

Timboon & District Healthcare Quarterly



◆ Timboon Walking Group ◆ National Palliative Care Week ◆ International Nurse Day

AUTUMN 2018

Parkinson's Disease

Written by exercise group **Shakers & Movers**

Parkinson's disease is one that affects movement, balance and so, in turn, mobility. It's a chronic disease brought on by a lack of levodopa in the brain. It affects different people different ways, but the end result is the same – lack of independence.

At Timboon and District Healthcare Service (TDHS) on Tuesday mornings, sees a group of 4 intelligent people to gather with our intelligent leader Tracey Heeps to do our Parkinson's disease directed exercises.

Exercise comes a very close second to our medications; some would say equal. The core set of exercises sees us using and continually challenging our stiff cramping muscles to do things outside our comfort zone, but if it allows us to walk/live independently for another day, we are all for it. We have developed a very real sense of friendship and comradery within this group, so we are aware of each other's needs and exchange hints on how we cope in different situations. Our group is fondly referred to by our members as '**Shakers and Movers**', which will give you an idea of the seriousness of the group. We have social outings/lunches and our big deal for 2017 was our first Parkinson's Walk, which was a huge success. As usual the community was a

fierce backer of this event which saw \$3500 being contributed to research. Hope you are all ready for this year's Parkinson's Walk, which will be held in the last weekend of August – probably bring the coats.

In summary, Parkinson's is an insipid disease, in various forms and acceleration, but please do remember when you look at us: don't think shake and dribble, think there is someone with Parkinson's, who is never, never, never going to give up and please treat us normally. We may surprise you!! We did not choose to have Parkinson's, but we have a choice on how we deal with it.

So if you have Parkinson's disease and not sure where to go – please keep us in mind. We have all been there and that first "**here I am moment**" is the hard part. The rest just comes the more comfortable you are.

PAUSE 4 PARKINSON'S

There are two pre-requisites:

1. Parkinson's disease
2. Sense of humour and ability to laugh at oneself and with others.

If you are interested in joining the Parkinson's disease exercise classes, please contact TDHS reception on **5558 6000** to book in for a Physiotherapy assessment prior to commencing.



Making your voice heard

Timboon and District Healthcare Service (TDHS) recognises the importance of involving our patients, their families and the wider Timboon and District community in decisions related to planning, delivering and evaluating our services.

Our Community Advisory Committee (CAC) was established in October 2016 with the aim to provide strategic advice from a consumer, carer and community perspective to ensure we hear directly from and work in partnership with the community we serve. Members are volunteers and currently consist of Donna Ellis (Chair), Erica Elliott, Sean Fitzpatrick, Terry O'Connor, Ray Smith and John Wilson. As the Committee is a sub-committee of our Board of Governance, our Board Chair, Maryanne Puli Vogels, is also a member. So if you would like to make your voice heard and have any concerns, ideas and/or feedback concerning TDHS, please approach these CAC members when you see them about. Your voice matters to us.



From left to right standing Terry O'Connor, Maryanne Puli Vogels, Erica Elliott From left to right sitting John Wilson, Ray Smith, Donna Ellis.

Board Chair Report

It has been a great honour to be appointed as Chair of the Board of Governance at TDHS. Our current Board of Governance follows some very strong leadership from previous Boards and we hope that we meet your expectations as we move into a very significant time for Multi-Purpose Services (MPS). We have much ahead of us as the Board of Governance, working with the Executive Team, to ensure we continue to meet the needs of our local community. For those who don't know me I am one of the locals having married a dairy farmer living in Scotts Creek. Coming from Melbourne I was amazed at the breadth of care TDHS has to offer the community with services ranging from Acute Care, Aged Care, Community Nursing, Community Home Support, Exercise and Rehabilitation Programs, Health Promotion to the many primary care services such as Physiotherapy, Diabetes, Dietetics and Nutrition and so much more! Our challenge today is to ensure that what is offered is actually what our community still needs. Do we need to add other services for our ageing community and possibly remove other services we no longer use or need? Do we need to support our younger community with stronger education programs? Are we supporting our farming community as they deal with the challenges presented by market pressures?

In order to make the right decisions TDHS will be reaching out to our community in the next few months to ask you – the very people who we serve – for some feedback regarding your needs now and into the future. This feedback will be the foundation of our Strategic Discussions and lead to our Strategic 5 year Plan. As Board volunteers it's time to ensure we make the right decisions for the future. We continue to implement government policies within the framework of our own community needs and this is what we are totally committed to. We are focussed in ensuring we deliver the right strategy for TDHS and I am so pleased to lead a Board with such a diverse skillset which we now need as we shape our strategy. I am also very grateful to all those volunteering their time to support this wonderful community and everyone who works so closely with the patients and users of the Multi-Purpose Service.

Although now local I am relatively new to our community having only retired from a very hectic business career just over 15 months ago. So please say hello if you see me about.



Volunteerism, what an extraordinary gift

By CEO Gerry Sheehan



Our amazing volunteers never cease to amaze me. It's an extraordinary thing – giving your time freely to any organisation, but especially the public health system.

Volunteers support the continuum of care. From delivering meals to our clients in the community, transporting patients to and from appointments, providing companionship at the bedside, or assisting our social support group in their many varied activities, our volunteers are such an integral part of the team at TDHS and we couldn't do what we do without their generous support.

TDHS quite simply wouldn't be able to maintain its vast service offering without the voluntary dedication of our army of volunteers. Our staff are wonderful, but there's something very special about the interactions I see every day between volunteers and community members accessing our services.

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Compassion is intrinsic in these wonderful people who give of their time with such willingness - it's a wonderful reflection of the community we live in.

Volunteers bring a whole range of diverse skills to our organisation. Their views, knowledge and experiences are part of the fabric of what we are. It's so important and plays a significant role in improving the health and wellbeing of people they touch.

Public health organisations like ours need to work within pretty stringent legislation, which means it can often feel like barriers are placed in front of traditional volunteerism.

Gone are the days when people can put their name down, be allocated some tasks and simply turn up and get to work.

These days our volunteers undergo police and working with children checks and complete compulsory training to ensure they conduct their work professionally and safely.

In many ways these requirements make their volunteerism even more spectacular. When we don't make volunteerism particularly easy and people still do it – that's dedication.

Volunteers may never know the profound impact they have on a patient. A kind word, a gentle touch or a listening ear can mean so much to someone who is sick, in pain, afraid or lonely.

They will, however, know that the more they give, the happier and healthier they feel. In fact, it has been reported that during later life, volunteering is even more beneficial for one's health than exercising and eating well.

Why this is so is not well understood, but a key factor is assumed to be that volunteering serves to express and facilitate opportunities to carry out one's sense of purpose.

Our Generous Community

Our donors Fundraising for 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, local businesses, like Bullen's Nursery who donated 17 beautiful hydrangeas for our hospital garden. 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.



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 to the valuable contributions they make to TDHS. That is why TDHS features 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 might make people think about joining our volunteer workforce as well.



Volunteer profile

Born in Swan Hill, Nanette moved with her family to Timboon 70 years ago, where she attended the Timboon P-12 school. While working as a telephonist at the Timboon Post office (for about 8 years), a lovely man called Bill Howard from Scotts Creek swept her off her feet and they moved there to start a family. Not long after they had two children, Fiona and Ross, who were both born at TDHS. She started volunteering delivering Meals on Wheels at TDHS about 40 years ago, when a neighbour, who was a Meals on Wheels volunteer during her maternity leave, asked if Nanette might be interested as well. Nanette didn't have to think twice about this great opportunity to give back to the community and TDHS, where both of her children were born and where she was offered wonderful support during and after. "The community in Timboon and District is a loving and caring one, where somebody is always ready to help someone else out and volunteering is a very rewarding way to give back", says Nanette. "And the Meals on Wheels roster is set up in a way where a volunteer only has to deliver meals once every 5 to 6 weeks, which means it doesn't take up much time at all."

This then gave Nanette the opportunity to also become a volunteer community driver with TDHS and the Red Cross Patient Transport about 12 years ago. "Both volunteer positions mean I catch up with fellow community members, have a chat and make sure they are ok. You know they appreciate that contact and interest, especially those that are unfortunate enough to not have any family around. It has mental and social benefits for both involved."

TDHS always needs the assistance of more volunteers for Community Transport, Meals on Wheels and Social Support Group so if you feel inspired by Nanette's story and you can spare some time, even now and then, to join our valuable volunteer team, please contact Sabine McKenzie on **5558 6064**.



NATIONAL VOLUNTEER WEEK

Give a little. Change a lot.

21-27 May 2018



Exercise Right week, 21-28 May

Regular physical activity has important benefits for physical and mental health. It reduces the risk of many health problems, such as cardiovascular disease, type 2 diabetes, anxiety, depression, musculoskeletal problems, some cancers and unhealthy weight gain. There is clear evidence that doing some physical activity is better than doing none at all, and that increasing amounts of physical activity provide even more health benefits.

Physical health benefits

- **Helps you maintain or lose weight.**

As metabolism naturally slows with age, maintaining a healthy weight is a challenge. Exercise helps increase metabolism and builds muscle mass, helping to burn more calories.

- **Reduces the impact of illness and chronic disease.**

People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers.

- **Enhances mobility, flexibility, and balance.**

Exercise improves your strength, flexibility and posture, which in turn will help with balance, coordination, and reducing the risk of falls. Strength training also helps alleviate the symptoms of chronic conditions such as arthritis.

Mental health benefits

- **Improves sleep.**

Quality sleep is vital for your overall health. Regular activity can help you fall asleep more quickly, sleep more deeply, and wake feeling more energetic and refreshed.

- **Boosts mood and self-confidence.**

Exercise is a huge stress reliever and the endorphins produced can actually help reduce feelings of sadness, depression, or anxiety. Being active and feeling strong naturally helps you feel more self-confident.

- **Does amazing things for the brain.**

Activities like Sudoku or crossword puzzles can help keep your brain active, but little comes close to the beneficial effects of exercise on the brain. It can help brain functions as diverse as multitasking and creativity and can help prevent memory loss, cognitive decline, and dementia. Getting active may even help slow the progression of brain disorders such as Alzheimer's disease.

At TDHS we have a range of exercise classes available (i.e. Open Rehab, Men's Strength, Balance) and you can take the first step by calling **5558 6000** to book in for an assessment with our Physiotherapist, who will match the proper class to your needs.

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The Timboon Heart Foundation Walking Group

No matter what Jane Bunn's weather forecast is for the day, every Monday morning a group of passionate walkers meet at the Senior Citizens Centre car park in Timboon for their weekly walk. This has been the routine for most of the walkers for the last 20 years, which was initiated by Amanda Nash (TDHS Community Health Nurse) as she herself has been a devoted walker for years; for she knows the many health benefits it promises and delivers.

There's a reason why walking is one of the most popular forms of activity in Australia. Walking helps to reduce stress, be more alert and have a healthier body. If walking becomes your regular activity you'll be building a healthier heart and body. Regular physical activity will help to:

- **Reduce your risk of heart disease and stroke**
- **Manage weight, blood pressure and cholesterol**
- **Prevent and control diabetes**
- **Reduce your risk of developing some cancers**
- **Maintain your bone density**
- **Improve balance and coordination**

And by walking with other people you build strong relationships, improve social connections and because you talk while you walk, you would have covered a couple of kilometres without hardly noticing it, while catching up on what's been happening around the district.

The Timboon Heart Foundation walking group walk every Monday morning rain, hail or shine at 10.30 am. The first Monday of the month they walk the rail trail (meeting at the Senior Citizens Centre car park). Every other Monday they walk Cowley's Creek bush trail (meeting at Timboon Kindergarten), which is then followed by a social lunch enjoyed by the walking group members.

New members are always welcome, so please come along and reap the rewards! For more information please call Diana D'Auria (TDHS Dietitian) on **5558 6043** or Amanda Nash (TDHS Community Health Nurse) on **5558 6040**.

JOIN IN. GET ACTIVE!

PREMIER'S ACTIVE APRIL 2018

Customise your Active April experience with the all-new My Local

Get the Active April app for iOS & Android.

REGISTER TO GET:

Join TEAM TIMBOON & get ACTIVE in April

Register at <https://www.activeapril.vic.gov.au/>

Request to join a team & choose timboon-active

For any enquiries phone: Donna Ellis on 0408 529 543 or Diana 5558 6043



Terms and conditions for all prizes and offers apply. Visit [activeapril.vic.gov.au](https://www.activeapril.vic.gov.au/) for details. *Winner receives two tickets to each of the 2018 men's and women's finals.

Authorized by the Victorian Government, 1 Treasury Place, Melbourne.

National Palliative Care Week

'What Matters Most' 20 - 26 May 2018 National Palliative Care Week is a national week supported by the Department of Health to raise awareness and understanding about palliative care in the Australian community. The theme 'What Matters Most' addresses the need for Australians to plan ahead for their end-of-life care and discuss it with their loved ones and health professionals and highlights how palliative care can help people with a life-limiting illness to have a high quality of life, right to the end of life. Palliative care is the quality of care given at the end of life, including specialist care and support that recognizes the unique needs of a person, who has a terminal condition, their families and carers. Most people with a terminal condition will be cared for by their General Practitioner, community and/or district nurses. TDHS, along with the Timboon Medical Clinic, can provide this service locally. Health specialists at TDHS ensure all people receive the highest quality of care for their individual needs and are supported by an amazing palliative care team from South West Healthcare Warrnambool, which also includes volunteers. The goal is to offer quality of life for patients, their families and carers by providing sensitive care that addresses the many emotional, social, cultural and spiritual needs as well as the treatment of pain. TDHS is able to provide this expertise care by utilising the local General Practitioners, District Nurses, volunteers and the health care setting here in Timboon. It is the choice of the patient how their journey progresses and TDHS is there to assist to make the journey as comfortable as possible for the patient, their families and carers.

This is a great service to have locally as it enables people the ability to access palliative care in a timely manner that is convenient to the community and within familiar surroundings close to home and family. If you have any enquiries contact your local General Practitioner at the Timboon Medical Clinic on **5558 6088** or THDS District Nurses and/or nursing staff on **5558 6000**.

FAMILY VIOLENCE REFORMS: WHAT ARE THEY AND WHAT ARE THE IMPACTS ON OUR SECTOR?

In February 2015, the Victorian State Government established the Royal Commission into Family Violence. The Commission's report, released in March 2016, made 227 recommendations all of which will be implemented by Victoria's 10 year plan called Ending Family Violence: **Victoria's Plan for Change**.

FOCUS ON CORANGAMITE: Brophy Family and Youth Services

Brophy is a Warrnambool based service which provides a range of outreach services to the Corangamite Shire.

Their services include:

- A range of adolescent focused services including targeted interventions to families where young people are at risk of leaving home, and where there is conflict and violence in the home.
- Family Violence counselling for women and children.
- Foster and Kinship care services
- Men focused services including men and family relationships programs.
- Accommodation and housing support programs for both adults and young people who are homeless or at risk of becoming homeless.
- LGBTIQ focused groups, services and supports.
- Drug and Alcohol services for young people.
- Mental Health services for young people.
- Programs for young parents



Affected by the Dairy Industry Downturn?

Your dairy community support worker can:

- Maintain confidentiality
- Provide counselling and support
- Assist in obtaining grants
- Parenting and Relationship support
- Make referrals to more specialist services

Who to Call?

Ann-Marie: (03) 5232 5244
(M) 0447 321 599

Helen: (03) 5564 4269
(M) 0466 429 326



How much will it Cost?

*free of charge at a time and place that suits you; Voluntary so you can stop at any time

New Chair paused for cause

Timboon and District Healthcare Service's (TDHS) new chair Maryanne led the TDHS Board of Governance in a month-long **'pause for a cause'** in February by joining febfast, an initiative to help raise funds to support vital youth workers, services and programs for disadvantaged young people who need it most. Febfast funds a service called YoDAA and this is a service that provides support nationally to young people, carers, schools and more.

This service provides support to young people in all areas:

- Over the phone 1:1 support with an experienced youth drug and alcohol worker (9.00 am - 8.00 pm weekdays). This includes a call back and follow-up service providing tailored information and advice about referrals;
- Webchat 12.00 pm - 8.00 pm weekdays for young people and their supporters;
- A comprehensive free online resource "Yodaa.org.au" for families, schools, young people and workers;
- A free secondary consultation service for anyone working with a young person (i.e. police, lawyers, GP, psychologist);
- Access to latest drug trends, policy changes, sector news, etc. via YoDAA's e-newsletter (free subscription to anyone working with young people).



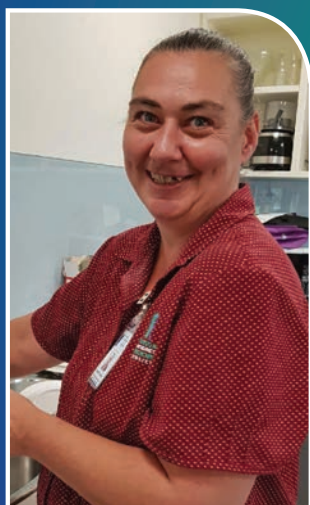
The whole Board was in support of the initiative, with a number of Board members also choosing, like Maryanne, to make a personal sacrifice for the cause and join her on the Timboon MPS febfast team. "Some of us gave up alcohol, some sugar and some inactivity. It's about showing our youth that we care and helping make a difference to those most disadvantaged," Maryanne says. "Some youth can have problems due to home life, drugs, alcohol or something else. These are the adults of our future and we need to invest in them for our community." "From my perspective it also gives us the opportunity to talk about health and wellbeing in our community and to raise awareness of the importance of building good, healthy habits." The Timboon MPS team set out with a goal of raising \$2,000, but this was quickly exceeded and reached an amazing grand total of \$3,456 by the end of February thanks to donations from family, friends and other community members. The good thing is that the money raised by febfast flows through to local organisations such as WRAD, Uniting Care Ballarat, Colac Area Health, Ballarat Community Health and Barwon Child, Youth and Family Services as our partner organisations. This support extends to training and education and ongoing support for new youth workers so that young people can receive the help and support they require. They also run a residential unit in Geelong which services this area should that be the best course of action for a young person in need.



STAFF PROFILE

Kerrie Parker

Social Support Group Assistant



Tell us about your role.

Preparing and providing morning tea, lunch (2 course) and afternoon tea for the Social Support Group clients.

What was the attraction about coming to work at Timboon and District Healthcare Service?

The opportunity to having a change of venue and hours. I always worked in commercial cookery, which meant I had to work weekend shifts.

What inspires your work?

My passion to cook for others.

What are some of the challenges?

Creating diverse menus while working with certain dietary requirements and meeting time frames.

What are your career aspirations?

I am very happy doing what I am doing now.

Tell us a little bit about yourself

My favourite food is whatever anybody else cooks, but unfortunately I don't have the chance to dine out very much. Strangely enough one of my hobbies is doing the dishes and to relax I love watching movies. Most weekends we have family gatherings at my house with me usually doing the family dinner. As for holidays, we don't venture very far from where we live, which is Camperdown. The Warrnambool shipwreck coast is a perfect holiday destination for me and my 3 girls.



International Nurses Day

Every year International Nurses Day is celebrated on the anniversary of Florence Nightingale's birth, which is on 12 May. It is a day to celebrate the role nurses play in the care of our communities.

We thought this would be the perfect opportunity to shine a light on one of our own amazing nurses, Nurse Unit Manager Michelle Selten, who started working at TDHS in May 1990.

1. Why did nursing interest you and how did you get started?

I wanted to stay close to home and Nursing was being offered at my local University.
My parents said "it's work or University, you pick", so I went to University.

2. What sorts of changes are occurring in your profession?

It is now far more professional, accountable and more about patient-centred care, teamwork and multidisciplinary.

3. What special advice would you give to a graduate nurse just starting out?

To not be too hard on themselves and to be friendly, open and honest.

4. What abilities or personal qualities do you believe contribute most to success in this field?

Empathy, non-judgmental, a team player, firm and fair.

5. If you could know the absolute and total truth to one question, what question would you ask?

Is there life after death?

6. What's the most interesting thing you've read or seen this week?

I paddled down the Aire river at Glenaire down in the Otways. I appreciate the scenery close at hand. We are very lucky to have lots of beautiful places right here on our doorstep.

Roasted vegetable, blue cheese, & pearl barley salad

Prep time: 5 minutes

Cooking time: 75 minutes

Number of serves: 6

Recipe courtesy of Campbell's Kitchen

Ingredients

1 cup pearl barley
4 ½ cups Campbell's Real Stock – Salt-Reduced Beef
1 bay leaf
6 fresh, baby beetroot, peeled, quartered
2 cups kipfler potatoes, peeled, halved or quartered
4 carrots, peeled, halved & halved again

2 large fennel bulbs, quartered
½ cup olive oil
2 tsp balsamic vinegar
1 shallot, finely sliced
1 cup flat-leaf parsley, chopped
½ cup crumbled blue cheese
Freshly cracked black pepper

Method

Bring 4 ½ cups of Campbell's Real Stock to boil in a saucepan. Add pearl barley and bay leaf. Cover, reduce heat to low, and simmer for 40-50 minutes until soft, but not mushy. Drain excess liquid, remove bay leaf and set aside.

Preheat the oven to 180°C.
Combine prepared baby beetroot and potatoes on a baking tray, coat with 2 tbsp olive oil and the balsamic vinegar.
Roast for 40 minutes or until golden and cooked through.

On a second baking tray combine prepared carrots and fennel. Coat with 2 tbsp olive oil and roast for 20 minutes until golden and cooked through.

In a large serving bowl, combine cooked pearl barley, shallots, remaining olive oil and freshly cracked black pepper. Add roasted vegetables and lightly toss. Sprinkle with parsley and blue cheese and lightly toss again. Serve warm.





Do you know what an AED is?



FREE Community Training in Port Campbell and Timboon.

An Automated External Defibrillator (AED) is designed to be simple to use by the general public.

You do not need to be a health professional!

An AED could save a life!

- Do you know where the nearest AED is located in Timboon & Port Campbell?
- Is your AED registered?
- Who checks your AED?



Port Campbell: Thurs 26 April - Arts Space 7.30 pm

Timboon: Weds 18 April - Timboon Healthcare Education Room (Timboon and District Healthcare Service) 7.30 pm

To register for this training please phone **5558 6000**

Enabling optimum health & wellness for our communities

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1-30 June), to raise public awareness of a disease that claims the lives of 80 Australians every week.

Bowel cancer is Australia's second biggest cancer killer.

Bowel Cancer Awareness Month has a positive message – saving lives through early detection – as bowel cancer is one of the most treatable types of cancer if found early.

Bowel Cancer Screening involves a test for bowel cancer in people who don't have any obvious symptoms of the disease.

The Faecal occult blood test is recommended every 2 years if you are aged over 50. Those over 50 will receive this test FREE every 2 years.

Throughout the month of May the Timboon & Cobden Pharmacy will have Rotary Bowel Scan Kits available for \$15 each.

Well Women's Health Clinic

Offering Cervical Screening conducted by a skilled nurse.

Timboon By appointment - Monday to Thursday

Cobden

Monday 9 & 30 April

Monday 21 May

For more information or to book an appointment please phone: **5558 6000**

No doctor's referral required

Health Care Card: \$9.90; No Health Care Card: \$20

Enabling optimum health & wellness for our communities



Well Women's Night

Timboon and District Healthcare Service is organising another Well Women's Night this year. The date, venue and guest speaker are to be confirmed soon. **Watch this space!**



THE HON. MALCOLM TURNBULL MP, PRIME MINISTER
THE HON. GREG HUNT MP, MINISTER FOR HEALTH

JOINT MEDIA RELEASE

Sunday, 18 February 2018

Ground-breaking flu vaccines to protect millions of Aussies

The Turnbull Government will provide two new ground-breaking flu vaccines to over three million Australians aged 65 years and over - free of charge.

This is a direct response to last year's horrific flu season, which had a devastating impact around the world, and aimed squarely at saving lives. More than 90 per cent of the 1,100 flu related deaths in 2017 were by people aged over 65 years of age.

The Turnbull Government and the Chief Medical Officer, Professor Brendan Murphy, have worked behind the scenes for many months to bring two new flu vaccines to Australia for the first time.

The vaccines have been fast-tracked to ensure lives are saved and that older Australians receive greater protection.

These new vaccines – Flud® and Fluzone High Dose® – were registered in Australia to specifically provide increased protection for people aged 65 years and older.

From April 2018, both vaccines will be available through the National Immunisation Program following a recommendation from the Pharmaceutical Benefits Advisory Committee.

These new trivalent (three strain) vaccines work in over 65s by generating a strong immune response and are more effective for this age group in protecting against influenza.

These vaccines have been specifically made for the elderly, as their immune systems respond less effectively to vaccines.

Professor Murphy is continuing to investigate ways to improve protection from seasonal influenza, particularly for the elderly.

This includes mandating a requirement for residential aged care providers to provide a seasonal influenza vaccination program to all staff.

Additionally the Aged Care Quality Agency is continuing a review of the infection control practices of aged care services across the country.

The outcomes will inform new guidelines around the areas of the greatest risk to the safety, health and wellbeing of care recipients.

We must continue to do all we can to protect those Australians who are most at risk.

Under the National Immunisation Program, those eligible for a free flu shot include people aged 65 years and over, pregnant women, most Aboriginal and Torres Strait Islander people, and those who suffer from chronic conditions.

Last year more than 4.5 million doses of the influenza vaccine were provided at no cost to Australians who were most at risk from the flu. Vaccination saves lives and they are fundamental to our health system.

It can save the life of the person receiving the vaccine, but importantly it also protects those who are unable to vaccinate due to health reasons.

Annual vaccination is the most important measure for preventing influenza and its complications and we encourage all Australians to get vaccinated.

We encourage all Australians aged over six months old to get a flu vaccination this year before the peak season starts in June.

Today we can also announce the following the four strains which will be contained within this year's Southern Hemisphere vaccines:

- A(H1N1): an A/Michigan/45/2015(H1N1) pdm09 like virus
- A(H3N2): an A/Singapore/INFIMH-16-0019/2016(H3N2) like virus
- B: a B/Phuket/3073/2013 like virus
- B: a B/Brisbane/60/2008 like virus

The composition of the Australian vaccine is decided by the Australian Influenza Vaccine Committee in consultation with the World Health Organization.

Community Health Nurse

Public Flu Immunisation Clinics will be held on Wednesday 11 and 18 April from 3.00 pm to 5.00 pm at Timboon and District Healthcare Service

Flu vaccine is free for those over 65 and \$15 for others

To book your appointment or for more information or other times, please contact TDHS Reception on **5558 6000**

Enabling optimum health & wellness for our communities



UPCOMING EVENTS THIS QUARTER

April 2018

- 1 Easter Sunday**
- 2 Easter Monday**
- 3** Men's Shed, Cobden PAGS
- 4** Cobden PAGS, Friendlies, Diabetes Support Group - Cobden, World Parkinson's Day
- 5** Men's Shed, Timboon PAGS
- 6** Timboon Care respite PAGS, Public Podiatry (change of date due to Easter)
- 7** World Health Day
- 9** Walking Group, Swimming Car, Bounce Back with Babes, Well Women's Clinic - Cobden
- 10** Men's Shed, Cobden PAGS
- 11** Cobden PAGS
- 12** Men's Shed, Timboon PAGS
- 13** Timboon Care respite PAGS
- 16** Walking Group, Swimming Car, Bounce Back with Babes
- 17** Men's Shed, Cobden PAGS, Public Podiatry
- 18** Cobden PAGS, Friendlies
- 19** Men's Shed, Timboon PAGS
- 20** Timboon Care respite PAGS
- 23** Walking Group, Swimming Car, Bounce Back with Babes
- 24** Men's Shed, Cobden PAGS, World Immunisation Week 24 – 30 April
- 25 Anzac Day**
- 26** Men's Shed, Timboon PAGS, Continence Nurse, Port Campbell AED Community Training
- 27** Timboon Care respite PAGS
- 28** World Day for Safety and Health at Work
- 29** Heart Week
- 30** Walking Group, Swimming Car, Bounce Back with Babes, Well Women's Clinic - Cobden

May 2018

- 1** Men's Shed, Cobden PAGS
- 2** Cobden PAGS, Diabetes Support Group - Cobden
- 3** Men's Shed, Timboon PAGS
- 4** Timboon Care respite PAGS
- 7** Walking Group, Swimming Car, Bounce Back with Babes
- 8** Men's Shed, Cobden PAGS, Public Podiatry
- 9** Cobden PAGS, Friendlies
- 10** Men's Shed, Timboon PAGS
- 11** Timboon Care respite PAGS
- 14** Walking Group, Swimming Car, Bounce Back with Babes
- 15** Men's Shed, Cobden PAGS
- 16** Cobden PAGS
- 17** Men's Shed, Timboon PAGS
- 18** Timboon Care respite PAGS
- 20** National Palliative Care Week
- 21** Walking Group, Swimming Car, Bounce Back with Babes, Well Women's Clinic - Cobden, Exercise Right Week
- 22** Men's Shed, Cobden PAGS, Public Podiatry
- 23** Friendlies
- 24** Men's Shed, Timboon PAGS, Biggest Morning Tea, Continence Clinic
- 25** Timboon Care respite PAGS
- 28** Walking Group, Swimming Car, Bounce Back with Babes
- 29** Men's Shed, Cobden PAGS
- 30** Cobden PAGS
- 31** Men's Shed, Timboon PAGS, World No Tobacco Day

June 2018

- 1** Bowel Cancer Awareness Month
- 4** Walking Group, Swimming Car, Bounce Back with Babes, Cobden Well Women's Clinic
- 5** Men's Shed
- 7** Men's Shed
- 8** Timboon Care respite PAGS
- 11** Walking Group, Swimming Car, Bounce Back with Babes
- 12** Men's Shed, Cobden PAGS
- 13** Cobden PAGS, Friendlies
- 14** Men's Shed, Timboon PAGS
- 15** Timboon Care respite PAGS
- 18** Walking Group, Swimming Car, Bounce Back with Babes, World Continence Week
- 19** Men's Shed, Cobden PAGS
- 20** Red Apple Day, Bowel Cancer
- 21** Men's Shed, Timboon PAGS
- 22** Timboon Care respite PAGS
- 25** Walking Group, Swimming Car, Bounce Back with Babes
- 26** Men's Shed, Cobden PAGS
- 27** Cobden PAGS, Friendlies
- 28** Men's Shed, Timboon PAGS, Continence Clinic
- 29** Timboon Care respite PAGS

parkrun
timboon

**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