

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER – JANUARY 2020

### 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 – 13<sup>th</sup> January.

You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **The client contribution for an eligible BBNA member is \$10. Other eligible non BBNA member/non eligible BBNA member \$15. Non eligible & non BBNA member \$20.** Bookings are essential Thursday prior to the lunch. ALL WELCOME. Program partner: Caves Hotel.

### SCRAPBOOKING

Sunday 19<sup>th</sup> January at 10am. Where: Bush Nursing Centre. RSVP to Anne by Wednesday 15<sup>th</sup> January.

### Carers Support Group



If you are a carer for a loved one, in **ANY CAPACITY.** You can be part of a peer-group (face to face) support group, meeting over a cuppa to share experiences, to learn from lived-in experiences and to know that you are not alone.  
**When: Wednesday 15<sup>th</sup> January, 2020**  
**Time: 10.00am – 12 Noon**  
**Where: Bush Nursing Centre**  
**Facilitator: Jo Aquila – Carer Support Officer**

### DATES FOR THE MONTH

*Doctor Clinic - Wed. 15<sup>th</sup> January*  
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. 6<sup>th</sup> & 13<sup>th</sup> January*  
Appointments 5155 9222

### CODE RED DAYS/EXTREME WEATHER OR FIRE DANGER

The Centre will be open during normal operating hours. However home visits may not be available. The Committee of Management advises that the safety of staff members is their priority. Please ensure that you have adequate essential items e.g. medications, food, etc. to last a few days. It's important to stay aware of the weather during summer, especially when there are risks of heat waves or days of high UV.

### On fire risk days stay informed

**During the fire season, it is up to you to stay informed.**

**Where to find warnings and updates:-**

**Local News:** Listen to ABC Local Radio, commercial and designated community radio stations and watch Sky News TV.

**Online:** VicEmergency website: [www.emergency.vic.gov.au](http://www.emergency.vic.gov.au)

**Hotline:** VicEmergency Hotline: 1800 226 226

**Social Media:** Facebook or Twitter (#vicfires)

We are pleased to announce that the Bush Nursing Centre has been awarded full accreditation against the NSQHS Standards 2<sup>nd</sup> Edition.

We would like to thank everyone who has been involved in the process.

*It takes dedication, team work and commitment to being a safe and quality focused service provider.*



### Hearing Clinic – Rescheduled date: Tuesday, 4<sup>th</sup> February, 2020

**Rediscover the sounds you love!** Take the first step with a free \* hearing check at the Buchan Bush Nursing Centre.

**\*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program.**

A hearing check is a screening that helps identify people that may have hearing loss.

**Book early – limited appointments available.**

In partnership with Hearing Australia.



### 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>

### Heat stress – preventing heatstroke

Heat stress occurs when the body becomes dehydrated and is unable to cool itself enough to maintain a healthy temperature. If left untreated, this can lead to heatstroke, which is a life-threatening medical emergency. Prevention is the best way to avoid heatstroke.

**People most at risk of heatstroke** - Anyone can suffer from heatstroke, but those most at risk are: people over 65 years, particularly those living alone or without air conditioning, babies and young children, pregnant and nursing mothers, people who have existing medical conditions, especially with heart disease, high blood pressure or lung disease and people on medications for mental illness.

**Causes of heat stress** - There are many factors which can cause heat stress and heat-related illness, including:

**Dehydration** – to keep healthy, our body temperature needs to stay around 37°C. The body cools itself by sweating, which normally accounts for 70 to 80 per cent of the body’s heat loss. If a person becomes dehydrated, they don’t sweat as much and their body temperature keeps rising. Dehydration may happen after strenuous exercise (especially in hot weather), severe diarrhoea or vomiting, drinking too much alcohol, taking certain medications (for example, diuretics) and not drinking enough water.

**Lack of airflow** – working in hot, poorly ventilated or confined areas.

**Sun exposure** – especially on hot days, between 11am and 3pm.

**Hot and crowded conditions** – people attending large events (concerts, dance parties or sporting events) in hot or crowded conditions may also experience heat stress that can result in illness.

**Bushfires** – exposure to radiant heat from bushfires can cause rapid dehydration and heat-related illness. Bushfires usually occur when the temperature is high, which adds to the risk.

Some drugs, such as ecstasy and speed, also raise the body’s temperature, which can lead to heat stress.

**Rest regularly in the shade and drink fluids frequently.**

## MEDIA RELEASE

Contact: Ronan Carroll Ph: 5150 4434



18 December, 2019

### Stage 2 Water Restrictions from 13 January

Continuing extreme dry conditions mean East Gippsland Water will bring in Stage 2 water restrictions for all customers reliant on the Mitchell River supply system\* and Buchan River from Monday 13 January.

The East Gippsland region is experiencing its driest three years on record and the Mitchell River’s water flow fell below 265 megalitres per day on 11 December, which is some 80 per cent below average for this time of year, necessitating restricted pumping from the river.

The Mitchell is extremely important because it supplies 85 per cent of customers - those in Bairnsdale, Lakes Entrance, Paynesville, Metung, Bruthen and surrounds.

East Gippsland Water’s Managing Director, Steve McKenzie, said, “Our off-stream water storages are full and we expect to keep them full for at least another month. However, modelling of the Mitchell River indicates further restricted pumping will be required by February, so early action is being taken to reduce water demand and conserve water supplies extending our reserves held in storage through to autumn.

“The Buchan River system is also being affected by low flows and bushfires. The emergency backup arrangement for Buchan is to truck water in from the Mitchell system, so as a precautionary measure water restrictions will be introduced in the Buchan system on 13 January as well.

“As we’re in a situation where water flows are dropping to unusually low levels, we will go straight to Stage 2 to hopefully avoid any tougher restrictions being required this summer. This will mean no watering of residential lawns at any time. In addition it will mean no watering of residential garden areas except by means of a bucket, watering can, or hand-held hose fitted with a trigger nozzle. Sprinkler watering systems are permitted, on alternate days, between 6am-8am and 6pm-8pm.

A summary of the water restrictions is currently being mailed out to all affected customers and signs will be placed at the entrances to all towns to clarify where water restrictions are in force

“Water restrictions are not expected to be required in the towns of Orbost, Newmerella, Marlo, Bemm River, Cann River, Omeo, Dinner Plain, Swifts Creek or Mallacoota. Lower level Permanent Water Saving Rules will remain in place for these communities.

“We are prepared for a hot, dry summer and have four to five months of water stored. If we all do our part and follow these water restrictions, we could add another month to our reserves.

“We appreciate customers’ cooperation at this challenging time. Further water situation updates will be provided over coming months. In the meantime, for tips on how to save water please visit the East Gippsland Water website [www.egwater.vic.gov.au](http://www.egwater.vic.gov.au). In addition, anyone with a query about water restrictions can contact our Customer Business Team at on 1800 671 841 during business hours.”

\* The Mitchell River supply system = Bairnsdale, Walpa, Lindenow South, Lindenow, Eagle Point, Newlands Arm, Paynesville, Raymond Island, Sarsfield, Bruthen, Nicholson, Johnsonville, Swan Reach, Metung, Kalimna, Lakes Entrance, Lake Tyers Aboriginal Trust, Lake Tyers Beach, ~~Wonga~~, ~~Wonga~~ and surrounding areas

## JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BUCHAN BUSH NURSING ASSOC. INC.</b>  Committee and staff would like to take this opportunity to wish you all a Happy New Year.		<b>1</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>2</b>	<b>3</b> Pathology	<b>4</b>	<b>5</b>
<b>6</b> Footcare	<b>7</b>	<b>8</b> Pathology	<b>9</b>	<b>10</b> Pathology	<b>11</b>	<b>12</b> Stage 2 Water Restrictions from tomorrow
<b>13</b> Footcare ‘Food, F/ship & Fun’ lunch – 12noon	<b>14</b>	<b>15</b> Pathology Doctor’s Clinic Carers Support Group	<b>16</b>	<b>17</b> Pathology	<b>18</b>	<b>19</b> Scrapbooking
<b>20</b>	<b>21</b>	<b>22</b> Pathology Finance S/C. & CoM Meeting	<b>23</b>	<b>24</b> Pathology	<b>25</b>	<b>26</b>  AUSTRALIA DAY
<b>27</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>28</b>	<b>29</b> Pathology	<b>30</b> Safety & Quality S/C Meeting 9am	<b>31</b> Pathology	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  	