

NEWSLETTER APRIL 2016



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

11th. April - You are invited to attend our luncheon at the Bush Nursing Centre. **The client contribution is \$8/others - \$15.** Bookings are essential by the Thursday prior to the lunch. All welcome.

25th. April – Anzac Day Public Holiday – no lunch.
Program partner: Dep. of Health & Human Services.

HEALTHY HEART WALK – Facilitator: Grace Davis

Thursday 7th, 21st; & 28th. April from 8am- 9am. No walk on 14th. April. No cost. Meet outside Caves Reserve Information Centre.
No class 14th. April. Dates are on this calendar.

EXERCISE & RELAXATION PROGRAM

Facilitator: Grace Davis

Thursday 7th, 21st. & 28th April from 9.30am – 11am. Cost \$5.00 per class. Dates are on this calendar.

SCRAPBOOKING

No scrapbooking for April.



A HEALTHY GUT

The digestive system plays an important role in your health, both physically and mentally. Here's how you can improve it.

Your digestive system is the engine that fuels your body. It breaks down and absorbs all the food and fluids you consume into nutrients. Depending on what you've eaten it can take up to 72 hours for food to travel the length of the digestive tract (which includes the stomach, the small intestine and the large intestine).

One of the best ways to encourage good overall health is to eat a balanced whole food diet with lots of fibre-rich foods. There are many benefits to eating high fibre foods, including regular bowel movements, helping you feel fuller, reducing blood glucose and cholesterol levels and reducing the risk of several diseases, including colorectal cancer and cardiovascular disease.

There's also specific benefit to the gut. Some fibre helps feed good bacteria. Good sources of fibre include rye bread and cereals; brown rice; legumes, fresh fruit and vegetables; nuts and seeds.

PROBIOTICS AND PREBIOTICS

One of the best ways to feed the good bacteria is to eat foods that are rich in probiotics and prebiotics. Many of us have heard of probiotics, the live bacteria found in fermented dairy products and often sold in capsule form in pharmacies. Probiotics introduce good bacteria into the gut and can be useful, for example, to restore gut health after a dose of antibiotics, which tend to wipe out good and bad bacteria. Prebiotics, on the other hand, are not actually bacteria. They're some of the dietary fibre found in plants, which ...*Next page*

DATES FOR THE MONTH

Dr. Tan. - Wed. 6th April
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. 18th. April
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 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 staff workplace
entitlements will apply.

ANZAC DAY – 25TH. APRIL – Service commences 9.45am. at the Avenue followed by morning tea.

stimulates the growth and activity of good bacteria. Specific foods that are rich in prebiotics include garlic, onions, asparagus, artichokes, legumes, sunflower and pumpkin seeds and brassica vegetables e.g. cabbage, cauliflower and broccoli.

Prebiotics basically act as a fertilizer for healthy bacteria that's already in the gut.

Of course, for those with health issues or on restricted diets, it's important to seek advice from a health professional before changing your eating habits.

THINGS TO REMEMBER

1. We need good bacteria to ensure we digest food properly.
2. Good bacteria can be found in many foods such as legumes and vegetables.
3. Fibre is particularly good at nourishing good bacteria.

The breakfast dish on the right contains whole foods that nourish and restore the gut microbiota. Raw rolled oats are a great source of resistant starch, which nourish good bacteria. Oats also help with appetite control and make us feel full for longer. Red apples, berries, plums and linseeds are rich in disease-fighting antioxidants called polyphenols. Pepitas and sunflower seeds are rich in the prebiotic-like food. Yoghurt containing live cultures of good gut bacteria may help by temporarily colonizing the gut.

An Easy Breakfast – BIRCHER MUESLI

Serves 4

Preparation time – 15 mins.

Ingredients:

- 1 red apple (unpeeled)
- ½ cup rolled oats
- 2 dessert spoons roughly chopped almonds
- 2 dessert spoons pepitas (pumpkin seeds)
- 2 dessert spoons whole linseeds
- 2 dessert spoons sunflower seeds
- ½ teaspoon ground cinnamon
- 1 cup yoghurt (or ½ cup yoghurt and ½ cup apple juice)
- Raspberries, plums or other seasonal fruit.



Method:

Grate the apple. Mix with rolled oats, nuts, seeds, and cinnamon. Add yoghurt and mix to combine. Cover and place in fridge overnight.

In the morning, if a moister consistency is desired, add extra yoghurt, milk, and soymilk or apple juice.

Serve with a selection of fruit.

Once made, this will keep in the fridge for 2-3 days. The ingredients absorb the liquid so extra yoghurt or other liquid will need to be added on later days.

It is often said that breakfast is the most important meal of the day. Studies show that skipping breakfast affects how much energy we expend. Without it, we're more likely to move less and burn fewer calories.

Resource: 'Jean Hailes for Women's Health'

APRIL 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Pathology	2	3
4	5	6 Pathology Doctor's Clinic	7 Healthy Heart Walk 8am – 9am Exercise Class 9.30am – 11am	8 Pathology	9	10
11 'Food, F/ship & Fun' lunch – 12noon	12	13 Pathology	14 NO WALK OR EXERCISE CLASS TODAY	15 Pathology	16	17
18 Footcare	19	20 Pathology	21 Healthy Heart Walk 8am – 9am Exercise Class 9.30am – 11am	22 Pathology	23	24
25 ANZAC DAY CENTRE CLOSED	26	27 Pathology CoM Meeting	28 Healthy Heart Walk 8am – 9am Exercise Class 9.30am – 11am	29 Pathology	30	No Scrapbooking this month

