



Harrow Bush Nursing Centre

BUSH TELEGRAPH

Harrow Bush Nursing Centre Newsletter

February 2017

Health & Activities Calendar March 2017

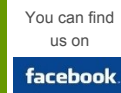
Bookings call 03 5588 2000

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

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



Centre Report

The month of February saw the return of many of our programs and it was wonderful to see so many happy faces returning to the centre.

Recognising volunteers

In February we celebrated Shrove Tuesday with Sloba and Illia Petrovic and some dedicated volunteers cooking amazing Pancakes for the many who attended the morning. I would like to thank Sloba and Illia for once again donating their time and the ingredients to raise funds for the centre. The dedication that our volunteers provide to our centre is outstanding and we thank you all for your support.

Committee of Management

Last month we accepted the resignation from long standing Committee of Management Member Alan Offord. Alan has been a valuable member of Committee and we thank him for his service to our Committee of Management.

Harrow Billy Cart Day

This year the Harrow Bush Nursing Centre will be providing first aid, health checks and a stall at the Billy Cart races. We encourage you to call in to see our staff and volunteers and take the opportunity to participate in a health check, look at some of the Bay Riders activities, speak to other service providers and maybe purchase an item from our Men's shed or one of our Pathway's books. We look forward to seeing you on the day.

Regards
Ann Vaughan
Centre Manager.

Thank you

We appreciate the contributions of food and assistance with catering and cleaning at functions in recent times, and thank all who assisted on behalf of the Bush Nursing Centre.

Please note that there are plates and containers at the Centre yet to be picked up.

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
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 March 2017

Phone 5588 2000 for appointments

Doctor Listing

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

Allied Health

Physiotherapist Thursday 2nd, 16th & 30th
 Podiatrist Wednesday 1st
 Social Worker Wednesday 1st
 MCHN (appt not required) Wednesday 1st, 15th & 29th
 Psychologist Monday 6th
 Diabetes Educator
 Dietician Monday 6th
 Continence Nurse Contact Centre
 Occupational Therapist Monday 6th
 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



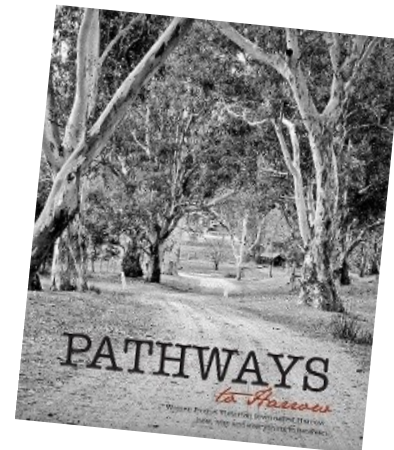
FREE
 Broadband for seniors
 Public Internet Access

Computer is available in the multi-purpose room at the Centre.

Phone the Centre for available times.

Pathways to Harrow Hard Cover Special Limited Edition books

All Pathways to Harrow books and DVD's can now be purchased directly through our website using PayPal.



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).

EMERGENCY DEFIBRILLATOR



AED

An Automated External Defibrillator (AED) is located in the cabinet on the wall at the front of the Centre.

This AED is for use during an emergency, and is easily accessed by community members.

AEDs are also situated at the Golf Club and Recreation Reserve.

Planned Activity Group (PAG)

We all chilled out when Rhonda Quigley showed us some yoga exercises to do while sitting in our chair. Keep those tennis balls close by the chair so when you're watching the footy roll them under your feet and keep the circulation moving. The exercises are easy to do just remembering to do them is the hard part! Of course we finished off with pavlova which made the day wonderful- thank you Sloba, Chris and Lola for your help.

The bus trip to Mt Gambier unfortunately was cancelled due to every one being too busy. We can look at re scheduling later in the year if we can get a bus load.

Next Sloba meal is 10th March. Marnie will be talking to us about things that may be of interest to you with computers. E.g. emails, internet banking, Skype. Skype is a visual way of keeping in the loop with kids and grandkids, even being able to read them a bedtime story. If you have any questions talk to Marnie.

The PAG trip will be on 28th March and we are going shopping at the Balmoral Op shop. Start saving your pennies as garments are \$1 for mens and womens clothing and 50c for children. We can journey on to Rocklands if time permits and have lunch at the café.

Marg Elliott
 Community Services Coordinator

Community Health

March we will be targeting skin cancer and running a spot check with Stu Wilder – date to be confirmed.

What is skin cancer?

Skin cancer occurs when skin cells are damaged, for example, by overexposure to ultraviolet (UV) radiation from the sun. There are three main types of skin cancer:

- [basal cell carcinoma](#)
- [squamous cell carcinoma](#)
- [melanoma](#) – the most dangerous form of skin cancer

Every year, in Australia:

- skin cancers account for around 80% of all newly diagnosed cancers
- the majority of skin cancers are caused by exposure to the sun
- GPs have over 1 million patient consultations per year for skin cancer
- the incidence of skin cancer is one of the highest in the world, two to three times the rates in Canada, the US and the UK.

Skin cancer symptoms

Become familiar with the look of your skin, so you pick up any changes that might suggest a skin cancer.

Look for the **ABCDE** (see attached image)

Tina Rogers RN

Causes of skin cancer

Australia has one of the highest rates of skin cancer in the world. Anyone can be at risk of developing skin cancer, though the risk increases as you get older.

The majority of skin cancers in Australia are caused by exposure to UV radiation in sunlight.

NORMAL		CANCEROUS
	"A" IS FOR ASYMMETRY • If you draw a line through the middle of the mole, the halves of a melanoma won't match in size.	
	"B" IS FOR BORDER • The edges of an early melanoma tend to be uneven, crusty or notched.	
	"C" IS FOR COLOR • Healthy moles are uniform in color. A variety of colors, especially white and/or blue, is bad.	
	"D" IS FOR DIAMETER • Melanomas are usually larger in diameter than a pencil eraser, although they can be smaller.	
	"E" IS FOR EVOLVING • When a mole changes in size, shape or color, or begins to bleed or scab, this points to danger.	