

RECIPE OF THE MONTH

NOVEMBER WORD SEARCH

Inside This Issue

SMILES 4 MILES IN GANNAWARRA

COVID-19 VACCINE CLINICS

Fully Vaccinated Racing to 90%

In mid-October the Gannawarra Shire passed 95% of people having had their first dose of the COVID-19 vaccination. Not long afterwards, the Loddon Shire also crossed that magic number. Now, both shires have well and truly crossed the 80% FULLY vaccinated mark for people aged 15 years and over.

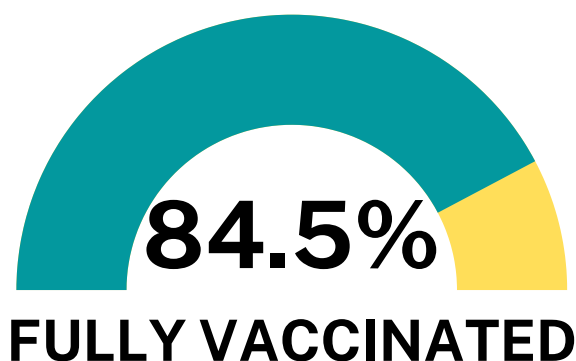
Gannawarra Shire is expected to pass 90% fully vaccinated (having had two doses) before the end of the first week of November. The Loddon Shire is expected to follow very soon after.

This is a great result and proves our communities are committed to protecting ourselves and each other.

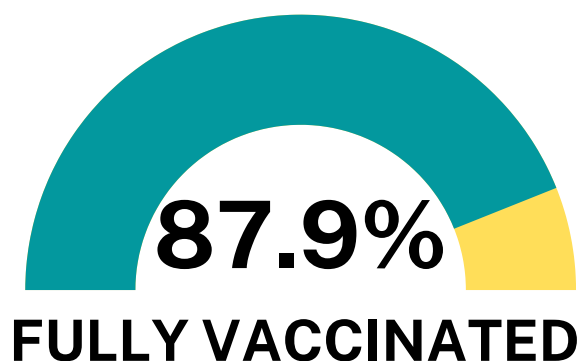
There is a minority of people who cannot be vaccinated due to health issues or risks of adverse reactions from the vaccines. It's important to talk to your doctor about getting the vaccine if you are worried about adverse reactions. If you are yet to get either your first or second dose, it's not too late. Book in to one of the many local vaccination clinics today (see page 3).

Fully vaccinated people aged 15+ as at 1st November 2021:

Loddon Shire



Gannawarra Shire



Christmas is next month. Check your scripts and book ahead now. Avoid the Christmas panic.

We Acknowledge

ABORIGINAL & TORRES STRAIT ISLANDER PEOPLE AND COMMUNITIES

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, present and emerging, and through them, to all Aboriginal and Torres Strait Islander people.



LGBTIQA+ COMMUNITIES

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.

NOVEMBER 2021

Deadly questions .com.au

You ask. Aboriginal Victorians answer.



"What's the role of elders in Aboriginal cultures?"

"Elders look after children, so that their children can seek employment and go to work. So they look after the grannies. We also participate in a lot of committees, with health, education, housing. We're on a lot of boards and we work all the time, almost 24/7.

It's hard work, being an elder and you don't just become an elder.

It makes me feel proud, because I'm an elder, because of the work I do in our Aboriginal community. I love helping people. I love working with children. I have a passion for young children, and I just love the work that I do and feel proud everywhere I go. I do like people calling me Aunty, because to me, it's important that I've earned that.

My parents would be so proud of me today, because I am now an elder. I suppose in a way i'm following in their footsteps. And I just hope that I am doing a good job, just like Mum and Dad did."

AUNTY PAM PEDERSEN

Yorta Yorta



COVID-19 VACCINATION

CLINICS

Check your eligibility for COVID-19 vaccination
covid-vaccine.healthdirect.gov.au/eligibility
1800 675 398

Speak to your GP about any medical concerns

■ **Kerang COVID-19 Vaccination Clinics**

Kerang District Health
WD Thomas Activity Centre, Burgoyne St, Kerang
By Appointment Only
Call the KDH Vaccination line on 5450 8099

■ **Bendigo Health**

113-133 Mollison St, Bendigo
bendigohealth.org.au/registerforvaccine
By Appointment Only
1800 675 398

■ **Cohuna COVID-19 Vaccination Clinic**

NDCH, 33 King Edward Street, Cohuna
By Appointment Only
5451 0200

■ **Kerang Medical Clinic**

47 Victoria St, Kerang
By Appointment Only
5450 8060

■ **Echuca Regional Health**

Vivid Building, 238 High St, Echuca
erh.org.au/covid-19-vaccinations
Pfizer By Appointment Only. AstraZeneca walk in
5485 5000

■ **Boort Community Pharmacy**

108-112 Godfrey St, Boort
AstraZeneca & Moderna available
Walk in available
5455 2044

■ **Boort District Medical Centre**

2 Coutts St, Boort
By Appointment Only
5451 5220

■ **Ochre Medical Centre Cohuna**

111 King George St, Cohuna
Pfizer & AstraZeneca By Appointment Only
5456 2609

■ **Swan Hill District Health**

152 Campbell St, Swan Hill (Tristar Medical Clinic)
www.shdh.org.au
hotdoc.com.au – Swan Hill Respiratory Clinic
By Appointment Only
5033 9968

■ **Mallee District Aboriginal Services**

Kerang 9 Nolan St, Kerang
Swan Hill 70 Nyah Rd, Swan Hill
Mildura 120 Madden Ave, Mildura
By Appointment Only
1800 183 593

■ **Terry White Chemmart**

Kerang 28/32 Victoria St, Kerang
Cohuna 63-67 King George St, Cohuna
terrywhitechemmart.com.au/health-services/covid-19-vaccination
AstraZeneca & Moderna available
By Appointment – limited walk in available



To view all clinics within the local area visit
www.murrayphn.org.au/vaccinationclinics/

Information correct as of October 22 2021

COVID-19 TESTING



Screening and Assessment Clinic

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, should stay home and get tested.

If you feel unwell, do not go to a vaccination centre. Get tested!

STEP 1 – PHONE FIRST

Call the NDCH hotline to discuss your symptoms.
Monday to Friday



STEP 2 – SWABBING CLINIC

Testing is available by appointment only, in Kerang (and other sites as required).

Monday to Friday – call for a time to have your swabbing done

Having a test is free.

This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available. **You must phone first.**

STEP 3 – STAY HOME

After your test, you must stay home until you get your test results back.

If you have symptoms and are unable to travel, Gannawarra Shire Council is providing a transport service to any testing clinics held in Gannawarra townships. Please call 5450 9333 for this service.

Check NDCH Facebook and community newsletters for local testing or vaccination clinics.

Call the Kerang District Health COVID-19 Vaccination Clinic line on 5450 8099 to book in for a vaccination (line open 9am–5pm Mon–Fri).

Check your vaccine eligibility at: <https://covid-vaccine.healthdirect.gov.au/eligibility>

Common symptoms of Coronavirus:

Temperature

Including fever or chills



Breathing Difficulties

Including breathlessness or sore throat



Fatigue or Tiredness



Cough or Runny/Stuffy Nose



Headache or Body Aches and Pains



Lack of Taste or smell, Nausea, Vomiting, Diarrhoea





SMILES 4 MILES

GANNAWARRA SHIRE CASE STUDY

Background



The Smiles 4 Miles Program is an oral health promotion program developed by Dental Health Services Victoria (DHSV) for Kindergarten aged children. The program focuses on three key messages; drink well, eat well and clean well. It is delivered in partnership with Gannawarra Shire and Northern District Community Health in Leitchville, Cohuna, Koondrook and Kerang Kindergartens.

Oral Health Profiles developed by DHSV in partnership with the VDHHS show Gannawarra Shire's hospital admission rates for dental conditions in children aged 0-9 years have decreased from 11.8 in 2017-2018 to 8.5 in 2018-2019.

WHAT WERE THE PROGRAMS AIMS?

Helping Gannawarra families establish sound oral health and healthy eating habits. By forming good habits early in life we give children the best chance of maintaining good oral health in adulthood.

WHAT DID THE PROGRAM DELIVER?

- 318 children received toothpaste and toothbrushes in 2021
- Parents/Carers were provided with Smiles 4 Miles newsletters
- All staff were provided with Smiles 4 Miles refresher training
- Educational resources were provided for educators, children and families
- All Kindergartens participated in learning experiences and family engagement activities related to the three key messages; drink well, eat well and clean well



HEALTHY FOOD COLLAGE



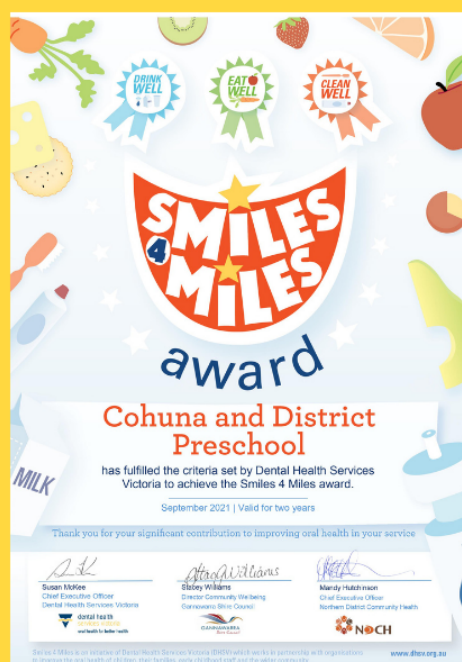
NEWSLETTERS

More information:



WHAT DID THE PROGRAM ACHIEVE?

All Kindergartens in the Gannawarra Shire received the Smiles 4 Miles award!



WHAT NEXT?

All Kindergartens will be invited to participate in 2022, and will work on maintaining their Smiles 4 Miles award status. Cohuna, Kerang and Koondrook will work towards the Achievement Program's Healthy Eating award (Leitchville is already awarded). We will continue to support the Gannawarra cluster and continue to evaluate it's impacts.

More information:



@ndchvic
@dentalhealthvic



dental health
services victoria
oral health for better health



NDIS SUPPORTS - PAEDIATRIC PHYSIOTHERAPY (0-17 YEARS)

For children and young people with physical and gross motor skill related concerns including (but not limited to) activities such as rolling, sitting, crawling or walking in infants, and walking, balance and coordination issues in toddlers, older children and young people. For children and young people with a NDIS Plan that has **Physiotherapy – Assessment, Recommendation, Therapy and/or Training (including Assistive Technology)**.

Physiotherapy can also help children and young people with:

- Cerebral palsy (CP) or at risk of CP
- Gross developmental delay,
- Acquired brain injuries,
- Cardio-respiratory conditions
- Rehabilitation following injury or surgery.

This support can be provided in a range of settings including the clinic, at home, school, childcare or at the pool. Katie is dedicated to providing excellent, goal directed and family focused evidence-based physiotherapy to children, young people and their families in a fun and supported environment.



Physiotherapist, Katie Hepburn has worked and trained across a range of health services including The Royal Children's Hospital, Monash Children's Hospital, the Victorian Paediatric Rehabilitation service and St Vincent's Hospital Melbourne.

Katie has completed training in infant development assessments and additional training with Monash University, the Australian Physiotherapy Association and the Australian Bobath Neuro-Development Therapy Association.



NDCH is a registered NDIS provider accredited against the NDIS Practice Standards



www.ndch.org.au



ndis@ndch.org.au



(03) 5451 0200

Book Ahead for Your Doctor's Appointment

We don't always know when we're going to need a doctor. Sometimes we get sick and there's no planning ahead for that. But, if you need scripts renewed regularly or need to have tests or assessments at a certain time, please remember to book ahead. Especially with scripts, it's essential to book ahead before you run out. That way you don't miss out on timely refilling of your medication. Then, when you do become unwell, those last minute appointments will be available.

NDCH November Word Search

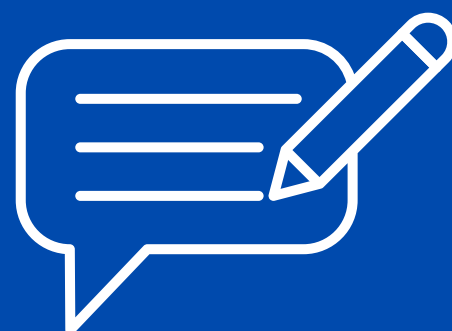
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I	I	N	S	A	W	U	H	O	R	S	E	S	U
M	V	G	S	B	E	N	L	P	H	B	N	S	C
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G	E	S	R	O	T	C	E	R	I	D	D	E	S

AGM
WEEDING
FRIENDS
PODIATRY
DIRECTORS
SCHOOL
COUNSELLING
BOARD
WARM
RACING
HORSES
ANNUAL REPORT
MELBOURNE CUP
GUNBOWER
NOVEMBER
FAMILY
BARBECUE
PLANNING
RIDING
EXAMS

Has your Information changed?

If any of your personal information has changed, we need to update our records.

Please let our reception staff know so that we can do that for you.



Minty green quinoa & brown rice salad



Serves: 4 **Time to make:** 15 minutes

Recipe from Dietitians Australia

INGREDIENTS

- 250g cooked Quinoa & Brown Rice*
- 1 cup green peas (+/- snowpeas, green beans, any greens!)
- 1 medium zucchini halved lengthwise and sliced
- 1 avocado, diced
- 100g reduced fat Danish feta crumbled
- ¼ cup chopped fresh mint leaves
- ¼ cup shaved almonds
- Spray olive oil

For Dressing:

- 50 mL extra virgin olive oil
- 1 tsp Dijon mustard**
- Juice and rind of 1 lemon
- Sea salt & cracked black pepper to taste

** Although not as cost effective as cooking from scratch, the 90 second microwaveable rice & quinoa packs available at most supermarkets are useful for busy people.*

*** For those with coeliac disease: be sure to check the label to choose a gluten free mustard.*

NUTRITION INFO

- Energy 1732 kJ (414 calories)
- Protein 10g
- Total Fat 29g
- Carbohydrates 24g
- Saturated Fat 6g
- Sugars 4g
- Dietary Fibre 9g
- Sodium 374mg

INSTRUCTIONS

1. Heat a dry, small pan on med heat and lightly toast almonds. Remove from pan & set aside.
2. In same pan lightly fry zucchini in spray olive oil. Set aside.
3. Cook the quinoa and rice in the microwave, as per the portion instructions. Alternatively, this can be cooked from scratch.
4. When all components cool, combine quinoa/rice, all green vege, feta and mint leaves (reserving a small amount of feta and mint).
5. Combine dressing ingredients in a small jug with a fork then mix into salad.
6. Serve with the toasted almonds and an extra sprinkle of mint and feta.

Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Kashif Surahio
Dr Tobi Kupoluyi

NURSE PRACTITIONER

Mrs Yvonne Fabry

NURSES

Jenny Brereton RN (Team Leader)
Shannon Laursen RN
Kristen Hipwell EN
Rosi Bear RN
Lana Wishart EN
Leanne Cooke EN
Michelle Whitelaw EN
Narelle Weekley RN

ADMIN STAFF

Meryl Metcalfe (Coordinator)
Nicole Betson
Jeanette Schmidt (on leave)
Aliesha O'Neill
Leonie Garner
Nick Keely



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 \$80. 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 \$40 payable on the day for three visits each calendar year.

HEALTHCARE CARD HOLDERS

Healthcare card holders will be asked for a \$40 Gap Payment each visit instead of the \$80 pay on the day fee.



Online appointments can be made by visiting:
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
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

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
Mon, Wed 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

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*Although funding for this nursing and allied health service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

