

NEWSLETTER JANUARY 2017



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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

Our lunches recommence for 2017 on Monday 23rd Jan. at the Buchan Hotel. **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 & the Buchan Hotel.

HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 10th, 17th, 24th & 31st January at 8am.
Meet at the Caves Reserve Information Centre.



EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis
Tuesday 10th, 17th, 24th & 31st January - 10 to 11am at the Centre.

SCRAPBOOKING

Sunday 8th & 29th January. Time: 10am. Where: Bush Nursing Centre.
RSVP to Anne by Wednesday 4th & 25th January.

Community Accessible DEFIBRILLATOR Now Available

This equipment has been donated to the Bush Nursing Centre, to be available to the community in the event it is needed. It will be installed on an external wall in the Centre carport.
Defibrillation is a procedure used to treat life threatening conditions that affect the rhythm of the heart. Training to enable the community to use this machine will be held at the Centre on Wednesday evening the 4th January, at 6pm. All welcome.

CFA Brochure - please read the attached information

Vic Emergency - Your source for emergency information in Victoria

App - The VicEmergency app keeps you informed of warnings and incidents taking place near you or within your designated watch zones.

Website - displays warnings and incidents on an interactive map.

Hotline - Call 1800 226 226

Social Media - follow on Facebook and Twitter for real-time warning notifications and other emergency information.

Support: for support using the VicEmergency app or website, visit <http://support.emergency.vic.gov.au>

CODE RED DAYS/EXTREME WEATHER OR FIRE DANGER

The Centre will be open during normal operating hours. However home visits may not be available. The Committee of Management advises that the safety of staff members is their priority. Please ensure that you have adequate essential items e.g. medications, food, etc. to last a few days.

It's important to stay aware of the weather during summer, especially when there are risks of heat waves or days of high UV.

DATES FOR THE MONTH

Dr. Tan - Wed. 11th January
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—To be advised
Appointments 5155 9222

'Neatfeet' Footcare —
Mon. 16th January
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

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 workplace
entitlements will apply.

BUCHAN BUSH NURSING ASSOC. INC. Committee and staff would like to wish you all a Happy New Year, we hope that you are enjoying the festive season and may 2017 be a prosperous year.

PLEASE NOTE: THE CENTRE WILL BE CLOSED ON ALL PUBLIC HOLIDAYS

Survive the Heat

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

Coping with the heat

During extreme heat, whether its one hot day or a heat wave, remember:

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).
- Block out the sun at home during the day by closing curtains and blinds.
- Open the windows when there is a cool breeze.
- Stay out of the sun during the hottest part of the day.
- Cancel or postpone outings. If you absolutely must go out, stay in the shade and take plenty of water with you.
- Wear a hat and light-coloured, loose-fitting clothing made from natural fibres like cotton and linen.

- Eat smaller meals more often and cold meals such as salads.
- Make sure food that needs refrigeration is properly stored.
- Avoid heavy activity like sport, renovating and gardening.
- Watch or listen to news reports to find out more information during extreme heat.

How to Make Hydration a Habit

- **Always carry a water bottle, and if you have desk job, always keep one at your desk.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- **When you're feeling frazzled or hazy, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H2O. It's a simple, healthy way to snap out of a midday slump.
- **Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your tally every single day. On top of that, this relaxing ritual is a wonderful way to de-stress at the end of the day.
- **Eat a diet rich in whole foods.** By eating water-rich foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake. On the other hand, processed snack foods like chips, crackers, and baked goods have minimal water content.

Tips for increasing water intake

Add a squeeze of lemon or lime juice to plain water to add variety, keep a bottle or glass of water handy on your desk or in your bag or add ice cubes made from fresh fruit to a glass of water.

Better Health Channel

JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31 Walking 8am Exercise 10-11am					1 New Year's Day
2 PUBLIC HOLIDAY CENTRE CLOSED	3	4 Pathology Community Defibrillator training 6pm at Centre.	5	6 Pathology	7	8 Scrapbooking 10am
9	10 Walking 8am Exercise 10-11am	11 Pathology Doctor's Clinic	12	13 Pathology	14 	15 
				Mountain Cattleman's Get-together		
16 Footcare	17 Walking 8am Exercise 10-11am	18 Pathology	19	20 Pathology	21	22
23 'Food, F/ship & Fun' lunch – 12noon at the Buchan Hotel.	24 Walking 8am Exercise 10-11am	25 Pathology CoM Meeting	26  Australia Day Centre Closed PUBLIC HOLIDAY	27 Pathology	28	29 Scrapbooking 10am

