



BONE DENSITY SCANNING

Inside This Issue

HEALTHY HEARTS AND LUNGS

NAIDOC FLAG RAISING

Let's Talk Tactics

The Tactics for Tough Times program works with local businesses, service providers and communities across the four shires of Swan Hill, Gannawarra, Buloke and Loddon.



Our Project Coordinator Paul Lacy runs the project which is designed to increase the capacity of our community to look out for each other. We would like more people to know what services and support options are available to farmers and businesses during stressful times.

A feature of the program is a 30 minute session delivered on site at local businesses. This session aims to upskill staff with a range of tools and referral options. These can be used to support a conversation with farmers they work with who they might be concerned for.

There can be many reasons why someone doesn't access the support they might need. This program gives local people a good working knowledge of regional, state and national services that can support farming families.

If a colleague, neighbour, team mate, client, friend or relative is going through a tough time, we want to help. But, it can be a tough conversation to have. The Tactics for Tough Times program helps people have this important conversation.

For more information about the program contact the NDCH Kerang Office on 5451 0200.



We are a registered NDIS provider

Our NDIS registered services include

- Occupational Therapy
- Community Nursing Care
- Podiatry
- Dietitian
- Speech Pathology
- Physiotherapy
- Support Coordination
- Early Childhood Supports
- Group Programs

To be eligible for the NDIS, you need to

- Have a permanent disability that makes every day things really hard;
- Be under 65 years of age; and
- Be an Australian citizen or hold a permanent visa or a Protected Special Category visa.

Driving Success for Learners



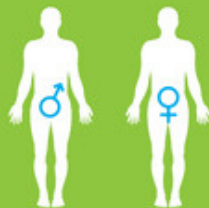
'How to Survive – Learning to Drive was held in Kerang recently and was rated as a huge success.

The night saw 15 attendees receive a presentation on topics such as how to best supervise your learner driver, the safest cars to drive and the staged approach to learning to drive. Phil Tennant from the Gannawarra Shire did a fantastic job presenting. Phil was supported by local driving instructor, Amanda Gibbons and a representative from VicRoads.

Everyone enjoyed learning new tips and tricks. This is a valuable program that we hope to run again in the future.

BRITTLE BONES?

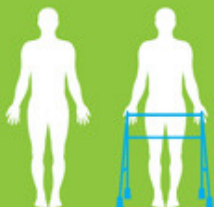
Osteoporosis affects men and women.



In the next 10 years: 30% of fractures will occur in men.
70% will occur in women.

DID YOU KNOW?

after a hip fracture:



1 in 2 people will never regain full mobility



1 in 4 people may require long term nursing home care

HELP PREVENT THIS WITH A FREE* BONE DENSITY SCAN

*Bulk billing available with a doctor's referral for those over 70 years of age or certain medical conditions. Discuss this with your GP.

We will be scanning at NDCH Medical Clinic on:

19 August 2019 to 23 August 2019

Diagnosing osteoporosis in Regional Australia –
MeasureUp and Osteoporosis Australia working together



P 1800 10 11 63 (freecall)
E info@measureup.com.au
www.measureup.com.au

f fb.me/measureup



@_measureup



@measureup_hq

The Measure Up Bone Density van will be visiting our Medical Clinic from the 19 to 23 August 2019. Patients aged over 70 and other patients with certain medical conditions are eligible for this free service. Patients must have a referral from a doctor.

To make an appointment to get a referral contact the clinic on 5452 1366.

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, Wemba Wemba, 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.



LGBTIQ+

NDCH proudly supports the LGBTIQ 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.

JULY 2019

KERANG NAIDOC FLAG RAISING

8 July 2019
10.00am

**Mallee District Aboriginal Services
9 Nolan Street Kerang**



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.

PAGE 4

Charity Register

As we are a not-for-profit organisation a majority of our income is raised through funding, fundraising and donations.

Demand for our services has continued to increase and Government funding does not fully cover the costs of providing all services. We need your help to achieve our goal of supporting the community to achieve better health outcomes.

If you would like to make a tax deductible donation to NDCH, please have a chat with one of our staff or visit our website at www.ndch.org.au/donations.

Recent Donations have been recieved with thanks from:

- Private Donation - \$100
- Gannawarra Giving Account - \$100



Healthy Hearts and Lungs

During May & June, Sara McNeil & Kathryn Robson (pictured right) have been running our 6 week Healthy Hearts & Lungs Program.

The program consisted of a Pulmonary (lungs) and a Cardiac (heart) Rehabilitation Program.

Attendees took part in individual and supervised exercise training as well as more specific education sessions.

We have received some fantastic feedback from the clients that participated in the program including:

"The attention we received from the girls was terrific because they kept an eye on us all the time to make sure we were okay health wise."

"The two teachers were very good and knowledgeable."

We look forward to running more of these programs in the near future.



**HEALTHY
HEARTS
& LUNGS**
GANNAWARRA
& LODDON

Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

Dr John Shokry
Dr Megan Belot
Dr Kashif Surahio
Dr Ashraf Takla

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

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.hotdoc.com.au/medical-centres

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 Lesion Biopsy & Excision
- Cryotherapy
- Diathermy
- Spirometry (Lung Function Test)
- 24 Hour BP Monitoring
- 24 Hour Heart Monitoring
- ECG (electrocardiogram)
- Cardiologist (Visiting Specialist)
- Psychologist (Visiting Specialist)
- Geriatrician (Visiting Specialist)
- Hearing Aid Specialists

**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
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

NDCH acknowledges the support of the Victorian Government. NDCH is supported by funding from the Victorian Government under the HACC Program.

NDCH is supported by the Australian Government Department of Health.

*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.



*together we are creating a
healthy workplace*

achievement
program

