

Health & Activities Calendar

April 2017

Bookings call 03 5588 2000

01/04	
02/04	
03/04	Charlile's Surf School, O/T
04/04	Daytime Yoga
05/04	Hearing Van, Podiatrist, MCHN, Playgroup, Clay Target Shooting, Yin Yoga
06/04	Dr Lalani, Psychologist, Diabetes Educator, Pilates & Pump'n'Puff, Men's Shed,
07/04	PAG -Sloba's Meal, Evening international cooking- French Cuisine
08/04	
09/04	
10/04	
11/04	Daytime Yoga, Dr Greta Prozesky
12/04	Craft with Katrina, Social Worker, Yin Yoga
13/04	Physio, Pilates & Pump'n'Puff, Men's Shed
14/04	Good Friday Public Holiday
15/04	Easter Saturday
16/04	Easter Sunday
17/04	Easter Monday Public Holiday
18/04	Daytime Yoga, Sketch with Stretch
19/04	MCHN, Playgroup, Yin Yoga
20/04	Dr Lalani, Pilates & PnP, Men's Shed, Singing
21/04	
22/04	
23/04	
24/04	
25/04	ANZAC Day Public Holiday
26/04	Pilates Plus, PAG trip to Dunkeld, Women's Health Clinic, Social Worker, Yin Yoga
27/04	Physio, Pilates PnP Men's Shed, Singing
28/04	Book Club
29/04	
30/04	

Harrow Bush Nursing Centre is a child safe organisation.

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

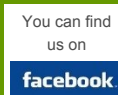
Harrow, Vic 3317

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

April 2017

Centre Report

What an amazing month we have had in Harrow for the month of March, with many events the town certainly has been a hive of activity. The Harrow Bush Nursing Centre has been very happy to partner with and support many of the events that have been happening around our town.

Miga Lake CFA Gathering:

The Harrow Bush Nurse in partnership with the CFA provided a gathering at the Miga Lake CFA shed in early March to bring the community together and share a meal and evening together. We were fortunate to have Mal Coutts, previous Rural and Remote Engagement worker and local Peer Support workers through the CFA discuss how we can look out for our neighbours in times of need and mental health resources available.

National Billy Cart Races:

The Centre provided first aid, health checks and a stall at the Billy Cart races this year. It was very encouraging to see how well attended our stall was and how many people took the opportunity to participate in a health check and speak to our Nurses and other service providers on the day. The Men's shed were also kept busy manning the front gate, many thanks to the many people who volunteered their time to assist with activity.

Opening of the Telecommunications tower at Culla.

Our President Peter Johnson and I attended the opening of the Telstra Tower at Rob, Bernie and Anthony Close's property at Culla last month. This was a great opportunity to celebrate the roll out of the 100th Telstra tower which is due to the partnership between Federal and State funding and Telstra to provide 500 towers to rural communities. The day highlighted the importance of telecommunications for our rural community connections, businesses, education and provision of emergency services.

Women's on Farms Gathering

One of the highlights of the month was the Women's on Farms gathering held in Harrow over the last week in March which showcased our town and region for all that has to offer to the 230 participants that attended. Harrow Bush Nursing Centre was pleased to be able to sponsor this event and be part of the many and varied workshops provided over the 3 day event. Our thanks and congratulations go to the tireless volunteer committee who coordinated the event, it was a huge success.

Ann Vaughan—Centre Manager

Committee of Management

President: Peter Johnson

Vice President: Ron Penrose

Treasurer: Hugh Jarvis

Public Officer: Lisa Lorenz

Members:

Murray McInnes (JP)

Jenn Ellis

Eleanor Edgar

Richard Edgar

Hardy Hauke

Bronwyn Hobbs

We value your feedback
If you have a compliment, complaint, suggestion or concern please let us know. Feedback forms are available at the Centre, or phone 5588 2000 .

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

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

Opening hours:

Monday to Friday

8:30am — 4:30pm

Closed Public Holidays

Visiting Health Professionals For April 2017

Phone 5588 2000 for appointments

Doctor Listing

Dr Greta Prozesky
Dr Lalani Udalamatta

Tuesday 11th
Thursday 6th & 20th

Allied Health

Physiotherapist
Podiatrist
Social Worker
MCHN (appt not required)
Psychologist
Diabetes Educator
Dietician
Continence Nurse
Occupational Therapist
Women's health Nurse/spot clinic
Men's Health Nurse / sunspot clinic
Remedial Masseuse

Thursday 13th & 27th
Wednesday 5th
Wednesday 12th & 26th
Wednesday 5th & 19th
Thursday 6th
Thursday 6th
Contact Centre
Contact Centre
Monday 3rd
April 26th
May 10th
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 Singing Group practising by the river for the Women on Farms ecumenical service .

The Centre will be closed

on the following
public holidays in April:

Good Friday 14th
Easter Monday 17th
ANZAC Day Tuesday 25th

Power Outage

Please note that Powercor have verbally informed us that there will be a power outage all day on Thursday 27th April.

The Centre will be OPEN

Lighting and computers will be powered by generator. There will be no air conditioning until mains power returns.

FREE HEARING SCREENINGS At HBNC

Provided by Wimmera Hearing Bus

Wednesday 5th April

Appointments should only take about ten minutes so make sure you ring the Centre and secure your appointment.



Planned Activity Group (PAG)

Planned Activity Group March 2017

The month of March once again saw another magnificent meal provided by Sloba and Ilija with the wonderful assistance from volunteers Chris and Lola. Thank you to all.

Discussion was held regarding increasing food costs and the unanimous decision was made by the group to have 2 courses at each PAG lunch as well as afternoon tea. In the summer months we will not have the soup course and winter months we won't be having dessert.

Unfortunately Marnie's workshop on Skype didn't run to plan due to internet issues on the day but don't be afraid to take Marnie up on her offer to come into the Centre and have some face to face training. Skype is a wonderful way of keeping in touch with friends and family.

On March 28th we travelled to Balmoral for a visit to the Balmoral op shop and a drive to Rocklands for a picnic lunch. A report will follow in next month's Bush Telegraph.

This month we meet a week earlier due to Easter and will be celebrating heart week as well as looking at some old photos of previous PAG activities that have been found at the Centre. We also plan to travel to Dimboola later this month to visit Ted Brown's Native Plants.

Marg Elliott

Community Services Coordinator

Thursdays at 1.30pm during school terms	Singing
Friday 7th April	Sloba's Meal—heart week
Wednesday 26th April	Trip to Dimboola Native Plants
Friday 12th May	Sloba's Meal— Mothers Day
23rd May	Dunkeld Arboretum
9th June	Sloba's Meal
22nd June	Horsham Shopping / Cinema



Ann Vaughan, Sloba Petrovic and Anne Anson with the pulse oximeter donated from proceeds from pancake day.



Birthday celebrations for Marj and Peter.

Community Health

Heart Week:

Heart Week running from 30th April – 6th May 2017 shines a spotlight on Australia's heart health. In 2017 the focus will be on the importance of diagnosing and treating high blood pressure.

Blood pressure is the pressure of your blood on the walls of your arteries as your heart pumps it around your body. It's a vital part of how your heart and circulation works. Your blood pressure naturally goes up and down all the time, adjusting to your heart's needs depending on what you are doing. High blood pressure is when your blood pressure is persistently higher than normal. A blood pressure reading under 120/80mmHg is considered optimal. Readings over 120/80mmHg and up to 139/89mmHg are in the normal to high normal range.

Blood pressure that's high over a long time is one of the main risk factors for heart disease. As you

get older, the chances of having persistently high blood pressure increases.

It's very important to get your blood pressure checked regularly, and if it's persistently high it needs to be controlled. Uncontrolled high blood pressure can lead to a heart attack or stroke. It may also affect your kidneys.

The medical name for high blood pressure over a long period of time is hypertension. You can't feel high blood pressure. There are usually no warning signs, so you can have it and not know. That's why it's important to get it checked.

For more information visit <http://www.heartfoundation.org.au/> - There are some free healthy eating booklets ! Or call into the Centre and talk to one of the nurses and get a free BP check!

Tina Rogers RN

Flu Vaccinations

The Annual National Seasonal Influenza Vaccination Program will commence in April 2017.

Annual seasonal influenza vaccination is recommended for any person aged 6 months and over who wishes to reduce the likelihood of becoming ill with influenza.

The flu vaccine is recommended for everyone from six months of age, but is available free under the National Immunisation Program for people who face a high risk from influenza and its complications. These are:

- People aged 65 years and over
- Aboriginal and Torres Strait people aged six months to less than five years
- Aboriginal and Torres Strait Islander people who are aged 15 years and over
- Pregnant women
- People aged six months and over with medical conditions such as severe asthma¹, lung or heart disease, low immunity or diabetes that can lead to complications from influenza.

Flu Vax clinics will be running in April at the Centre on Wednesday and Thursday afternoons. Please contact the Centre to make an appointment or for further information.

The non Govt funded fluvax is available for \$25
FREE for eligible clients