blue/Purple: Anthocyanins are powerful antioxidants that give blue and purple foods their colour and may help protect cells from damage and can reduce the risk of cancer, stroke and heart disease. Beetroot, radishes and purple cabbage, carrots and beans are full of nitrates, which may help reduce blood pressure and enhance physical performance.

White/Brown: White fruits and vegetables can get their colour from anthoxanthins, which may reduce the risk of cardiovascular disease and arthritis. Banana and parsnip are great sources of potassium, which is important for normal heart and muscle function, while cauliflower, turnip and cabbage contain sulforaphane, which is associated with fighting cancer, strengthening bone tissue, and maintaining healthy blood vessels. The fibre in the skins of brown fruit and vegetables (such as potatoes, pears and mushrooms) helps maintain a healthy digestive tract and can reduce the risk of some types of cancer. Selenium – found in mushrooms – plays a key role in metabolism, supports the immune system and is an antioxidant. Pulses such as lentils and chickpeas have phytoestrogens that may help prevent hormone-related cancers.

Information from Better Health Channel Website

SEPTEMBER 2016 – Dementia Awareness Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Adult Health Checks – Open Day 9am - 3pm All welcome	2 Pathology	3	4 Scrapbooking 10am
5	6	7 Pathology	8	9 Pathology	10	11
12 Footcare 'Food, F/ship & Fun' lunch – 12noon	13	14 Pathology	15	16 Pathology	17	18
←	National Stroke Week				→	
19	20	21 Pathology	22	23 Pathology	24	25
26 Footcare 'Food, F/ship & Fun' lunch – 12noon	26	28 Pathology Doctor's Clinic CoM Meeting	29	30 Centre Closed Public Holiday	1 Oct. AFL Grand Final Day	