

"To provide our communities with services promoting health and wellbeing"



Elmhurst Bush Nursing Centre

Summer Newsletter 2023-2024

Centre Hours: Monday - Friday 9:00am to 5:00pm

Phone: 53 555 000

Centre Manager Report

As we approach the end of the year we start to prepare for this festive season. Whether it's spending quality time with family, exchanging thoughtful gifts, or enjoying delicious holiday treats.

With summer upon us, it's important to prioritize your health and well-being. Remember to stay hydrated, protect your skin from harmful UV rays, and indulge in delicious seasonal fruits and vegetables to nourish both body and mind.

We are thrilled to announce that our team has successfully completed MyMarathon! Challenging ourselves both physically and mentally, pushing our limits to raise funds for a cause close to our hearts. It was a rewarding journey filled with determination and camaraderie.

Throughout the month of October I was fortunate enough to be trekking around the breathtaking landscapes of Nepal. It was an experience that left me in awe of nature's wonders and humbled by the warm hospitality of the Nepalese people.



EBNC are wishing you all a wonderful end to this year filled with adventure, good health, and joyful celebrations.

Warmest Regards,
Mark Alexander
Centre Manager

We wish to acknowledge the [Djab Wurrung](#) people as the traditional custodians of the land on which we meet. In the spirit of reconciliation, we pay respect to the Elders past,

Email: ebnc@ebnc.org.au

BOARD OF MANAGEMENT

President:

Katrina Westerhoff

Vice President

Jacy Keith

Treasurer:

Graeme Ferguson

Secretary:

Robyn Wood

Board Members:

Rick Jones

Ruth Kaliszewski

STAFF

Centre Manager:

Mark Alexander

RN: Janine Curtis

RN: Elise Tucker

RN: Sue Andrews

Casual RN: Susan Keith

Casual RN: Michael Scarlet

SSG Co-ordinator:

Kathie Vines

Casual Administration:

Wendy Harrington

Business Manager:

Mandy Preston



December 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 DR Pretorius 0900—1200	2	3
4	5 International Volunteers Day	6 SSG In-centre	7	8	9	10 International Human Rights Day
11	12	13 Xmas breakup	14	15 DR Pretorius 0900—1200	16	17
18	19	20	21	22	23 Closed	24 Xmas Eve Closed
25 Christmas Closed	26 Boxing Day Closed	27 Closed	28 Closed	29 Closed	30 Closed	31 NYE Closed

January 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 New Year Closed	2	3	4	5	6	7
8	9	10	11	12 DR Pretorius 0900—1200	13	14
15	16	17	18	19	20	21
22	23	24 International Day of Edu	25	26 Australia Day - Closed	27	28 National Lego Day
29	30	31				

February 2024

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4 World Cancer Day
5	6	7 Meals	8	9 DR Pretorius 0900—1200	10	11 Chinese New Years
12	13 Pancake Day	14 Valentines & SSG In-center	15	16	17	18
19	20	21 Meals	22	23 DR Pretorius 0900—1200	24	25
26	27	28 SSG In-center	29			

Doctors Appointments at Elmhurst Bush Nursing Centre.

Dr. Pieter Pretorius is once again offering face to face consultations at the Elmhurst Bush Nursing Centre, fortnightly on Friday morning's.

Ararat Medical Centre also offer online appointments to their existing patients for Tele-health Appointments. These consultations are conducted by Telephone, Computer, Tablets or Mobile Phone and may be by voice or video.

To be eligible for this service you must have seen one of our Doctors in person in the last 12 months.



ARARAT MEDICAL CENTRE

Social Support Group



We believe that every outing should be an exceptional experience.

That's why we indulge in a Little Bit of "Fancy" at the renowned Craigs Royal Hotel-Ballarat. Immersed in an atmosphere of elegance as we enjoyed a scrumptious meal together.

Our adventures continue at Avalon Nursery, where we are surrounded by an array of plants and flowers.

Wandering through the gardens, seeking inspiration or discovering new additions for your own green spaces.

After our exploration at Avalon Nursery, we headed to In The Sticks Cafe within the nursery grounds where we sat back, relaxed, and indulge in delicious food while enjoying the tranquil ambiance of this charming café.

Our bus rides provide plenty of opportunities to connect with fellow group members and creating memories that will last a lifetime.

For more information or to RSVP, please contact ebnc@ebnc.org.au or call 03 53 555 000

Let's make this outing one for the books!

Warm regards,

Social Support Group Coordinator





Our Services

CLINICAL SERVICES

- District Nursing
- Remote Area Nursing
- Community Nursing
- Accident & Emergency
- Palliative Care
- Post Acute Care
- Hospital in the Home
- Pathology Collection
- Wound Care
- Immunization Clinics
- Women's Health
- Medication Management
- Continence Care
- Health Promotion

SOCIAL SUPPORT SERVICES

- Social Support Groups
- Delivered Meals Program
- Community Transport
- Volunteer Program
- Craft Group
- Library Services
- Room & Equipment Hire

VISITING SERVICES

- Visiting Doctor
- Physiotherapy
- Podiatry Services
- Diabetic Educator
- Dietician
- Health Screenings
- REFERRAL SERVICES

Past Events - MyMarathon

MyMarathon is an opportunity to help raise funds for lifesaving heart disease research, while challenging yourself to walk or run 42.2 km (or more) over hours, days or weeks during October.

Heart disease is the leading cause of death in Australia, and we wanted to do something to support the thousands of Aussies whose lives are impacted by this disease every single day.

Participants could do it on their own, or as part of a team with friends or colleagues.

Together, we can win the race against heart disease.

My Fundraising

My Workplace

\$1697

\$1000

The average raised in My Workplace is \$194

UPDATE MY WORKPLACE FUNDRAISING GOAL

VIEW LEADERBOARD

My Workplace ranking

1		Mandy Preston	\$1,079.75
2		Sue Keith	\$470.00
3		Elise Tucker	\$379.05
4		Mark Alexander	\$105.00

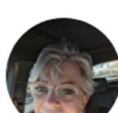
My Kilometers

My Workplace

515.3 KM

VIEW LEADERBOARD

My organisation ranking

1		Mark Alexander	km 160.2
2		Mandy Preston	km 130.2
3		Elise Tucker	km 127.0
4		Janine Curtis	km 55.8
5		Sue Keith	km 42.0

Past Events - Girls Night In

What a great return for Girls Night In for 2023! So wonderful to see so many "girls" from our community come out to support such a worthwhile cause.

A huge thank you to our two displays for the evening - Cherry's Body Shop at Home and Sherri Holtham - Intimo and a reminder that it is not too late to purchase from either of these ladies, with a percentage of sales being donated.

A huge thank you also to the many business's that assisted with the evening:- Sarah's kitchen (amazing food) Mitre 10 Ararat; We're Knotcrazy; Growmaster Ararat; Stacey Brodie metal work; CAS couture, Priceline Ararat; Lexton pottery; 2 Taggs; Hughan's Plants; and Lyal Eales.

Also so very grateful to those that just hop in and help, special mention to Jennie Barton, Mandy Darbyshire, Ruth Kaliszewski, Sarah Keith, Wendy Harrington, Cindy Deane and to everyone that pitches in on nights like this one.

To date we have raised a total of \$1,026.00..... well done everyone!!!!





ELMHURST BUSH NURSING CENTRE
INVITES YOU TO A

COMMUNITY CHRISTMAS

CATCH UP

DECEMBER **13** AT 12 NOON

**JOIN US FOR A DAY TO CELEBRATE THE
YEAR AND OUR COMMUNITY.**

**ALL VERY WELCOME
COST: \$ 20 PER PERSON
RSVP - 5355 5000 /
BY 6TH DECEMBER**



Summer Salads



Summer time is salad time

Ingredients

- 500 g skinless chicken breasts, fat trimmed
- pepper
- 2 cloves garlic, peeled and halved
- 4 coriander stalks, including roots and leaves
- 100 g rice noodles
- 3 cups Chinese cabbage (Wombok), finely shredded
- 2 carrots, peeled and cut into match-sticks
- 4 spring onions (including green tops), ends trimmed, thinly sliced diagonally
- 3 cups bean sprouts
- 1/2 cup mint leaves, loosely packed, roughly torn
- 2 tbs lime juice
- 2 tbs sweet chilli sauce
- 2 tsp fish sauce
- 1 tbs water

[LiveLighter - Healthy Asian Chicken Salad Recipe](#)

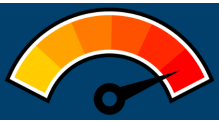
	per serving	per 100g
Energy	1528 kJ	312 kJ
	365 Cal	75 Cal
Protein	33.3 g	6.8 g
Fat, total	9.4 g	1.9 g
— saturated	2 g	0.4 g
Carbohydrate	32 g	6.5 g
— sugars	9 g	1.8 g
Sodium	1196.5 mg	244.4 mg
Fibre	8.5 g	1.7 g

Method

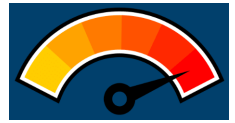
1. Place both chicken breasts in a medium saucepan with enough water to just cover. Season with black pepper.
 2. Add garlic, coriander roots and stems, reserving leaves.
 3. Place over high heat and bring to the boil. Reduce heat and simmer with lid on for 2 minutes.
 4. Switch off heat, cover and leave chicken to rest in the liquid stock while preparing salad.
 5. Place the noodles in a large heatproof bowl and cover with boiling water. Set aside for 5 minutes to soften. Drain well.
 6. Add cabbage, carrot, spring onions, bean sprouts and mint to noodles. Roughly chop mint leaves and add to salad ingredients.
 7. Remove chicken and garlic from liquid stock and set aside to cool slightly.
 8. To make dressing, mash cooked garlic in a cup and combine with lime juice, sweet chilli sauce, fish sauce and water.
 9. Coarsely shred or thinly slice the chicken then add to the salad with dressing and combine.
- Serve immediately, topped with peanuts.

Variations

- This dish can be made in advance, but dressing and peanuts are best to be added to salad just before serving.
- Replace the rice noodles with 100g fresh egg noodles. If using dried egg noodles, you will have to cook them according to the packet directions.
- Substitute poached chicken for 2 skinless breasts of a cooked roast chicken.
- For added spice, add a chopped red chilli to the salad mix or sprinkle with white pepper.



Summer Health Alerts

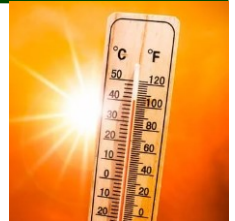


Extreme Heat and Heatwaves

- Heat kills more Australians than any natural disaster.
- Heatstroke is fatal in up to 80% of cases.
- Heat-related illness can be prevented.
- In hot weather, keep cool, avoid vigorous physical activity and drink water.
- People aged 65 years and over are at increased risk of heat-related illnesses.
- Risk factors include living alone, chronic medical problems and certain medications.
- **Call Triple Zero (000)** if a person shows any signs of heat exhaustion or heatstroke.

or

- **NURSE-ON-CALL**, Tel. **1300 60 60 24** – for expert health information and advice (24 hours, 7 days)



Epidemic thunderstorm Asthma

- People who have asthma or hay fever can get severe asthma symptoms during grass pollen season when high amounts of grass pollen in the air combine with a certain type of thunderstorm.
- Epidemic thunderstorm asthma is when a large number of people develop asthma symptoms over a short period of time.
- Epidemic thunderstorm asthma events are uncommon and don't occur every year. In south-east Australia they can happen during grass pollen season from October through December. They are not the cause of seasonal increases in asthma symptoms seen every year.
- Thunderstorm asthma can affect those with asthma or hay fever – especially people who experience wheezing or coughing with their hay fever.

Bush Fire Preparation and Advice

- The bushfire season may bring up feelings of anxiety.
- Professional help is available if you are unable to cope.
- Stay informed – access to information will help you cope better.
- Preparing a bushfire survival plan will also help you cope better.
- If you live in a bushfire affected area your private drinking water could be contaminated from debris, ash, dead animals, aerial fire retardants and water-bombing.
- If the water tastes, looks or smells unusual, do not drink, use for food preparation, brushing teeth or give to animals (pets or livestock). Use bottled water for drinking.
- Download the VicEmergency app from **Google Play** or the **App Store**. Set up a 'watch zone' for your location to make sure you're notified of the risk of an emergency event occurring. You can also visit the **VicEmergency website** on your computer for the same information.
- **Impacts to services** – Emergencies can impact community services and public places, find out what services are impacted via the VicEmergency website.
- **Bushfire smoke** – Smoke from fires can reduce air quality in rural and urban areas, and exposure to smoke can affect you and your family's health. Find out more about how smoke can affect your health and the actions you can take to avoid or reduce potential health effects.



Snake Bite Kits and COVID Tests

The Elmhurst Bush Nursing Center currently have Snake Bite Kits for sale for \$20 per kit.

THE SNAKE BITE KIT PROVIDES EMERGENCY TREATMENT FOR ONE PERSON IN CASE OF A SNAKE BITE.
EACH KIT CONTAINS:

- 2 Heavy Standard Crepe Bandages
- Gauze Swab 7.5cm
- Thermal Blanket,
- Marker Pen, and
- Venomous Bite Guide.

We also have a limited number of COVID-19 Rapid Antigen Tests available.

RAPID ANTIGEN TESTS (RATs) ARE THE EASIEST WAY TO TEST FOR COVID-19
YOU SHOULD GET A TEST:

- if you have COVID-19 symptoms, even if they're very mild
- if you have been in contact with someone who has COVID-19
- before visiting a hospital, aged care facility, or disability care facility
- before visiting elderly people, people with disability or people at higher risk of COVID-19 illness.



Consumer Feedback

"Help us to improve our service"

Elmhurst Bush Nursing Centre is committed to providing quality care and service to our clients, visitors and community members.

To help us improve our service and assess whether we have met your expectations, we ask that you provide us feedback on your experience with the Centre.



You can provide feedback to us by:

1. Writing a letter or coming to see us at:
36 Green Street,
Elmhurst.
Ph: 5355 5000
2. email us at
ebnc@ebnc.org.au
3. Fill out one of our Suggestions, Compliment or Concern form, available at EBNC or Elmhurst Post Office
4. Fill out form below

Your assistance is appreciated and your feedback genuinely valued.
Thank you.

SUGGESTIONS, COMPLIMENT OR CONCERN

Client ☐ Visitor ☐ Staff ☐ Community ☐ member ☐ Volunteer

(Please indicate by marking the appropriate person)

Details: _____

Date of suggestion / compliment / concern: _____

Place of suggestion / compliment / concern: _____

If you have a concern, what could the improvement be?
 (How do we stop it happening again?)

If you wish to remain anonymous, leave this section blank.

Name _____

Address _____

Contact Number _____