

NEWSLETTER JULY 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

10th July. You are invited to attend our **13th Birthday luncheon** at 12 noon at the Buchan Hotel.



24th July. You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **For both lunches, 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 & the Buchan Hotel.

HEALTHY HEART WALK AND EXERCISE & RELAXATION PROGRAM – Facilitator: Grace Davis

Classes will not be held during June, July or August.

SCRAPBOOKING

Saturday 1st July at 9am, Sunday 2nd & 30th July at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 26th July.

SPOT CHECK CLINIC - Dr. Anthea Tan

Friday 7th July, 2017 – 10am onwards

In partnership with the Orbost Medical Group, a 'SPOT CHECK' Clinic will be offered at the Bush Nursing Centre. Appointments are essential and can be made by phoning the Centre on 5155 9222.

This Clinic is for **Spot Checks only**
– no other medical issues will be addressed on this day.

BBNA Annual Subscriptions

Membership Fees are due on 1st July for 2017 – 2018

Family \$35.00 Single \$25.00

You are encouraged to pay your annual subscriptions at your earliest convenience to avoid paying 'non-member' service fees.

Hearing Clinic Available – Wednesday 2nd August, 2017

Concerned about your hearing? Already have a hearing aid?

Reserve your **free** hearing check at the Buchan Bush Nursing Centre.

Book in for a free hearing aid health check

Book early – limited appointments available.



Take care on frosty mornings, be aware of frosty surfaces being slippery and make sure appropriate footwear is worn.

URGENTLY WANTED for fundraiser – small jars for home-made marmalade.

DATES FOR THE MONTH

Dr. Tan – Friday 7th July (Spot Check Clinic only) & Wed. 19th July
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. 3rd, 17th & 31st July
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>

Publicly Accessible Defibrillator is housed in an alarmed cabinet in the Centre carport.

National Diabetes Week – 9th – 15th July, 2017

Diabetes occurs when blood glucose (sugar) levels are raised due to problems producing or processing insulin. Insulin is a hormone needed for glucose to enter the cells and be converted to energy.

Diabetes may be genetic, pregnancy related or caused by obesity or illness and may be type 1 or type 2.

Healthy eating for people with diabetes is no different to what is recommended for everyone – there is no such thing as a diabetes diet!

What are the main nutrients found in food?

Carbohydrates, protein and fat are the main nutrients found in food, and they all provide us with energy (which is measured in kilojoules or calories). It is important to know what foods contain these nutrients and how they might affect both your blood glucose levels and your overall health.

Carbohydrate

Carbohydrate is the main source of energy for your body, especially the brain. When your body digests carbohydrate, it breaks it down into glucose, which is then absorbed into the bloodstream. This causes your blood glucose levels to rise. Carbohydrate is found in lots of different foods, and these foods also provide us with other important nutrients like fibre, vitamins and minerals.

The amount of carbohydrate that you eat at your meals and snacks has the biggest impact on your blood glucose level.

Protein

Protein is another source of energy in our diets and is the key nutrient that helps the body with growth and repair. Protein is broken down into amino acids in the gut so that they can be absorbed. Protein does not break down into glucose, so it does not directly raise blood glucose levels.

The main protein foods are: Meats, chicken, fish, & tofu; Eggs; Nuts & seeds; Cheese

There are a few foods that contain both protein and carbohydrate, and may also raise your blood glucose levels. These foods are: Milk and yoghurt (contain the natural sugar, lactose)

Legumes, including lentils, chickpeas, bean mixes etc. Legumes are often a main source of protein for vegetarians.

Try to eat some protein foods at each of your meals, as this will help to fill you up and provide the essential nutrients your body needs to support and maintain your muscle mass – which is especially important if you are trying to manage your weight.

Fat

Fats break down into fatty acids and are also another source of energy in the diet. Fatty acids are an essential part of all cells in the body, they also help you to store energy, and provide insulation. Fats also allow the body to absorb certain vitamins that are found in foods. Like protein, fat does not breakdown into glucose, so does not directly raise blood glucose levels.

Out of all the nutrients, fat contains the most kilojoules, so it is important not to eat more than what you need. Eating a lot of fat may lead to weight gain, which can make your diabetes more difficult to manage.

The main fats in the diet are: Oils, margarine, butter*; Cream*; Avocado; Nuts and seeds; Fried foods* and pastry*

*Indicates sources of saturated fat. Saturated fats can raise your blood cholesterol levels, so limit your intake of this type of fat.

The type of fat that you use is really important when it comes to heart health and preventing cardiovascular disease. It is important to choose mainly the monounsaturated and the polyunsaturated fats and oils. Some examples include olive oil, avocados, nuts, seeds and oily fish, such as salmon and sardines.

Information: Diabetes Victoria Website

JULY 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Footcare					1 Swifts Creek v Buchan Scrapbooking 9am	2 Scrapbooking morning only
3 Footcare	4	5 Pathology	6	7 Pathology Spot Check Clinic	8 Buchan v Lindenow South	9
10 'Food, F/ship & Fun' 13 th Birthday lunch – 12noon – Buchan Hotel	11	12 Pathology	13	14 Pathology	15 Omeo Benambra v Buchan	16
National Diabetes Week 9 th July – 15 th July						
17 Footcare	18	19 Pathology Doctor's Clinic	20	21 Pathology	22 Bruthen v Buchan	23
24 'Food, F/ship & Fun' lunch – 12noon – Buchan Hotel	25	26 Pathology CoM Meeting	27	28 Pathology	29 Buchan v Swan Reach	30 Scrapbooking