



BEECHWORTH
HEALTH SERVICE

HEALTH & COMMUNITY
N · E · W · S

www.beechworthhealthservice.com.au

PO Box 20 Beechworth Vic 3747

FEBRUARY 2011

Beechworth Health Service works with the communities of eastern Indigo Shire to provide comprehensive, quality health and wellness services in partnership with families, the community, health professionals and governments.

Beechworth Health Service Staff & Volunteers would like to wish our community a happy, safe & healthy new year!

Need a break from the Heat? Drop into a 'Cool Relief' Venue



This summer BHS has worked with businesses and organisations in Beechworth, Yackandandah and Tangambalanga to establish 'Cool Relief' venues. The 'Cool Relief' concept is

based around providing a refuge for people during extreme heat conditions. 'Cool Relief' venues are places where local residents and visitors are welcome to spend time to take a break from the hot summer weather. Venues participating in this program will display the 'Cool Relief' logo and are places that have air-conditioning, adequate space for some seating and are prepared to provide a jug of water and perhaps a magazine for those seeking refuge to read.

TIPS FOR KEEPING COOL THIS SUMMER

Heat-waves are becoming increasingly common so we need to be aware of what we can do to cope with them. Anyone can suffer from heat-related illness but some are at greater risk than others.

IN HOT WEATHER REGULARLY CHECK ON:

- infants and young children
- people aged 65 years or over
- those with an illness, particularly high blood pressure or heart disease

WAYS TO COPE

- **SLOW DOWN** – don't exercise while it is hot
- if possible stay indoors and sit or lie quietly in a cool room
- wear less and cooler/loose clothing (cotton/natural fibres if possible)
- drink plenty of fluids but NOT those with caffeine (tea or coffee) or alcohol or large amounts of sugar. **Fresh water** is the answer and plenty of it – but note that very cold drinks can cause stomach cramps
- a cool, wet face cloth on your forehead can help, particularly if you have a headache
- keep in frequent contact with friends and family so that they know how you are feeling and you know how they are feeling.

HOT WEATHER SURVIVAL KIT

Think about getting together a number of things which will help you in a heat-wave. Perhaps you could help an older relative to do this. Keep these things together in an obvious place and in an easily portable bag or box.

For example :

- bottled water (check use by dates)
- a few non-perishable foods (favourite biscuits/snack or something you would feel like eating)
- radio and batteries (in case of power outages)
- phone numbers of those you wish to stay in contact with
- towels/face cloths
- a good book or magazine

If these things are relatively portable you could easily take them with you should you need to relocate to a friends house or elsewhere.

Adapted from: World Health Organisation, The health impacts of 2003 summer heat-waves.

Virtual Visiting

Linking Aged Care Residents to Family and Friends

The BHS Residential Aged Care Facility has been successful in gaining a Social Inclusion Grant from the Department of Health worth \$25,000 to establish the 'Family and Community Connect' Project.



Activity Officer Liz Cooper and Social Inclusion Worker Ros Burrowes

The aim of the project is to increase social interaction opportunities for aged care residents by using information technology, such as e-mail, internet and virtual visiting (video call technology) to link residents with family, friends and the wider community.

The project has enabled BHS to:

- Employ a project worker to develop and deliver the social inclusion project to residents, their families and friends, volunteers and staff.
- Provide support and training to residents by staff, volunteers and school students.
- Provide support from staff to families and friends wishing to conduct virtual visits by providing assistance with setting up and using the SKYPE program.
- Purchase equipment such as a mobile laptop, large computer and TV screens and devices to allow those residents with disabilities greater access to the program, enhancing participation levels.

Over coming months, BHS will be looking for volunteers who are interested in assisting residents in this process. Please contact our Volunteer Coordinator Ela Tually at BHS on **5728 0200**.



Volunteers and walkers meeting at the Beechworth Post Office.

The Walking School Bus returns in 2011

Term 1 will see the return of Beechworth's Walking School Bus program. The Walking School Bus allows young primary school aged children to walk to school safely with other children under adult supervision. The aim is for children to socialise, learn about their community and develop road safety skills while building extra physical activity into their day.

This year BHS hopes to develop extra routes so we are looking for more volunteer walkers to join our team. Groups of at least two volunteers walk with the children to school in the morning and you can volunteer as much time as you like – from once a week to once a month.

Interested? Please call Anna, the Walking School Bus Coordinator at BHS on **57280 200**.

Residential and respite aged care – the first steps to take.

If you or a family member are considering permanent or respite care, or would like to be placed on the waiting list for one of the BHS homes, call us on **5728 0254**.

We will provide you with an information pack that will step you through the things you need to do and the issues you may wish to consider.

HAVE YOUR SAY

BHS encourages community feedback and values community participation in our services.

We would love to know:

- *Your feedback regarding BHS services – positives, complaints or opportunities for improvement.*
- *Your ideas for the BHS newsletter – what information is useful for you and your family?*

PROVIDING THIS FEEDBACK IS SIMPLE!

- *Call or write to Wayne Hurley
Ph: 5728 0252*
- *Pick up a form at BHS, post it back or place it in one of the boxes.*



New CEO for Beechworth Health Service

The BHS Board of Management is pleased to announce the appointment of Cameron Butler as Chief Executive Officer (CEO) of Beechworth Health Service.

Cameron was most recently CEO of Indigo North Health and, prior to that, CEO of Glenview Community Care. Cameron has also held management positions at Echuca Regional Health and Wangaratta Base Hospital. Cameron was chosen after an extensive nation-wide search following the resignation of our much respected previous CEO, Jan Webb.

The Board welcomes Cameron and looks forward to working together with him to ensure that Beechworth Health Service provides the local community with the usual high standard of health care that it has come to expect.

Could you share your skills?

There are many opportunities for volunteering at BHS, we are always wanting to see more volunteers join our group so if you have the time and wish to participate in some activities with patients and aged care residents at BHS, please contact volunteer coordinator ElaTualy at BHS on **5728 2200**.

SOME OF THE VOLUNTEER OPPORTUNITIES AT BHS

- Assisting with a variety of activity programs – cooking, music, singing, craft
- Companionship program
- Driving– for appointments & outings
- Playing cards
- Pet Visitation Program
- Sharing computer skills in the Virtual Visiting program
- Men's Shed for BHS Residents – sharing practical skills
- Reading
- Tai Chi
- Exercise Groups
- Walking Groups
- Walking School Bus
- Yoga



Walking School Bus volunteer Helen McIntosh completing Level 1 first aid.

Have you made a New Years Resolution to exercise more in 2011?

HEALTH TIP: HOW MUCH PHYSICAL ACTIVITY DO YOU NEED?

National guidelines for physical activity refer to the following recommendations:

- For healthy development in **infants** (birth to one year), physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.
- **Toddlers** (one to three years) and pre-schoolers (three to five years) should be physically active every day for at least three hours, spread throughout the day.
- **Infants, toddlers and pre-schoolers** should not be sedentary, restrained or kept inactive for more than one hour at a time, with the exception of sleeping.
- **Children aged five to 12** should participate in at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
- **Children and adolescents aged 12 to 18** should participate in at least 60 minutes of moderate to vigorous physical activity every day.
- **Adults** should participate in 30 minutes of moderate intensity physical activity on most, and preferably all, days.
- **Older Australians** should accumulate at least 30 minutes of moderate intensity physical activity on most, and preferably all, days.

Source: Australian Department of Health and Ageing.



Local Children Max, Ruby and Keira enjoying physical activity.



Mind Your Mind DEMENTIA RISK REDUCTION

Source: <http://mindyourmind.org.au>
Alzheimer's Australia's Mind Your Mind

Dementia cannot as yet be prevented or cured, but there is strong evidence that the risk may be reduced by adopting a 'brain healthy' lifestyle. The Mind your Mind website explains how to do that with Alzheimer's Australia's 'Mind your Mind' dementia risk reduction program. The website provides information regarding the following seven key health messages to keep your brain healthy and reduce the risk of dementia:

MIND YOUR BRAIN

Challenge your brain with new activities, e.g. learn a language, do puzzles or crosswords, read or enrol in a course.

MIND YOUR DIET

Eat fruit and vegetables, legumes, wholegrain breads and cereals, fish, lean meats, reduced-fat dairy products, unsaturated oils such as olive, sunflower, canola, and flaxseed.

MIND YOUR BODY

Be physically active in ways you enjoy, e.g. walk, play sport, go to the gym, dance, do yoga, pilates or tai chi, do gardening.

MIND YOUR HEALTH CHECKS See your doctor to make sure your blood pressure, cholesterol, blood sugar and weight are healthy for you.

MIND YOUR SOCIAL LIFE Catch up with family and friends, join a club or group, volunteer, or go to events.

MIND YOUR HABITS

Don't smoke, drink alcohol in moderation and manage sleep problems.

MIND YOUR HEAD

Take care not to fall, take care as a pedestrian, wear a seat belt, and wear a helmet when riding or for certain sports.

What's On At BHS?

Contact BHS on 5728 0200 if you are interested in joining any of these programs. Volunteers are also welcomed to support these exercise groups.

GET MOVING GYM

This is an individual exercise program where participants attend weekly, and progress under supervision of a physiotherapist.

WHO SHOULD ATTEND?

The program is suitable for a wide range of persons and can assist with the following health issues:

- o Diabetes – strength training to stabilise their blood glucose levels.
- o Arthritis – increasing muscle strength helps support our joints.
- o Osteoporosis – help gain or maintain bone density with strength training.
- o Build general strength and flexibility to continue doing the things we enjoy.
- o Cardiovascular disease.
- o Back, neck, shoulder problems which would benefit from some strengthening.
- o Anyone who has not exercised for some time and who would like to get moving!

The aim is to improve people's confidence and introduce them to a suitable exercise program they can either continue at home or join another community program.

WHEN: Tuesday and Friday Morning **COST:** \$4.00 per session.

If you would like to join this group or would like to offer volunteer support call, BHS on **5728 0200** and ask about the GET MOVING GYM.



POLE WALKING

Get fit and meet new friends with the POLE WALKING Group.

- o 5 - 6pm (Daylight Savings Hours) on Wednesdays - Chinese Gardens Beechworth
- o No experience or registration necessary, just meet at the Gardens
- o Walkers are shown the correct use of poles and explained the benefits of Pole Walking
- o Please wear comfortable shoes and clothing
- o Bring a friend!
- o A trained instructor leads scenic walks around Beechworth, concluding with stretches

'ONE STEP AHEAD' – FALLS PREVENTION PROGRAM

- o Low cost, 17 week program facilitated by a physiotherapist. The program focuses on developing balance, strength and information provision
- o Come along to socialise and develop self awareness around fall prevention
- o Guest speakers will include:
 - Podiatrist
 - Dietitian
 - Occupational Therapist
 - Pharmacist
 - Vision Australia

Would any of these services help you and your family?



Activity Groups (Club Connection)

Beechworth, Tangambalanga & Yackandandah

Acute Unit/Hospital - Ph: 5728 0255

Visiting hours 9am – 1pm
& 2:30pm – 7pm.

Complaints Liaison Officer

Ph: 5728 0252

Call or write to Wayne Hurley.

Counselling

Diabetes Education

Dietitian

District Nursing - Ph: 5728 0351

Health Coaching

Health & Fitness Groups

Health Promotion

Occupational Therapy

Physiotherapy

Podiatry

Residential Care - Ph: 5728 0254

Respite & Permanent

Visiting Physician - Ph: 5722 1766

Visiting Surgeon - Ph: 5721 4575

Volunteer Program

Call our friendly staff for more information or to attend any of these services and activities

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5728 0200



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