



# NOCH

## NEWSLETTER

APRIL 2020



RECIPE OF THE MONTH

FLU CLINIC

# Inside This Issue

COVID-19 COMMUNITY INFORMATION

YOUR WELLBEING

## Active April during Covid-19

This April aim to be active for at least 30 minutes every day. Start small – every bit counts! You can still be active this April even while staying at home. It is now more important than ever to stay active to look after your physical and mental health. It may be difficult not being able to go to the gym, but there are many ways that you can stay active at home.

Tips for staying active at home:

- Go for a walk, run or bike ride by yourself
- Keep track of your steps – FitBit, Apple/Garmin watch, pedometer, Iphone Health app
- YouTube a home workout
- Download a home workout app
- Facetime family or friends and workout together
- Incidental exercise – gardening, walking the dog, cleaning the house

Active April is free, fun and part of the Victorian Government's commitment to getting more people active and healthy. Register online at [www.activeapril.vic.gov.au/](http://www.activeapril.vic.gov.au/)



**Tanya's our Health Promotion Team Leader**

Why is staying active important to you?

Being active for me is having some quiet time, particularly with gardening and connecting with the outdoors. A day outside in the beautiful weather is one of the best relaxation tools and after an active day a good night's sleep is certain.

**Kelsey is our Program Support Coordinator**

Why is staying active important to you?

It definitely gives me better mental health and it gives me some time to just be me; in turn I feel I can then be a better Mum for sure. I do both Dance and Yoga which have given me the opportunity to mix with two amazing groups of women.



Paul and Leah Lacy, who live in Cohuna, are both NDCH Team members who like to stay fit and active.

Staying active is important to Leah for her health - both physical and mental. She says it reduces her stress & improves sleep.

Paul is a frequent Park Run participant, He also attends the Next Level gym in Cohuna, enjoys casual running and outdoor activities like canoeing, tennis and gardening. He also likes the opportunity to be involved with his boys activities including Little Athletics, basketball and Swim Club.

Paul says "I feel better about myself and use exercise to manage stress. I set goals and try and achieve them. I find preparing for something helps me achieve it." Paul and Leah even competed in the recent Bridge to Bridge together. We love your active lifestyle guys!



# Let's Get Active...

Let's keep your mind active and inspired. Can you find all of our active words below?



## WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | A | L | K | I | N | G | T | S | P | O | R | T | S | E | M | L | K |
| U | Z | I | C | N | V | F | D | X | R | G | G | Z | T | A | B | O | F |
| T | H | I | R | T | Y | M | I | N | U | T | E | S | C | P | I | S | B |
| F | G | A | C | T | I | V | E | A | P | R | I | L | K | N | K | X | N |
| K | S | Y | S | Q | A | C | U | J | I | H | B | J | I | I | E | O | C |
| G | L | I | F | E | S | T | Y | L | E | Q | G | M | D | M | R | J | N |
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| M | K | P | D | D | A | N | C | I | N | G | Q | S | U | Y | H | Z | D |

- ACTIVE APRIL
- BIKE RIDING
- DANCING
- EXERCISE
- FAMILY
- GARDENING
- GYM
- HEALTH
- KIDS
- LIFESTYLE
- PHYSICAL
- SPORTS
- THIRTY MINUTES
- WALKING
- YOGA

Words are hidden   and 



# Apple & Cinnamon Muffins

Makes 12 Serves and only 15 minutes of prep time.

## INGREDIENTS

- Oil spray
- 2 ¼ cups wholemeal self-raising flour
- 2 teaspoons cinnamon
- ¾ cup sultanas
- 2 apples, peeled and grated
- 2 tablespoons reduced fat margarine, melted
- 1 ¼ cups reduced fat milk
- 4 tablespoons honey
- 1 egg, lightly beaten
- 1 teaspoon vanilla essence



## METHOD

1. Preheat the oven to 180°C. Lightly grease with oil spray a 12 hole non-stick muffin pan or line with paper cases.
2. Sift flour and cinnamon into a large bowl.
3. Stir in sultanas and grated apple.
4. In a separate bowl, whisk the margarine, honey, milk, egg and vanilla. Add to the flour mixture and stir gently until the mixture is just combined; don't overbeat or the muffins will become tough.
5. Spoon mixture into prepared muffin tins. Bake for 20 minutes or until lightly browned.

# Your Wellbeing

It's normal for people to experience feelings of anxiety, distress and concern during these difficult time. Actively think about how to take care of yourself, consider using the 5 Ways to Wellbeing and use them daily to support your wellbeing,

TAKE NOTICE, BE ACTIVE, KEEP LEARNING, and GIVE and for now CONNECT with others safely by phone and on social media. Please look after yourselves and loved ones and continue to be respectful and kind to everyone.



# We Acknowledge

## ABORIGINAL & TORRES STRAIT ISLANDERS

NDCH acknowledges that our work occurs on the country of the Traditional Owners of the area, the people of Barapa Barapa, Wamba Wamba, Yorta Yorta and DjaDja Wurrung and acknowledge their ancestors who have been custodians of this land for thousands of years.

We acknowledge and pay our respects to their Elders, past and present and, through them, to all Aboriginal and Torres Strait Islander people.



## LGBTIQA+

NDCH proudly supports the LGBTIQA+ communities.



# @ndchvic

FIND US ON SOCIAL MEDIA



If you want to stay up to date on our latest news, events and social happenings find us on social media.

# FLU Clinic

A reminder that our Medical Clinic will again be running flu vaccination clinics.

**YOU MUST ring 5452 1366 to make a booking.**

Free flu shots will be available again this year for eligible people.

Who is eligible for free Influenza Vaccine?

- All children aged six months to less than five years
- All Aboriginal and Torres Strait Islander people aged from six months
- All adults aged 65 years and over
- All people aged 6 months and over who have certain medical conditions which increase the risk of influenza disease complications; for example, severe asthma, lung or heart disease, low immunity or diabetes
- Pregnant women (during any stage of pregnancy).

# Have you changed your Information?

If you have moved, got a new phone number or if any of your personal information has changed and you haven't told us yet, please let our reception staff know so that we can update your records.





# Be Kind and Take COVID-19 Seriously

## Health & Community Services Update



It's a challenging time. A lot of people are feeling uncertain and anxious. It's important we all choose to be kind. Kind to ourselves and kind to everyone around us. The devastating Australian bushfires have shown how generous spirited we are. Please extend this same generosity now to helping to protect others from COVID-19.

While there are many examples of people doing the right thing, there are TOO many examples of people not taking the situation seriously. This puts themselves and those around them in danger of catching COVID-19. PLEASE, PLEASE take this pandemic seriously.

Victoria's COVID-19 cases hit 821 on Monday the 30th of March. Stage 3 Government Restrictions have commenced with indoor and outdoor gatherings limited to two people, excluding members of the same household. All people should continue to use the social distancing recommendation of at least 1.5 metres. Playgrounds, skate parks and outdoor gyms also closed at midnight on Monday.

The Government is telling Victorians – there are only 4 reasons to be out:

- shopping for what you need - food and essential supplies
- medical, care or compassionate needs
- exercise in compliance with the public gathering requirements
- work and study, if you can't work or learn remotely

Follow government and medical advice. This information is designed to try and prevent people from catching COVID-19 and to slow the spread of the virus. This way our hospitals can cope with the severe and life threatening cases that could happen and also care for people who are unwell for other reasons. The advice below is current as of TODAY- it changes, so check updates regularly.

### LOOK OUT FOR VULNERABLE PEOPLE

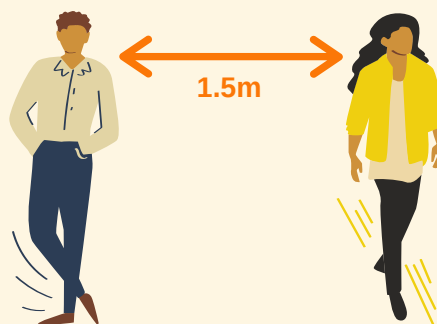
If you know of someone – a family member, neighbour or co-worker who is vulnerable, please check on them by phone or social media. Based on what we know about coronaviruses, those most at risk of serious infection due to COVID-19 and possibly death are:

- people with compromised immune systems (such as people who have cancer or HIV)
- elderly people
- Aboriginal and Torres Strait Islander peoples (as they have higher rates of chronic illness)
- people with chronic medical conditions
- people in group residential settings
- people in detention facilities

### WHO ARE YOU PUTTING AT RISK?

By ignoring the request to practice social distancing you could be putting others at risk. That includes anyone you come into contact with and then the people they come into contact with ESPECIALLY as the COVID-19 spread increases.

**Staying at home can save lives including your own and your loved ones. COVID-19 IS HIGHLY INFECTIOUS, 5 times more than the flu.**



### TESTING

People WITHOUT SYMPTOMS should not be tested. If you think you are at risk but have no symptoms, please choose to self-isolate as a safe guard for the rest of the community.

#### COVID-19 Assessment Centres are located at:

- Bendigo Health - 5454 6000
- Swan Hill District Health - 5033 9300
- Echuca Regional Health - 5485 5000



#### COVID-19 testing locally - you must phone first:

- NDCH Medical Clinic - 5452 1366
- Kerang District Health - 5450 9200

### KEEP UP TO DATE

The management recommendations for COVID-19 are changing fast. It's important to get the right information. If you are not online ask a family member, friend or neighbour to keep you up to date. They may be able to print out information for you. For the most up to date information please check the Department of Health and Human Services website

[www.dhhs.vic.gov.au/coronavirus-covid-19-daily-update](http://www.dhhs.vic.gov.au/coronavirus-covid-19-daily-update)

# Patient Information

34 FITZROY STREET  
KERANG VIC 3579

**(03) 5452 1366**

## DOCTORS

Dr John Shokry  
Dr Megan Belot (On Leave)  
Dr Kashif Surahio  
Dr Ashraf Takla  
Dr Tobi Kupoluyi

## NURSE PRACTITIONER

Mrs Yvonne Fabry

## NURSES

Jenny Brereton RN (Team Leader)  
Beth Dickson RN  
Shannon Laursen RN  
Deidre Lehmann EN  
Cheryl Sarre EN  
Lana Wishart EN  
Michelle Whitelaw EN  
Rosi Bear RN  
Kristen Hipwell  
Leanne Cooke

## ADMIN STAFF

Meryl Metcalfe (Coordinator)  
Nicole Betson  
Jeanette Schmidt  
Nick Keely  
Aliesha O'Neill  
Ros Campbell



## PRIVACY

This practice is committed to maintaining the confidentiality of your personal health information. Your medical record is a confidential document. It is the policy of this practice to maintain the security of personal health information at all times and to ensure that this information is only available to authorised members of staff.

## PRESCRIPTIONS

All patients must be seen for repeat prescriptions. No phone or over the counter prescriptions will be taken. You may need a blood pressure or blood sugar check, or pathology which is ordered by your doctor. This ensures better health care for you and your family.

Scripts for Schedule 8 Medications (and some schedule 4) will not be given at your first consultation and only prescribed when your Doctor establishes your treatment plan with you.

## FEES

All accounts are required to be paid on the day of visit. The standard fee is \$75. Fees vary according to time/or services provided. Your claim will be sent to Medicare electronically who will pay your rebate direct to your nominated bank account. **We are not a bulk billing clinic.**

## AGE & DISABILITY PENSION CARD HOLDERS

Pension card holders will be charged an out of pocket fee of \$30 payable on the day for three visits each calendar year.

## HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$30 Gap Payment each visit instead of the \$75 pay on the day fee.



Online appointments can be made by visiting:  
[www.ndch.org.au](http://www.ndch.org.au)

#### PHONE CALLS

If you need to speak to a Doctor during business hours, your call will be returned at the Doctor's earliest convenience. Please be prepared to leave your contact details with the Medical Reception. If you have an abnormal test result you will be contacted by the Doctor or clinic staff.

#### COMPLAINTS

We welcome your suggestions, complaints and compliments. Complaints should be addressed to the CEO of Northern District Community Health or contact the

Health Complaints Commissioner

on 1300 582 113

or at

Level 26, 570 Bourke Street, MELBOURNE VIC 3001.

#### HOURS AND APPOINTMENTS

Monday to Friday: 8.45am - 5.30pm

Consultations are by appointment only

Double appointment times can be made by request. Please let the staff know if there are any specific needs. We would appreciate early cancellations where possible to allow us to contact other patients we may have on a waiting list.

#### OUT OF HOURS EMERGENCIES

In the event of a medical emergency please ring 000. For urgent after hours care, please attend or call Kerang District Health on (03) 5450 9200.

If you are seen by one of our Clinic Doctors at Hospital, please be aware that a \$50 co-payment will be charged.

## Clinic Services

- GP Consultations
- Health Assessments
- Nurse Practitioner Consultations
- ABI (Ankle-Brachial Index Test)
- Medicals
- Immunisations
- Travel Vaccines
- GP Management Plans
- GP Mental Health Plans
- Specialist Referrals
- Ear Wash
- Skin Check Biopsy & Excision
- Cryotherapy
- Diathermy
- Spirometry (Lung Function Test)
- 24 Hour BP Monitoring
- 24 Hour Heart Monitoring
- ECG (electrocardiogram)
- Hearing Aid Specialist
- Telehealth Services
- Psychologist
- Cardiologist

**Procedures do incur a practice fee.  
Please contact our Medical  
Receptionists for appointments  
and further information on  
(03) 5452 1366.**



# Contact Us

## KERANG

Community Health  
24 Fitzroy Street  
Monday to Friday 8.30am to  
5.00pm  
Phone: 03 5451 0200  
Fax: 03 5452 2486  
Email: [info@ndch.org.au](mailto:info@ndch.org.au)  
SMS: 0428 575 597

## Medical Clinic

34 Fitzroy Street  
Monday to Friday 8.45am to  
5.30pm  
Phone: 03 5452 1366  
Fax: 03 5450 3232  
Email: [clinic@ndch.org.au](mailto:clinic@ndch.org.au)

## COHUNA

25 King Edward Street  
Monday to Friday 9.00am to  
4.00pm  
Closed 12 Noon to 1.00pm  
Phone: 03 5451 0250

## PYRAMID HILL

12 Victoria Street  
Monday to Friday 9.00am to  
10.00am  
(other times by appointment)  
Phone: 03 5455 7065

## BOORT

119-121 Godfrey Street  
Open by appointment only  
Phone: 03 5451 0260

## QUAMBATOOK

33 Mildred Street  
Tuesday and Friday  
9.00am to 10.00am  
(other times by appointment)  
Phone: 03 5457 1300

We also have Shared  
Professional Spaces in  
Koondrook, Charlton, Sea Lake,  
Donald and Wycheproof.



# NDCH

# Thanks For Reading

[www.ndch.org.au](http://www.ndch.org.au)

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