

# BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER – OCTOBER 2020

## REGULAR PROGRAMS

Due to the Coronavirus crisis our regular programs have been cancelled until further notice.

### When do I have to wear a face covering?

Unless an exception applies, you must wear a face covering when you leave your home. This includes travelling on public transport, or with people outside of your household. You are not required to wear a face covering when driving with someone from your household, or if you are driving for work purposes on your own, for example, if you are a delivery driver.

Cloth masks are available to purchase from the Centre.  
Cost \$2.00 each.



## BBNA ANNUAL GENERAL MEETING

Following the AGM of the BBNA the following members were elected to the Committee: President: Julie Cameron, Secretary/Treasurer: John Rogerson, Sen.Vice Pres.: Bronwyn Graham, Jr. Vice Pres.: Janice Coates, OH&S: Keith Greenwood, Consumer Rep: Sue Dalley, Fundraising: Vicki Hanman, Committee Member: Amanda Curlewis. Four vacancies remain.

### Hearing Clinic – Thursday 15<sup>th</sup> October, 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 51559222**

In partnership with Hearing Australia.



**A Consumer Engagement Subcommittee has been formed to represent consumers and feedback issues and views and advocate on behalf of the community. Members are:**

**Sue Dalley Mob. 0407 539 738**

**Michael Harper Mob. 0492 852 854**

**Grace Davis Mob. 0457 583 940**

**Gina Cantarella Mob. 0411 583 236**

**Please make contact if you have any queries.**

Being socially connected with people we care about and whose company we enjoy can help us cope with stress and reduce feelings of loneliness, anxiety and depression. As human beings, positive social connections are really important to our mental and physical health.

However, until we have a COVID-19 vaccine, physical distancing is going to be a key factor in limiting the spread and keeping our friends, family and community safe. To help slow the spread we need to stay physically apart, which means that it's even more important for our wellbeing that we stay socially and emotionally close to our loved ones. *Info: Better Health Channel*

### Royal Flying Doctor Dental Clinic

Once restrictions have eased, arrangements will be made for the Flying Doctor Dental Clinic to return.

Call (03) 8412 0444 for any further information.



### Coronavirus information

To stay informed, visit [www.health.gov.au](http://www.health.gov.au) or call the Coronavirus Health Information line on 1800 020 080, 24 hours a day, seven days a week.

**\*\*\* MAINTAIN SOCIAL DISTANCING \*\*\***

### DATES FOR THE MONTH

*Doctor Clinic –*

*Wed. 14<sup>th</sup> October*

*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. 12<sup>th</sup> & 26<sup>th</sup> October*

*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>

### ASHTMA AND THUNDERSTORM ASTHMA

Asthma is a common disease of the airways. It is often associated with other allergic conditions like hay fever and eczema.

Asthma causes the muscles in the airways to tighten and the lining becomes swollen and inflamed, producing sticky mucus. The airways become narrow, making it difficult to breathe. Asthma can be triggered by a range of factors such as pollen, house dust mites, cigarette smoke, exercise or associated with a cold. An asthma attack can come on gradually (i.e. if a person gets a cold) or quite quickly (i.e. if a person inhales something they are allergic to, such as pollen).

Typical asthma symptoms include: wheezing – a whistling noise when breathing, shortness of breath, a tight feeling in the chest, coughing. These symptoms are often worse at night, in the early morning or during exercise.

In addition, asthma can also be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm. This is known as epidemic thunderstorm asthma. These events are uncommon, but can happen in south-east Australia during the grass pollen season.

In an emergency, always call triple 000, ask for an ambulance. Tell the operator- asthma attack. Signs of an asthma emergency include, very difficult to breathe, unable to speak comfortably or if their lips are turning blue, has symptoms that get worse very quickly and getting little or no relief from their reliever inhaler. Follow the instructions on their Asthma Management Plan. *Reference: Better Health Channel*

### RFDS Wellbeing Program

Sessions are being offered at the Bush Nursing Centre via telehealth. Please ring the Centre to arrange an appointment.

### **Free information session - How to live at home for longer**

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home. Hear experts explain how you can access government funding to help you stay living at home for longer.

Topics covered:

- My Aged care
- Commonwealth Home Support Program
- Home Care Packages

Due to COVID-19, this session will be held via videoconference using Google Chrome. Details on how to log into the session will be forwarded to all attendees prior to the session date, using the email address provided at registration. Max. capacity 10 attendees per session.

**When:** Monday, 5<sup>th</sup> October from 10.00am to 11.00am  
 Monday, 12<sup>th</sup> October from 5.30pm to 6.30pm  
 Monday, 19<sup>th</sup> October from 10.00am to 11.00am  
 Monday, 26<sup>th</sup> October from 5.30pm to 6.30pm

You are encouraged to register your interest at least 7 days prior to ensure session log in details are forwarded to you. For further information and to RSVP, please contact Lisa Mylne on 0427 682 389 or email [lisa.mylne@lchs.com.au](mailto:lisa.mylne@lchs.com.au)



### BBNA Resources

Books are available from the Centre to help people cope during tough times. They include strategies to help deal with anxiety. These books have been written to help people struggling with mental health issues at any time of life. With all that has been endured in recent events there is growing demand for mental health support. The following books can be borrowed from the Centre:- Alphabet of the Human Heart, The Big Little Book of Resilience, I Had a Black Dog, Living with a Black Dog, Quiet the Mind and Stress Less, Relaxation CD's are also available.

## OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>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.</p>			<b>1</b>	<b>2</b> Pathology	<b>3</b> Check your smoke detector batteries	<b>4</b> Daylight Saving starts
<b>5</b>	<b>6</b>	<b>7</b> Pathology	<b>8</b> S&Q S/C Meeting 9am	<b>9</b> Pathology	<b>10</b>	<b>11</b>
<b>12</b> Footcare	<b>13</b>	<b>14</b> Pathology Doctor's Clinic	<b>15</b> Hearing Clinic	<b>16</b> Pathology	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Pathology	<b>22</b>	<b>23</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>24</b> AFL Grand Final	<b>25</b>
<b>26</b> Footcare	<b>27</b>	<b>28</b> Pathology Finance S/C & CoM meeting	<b>29</b>	<b>30</b> Pathology	<b>31</b>	