

Timboon & District Healthcare

# Quarterly

◆ Elder Abuse ◆ Diabetes Awareness Week ◆ What every man needs to know



WINTER 2019

## Introducing Dr Ferdinandus Pranadi



Indonesian expat **Dr Ferdinandus Pranadi** has arrived in Timboon and has already fallen in love with the air quality, natural beauty and state-of-the-art medical facilities.

The 51 year-old clocked on for duty at the clinic on April 29, having spent the past 12 years working in Orange, Melbourne and most recently Altona.

"I love the Timboon area – there's beautiful fresh air every day, no traffic jams and the community is very close knit and welcoming," he said.

**"It's a small town and it's very pretty. I'm a bit surprised how great the facilities are – they're very modern."**

"I'm working in Cobden as well and get to enjoy the beautiful scenery when I'm driving backwards and forwards. It's very different to Point Cook where my family live."

Dr Pranadi's wife Fiona and daughters Belle, 18, and Rochelle, 22, are still in Point Cook and he returns home on weekends to spend time with them.

"Rochelle is doing her Honours in psychology in Melbourne and Belle has a disability. The family will move to Timboon, but we'll do that slowly to cater for Belle," he said.

"She is one of three cases in the world with a specific syndrome that hasn't been diagnosed, which makes it hard to manage.

"It's the main reason we moved from Jakarta to Australia in 2003 – for my daughter's care. There's more specialists, more care and more support here."

Dr Pranadi finished his medical degree in Indonesia and ran his own surgery there for five years. He and wife Fiona travelled between Indonesia and Australia for several years before their permanent move in 2003.

He completed additional qualifications over several years to be able to practise in Australia and landed his first job in Orange in 2007.

"I'm very happy to be here in Timboon. The demographics of patients is very different – even from Orange, but certainly from Altona," he said.

"Australia has felt like home for many years and I'm looking forward to my family joining me here in Timboon in the future."

**Save the date**  
**TDHS AGM -**  
**November 14th**

A small icon of a hand pointing towards the text.

What's your snapshot of a healthy community?

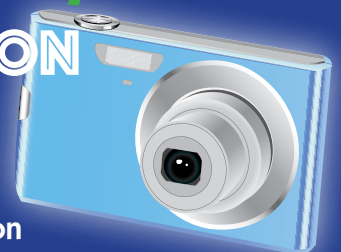
ANNUAL PHOTOGRAPHY COMPETITION

Win \$150!

Full details and entry forms available at:

[www.timboonhealthcare.com.au/photo-competition-2019](http://www.timboonhealthcare.com.au/photo-competition-2019)

or pick up a copy from Timboon and District Healthcare Service Reception



# Chair Report



When I reflect over the last few months, I realise how much there is to be thankful for. In tragedy you see the love of a community and the shared sense of grief that binds us. This is truly unique. Our hearts go out to the Powell family and to those around them who have lost a friend and colleague. We understand that the months ahead will be difficult for many and want you to know that we are here to help.

Gerry Sheehan continues his journey to recovery after his accident in March. We wish him well. We are very fortunate to have a local, Rebecca Van Wollingen (Bek), join us earlier this year and she has stepped up into the Acting CEO role. Leah Foster, seconded from Colac Area Health, has joined the team to assist Bek with the DCS workload, focussing on Allied services to create a stronger portfolio mirroring community needs. You will soon see some new faces join us and more health and well-being events to help us all incorporate preventive measures into our day to day routines.

Our communications continue to improve and hopefully you will have seen more about TDHS in the news, on Facebook, community boards and our website. We want to keep you informed about all that is happening.

Many have asked about our Doctors – I am pleased that Dr Ferdinandus Pranadi has joined the practice in Timboon and Cobden. His appointment has brought the Clinic back up to full quota which is wonderful. He is living locally as part of our

community so please welcome Dr Pranadi to Timboon. We continue to look at better ways we can attract GPs to our region in the future.

I want to thank our TDHS team and all the volunteers who support the community. You are the backbone of what we do! The commitment and care is obvious and it is very much appreciated by our community.

I would also like to thank the TDHS Board. I have never worked for such a passionate team of people who are always supportive and compassionate. We will know who the Minister has appointed to join us later in June and we are looking forward to embracing new skills and talents for TDHS. Josh McKenzie who has served 11 years on the TDHS Board can no longer continue after June 30th due to the 9 year ruling by the Department. I want to say a huge **THANK YOU** for all Josh has achieved during his term. Josh has been a great support to me as vice chair and a wealth of knowledge and experience. Josh will be very missed by all of us.

To all of you - I am one of you – one of the Timboon community who relies on TDHS to provide the services we need for our own families. Our community will always be front and centre of every decision the TDHS Board makes. I always value your feedback.

**Maryanne Puli Vogels**



Hello and thank you all for welcoming me so warmly to Timboon and District Healthcare Service (TDHS). As Gerry is on leave, I am acting in the CEO Role and it has been a very busy few months. I would like to thank everyone for their support, feedback and kind advice since I have started. I am pleased to report that TDHS has a highly skilled and dedicated team who provide outstanding services that the Timboon community can be proud of.

Throughout the last quarter we have revisited and revamped the Community Advisory Committee, renaming it to the Consumer Participation Committee (CPC), resetting the focus and direction. The CPC members, who work with and report to the Board, work tirelessly to provide feedback, advice and a community perspective. We are very grateful to all our volunteers for their dedicated support and loyalty. We will be looking for new volunteers later in the year so if this is of interest to you please keep your eye out for the adverts coming later this year.

## Acting CEO Report

Unfortunately this quarter we had a small building fire but thanks to the quick and professional response of our staff and Timboon CFA there was minimal damage and no impact to patients or ongoing care services. I would like to give a big and heartfelt thank you to everyone who supported TDHS during this time, particularly the Timboon CFA brigade for their quick response.

Lastly, in conjunction with our Board Chair Maryanne, I would like to recognise that it has been a challenging few months for our community with great losses. TDHS is behind you and we are greatly encouraged by your community mindedness and willingness to help out a neighbour. If you or anyone you know are experiencing difficulties with your mental health please do not hesitate to seek help and if you need assistance in doing so TDHS is here to support you.

**Rebecca Van Wollingen**  
Acting CEO

## Continence

One in three women and one in ten men have a bladder control problem. Incontinence can happen at any age to anyone. With appropriate assessment and treatment in most cases incontinence can be cured or improved and in all cases it can be made more manageable.

Incontinence is the involuntary leakage of urine from the bladder, or faeces from the bowel, and is not an inevitable part of aging. Many other effects of old age have a significant influence on the degree of incontinence. Enuresis or bed-wetting is a common problem. It is NOT a form of laziness or too much fluid before bed.

### People that attend the continence clinic:

- Women experiencing urine leakage when they exercise or cough.
- Men having problems urinating because of an enlarged prostate.
- Children who have problems with day time or night time wetting.
- Children and adults suffering from constipation or faecal incontinence.

- Problems urinating or bladder emptying
- Assistance in accessing funding and advice for continence aids to minimise the effect of incontinence.

### The continence nurse from South West Healthcare visits Timboon and District Healthcare Service on the 2nd Tuesday of every month and provides:

- assessment, management and advice on continence,
- education services,
- urodynamic investigations,
- continence promotion,
- pelvic floor assessment & exercises
- loan of books, video & audiotapes,
- home visits & hire of enuresis alarms

For appointments phone **5558 6000**.  
No referral necessary. Fees Apply.





# Staff Profile

## Kathryn Geddes Hotel Services Supervisor



### What inspires you about your role?

Working with old people, making their stay comfortable.

### Tell us about your role.

In charge of food and cleaning services.

### What was the attraction about coming to TDHS?

Staff culture, mixture of working with aged care and patients.

### Tell us about yourself...

Married, 3 daughters, 1 granddaughter. I love watching AFL, gardening and reading.

## Volunteer profile Del Taylor

### Social Support Group & Meals on Wheels



Del was born in Birchip but moved to Timboon in 1952 with her parents. Del has been volunteering for Timboon & District Healthcare Service for over twenty years now with the Social Support Group previously known as the Planned Activity Group. Initially it was held at the Timboon Senior Citizens building but in more recent times has been offered out of the Community Health Building at the Health Service.

When asked the question – Why volunteer? She answered “Well I must get something out of it because I’m still doing it after all this time.” Del and her husband Colin are also involved in delivering Meals on Wheels to our community.

Weather permitting Del loves to spend time in the garden and tries to keep active to enable her to continue to help out on the farm. She plays ten pin bowling in Warrnambool and also finds time to do line dancing once a week. Del and Colin have five children but over time this has grown to include eight grandchildren and three great grandchildren.

We are extremely proud of all our volunteers and very grateful for the valuable contributions they make to Timboon and District Healthcare Service.

TDHS always needs the assistance of more volunteers for Community Transport, Meals on Wheels and the Social Support Group, so if you can spare some time, even now and then, to join our valuable team, please contact Sabine McKenzie on **5558 6000**.

## What every man needs to know

### Why men need to know more

Good health is vital for a happy and full life. But men might not look after themselves as well as they could. For example, women aged between 25 and 34 are twice as likely to visit a doctor as men of the same age. Yet, men do not live as long and have more health risks than women, so it is crucial that men know more about looking after their health.

Male reproductive health is also very important. The normal working of the male reproductive system plays a key role in many areas of well-being. Knowing more about your body, how it works, and what diseases can affect you is the first step to a healthier life.

### What can go wrong?

Like any other part of the human body, things can sometimes go wrong with the male reproductive system. When they do, it's important to see a doctor quickly. With most problems, getting help early on can avoid serious long-term problems.

### Some of the more common problems that men may face are:

**Male infertility:** which can have many causes, is often treatable and should be investigated before starting assisted reproductive technologies.

**Prostate disease:** more common in the older male, can make urinating difficult. Treatment is available, often in the form of drugs or surgery.

**Erectile dysfunction:** commonly referred to as impotence, can happen as a result of another underlying health problem such as diabetes. There are not any specific treatments that will cure erectile dysfunction, but there are treatments that will allow erections to happen.

**Androgen deficiency:** is linked with low testosterone levels, which can play a part in feelings of low energy and easy fatigue, irritability and a reduced sex drive. Once the diagnosis of androgen deficiency is made, treatment can begin with a positive effect on quality of life.

**Testicular cancer:** often thought to be a young man's disease, has a high survival rate if detected early. Self-examination of the testis should be encouraged for early detection.

### How to find out more

The most important step is to see your doctor.

And also order publications from Andrology Australia (free of charge for Australian residents) for quality and up-to-date information on a range of male health problems.

<https://andrologyaustralia.org/your-health/>



# Roasted Chicken, Vegetable & Risoni Salad

**Serves:** 4

## Ingredients:

- 250g chicken tenderloins
- 200g sweet potato, cut into 1cm cubes
- 1 large red capsicum, cut into 2cm pieces
- 1 zucchini, cut into 2cm rounds
- 1 bunch asparagus, cut into 5cm lengths
- 1 large red onion, cut into thin wedges
- 1 teaspoon smoked paprika
- 3 cloves garlic, crushed
- 2 teaspoons olive oil
- 1 cup natural yogurt
- 2 teaspoons red wine vinegar
- 1 cup risoni pasta, cooked until al dente
- ½ cup flat leaf parsley, chopped
- 2 tablespoons baby capers, rinsed and drained
- freshly ground black pepper, to taste

## Method:

1. Toss the chicken, sweet potato, capsicum, zucchini, asparagus, red onion, paprika, garlic and oil together in a large bowl. Spread in a single layer onto a baking paper lined oven tray and bake at 180°C for 25-30 minutes or until the chicken and vegetables are cooked. Cool for 10 minutes.
2. Combine the yogurt and vinegar to make a dressing.
3. Slice the chicken and place in a large bowl with the vegetables, risoni, parsley, capers, half the dressing and season with pepper. Toss to coat and serve warm or chilled drizzled with remaining dressing.

## Handy Tips:

This salad can be made using leftover roast vegetables and skinless roasted chicken from the night before. This salad will keep well refrigerated for up to 3 days, making it perfect to cook on a weekend and pack in individual containers for work lunches.



# Healthy Bones Week – August 5 -12th

Nutrition for bone health throughout the life stages

Age	Why?
Childhood	Childhood is the biggest opportunity to build strong bones for life. That's why it's so important for growing kids to get enough calcium, exercise and vitamin D. A calcium-rich diet during childhood helps maximise peak bone mass and reduces the risk of osteoporosis and fractures in later life.
Adolescence	The teenage years are a major growth period. In fact, over roughly two years (ages 12-14 for girls and ages 13-15 for boys) teens' bodies build one-quarter of their adult bone mass. With this in mind, it is vital that teenagers have enough calcium-rich foods such as dairy foods, participate in plenty of exercise and get sufficient vitamin D to ensure their bones have the building blocks needed to grow and be strong.
Adulthood	Adulthood is a busy time: juggling work, raising a family and managing financial responsibilities. Remember that a healthy diet and an active lifestyle can help you get the balance just right. Peak bone mass is reached when you're in your late twenties, and, after this it is vital to continue to get adequate calcium, exercise and vitamin D in order to maintain the bone you have built.
Older age	Poor bone health affects 2 in 3 Australians and this number is expected to increase as our population continues to age. Brittle bones can lead to serious fractures which can cause chronic pain, disability and loss of independence. Women are at greater risk of developing osteopenia and osteoporosis because the rapid drop in the hormone oestrogen during menopause causes bone loss.

Dairy foods provide a 'nutritional punch'; they contain over 10 nutrients important for our general health, nervous system and muscle function, energy levels and, of course, bone health. More specifically, dairy foods are a rich source of vitamins A, B12, riboflavin, calcium, potassium, magnesium, zinc and phosphorous as well as protein and low GI carbohydrates.

## WHAT DOES A SERVE OF DAIRY LOOK LIKE?

The following is an estimate of what one serve of dairy looks like:

- 1 cup (250ml) milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar or parmesan
- 1/2 cup (120g) ricotta cheese
- 3/4 cup (200g) yoghurt

<https://www.dairyaustralia.com.au/>

## 2019 Flu Season is shaping up to be a bad one.

Influenza is a viral disease that causes widespread illness and life threatening complications including pneumonia every year. Symptoms can be mild to severe.

### The most common symptoms include:

high fever, runny nose, sore throat, muscle pains, headache, coughing, sneezing, and feeling tired.

### How is flu spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also be spread through touching surfaces where infected droplets have landed. People with influenza can be infectious from the day before their symptoms start. Adults are most infectious in the first 3-5 days of their illness, while children remain infectious for 7-10 days, and people with weakened immune systems may be infectious for longer.

### Who is at risk of flu?

While anyone can get influenza, people at higher risk of complications from influenza infection (and who are eligible for free annual flu vaccine) include:

- children aged 6 months to 5 years
- people aged 65 years and older
- Aboriginal and Torres Strait islander people aged 15 years and older
- Pregnant Women
- Individuals aged 6 months and over with certain medical conditions predisposing to severe influenza are also at increased risk (and also eligible for free annual influenza vaccine).

### Get a flu shot

As influenza usually occurs from June, with the peak around August, vaccinating from mid-April 2019 will allow people to develop immunity before influenza transmission is at its peak,

says Australia's Chief Medical Officer Professor Brendan Murphy.

"Influenza seasons and severity are unpredictable. However, what we do know is that vaccination is the most important measure we have to prevent influenza and its complications," says Professor Murphy. "The more people who are vaccinated, the less likely that the flu will spread in the community. Influenza is a major cause of illness in the Australian community, and in some cases can result in death."

### Flu vaccine is free for the over 65s and \$15 for others.

To book an appointment or for further information please phone our Community Health Nurse on **5558 6000**.



# Diabetes Awareness Week July 10th – July 14th

Diabetes is the epidemic of the 21st century and the biggest challenge confronting Australia's health system. Around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as silent, undiagnosed type 2 diabetes (up to 500,000 estimated).

## Understanding diabetes and its seriousness is important.

If you are living with diabetes, you need to learn how to manage your diabetes

If you have a family member or friend with diabetes, you can learn how to support them

If you are a teacher or employer, you have a duty of care to provide a safe environment

Importantly, if you are at risk of developing type 2 diabetes, you can take steps to prevent or slow down diabetes.

## Prevention

There are different types of diabetes; the three most common types of diabetes are type 1, type 2 and gestational diabetes. Strong international evidence shows diabetes prevention programs can help prevent type 2 diabetes in up to 58 per cent of cases.

You can do a lot to reduce your risk of type 2 diabetes, read our tips below.

## Type 1

Currently type 1 diabetes cannot be prevented. However, researchers are looking into the auto-immune process and environmental factors that lead people to developing type 1 diabetes to help prevent type 1 diabetes in the future.

## Type 2

Evidence, including large-scale randomised control trials, shows type 2 diabetes can be prevented or delayed in up to 58 per cent of cases by maintaining a healthy weight, being physically active and following a healthy eating plan.

## People at risk of type 2 diabetes can delay and even prevent the condition by:

- Maintaining a healthy weight
- Regular physical activity
- Making healthy food choices
- Managing blood pressure
- Managing cholesterol levels
- Not smoking.

Many people don't know they are at risk of developing type 2 diabetes. Assess your risk

using the Diabetes Australia risk calculator. TDHS offers the Life! Program which is a Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease. Run by expert health professionals, the program is delivered as a Group Course or a Telephone Health Coaching service. Funded by the Victorian Government and managed by Diabetes Victoria it is the biggest prevention program of its type in Australia. For more information contact Ingrid or Amanda on **5558 6000**.

Our Diabetes Educator is available fortnightly on Wednesday at Cobden and Timboon. For appointments phone **5558 6000**.

**The Cobden Diabetes Support Group meets 1st Wednesday of every month, 10.30 am at Cobden District Health Service to learn more about living with Diabetes.**



# Diabetes

TDHS is celebrating diabetes week on **3 July**  
**Come along and enjoy the festivities**



**They will kick off at 10.00 am with a healthy morning tea**

**10.30am - 11.30am Frank De Lorenzo** – The Foot Man – speaking on the importance of looking after our feet and reflexology

**11.30am - 12.00pm Ingrid Rial** the diabetes educator will speak on the importance of managing diabetes

**12.00pm - 12.30pm** Introduction to Tai Chi with **Tracey Heeps**  
**Look forward to seeing you there.**

**Enabling optimum health & wellness for our communities**



## Well Women's Clinic

This Cervical Screening Clinic is conducted by a skilled nurse in the area of Women's Health



A fee is now required for this service  
HCC: **\$10.10** & Non HCC: **\$20.00**

**Timboon** by appointment **Monday - Thursday**

**Cobden** **Monday 3 & 24 June,**  
**15 July, 5 & 26 August**

To make an appointment please phone **5558 6000**

**No doctor's referral required**



**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**

# What is Elder Abuse?

Elder abuse can take many different forms. The most common forms of elder abuse are financial abuse and neglect.

## Elder physical abuse

Physical abuse describes any deliberate act that causes pain for, injury to, or intimidation of, an older person. This includes all forms of physical assault, along with the use of restraint by physical or chemical methods.

## Elder psychological/emotional abuse

Psychological or emotional abuse involves any action or threat that causes fear of violence, isolation, deprivation, humiliation or powerlessness.

For example, treating the elder like a child, preventing access to services, making threats (such as preventing them from seeing loved ones) or telling them they have dementia.

## Elder social abuse

Social abuse is forced isolation that prevents or restricts the older person's contact with friends, family or the community.

This could involve withholding or controlling mail or phone calls, preventing them from attending religious or cultural events, or taking over their home without consent. Social isolation often allows other forms of abuse to take place.

## Elder financial abuse

This is the illegal, mismanagement or improper use of the older person's finances.

This includes stealing money or possessions, controlling their finances without permission, threats or coercion to gain Power of Attorney or pressuring them for early inheritances.

## Elder sexual abuse

Any sexual contact, language or display of pornography without the older person's consent, or through coercion.

For example, making obscene phone calls in the person's presence, inappropriate handling when undertaking personal care activities, or making the person perform a sexual act they don't want.

## Elder neglect

Neglect involves the failure of a carer to provide basic necessities such as food, shelter, or medical care, or preventing someone else from providing them.

Although elder abuse is now receiving increased attention and research, there are no easy solutions to identify and address this heartbreaking problem.

## What should you do if you suspect elder abuse?

Elder abuse is distressing, and finding someone who understands the sensitive and confidential nature of the issue can help you in deciding what to do if you suspect an older person is being mistreated or exploited.

If someone is in immediate danger, call **000**.

Remember that physical and sexual abuse are criminal acts.

Other types of abuse are assessed on their particular circumstances.

Where it is appropriate, ask general questions about the person's wellbeing and their relationships.

Blame and judgement are never helpful.

Listen to what the older person says and be understanding.

Understand that older people are often hesitant to cause trouble, as they may feel ashamed or worried about possible consequences.

Often, an older person feels protective of their adult children who may be mistreating or exploiting them. The adult child may have drug or alcohol dependency, mental health issues or difficult circumstances or challenges that are contributing to the abusive situation.

An older person is more likely to accept help if they think their adult child's needs will be considered and addressed.

Keep a record of events. Taking note of signs and symptoms may help those who investigate, to effectively address the abuse.

It is generally not advisable to confront the abuser without careful thought.

## Reassure the older person that there is help available.

If the older person is willing to get support, help them contact a relevant organisation. See Where to get help below.

If they are unwilling to get help, provide them with emotional support and offer contact details of support services should they want them later. Keep checking in on them where possible. It's important that an older person feels in control of the help seeking process.

## Where to get help?

Contact numbers for Relationships Australia's Elder Relationship Services – Victoria **1300 364 277**; Seniors Rights Victoria **1300 368 821**

Lifeline provides support and referrals for those in crisis 24 hours a day, 7 days a week. Call **131 114** or visit: [www.lifeline.org.au](http://www.lifeline.org.au)

## What is elder abuse?

Physical abuse can range from slapping or shoving to severe beatings.

Intentionally failing to meet the physical, social, or emotional needs of the older person.



When caretakers give 'the silent treatment' or intimidate the individual by threatening them.

Financial abuse can range from misuse of funds to embezzlement

## "Elder abuse, everyone's business"



## World Elder Abuse Awareness Day with Seniors Rights Victoria

Thursday June 20

For Staff: Timboon & District Health Service

10-11am Professional Education Session

For Community- all welcome:

1-1:30 Keynote Address by the Commissioner for Senior Victorians Gerard Mansour

1:30- 2:15 pm Community Information Session with Gary Ferguson from Seniors Rights Victoria

2:15-3:00pm The Warm Safe Home Project with Elder Abuse Prevention Worker Becky Nevin Berger

Contact Community & Womens Health Nurse Amanda Nash

for more information 555 86000

Bookings Essential

This event is supported by the Australian Government Department of Health and the Victorian Government Department of Health and Human Services





# Timboon and District Healthcare Service 2019 Annual Appeal



**We seek your support to purchase hospital reclining chairs**

**Dear Community Members,**

We love our health service and we want to provide the most comfortable stay for all our patients and residents and to achieve this we need your help.

This year we are aiming to purchase new recliner chairs for all our rooms. Recliner chairs provide a comfortable experience and ensure that our nurses can safely move patients and residents.

We are asking for your contribution to our 2019 Timboon and District Healthcare Service Annual Appeal, every dollar counts. Your donation will make a difference to the lives of our patients and residents and will support our nursing staff.

We thank you for your support through our past appeals and we look forward to your continued support as we work together for a healthy community.

We can make a difference to people's lives and work towards a healthier future for all.

Yours sincerely,

Maryanne Puli Vogels  
Board Chair

Rebecca Van Wollingen  
Acting Chief Executive Officer



21 Hospital Road, Timboon, VIC 3268  
phone: (03) 5558 6000 fax: (03) 5598 3565 email: timboon@swarh.vic.gov.au  
www.timboonhealthcare.com.au



## 2019 ANNUAL APPEAL

Name: Mr, Mrs, Miss, Ms .....

Address: .....

..... Postcode: .....

Donation: ..... Date: .....

Donation type  Cash  Cheque  Direct Deposit

To donate via direct deposit use BSB 083-928 A/c 516 067871 (use 'Appeal' & 1st 3 letters of surname as reference)

**Note: Full name and address would be appreciated to enable us to forward a receipt to you, please return in reply paid envelope provided.** All donations of \$2.00 and over are tax deductible.



# UPCOMING EVENTS THIS QUARTER

## June

**Bowel Cancer Awareness Month,  
World Elder Abuse Day,  
World Continence Week 17-23**

3. Walking Group, Cobden WELL Women's Clinic
4. Cobden SSG, Men's Shed, Public Podiatry
5. Cobden SSG.
6. Occupational Therapy, Men's Shed, Timboon SSG, Men's Shed
10. **Queens Birthday (Public Holiday), Men's Health Week 10-16**
11. Continence Clinic, Cobden SSG, Men's Shed
12. Cobden SSG, AUDIOLOGY Clinic, Friendlies (Vision Impaired Group)
13. Timboon SSG, Occupational Therapy, Men's Shed, Private Podiatry
14. World Blood Donor Day, Timboon SSG
15. World Elder Abuse Day
17. Walking Group
18. Public Podiatry, Cobden SSG
19. Cobden SSG
20. Elder Abuse Workshop, Timboon SSG, Occupational Therapy, Men's Shed
21. Timboon SSG
24. Cobden Well Women's Clinic, Walking Group
25. Cobden SSG, Men's Shed
26. Friendlies – (Vision Impaired Group), Private Podiatry
27. Men's Shed, Timboon SSG, Occupational Therapy, Private Podiatry
28. Timboon SSG

## July

**NAIDOC Week 8-15**

1. Walking Group
2. Men's Shed, Cobden SSG, Public Podiatry
3. Cobden SSG
4. Men's Shed, Timboon SSG, Occupational Therapy
5. Timboon SSG.
7. National Diabetes Week 7-13
8. NAIDOC WEEK 8-15, Walking Group
9. Men's Shed, Continence Clinic, Cobden SSG
10. Cobden SSG, Audiology, Friendlies
11. Men's Shed, Occupational Therapy, Timboon SSG, Private Podiatry
12. Timboon SSG
15. Walking Group, Cobden Well Women's Clinic
16. Men's Shed, Cobden SSG, Public Podiatry
17. Cobden SSG
18. Timboon SSG, Occupational Therapy
19. Timboon SSG,
22. Great Ocean Walk, Walking Group
23. Men's Shed, Cobden SSG
24. Cobden SSG, Friendlies – Joke Day, Private Podiatry
25. Men's Shed, Occupational Therapy, Timboon SSG, Private Podiatry
26. Timboon SSG
29. Walking Group
30. Public Podiatry, Cobden SSG
31. Cobden SSG

## August

**World Breastfeeding Week 1-7,  
Speech Pathology Week 18-24**

1. Timboon SSG, Men's Shed, Occupational Therapy
2. Timboon SSG
5. Healthy Bones Week, Walking Group, Well Women's Clinic Cobden
6. Men's Shed, Public Podiatry, Cobden SSG
7. Cobden SSG, Audiology Clinic
8. Men's Shed, Occupational Therapy, Private Podiatry
8. Timboon SSG
12. Walking Group
13. Men's Shed, Cobden SSG, Continence Clinic
14. Cobden SSG, Friendlies – Special Guest
15. Men's Shed, Timboon SSG, Occupational Therapy
16. Timboon SSG.
19. Walking Group
19. Men's Shed, Cobden SSG, Public Podiatry
20. Cobden SSG, Men's Shed, Public Podiatry
21. Cobden SSG
22. Men's Shed, Timboon SSG, Occupational Therapy, Private Podiatry
23. Timboon SSG, Daffodil Day
26. Walking Group, Cobden Well Women's Clinic
27. Men's Shed, Cobden SSG
28. Cobden SSG, Friendlies – Craft Day
29. Men's Shed, Timboon SSG, Occupational Therapy
30. Timboon SSG

**All are welcome!**

**FREE EVENT**

Bookings Essential for carpooling arrangements





## Great Ocean Road Walk

### Monday 22 July 2019

**Come & join the Timboon Walking group**

Choose to stroll or power walk & join us for this spectacular walking experience with breathtaking scenery

**6 km - 2.5 hours Graded: Easy/Medium**



Join us on:







Meet at the Timboon Senior Citizens Centre carpark 9.30 am sharp, or Gibson's Steps carpark at 10.00 am

**Enquiries: 5558 6000, 5558 6040**

**RSYP: 5558 6000**

