



## From the CEO

In reviewing our activities over the past financial year many achievements have been made. The return of Dr. Warwick Rouse and the recruitment of Dr. Andrea Hedglund has led to an increase in activity in the hospital and we have been able to extend community services particularly in the area of chronic disease management, complementing the role of the medical practitioners.

The Annual Meeting to which all community members are cordially invited to attend is scheduled to be held in October. Our Annual Report will outline in detail our achievements together with the Quality of Care Report, which is in production.

Patients have acknowledged the care and courtesy they have received from all our staff through the results of the Victorian government Patient Satisfaction Survey. Comments such as "A1 hospital and nursing staff" were received. We thank the patients who took the time to fill out the extensive questionnaire. Staff is to be congratulated in achieving an overall care index score of 87%, the highest amongst our peer group hospitals.

*Gavin M. Collins*

## 63 Years Fundraising and still going strong

**Timboon and District Healthcare Service Auxiliary keep fundraising after 63 years of ongoing support.**

The original Timboon & District Hospital Auxiliary was formed in 1947, with a few changes over the years.

For a period of 10 years from 1963 -1973 it was known as the Timboon Staff Auxiliary, and then went back to a public Auxiliary as the Timboon & District Hospital Auxiliary.

Two members were elected Secretary and Treasurer at the 1973 Annual General Meeting and are still serving now. Of the other members two have 37 years service, 1 has 36 years service and 4 have 28 years service.

Over the years approximately \$173,000.00 has been raised since 1967.

Early days fund raising was by garden parties, dances, sports days, card parties, fund raising nights at members houses, motor bike scrambles, catering, street stalls and many other events.

In later years the main fundraising has been done by catering, garden walks, craft days, street stalls, & competitions.

The bulk of the equipment and goods required for catering and street stalls have been donated by the members and the general public.

Auxiliary members have decreased over the past few years and the main fundraising has been catering

and the annual monster plant and second hand book sale held every October in conjunction with the Cancer Council of Victoria Timboon Unit. This year's monster plant sale is on the 9th October at the Timboon Hall.

The \$6000 raised this year by the Auxiliary went towards cardiac monitoring equipment.

**The Auxiliary are always looking for new members and you can contact Barb Fraser on 5558 6000 for more information.**



*Auxiliary and staff member Barbara Fraser hands cheque to Anne McNeel.*

## New Staff Kirsty VanGineken

We welcome Kirsty VanGineken to the Administration team. Kirsty will be responsible for community transport, allied health appointments and other general community requests. Kirsty is new to the Timboon district and comes from an administrative background in the legal profession.

# Successful Men's Health Night

The Men's Health Night, sponsored by BHP Billiton, was held on Tuesday the 20th July 2010 at the Timboon Demons Football Club.

After reviewing previous evaluations we noticed a lack of attendance from the 18-34 year age group. It was decided to aim the night at the younger age bracket. To do this Timboon and District Healthcare Service worked in conjunction with Timboon Demons Football Club.

Joel Selwood (Geelong Football Club premiership player) was chosen as our special guest to appeal to the target audience.

Joel participated in the junior and senior football training, signed excited Geelong Cats' fans memorabilia as well as opening the formal side of the night. Joel emphasised the importance of being healthy on and off the football field.

Stu Willder, Western District Health Service Men's Health Educator took centre stage and spoke candidly about the real statistics behind men's health.

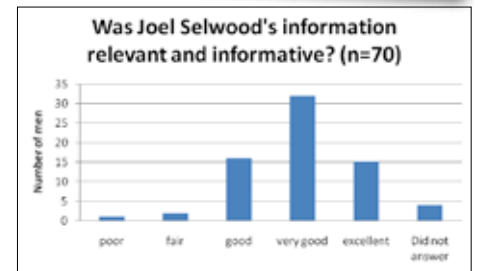
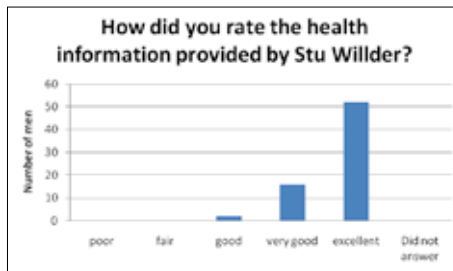
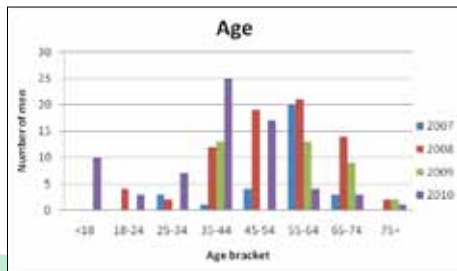
The evening was attended by approximately 106 men. It comprised a three course meal, special guest, guest health speaker, raffles, men's health toolkits and socialization.

70 men completed the evaluation forms providing a 66% return rate.

Results indicate a very successful event. The evening was rated highly in all categories evaluated

There was an increase in young men compared to previous years.

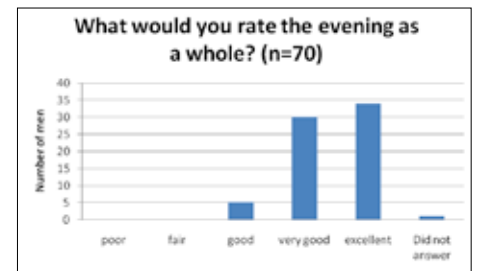
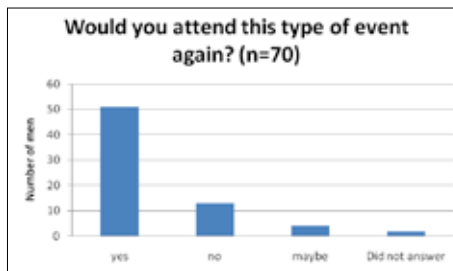
The speakers were rated as very good and excellent and men said they would be happy to attend another men's health event.



## September is Prostate Cancer Awareness Month

In Australia, September means the start of Spring, football finals and, of course, Father's Day...all great reasons to have a barbecue. By hosting a barbecue for your family, friends, community group, colleagues or team mates, and asking each guest to make a donation, you can play an important part in the fight against this disease.

While prostate cancer is a male disease, its effect is far reaching. Wives and partners, brothers and sisters, sons and daughters, grandchildren and friends – all are impacted by a diagnosis of prostate cancer. This is why a BBQ for Prostate Cancer is a great reason to get everyone involved.



## ALLIED HEALTH APPOINTMENTS

**Please remember** to call administration and cancel your appointment if you are unable to attend. This would enable clients on waiting lists to be called to fill the days gaps.

## Private Podiatrist

**Emma Hickman**  
 Every Friday commencing 3rd September  
 9.00 – 3.30pm  
 \$60 initial appointment  
 \$50 follow-up appointment

Podiatry services do not require a medical referral. This is only necessary if you have been injured at work

and your case is being managed by Work Cover, you are a Department of Veteran's Affairs client, or your doctor feels you qualify for treatment via Medicare under the EPC program. Otherwise, you do not need a medical referral to receive treatment from a podiatrist or to be able to claim a rebate for podiatry services from a private health fund.

# Living Well with Asthma

Living day to day with well controlled asthma means life as normal with a little extra thought and planning.

Asthma currently affects 2 million Australians. The incidence of asthma among adults is slightly less than for children. Many people claim that the asthma they experienced during childhood has “disappeared”, however once someone has been diagnosed with asthma, the condition can remain dormant and then reappear.

People with asthma have sensitive airways in their lungs. When they are exposed to certain triggers their airways narrow, making it harder for them to breathe.

Three main factors cause the airways to narrow:

- The inside lining of the airways becomes red and swollen (inflammation)
- Extra mucus (sticky fluid) may be produced, which can block up airways
- Muscle around the airways tightens. This is called ‘bronchoconstriction’

Everyone with asthma has certain things that cause their asthma to get worse – these are called triggers. Many of these triggers are common things that are found in any home, so people often ask what they can do to change their home so that it is more ‘asthma friendly’.

The first answer is you should go to your doctor to have your asthma checked, and make sure you are on the right

medication. This is the most important thing you can do to reduce the chance you will have an asthma attack.

## Will reducing exposure to triggers reduce my symptoms?

For most people with asthma, triggers are only a problem when their asthma is not well-controlled. Research shows that for most people with well-controlled asthma, reducing exposure to triggers doesn’t reduce symptoms or reduce the risk of an asthma attack.

With good treatment, most people do not need to change their lifestyle or environment just because they have asthma. However, it may be useful for you to identify triggers and reduce your exposure to them if:

- you have troublesome asthma symptoms despite treatment
- you need high doses of medication to keep your asthma symptoms under control, or
- your asthma is much better when you are away from home

**Note:** Cigarette smoke is directly harmful to the airways and makes asthma worse, so exposure to cigarette smoke should be avoided by anyone who has asthma.

Having a healthy diet and an active lifestyle is an important part of living well. Being overweight, smoking or suffering from stress or depression can have a significant impact on your asthma.

## Healthy lifestyle program wrapped up at Brucknell Scout Camp

After a week of torrential rain the skies cleared and sunshine beamed down on Friday August 6th as Brucknell Scout camp welcomed 90 grade 5 and 6 students to celebrate the finale of their 10 week healthy lifestyles program.

The healthy lifestyle program was developed by Timboon P-12 and Timboon and District Healthcare Service staff and aims to improve knowledge in nutrition and physical activity.

The students were involved in some alternative forms of physical activity over the day including an initiative course, commando course, orienteering and wildlife drawing. A little mud was welcomed and it was used as war paint by the students who thoroughly enjoyed every challenge thrown their way.

With lunch came another challenge, could the students put their knowledge from the program to the test in building a healthy hamburger? Many cringed when wholemeal and seeded breads, supplied by Bakers Delight, were on the menu, but the end result was full tummies and smiling faces. Who said healthy foods couldn’t be tasty?

The end of the day saw many eager faces as it came to crunch time, who would the lucky winners be? Each week if the students completed their “healthy lifestyles” tasks and displayed healthy habits such as sipping water during class, being physically active or eating a healthy lunch, they were rewarded with tokens into the grand prize draw.

Laura Rosilin and James Stevens were the lucky winners of a boys and girls mountain bike sponsored by TRUenergy.

TRUenergy’s plant manager Barry Clough said they were more than happy to sponsor the program as it “aligned with TRUenergy’s values of teamwork, achievement, agility, social responsibility and integrity”. He also commented on how fantastically the program had been developed and implemented.

The other students definitely did not go away empty handed. TRUenergy provided each child with a bag of goodies and Wannan Water supplied them with their very own drink bottle.

A big thankyou to TRUenergy, Warrnambool Bicycle Superstore, Wannan Water and Bakers Delight (Target Arcade) for helping to make the program the success that it was.



Laura Rosilin, Eleanor Marshall (TDHS), Barry Clough (TRUenergy), James Stevens and Carly Dennis (TDHS)



Students working together to complete the initiative course.



Students making their healthy hamburgers

# Calendar of events - September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aug 30</b> Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab	<b>31</b> Tai Chi Gentle Exercise Public Podiatry Physio School Dental Adult planned Activity Group Cobden	<b>1</b> Chiropractor Physio Strength Training Rehab Better Balance Circuit Adult planned Activity Group Cobden	<b>2</b> Bookworms Speech Adult planned Activity Group Timboon	<b>3</b> Tai Chi, Circuit Strength Training Rehab Physio Private Podiatry Dental Adult Respite Program Timboon	<b>4</b> Dental	<b>5</b>
<b>6</b> Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab	<b>7</b> Tai Chi Gentle Exercise Dietitian Adult planned Activity Group Cobden	<b>8</b> Chiropractor Physio Strength Training Rehab Better Balance Circuit Friendlies Adult planned Activity Group Cobden	<b>9</b> Adult planned Activity Group Timboon	<b>10</b> Tai Chi, Circuit Strength Training Rehab Physio Private Podiatry Adult Respite Program Timboon	<b>11</b> Dental	<b>12</b>
<b>13</b> Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab Contenance Nurse	<b>14</b> Tai Chi Gentle Exercise Dietitian School Dental Public Podiatry Adult planned Activity Group	<b>15</b> Chiropractor Physio Strength Training Rehab Better Balance Circuit Adult planned Activity Group Cobden	<b>16</b> Speech Adult planned Activity Group Timboon	<b>17</b> Tai Chi, Circuit Strength Training Rehab Physio Dental Private Podiatry Adult Respite Program Timboon	<b>18</b> Dental	<b>19</b>
<b>20</b> Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab	<b>21</b> Tai Chi Gentle Exercise Adult planned Activity Group Cobden	<b>22</b> Chiropractor Physio Strength Training Rehab Better Balance Circuit Friendlies Adult planned Activity Group Cobden	<b>23</b> Adult planned Activity Group Timboon	<b>24</b> Tai Chi, Circuit Strength Training Rehab Physio Dental Adult Respite Program Timboon	<b>25</b> Dental	<b>26</b>
<b>27</b> Speech, SWIMMING BUS Walking Group Bounce Back with Babes Rehab	<b>28</b> Tai Chi Gentle Exercise School Dental Public Podiatry Dietitian Adult planned Activity Group Cobden	<b>29</b> Chiropractor Physio Strength Training Rehab Better Balance Circuit Adult planned Activity Group Cobden	<b>30</b> Speech Adult planned Activity Group Timboon	<b>Oct 1</b> Rehab Physio Tai Chi, Circuit Strength Training Private Podiatry Dental Adult Respite Program Timboon	<b>2</b> Dental	<b>3</b>

## Community Noticeboard

### Timboon Arthritis Support Group

#### Next Meeting on Friday 10th September

Go for lunch at Nullawarre at 12 pm.  
Pool cards at railway yard 11.30 am.  
Jo Bryan of the OMNI Health care shop will be there for a talk and show some of her health products.

#### FOR MORE INFORMATION CONTACT

Paula Steen 5598 3179 or

Robyn Drake 5598 3190

*New members always welcome!*

### 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!*

### Bookworms

#### Next Sessions

Thursday 2nd September 9.30am - 10.30am

Thursday 7th October 9.30am - 10.30am

Thursday 4th November 9.30am - 10.30am

### Coprice Cobden Spring Festival FUN RUN

#### Sunday 17th October

5km walk, 10 km walk or run

Winners prizes, Spot prizes

More information contact

Eleanor Marshall on 55586049

### Exercise to music

Timboon Hall Supper Room

From 10.00 - 11.30,

with a cuppa in between

*Everybody welcome!*

### 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: Thursday 16th September

*This service is FREE.*

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

Timboon and District Healthcare Service Auxiliary and the Timboon Cancer Unit

### Monster plant sale

#### Saturday 9th October 2010

Calling on members of the community to help with our major fundraising event by donating potted plants.

#### POT UP YOUR PLANTS NOW & LABEL THE POT

To arrange for collection or further information contact Betty O'Brien 5598 6374,

Alison Gebert 5598 3988

Dot Glerum 55983040

**Don't forget the secondhand book sale. Donated books can be left at the hospital.**