



Timboon and District Healthcare Service

Quarterly

Spring 2019

MOVING MORE FOR
Mental Health PG 7

Show you care about
CARDIAC ARREST SURVIVAL
THIS SHOCTOBER PG 3

PRINCETOWN SUNSET
LANDS A WIN FOR
Andrew Krub PG 5

ACTING CEO *Report*

What a fabulous few months we have had. I was delighted that TDHS could host The Resilience Project and that so many of you were able to join to hear how resilience and happiness are outcomes of the three pillars of gratitude, empathy and mindfulness.

I have been practicing gratitude, empathy and mindfulness. I am particularly grateful that the TDHS Strategic Plan was approved by the Department of Health this quarter and we are now busy putting it into action.

Our new strategic plan reflects the feedback you provided to us in 2018 and primarily aims to grow our community services and our connection to the community. The strategic plan is now available on TDHS website, please have a look, we are looking forward to achieving our goals together.

Rebecca Van Wollingen



THREE NEW FACES JOIN OUR BOARD OF DIRECTORS

Our new board of directors met for the first time in July, with three new faces adding a variety of skills and experience.

Dr Ashley Nesseler, Frank Carlus and Anthony DeJong were appointed to the Board on July 1 when the Minister also reappointed existing members Josh McKenzie, Anne Skordis and Bryce Morden.

They all join board members Maryanne Puli Vogels, Chris Stewart, Claire Murphy and Toinette Hutchins who are mid-term in their TDHS board membership cycle.

Dr Nesseler lives with her husband Richard and their two daughters Jade, 6, and Elise 2, in Princetown.

She was one of the inaugural graduates of the Deakin University Medical School and said her background in health and medicine would be valuable to TDHS's future.

"TDHS is a great asset in our community – it's essential that it's strong from a governance point of view and I'm looking forward to contributing to that."

Mr Carlus spent more than 30 years working within the State Government's health department and said he was now semi-retired and keen to assist TDHS.



New TDHS Board of Directors Members (l-r) Frank Carlus, Dr Ashley Nesseler and Anthony De Jong.

"Even though I live in Port Melbourne, I'm sort of a Peterborough person. We've had a place down there since 1984 and recently built a home to retire in at some stage," he said.

Mr DeJong is a Certified Practising Accountant who has spent the last 20 years in senior finance roles in government and across the health, energy, sport and transport sectors.

He said he grew up on a dairy farm at Barwon Downs outside Colac and has a passion for the financial sustainability of essential services in country Victoria.

"I want to help make sure that Timboon and District Healthcare Service is around for a long time and a big part of that is making sure it's financially sustainable," he said.

(l-r) Anne Skordis, Frank Carlus, Josh McKenzie, Claire Murphy, Maryanne Puli Vogels, Chris Stewart, Anthony De Jong, Toinette Hutchins, Ashley Nesseler & Bryce Morden.



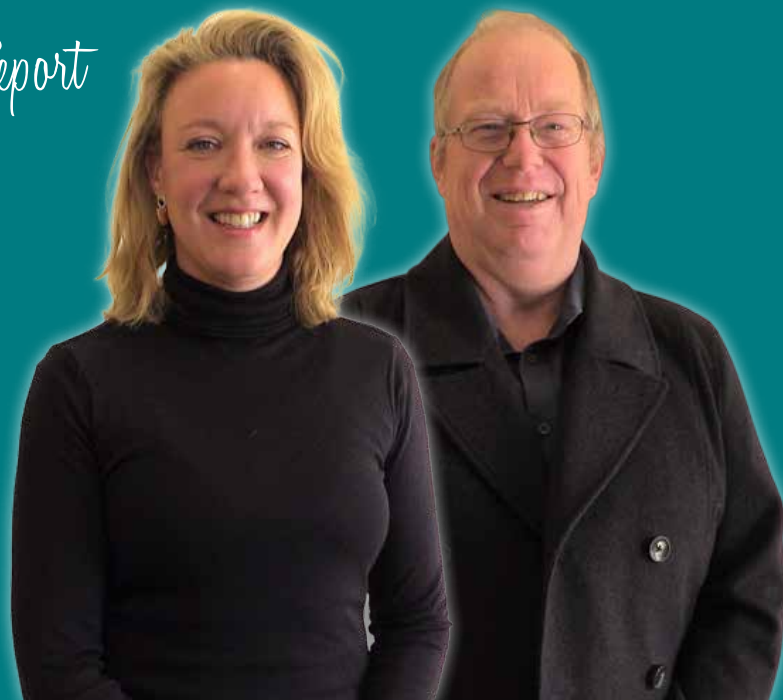
ACTING CHAIRS' *Report*

TDHS has seen a busy winter, with many events and activities, as can be seen in these pages. In Board news, we are delighted to welcome new members Dr Ashley Nesseler, Frank Carlus and Anthony DeJong, who were appointed in July.

Each have South West connections, a strong commitment to TDHS and bring significant experience and expertise to the Board. This will complement and strengthen the Board in our strategic governance as we continually strive to have TDHS delivering the best for our community, now and into the future.

We are also thrilled the Minister reappointed existing members Josh McKenzie, Anne Skordis and Bryce Morden, who continue to serve TDHS with exemplary skill and dedication.

Chris Stewart & Claire Murphy



Show you care about **CARDIAC ARREST SURVIVAL THIS SHOCTOBER**

Do you know where your closest Automated External Defibrillator (AED) is located and how to use it to save someone's life?

AEDs provide automated heart rhythm analysis, voice commands, and deliver a shock. When the heart stops beating, an AED can shock the heart back to normal rhythm.

October is nationally recognised as Defibrillator Awareness Month. This Shoctober community members are being urged to familiarise themselves with the locations of AEDs and learn the fundamentals of cardiac arrest survival.

Timboon Ambulance team leader Chris Stewart said there were nearly 20 public access defibrillators in the southern part of Corangamite Shire.

"We want people to understand that if they can access a defibrillator quickly they can save the life of someone in cardiac arrest," he said.

"If you find someone unconscious and not breathing properly and you put a defibrillator on them immediately they will have a high chance of survival."

"But, their chance of recovery decreases by nearly 10 per cent per minute of delay, so the response time is really, really critical."

Mr Stewart, who is also a Board member at TDHS, said defibrillators were at many sporting clubs and facilities including, but not limited to, the local recreation reserve, golf club, bowls club, hall, stadium, post office and Parkrun.

"We had a 48 year-old male patient at one of the local gas plants who wouldn't be here today without his quick-thinking workmates and an accessible defibrillator," he said.

"He had a cardiac arrest at work, they grabbed their defibrillator, he was shocked five times before we got there, and they did good CPR as well.

"When we arrived, we deployed a defibrillator again, got his heart started and 45 minutes later we put him in a helicopter alert and able to talk to us.

"He was flown to Melbourne for emergency surgery to repair his heart, he was discharged a week later, and he returned home to his young family neurologically intact."

Mr Stewart urged community groups to register their AEDs with Ambulance Victoria so that they could be used quickly and efficiently when needed – especially when people used the GoodSAM responder app to find local help for someone in cardiac arrest.

"If a cardiac arrest happens and someone uses the GoodSAM app, it pops up in our system at Ambulance Victoria and we know where the closest registered AED is," he said.



SHOCTOBER
Cardiac Arrest Survival Foundation



1: CALL 000

In a health emergency, calling an ambulance could mean the difference between life and death. If someone is unconscious and not breathing you should call Triple Zero (000).



2: PUSH

A person who is unconscious and not breathing normally needs CPR immediately. CPR stands for CardioPulmonary Resuscitation. By performing CPR, you circulate blood so that it can continue to provide oxygen to the body, the brain and other organs before an ambulance arrives.



3: SHOCK

If someone is experiencing cardiac arrest, an AED checks the heart rhythm and can send an electric shock to the heart in an attempt to restore a normal rhythm. This electric shock is also known as defibrillation. You don't need training to use an AED. If someone is in cardiac arrest and an AED is available, simply open it and follow the instructions.

VOLUNTEER PROFILE

Carol Suijders

In 1978 my husband Paul and I left Geelong, where we both grew up, to commence a career in dairying.

The sharefarming years meant lots of different experiences and moving around before finding ourselves working for the Van de Wouw family at Princetown in 1985. This began our association with the Timboon and surrounding community.

When we were in a position to buy our own farm we decided to stay in the local area we had come to love. Over the years we involved ourselves, like most people do in their community - supporting our children's schooling, interests and sports. Two of our five children were born at the Timboon Hospital, three of them attended Timboon Kinder and four of them attended Timboon P-12 School.

From the first time I ventured into Timboon all those years ago I felt a sense of belonging and always felt that that the district was well catered for with the many amenities we have available - especially at Timboon and District Healthcare Service (TDHS). Many times over the years my family has relied on TDHS.

Paul and I retired from dairying and downsized to a lovely home on three acres on the edge of Timboon in 2017. Last year I decided I had more time to give back to my community.

TDHS provides so many services to our district community and these services have been supported by wonderful volunteers for many years and I thought it was time to put my hand up to share the load and help keep these services going.

Paul had been volunteering for many years as a member of Port Campbell CERT and he's now an Ambulance Community Officer - something he enjoys and that keeps him involved with the community.

What I didn't realise when I began volunteering at TDHS was just how much pleasure I would get from meeting the people I do when I'm doing community driving, meals on wheels or attending the Social Support Group. I feel so privileged to spend my time this way.

When I'm not volunteering, I like to read, sew or garden and look after my grandchildren (well one of them, the rest live interstate and overseas.)

If you ever wonder about volunteering, don't just wonder, just have a go! I have found it to be a great thing to do and you meet so many lovely people residing in our community.

If you feel like giving volunteering a go after reading Carol's story, please contact Sabine on **5558 6064** for more information.



Women's Health Week

2-6 September 2019

<https://www.womenshealthweek.com.au/the-week/>

Jean Hailes Women's Health Week (2 - 6 September) is a week dedicated to all women across Australia to make good health a priority. The two biggest barriers for women not maintaining a healthy lifestyle is "lack of time" and "health not being a priority". Women's Health Week is the time to do something for your health and start making positive changes that can last a lifetime.

In the 2018 Jean Hailes' Women's Health Survey, more than 15,200 women aged 18 or older and living in Australia responded, revealing some of the health needs and behaviours of women across the country.

Well Women's Clinic

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

one in five women (21.5%)

reported that there were issues/questions that they avoided discussing with their doctor

More than

a third of women (34.3%)

reported not getting time to themselves on a weekly basis

(source: <https://jeanhailes.org.au/>)

Timboon

By appointment
Monday - Thursday

Cobden

Monday 16th September,
7th & 28th October & 18th
November

Life is busy! That's why it's important to notice how you're feeling and seek help if required. Looking after your physical health will help to look after your emotional health, as physical activity has been shown to reduce anxiety and depression (see page 7 of this Quarterly).

Regular health checks and screenings are also an important part of maintaining good health. Our Community Health Nurse, Amanda Nash, holds regular Well Women's Clinics for you to visit. So unlock your powers for good health and get thinking about your own health by contacting Amanda on 5558 6000 to make an appointment.

No doctor's referral required

A fee is now required for this service HCC: \$10.20 & Non HCC: \$20
To make an appointment please phone **5558 6000**

Working together for a healthy community

PRINCETOWN SUNSET LANDS A WIN FOR

Andrew Kruh



This photo capturing a beautiful sunset in Princetown with three surf fishermen ankle deep in the Southern Ocean has earned Simpson's Andrew Kruh the win in our 2019 photography competition.

TDHS community engagement officer Sabine McKenzie has congratulated the winners, who were;

- 1st prize: "Princetown Fishermen" - Andrew Kruh, Simpson
- 2nd prize: "When I grow up I want to be" - Zoe Vogels, Scotts Creek
- 3rd prize: "Broken Falls" - Leanne Harrop, Timboon

Mr Kruh said the photo came about while he was waiting to pick up his wife Mim.

"Mim and our niece were walking the Great Ocean Road Walk from Moonlight Head to Princetown and they took a bit longer than we estimated," he said.

"I had my camera in the car and started to take a few landscapes. I used my Nikon D800 with a wide angle lens and I took quite a few before deciding on the nicest one."

Mrs McKenzie said TDHS Consumer Participation Committee member John Wilson, acting chief executive officer Rebecca Van Wollingen and TDHS chief operating officer Sharon Rees formed the selection panel and voted unanimously for Mr Kruh's entry.

"TDHS would like to congratulate this year's winners for submitting such wonderful photos," she said.

"We are very blessed to live in such a beautiful part of the world that provides us with such wonderful opportunities, but it's a whole different story to be skilled enough to capture it on camera.

"A big thanks goes out to all entrants for submitting their photos in this year's competition. They are of such high quality that many of the images will receive valuable exposure in our 2019 Annual Report, Quarterly newsletter and in other special publications."



PLEASE SUBSCRIBE TO OUR MONTHLY ONLINE NEWSLETTERS BY VISITING WWW.TIMBOONHEALTHCARE.COM.AU AND CLICKING ON 'SUBSCRIBE'

WELCOME NEW Staff

Aashna's Vazirani OUR NEW SPEECH PATHOLOGIST

Aashna graduated from the Australian Catholic University with a Bachelor of Speech Pathology and began to search for a position where she could invest her passion for rural and remote healthcare.

In May this year, she accepted a diverse clinical position through South West Healthcare and moved to Warrnambool from Melbourne.

In this role Aashna travels out to multiple health services, providing speech pathology services for both adults and children. She is also currently pursuing her Master's Degree in Rehabilitation. With a keen interest in improving the provision and accessibility of rehabilitation services in rural Victorian communities by maximising opportunities for clinical research.

Aashna has travelled around the world enhancing her training as a speech pathologist and contributing to volunteer healthcare projects.

She worked with a multidisciplinary team providing healthcare services in remote communities in Chile, travelled to India to work in a specialist head and neck cancer hospital and lived in a rural Cambodian community working with local teachers to build their skills in teaching English and engaging children in education.

Outside of work, Aashna spends most of her time by the beach, hiking, playing basketball, planning her next adventure and eating cheese!

Aashna is covering while Narelle Jukes is on maternity leave.



2019
Speech
Pathology
Week
25-31 August

Communicating
with Confidence

JESSICA PIETSCH our new Dietitian

What inspires you about your work?

In my role as a Dietitian I help people understand all about nutrition and how that impacts on their body and specific individual needs.

I really enjoy empowering my clients with evidence-based nutrition knowledge to set goals that suit their specific lifestyle and health needs.

Tell us about your role?

I currently work Tuesdays and Wednesday at TDHS.

My current work includes seeing outpatients, acute inpatients, as well as residential care and respite clients for their nutrition needs. I also assist the Food Service Team with nutrition processes, menu development and nutrition education. I plan to introduce public health sessions on healthy eating for the local community.



What was the attraction of coming to TDHS?

I previously worked at TDHS as a newly graduated dietitian (just a few years ago now!) and I enjoyed the community spirit and team work that the TDHS staff had in order to assist the local community with their healthcare needs.

I really like the diversity of my role at TDHS, every day is different and I am never doing the same thing two days in a row.

Tell us about yourself?

I grew up in country South Australia...so I am a big Adelaide Crows supporter.

I have lived and worked in rural and metro locations in Victoria. I am currently planning a vegetable garden, so any tips on soil type and things to plant please let me know.



Spice rubbed lamb cutlets

WITH HUMMUS & CHAR-GRILLED VEGETABLES



INGREDIENTS

- 1 teaspoon coriander seeds (crushed)
- 2 teaspoon ground cumin
- 2 teaspoon sesame seeds
- 12 French fully trimmed lamb cutlets
- 1 large cobs corn (hush and silk removed)
- 400g peeled pumpkin (cut into 5mm thick slices)
- 2 Bunch asparagus (trimmed)
- 75g baby spinach leaves
- 110g hummus (to serve)
- 4 small wholemeal flat breads (to serve)

INSTRUCTIONS

Combine coriander seeds, cumin and sesame seeds. Sprinkle both sides of cutlets evenly with the spice mixture.

1. Preheat a char grill pan or barbecue over medium-high heat. Spray cutlets, corn, pumpkin and asparagus lightly with olive oil. Grill the cutlets for 2 minutes each side (for medium). Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes.
2. Meanwhile, grill the corn, turning, for 6-8 minutes or until tender. Grill the pumpkin for 3 minutes each side and the asparagus for 1-2 minutes, or until lightly charred and tender.

Cut corn kernels from cob. Divide corn, pumpkin, asparagus, spinach and cutlets between serving plates. Serve with a dollop of hummus and the flat bread.

Each serve of this recipe provides:

- 3 serves of vegetables
- 2 serves of grain (cereal) food
- 1.5 serves of lean meat/alternative

Recipe reproduced with permission from Meat and Livestock Australia.

For more recipes visit www.beefandlamb.com.au

MOVING MORE FOR *Mental Health*

We're all aware that exercise is good for our aerobic capacity, muscle size and body shape, but did you know it's also great for our mental health?

Many studies right around the world have concluded that regular exercise can have a profoundly positive impact on depression, anxiety, ADHD and more.

With the world celebrating World Mental Health Day on October 10, our allied health assistant Tracey Heeps is encouraging people to think about their mental health as a motivating factor to move more and feel better.

Tracey runs the exercise classes at TDHS and said you didn't have to be a fitness fanatic to reap the benefit – in fact research indicated even modest exercise makes a difference.

"The World Health Organisation says that physical activity is the most important modifiable lifestyle factor that contributes to good health," she said.

"TDHS has always prioritised our exercise programs as an important primary healthcare goal. The exercise classes have been running at TDHS for about 17 years now.

"It's pretty rare and quite extraordinary that a small town like this can offer such a program – we're pretty proud of it actually."

Exercise classes at TDHS currently include;

- Life Moves
- Gentle Exercises
- Tai Chi (Beginners, Intermediate & Advanced)
- Strength Training x 2
- Men's Strength Class
- Strong Women's Class
- Balance Plus
- Open Rehab
- Bounce Back with Babes
- Parkinson's Exercise Class

"I love my job because it's fresh every single day. I've been working here 15 years and the people that walk through the door are happy to be here, they're proactive about their health and I find that quite inspiring," Tracey said.

"If you'd like to get involved, we can help identify an appropriate class. It might be balance that you want to improve, or strength or maybe just getting to know a few other people – it's a really nice way to increase your social activity as well."

Please call 5558 6000 to book an assessment session with our physiotherapist to find the right exercise class for you.

WHAT OUR CLIENTS SAY

"I thoroughly enjoy the experience every week I attend."

"Tracey – her warmth and compassion always makes me feel good about myself."

"The instructor, the friendship and the activity keeps me coming back."

"The service offered with the classes I attend is fantastic."

"My goals and personal relationships keep me coming back. The instructor is excellent."



10 October 2019



WHAT'S ON Events



SEPTEMBER

Prostate Cancer Awareness Month/
Dementia Awareness Month
Therapy Dog Awareness Month

- Woman's Health Week **2-6**
- National Stroke Week **2-8**
- 2.** Walking Group, Speech Pathology
- 3.** Cobden SSG, Men's Shed, Dietician
- 4.** Cobden SSG, Dietician, Private Dental
- 5.** Private Podiatry, Men's Shed, Timboon SSG, Occupational Therapy, Speech Pathology
- 6.** Timboon SSG
- 9.** Walking Group, Speech Pathology
- 10.** Continence Clinic, Men's Shed, Cobden SSG, Dietician
- 11.** Audiology Clinic, Dietician, Private Dental
Cobden SSG, Friendlies – Craft
- 12.** R U OK? Day, Men's Shed, Timboon SSG, Occupational Therapy, Speech Pathology, Private Podiatry, Optometrist (Timboon Clinic)
- 13.** Timboon SSG
- 16.** Walking Group, Cobden Well Women's Clinic
- 17.** Men's Shed, Dietician, Public Podiatry
Cobden SSG
- 18.** Cobden SSG, Dietician, Private Dental
- 19.** Men's Shed, Timboon SSG, Speech, Pathology, Occupational Therapy, Private Podiatry, Timboon SSG
- 23.** Walking Group, Speech Pathology
- 24.** Men's Shed, Cobden SSG, Dietician
- 25.** Cobden SSG, Dietician, Private Dental, Friendlies – Footy Day
- 26.** Men's Shed, Timboon SSG, Occupational Therapy, Speech Pathology
- 27.** AFL PUBLIC HOLIDAY
- 30.** Walking Group, Speech Pathology

OCTOBER

Shochober – Defibrillator Awareness
Month/ Walk 2 School Month/ Mental
Health Month

- 1.** Men's Shed, Dietician, Cobden SSG, Public Podiatry
- 2.** Cobden SSG, Dietician, Private Dental
- 3.** Timboon SSG, Occupational Therapy, Private Podiatry, Speech Pathology
- 4.** Timboon SSG
- 7.** Cobden Well Women's Clinic, Walking Group, Speech Pathology
- 8.** Men's Shed, Continence Clinic, Cobden SSG, Dietician
- 9.** Cobden SSG, Audiology, Friendlies – In house, Private Dental
- 10.** Optometrist (Timboon Clinic)
- 11.** Men's Shed, Occupational Therapy, Timboon SSG, Speech Pathology
- 12.** Timboon SSG
- 14.** Nutrition Awareness Week, Walking Group
- 15.** Men's Shed, Cobden SSG, Dietician, Public Podiatry
- 16.** World Food Day, Cobden SSG, Private Dental
- 17.** Timboon SSG, Occupational Therapy, Speech Pathology, Private Podiatry
- 18.** Timboon SSG
- 21.** Walking Group, Speech Pathology
- 22.** Great Ocean Walk, Dietician, Men's Shed, Cobden SSG
- 23.** Cobden SSG, Friendlies – In house, Private Dental
- 25.** Speech Pathology, Occupational Therapy, Timboon SSG
- 25.** Timboon SSG
- 28.** Walking Group, Cobden Well Women's Clinic, Speech Pathology
- 29.** Public Podiatry, Cobden SSG, Dietician
- 30.** Cobden SSG, Dietician, Private Dental
- 31.** Timboon SSG, Occupational Therapy, Speech Pathology, Private Podiatry

NOVEMBER

Epilepsy Awareness Month/ White
Ribbon Day

- 1.** Timboon SSG
- 4.** Walking Group, Speech Pathology
- 5.** Melbourne Cup Day Public Holiday
- 6.** Cobden SSG, Private Dental, Dietician
- 7.** Occupational Therapy, Men's Shed, Timboon SSG, Dietician
- 11.** Walking Group, Speech Pathology
- 12.** Cobden SSG, Men's Shed, Continence Clinic
- 13.** Cobden SSG, Dietician, AUDIOLOGY Clinic, Friendlies – Craft, Private Dental
- 14.** **TDHS Annual General Meeting**, Private Podiatry, Timboon SSG, Occupational Therapy, Speech Pathology, Optometrist (Timboon Clinic), World Diabetes Day, Men's Shed
- 15.** Timboon SSG
- 18.** Cobden Well Women's Clinic, Walking Group, Speech Pathology
- 19.** Cobden SSG, Men's Shed, Dietician, Public Podiatry
- 20.** Cobden SSG, Private Dental
- 22.** White Ribbon Day
- 27.** Friendlies – (Kinder visit), Private Dental
- 28.** Men's Shed, Timboon SSG, Occupational Therapy, Speech Pathology, Private Podiatry
- 29.** Timboon SSG, Public Podiatry

SSG: Social Support Group

parkrun
timboon

8am 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

1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE