



MOVING FORWARD PROGRAM

RECIPE OF THE MONTH

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PUZZLE YOURSELF

COVID-19 Vaccinations

The Australian COVID-19 vaccination program has begun. The roll out will happen in stages as more vaccine is made. First, the vaccine is being provided to the most at-risk groups.

This includes:

- aged care and disability care residents and workers
- frontline healthcare workers
- quarantine and border workers.

You can use the Australian Government's online eligibility checker at <https://covid-vaccine.healthdirect.gov.au/eligibility>

The vaccine will become available to everyone.

The vaccine is safe, effective and free. It will help protect you, your family and the wider community. The vaccine will stop people getting critically ill and will keep our community out of hospital, intensive care beds and off ventilators.

It is important to remember that it is not a silver bullet. It will reduce transmission and the risk of serious illness, but people can still get COVID-19 so we must remain COVID safe. To stop the spread and protect others, we all need to continue to:

- Practise good hygiene
- Practise physical distancing
- Follow the limits for workplaces and public gatherings

It is important to stay informed. You can stay up to date on news and latest information about COVID-19 vaccines in Australia by subscribing to the Australian Governments Vaccines email list at www.health.gov.au/initiatives-and-programs/covid-19-vaccines/subscribe-to-covid-19-vaccines-updates



COVID-19
VACCINATION
Safe. Effective. Free.

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, present and emerging, 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.

MARCH 2021

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.



Our Customer Engagement Team



On the phone or when you drop in. Local people - local community health services.

You may know some of us from school, the footy or as someone's mum. But we're here to help you in whatever way we can. Privately. In confidence.

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.

STEP 1 – PHONE FIRST

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



03 5452 1366

STEP 2 – SWABBING CLINIC

Testing is available by appointment only, in Kerang.
Monday to Friday daily from 9.30am

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 the NDCH Facebook page and community newsletters for information about pop-up testing clinics in the Gannawarra Shire in the coming weeks.

Common symptoms of Coronavirus are:

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





A group program helping people move
toward the life they want.

MOVING FORWARD

Recovery & Support Program

For people with alcohol and other drug issues or
mental health issues as a result of alcohol and
other drugs use.



Run by a qualified Alcohol &
Other Drugs Worker.

Set goals. Build confidence,
acceptance and courage.
Learn how to let go of
things we cannot change.

For more information or to book in
contact Bimal or Kelsey:
5451 0200 or info@ndch.org.au

Welcome to Autumn

The start of March brings with it a new season. As the weather slowly starts to get cooler, it's also when we start to think about how to we can eat well to keep well.

Increasing the number of fruits and vegetables you eat is a great way you can look after your health! These are packed full of vitamins and minerals to help keep your body feeling its best. Be sure to choose produce that is in-season – as this is when they are likely to be cheaper and packed full of flavour! Some examples of in-season autumn vegetables include broccoli, cauliflower and carrots. Keep an eye out for fruits like apples, grapes and pears.



Looking for ideas of how to cook with a range of fruits and vegetables? Be sure to check out Dietitians Australia's Smart Eating Recipes: <http://dietitiansaustralia.org.au/.../smart-eating-recipes/>



International Women's Day

8 March 2021

A challenged world is an alert world and from challenge comes change. So let's all choose to challenge. How will you help forge a gender equal world? Celebrate women's achievement. Raise awareness against bias. Take action for equality.

Find out more at www.internationalwomensday.com/

Puzzle Yourself

- Fill in the missing numbers
- The missing values are the whole numbers between 1 and 9.
- Each number is only used once.
- Each row is a math equation.
- Each column is a math equation.
- Remember that multiplication and division are performed before addition and subtraction.

Solution on Page 9

	×	8	-		51
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-		-		+	
	×		-		-5
9		23		16	

Tips for Good Sleep

ZZZ

Before bed, try engaging in quiet activities

- Reading
- Yoga
- Colouring
- Puzzles
- Writing
- Bath/Shower



Create a bedtime routine

- Have a bath
- Put Pj's on
- Brush teeth
- Go to the toilet
- Read a book
- Sleep time

Create a positive sleep environment

- Not too hot or cold
- Dark
- Quiet
- Comfortable



During the day eat healthy and move your body

Each day aim for

- 2 pieces of fruit
- 5 serves of vegetables
- 60 minutes of physical activity

Keep electronic devices out of bedrooms

- Have at least one hour before bed without devices

Get Active Victoria Vouchers

The Get Active Victoria Kids Voucher Program helps eligible families get their kids involved in organised sport and recreation. The vouchers reimburse the cost of membership and registration fees, uniforms and equipment. Eligible children may be able to receive up to \$200 each.

To apply for a Get Active Kids voucher you must be:

- the parent or legal guardian, temporary foster or kinship carer of an eligible child,
- the holder of a valid Australian Government Health Care Card or Pensioner Concession Card with named dependant...



<https://www.getactive.vic.gov.au/vouchers/>



Are you involved in farming?

Your health is your #1 asset to you, your family and your farming business.. Injuries and poor health not only affect you, they affect your family and can compromise your business's productivity and profitability.

An AgriClinic is conducted by a qualified health clinician specialising in agricultural health and medicine and who is familiar with farming practices.

Participating in an AgriClinic is easy - just book and invest 90 minutes of your time. During your AgriClinic assessment, our friendly and professional health clinicians will undertake the following test:

- Blood glucose testing
- Blood cholesterol testing
- Blood pressure check
- Body mass index calculation
- Respiratory testing
- Hearing screening
- Skin examination
- Vision testing
- Urine testing
- Screening for agrichemical exposure (anticholinesterase)
- Fit testing of mask or respirator
- Occupational risk surveying and assessment

Your agriClinic clinician will guide you through the tests, explain your results and provide information and education. All your information remains private and your clinician may refer you to a GP, specialist or allied health service for further assessment and support.

Where do we visit?

Kerang - Cohuna - Quambatook - Boort - Pyramid Hill

At NDCH we know that our farmers are unique...and so are their health needs.



NDCH

an affiliate of



www.ndch.org.au

By appointment only

03 5451 0200

info@ndch.org.au

Staff Profile

Meet Rachel, our newest addition to the Customer Engagement Team!



- **What's your name?** Rachel Leeder
- **What's your title?** Customer Engagement Team Member
- **How did you end up in this role?** NDCH has always appealed to me for being a company with a good reputation with a friendly team and rewarding career. I had been keeping an eye out for Admin work with the company for a while after I decided to move back to Cohuna to be close to family and friends. As soon as the Customer Engagement position was advertised on the NDCH website – I dived on it and was very grateful to hear from Brad & Jodi.
- **What is a typical day like?** Every day seems to be different so far. Learning new things and facing different challenging issues. Some days seem to be busier than others depending what functions are on and how many clinicians are working out of the Kerang Office.
- **What's a common question you get from others about your role?** Are you the new girl? Where is Helen?
- **What do you like most about your job?** Being surrounded by friendly and supportive staff and learning new things each day.
- **Where did you go to school?** Started school in Casterton then moved to Cohuna and completed the rest of primary and secondary school there.
- **What do you like to do when you aren't working?** Spending time with friends and family. Going out for coffee. Reading.
- **What three items can you not live without?** Phone. Prescription glasses. Purse
- **What three words would you use to describe NDCH?** Friendly. Rewarding. Supportive.
- **If you could swap jobs for a day, what other role would you like at NDCH and why?** I would like to be a Dietitian. I think it would be interesting learning how to balance a daily nutritional healthy lifestyle for myself and to also be able to share that knowledge with others.

Chicken Kiev

Makes 4 servings

INGREDIENTS

- 4 x 150g chicken breast fillets
- ½ cup ricotta cheese
- 1 large clove garlic, minced
- ½ teaspoon zest of lemon
- ¼ cup flour
- 1 tablespoon trim milk
- 1 egg
- 1 ½ cups fresh breadcrumbs
- ¼ cup finely-chopped fresh herbs such as chives, parsley
- 6 cups steamed green beans, to serve
- 600g steamed new potatoes, to serve



METHOD

1. Preheat oven to 180°C. Cut a pocket into the thick side of each chicken breast, being careful not to cut all the way through. Place ricotta, herbs, garlic and lemon zest into a small mixing bowl and stir until well combined. Season with freshly ground black pepper. Stuff each pocket with one-quarter of the ricotta mixture.
2. Place flour in a shallow bowl. In a second bowl, lightly beat milk and egg together and place breadcrumbs in a third bowl. Dip a piece of chicken into flour to coat then into egg mix then breadcrumbs. Repeat with remaining chicken.
3. Spray a large non-stick frying pan with oil and place over a high heat. Cook chicken for 2 minutes each side or until golden brown. Remove from pan and transfer to a large baking tray lined with baking paper. Bake for 12 more minutes or until cooked through.
4. Thickly slice chicken and serve with beans and potatoes.

7	x	8	-	5	51
+		x		+	
6	÷	3	-	2	0
-		-		+	
4	x	1	-	9	-5
9		23		16	

Puzzle yourself solution

Patient Information

34 FITZROY STREET
KERANG VIC 3579

(03) 5452 1366

DOCTORS

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

ADMIN STAFF

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



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

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
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

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