



From the CEO

Welcome to the first edition of our Quarterly magazine. Our aim is to provide you with an insight into the various activities taking place at Timboon and District Healthcare Service on a regular basis.

Different services will be highlighted from time to time. This new format to 'HEY' arises from community consultation undertaken late last year on how to improve communications with the community and promote and advertise upcoming events. You may have already seen our new one page monthly 'What's On', which is distributed on the alternative months to this Quarterly. Also our website has been updated and the 'Quarterly' and the 'What's On' is available on the web – www.timboonhealthcare.com.au Further additions in the coming months are planned for the website which will make it easier to check on upcoming events.

Our staff will continue to provide educational material and hints on staying healthy and maintaining a healthy lifestyle.

We hope you enjoy our new format and we welcome your feedback and advice on any topics or information you might like included.

Janine M. Collins

New staff and changing roles

Health Promotion – Carly Boutcher and Eleanor Marshall

Carly Boutcher has been appointed to a new full-time health promotion position. Carly's role will provide for an expansion of our important health promotion programs throughout Timboon and Cobden district communities.

Eleanor Marshall has replaced Lyn Russell whilst she is on leave.

Diabetes Education – Ingrid Rial

Ingrid completed the diabetes educators course through Deakin University in 2009 and is now the Diabetes Educator for Timboon and Cobden. This role involves seeing patients on a one-to-one basis fortnightly in Timboon and Cobden. She will also be involved in setting up programs for people with diabetes in the community. Ingrid will work with the Cobden diabetes support group and aims to establish a youth group for kids with chronic illness.

A diabetes workshop is to be held on Tuesday 15th April between 10am and 2pm for those with diabetes, family and friends.



Diversional Program Activities – Enid O'Connor

Enid began this role in January. Working two days per week facilitating client centred holistic care which aims to support, challenge, and enhance physical, social, psychological, intellectual, cultural and spiritual well-being of residential and respite clients at Timboon and District Healthcare Service.

Men's Shed – Sheryl O'Connor

Sheryl O'Connor has been employed to facilitate the development of a Men's Shed in Timboon. A Men's shed is a place for men to come together, to capture and share their skills and experiences. It's a place to build the health and wellbeing of men of all ages.

Look in future newsletters for further developments of the Timboon Men's Shed.

District Nursing – Linda McDonald

Linda grew up in Timboon and returns after many years to join our district nursing team as a registered nurse Division 1.

Post Graduate Nurse – Jessica Baker

Jessica has been employed for her postgraduate year to consolidate her university training.

Diversional Program Activities – Enid O'Connor

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Aquazone Bus



Members of the Timboon and district community have been enjoying the weekly challenge of both swimming and aqua aerobics at Aquazone in Warrnambool on a Monday morning.

Currently 14 people make the trip. One of the regular 'exercisers' Elaine Finnigan said that "the group makes you go and it doesn't feel like another car trip to Warrnambool". Paula Steen also likes going on the bus as it "cheaper than driving yourself and you get a longer time in the pool."

So with more room on the bus feel free to make a booking for next Monday.

You could try:

Aqua aerobics class at 10.00am,
Go for a SWIM or work out in the GYM

Bus Departs for Aquazone 9.00 am
Depart home for Timboon at 11.30am
Arrive Timboon approx 12.30
Cost - Aquazone Pool Charges
BOOKINGS ESSENTIAL / Ph: 5558 6049

Timboon Dental Clinic

We welcome the return of a Private Dental Clinic to Timboon as well as Teen Dental and Public School Dental programs to Timboon and District Healthcare Service.

Private Dental Clinic

A private clinic is provided by Dr. Donna Mercado. Dr Mercado is currently director of dental services at South West Healthcare and the three dentists will continue to work in Warrnambool. Dentists will be available every Saturday and every second Friday.

Dr Mercado is only providing a private service in Timboon. Locals wanting a subsidised service will still have to travel to Warrnambool.

The Dental Clinic will provide general restorative work, crown and bridge work, full and partial dentures, extractions, minor surgery, implant restorations and root canal treatment. To make an appointment contact, Timboon and District Healthcare Service on 5558 6049.

Teen Dental Program

Dr Mercado can also provide services under the 'teen dental program' which is an incentive by Medicare to offer every teen with preventative dental care. Local teens are eligible for basic dental care, including cleaning and x-rays which will be reimbursed by Medicare. To make an appointment contact, Timboon and District Healthcare Service on 5558 6049.

Public School Dental Clinic

A Public School Dental Service commenced at Timboon and District Healthcare Service on Tuesday 23rd February as an outreach of South West Healthcare Warrnambool's Dental Clinic. Jenny Juschkat (Dental Therapist) is attending the Clinic, accompanied by a Dental Assistant. The clinic operates every second Tuesday from 9am to 4pm.

Who is eligible to utilise the service and fees involved

1. All preschool aged children
Health care Card holders: No Fee
Non Health Care Card holders: These children are required to pay \$28.00 per child per course of treatment.
2. All school aged children (Grade Prep to 6)
Health Care Card holders: No Fee
Non Health Care Card holders: These children are required to pay \$28.00 per child per course of treatment.
3. Year 7 to 12 and teenagers up to 18 years (and are enrolled in full time studies ie TAFE, (apprenticeship/traineeships), University
Health Care Card holders only: No Fee

The Dental Therapist will NOT see the following patients

1. Persons under the MEDICARE TEEN DENTAL PROGRAM
2. Adult patients (over 18 years old) and not enrolled in full time studies.

Making an appointment / Consent & Permission

Appointments are made by phoning South West Healthcare Dental Clinic 5564 4250. Please make sure that you make it clear to the receptionist that the appointment is for TIMBOON. Please have your current Healthcare Card/Pension Card ready when making the appointment.

A photocopy of the HCC/Pension Card is required at the first appointment to confirm details, together with written parental/guardian permission to have dental treatment done if child is unaccompanied by parent/guardian.

Taking action on diabetes

Diabetes is a chronic condition marked by high blood glucose (sugar) levels.

Blood glucose levels are normally regulated by a hormone called insulin, which is made by the pancreas. Insulin stimulates the body's cells to use glucose as energy. When a person has diabetes, the pancreas doesn't make enough insulin, or the cells don't respond to the hormone. Latest research has shown that in the Australian population aged 25 years or older, 7.5% have diabetes. The risk of diabetes increases with age, from 2.5% in people aged between 35 -45 years to 23.6% in those who are 75. Aboriginal people have one of the highest rates of Type 2 diabetes in the world.

Type 1 Diabetes (Insulin dependent diabetes mellitus)

Is caused by an autoimmune destruction of insulin-making cells in the pancreas, which means insulin is no longer made. Is one of the most common childhood diseases in developed nations. And can occur at any age.

Type 2 Diabetes (non insulin dependant diabetes mellitus)

Is caused by either inadequate levels of insulin or insulin that doesn't work effectively in the body. Most common after the age of 40, although the age of onset can be earlier. Often, but not always, associated with obesity, particularly around the abdomen or upper body. Found in families but no specific genes have been found. Responsible for 85-90 % of all diabetes in developed countries.

Type 2 diabetes is serious and Victoria is in the middle of an epidemic of type 2 diabetes. 375 Victorians develop type 2 diabetes every week. Diabetes is serious and people with diabetes are at risk of developing severe complications such as heart attack, stroke, kidney failure, blindness and amputation. The good news is that type 2 diabetes can be prevented by nearly 60%.

It is important to understand and measure your risk of getting type 2 diabetes. Call in to the Timboon Healthcare Service or www.goforyourlife.vic.gov.au/life, www.diabetesvic.org.au or call 1300136588 for a free test to assess your risk in developing diabetes.

If you score is over 7 you are at risk. All people at risk can be

**REFERRED TO
LIFE – Taking Action on Diabetes PROGRAM.**

Contact Timboon and District Healthcare Service on 5558 6049. Programs will be conducted in both Cobden and Timboon during 2010.

Seasonal Flu Vaccination

The FREE, expanded eligibility for seasonal flu vaccine will commence from March 2010.

People eligible to receive the free vaccine annually from 2010 are:

- 65 years or older
- Pregnant women
- Indigenous people from 15 years of age
- Residents of nursing homes and other long term care facilities
- All people from six months of age and over with conditions predisposing to severe influenza
 - cardiac disease
 - chronic respiratory conditions
 - other chronic illnesses requiring regular medical follow-up or hospitalisations
 - chronic neurological conditions
 - impaired immunity
 - long term aspirin therapy in children

So if you are eligible contact either the Timboon Medical Clinic on 5558 6088 or Timboon and District Healthcare Service 5558 6049 for your FREE flu vaccine.



Timboon Day Centre and Respite Program available to all!

You are invited to discuss the programs at an OPEN DAY

These groups are run two days a week to assist individual's ability to live at home and in the community. There is a planned program of activities to enhance skills of daily living and provide physical, intellectual, emotional and social stimulation. Much social interaction as well as respite and support for carers occurs at these groups. Groups run from 10am to 3pm. Community transport is available. Each day includes morning tea, a 2 course home cooked lunch, afternoon tea and activities. All dietary needs are catered for. Daily fee is \$6.50

Where: Timboon Senior Citizens Building
When: Friday 19th March.
Call in anytime from 10.30 am – 2.00 pm

**Everyone welcome to come
and have a look**

For further information on the Timboon Day Centre or the Cobden Day Centre please contact Fiona Hanel on 5558 6033 who will make arrangement for you to meet up with the Day Centre Coordinators.

Calendar of events / March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Speech, Circuit Strength Training SWIMMING BUS Walking Group Turtles/Hares Walk Rail Trail 10am 1	Tai Chi Gentle Exercises Public Podiatry Tai Chi—come 'n' try Timboon Hall 1—2.30pm 2	Chiropractor Physio Friendlies 3	Bookworms Speech 4	Tai Chi, Circuit Strength Training Physio Public Podiatry Circuit - Bring a Friend 1 -2.15pm 5	Dental 6	7
Public Holiday 8	Tai Chi Gentle Exercises School Dental Physio 9	Chiropractor 10	11	Tai Chi, Circuit Strength Training Physio Diabetes Ed Dental 12	Dental 13	14
Speech, Circuit Strength Training SWIMMING BUS Walking Group 15	Tai Chi Gentle Exercises Public Podiatry Dietitian Sustainable Farm Families 16	Chiropractor Physio Friendlies Sustainable Farm Families 17	Speech Sustainable Farm Families 18	Tai Chi, Circuit Strength Training Physio Private Podiatry 19	Dental 20	21
Speech, Circuit Strength Training SWIMMING BUS Walking Group Contenance Nurse 22	Tai Chi Gentle Exercises School Dental Physio 23	Chiropractor 24	25	Tai Chi, Circuit Strength Training Physio Diabetes Ed Dental 26	Dental 27	28
Speech, Circuit Strength Training SWIMMING BUS Walking Group 29	Tai Chi Gentle Exercises Dietitian 30	Chiropractor Physio Friendlies 31	Bookworms Speech 1	Good FRIDAY Public Holiday 2	Easter Saturday Public Holiday 3	Easter Sunday Public Holiday 4

Community Noticeboard

Timboon Arthritis Support Group

Next Meeting on Friday 12th March
LUNCH at Timboon Hotel
Followed by Meeting

FOR MORE INFORMATION CONTACT
Paula Steen 5598 3179 or
Robyn Drake 5598 3190

New members always welcome!

Exercise to music

Starts Friday 5th February

Timboon Hall Supper Room
From 10.00—11.30,
with a cuppa in between

Everybody welcome!

Relay for Life Timboon Rail Trailers

Devonshire Tea and Jazz Music Day
11am Saturday 13th March
Mouse Trap (Formerly Timboon Farm House Cheese)
For more info contact 5566 5165

Bookworms

Next Sessions

Thursday 4th March 9.30am 10.30am
Thursday 1st April 9.30am—10.30am
Thursday 6th May 9.30am – 10.30am

Walking Group

Every Monday at 10.30am.
Meet on the corner of
Wark Street and Hospital Road.

HAIL, RAIN or SHINE.
Well sheltered walk.

Everybody welcome!

Swimming in Colac

Bus departs

Timboon Public toilets 8.30am
Cobden Senior Citizens 9.15am

Return approx 1.30pm

Bus \$5 and pool costs

*Further information phone
Corangamite Shire on 5593 7100*

Well women's clinic

A nurse skilled in the area of Women's
Health conducts this service.

Appointments can be made
by telephoning 5558 6049
Timboon: Available anytime
Cobden: Wed 24th March

*This service is FREE.
Don't just sit there. Have a
Pap smear every 2 years!*