

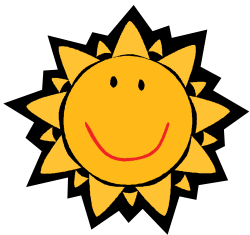
HACC Happenings

Hello from Fiona

Welcome to 2010, I trust everybody enjoyed their Christmas with family and friends. This year I intend to revisit as many clients of our HACC services as possible. If you have a change in your health condition or home situation, be it either temporarily or permanently it is important to make contact with me so that I can do a home visit and review the services you are receiving to continue maintaining your independence at home.

For those that are in the caring role there are many and varied types of support for you to maintain your valuable role as a carer. Please feel free to ring me and discuss these options at any time— contact details on the back.

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Carers Luncheon &

Workshop

When: Tuesday 23rd February

At: 12 noon

Commencing with lunch

Where: Conference Room

Fire Station, Timboon

Cost: No costs

All Carers welcome

Bookings: Fiona 55586033

Key Websites

- **Centrelink**
www.centrelink.gov.au
- **Dept of Families, Housing, Community Services & Indigenous Affairs**
www.fahcsia.gov.au
- **Department of Veterans' Affairs**
www.dva.gov.au
- **Department of Health & Ageing**
www.health.gov.au
- **Medicare Australia**
www.medicareaustralia.gov.au

**Exercise Classes
available at
Timboon & District
Healthcare
Service**

Gentle Exercises each
Tuesday between
10.00—11.30am

Tai Chi each Tuesday
between 12.00—1.00 pm &
1.00—2.00pm and Friday
between 11.00—12.00am.

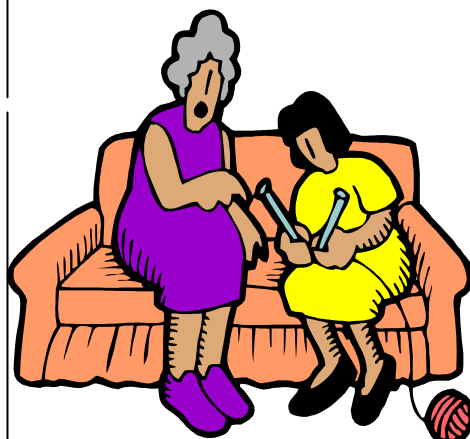
Strength Training each
Monday 9.00—10.00 &
Friday 10.00—11.00am.

Invite a friend along
**ALL CLASSES ARE-
FREE OF CHARGE**

Come on what are you
waiting for?

**PLANNED ACTIVITY GROUPS
(Day Centre)**

These groups are run two days a week to assist in an individual's ability to live at home & in the community. A planned program of activities are designed to enhance skills for daily living and providing physical, intellectual, emotional & social



stimulation. Much social interaction as well as respite and support for carers is had at these groups.

Groups run from 10.00am to 3.00pm. Transport is available to these groups for everyone. Each day includes Morning Tea, a 2

course home cooked lunch Afternoon Tea and activities. Daily fee is \$6.50

OPEN DAYS AT THE DAY CENTRES

Cobden—Wednesday 17th February

Timboon—Friday 19th March

Everyone is welcome to come & have a look!!

MENS SHED

We are having a meeting of all men interested in a Mens Shed starting in Timboon

When: Thursday 18th February

At: Timboon Healthcare

Time: 1.00p.m.

Enquiries to Sheryl O'Connor 55586049



Respite Breaks

Access to regular respite breaks for carers, and those they diligently care for, should not be regarded as a luxury but an absolute essential.

Even one week a year relieved of the duty of care can make a huge difference to the emotional and physical wellbeing of carers - it gives them strength to go on & keep on coping

Further information both residential and in home respite can be sources through Fiona at Timboon & District Healthcare. Contact details on page 4.

Healthcare Equipment Sales & Hire

Omni HEALTHCARE
11 Fairy Street, Warrnambool
Ph: 03 55626966

Hire Equipment includes bathroom & bedroom equipment, walking aids, wheelchairs, seating & pressure equipment
Omni offers a free no obligation trial in the comfort of your own home.

Omni Healthcare takes pride in attending to your needs including product information, quotation, delivery & setup. Prompt after sales service.

Calendar of Events



January 2010

2nd-8th Continenence Awareness Week

3rd-9th Dental Health Week

16th-22nd National Glaucoma Week

February 2010

1st-7th National Asthma Week

6th-12th Massage Awareness Week

14th-20th National Stroke Week

15th-25th Dementia Awareness Week

March 2010

Lymphoedema Awareness
Month

7th

March

Up

Clean
Australia Day

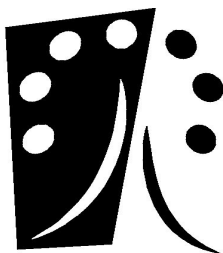


What is a Mens Shed?

- A place to develop new friends and mateship
- Involvement of men with their community
- Open to all men—Dads, Grandads, New dads, Step dads
- A space where men can continue to come & be men
(not everyone likes woodwork!)
- They are focused on physical, mental, social & spiritual activities for men.

"Most of the shadows
of this life are caused
by our standing in our
own sunshine.

-Ralph Waldo Emerson



TIMBOON
AND DISTRICT
HEALTHCARE
SERVICE



If you have a a bit of
news or an article
you would like to
share with others
We would be happy
for your
contribution.

Home and Community Care

FIONA HANEL

Assessment Officer

21 Hospital Road

TIMBOON. VIC. 3268

Phone: (03) 55586033

Fax: (03) 55983565

Email: fhanel@swarh.vic.gov.au

OFFICE HOURS

***** Monday to Friday *****

*****PLEASE NOTE CHANGE*****

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Be Aware, be Prepared & Beat the Heat this Summer.

- **Stay cool indoors:** Insulate your home, External shades will reduce heat gain through windows by 70% Keep your home cool by closing curtains, shutters, blinds & awnings. Lines curtains, close fitting hold-lands & roman blinds are most effective.
- **Stay hydrated by drinking plenty of fluids:** Consume 2-3 litres of water each day during hot weather, drink small amounts every 10-15 minutes. Avoid alcohol, caffeinated or carbonated drinks. Drink cool beverages-try to avoid the use of ice, it can cause cramps.
- **Stay out of the Sun:** Avoid going outdoors between 10am-3pm. If possible avoid going out at this time—reschedule appointments.
- **Eat small meals often:** Eat small meals during the day to assist maintaining body temperature.
- **Wear appropriate clothing:** Wear light coloured and light weight clothing.
- **Stay in touch with family & friends:** Know your neighbours. If you are feeling listless, light headed or have lost your appetite your body is under heat stress—seek medical attention.

