

# BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER – AUGUST 2022

See insert for programs and calendar

## EMERGENCY NUMBERS

**Police / Ambulance / Fire—000**

**Buchan Police—5155 9268**

**Bush Nursing Centre —**

**Buchan 5155 9222**

**Gelantipy 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.**



### **Coronavirus information**

To stay informed, visit  
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 \*\*\***

### **BBNA Annual Subscriptions**

**Membership Fees are due on  
1<sup>st</sup> July for 2022 – 2023**

**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  
i.e. \$20.00 plus per visit.**

Direct Deposit Payments:

Account Name: Buchan Bush Nursing Assoc.

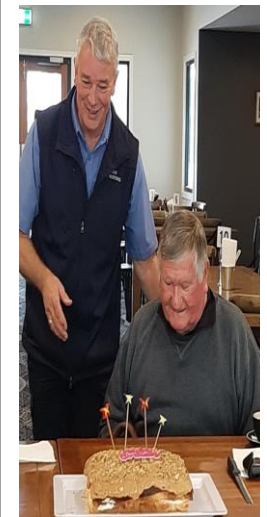
BSB 083-519 A/c. No. 83-410-9344



### **Food, Friendship and Fun**

#### **18<sup>th</sup> Birthday Lunch**

**Many thanks to Melva  
Woodgate for baking the  
sponge cake.**



### **Group Session Exercise and 1:1 Physiotherapy**

**Group exercise sessions are available to address mobility, falls  
prevention and improve overall health.**

**1:1 Physiotherapy is available to prevent or manage muscle,  
tendon and joint issues for any age.**

**For further information, please ask at Centre and to register  
phone GLCH on 51558300.**

Requested by the community and is now being offered locally. If  
supported, we hope to attract some funding to subsidise the program  
longer term.

### **DOCTOR CLINIC 3<sup>rd</sup> & 24<sup>th</sup> August, 2022**

**Orbost Medical Clinic will be visiting Buchan  
Bush Nursing Centre on the 3<sup>rd</sup> & 24<sup>th</sup> August, 2022.**

**Fees may apply.**

**Please contact the Centre to make an appointment.**



## PLANNED ACTIVITY GROUP IN BUCHAN

9.30am -2.30pm - at the Buchan Rec Reserve Pavilion  
Morning tea, lunch and afternoon tea will be provided, all community members in the district are welcome. Drop in any time during the session even just for a cuppa.

\$14.40 covers attendance and all food.

Call Kate on 0409 957 308 for any enquiries.

**August 2022 - Monday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**

## DYING TO KNOW DAY 8<sup>th</sup> August 2022



Dying to Know Day is an annual day of action dedicated to bringing to life conversations and community actions around death, dying and bereavement.

### DID YOU KNOW?

75% have not had end of life discussions

60% think we don't talk about death enough

Over 70% of us die in hospital though most of us would prefer to die at home

Very few of us die with an Advance Care plan (less than 10 percent)

The number of Australians aged 65 and over will double by 2050 increasing our need to plan while well and share our wishes with our loved ones.

**WE WANT TO ENCOURAGE ALL**

**AUSTRALIANS TO:**

- develop their death literacy and make their end of life plans such as a will and advance care plan
- share these wishes with their families
- get informed about end of life and death care options such as dying at home, home and community led funerals and natural burial
- be better equipped to support family and friends experiencing death, dying and bereavement.

### WHAT CAN YOU DO?

- Take a personal action such as writing your will or having a conversation with a loved one
- **The Bush Nurses are happy to assist with the process of completing an Advanced Care Plan.**  
[www.Dying to Know Day.com](http://www.Dying to Know Day.com)

## Person – centred care

A person's care experience is influenced by the way they are treated as a person, and by the way they are treated for their condition. The ultimate goal of our health system is to deliver high-quality care that is safe, of value and to provide an ideal experience for patients, their carers and family. Person-centred care is widely recognised as a foundation to safe, high-quality healthcare. It is care that is respectful of, and responsive to, the preferences, needs and values of the individual patient. It involves seeking out, and understanding what is important to the patient, fostering trust, establishing mutual respect and working together to share decisions and plan care. Key dimensions of person-centred care include respect, emotional support, physical comfort, information and communication, continuity and transition, care coordination, involvement of carers and family, and access to care.

*Sourced from Australian Commission on Safety and Quality in Health Care*

## INTRODUCING "TERRACYCLE" TO THE BUCHAN DISTRICT

TerraCycle offers free recycling programs funded by brands, manufacturers, and retailers around the world to help you collect and recycle your hard-to-recycle waste. **NOTE WE ARE NOT COLLECTING REGULAR RECYCLABLES JUST THE RANGE LISTED BELOW**

A Community Collection Hub is a community recycling station and drop-off point for TerraCycle's free recycling programs. **The Buchan Bush Nurse Centre will be the Community Collection Hub** for the Buchan District, the more waste that is collected the more points/dollars are fundraised for the Centre.

### **WHAT TO DO – \*\*TELL YOUR FRIENDS\*\***

Collect Valid Recyclables – Let your household/ business/ workplace know what items you will be collecting and start gathering.

**Drop off – Bins will be in the Buchan Bush Nurse Centre carport.** This is open to public drop off 24/7. Place your recyclables in the clearly labelled tubs. **Only products** listed below:

### **Buchan Bush Nursing Centre will be collecting**

- **Oral Care Recycling Program**
- Any brand of toothpaste tubes/caps, floss containers, toothbrushes.
- **Dish and Air Care Recycling Program**
- Any brand of dish liquid/tablets packaging, air fresheners, spray bottles, car air freshener products.
- **Used Food Care Recycling Program**
- Any brand of used food wraps, cling wrap or snap lock bags.
- **Razor Recycling Program**