



WORKING AND LEARNING FROM HOME TIPS

RECIPE OF THE MONTH

# Inside This Issue

COVIDSAFE APP

FIVE WAYS TO WELLBEING

## Our COVID-19 Screening and Assessment Clinic

Together with Gannawarra and Northern Loddon Health Services we have opened a COVID-19 Screening and Assessment Clinic. We have worked closely with the State government and hope the Screening and Assessment Clinic will support the current plan to test more people to assist in assessing how wide-spread COVID-19 is in Victoria. This will hopefully provide evidence to support a staged reduction in the isolation restrictions.

The clinic is available to test anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat.

Patients who meet the following clinical criteria should be tested:

- Fever, breathing difficulties, breathlessness, cough, sore throat, fatigue or tiredness.

Clinical symptoms consistent with COVID-19 included headache, myalgia, runny or stuffy

nose, anosmia, nausea, vomiting and diarrhoea.

The community is still urged to contact their local medical clinic if they were unwell and to support their management of a chronic disease.

The clinic's Triage Service will operate from 9.00am to 12 Noon, Monday to Friday. Contact must be made by phoning 5451 0200. Each caller will be assessed by a clinician and provided with appropriate advice and to present to swabbing clinics available in Cohuna, Boort, Koondrook, Pyramid Hill and Kerang, by appointment only.

NDCH are grateful to the Project Control Group overseeing the SAC Clinic with representatives from Kerang District Health, Cohuna District Hospital, Boort District Health, Gannawarra Shire Council, Department of Health and Human Services, Murray PHN and local GP Dr Megan Belot.

# COVID-19



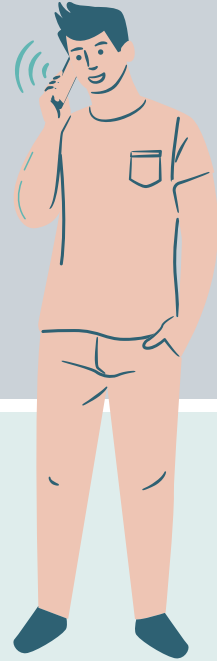
## Screening and Assessment Clinic

Help us flatten the curve. Please give us a call and book in to be swabbed.

### STEP 1 – PHONE FIRST

Please contact the Triage Clinic by phone to discuss your symptoms.

This service is available  
Monday to Friday – 9.00am to 12 Noon



### STEP 2 – SWABBING CLINIC

This service is available by appointment only, in Kerang, Cohuna, Boort, Pyramid Hill and Koondrook.

Monday to Friday – In the afternoon

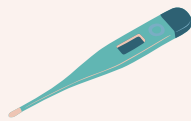
This is **NOT** a standard Medical Clinic service. Walk up appointments are **NOT** available.  
**You must phone first.**

Anyone who has any symptoms, no matter how mild, such as a runny nose or scratchy throat, is encouraged to get a test.

## 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, Nausea, Vomiting, Diarrhoea





## Connect

Phone that friend or family member you have been missing. Use social media to keep up to date with all the latest local news or send good old snail mail to younger family members who may be at home schooling away from all their friends.

## Give

Offer to help (where safe) vulnerable neighbours or family members with tasks such as groceries.

## Take Notice

The seasons are changing. Notice the changes to flora and fauna. Or perhaps you have noticed all the people out walking and getting their daily exercise.



## Keep Learning

Watch a documentary or complete an online course that you may have been considering. Read a book that you have always wanted to read but never had the time.

## Be Active

Going out for a walk/run/cycle is one of the few reasons to leave the house at the moment and a great way to stay fit and healthy-both physically and mentally-during these times of COVID-9 restrictions.

# Mum's the Word

Mother's Day, on Sunday, 10 May is an opportunity for families to show their appreciation for the amazing mother's in their lives.

How words can you find below?

## WORD SEARCH



Words are hidden



- APPRECIATION
- BREAKFAST
- BUY LOCAL
- CELEBRATE
- CHOCOLATE
- FAMILY
- FLOWERS
- GIFTS
- GRANDMA
- HOMEMADE
- JEWELLERY
- KIDS
- LOVE
- MOTHER
- MUM
- MUM
- SPECIAL
- SPOIL
- SUNDAY

## 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.



# Blueberry-Lemon Ricotta Pound Cake

Makes 8 servings

## INGREDIENTS

- $\frac{3}{4}$  cup granulated sugar
- 5 tablespoons unsalted butter, at room temperature
- 3 large eggs, at room temperature (see Tip)
- $\frac{3}{4}$  cup part-skim ricotta cheese
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice plus
- 1 teaspoon, divided
- 1 teaspoon vanilla extract
- 1  $\frac{1}{2}$  cups white whole-wheat flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 2 cups fresh blueberries
- 2 tablespoons packed confectioners' sugar



## METHOD

1. Preheat oven to 350 degrees F. Coat a 9-by-5-inch loaf pan with cooking spray and line the bottom with parchment paper.
2. Beat sugar and butter in a large bowl with an electric mixer on medium-high speed until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce the mixer speed to medium-low and beat in ricotta, lemon zest, 2 tablespoons lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over the flour. With the mixer on low speed, beat until almost combined. Add blueberries and gently fold into the batter. Transfer to the prepared pan.
3. Bake the cake until starting to brown around the edges and a tester inserted in the center comes out clean, about 1 hour. Let cool in the pan on a wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert it onto the rack. Carefully turn it right-side up. Let cool completely.
4. Clean the bowl, add confectioners' sugar and whisk in the remaining 1 teaspoon lemon juice until smooth. Brush the glaze on the cake.

## Tips

- Make Ahead Tip: Wrap cooled cake airtight and store at room temperature for up to 1 day; glaze shortly before serving.
- Room-temperature eggs make cakes fluffier. Here's a quick trick--place them (in the shell) in a bowl of lukewarm water for about 5 minutes.



# Tips from Our Occupational Therapist

Our Occupational Therapist, Zoe Treacy, has some great advice for everyone working and learning from home.

## Choose a Nice Chair

Try and use a chair that supports your spine. Support around your lower back can help you sit up straight. If you have a chair without support, try rolling up a towel and placing it in the lower curve of your back. A height adjustable chair is also good. If you don't have one try using a firm cushion to sit higher.



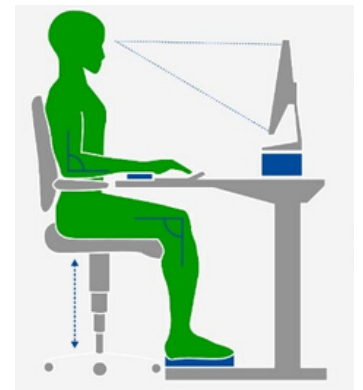
## Position

When sitting at your desk keep your wrists straight and your arms at or below elbow level. Have your knees in line with your hips and your feet touching the floor. Adjust your chair to your desk - if your feet don't reach the floor, put a box or books under them.



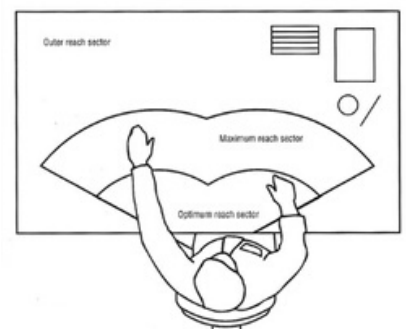
## Elevated Computer Screen

You don't need a fancy stand. Use something from home – a ream of paper, a box or a folder. Stretch your arms in front of you, and that is where you want your screen to sit. The top third of the screen should be at your eye level. If you are using a laptop you will need to have a separate keyboard and mouse so that you are not reaching up.



## Most Used Items

Keep your most used items close by so that you don't have to keep reaching. Pen and paper, phone, keyboard and mouse. Stand up to reach anything that cannot be reached while sitting down – use this time to go for a walk around the house, pretend it is the walk to the printer or scanner in the office.



# 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.

# COVIDSafe App

The COVIDSafe app is part of the Government's work to slow the spread of COVID-19. Having confidence they can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

The COVIDSafe app helps find close contacts of COVID-19 cases. The app helps state and territory health officials to quickly contact people who may have been exposed to COVID-19.

The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians.

For more information visit <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>



# THE FLU VACCINE

## YOUR BEST SHOT AT STOPPING THE FLU



The **FREE FLU VACCINE** is available for:

- pregnant women • people aged 65 years and over • people with certain medical conditions
- Aboriginal and Torres Strait Islander people aged 6 months to five years and 15 years and over

Flu shots are very important and all community members are encouraged to get them now. While getting vaccinated against the flu won't protect against Coronavirus, it will help protect against the most severe influenza virus strains expected to circulate in the community.

Residents can book in to be immunised against influenza by contacting our Medical Clinic on 5452 1366.



# Some Helpful Tips... For Learning from Home

Most children will be learning from home for now. Here are some helpful tips for you and your kids as you continue to navigate this tricky time.

## **Relax**

Don't put pressure on yourself to replace your child's teacher. Be there for your child if they need help.

## **Be Realistic**

Remember that it is ok for your days to not go as planned. Some days are harder than others. Do the best you can and ask for help if you need it.

## **Routine**

Hopefully you have settled into a new routine. Try to maintain this. Make sure you have breaks - eat, exercise and play outside.



## **Check In**

Are you asking your child each morning and afternoon how they are feeling? Take an interest in what they are learning. Check in with your child's teacher.

## **Learning Space**

Do you have a learning space for your child that is quiet and comfortable? Try to reduce as many distractions as possible.

## **Activities at Home**

Have you been using everyday activities at home as learning opportunities? Think cooking, cleaning, gardening, board games and puzzles. They involve maths, problem solving and logical thinking skills. So valuable!



# 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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\*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.

