

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER – FEBRUARY 2021

### 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 – 8<sup>th</sup> & 22<sup>nd</sup> February.**

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 & Lions Club Bairnsdale.*

**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.**



### DATES FOR THE MONTH

*Doctor Clinic –*

*Wed. 17th February*

*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. 1<sup>st</sup> & 15<sup>th</sup> February*

*Appointments 5155 9222*

### Community CPR and defibrillator information sessions

Offered by Ambulance Victoria

**When:** Tuesday 16<sup>th</sup> February, 2021

**Where:** Buchan Bush Nursing Centre

**Time:** 11.30am or 12.15pm **Bookings required.**

Please call the Bush Nursing Centre to register your interest.



### Face masks update

- Face masks will no longer be mandatory in all public indoor settings.
- Face masks continue to be mandatory in the following locations: on public transport; when riding in a ride share or taxi; in large retail stores (over 2000 sqm), such as department stores, electronics stores, furniture stores, hardware stores or supermarkets; inside shopping centres, including the retail stores inside shopping centres, such as clothing stores; inside indoor markets; on domestic flights to and from Victoria; at airports; in hospitals; when working in or visiting hospitals and care facilities.
- Face masks will no longer be required to be worn in offices.
- You must always carry a face mask with you when you leave home unless you have a lawful reason not to.
- It is strongly recommended you wear one whenever you cannot keep 1.5 metres distance from others.



### Royal Flying Doctor Dental Clinic

Community members who have visited the dental service have three options to provide feedback.

1. Hard copy feedback form
2. Text message received from Royal Dental Hospital Melbourne (RDHM) – The only way the feedback can be linked back to RFDS is if it is mentioned in the free text section, so you are encouraged to fill out this feedback and mention that you were seen by Flying Doctor Dental Clinic
3. Online feedback form – via the quality and safety webpage

<https://www.flyingdoctor.org.au/vic/about/quality-and-safety/>



Hi Anne, You recently had an appointment at RDHM. Please tell us about your experience on 20/01/2021. Your feedback is important to our staff and services. Click here <http://bit.ly/DHSVprem>

### 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>

### How poor dental care can affect your overall health

Although you probably understand that poor dental care can lead to cavities, did you know that other, more serious health problems can also result from poor oral care? The truth is that if you don't take proper care of your teeth, you could face far more serious consequences than a simple toothache or some unsightly stains. Some major areas of concern are:-

**Cardiovascular disease:** In a nutshell, this means heart disease. The bacteria from inflammation of the gums and periodontal disease can enter your bloodstream and travel to the arteries in the heart and cause atherosclerosis (hardening of the arteries). Atherosclerosis causes plaque to develop on the inner walls of arteries which thicken and this decreases or may block blood flow through the body. This can cause an increased risk of heart attack or stroke. The inner lining of the heart can also become infected and inflamed a condition known as endocarditis.

**Dementia:** The bacteria from gingivitis may enter the brain through either nerve channels in the head or through the bloodstream, that might even lead to the development of Alzheimer's disease.

**Respiratory infections:** The *Journal of Periodontology* warns that gum disease could cause you to get infections in your lungs, including pneumonia. While the connection might not be completely obvious at first, think of what might happen from breathing in bacteria from infected teeth and gums over a long period of time.

**Diabetic complications:** Inflammation of the gum tissue and periodontal disease can make it harder to control your blood sugar and make your diabetes symptoms worse. Diabetes sufferers are also more susceptible to periodontal disease, making proper dental care even more important for those with this disease.

Info: [www.colgate.com](http://www.colgate.com)

Brushing and flossing keep more than your pearly whites healthy -- they might also prevent serious illnesses. Poor dental care is also a possible factor in other conditions, such as immune system disorders, weak bones, and problems with pregnancy and low birth weight. Encourage your family to practice good oral hygiene by brushing after every meal with a fluoride toothpaste, flossing daily and using a mouth rinse to kill bacteria. Visit a dental professional regularly. Doing so can protect more than just your teeth -- it can save your life!

### RFDS Wellbeing Program

Sessions are being offered at the Bush Nursing Centre or via telehealth. To book an appointment ring RFDS 8412 0430 or the Bush Nursing Centre.

### 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.

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

### 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.

## FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Footclinic	<b>2</b>	<b>3</b> Pathology	<b>4</b>	<b>5</b> Pathology	<b>6</b>	<b>7</b>
<b>8</b> 'Food, F/ship & Fun' lunch – 12noon	<b>9</b>	<b>10</b> Pathology	<b>11</b> Safety & Quality S/C Meeting 9am Consumer Engagement S/C Meeting 4pm	<b>12</b> Pathology	<b>13</b>  Canni Creek Races	<b>14</b>
<b>15</b> Footclinic	<b>16</b> Community CPR & defibrillator information sessions	<b>17</b> Pathology Doctor's Clinic	<b>18</b>	<b>19</b> Pathology	<b>20</b>	<b>21</b>
<b>22</b> 'Food, F/ship & Fun' lunch – 12noon	<b>23</b>	<b>24</b> Pathology Finance S/C. & CoM Meeting	<b>25</b>	<b>26</b> Pathology	<b>27</b>	<b>28</b>
			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.			

