

Health & Activities Calendar February 2017

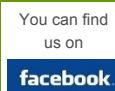
Bookings call 03 5588 2000

01/01	Pilates Plus, Podiatrist, MCHN, Social Worker
02/01	Physio, Pilates & Pump'n'Puff, Men's Shed, Singing
03/01	
04/01	
05/01	
06/01	Psychologist, Diabetes Educator
07/01	Daytime Yoga
08/01	Pilates Plus, Yin Yoga
09/01	Dr Lalani, Pilates & Pump'n'Puff, Men's Shed, Singing
10/01	PAG lunch (Sloba's meal)
11/01	
12/01	
13/01	
14/01	Daytime Yoga, Dr Greta & Dr Alison
15/01	Pilates Plus, MCHN, Playgroup, Yin Yoga, Social Worker
16/01	Physio, Pilates & Pump'n'Puff, Men's Shed, Singing
17/01	
18/01	
19/01	
20/01	
21/01	Daytime Yoga, Sketch with Stretch
22/01	Pilates Plus, PAG bus to Mt Gambier, Yin Yoga
23/01	Dr Lalani, Pilates & Pump'n'Puff, Men's Shed, Singing
24/01	
25/01	
26/01	
27/01	
28/01	Daytime Yoga, Dr Greta, Dr Alison
29/01	
30/01	
31/01	

Contact Us

Give us a call for more information about our services and products

Harrow Bush Nursing Centre
 ABN 92 892 565 164
 PO Box 103
 24 Blair Street
 Harrow, Vic 3317
 Phone 5588 2000
 Fax 5588 1300
 E: operationsadmin@hbnc.org.au
 W: hbnc.org.au



Home of the:
Bay Riders Community Centre
 (Harrow Neighbourhood House)
Harrow Men's Shed
Broadband For Seniors Kiosk

Account Payment Options

EFTPOS, Cash, Cheque or
Electronic Funds Transfer

HBNC
BSB: 083-440
ACC: 515 593 511

Please include your name or invoice number as a reference and email remittance advice to: finance@hbnc.org.au



Harrow Bush Nursing Centre BUSH TELEGRAPH



Harrow Bush Nursing Centre Newsletter

February 2017

Centre Report

Welcome to the February Edition of the Bush Telegraph.

The Bush Nursing Centre is pleased to be able to provide a range of clinical and nursing services to our community. Some services that we provide include:

Emergency Provision:

Four of our Nursing Staff are trained with Ambulance Victoria as Remote Area Nurses. This means we are first line providers of emergency care and able to provide emergency stabilisation and care in the event of an emergency '000' call. Please note that our Remote Area Nurses carry an ambulance pager after hours and in the event of an 000 call this will activate a Harrow Bush Nurse to attend the emergency where possible.

Ear Assessment and Ear Syringing:

We now have a four of our staff trained in ear assessment and ear syringing which can be provided for a small fee of \$15 at the Centre. Please note that a thorough assessment and initial treatment is required prior to syringing so we request that you contact the Centre to speak to one of our nursing staff in regards to this.

Immunisation:

We are able to provide a number of vaccines listed on the Immunisation Schedule at the Centre including the Flu Vaccine and the Shingles Vaccine. Please contact the Centre if you are requiring more information. We will be arranging for Shingles Vaccines in February and Flu Vaccines to be delivered in March, please contact the Centre for further information.

Pathology:

Pathology clinics are provided on Tuesday and Thursday mornings between 8.30am and 10am for a small fee of \$3.

General Assessments:

This includes blood pressure, heart rate and fasting blood sugar checks.

We encourage all members of the community to call into the Centre and speak with our nurses in regards to any health concerns you may have. We are always willing to provide an assessment and advice. We are also able to arrange follow up by one of our visiting GP's or allied health practitioners. We look forward to seeing you in the coming months.

Kind Regards
Ann Vaughan, Centre Manager

Contact us:

Email: operationsadmin@hbnc.org.au
 PO BOX 103, Harrow, VIC, 3317
 PH: 5588 2000 FAX: 5588 1300 www.hbnc.org.au
 When Telstra Services are unavailable - please phone our Optus mobile: 0434 384 102

Committee of Management

President: Peter Johnson
Vice President: Ron Penrose
Treasurer: Hugh Jarvis
Public Officer: Lisa Lorenz

Members:

Murray McInnes (JP)
 Jenn Ellis
 Alan Offord
 Eleanor Edgar
 Richard Edgar
 Hardy Hauke
 Bronwyn Hobbs

Pathology Collection

Tuesdays & Thursdays
 Times 8.30am—10.00am

In an emergency Call 000

Lifeline
 13 11 14

Beyond Blue
 1300 224 636

Kid's Helpline
 1800 551 800

Suicide Helpline
 1300 651 251

Nurse-on-call
 1300 60 60 24

AH GP Helpline
 1800 022 222

Opening hours:

Monday to Friday
 8:30am — 4:30pm
 Closed Public Holidays

Visiting Health Professionals For February 2017

Phone 5588 2000 for appointments

Doctor Listing

Dr Greta Prozesky	Tuesday 14th & 28th
Dr Alison Brown	Tuesday 14th & 28th
Dr Lalani Udalamatta	Thursday 9th & 23rd

Allied Health

Physiotherapist	Thursday 2nd & 16th
Podiatrist	Wednesday 1st
Social Worker	Wednesday 1st
MCHN (appt not required)	Wednesday 1st
Psychologist	Monday 6th
Diabetes Educator	Monday 6th
Dietician	Contact Centre
Continence Nurse	Contact Centre
Occupational Therapist	Contact Centre
Remedial Masseuse	Thursdays Ph 5583 1502 or 0428 831 502 for appointment

Exercises & Health Classes

Exercises Pilates and Pump'n' Puff	Thursday 10.30am—12pm
Pilates Plus with Loren (bookings required)	Wednesdays
Daytime Yoga	Tuesdays 9-10am
Yin Yoga	Wednesdays 7pm

For further information about Pilates Plus and Yoga classes see the BRCC newsletter

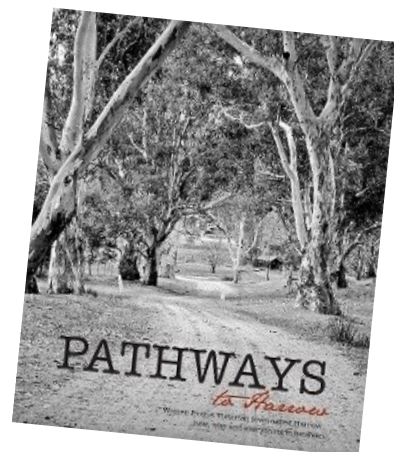
The Committee of Management, staff and volunteers of the Harrow Bush Nursing Centre wish to express their sincere condolences to the Sondhu family on the passing of Avtar (Tari) Sondhu.

Tari was a valued member of the Harrow Bush Nursing Centre and former Committee of Management member for over ten years.

Tari will be fondly remembered and sadly missed.

Pathways to Harrow Hard Cover Special Limited Edition books

Orders and payment by credit card/EFTPOS can be made over the phone. \$65, plus postage of \$15 per satchel (1 x 3kg satchel can fit 2 books).



Pancakes— Shrove Tuesday 28th February 11.30-1pm



At Harrow Bush Nursing Centre Come and enjoy delicious pancakes prepared by our wonderful volunteers Sloba and Ilija Petrovic.

All proceeds going to Harrow Bush Nursing Centre

Planned Activity Group (PAG)

PAG report February 2017

Welcome to a new PAG year.

On the 10th of February we will meet up to catch up on the holiday happenings and enjoy another of Sloba's meals. For catering purposes please book in at the Centre.

Rhonda Quigley will join us to explain about Yin Yoga and show us some very simple exercises that we can do in our chairs at home. Remember: **if you don't use it you lose it.**

So while you all had your feet up I was away getting my bus licence so now we are on the road!!

On the 22nd February (Wednesday) the bus will be going to Mt Gambier. You can either shop, go to the "Gardenarium" plant nursery or view the sights of Mt Gambier— it's your choice.

For the upcoming year I have planned a couple of things but would like it if you have a burning desire to go and see/watch/do something special. Please let me know. As the roads are still under repair in places perhaps we could do some shorter journeys and not tire ourselves out with big trips.

Looking forward to another year ahead.

Marg Elliott
Community Services Coordinator

Disabled parking permits

Application forms for disabled parking permits are available at the Centre. Contact Marg for further information.

Your doctor needs to sign the form to confirm your eligibility.

Application forms are also available through West Wimmera & Southern Grampians Shire Councils.

Community Health



Well I hope everyone enjoyed their Christmas and New Year – for some of us we may have enjoyed it a little too much so it is just as well February the 13th – 19th marks Australia's Healthy Weight Week! With over half of Australian adults unhappy with their current weight AHWW is about inspiring adults to make simple changes and adopt healthier eating habits. Our Dietician Danielle will be here at the Bush Nursing Centre on March 6th if you feel you would like some professional advice or visit <http://healthyweightweek.com.au> for some tips and to download your free 17 page healthy choice cookbook. There will be a display at the centre in the waiting area and some copies of healthy recipes. Alternatively, for those who like technology and don't mind counting calories, try a fitbit. A fitbit monitors your sleep and also your steps per day converting it to calories out. It also has a comprehensive database where you can enter what you have eaten and drank for the day and this is converted to calories in. To lose weight of course, the calories out must be more than the calories in!

Loren Linto and Alex King are holding a Movie Night called "Hungry for a Change" on 17th February—it covers sustainable weight loss. Contact Loren on 0439 472 009

Tina Rogers RN