

Timboon & District Healthcare Quarterly



◆ Our Donors ◆ Board Chair report ◆ Knitting Square Lady ◆ Sunsmart tips

SUMMER 2017/18

Timboon Cruisers Murray to Moyne



The Murray to Moyne is a cycling relay event over 520km from the Murray River to the Moyne River. For over 30 years, the event has delivered on the dream of event founder Graham 'Woody' Woodrup who died in 1992 after he was hit and killed by a car while training on his bike near Port Fairy.

After leaving Swan Hill at 9.00 am the team have a compulsory stop-over at Hamilton for a quick sleep. In the past this has been as late as 2.00 am and consisting of a sleeping bag under the bus as a bed! In recent years with more favourable conditions, teams have arrived at a hotel room at 10.00 pm and even have time for a shower!

Timboon and District Healthcare Service became involved following a presentation by Woody at a Timboon and District Healthcare Service (TDHS) Annual General Meeting in the late 80's. Inspired by Woody's presentation, some THDS Board members formed the first

Timboon bike team, 'The Timboon Cruisers' for the ride.

Les Joiner and Hans Kruse, who received the Graham Woodrup Memorial Award in 1995 for his involvement in the event, were founding members of the team. Various Timboon and district identities have joined the team at different stages with around 12 riders forming the team each year.

The Cruisers have annually raised on average \$7000 for TDHS (this AGM they generously donated \$8000) and remain focused on raising funds while encouraging and supporting people to lead active lifestyles. If you would like to participate in the event, sponsor the team or just come for a ride with the bunch, then get in touch. Otherwise look out for us on the roads.

Contact **Todd Baxter**: 0429 870 012 or visit the Timboon Cruisers Facebook page.

Annual General Meeting (AGM)



Staff anniversaries Fiona Hanel, Lesley Henriksen, Julia Gale and Corry Kerr

The TDHS AGM was held on Thursday 9 November and we had a great community attendance. At the meeting snippets of our Annual Report were presented, including the 2016/2017 finances and we celebrated staff anniversaries.

Leonie Wallace was our guest speaker, who spoke about her book "Horrible Man", which reveals a fascinating and intriguing story about the Portland hair salon murders. Leonie is a former newspaper and television journalist who teaches English to secondary school students at Cobden Tech. In 1991, while a cadet reporter in Geelong, she heard about the baffling murder of two women in Portland. When it remained unsolved, the mystery inspired her decision to one day research the case for the purpose of writing a book. That time came in late 2008 while juggling the demands of parenting her two pre-school

children. Little did she know then the dramatic effect it would have on her life, those around her, the Portland community at large, and the actual police investigation.

More exciting information has come to light after Leonie published her book, so a sequel is in the making.

At the meeting copies of our Annual Report and Quality of Account 2018 calendar were handed out and if you didn't have the chance to attend our AGM you can pick up a copy of both publications at the front desk.



AGM guest speaker
Leonie Wallace



Board Chair report

Firstly I'd like to take the opportunity to wish everyone a happy but especially safe Christmas and New Year with your loved ones.

The last three months have been steady and it's fantastic to see how enthusiastic the new board members are and the amazing contribution all board members make volunteering their time and energy.

Much of the recent board focus has been on the board appointment process and office bearers. Only one application was received this round and it was felt the board would be better placed to continue with the 9 remaining members rather than recommend the appointment of a new non local. However this will mean we need to focus again on actively recruiting more locals particularly with a financial/accounting background. The next year will still be focused on the normal oversight items for a safe and financially responsible service however will have a much sharper focus on our longer term sustainability.



Our office bearers for another year have been selected as per due process after our Annual General Meeting, which was held on 9 November, and this always provokes some great discussion on where we are heading in the next few years. As a result of this selection I would like to advise that I am stepping down from the Board Chair position. It has been an immense privilege to have this position and be part of a wonderful team of people at TDHS. It gives me great pleasure to announce that Maryanne Puli Vogels is the new Chair of the TDHS Board with myself and John Renyard as Vice Chairs. The health system is a complex environment and the work at governance level is a rewarding contribution in the development of positive health strategies for the people in our communities.

CEO Report Raising the Bar – National Health Standards

All health services in Australia are mandated to achieve accreditation under the National Safety and Quality Healthcare Standards (NSQHS). Recently the second edition of the NSQHS Standards was released and takes into account new evidence and feedback from the health sector resulting in a set of standards that is simplified, reduces duplication, has an increased clinical focus and addresses important clinical gaps.

The primary aims of the National Safety and Quality Health Service Standards (NSQHS Standards) are to protect the public from harm and to improve the quality of health service provision.

The NSQHS Standards were developed by the Australian Commission on Safety and Quality in Health Care in partnership with the Australian, state and territory governments, the private sector, clinicians, patients and carers and set standards to which TDHS and all other health services must attain. To ensure compliance with the Standards health services are surveyed by external assessors on a regular basis. TDHS was recently surveyed by the Australian Council for Healthcare Standards (ACHS) and successfully attained all Standards with two being met with merit giving us a four year accreditation status. This is a wonderful outcome and a credit to all our staff who work hard to achieve the ever increasing levels of safety and quality that are required by government and our consumers.

By way of history, in 2011, Australian health ministers mandated that the NSQHS Standards would be implemented in all Australian hospitals, health services and day procedure centres. As of 30 June 2017, 1319 hospitals, health services and day procedure centres have been assessed to the NSQHS Standards.

To ensure that the NSQHS Standards remain current and consistent with best practice and continue to address areas of priority for safety and quality in health care, the commission has updated them, releasing the second edition in November 2017.

To meet the NSQHS Standards, health service organisations must put in place safety and quality systems that improve the safety and quality of care provided to patients and consumers. In fact, ensuring these systems exist is the purpose of the NSQHS Standards. The NSQHS Standards direct safety and quality outcomes that must be achieved. The NSQHS Standards have driven improved governance in health service organisations by helping to expand the roles of governments, executives, boards, clinicians and consumers. The NSQHS Standards include an emphasis on empowering consumers and patients in contributing to decision-making around the governance, design and delivery of health services, and this has had an impact throughout the health system.

There are eight standards in the second edition replacing the 10 NSQHS Standards in the first edition. As with the first edition, the eight standards cover areas of health care that have been identified as involving high risk for patients, and which could be addressed by preventative actions and in which improvement is warranted. These are:

1. Clinical governance.
2. Partnering with consumers.
3. Preventing and controlling healthcare-associated infection.
4. Medication safety.
5. Comprehensive care.
6. Communicating for safety.
7. Blood management.
8. Recognising and responding to acute deterioration.

TDHS must continue to 'Raise the Bar' to meet all these standards to ensure we provide the highest quality and safe services for our consumers and patients. There can be no compromise in ensuring that the people we treat and care for are afforded the highest standards in safety and quality.

BREAKFAST IN A BAG Can you help us to help our farmers?

Heart of Corangamite is encouraging local community (schools, kinders, workplaces & clubs) to jump on board with this fantastic initiative.

It's easy – fill a bag with non-perishable Aussie made breakfast items and return them to Timboon P-12 School, Grassroots Deli & Café – Port Campbell, The Fatcow Food Company – Timboon or TDHS front reception.

Goods will be distributed to our wonderful Australian Farming Families in need across Australia!

You may find it easier to make a tax deductible donation to help fill Breakfast Bags.

For more information jump online: www.aussiehelpers.org.au or visit the Facebook page The Official Aussie Helpers Page

For more information contact **Amanda Nash**: 0418 556 640



OUR DONORS

Fundraising for Timboon and District Healthcare Service (TDHS) continues to attract significant community support and this quarter has been no exception. Generous benefactors have done so much to help develop TDHS over many years remaining an inspiration to us all and we extend a very sincere and warm thank you for the continued support from individuals, local groups, like the Timboon Cruisers who presented a cheque of \$8000 at our Annual General Meeting, and organisations. All community donations and fundraisers are extremely important for enabling TDHS to procure vital equipment and infrastructure that enables us to sustain high quality service provision and optimum health and wellness for our communities.



Todd Baxter from Timboon Cruisers presenting cheque to Josh McKenzie (TDHS Board Chair) and Gerry Sheehan (TDHS CEO).

Help us beat bowel cancer campaign

Beards aren't just for hipsters, grandpas, men that ride motorbikes or people that are too lazy to shave. Beards are for anyone keen to take action and make real change happen for the increasing number of Australians affected by bowel cancer.

Now in its fifth year, December is Decembeard® for Bowel Cancer Australia.

To get involved all you need to do is sign up to grow or decorate your beard and raise awareness and funds by getting family and friends to support you.

Create an individual or team Decembeard® Australia fundraising page in just minutes and invite everyone you know to make an online donation to your facial hair fundraiser in support of Bowel Cancer Australia. Simply create a profile, set your target, add a picture and a bit about why you're growing a beard for Decembeard® and you're good to grow!

Sign up now at Decembeard® Australia: Grow a Beard. For further details about Decembeard® Australia and free resources to assist your fundraising and awareness activities visit **Decembeard.org.au**.



Our Generous Community

OUR VOLUNTEERS

Our volunteers form an integral part of the services we provide and they support our paid workforce in providing improved outcomes for our residents and clients by sharing skills gained over a lifetime of experience. We are extremely proud of all our volunteers and very grateful for the valuable contributions they make to TDHS.

That is why we feature a Volunteer profile in our Quarterly, so the community has a chance to get to know these wonderful members that donate their time and skills and may make people consider joining our volunteer workforce.

Volunteer profile

Peter Till started working as a volunteer at TDHS as a Community Driver 5 years ago, and he helps out delivering our Meals on Wheels.



Peter moved to Timboon in 1978 and has never looked back.

He loves the Timboon community with its wonderful people and so it wasn't hard for him, as a new retiree 5 years ago, to make the decision to give something back to this community and become a TDHS volunteer. The thought of one day being on the other side and requiring one of the volunteer services TDHS provides, was also a big motivation. Peter says he can recommend being a TDHS volunteer to those, young or a bit older, who have some spare time left in their day to assist somebody in need within the community. It is a very rewarding experience for both the client and the volunteer, Peter says. During regular drives great friendships are built and wonderful stories shared, and although this makes it hard when a client passes away, the memory of the trips and stories remain.

TDHS always needs the assistance of more volunteers, for Community Driving, Meals on Wheels and in our Social Support Group, and if you feel inspired by Peter's story and you can spare some time, even now and then, to join our valuable volunteer team, or would like more information, please contact **Sabine McKenzie** on **5558 6000**.

LOOKING AFTER YOURSELF AT CHRISTMAS

Christmas is typically one of the most stressful events of the year. The expense of buying gifts, the pressure of last minute shopping and the heightened expectations of family togetherness can all combine to undermine our best intentions.

Some practical suggestions can help you reduce your 'Christmas stress'.

Budgeting for Christmas

For many of us, the Christmas aftermath includes massive credit card bills that can take months to clear. Christmas doesn't have to be a financial headache if you plan ahead.

Stress reduction strategies include:

- ◆ As early as you can in the New Year, work out a rough budget of expected Christmas costs. Don't forget 'hidden' expenses such as food bills and overseas telephone charges.
- ◆ If your nest egg isn't enough to cover your estimated expenses, perhaps you may need to refigure your Christmas budget to a more realistic amount.

Presents

If you have a large circle of extended family or friends to buy gifts for, it can be very costly. You might be able to reduce the stress and cost of Christmas for everyone if you suggest a change in the way your family and friends give presents.

For example, you could suggest that your group:

- ◆ Buy presents only for the children.
- ◆ Have a Kris Kringle, where everyone draws a name out of a hat and buys a present only for that person.
- ◆ Set a limit on the cost of presents.

Christmas shopping

According to a recent study by Roy Morgan Research, around 60 per cent of Australians dislike Christmas shopping, just 20 per cent plan their shopping expeditions, and the majority of us (nearly 75 per cent) often come home without a single purchase for our efforts.

Stress reduction strategies for successful Christmas shopping include:

- ◆ Make a list of all the gifts you wish to buy before you go shopping. If you wait for inspiration to strike, you could be wandering aimlessly around the shopping centre for hours.
- ◆ Buy a few extras, such as chocolates, just in case you forget somebody or you have unexpected guests bearing gifts.
- ◆ If possible, do your Christmas shopping early - in the first week of December or even in November. Some well-organised people do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales.
- ◆ Buy your gifts by mail catalogue or over the Internet. Some companies will also gift-wrap and post your presents for a small additional fee.

The Christmas lunch (or dinner)

Stress reduction strategies include:

- ◆ If you are cooking lunch at home, delegate tasks. You don't need to do everything yourself.
- ◆ Consider keeping it simple - for instance, you could always arrange for a 'buffet' lunch, where everybody brings a platter.
- ◆ Buy as many non-perishable food items as you can in advance - supermarkets on Christmas Eve are generally extremely busy.
- ◆ You may need to order particular food items (such as turkeys) from your supermarket by a certain date.

Relationships

Stress, anxiety and depression are common during the festive season. If nothing else, reassure yourself that these feelings are normal.

Stress reduction strategies include:

- ◆ Don't expect miracles. If you and certain family members bicker all year long, you can be sure there'll be tension at Christmas lunch.
- ◆ Avoid known triggers. For example, if politics is a touchy subject in your family, don't talk about it.
- ◆ Use relaxation techniques, such as deep breathing or focusing on your breath, to cope with anxiety or tension.
- ◆ Family members involved in after-lunch activities (such as cricket on the back lawn) are less likely to get into arguments. Plan for something to do as a group after lunch if necessary.
- ◆ People under stress tend to 'self-medicate' with alcohol, cigarettes and other drugs. Try to remember that drugs can't solve problems or alleviate stress in the long term.

General health and wellbeing

Some other ways to keep your stress levels down include:

- ◆ Try to be moderate - it may be the season to be jolly, but too much food and alcohol is harmful, and drink driving is a real danger and illegal. If you can't (or don't want to) step off the social merry-go-round, at least try to eat and drink in moderation.
- ◆ Get enough sleep - plan for as many early nights as you can.
- ◆ Keep moving - keeping up your regular exercise routine can give you the fitness and stamina to make it through the demands of the festive season.

You can get help from:

- ◆ Your doctor
- ◆ Financial planner
- ◆ Your local community health centre.

Don't be a Rock Lobster Be SunSmart this festival season

As people across Victoria are dusting off their festival hot pants and searching for their sunnies, SunSmart is urging everyone to think about sun protection before heading out to see a gig.

UV radiation will reach extreme levels over the next few months and it takes only 11 minutes in the sun to get burnt at this time of year. If you're going to a festival, remember sunscreen and apply it 20 minutes before leaving the house. Bring a lightweight jacket with you to cover up, a hat that covers the face, neck and eyes and sunnies to protect your eyes.

Melanoma is the most common cancer in young people aged 15 - 39 years. Ironically skin cancer is one of Australia's most preventable cancers. With a bit of forward planning, you can significantly reduce your risk of skin and eye damage, signs of ageing and ultimately skin cancer.

Any UV exposure that causes your skin to tan or burn adds to your total lifetime dose of UV and increases your skin cancer risk. Sunburn and tanning are signs that your skin cells are in trauma.

Recent research by Cancer Council Victoria shows that tanning is still popular among young people with 53 percent of 13-34 year olds desiring a tan.

If you must have a tan, use a fake tanning product rather than sunbaking or using a solarium. In fact, using a solarium just once before the age of 35 increases your risk of melanoma by between 75- 98 percent. If using fake tan, you must also wear sunscreen as fake tan doesn't offer any sun protection." So as festival season gets into full swing, think ahead and stay safe by following our festival survival top tips!

SunSmart survival tips:

Check the SunSmart UV Alert before heading to the gig to check the time of the day that sun protection is required.

When the UV reaches 3 and above remember to:

Slip on a long sleeved, lightweight jacket that covers as much of your skin as possible.

Slop on 30+ broad spectrum sunscreen and reapply every two hours. Don't use sunscreen to extend your time in the sun.

Slap on a wide brimmed hat that provides good protection for your face and neck.

Seek shade indoors, under an umbrella or marquee especially during peak UV times (10.00 am to 3.00 pm).

Slide on sunglasses - they are a great festival fashion accessory and protect your eyes from sun damage. Make sure they meet Australian Standards.

Ovarian Cancer Awareness Month

February is Ovarian Cancer Awareness Month and is held to raise awareness of the signs and symptoms of ovarian cancer, how many women are affected by the disease each year, the impact it has on these women, the risk factors for ovarian cancer and its diagnosis and treatment.

It is encouraged for women to Know, Ask and Act: KNOW the signs and symptoms of ovarian cancer

Every woman needs to know the symptoms of ovarian cancer. Make sure you do. It can be difficult to diagnose ovarian cancer because the symptoms are ones that many women will have from time to time, and they are often symptoms of less serious and more common health problems.

But we do know that ovarian cancer is **NOT** a silent disease. Women who are diagnosed with ovarian cancer report four types of symptoms most frequently:

- **Abdominal or pelvic pain.**
- **Increased abdominal size or persistent abdominal bloating.**
- **Needing to urinate often or urgently.**
- **Feeling full after eating a small amount.**

ASK for help if you have symptoms or ask others if they know the symptoms of ovarian cancer

If you have any of these symptoms, they are new for you and you have experienced them multiple times during a 4-week period, go to your GP. To help track these symptoms, download our Symptom diary now. Ovarian Cancer Australia's Symptom Diary helps you to monitor your symptoms. You can then take the completed diary to your doctor to assist with diagnosis.

Other symptoms to be aware of

The Symptom diary will also help you to track any other symptoms that are not usual for you. These may include:

- **Changes in your bowel habits.**
- **Unexplained weight gain or weight loss.**
- **Bleeding in-between periods or after menopause.**
- **Be aware — but don't make yourself sick with worry**
- **Pain during intercourse.**
- **Back pain.**
- **Indigestion or nausea.**
- **Excessive fatigue.**

It is important to remember that most women with these symptoms will not have ovarian cancer. Your doctor should first rule out more common causes of these symptoms, but if there is no clear reason for your symptoms, your doctor needs to consider the possibility of ovarian cancer.

If you are not comfortable with your doctor's diagnosis or you are still concerned about unexplained persistent symptoms, you should seek a second opinion.

You know your body better than anyone else, so always listen to what your body is saying and trust your instincts.

ACT by hosting an Afternoon Teal or donating so we can continue to support women with ovarian cancer.

To help raise awareness of ovarian cancer this Awareness Month we will host a variety of activities.

For more information please go to:
<https://ovariancancer.net.au/>



Heat Health Alerts

Victoria has experienced a number of heatwaves over the years, and with the effects of climate change we are likely to experience extreme heat with greater frequency and intensity in the years ahead. Extreme heat can affect anyone but certain people are more at risk than others; people who are 65 years old or older, those who have medical conditions, and people taking certain medications are particularly vulnerable.

During days of extreme heat or heatwave*:

Look after yourself

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings (shopping centres, libraries, cinemas or community centres).

Look after others

- Keep in touch with sick or frail friends and family and check in on elderly neighbours. Call them at least once on any extreme heat day.
- Encourage them to drink plenty of water

The 2015-2016 Heat health Plan for Victoria outlines what extreme heat is, how it is monitored as well as information and education. The Victorian Heat Health Plan can be found at <https://www2.health.vic.gov.au/about/publications/policiesandguidelines/heat-health-plan-for-victoria>

To register for heat health alerts: <https://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/heatwaves-and-extreme-heat/heat-health-alerts>

* The Bureau of Meteorology's Heatwave service for Australia defines heatwave as 'three days or more of high maximum and minimum temperatures that are unusual for that location'.

The Pap test has changed – more accurate, less often

The National Cervical Screening Program is changing to improve early detection and save more lives. From 1 December 2017 the National Cervical Screening Program will invite all women aged between 25 and 74 years to have a Cervical Screening Test every five years.

The new Cervical Screening Test detects HPV infection. HPV is a key risk factor in the development of cervical cancer. New evidence about cervical screening has found that cervical screening using a Cervical Screening Test every five years is more effective than, and just as safe as, screening with a Pap test every two years. In fact, the renewed program will reduce cervical cancer rates and deaths by at least 20%. Even women who are vaccinated against HPV need to participate in regular cervical screening.

If you're aged over 25, your first Cervical Screening Test is due two years after your last Pap test. If it's been more than two years since your last Pap test, you should talk to your doctor or Women's Health Nurse as soon as possible about being screened.

Women of any age who have symptoms such as unusual bleeding, discharge or pain should see their health care professional immediately, regardless of when they were last screened.

Make an appointment today at TDHS Well Women's Health Clinic for the new Cervical Screening Test. Phone: **5558 6000**.

For more information visit: cancerscreening.gov.au/cervical or call **13 15 56**

NATIONAL
CERVICAL SCREENING
PROGRAM

A joint Australian, State and Territory Government Program

SUMMER 2017

STAFF PROFILE

Kerryn Charman



Tell us about your role:

I was appointed General Manager Health Services at TDHS in September this year. I have an extensive nursing background having worked rural and remote as a Flight nurse specialist with the Royal Flying Doctor Service in Western Australia. I have a strong background in clinical and corporate positions, as well as in quality and patient safety, both in private and public sectors, having worked as a Quality and Risk Manager and a Director of Nursing. I have a Bachelor of Nursing Degree from Deakin University, a Critical Care Certificate at Geelong hospital and a Graduate Diploma in Nursing Midwifery at La Trobe University. I also have a Graduate Certificate in Leadership and Catholic Culture from Australian Catholic University and a Diploma of Risk Management.

What was the attraction about coming to TDHS:

What attracted me to TDHS was to work with a great team within a rural setting that is focused on providing appropriate services to meet the community health and wellbeing needs. I am passionate about excellent patient care that focuses on clinical governance and patient safety.

Tell us a little bit about yourself:

Outside of work I like to keep fit and spend time with family and friends. In my spare time I like to get on my bike with my husband. I have raced my bike professionally both nationally and internationally, in teams in America and Italy, with the most prestigious race being the "Giro d'Italia".

Bushfire, Extreme Heat and Heatwaves

With Summer now here, TDHS would like to encourage everyone in our community to stay safe and look out for others respect to potential fires, extreme heat and heatwaves over the coming months.

Bushfire - What to Consider:

Your Bushfire Risk

- Are you in a high-risk bushfire area? (near bush, coastal scrub)
- Know the layout of your town, including key roads to leave by
- Know when it is a Code Red Day and what to do

Your Trigger to Act

- Know the Fire Danger Rating at your location
- The Fire Danger Rating is your 'trigger' to act
- The higher the rating the more dangerous the situation if a fire starts.

WHAT TO DO

Leave Early

- When the Fire Danger Rating is Code Red, leaving early is always the safest option
- 'Leave early' destinations could include homes of families and friends who live outside the risk area, a nearby town or built-up area.

Well Prepared

If leaving the high-risk area is no longer an option, there may be options close to where you are that could protect you. These include:

- A well prepared home that you can actively defend on Severe & Extreme Fire Danger Rating days only
- Private Bushfire Shelter (bunker) that meets current regulations
- Place of last resort—Timboon & District Hall

For more information visit:

http://cfaonline.cfa.vic.gov.au/mycfa/Show?pagelId=publicDisplayDoc&fname=2017/CIG-BSW-Timboon-5_00_4857.pdf

Timboon and District Healthcare Service will continue the Life program in 2018.

The LIFE program is an evidence based free program supported by the Victorian Government and Diabetes Victoria and is aimed at people who are at risk of diabetes, heart disease and stroke.

The program assists participants with strategies to reduce their risk of diabetes, heart disease and stroke through education and goal setting.

The last few programs have been a great success with 10 participants gaining the benefits of LIFE.

The participants were able to use the practical strategies set out in the course to make positive health lifestyle changes and increase their overall health and wellbeing in their everyday lives.

You can check your eligibility by taking the AUSDRISK test to learn more about your risk of developing type 2 diabetes.

This test is a tool that can determine if you are at risk of developing type 2 diabetes in the next 5 years.

You can complete this test on line by visiting:

www.lifeprogram.org.au, your GP or the Community Health Nurse at TDHS.

If the test shows you are eligible to join the LIFE program and you are interested in making positive life style changes, please call **5558 6000** today.



Highlighting and Surviving the Festive Season this month

Mindful eating and drinking tips for the festive season

Christmas is just around the corner and for many it is a time of excess food.

Overindulgence at Christmas can leave us feeling sluggish and regretful. Here are some tips to help you this festive season.

Be selective and eat slowly

Savour every mouthful and enjoy every bit of food you put in your mouth. It takes about 20 minutes for our stomach to tell our brain that we are full. We can often eat more than we need to because our bodies haven't had time to realise that we are full. Pausing a few times during the course of a meal can be helpful.

Avoid eating or snacking when you are not hungry

Before you start eating ask yourself "am I hungry?" and if the answer is no then consider waiting until you are physically hungry. It's quite easy to confuse hunger signals for thirst. Many times we may be thirsty but we react by putting food in our mouth, rather than a drink of water.

Feel your fullness

Consider stopping when you get to 80% full. You want to aim for comfortable fullness which is when the hungry feeling goes away.

Avoid skipping meals during the day so you don't fall in the trap of eating lots more when you are at a gathering

When you skip meals you end up over-hungry and eating twice as much at the next meal. For instance it's more likely that your normal lunch, plus dinner out will equal less calories than over-eating in the evening.

Give yourself permission to say 'no'

Ask yourself "I can have it if I want it, but do I really feel like it?" Just because food is there, it doesn't mean you have to eat it.

Look for opportunities to enjoy moving your body

If you are away on vacation walking is the best way to become familiar with your location. It's amazing what you can discover when you're on foot. If you are home this Christmas play with your children, kids love when you play with them. There's always outdoor cricket, bike riding, swimming or just throwing a frisbee.

Be mindful when drinking alcohol

If you are drinking consider alternating one alcoholic drink with one non-alcoholic drink such as water.

Walk to School 2017!

Corangamite kids and families were encouraged to get active this October by taking part in VicHealth's Walk to School Program.



The good habits established over October are hoped to become a regular part of the students day. TDHS Community Health Nurse Amanda Nash and Community Dietician Diana D'Auria supported Timboon P-12, Simpson Primary School and Cobden Primary School in hosting a healthy breakfast in October. An array of fresh fruit and yoghurt, wholemeal toast with vegemite and cheese were available.

The knitting square lady – Alice McDowall



Over the past few months TDHS was home to Alice McDowall, who was here on respite. To continue past pleasures and to fill in her days, Alice with her daughter Pauline, was knitting squares. She would be seen in her room, out on the balcony and around the hospital with her knitting.

Enid O'Connor, our Diversional Therapist, was wondering one day what Alice did with all those little squares, only to be informed that the thought was to put them together to create a throw rug, but they had nobody to do this. Hence a beautiful partnership began: Alice and Pauline knitted the squares and Enid edged and created the rugs; all different sizes & colours.

Over the short time many rugs have been produced and many will follow. Some are used within our healthcare service, while some have been given away, raffled off or sold (money goes to purchasing wool). Alice, Pauline & Enid gain a great sense of satisfaction from the finished product.

Alice is now living in Lyndoch, where she and her daughter will continue to knit squares. TDHS wishes her well and would like to thank her for the wonderful rugs.

If anybody wishes to purchase a rug, please see Enid O'Connor. All money goes into buying wool.

Instant Peanut Banana Ice Cream and Oat Crumble

Serves 4

Ingredients:

- 2 bananas, peeled, thickly sliced and frozen in a plastic bag or container
- 2 tablespoons low fat milk
- 1 tablespoon unsalted peanut butter
- 1/4 cup plain flour
- 1 tablespoon extra virgin olive oil
- 1 tablespoon caster sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons rolled oats
- 1 punnet strawberries

Method:

1. Combine flour and olive oil in large bowl. Use your fingertips to rub the oil into the flour until it resembles breadcrumbs. Stir in sugar, cinnamon and oats. Cook crumble in a hot frying pan, stirring constantly, until golden. Put aside to cool.
2. To make the instant choc banana ice cream, combine frozen banana, milk and peanut butter in a food processor and blend until smooth and creamy. Scrape the mixture down with a spatula if there are any lumps and blend briefly again.
3. Serve banana ice cream with strawberries and top with oat crumble



SUMMER 2017/18

2017/18 UPCOMING EVENTS THIS QUARTER

December 2017

- 23** Timboon Parkrun
- 25** Christmas Day
- 26** Boxing Day
- 28** Men's Shed
- 30** Timboon Parkrun



January 2018

- 1** New Year's Day
- 2** Men's Shed, Public Podiatry
- 4** Men's Shed
- 6** Timboon Parkrun
- 8** Walking Group, Swimming Car, Bounce Back with Babes
- 9** Men's Shed
- 11** Men's Shed
- 13** Timboon Parkrun
- 15** Walking Group, Swimming Car, Bounce Back with Babes
- 16** Men's Shed, Cobden SSG
- 17** Cobden SSG
- 18** Men's Shed, Timboon SSG
- 19** Timboon SSG
- 20** Timboon Parkrun
- 22** Walking Group, Swimming Car, Bounce Back with Babes
- 23** Men's Shed, Cobden SSG
- 24** Cobden SSG, Friendlies
- 25** Men's Shed, Timboon SSG
- 26** Australia Day
- 27** Timboon Parkrun
- 29** Walking Group, Swimming Car, Bounce Back with Babes
- 30** Men's Shed, Cobden SSG

February 2018

- 1** Men's Shed, Timboon SSG
- 2** Timboon SSG
- 3** Timboon Parkrun
- 5** Walking Group, Swimming Car, Bounce Back with Babes
- 6** Public Podiatry, Cobden SSG
- 7** Cobden SSG
- 8** Men's Shed, Timboon SSG
- 9** Timboon SSG
- 10** Timboon Parkrun
- 12** Walking Group, Swimming Car, Bounce Back with Babes
- 13** Men's Shed, Cobden SSG
- 14** Cobden SSG, Friendlies
- 15** Men's Shed, Timboon SSG
- 16** Timboon SSG
- 17** Timboon Parkrun
- 19** Walking Group, Swimming Car, Bounce Back with Babes
- 20** Men's Shed, Cobden SSG, Public Podiatry
- 22** Men's Shed, Timboon SSG
- 23** Timboon SSG
- 24** Timboon Parkrun
- 26** Walking Group, Swimming Car, Bounce Back with Babes
- 27** Men's Shed, Cobden SSG
- 28** Cobden SSG, Friendlies, Teal Ribbon Day Ovarian Cancer



**8.00 am every
Saturday in Timboon.**
Meet at the Timboon rail trail
Remember to register before you take part.
<http://www.parkrun.com.au/register/>
For more info contact Event Director:
Donna Ellis: 0408 529 543



By the community, for the community

In 2013 Claire Levi with Barbara Fraser wrote "By the community, for the community: a history of Timboon and District Healthcare Service", which tells the story of how the people in and around a small, rural township worked tirelessly to ensure their community would have access to health care of the very best kind, as manifest in the Timboon and District Hospital. Copies of this book are still available and can be purchased for only **\$9.95** at the front desk.