

# BUCHAN BUSH NURSING ASSOCIATION INC.

## NEWSLETTER – APRIL 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> April.

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 Wednesday prior to the lunch.

**NOW THURSDAYS 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 Gina Cantarella Mob. 0411 583 236 Please make contact if you have any queries.



### FLUVAX & COVID 19 VACCINE

- Please call the Centre and register your expression of interest for the FLUVAX. **VACCINE TO ARRIVE MID-LATE MAY**
- Staff will keep the community updated on developments with the COVID 19 Vaccine.

### TEST SMOKE ALARM AND CHECK BATTERIES

### TIPS TO CUT DOWN ON ALCOHOL

Drinking alcohol too much or too often increases your risk of developing an alcohol-related injury or disease. You may be thinking it's time to take control of your drinking.

**Here are some tips to help you cut down on alcohol.**

**Keep track of your drinking habits.** Instead of relying on memory, jot down your drinks in a diary to see exactly how much and how often you drink.

**Change your drinking habits.** Control the amount of alcohol you drink by setting some goals, such as not drinking alone or when stressed. Schedule at least two alcohol-free days each week.

**Don't drink on an empty stomach.** A full stomach slows the absorption of alcohol.

**Quench your thirst with water or soft drinks.** Otherwise, you risk gulping down alcoholic drinks.

**Sip your drink slowly.** Put down the glass after each mouthful.

**Take a break.** Make every second drink a non-alcoholic beverage.

**Buy low-alcohol alternatives.** Options include, zero alcohol beer, light beer and reduced alcohol or alcohol free wine.

**Opt out of 'shouts'.** Drink at your own pace. If you can't avoid buying a shout, get yourself a non-alcoholic drink.

**Avoid salty snacks, such as potato chips or peanuts.** Salt makes you thirsty and more inclined to drink fast. *Sourced from Better Health Channel*

### 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.

**\*\* SANITISE & MAINTAIN SOCIAL DISTANCING \*\***

### DATES FOR THE MONTH

*Doctor Clinic –*

*Wed. 21<sup>st</sup> April*

*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. 19<sup>th</sup> 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 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>

**ANZAC DAY Buchan South Avenue of Honour  
Sunday 25<sup>th</sup> April 2021**

**Dawn Service & Gunfire Breakfast (BBQ)**

**5.45am Gather at the Avenue**

**6.30am all welcome to Gunfire Brekkie \$5, kids free**

**10am ANZAC Service**

**Followed by morning tea, please bring a plate to share**



**The Guidelines.**



Have no more than **4 standard drinks\*** in one day to reduce your risk of injury and accidents.



Have no more than **10 standard drinks\*** a week to reduce your risk of cancers, including breast, stomach and bowel.



Women who are pregnant or breastfeeding should **not drink alcohol** to reduce harm to their baby.



Anyone under **18 should not drink alcohol** to help prevent negative impacts on the developing brain and riskier levels of drinking when they are older.



**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>

**We ask that you please return any items on loan that are no longer being used**

- Wheelchairs
- Wheelie walkers
- Crutches
- Over toilet chairs
- Books i.e. Quiet the mind, Resilience, Living with a Black Dog etc.

**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.

**RFDS Wellbeing Program**

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

**April 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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. 			<b>1</b> 	<b>2</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>3</b>	<b>4</b> DAYLIGHT SAVING ENDS  BUCHAN RODEO
<b>5</b> PUBLIC HOLIDAY CENTRE CLOSED	<b>6</b>	<b>7</b> Pathology	<b>8</b> 'Food, F/ship & Fun' lunch – 12noon	<b>9</b> Pathology	<b>10</b> Swifts Creek v Buchan	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Pathology	<b>15</b> Safety & Quality S/c Meeting 9am	<b>16</b> Pathology	<b>17</b> Buchan v Bruthen	<b>18</b>
<b>19</b> Footcare	<b>20</b>	<b>21</b> Pathology Doctor's Clinic	<b>22</b> 'Food, F/ship & Fun' lunch – 12noon	<b>23</b> Pathology	<b>24</b> Buchan v Lindenow Sth.	<b>25</b> ANZAC DAY
<b>26</b>	<b>27</b>	<b>28</b> Pathology Finance S/C & CoM Meeting	<b>29</b>	<b>30</b> Pathology	<b>REMINDER FOR FLUE/CHIMNEY CLEAN AND INSPECTION</b>	