



WWHS

June 2020 Edition
Issue No. 3



West Wimmera Health Service

Keeping you up to date with what's happening across our Service

COMMUNITY NEWSLETTER

Thank you WWHS Volunteers!

On the 23 of May we celebrated National Volunteer Week. Although our volunteers are not with us physically, they are in our thoughts. We want to acknowledge the generous contribution of our WWHS volunteers.

The time, compassion and support that you give to our residents, patients and community members is greatly appreciated and makes an incredible impact on the lives of so many.



During this uncertain time we feel that it is more important than ever to recognise and acknowledge the invaluable work they do for our service. Pictured is a photo of our staff waving a special smile of appreciation.

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www.facebook.com/westwimmerahealth

MESSAGE FROM THE CEO



Coronavirus (COVID-19)

It is with a great degree of relief to write this update in the knowledge of what might have been. Only a month or so ago the experts and pretty much everyone else were very worried that the coronavirus pandemic (COVID-19) which has ravaged so many communities and countries across the world would spread across Australia. Thankfully, the worst-case scenario has not occurred, which is largely due to the social distancing and enhanced hygiene measures put in place in recent times.

At times it did seem as if the restrictions were too strict, particularly those relating to visiting loved ones in aged care homes and hospitals. But ultimately some form of serious restraint was necessary to slow the spread of the virus and if the authorities (and WWHS) have erred on the conservative side then that is better than the alternative which could have seen us in a similar position to countries such as Italy, England and the United States, where there have been so many more deaths and so much more heartbreak caused by the coronavirus.

And of course there are those who have had their jobs and livelihoods severely impacted by coronavirus related shutdowns and we can only hope that their working lives will soon return to something like they were before COVID-19.

In light of the easing of restrictions now underway, we continue to plan for how we will reintroduce the services that we had to suspend or reduce in scope because of COVID-19. We're finding this is a bit like climbing a mountain in that getting to the top (suspending services and locking down facilities) was relatively easy when compared to the coming down part of restarting services and beginning to allow visitors back in. We want to get to the bottom (back to full service provision) as soon as we can but if we rush then we risk losing our footing and coming to otherwise avoidable grief.

So we'll continue to tread warily as we look to get all of our services back to where they were pre-COVID-19, noting that the way we deliver some services will never be quite the same, in a good way. The coronavirus has effectively forced us to make much greater and better use of information technology and in particular telehealth.

Telehealth is all about using voice and video communication technology to provide services to those in our care. The time and money that can be saved is significant and this has also been borne out in the administrative side of our operations. People are no longer spending hours on the road to attend

far away meetings most of which they've realised don't require attendees to be physically in the same room as everyone else for the objectives of the meeting to be met.

Out of this crisis will come many opportunities to improve what we do and how we do it and we're looking forward to working with our communities to develop ideas and turn them into reality.

Community Feedback

The feedback on our first two community newsletters has been overwhelmingly positive but if you think we could provide more information please don't hesitate to let us know. We've also scheduled our first ever online community feedback session which will allow us to listen and respond directly to the community. Further details are provided in this newsletter.

We often hear people saying they didn't realise West Wimmera Health Service provided this or that service so we're always looking for ways to let people know what is available to them locally. And if we don't provide a particular service then we'll do our best to help you find a suitable place that does.

Ophthalmology Equipment Fundraiser

Please keep a look out (no pun intended) for how to contribute to the Service's purchase of a new optical biometer which is basically a machine that provides all sorts of extremely accurate measurements of the eye.

Our world class visiting ophthalmologist, Dr Mark Chehade, has been coming to Nhill every month for over twenty years and is committed to continuing with us into the long term. Over the years many locals have benefited from Mark's sight saving work and we truly are very fortunate to have a service of this type and quality provided on our doorstep.

I'm going to try and help raise awareness of our fundraising campaign by 'running' the marathon distance of 42km. The current plan is to run from the Nhill Hospital to the Jeparit Hospital which happens to be that distance, however, due to the coronavirus, VicRoads are currently not processing applications to do this type of thing so we may have to come up with an alternative track. Possibly 100 laps of the Nhill Sporting Club oval. Who's in?

Anyway, the main point is that we raise as much of the \$70,000 needed to purchase this equipment and there's

no better time to take part than before 30 June as all donations above \$2 are fully tax deductible. Thank you to those generous donors who have already got us to the 1,500 dollar mark. To donate go to www.wwhsdonate.net.au and of course no donation is too small (or large!).

Challenging financial times

Even before the coronavirus came along, we were starting to experience difficult 'trading' conditions to the extent that in January this year we were forecasting a full financial year (1 July to 30 June) operating deficit of some magnitude. We had budgeted to make a small surplus.

There are always a number of factors that contribute to such an outcome and in this case a significant contributor is the lower than normal number of people in our aged care facilities.

This is not something specific to WWHS as many other rural health services across Victoria are experiencing a similar situation.

We think that greater use of aged care in the home (home care packages) is one contributing factor given that people are generally able to stay in their homes longer than might have been the case in the past. This is a good thing as most of us would want to stay in our home for as long as possible and these care packages enable that.

But it does impact the financial sustainability of residential aged care facilities and presents us with another challenge to address in the coming months and years.

Thankyou

I take this opportunity to once again express our gratitude for how well the community has responded to the coronavirus threat by following the government's directions around social distancing and good hygiene. This has made the difference between our healthcare system being overwhelmed with coronavirus patients in the short term and being able to satisfactorily cope with much smaller patient numbers as and when they arise which is now the most likely scenario.

We are also very thankful for the patience and understanding our community has shown in relation to the restrictions around visiting our facilities as well as the suspension of many of the allied and community health services we provide.

And last but not least, thank you to our staff who have not let the uncertainty and extra demands placed upon them because of the coronavirus threat have any negative impact on the safety and quality of the services they provide. Our staff includes our volunteers, many of whom have not been able to continue their invaluable contribution to our cause but all of whom we will hopefully see again soon.

Take care everyone.

Ritchie Dodds
Chief Executive Officer

Meet the Board Director

Name:

Katherine Colbert

Town / Location where you live:

Nhill

Occupation:

Business Development Officer

Hobbies / favourite past time:

Netball, Basketball

Favourite sports team / player / athlete:

Collingwood Magpies AFL and Netball

Favourite Australian icon:

The BBQ

Favourite food to eat and/or cook:

Seafood

Time spent on WWHS Board (years):

4 years

Why did you join the WWHS Board?

I want to help shape the long-term future of the health service, ensuring it meets the needs of its communities and improve health outcomes for Wimmera people.

Where do you see WWHS in 10 years?

In 10 years, WWHS will have directly contributed to improving the physical and mental health and wellbeing of the Wimmera community, improving the health literacy of residents and being the regional hub for aged care and rehabilitation.



Katherine Colbert,
Board Director

INTERNATIONAL YEAR OF THE *Nurse & Midwife*

Each month we will showcase a group of Nurses at WWHs. This month we would like to introduce our Diabetes Educators...

West Wimmera Health Service has three wonderful Diabetes Educators - Lesley Robinson, Carmel Feder and Bianca Kelly.

Diabetes Educators play an essential role in our Service. Their key purpose is to support clients and their families with diabetes self-management.

Diabetes Educators provide their clients with information, knowledge, skills, motivation and confidence as they adapt to life with diabetes, manage their condition and help make decisions about their care and treatment.

Diabetes is a chronic condition in which the levels of glucose (sugar) in the blood are too high. Blood glucose levels are normally regulated by the hormone insulin, which is made by the pancreas. Diabetes occurs when there is a problem with this hormone and how it works in the body.



Carmel Feder



Bianca Kelly

We sat down with Bianca Kelly over Microsoft Teams and discussed what this role means to her and the importance of this service for our community.

Bianca started her health career as a Registered Nurse in 2012. She completed her Bachelor of Nursing at RMIT University. She has since completed two postgraduates, in Critical Care Nursing and Diabetes Education at Deakin University.

A motivating factor for her to complete a postgraduate in Diabetes Education was that her partner has Type 1 Diabetes. This has allowed her to gain a better understanding of the condition and how to best manage it. Bianca joined our West Wimmera Health Service Diabetes Education team in October 2019.

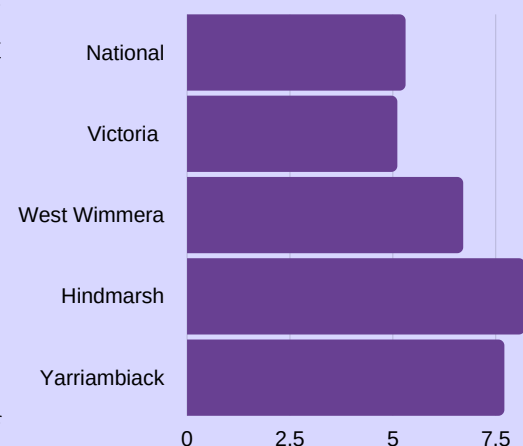
Bianca's typical day involves meeting with a number of clients. During an appointment, Bianca ensures the individual's diabetes management plan is working effectively. Bianca highlights the importance of designing a plan to suit each individual and their needs. She takes into consideration their medication management plan and dietary requirements.

Diabetes can affect different parts of the body and Bianca will routinely refer to other disciplines as needed such as podiatry, dietetics and optometry.

Bianca enjoys getting to know her clients and seeing their improvements. She notes the importance of not generalising the condition by what you read or hear in the media, "Diabetes does not stereotype and can affect anyone, regardless of your gender, age, weight or eating habits".

Common symptoms of diabetes can include: being more thirsty than usual, passing more urine, feeling tired and lethargic, slow-healing wounds, itching and skin infections, blurred vision, nausea and vomiting, weight loss and mood swings.

If you are experiencing any of these symptoms, discuss with your local GP. If you are overdue to see your Diabetes Educator, now is a great time to book an appointment. Please call our friendly receptionist on 03 5391 4200.



Statistics from Diabetes Australia showing the percentage of population affected by diabetes.

LET'S TALK AGED CARE WITH KAYLEEN

I understand that at West Wimmera Health Service (WWHS) you have a number of residential facilities for people to consider.

Kayleen: Yes, that's right. We actually have ten different facilities in Kaniva, Nhill, Jeparit, Rainbow, Rupanyup and Natimuk. So people have a lot of choice, whether they need a higher level of care or if they are more independent, as well as options for couples.

Wow, so there's plenty of options for anyone thinking about residential care!

Kayleen: People choose to live in a residential home for a variety of reasons, so it really is an individual choice for everyone. That's why we're here to help talk through options and arrange a tour.

What sets WWHS's residential care options apart?

Kayleen: Our residents are at the heart of what we do, we're dedicated to creating a safe and secure place for people to continue to live well, feel valued and

connected. Another benefit is that our residents can have access to our team of allied health professionals too.

I've heard some people worry that they will be bored with nothing to do.

Kayleen: Oh no, there are so many things to do in residential care!

There is always someone to talk to and something to do if people want. We have Leisure and Lifestyle Coordinators who organise a range of games, art, cooking, music activities and outings for everyone to enjoy. We want people to feel like being at home. Importantly the food is really good! We cook all of our meals fresh daily, so the fear of bad hospital food is also a myth. The big question is, how much will it cost to move into a residential hostel or home?

Kayleen: That's such an understandable worry for people. Everyone is treated as an individual. It depends on a person's assets and income that they have.

I really encourage anyone who is wondering about the financial side to contact me.

So my Grandma is on a full pension and only has a small amount of savings? Would you take all her savings?

Kayleen: Not at all. If someone is classed as fully supported, then they would only pay the Basic Daily Fee. The Basic Daily Fee is 85% of a person's daily pension, so the full pension covers the cost of care.

Some community members mention a deposit?

Kayleen: Some people do have to pay a refundable accommodation deposit, but it is based on them having the assets and income to fit into that category. If someone does pay the full deposit, then we can use the interest only on this money, but the full amount of the deposit is refunded back.

Thanks so much Kayleen for chatting with us.



Are you considering your options for

Residential Care?

We're Here to Help...

Our friendly and experienced team can talk with you about:

- Your variety of options, including our range of hostels and nursing homes.
- Arranging a tour.
- How we can help you transition to your new home.
- What residential aged care costs and your payment options.
- Any of your questions!

You Can Find Our Residential Care Locations Near You at:

Jeparit, Kaniva, Natimuk, Nhill, Rainbow and Rupanyup

Interested to know more?

Contact Kayleen Kingwill for a chat and to arrange a tour

Phone: 03 5391 4226

Email: Kayleen.Kingwill@wwhs.net.au

**Rooms
Now Available at
West Wimmera
Health Service**



WWHS

TALKING TELEHEALTH

Telehealth has opened a world of possibilities for our communities, especially those who are recovering from injuries.

As a new mother to a seven month old, a fracture to her right elbow was the last thing Jessica needed to prevent her from caring for her new family. Unable to drive to medical appointments or lift her son into awkward car seats made seeking Physiotherapy seem like an impossibility, until Telehealth was suggested.

Being a new Mum, as many of us know, is daunting enough without the added stress associated with the recovery of a broken bone. Access to telehealth appointments gives our clients the opportunity to meet with West Wimmera Health Service staff virtually to discuss and treat many different health related concerns.

Initially, Jessica had some concerns about the security and accessibility of telehealth. However, after assurance that the system used by West Wimmera Health Service (HealthDirect: Video Call) is a secure system and easily accessible through most smartphones, tablets and computers, the prospect of getting in touch with a physiotherapist was exciting!

The recovery involved with an elbow fracture is often long and complicated, involving many successive sessions with a physiotherapist to ensure the bones, muscles and tendons all heal and strengthen correctly.

In Jessica's case this process begun with weekly telehealth appointments. Emma, Jessica's physiotherapist, checked the movement of Jessica's elbow and gave exercises to improve the strength, movement and function in Jessica's right arm. Emma and Jessica worked together so that Jessica could do what was important to her again. Mainly, looking after her beautiful baby boy!

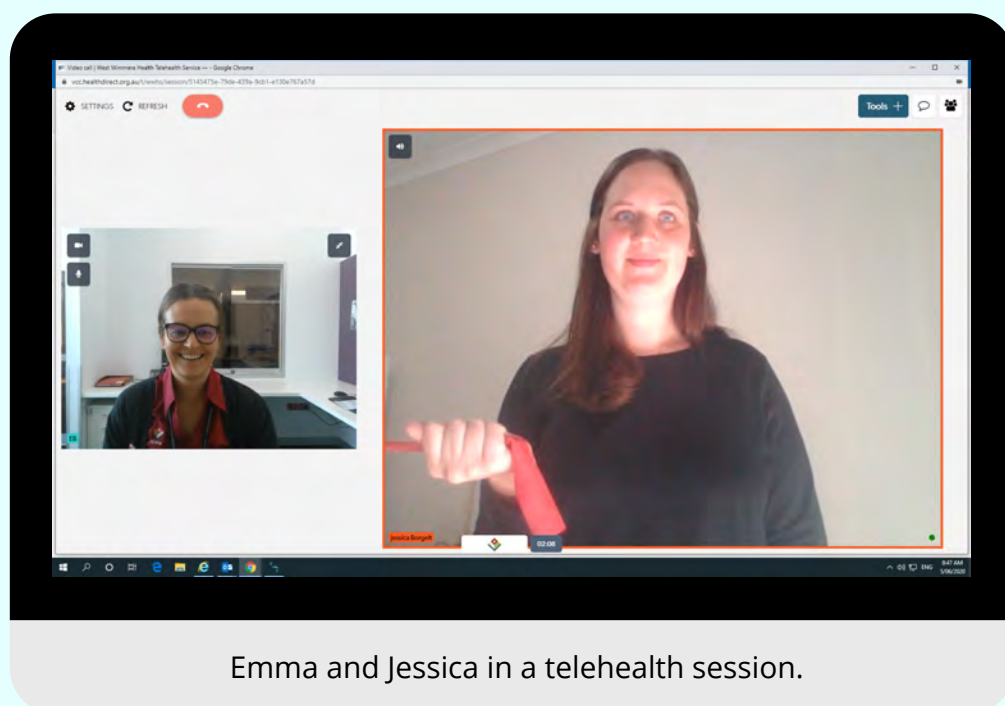
Without access to the telehealth system Jessica admits that it would have been unlikely that this level of commitment would have been achievable in her recovery, which could have resulted in limited use of and pain in her right arm for the rest of her life!

Although many cases of physiotherapy require hands on treatment and assessment,

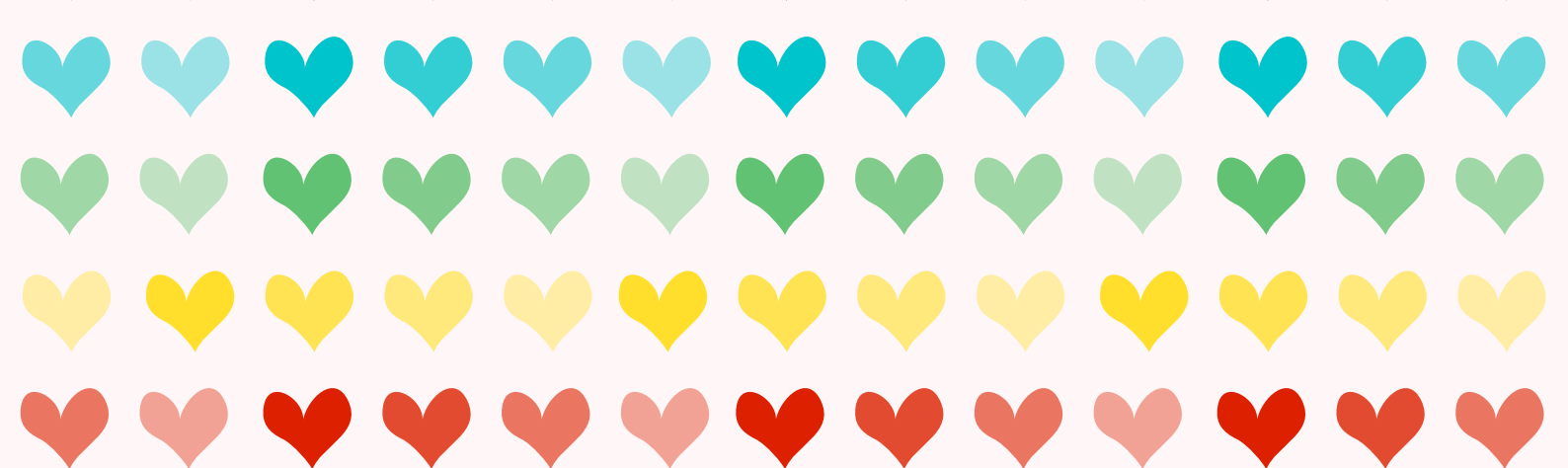
in this case Jessica felt that being able to watch Emma complete the exercises made understanding the steps clear and gave her the opportunity to demonstrate her understanding and ask any questions. Emma would forward handouts of the exercises to Jessica via email and organise for any equipment needed (such as the band Jessica is pictured holding) to be posted to Jessica.

Telehealth appointments can be accessed from the comfort of the client's home, which removes many of the challenges that are faced with accessing healthcare in our communities. West Wimmera Health Service offers a telehealth service where appropriate to ensure clients who are unable to attend appointments in person due to location, transportation or injury are still able to seek the care required.

"Throughout the recovery process I have felt so comfortable getting in touch with my physiotherapist. Regardless of my injury, having a baby makes attending appointments significantly more challenging. Telehealth has allowed me to prioritise my health without having to sacrifice our daily sleep schedule."



Emma and Jessica in a telehealth session.



WWHS BRIDGING THE GAP TOWARDS EQUALITY

LGBTIQ Rainbow Tick Standards

West Wimmera Health Service aims to provide a safe and inclusive environment for all communities across our region. To do this, we need to consider the needs of our diverse range of community members.

In late 2018 the Service embarked on a journey with a focus on our service provision to our community members who identify as Lesbian, Gay, Bisexual, Transgender, Intersex and Queer.

We began by looking at organisations and programs across the state that could assist us. Two of our staff attended training provided by Latrobe University to assist the service in reviewing our Organisations inclusivity against the Rainbow Tick Standards.

The Rainbow Tick is a quality framework that helps organisations show that they are safe, inclusive and affirming services and employers for the LGBTIQ community. The Rainbow Tick standards, owned and developed by Rainbow Health Victoria, are designed to build lasting LGBTIQ inclusion.

The Rainbow Tick is for all organisations seeking to provide a safe and inclusive workplace and services for the LGBTIQ community.

It incorporates six standards, that we will comply with by first doing a gap analysis and then rectification projects to correct the gaps in our service provision.

1. Organisational Capability

An organisation must be able to demonstrate that it has embedded LGBTIQ inclusive practices across all of its systems and continuously seeks out opportunities for improvements.

2. Workforce Development

All staff and volunteers understand their responsibilities to LGBTIQ consumers and are trained and able to deliver LGBTIQ inclusive services.

3. Consumer Participation

LGBTIQ consumers are consulted and participate in the planning, development, and review of the organisation's services.

4. A Welcoming and Accessible Organisation

LGBTIQ consumers can easily and confidently access services as the physical and virtual environments including information, structures, resources and processes, are welcoming.

5. Disclosure and Documentation

LGBTIQ consumers, staff and volunteers feel safe providing personal information, including their sexual orientation, gender identity and/or intersex status, because they know information will be treated respectfully and that there are systems in place to ensure their privacy.

6. Culturally Safe and Acceptable Services

Services and programs identify, assess, and manage risks to ensure the cultural safety of LGBTIQ consumers.

Stay tuned for our update in the next edition, where we will inform you of some of the work we are undertaking to meet the standards.



FIGHTING THE WINTER BLUES AND FEELING SAD

(seasonal affective disorder)

When the weather gets colder, the nights seem longer and your motivation to get out and about can seem to constantly evade you. Feeling less than enthused about the colder nights is common, but feeling very, very bleak during Winter might be something more.

What could it be?

SAD, or seasonal affective disorder, has a seasonal pattern – you're fine during the warmer months, but as the cold closes in, life feels too hard and all you want is hot buttered toast in bed with a Netflix marathon.

What are the symptoms?

Just like depression – feeling hopeless, lacking energy, changes in sleeping or eating patterns and a loss of pleasure in things you might enjoy are all symptoms of SAD. With SAD, you may also feel heavy in your limbs, you might want to sleep all the time, including through your alarm, and carbohydrates are becoming your one true love. Speaking of love, intimacy might also be very unappealing.

What causes SAD?

Although more research is needed into the cause, medical professionals think that it's related to lack of sunlight during the shorter autumn and winter days. According to Grant Blashki, Beyond Blue's Lead Clinical Adviser, the main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly.

Sunlight affects our hormones, but some people are more susceptible than others. Lack of sunlight can mean our bodies produce less melatonin, the hormone that tells your body it's time for sleep. Less sun could also mean less serotonin, a hormone that affects mood, appetite and sleep. Finally, sunlight affects our body's internal clock (circadian rhythm) – so lower sunlight levels during the winter can throw off your body clock.

I think I have SAD, what do I do?

First port of call is your trusted GP or other health professional, who may diagnose SAD if you have had the same symptoms during winter for a couple of years. SAD is very rare in Australia and more likely to be found in countries with shorter days and longer periods of darkness, such as in the cold climate areas of the Northern Hemisphere.

There are also changes you can make to your routine which may help improve symptoms:

Try going outside more often – ask a friend or family member to rug up with you and go for a walk.

If you see the sun, run outside and try to get some of it on your skin (if you can and it's not too cold).

Try not to go over the top with the red wine (or any other alcohol) – long term it will disturb your sleep and make you feel worse.

There are lots of relaxation exercises you can try – guided meditation, yoga (check out YouTube for some free videos), try some breathing exercises or take a nice warm bath. Talk to someone about how you're feeling – text a friend or jump online to the Beyond Blue forums if you're not up to doing it in person.

This Article was sourced from Beyond Blue www.beyondblue.org.au Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.
Call 1300 224 636 for support and advice.

Method:

Sweet Potato Shepard's Pie

1. Preheat oven to 170C.
2. Line a baking tray with baking paper and place sweet potato halves on tray.
3. Drizzle with 1 tbsp olive oil, sprinkle with cinnamon and place in the oven for 50 min.
4. When there's about 20 minutes to go on the oven timer, heat remaining olive oil in a large saucepan over a medium/high heat.
5. Add garlic and onion to the pan and fry, stirring constantly, until the onion is transparent.
6. Add carrot, celery and mushrooms to the pan and continue to stir mixture until vegetables have softened.
7. Add mince to the pan and break up with a wooden spoon to remove any lumps. Cook, stirring regularly, until mince has changed colour and is cooked through.
8. Pour beef stock, Worcestershire sauce and tomato paste into the pan and bring the mixture to the boil. Reduce to medium/low heat and allow to simmer and thicken for 10-15 minutes.
9. While beef mixture is simmering, remove sweet potato from the oven (when cooked through and soft) and allow to cool slightly.
10. Being careful not to burn yourself, scoop sweet potato flesh out of each half using a large spoon and place in a mixing bowl. Discard the skin.
11. Using a fork (or potato masher) mash the sweet potato flesh until smooth.
12. Pour beef mixture into a large baking dish and top with mashed sweet potato.
13. Place in still hot oven for 15min to turn sweet potato golden and thicken the meat mixture further, then serve.



Ingredients:

- 500 g extra trim beef mince
- 1 small onion finely diced
- 1 carrot peeled and finely diced
- 1 stick of celery finely diced
- 2 cups salt-reduced beef stock
- 3/4 cup mushrooms diced
- 1 clove garlic crushed
- 2 tbsp salt reduced tomato paste
- 2 tbsp olive oil
- 1 tbsp Worcestershire Sauce
- 2 medium sized sweet potatoes cut in half length ways
- 1 tsp cinnamon

BRING MINDFULNESS TO MEAL TIMES

1. Check in with yourself

Often, we eat because our mind or emotions compel us to – you may reach for food for comfort or distraction.

2. Turn off Distractions

Ask yourself: How am I feeling? Am I hungry? Am I thirsty? Am I stressed, bored, worried or rushed?

3. Savour the moment

Remove screens and other distractions from the room, such as your TV or phone.

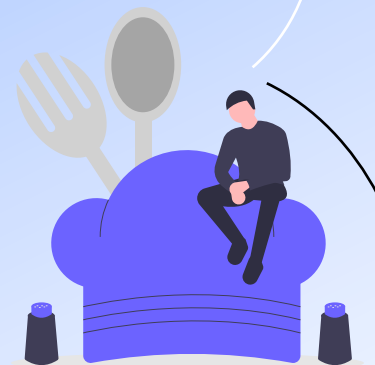
Chew slowly, notice the colours, flavours and textures of your meal.

Pause between each mouthful and put your utensils down on the plate.

You will experience a greater sense of taste and pleasure from your food by doing this!

4. Appreciate the journey

Thoughts of gratitude and appreciation for the journey of our food from paddock to plate can add even more enjoyment to the experience of eating.



Try one of these!

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 large red onion, cut into wedges
- 2 garlic cloves, crushed
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons ground cinnamon
- 2 teaspoons smoked paprika
- 1/2 teaspoon ground turmeric
- 2 cups salt-reduced chicken stock
- 2 carrots, thickly sliced
- 1 large red capsicum, thickly sliced
- 1 large zucchini, halved lengthways, thickly sliced
- 6 skinless chicken thigh cutlets
- 400g can cherry tomatoes in juice
- 1/2 lemon, thinly sliced
- 2 tablespoons honey
- 1/2 cup pitted green olives
- 1/2 cup fresh coriander sprigs
- Cooked couscous, to serve
- Lemon wedges, to serve

Slow cooker Moroccan chicken

Method:

1. Heat oil in frying pan over medium-high heat. Add onion. Cook, stirring, for 3 minutes or until charred. Add garlic and spices. Cook, stirring, for 1 minute or until fragrant

2. Transfer cooked onion and garlic to slow cooker. Add stock, carrot, capsicum and zucchini. Place chicken on vegetables. Pour over tomatoes. Top with lemon slices and drizzle with honey. Season with salt and pepper. Cover. Cook on HIGH for 3 hours (or LOW for 6 hours). Add olives. Cook on HIGH for 30 minutes or until chicken is cooked through.

3. Sprinkle with coriander sprigs. Serve with couscous or rice and extra lemon wedges.



YOUR OPINION MATTERS



Your feedback can help us!

We would love to know your thoughts on the community newsletter, positive and negative.

You can help shape the content of our newsletter.

Please let us know by emailing mysay@wwhs.net.au or calling our Communications and Customer Partner, Elizabeth Hawker, on 0429 012 174.

WEST WIMMERA
HEALTH SERVICE



ONLINE COMMUNITY Q&A



Have you always wondered about the services we offer?

Do you wish you could ask the CEO a question?

Please join us for a Community Q&A so we can answer all your questions.

TUESDAY 23 JUNE 2020, 1:30 TO 2:30 PM, ON ZOOM

FOR MORE INFORMATION AND TO RSVP PLEASE CONTACT
LOCHIE.PILGRIM@WWHS.NET.AU OR PHONE 5391 4222

Important Health News
for the month of June

JUNE HAPPENINGS



CHANGES FOR ALLIED HEALTH

- We will still use telehealth when this is a suitable alternative
- The doors to Mira and the other community health centres will remain locked and people with appointments need to ring the bell
- You must have an Appointment
- We will be taking temperatures and checking that people don't have respiratory symptoms
- We are still not running groups until further notice



FLU VACCINATION

The following people are eligible to receive a free seasonal influenza vaccine:

- people aged six months to less than five years
- Aboriginal and Torres Strait Islander people aged six months and older
- pregnant women (at any stage of pregnancy)
- people aged 65 years and older
- people aged six months and older with medical conditions putting them at increased risk of severe influenza and its complications

Contact your local GP Clinic or visit your Pharmacy



SCREENING FOR BOWEL CANCER

Bowel Cancer Australia recommends participating in screening appropriate to your personal level of risk. Bowel cancer screening is safe and easy and can be done at home.

For people at average risk of bowel cancer, Australian medical guidelines recommend screening using a faecal immunochemical test (FIT) every 2 years between ages 50-74.

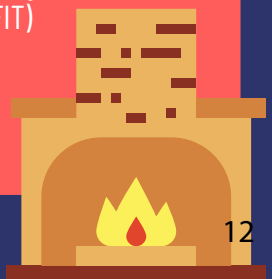
Talk to your GP or visit
bowelcanceraustralia.org



June is Bowel Cancer Awareness Month

HELP BEAT BOWEL CANCER

bowelcanceraustralia.org



WIMMERA SMILES

Nhill Dental Clinic will be gradually resuming services from Tuesday 16th June.

We will be able to provide limited treatment to our patients, through our Oral Health Therapist for eligible patients. If you hold a concession card, the clinic is able to provide a voucher to a private Dental Clinic to see a Dentist.

We have implemented additional preventative measures for COVID-19 including: temperature check on arrival, extra infection control procedures, hourly cleaning of the waiting room and all high – touch surfaces, mouth rinse prior to treatment, alcohol hand gel use for all persons entering the practice and social distancing.

We will continue to defer treatment for any patient who in the past 2 weeks has: experienced a sore throat, cough, fever, muscle aches, shortness of breath, loss of taste or smell, been in close contact with anyone who has tested positive for COVID-19 in the past 14 days, travelled overseas in the past 14 days or been in contact with anyone that has been overseas.

If you had an appointment that we cancelled due to COVID-19 restrictions, we will contact you over the coming weeks to reschedule. Please contact the clinic on 5391 4266 with any queries.

Wimmera Smiles is proud to have Dr Sean Hogan – Dental Surgeon practice at Nhill.

With a keen interest and passion in oral surgery, Sean's focus in Nhill is dental extractions including wisdom teeth, paediatric extractions, and full/partial clearances in the chair and under General Anaesthetic.

Sean's approach to dentistry is to make each visit as relaxing and stress free as possible. A common patient comment after a visit to Sean is 'I didn't expect to laugh so much going to the dentist!'

Sean takes referrals from Dentists from other Clinics and visits the Nhill Clinic monthly, conducting theatre and general consulting.

Private Patients, Concession Card Holders and CDBS eligible patients can contact Wimmera Smiles – Nhill Dental Clinic on 5391 4266 for an appointment.



Bringing a Smile to You

Importance of Sun Exposure

DURING WINTER AND COVID-19

Studies have shown that the effect of sun exposure can improve health and even prolong life due to reducing blood pressure and reducing heart attacks and stroke. The positive effect of sun exposure may be due to vitamin D (the 'sunshine' vitamin) and Nitric Oxide. The best source of Vitamin D is the natural production that occurs in the skin following sun exposure.

Vitamin D deficiency, or insufficiency, is very common worldwide and can get even worse during the winter season when we go outside less and tend to be more covered with clothing. When people are exposed to sunlight, their body produces Vitamin D, and this is known to have many health benefits. Vitamin D is essential for the skeletal metabolism, muscle function, calcium homeostasis, and the immune system. In recent years, research has demonstrated an association between poor vitamin D status and chronic illness, including autoimmune diseases, cancer, infections, diabetes, liver disease, and cardiovascular disease.

A study found that those with low levels of Vitamin D were almost twice as likely as those with high Vitamin D levels to experience extreme lung infections (such as COVID-19) and they were likely to be sicker for longer.

Peer reviewed studies have also outlined the importance of Nitric oxide. This is another important compound produced and released in our bodies when sunlight touches our skin. Nitric oxide causes blood vessel to widen, increasing blood flow and oxygen exchange, naturally lowering blood pressure.

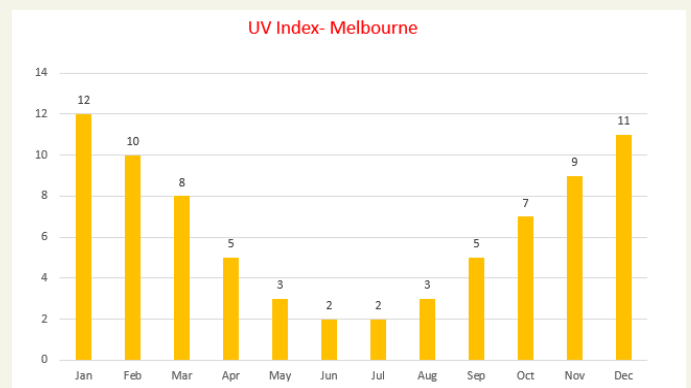
March brings the end of Summer in Australia, meaning less time in the sun for all of us. Under the right circumstances, 10 to 15 minutes of sun on the arms and legs a few times a week can generate nearly all the vitamin D we need. This will not increase with more time in the sun.

Sun exposure also has risks for skin cancers and should be undertaken carefully. According to the Cancer Council Australia, skin cancer prevention should be a priority, even for people with low Vitamin D. Sun protection such as hat, sunscreen, glasses and shade is highly recommended when the ultraviolet level is 3 or above, for those who are outdoors for longer than a few minutes.

The table below shows the UV level/index in Melbourne. However, keep an eye on UV level for your locality.

The bottom line is, a wise and cautious sun exposure has health benefits.

*So get out there
and soak up a
little sunshine!*



For more info please visit
<https://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/sunsmart-app.html>

ONLINE GAMBLING DURING COVID-19 AND BEYOND

Do you know that online gambling is on the rise during COVID-19?

Since the recent shutdown of all non-essential services due to COVID-19, there has been a 67% increase in online gambling. Experts fear a sharp rise in online gambling will create more stress and anxiety in this uncertain time. Notably, expenditure on alcohol and tobacco also increased by 33%. These factors could significantly increase harm to people who are experiencing social isolation and financial stress.

Over the past 15 years, gambling has been increasing. Internet gambling, readily available on-line and with phone apps, is the fastest growing mode of gambling. Gambling can be as addictive as drug and alcohol dependence and, along with video gaming, eating disorders and activities like compulsive shopping, is recognised as a behavioural addiction.

What are the impacts of gambling?

Like other addictions, online casino games and other gambling can lead to individual, family, and community issues. Relationship breakdown, including domestic violence and divorce, can be impacted by the stress of inappropriate or uncontrolled gambling behaviours. Children affected by stressed households may struggle with learning and academic attainment. Financial stress caused by problem gambling can also be a gateway to criminal behaviour. Uncontrolled gambling can lead to negative cycles and pathways, leading to ever increasing stress and negative impacts on loved ones and the community as whole.

Data from an Australian national online gambling support service found that family members are most likely to report emotional distress (98%), negative impacts on their relationship with the gambler (96%), negative impacts on their social life (92%)

and financial hardship (91%), followed by diminished work capacity (84%) and physical health problems (77%).

Can gambling be a generational issue?

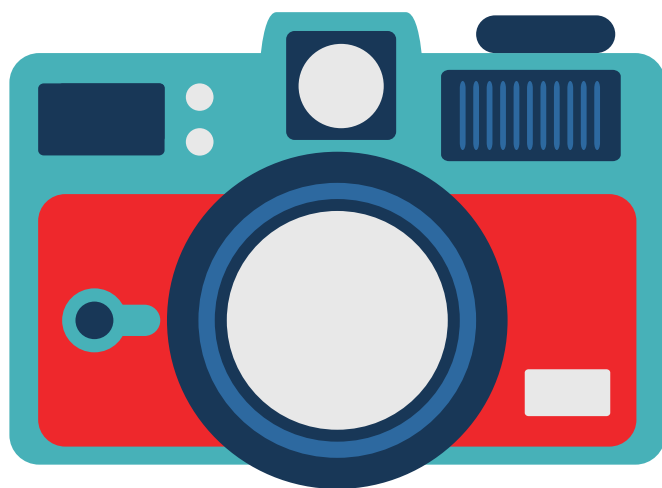
The children of gambling parents are at increased risk of developing problem gambling. Studies indicate that people who had a parent or sibling with gambling issues are two to ten times more likely to experience gambling issues. People with parents who gambled to excess are at much greater risk (father: 11 to 14 times, mother 7 to 11 times) of developing problem gambling themselves.

Problem gambling has a big impact on society as a whole and it is important to be aware of how to get help to control or stop this cycle for the benefit of yourself, your loved ones and your community.

**Gambler's Help on
1800 858 858 or
gamblershelp.com.au
can assist you to:**

- **Find support**
- **Help yourself**
- **Support someone else**
- **Check if your gambling is ok**





JOIN OUR PHOTO COMPETITION



CATEGORIES

I-SPY IN ISO
BIRDS EYE VIEW
ROSE TINTED GLASSES
AS FAR AS THE EYE CAN SEE

All categories have two sections open and under 12

Prizes

Open Winners will receive their photo printed and framed proudly sponsored by Conserve Framing and Wimmera Design and Print
Junior winners will receive their photo printed on canvas proudly sponsored by Horsham Colour

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\$5 DONATION PER PHOTO

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100% OF DONATIONS GO TOWARDS THE IOL MASTER 700
VISIT WWW.WWHSDONATE.NET.AU TO ENTER

RAISING FUNDS FOR WWHS EYE SURGERY

WEST WIMMERA
HEALTH SERVICE
NEEDS YOUR HELP!

SEE HOW WE CAN HELP YOU SEE

Q: WHAT DO WE NEED HELP WITH?

A: RESTORING AND MAINTAINING SIGHT

Q: HOW CAN YOU HELP?

A: BY HELPING US BUY AN IOL MASTER 700

Q: WHAT IS AN IOL MASTER 700?

A: IT MEASURES THE EYE FOR EYE SURGERY

SUPPORT US TO SUPPORT YOU!

Visit www.wwhs.net.au to learn more or get in touch by calling (03) 5391 4222.

All donations are 100% tax deductible ¹⁷



Mother's Day card making.



Pizza time in Rainbow!



A LOOK INSIDE



Pyjama day, having a group walk . From the back Marj, Desiree, Aggie, Rhonda, Deb Sanders, Marg, Elaine, Avis and Lorretta.



Celebration of a resident's 90th birthday.



Elva , Sandra, Barb and Dawn going for their daily walk around the garden.



William, Valerie, Noreen and Lyle going for a walk out after restrictions eased.



Noel, Yvonne and Coral are enjoying a weekly game of Bocce.



Stan enjoying our Saveloy lunch.



OUR FACILITIES



Avis cleaning everyone's glasses for them.



Betty doing her word puzzles



Kristy giving Phylis a scone while she was waiting for the doctor.



Ron has been busy making bricks from old newspapers. 19

Quiz Questions!

1. What type of animal is a Mexican hairless?
2. Which two countries share the longest border in the world?
3. Which 2019 movie became the highest grossing movie of all time?
4. How is American singer Michael Lee Aday better known?
5. Which is the largest organ of a human body?
6. Which country gave the Statue of Liberty as a gift to the United States of America?
7. American sitcom 'Friends' ended in May 2004 after how many seasons?
8. Which outback Australian town population swells from 120 to 5000+ for a racing carnival?
9. What is the name of the first satellite sent into space?

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

6	5	2	8	1	4	3	9	7
9	3	1	7	5	6	8	4	2
4	7	8	9	2	3	6	1	5
8	2	9	3	4	7	1	5	6
5	1	6	2	8	9	4	7	3
7	4	3	5	6	1	9	2	8
2	9	5	4	3	8	7	6	1
3	6	4	1	7	5	2	8	9
1	8	7	9	6	2	5	3	4

Solution

Fun Facts

Did you know? Unless food is mixed with saliva you can't taste it.

Did you know? that you burn more calories eating celery than it contains (the more you eat the thinner you become).

Did you know? Humming birds are the only bird that can fly backwards

Quiz Answers

- Q1. A dog
- Q2. United States of America & Canada
- Q3. Avengers: Endgame
- Q4. Meatloaf
- Q5. The skin
- Q6. France
- Q7. 10
- Q8. Birdsville
- Q9. Sputnik

TEST YOUR BRAIN



WWHS Word Search

T P X P L F R D K B F T J J G Y Z Z B U
A C J Q N U R S I N G F H D M E Z Y H I
I K C P R Y R I I E I G Y E S O R A K C
C P E C Y O V Q F N T T E I R T R S G Y
H Z G Y M B E G B X I E C Z A A Y G P C
I M I G H C I Q Y N H R T I F W P A X L
I N J V I C W B U E E A D I R P R Y B H
Y K R V D R I M Z X N O T A C E O R O O
P W R G O J M Q E F P W Y Q H S H U I F
D E J C C O M C N U T R I T I O N S D I
S S T X C O E W W V U A O O Q I Y P I R
A T P L U M R L C T V R I V O H D G D M
L R L I P I A N U Q D D T U P E C E T A
A V R V A I W M J Y F F H F V C Y K U H
G R L W T Y Z B H S O C I A L W O R K E
I I X N I R W W D Z E Y D I R Z A X G A
S F X P O U G A T E P L W U C Y H K V L
L V J B N C D Y P B A L A N C E H X Y T
E W E I A C M S M S D I A B E T E S U H
C U D F L V Q L H Q F O D F J Z I G A M

BALANCE
COMMUNITY
DIABETES
DIETETICS
EXERCISE
GYM
HEALTH
HYDROTHERAPY
NURSING
NUTRITION
OCCUPATIONAL
PHYSIO
PODIATRY
SERVICE
SOCIALWORK
SPEECH
TAICHI
THERAPY
WEST
WIMMERA