

BUCHAN BUSH NURSING ASSOCIATION INC.

NEWSLETTER – APRIL 2025

See insert for programs and

EMERGENCY NUMBERS

Police / Ambulance / Fire—000

Buchan Police—5155 9268

Bush Nursing Centre —

Buchan 5150 2400

Gelantipy 5150 2410

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.*



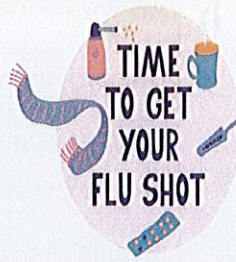
Diabetes Educator Monday 19th MAY

Talk with a diabetes educator
about any risk factors you may
have identified.
Phone 5150 2400

BBNA Newsletter is on the
Buchan Community Website:
<http://buchan.vic.au>



DOCTOR CLINIC - Monday 14th April



The Buchan Bush Nursing Centre is now taking expressions of interest for the Flu Shot.

Vaccinations will be available from May 2025 onwards.

Bookings and numbers are essential.
Please phone 5150 2400

Seasonal Influenza (the flu)

Vaccinations are free for those over 65 years of age. If you are under 65 or don't meet the criteria for a free vaccine, payment must be made at the time of booking.

Seasonal influenza (the flu) is an acute respiratory infection caused by influenza viruses. It is common in all parts of the world and most people recover without treatment. The flu spreads easily between people when they cough or sneeze.

Vaccination is the best way to prevent the disease

Symptoms include:

- acute onset of fever
- dry cough, sore throat
- runny nose, headache
- muscle and body aches and fatigue

Treatment should aim to relieve symptoms. Get plenty of rest, drink plenty of fluids and use simple over the counter analgesia. Antibiotics are rarely indicated.

Medical care may be needed in severe cases and for people with risk factors. Annual vaccination is recommended for pregnant women, children aged 6 months to 5 years, people over 65, and people with chronic medical conditions.

Ways to prevent flu transmission include wash and dry hands regularly, cover your mouth and nose when coughing or sneezing, stay home when feeling unwell, avoid close contact with sick people, and wear a mask in public places.

(WHO, Fact Sheet, 'Influenza' (seasonal), October 2023)

Tips and Tricks

**Meal prep and budgeting with Wellbeing Worker Jess
Thursday 17th April 2025 at 11am.**

Every 3rd Thursday of the month at Buchan Bush Nursing Centre

REMINDER - DONATE YOUR 10c CONTAINER REFUND TO BUCHAN BUSH NURSING. Take cans and bottles to Tambo Waste Bairnsdale. Visit <https://www.tambowaste.com.au/cds-vic> for more info. Ask staff at Tambo Waste to donate funds to the BBNA.

Falls Prevention is Everyone's Business

Did you know.....

37% of injury related deaths are caused by falls

30% of over 65s fall each year

23% reduction in falls with regular exercise

April Falls Month® is an annual campaign to raise awareness about the impact of falls and to promote the latest best practice fall prevention strategies. The overall campaign goal is to get active and improve balance for fall prevention.

The "Falls Prevention is Everyone's Business" campaign aims to help Australians find appropriate exercise programs to meet your needs and interests.

These programs may work to build confidence and capacity to return to usual activities, introduce or begin new activities, and participation in social activities to improve general health and wellbeing.

For optimal physical and mental health, it is recommended that all adults (regardless of age, health, or ability) do 30-60min of physical activity most days.

To prevent falls and maintain independence this should include exercise or activities that improve strength and balance.

If you need advice on how to get started talk to your GP, Bush Nurse, Physio or exercise physiologist.

Remember to start slow and build up. Every bit of activity helps.

Keeping active is essential for healthy aging. Falls can be prevented.

It's never too late to get active!

Reference -

<https://fallsnetwork.neura.edu.au/aprilfalls/>

The graphic features a box with the text 'APRIL FALLS MONTH' and 'Better Balance for Healthy Ageing GET STRONG. GET GOING!'. Below this, three icons are shown: a thumbs up, a person on a balance beam, and a person walking. Text below the icons reads: 'Best results with at least 150mins per week = Functional strength exercise + High balance challenge'. At the bottom, it says 'Falls prevention is everybody's business!' and includes the logo for the NSW Falls Prevention & Healthy Ageing Network.

Health Literacy

What is it and why improve it?

Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others (National Institute of Health, 2025).

According to the Australian Bureau of Statistics, about 60 per cent of Australians (15-74 years old) have less than adequate levels of health literacy, and the majority are aged 65 – 74 years.

Examples of poor health literacy include frequently missed appointments, non-compliance with medications, inability to name their medications or explain why they are taking them, and lack of follow through with pathology tests or referrals.

Health literacy is a safety and quality issue, and by improving health literacy barriers to safe and high-quality care that stem from misunderstanding and miscommunication between clients and the health system may be minimized (Australian Commission on Safety and Quality in Health Care, 2025).

What blood test is that?

FBE / FBC – "the purple tube"

A Full Blood Examination (FBE), or Full Blood Count (FBC), is a common blood test that assesses the number, types, and sizes of blood cells, including red and white blood cells, and platelets.

What it checks:

Red blood cells (RBCs): These carry oxygen throughout your body, and an FBE measures their count, haemoglobin levels (the oxygen-carrying protein), and haematocrit (the percentage of red blood cells in your blood).

White blood cells (WBCs): These are crucial for fighting infection, and an FBE checks their count and can also identify different types of white blood cells.

Platelets: These help with blood clotting, and an FBE measures their count.

Why it's important:

An FBE can help:

Screen for and diagnose a wide range of conditions: including anaemia, infections, blood clotting disorders, and some types of blood cancer.

Monitor the effectiveness of treatment: for certain conditions, such as infections or blood disorders.

Provide a general assessment of your health: as part of routine medical testing.

(<https://pathologytestsexplained.org.au>)

Wellbeing In Buchan, Gelantipy and District!

What is Happening:

Food Friendship & Fun will be at the Buchan Hotel and will be on the 10th and the 24th of April (Bookings are essential)

Walk and Talk the walk commences from the neighbourhood house in Buchan at 9:30am and will return at 10:30am where we will have tea/coffee and play lawn/board games for another hour or so if desired. All are welcome to come and join in.

Community Garden is open to all community members with a couple of available garden beds if anyone is interested. Jess will be there every Thursday (but the 3rd Thurs) from 10am. The 3rd Thursday of every month will be a meal prep and budgeting class "Tips and Tricks" at BBNA from 11am.

Tips and Tricks will be a on the 17th of April with the topic yet to be decided

Mobile Library can help you with Shire related issues, paying your rates and animal registrations. Brent has Wi-Fi and laptops you can use while attending the mobile library.

Frozen Meals we are still receiving frozen meals from Bairnsdale Neighbourhood House. If you require any frozen meals or know of anyone that would appreciate frozen meals, please let staff know at the BBNA.

Gelantipy Visit will be the 1st of April

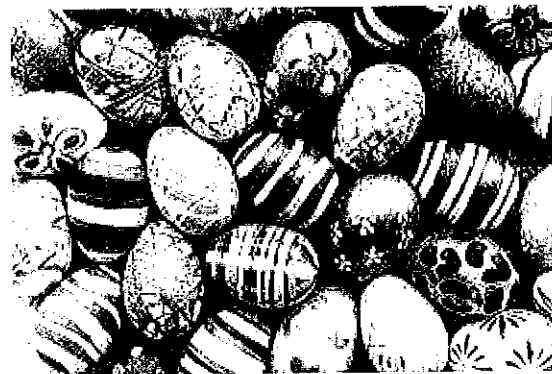
Easter: A Time for Reflection and New Possibilities

As Easter draws near, it's an opportunity to reflect on the journey we've taken so far this year and to embrace the potential for new beginnings. In the spirit of this season, let's focus on renewal—not just in nature, but within ourselves.

Easter is a time to pause and take stock of our lives, considering what we want to nurture and what we may need to release. It's about making space for growth, whether it's a new mindset, habit, or simply a deeper connection with the present moment.

As we move into the cooler months, let this be a reminder to take small, mindful actions that contribute to our wellbeing. Whether it's indulging in quiet time, connecting with nature, or reflecting on personal goals, these moments of renewal can help guide us forward.

Wishing you a peaceful and fulfilling Easter, filled with chocolate!



Wellbeing Program Evaluation Team Visit

We're excited to announce that the Wellbeing Program Evaluation Team will be visiting Buchan on April 22nd and 23rd. This is a fantastic opportunity for you to share your thoughts and feedback on the program. Your insights are invaluable in helping us improve and better serve the community. If you would like to have your say and provide feedback, please don't hesitate to contact me for further details. We encourage you to be part of this important conversation!

If you think you may need any wellbeing support and live in the Buchan, Gelantipy and District please contact Jess the wellbeing support officer at BBNA, Monday to Thursday on **0448064760**.

Preventing Falls

Tips for Seniors

APRIL  FALLS DAY.

Only use ladders on dry, hard, flat surfaces, and keep your body weight centred.

Consider installing grip bars in the shower or bath.

Keep high traffic areas free of obstacles.

Secure scatter rugs in place or remove them.

Ensure rooms, halls and doorways are well lit.

Keep the path from the bed to the bathroom clear.

Do not store items on the stairs, even temporarily.

Avoid rushing!

Store heavy items in lower cupboards and lighter ones above.

Have emergency numbers handy near your bed and by all phones.

Wear shoes with good rubber soles. Avoid loosely fitting slippers.

Ensure pathways, decks and stairs are in good repair with railings and good traction.

To Do

- Check your home for tripping/slipping hazards: most falls happen at home.
- Bone up on calcium & vitamin D: most of us are not getting enough in our diets.
- Check medications. Consult your doctor, especially if you are on more than three medications a day.
- Make an appointment to get your eyes checked at least once a year after the age of 65.
- Try tai chi, a strength-building, balance exercise that has been shown to reduce the risk of falling.

Falls Prevention[®]
is everyone's business

www.canadasafetycouncil.org



BUCHAN BUSH NURSING ASSOCIATION INC. NEWSLETTER INSERT – APRIL 2025

REGULAR PROGRAMS

All members of the community are invited to participate in our health promotion programs – for more information ring the 5150 2400.

'FOOD, FRIENDSHIP & FUN'

**Thursday 10th April and
Thursday 24th April 2025**

You are invited to attend our luncheon at 12 noon at the Buchan Hotel. **Cost for eligible BBNA member is \$10. Other eligible non BBNA member/non eligible BBNA member \$18. Non eligible & non BBNA member \$25.**

Bookings are essential Wednesday prior to the lunch.

Program partner: *Caves Hotel*

SCRAPBOOKING

Sunday 6th April 11am – 4pm.
Where: Bush Nursing Centre.
RSVP: 1st April 2025

DATES FOR THE MONTH

*Doctor Clinic –
Monday 14th April 2025
Appointments 5150 2400*

*Diabetes Education
Monday 19th May 2025*

*Maternal & Child Health—
Appointments 5152 0052*

*Immunisation— Anne Brewer
Appointments 5150 2400*

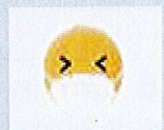
*Pathology—Wed. & Fri. am.
Appointments 5150 2400*



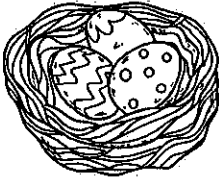
A Consumer Engagement Sub-committee has been formed to represent consumers and feedback issues and views and advocate on behalf of the community. Members are: Janice Coates, Michael Harper & Gina Cantarella. Please make contact if you have any queries.



**Masks are
required at
the BBNA if
respiratory symptoms**



APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Mobile Library Walk N Talk Dying to Know Event	2 Pathology	3 Community Garden 10am	4 Pathology	5 CENTRE CLOSED	6 CENTRE CLOSED Scrap-booking
7 Planned Activity Group at the Rec 10.30am - 2pm	8 Mobile Library Walk N Talk	9 Pathology 5.30pm Safety & Quality Meeting	10 Community Garden 10am 12pm Food, Fun Friendship Lunch	11 Pathology	12 CENTRE CLOSED	13 CENTRE CLOSED
14 GP Clinic Planned Activity Group at the Rec 10.30am - 2pm	15 Mobile Library Walk N Talk Dying to Know Event	16 Pathology	17 Meal Prep & Budgeting 11am	18 GOOD FRIDAY CENTRE CLOSED	19 CENTRE CLOSED	20 EASTER SUNDAY CENTRE CLOSED
21 EASTER MONDAY CENTRE CLOSED	22 Mobile Library Walk N Talk	23 Pathology	24 Community Garden 10am 12pm Food, Fun Friendship Lunch	25 ANZAC DAY CENTRE CLOSED	26 CENTRE CLOSED	27 CENTRE CLOSED
28 PAG at the Rec 10.30am -2pm	29 Mobile Library Walk N Talk	30 Pathology	The Buchan Bush Nursing Association would like to acknowledge the Traditional Custodians of the land on which we gather and pay our respects to their Elders both past, present and emerging.			