

NEWSLETTER NOVEMBER 2015



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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

9th & 23rd November. You are invited to attend our luncheon at 12 noon at the Callemondah Cafe. **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 & Callemondah Cafe.

HEALTHY HEART WALK – Facilitator: Grace Davis

Tuesday 10th November from 9am – 10am.
No cost. Meet outside Caves Reserve Information Centre. Dates are on this calendar.



EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis - Tuesday 10th November from 10.30am – 12 noon. Cost \$5.00 per class. Dates are on this calendar.

SCRAPBOOKING

Sunday 1st November. Time: 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 28th October.

BUCHAN BUSH NURSING COMMUNITY SURVEY 2015

Thank you for responding to the BBNA community survey which was distributed to the Buchan/Gelantipy district in May. It is the intention of the Centre to answer particular questions on the survey to which some people have answered that they do 'not' know or are 'unsure' about the answer.

Question 4: *'How do I request access to my information/file?'*

Answer 4: **The Bush Nursing Centre can provide you with an 'Access to Information' form. This form needs to be completed, signed and dated before returning it the Nurse Manager.**

ALTERNATIVE PAYMENT OPTIONS FOR PAYING YOUR MONTHLY ACCOUNT OR YOUR ANNUAL SUBSCRIPTION

We are providing you with our bank account details to enable you to electronically transfer your payments to the Centre. We hope you will find this a more convenient option if you prefer to pay your accounts this way.

Bank: National Australia Bank

Account Name: Buchan Bush Nursing Association Inc

For Payment of Client Accounts

Account Number: BSB – 083-519 A/c No. 83-410-9168

For Payment of Annual Subscriptions

Account Number: BSB – 083-519 A/c No. 83-410-9344

Please include your full name when making your payment.

DATES FOR THE MONTH

Dr. Vaz - Wed. 11th November
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. 9th & 23rd November
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

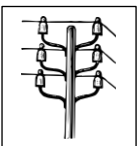


For all EMERGENCIES
RING 000

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.



Further to discussions with Community members in relation to high invoices being received from energy providers, we would like to recommend that everyone check that they are currently being offered the best rates available from their energy provider.
You may be eligible for better plans, rates or discount even with your current provider!

General Facts about Australian Snake Bite:

Snakes are on the move: Snakes can see, smell and hear. Most snakes have fairly good eyesight, at least over short distances. They hear with an inner ear that picks up vibrations from the ground. But their most important sense is the sense of smell. Snakes smell by flicking their tongues in and out their mouth.

Signs of a snake bite are not always visible but there may be puncture marks, bleeding or scratches.

Symptoms developing within an hour may include headache, impaired vision, nausea, vomiting, diarrhoea, breathing difficulties, drowsiness, faintness, problems speaking or swallowing.

Snake bite: Seek immediate medical help. Not all Australian snakes are venomous but you should follow the basic first aid techniques, just in case. Don't wash the skin, as traces of venom left behind might be needed by medical personnel to identify the snake. Use a pressure immobilisation bandage and splint the limb. If the person was bitten on the torso, make sure your bandaging doesn't restrict their breathing. Keep the person still until help arrives. Don't give the affected person alcohol to drink.

Always seek immediate medical help, call (000) for an ambulance.



Water - a vital nutrient

Water is essential for the human body to function. The body cannot store water and must have fresh supplies every day to perform virtually every metabolic process. Babies and the elderly are vulnerable to lack of water or dehydration. Not drinking enough water increases the risk of kidney stones and, in women, urinary tract infections.


Importance of water

Water is needed for most body functions, including to:

- maintain the health and integrity of every cell in the body
- keep the bloodstream liquid enough to flow through blood vessels
- help eliminate the byproducts of the body's metabolism, excess electrolytes (for example, sodium and potassium), and urea, which is a waste product formed through the processing of dietary protein
- regulate body temperature through sweating
- moisten mucous membranes such as those of the lungs and mouth
- lubricate and cushion joints
- reduce the risk of cystitis by keeping the bladder clear of bacteria
- aid digestion and prevent constipation
- moisturise the skin to maintain its texture and appearance
- carry nutrients and oxygen to cells
- serve as a shock absorber inside the eyes, spinal cord and in the amniotic sac surrounding the fetus in pregnancy.

Better Health Channel

NOVEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						1 Flower & Arts n Craft & Photography Show Scrapbooking 10am
2	3  CENTRE CLOSED	4 Pathology	5	6 Pathology	7	8
9 Footcare 'Food, F/ship & Fun' lunch – 12noon	10 Healthy Heart Walk 9am – 10am Exercise Class 10.30am -12 noon	11 Pathology Doctor's Clinic	12	13 Pathology	14	15
16	17	18 Pathology CoM Meeting	19	20 Pathology	21	22
23 Footcare 'Food, F/ship & Fun' lunch – 12noon	24	25 Pathology	26	27 Pathology	28 CFA Fire Ready Presentation at Recreation Reserve 10.30 a.m.	29

