

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER - MAY 2019

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 May.

You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for eligible BBNA members \$10 / other eligible non member/other community members \$15.** Bookings are essential Thursday prior to the lunch. ALL WELCOME. Program partner: DHHS & Caves Hotel.

SCRAPBOOKING

Sunday 5th May at 10am.

Where: Bush Nursing Centre.

RSVP to Anne by Wednesday 1st May.

Carer Workshops

The following workshops will be held at the Buchan Neighbourhood House

Time: 10am - 1.30pm

8th May – Relationships – Differences and Stress

22nd May - The Carer's Grief Journey
Please email

Joanna.Aquila@grow.org.au or contact the Centre if you require a Registration Form.



The Buchan Bush Nursing Centre in partnership with Far East Victoria Landcare will host the following clinics on Monday, 13th May

9am – 12pm

Breast Care & Pap Smears – Heather Daly

Royal Flying Doctors – Mental Health, Peter Quinn

Blood Pressure Checks also available

12pm – 1.30pm - Lunch will be provided

1.30pm – 5pm

Skin Checks – Ann Miller & Iain Miller

Diabetes – Katy Radic

Nutritionist - Thorsten Kasel

Appointments are essential for Breast Care Nurse, Pap Smear, Skin checks, Diabetes & Nutritionist.

Cost: Free – funding from the East Gippsland Shire, State Drought Relief
Please contact the Centre on 51559 222 to RSVP or make an appointment.

Appointments are still available

MOUNTAINS PROJECT – COMMUNITY RESILIENCE GET-TOGETHER

When: Friday 3rd May, 2019

Where: Orbost Neighbourhood House Time: 11am – 2.30pm

Focus on “Self-care”

- Relax and recharge
- Join in with the activities
- Lunch provided
- Be supported & support

All community members are welcome

Bookings essential: Phone Orbost Neighbourhood House 5154 1570

Victorian Patient Transport Assistance Scheme

The Victorian Patient Transport Assistance Scheme (VPTAS) helps eligible Victorians and an approved escort(s) who have to travel a long way for specialist medical treatment by subsidising their travel and accommodation costs. Details about the subsidy levels and eligibility criteria are in the VPTAS guidelines. Follow the links on their website <<http://go.vic.gov.au/1epXMN>> or contact the VPTAS Office on 1300 737 073. Claim forms are available at the Centre.

DATES FOR THE MONTH

Dr. Joffey– Wed. 15th May
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 May
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>

Diabetes

Diabetes is a chronic disease with serious complications, currently affecting an estimated 1.7 million Australians. Almost 300 Australians develop diabetes every day, yet research shows that most Australians think diabetes is not a serious illness and believe they have a lower risk of developing it than they actually do. Diabetes Mellitus (Diabetes) is the name given to a group of conditions that occurs when the level of glucose (a type of sugar) in the blood becomes higher than normal. Insulin is a hormone that moves glucose from your blood stream, into the cells of your body where it is used for energy. When you have diabetes, the body either can't make enough insulin or the insulin that is being made does not work properly. This causes your blood glucose level to become too high. High blood glucose levels can affect both your short and long term health. There are two main types of diabetes – type 1 and type 2. At this stage there is no known cure for either type of diabetes, although diabetes can be well managed.

Diabetes Facts

- Over 100,000 Australian adults develop diabetes each year
- More than 1.2 million Australians are currently diagnosed with diabetes. Including undiagnosed Australians, it is estimated that about 1.7 million people in Australia have diabetes
- An estimated 2–3 million Australians have pre-diabetes and are at high risk of developing type 2 diabetes
- Every year 20,000 women in Australia develop gestational diabetes during pregnancy. *Information: Diabetes Victoria*

What does a Nutritionist do?

Nutritionists take a holistic view of a person's lifestyle, dietary habits, and overall health, to provide their client with customised nutritional advice.

After creating a nutritional plan, a Nutritionist will continue to monitor their client's progress and any changes or improvements to their health.

Nutritionists often work in a preventative capacity, assisting people to identify and change dietary habits that could lead to future health problems. As a Nutritionist, you'll have a strong understanding of the connection between diet and disease and how nutrition and lifestyle factors impact overall wellbeing.

What are the key responsibilities of a nutritionist?

A nutrition and wellness consultant, can help clients develop better eating habits and create meal plans that help meet and exceed goals.

Some other responsibilities may include:

- Advising and presenting a balanced nutritional strategy
- Discussing and advising on weight-management plans
- Assisting clients with nutritional goals and offering a sound nutritional plan for optimizing health
- Recognizing appropriate behavioral-change modifications and dietary approaches for different ages and populations

Information: AFPA Health, Nutrition & Fitness

**Appointments are still available for all clinics
being offered on Monday 13th May.**

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Pathology Finance S/C. & CoM Meeting	2 Buildings & Grounds S/C Meeting 4.30pm	3 Pathology	4 Swan Reach v Buchan	5 Scrapbooking
6	7	8 Pathology Relationships – Differences and Stress Carer Workshop	9 Compliance & OH&S S/C Meeting 9am	10 Pathology	11 Swifts Creek v Buchan	12 Mother's Day 
13 Footcare 'Food, F/ship & Fun' lunch – 12noon	14	15 Pathology Doctor's Clinic	16	17 Pathology	18 Buchan v Bruthen	19
20	21	22 Pathology The Carer's Grief Journey Workshop Finance S/C. & CoM Meeting	23	24 Pathology	25 Buchan v Lindenow Sth.	26
27 Footcare 'Food, F/ship & Fun' lunch – 12noon	28	29	30	31 Pathology	National Volunteers Week 20 th – 26 th The Buchan Bush Nursing Association would like to acknowledge the Traditional Owners of the land on which we gather, and pay our respects to their Elders both past and present.  	