

# NEWSLETTER FEBRUARY 2018



## 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

**12<sup>th</sup> & 26<sup>th</sup> Feb.** You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for 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 – Facilitator: Grace Davis

Tuesday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> February from 7.30am – 8.30am. No cost. Meet outside Caves Reserve Information Centre.

### SCRAPBOOKING

Sunday 11<sup>th</sup> February at 10am. Where: Bush Nursing Centre.  
RSVP to Anne by Wednesday 7<sup>th</sup> February

### **Buchan Bush Nursing Centre & Buchan/Gelantipy Racing Club will continue their long partnership on 17th. February 2018.**

The Centre provides a nurse and a well-equipped vehicle for the day to ensure that attendees at this event have access to first aid. The Bush Nursing Centre receives a much appreciated donation from this event which goes towards maintaining or upgrading our equipment. The opportunity to run a partnership raffle on the day & share the proceeds is much appreciated. Raffle tickets will be available prior to the Races at the Bush Nursing Centre & other businesses in the township.

#### **Tickets: \$2.00 each / Raffle Prizes:**

- 1<sup>st</sup>. 2 nights' accommodation in a Wilderness Retreat at Buchan Caves Reserve – Value \$400. Donated by Parks Vic.**
- 2<sup>nd</sup>. Oil Painting donated by local artist Heather Livingstone – Value \$380.**
- 3<sup>rd</sup>. Outback Cooker - Value \$300. Donors - Dahlsens, Lakes Ent.**



### BBNA Committee of Management

It is a requirement of our funding body – Dep. of Health & Human Services, that we have a committee member whose designated role is to represent you as a consumer of this health service. Sue Dalley has volunteered to undertake this role and represent the community. Sue is happy for you to contact her (5155 9253) if you have any ideas or suggestions about how we can improve or change the services at the Centre, we would encourage you to share your thoughts.

### MEDICATIONS –

Being 'medicinewise' will help you make better health decisions and get the most benefit from your medicines. Always ask 'why' before taking any medicine. It is important to know what you're taking and how it could affect you – and whether a medicine is the best option for you.

## DATES FOR THE MONTH

*Dr. Tan – 7<sup>th</sup> & 28<sup>th</sup> February  
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 –To be advised  
Appointments 5155 9222*

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*'Neatfeet' Footcare —*

*Mon. 5<sup>th</sup> & 19<sup>th</sup> 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.**



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

## TICK BITES – How to Remove!!



Avoidance of tick bites is the best option.

If you are bitten by a tick, kill the tick where it is:

- Small ticks – use Permethrin cream
- Adult ticks – freeze them with an ether-containing spray.

Wait for tick to drop off or remove it taking the utmost care not to compress the tick.

*Remember: household tweezers are tick squeezers!*

Ticks can inject a toxin that may cause local skin irritation or a mild allergic reaction, however most tick bites cause few or no symptoms. In some people tick bite may cause a severe allergic reaction which can be life threatening.

Airway obstruction may result from swelling of the face and tongue due to anaphylaxis, or from insect stings in or around the mouth. This may occur immediately or over several hours and always requires urgent medical care.

Always dial triple zero (000) to call an ambulance in a medical emergency.

## A COUPLE OF 'BACK TO SCHOOL' RECIPES

These recipes will help to use up the produce from those very prolific zucchini plants that we all have in our vegie gardens at this time of year.

### Ham & Zucchini Muffins

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|----------------------------------|--|
| 2 cups S/R flour                 | 100g finely chopped lean ham             |
| 2 lightly beaten eggs            | 90g margarine                            |
| 2 small coarsely grated zucchini | $\frac{3}{4}$ cup grated parmesan cheese |
| 1 tbsp. seeded mustard           | 1 cup cooked white rice                  |
| 1 cup low fat milk               | Canola or olive oil spray                |
1. Preheat oven to 180°. Lightly spray muffin tins.
  2. Place all ingredients in a large bowl.
  3. Stir until combined & spoon mixture into muffin tins.
  4. Bake for 25 mins. or until muffins are browned.
  5. Turn onto wire rack.

### Vegetable Slice

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|---|--|
| $\frac{1}{2}$ cup grated zucchini       | $\frac{1}{2}$ cup grated carrot        |
| $\frac{1}{2}$ cup finely chopped celery | $\frac{1}{2}$ cup finely chopped leek  |
| 1 cup chopped cooked pumpkin            | 2 tbsp sliced spring onions            |
| 2 tbsp olive oil                        | $\frac{1}{2}$ cup whole meal S/R flour |
- 4 lightly beaten eggs
1. Sauté all vegetables in olive oil in fry pan for 3-5 mins.
  2. Place contents of fry pan in a large bowl.
  3. Toss flour through vegetables.
  4. Line lamington tray or baking dish with baking paper.
  5. Place mixture into tray.
  6. Stir lightly beaten eggs through mixture & spread over.
  7. Bake in moderate oven for 30 mins. or until set.
  8. Loosen edges with knife & cut into squares.

## FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b>	<b>2</b> Pathology	<b>3</b>	<b>4</b>
<b>5</b> Footcare	<b>6</b> Healthy Heart Walk 7.30am–8.30am	<b>7</b> Pathology Doctor's Clinic	<b>8</b>	<b>9</b> Pathology	<b>10</b>	<b>11</b> Scrapbooking
<b>12</b> 'Food, F/ship & Fun' lunch – 12noon	<b>13</b> Healthy Heart Walk 7.30am–8.30am	<b>14</b> Pathology	<b>15</b>	<b>16</b> Pathology	<b>17</b>  Canni Creek Races	<b>18</b>
<b>19</b> Footcare	<b>20</b> Healthy Heart Walk 7.30am–8.30am	<b>21</b> Pathology	<b>22</b>	<b>23</b> Pathology	<b>24</b>	<b>25</b>
<b>26</b> 'Food, F/ship & Fun' lunch – 12noon	<b>27</b> Healthy Heart Walk 7.30am–8.30am	<b>28</b> Pathology Doctor's Clinic				