

NEWSLETTER FEBRUARY 2017



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

13th & 27th February. You are invited to attend our luncheon at 12 noon 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 partner: Dep. of Health & Human Services & the Buchan Hotel.

HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 21st & 28th February from 8am- 9am.
No cost. Meet outside Caves Reserve Information Centre.



EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Tuesday 21st & 28th February from 10am – 11am. Cost \$5.00 per class.

SCRAPBOOKING

Sunday 12th February. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 8th February.

Community Accessible DEFIBRILLATOR Now Available

Defibrillation is a procedure used to treat life threatening conditions that affect the rhythm of the heart.
This equipment has been donated to the Bush Nursing Centre and is available to the community in the event it is needed. It has been installed in an alarmed cabinet on an external wall in the Centre carport.

Buchan Bush Nursing Centre & Buchan/Gelantipy Racing Club Raffle

Prizes:



1st: 2 nights accommodation in a Wilderness Retreat at Buchan Caves – Value \$400
Donated by Parks Victoria



2nd: Oil Painting – Value \$380
Donated by artist H. Livingstone



3rd: Gas BBQ – Value \$300
Donated by Dahlsens, Lakes Entrance

**Tickets \$2 each – tickets available at the Centre
Drawn at Canni Creek Race track at 4.30pm
Saturday 18th February, 2017**

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

DATES FOR THE MONTH

*Dr. Pokharel – Wed. 1st Feb. &
Dr. Tan - Wed. 22nd Feb.
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. 13th & 27th February
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
you may ring a nurse and if
available they may respond.**

Out of Hours Procedure

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

FIRE PREPAREDNESS

Copies of the Buchan and District 'Local Incident Management Plan' are available at the Bush Nursing Centre. Please 'be prepared' by picking up a copy & securing it in a prominent location e.g. your fridge.

BUSHFIRE INFO LINE: 1800 240 667 STATE EMERGENCY SERVICE: 13 25 00

Heat stress and heat-related illness

Extreme heat can affect anybody. Those most at risk are older people, young children and people with a medical condition. Heat stress occurs when our body is unable to cool itself enough to maintain a healthy temperature. Normally, the body cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising. Heat-related illness can range from mild conditions such as a rash or cramps to very serious conditions such as heatstroke. Overexertion in hot weather, sun or bushfire exposure, and exercising or working in hot, poorly ventilated or confined areas can increase your risk of heat stress. Heat can also make an existing medical condition worse.

Causes of heat stress and heat-related illness

- There are many factors which can cause heat stress and heat-related illness, including:
 - Dehydration – to keep healthy, our body temperature needs to stay around 37°C. The body cools itself by sweating, which normally accounts for 70 to 80 per cent of the body's heat loss. If a person becomes dehydrated, they don't sweat as much and their body temperature keeps rising.
 - Lack of airflow – working in hot, poorly ventilated or confined areas.
 - Sun exposure – especially on hot days, between 11am and 3pm.
 - Hot and crowded conditions – people attending large events (concerts, dance parties or sporting events) in hot or crowded conditions may also experience heat stress that can result in illness.
 - Bushfires – exposure to radiant heat from bushfires can cause rapid dehydration and heat-related illness. Bushfires usually occur when the temperature is high, which adds to the risk.

Better Health Channel

Healthy lunchboxes – Why choose a healthy lunch?

Given the large amount of time children spend at school, their lunchbox is the perfect place to start when making healthy choices. Research shows that healthy choices made throughout childhood will encourage a healthier lifestyle well into adulthood. Healthy eating is important for children's development, both physically and mentally. At school, children's brains are constantly active; by including a variety of healthy foods in your child's lunchbox, you are helping them reach their full potential.

What makes a healthy lunch?

Healthy lunchboxes contain at least one of each of these 6 foods:-



- Fruit** - fresh is best – but can be canned in natural juices or dried
- Vegetables** - include in sandwiches or as a snack
- Dairy Food** - cheese/milk/yoghurt
- Cereal based food** - bread roll / wrap / crackers wholegrain or multi grain are best
- Protein food** - meat / chicken/ egg / fish/ legumes
- Water** - to drink

It is best to leave out:- muesli bars, fruit bars/straps, lollies, chocolates, chips, soft drinks, fruit juice and cordial.

Food Safety Tips

Keep foods cold by using an insulated lunchbox/bag and including a wrapped frozen water bottle or freezer pack in the warmer months.

Remember to always wash your hands.

If you prepare lunches the night before always store in the fridge.

Dairy products, eggs or sliced meats should be kept cool.

Information: Eat Well Be Active Website

FEBRUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Pathology Doctor's Clinic	2	3 Pathology	4	5
6	7	8 Pathology	9	10 Pathology	11	12 Scrapbooking 10am
13 Footcare 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	14 Valentine's Day	15 Pathology	16	17 Pathology	18  Canni Creek Races	19
20	21 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am	22 Pathology Doctor's Clinic CoM Meeting	23	24 Pathology	25	26
27 Footcare 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	28 Healthy Heart Walk 8am – 9am Exercise Class 10am – 11am					