



COMMUNITY NEWSLETTER

West Wimmera Health Service

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

THANK YOU TO EVERYONE WHO IS STAYING AT HOME!

Thank you for self-isolating if you have symptoms like a fever or a cough.

Thank you for social distancing and respecting one another when shopping for essentials such as groceries.

Thank you to our healthcare workers who continue to go about their roles with great care and compassion despite the uncertainty that surrounds the Coronavirus.

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www.facebook.com/westwimmerahealth

The curve we hear a lot about is starting to flatten so we can be cautiously optimistic that we might avoid the worst case scenario.

The worst case scenario would see all of our hospitals full with sick people unable to get the treatment they need anywhere in Victoria. If we continue to follow the clear rules about social distancing and good hygiene then we can avoid that scenario.

It will still be challenging but many lives will be spared if we can keep that curve flattening out and then see it start trending downwards.

As of 15 April 2020, Victoria has 1,299 total confirmed cases. 39 people are in hospital, including 18 people in intensive care. 14 people have died. 1,137 people have recovered. The total number of cases in Australia is currently 6,458.

The above figures are not just numbers; they represent real people. The only way to stop future increases in Coronavirus cases and deaths is for everyone to do the right thing by themselves and everyone else and keep following the experts' advice.

Yes this can be challenging if your house is quiet and you feel lonely. It can also be challenging if you have a house full of people, adults working from home and kids on school holidays desperately missing their friends. Our communities are resilient and we can and will get through this together!

One coping strategy is to reflect on our experiences of previous challenges and how we managed through them to eventually make it safely to the other side. The economic and emotional challenges of droughts have lasted years and many of us have withstood those challenges and if anything been made stronger for the experience.

At West Wimmera Health Service we're encouraging each other to think about, what are the first things we'll do when the COVID-19 restrictions begin to be lifted (which they will eventually). What is it that is most important to you in life and how will you create more of it in the future?

Let's focus on the many years of wonderful times ahead where we can play sport again or when places such as 'Aunty' Lowana again supply the delicious sponges and morning tea that make us hungry just thinking about them! Where we can celebrate milestone birthdays and be present in the magic of a wedding. Where we can all come together and listen to each other's stories about how we managed through the Coronavirus pandemic.

Thank you for supporting us as your Health Service in making our job easier by reducing the spread of COVID-19.

Regards,
Ritchie Dodds
Chief Executive Officer

Name: Anne Rogers

Town / Location where you live: Nhill

Occupation: Teacher at Holy Trinity Lutheran School Horsham

Hobbies / favourite past time: Sewing, Jigsaw puzzles, Gardening, Maintaining a farm

Favourite sports team / player / athlete: Roger Federer

Favourite Australian Icon: Vegemite or Great Barrier Reef

Favourite food to eat and/or cook: Sponge with passionfruit icing

Time spent on WWHS Board (years): 5 years

Why did you join the WWHS Board?: To give back to the community in which I live.

Where do you see WWHS in 10 years?: Stronger and continuing to provide safe and effective health care for all members of our community.

What's the first thing you'll do when coronavirus restrictions are lifted? First thing I will be doing is to hug my children, grandchildren, and my mum.



Anne Rogers - Member of the Board since 2015

For now there remain only 4 reasons to leave home:

- shopping for what you need - food and essential supplies
- medical, care or compassionate needs
- exercise in compliance with the public gathering requirements
- work and study if you can't work or learn remotely

International Year of The Nurse and Midwife

Each month we will showcase a group of Nurses at WWHS. This month we focus on the Theatre Nursing Team.

Yes, it's International Year of the Nurse and Midwife ...

Did you know we have a diverse, dynamic team who share diverse roles within our theatre suites?

To allow you the most amazing opportunity of having varied elective surgery in your home town, we keep the wheels in motion behind the scenes, to ensure our theatres are available and ready to meet your needs!



Michelle Borain

Our staff are from near and far, and have different ethnic origins. Our sterilising team, Justine and Raji ensure that all our packs are ready, our instruments are washed, sterilised and packed in preparedness for our nurses and surgeons to use. Justine is a local lady, and Raj has joined us and originates from India. To ensure your journey and preparation into our theatre suites is well managed and uneventful, we have a Pre-admission Clinic, supported by Rebecca who has relocated from Melbourne. Rebecca ensures that our anaesthetists are informed of any concerns and facilitates your assessment to ensure we can safely complete your surgery in our hospital. She will also answer any questions you may have regarding your hospital admission to our beautiful facility.

Our anaesthetic team are responsible for keeping you comfortable and safe during your operation, as well as ensuring your pain control afterwards is well prepared. Our very capable anaesthetic nurse Lyndsay has recently relocated from Melbourne and is originally from Edinburgh.

Our scrub team, yes we are called that because we scrub up before we don our gowns and gloves, are responsible for ensuring we have everything at the ready when our surgeons need something, as well as keeping count of the instruments and swabs we use during your operation.

Our scout team, are the wheels available to our scrub team, and we rely on them if we need anything additional or unexpected during your surgery. Our scouts are also responsible for maintaining records of the instrument and swab count as well as any additional changes during your operation.

Our recovery team ensures your return from dreamland is as gentle and pain free as possible. Their main focus is to keep you safe until you are able to look after yourself.

Whilst our team endeavour to support each other across these various areas, most have a favourite or more comfortable zone they prefer to work within. This is what allows them to develop special skills within that area that keep our wheels in motion with minimal effort or fuss. As the manager of this diverse team, originally from South Africa myself, it is always pleasurable to enjoy stories of the amazing nursing experiences and opportunities our staff have had over the years.

Our surgeons travel from other sites, and even from across the South Australian border to ensure our services are maintained.

Our anaesthetists work in other hospitals too and it is very heart-warming to consider the determination and mindfulness of these busy professionals, which ensures we will continue to meet some of the needs of our community.

We are very fortunate to have an executive team that are always looking for ways to expand the services we are able to offer in our hospital, which in turn makes it a more comforting experience for our patients and their families, knowing they can be seen and cared for in close proximity to their homes.

Article by Michelle Borain – Operating Theatre Manager



Cholong Dong, Lyndsay Nattan, Lisa Miller, Rhys Webb, Rebecca Squire, some of the amazing theatre Nurses at WWHS

Year of the Nurse and the Midwife 2020

Join us in celebrating nurses and midwives!



Nurses and midwives provide a broad range of essential health services close to the community and in all levels of health facility.

18M

The world needs 18 million more health workers to achieve and sustain universal health coverage by 2030. Approximately half of that shortfall – 9 million health workers – are nurses and midwives.

70%

Globally, 70% of the health and social workforce are women. Nurses and midwives represent a large portion of this.



Midwifery, where care includes proven interventions for maternal and newborn health as well as for family planning could avert over 80% of all maternal deaths, stillbirths and neonatal deaths.

TELEHEALTH PLATFORM

With the current social distancing recommendations, telehealth is a great way to provide quality health care to our community while keeping them safe!

Telehealth is where health services (allied health, nursing services, medical services) are delivered by a video call. The patient and clinician can see and hear each other through a computer, smartphone, tablet or something similar. So while a clinician cannot touch a patient and perform some treatments or procedures, they can see the patient. This means that more issues can be assessed and treated than what's possible over the phone.

While we have been using telehealth for a while at West Wimmera Health Service, we mainly used it to link specialists with our patients to save them the trip down the highway where appropriate. However, with the current situation, we have been expanding the services we are offering and doing it with the patient in their home. Something that we haven't really done much of before.

We have been working hard to continue providing services where possible while keeping our communities safe. Telehealth is one way that we can do that.

It is important to note that not all patients are appropriate to be seen via telehealth depending on what they need our help with - but we are doing what we can.

Like anything, there have been some minor hiccups, but overall reports have been positive that it is working well.

At West Wimmera Health Service, we use a platform called HealthDirect: Videocall. This is a secure platform developed by HealthDirect Australia. This means that no one can access the information discussed in your consultation. It doesn't save any of your personal information. This system doesn't require fancy equipment, patient accounts or software and can be done on a tablet, smartphone, laptop or desktop computer.



HealthDirect has tried to make the telehealth experience mimic a face to face consultation where possible, to make patients and clinicians feel more comfortable with the process.

If you have a problem that we can help you with or you would like some advice, please contact the Nhill Reception on (03) 5391 4222.

Our reception staff will put you in touch with our team, who will have a chat with you over the phone or via telehealth. If appropriate, they will talk you through how to set it up.

"It's a wonderful use of modern technology and we are very fortunate that we have this available otherwise I wouldn't have been able to receive physiotherapy.

It's not as good as face to face obviously but it's a good alternative, without it I wouldn't be able to achieve my rehab goals.

I found my first session very easy, it was not difficult at all to set up. The quality of the technology has been great."

MEET SHIRLEY!

Shirley had a total hip replacement and has been having her follow up physiotherapy via telehealth.

Here are Shirley's comments about her experience.

AS THE TIMES CHANGE SO DO WE

Unfortunately, the current coronavirus pandemic has restricted the way our services operate but we want you to know that we are still open and here for you during this time.

DIABETES EDUCATORS

Our Diabetes Educators are still available for consultations by phone or email.

The Royal Flying Doctors (RFDS) are now setting up telehealth in the home and have been working extremely hard to allow people to access their usual specialist services.

This means, that if you have diabetes, you can now have a consultation with your endocrinologist in the comfort of your own home.

HOW IT WORKS

The RFDS will send you an app, which you can download onto your computer or smart phone. The Diabetes Educator can then join the consultation by phone.

Your GP will be updated of your progress by email. One of our Diabetes Educators, Carmel Feder, is excited to announce that starting this week, her first telehealth patient will have access to this service.

Hindmarsh Maternal and Child Health Service 3 April 2020

DUE TO COVID-19 MATERNAL AND CHILD HEALTH WILL BE MODIFYING OPERATIONS

All drop-in visits to centres are ceasing immediately and consultations are [by appointment only](#).


To make an appointment you will need to ring on [0429 911 287](#) and in the first instance these consultations will be conducted over the phone or by telehealth.

There will be some appointments which will require face to face contact e.g. for immunisation. Face to face appointments will ideally be limited to 15 minutes.

In [Rainbow](#) and [Jeparit](#) immunisations will take place in the home. At this point in time [Dimboola](#) & [Nhill](#) centres remain open for immunisations on appointment.

To arrange an appointment, please contact our Maternal and Child Health Nurse on -

 0429 911 287

 mstephan@wwhs.net.au



OUR SOCIAL SUPPORT CENTRES

We understand that given the current circumstances surrounding COVID-19, this can be an isolating time for many.

Although our clients have been prohibited from attending our Social Support centres, we have been undertaking weekly wellbeing telephone checks to keep connected.

Staff have collated activity packs from the Golden Carers website to send out to clients. The packs consist of crosswords, word search, colouring and Sudoku.

We have received excellent feedback from our clients expressing their gratitude for these packs.

AGED CARE ASSESSMENT SERVICE (ACAS)

As you are aware, the community is continually receiving advice on the need to slow and prevent the spread of the COVID-19 virus.

Following recent advice from the Department of Health and Human Services, the Aged Care Assessment Service (ACAS) has made the decision to cease all face-to-face assessments in the hospital setting, on a trial basis.

All assessments will occur via telephone.

Evidence to facilitate the assessment will be gathered from a number of sources including the health record, family and the treating team. Clients will be prioritised based on urgency.

For clients who do not require an urgent assessment, the ACAS team will closely monitor their situation and refer back through My Aged Care if their situation changes.

Please contact My Aged Care or your local health care provider for further support in this process.

COVID-19 ASSESSMENT CLINIC

If you are concerned that you may have coronavirus please call Wimmera Health Care Group on 53819111 for screening and appointment advice.

Open: 11:00 AM

**Close: 5:00 PM
DAILY**

For general coronavirus advice
www.dhhs.vic.gov.au

Or call 1800 675 398 - CORONAVIRUS HOTLINE



CARE IN THE COMMUNITY AND IN THE HOME

Due to Covid19 it has been necessary to modify our approach to providing community and home care services. This includes everyday support services funded through the National Disability Insurance Scheme (NDIS), Traffic Accidents Commission (TAC) and Community Aged Care Home Care Packages.

Our support workers are continuing to go into homes to provide essential services, including personal care and support with medication. We are continuing to organise transport to essential medical appointments and can drop shopping off to people where this is included in their service plan. Where we have been providing social support we are now doing this over the phone or using telehealth or facetime and we have been thinking creatively about how to keep our more vulnerable and isolated members of the community socially connected. We are also following strict guidelines to protect both our staff and community during this challenging time.

Our support staff are phoning ahead and asking a series of screening questions before they are able to enter a home – for example, ensuring the person is not experiencing any respiratory symptoms. They are also adhering to stringent hand washing and sanitising guidelines, within and between homes and maintaining social distancing where this is possible. Our case workers have been contacting individual service users and carers to discuss their needs on a case by case basis and we are closely adhering to Government guidelines for providing community based support services at this time.

Please call us if you have any questions. Our Manager Community Packages, Christine McCallum is available on 0407 863 445.

FLU VACCINATIONS FOR STAFF AND VISITORS IN AGED CARE SERVICES

All people attending a residential aged care service, other than residents, must now have an up to date influenza vaccination in order to be present on the premises.

Aged care providers are required to take all reasonable steps to ensure that these directions are being followed and a person does not enter or remain on the premises if they do not meet the influenza vaccination requirements.

If you have a loved one in a residential aged care facility, please remember to keep the evidence of your flu vaccination. Once visitors are allowed in again, we will need to sight that evidence before you can enter.



URGENT CARE

Urgent Care across West Wimmera Health Service is exactly what the sign said....care that is urgent!

West Wimmera Health Service is not closed for business, but with the Coronavirus pandemic we have had to make decisions to be able to protect the patients and residents within our facilities.

These people are more often than not very vulnerable. The staff that care for you in urgent care then have to care for them.

At this current time, the best thing to do if possible is call before you present to any of our facilities. We can then make the quickest and best decision for you.

If you have had an accident, chest pain, severe blood loss or anything else life threatening call 000 for an ambulance. If you need a dressing, blood pressure check or routine clinic attention this is not urgent....but we can help!

If you call in business hours we can arrange for this service to be provided.

All of the doctors are providing telehealth consultations now and this can also be arranged.

DENTAL UPDATE

Across the State ONLY EMERGENCY TREATMENT is being provided.



**THE NHILL DENTAL CLINIC
IS CLOSED UNTIL FURTHER NOTICE**

If you are experiencing a dental emergency, the following options are available:

- **Concession Card Holder** (pension or healthcare card)
Horsham Plaza Dental on **53 822 662** or
Wimmera Health Care Group Dental Clinic
53 819 111
- **Private Patient contact**
Horsham Dental Group **53 822 239** or
Horsham Plaza Dental **53 822 662**
- **Denture**
Wimmera Denture Clinic are seeing emergencies only
53 825 772



Country Living Dentistry in Bordertown is available to those that live close to the border for emergencies. You can contact them on (08) 8755 1835.

Please advise Country Living Dentistry if you are coming from Victoria.

In terms of crossing the South Australian border from Victoria for medical treatment, you may need to supply proof of the appointment (e.g. text message confirmation of appointment or email).

ALLIED HEALTH OUTPATIENT SERVICES

Occupational Therapy | Physiotherapy | Exercise Physiology | Podiatry | Social Work | Dietetics | Diabetes Education | Speech Pathology
Community Nursing: Cancer Support, Wound Nurse, Refugee Health

Our practitioners have moved to working from home wherever practicable and are consulting by phone and telehealth where possible.

In some instances, a face-to-face appointment may be required if the need is urgent and there is no alternative. However, you may be asked to travel to Nhill for this appointment. Anyone needing to visit for a face-to-face appointment will be required to undergo a temperature check and answer a series of Covid19 screening questions.

We are prioritising urgent and essential Allied Health appointments. Please give us a call if you are seeking any information or advice about an Allied Health referral or issue and we will do our best to assist with your query.



To be put in touch with an Allied Health practitioner, please phone the main reception at Nhill or your nearest WWHS facility:

Nhill: 5391 4222 Kaniva: 5392 7001 Rainbow: 5396 3301 Jeparit: 5396 5501 Gorokey: 5363 2201 Minyip: 5363 1200 Murtoa: 5363 0401

The Health Promotion Team at WWHS has an exciting and challenging task. Our job is to ensure that everyone in the region has the best possible chance to become or stay healthy.

So, what does that mean?

It might take us a few issues of the newsletter to explain it all... but for the present, there are some important things that matter right now in these very unusual times.

There are some key building blocks for health. The most important of these, right now, are:

Keep moving! Exercise, even mild exercise, is always good for you. It makes you feel good as well as improving your physical health.

Stay connected! There has never been a better time to phone a friend! Video chat is wonderful, but a good old-fashioned phone call is also great. Check in with friends and family. Share some memories, have a laugh, talk about what you are doing to stay healthy and

think about how you can have some fun together while you are apart – maybe dancing together on video chat, sharing old photos through email or phoning a friend with a joke of the day.

Eat well! Nutritious food really does make you feel better! It doesn't need to be fancy and it's amazing what you can do with stock pantry items. Watch this space for some recipes. If you love recipe books, have a think about what your Granny might have made – these foods are often made with things you've got in the cupboard.

Reduce smoking! This one is just for the smokers. It is always a good idea to reduce smoking (or cease, if you can). But right now, every cigarette is increasing your risk of becoming very sick if you contract COVID 19. It is quite literally a matter of life and death.

Be kind! Be kind to yourself, be kind to your neighbours and be kind to the essential services workers who are keeping us safe and resourced right now. Kindness counts.

Just do what you can. Everything helps... but the most important thing right now is do what you can to maintain a little bit of a routine, add in a bit of physical movement, some tasty, healthy food and look after your mental health.

We can't say this often enough – we are all doing a great job of maintaining our social distancing, staying at home, unless going out to get essentials, and washing our hands with soap and water. Congratulations! When you do these things, you keep yourself safe and you ensure that the most vulnerable people in our communities are safer too. When you do that, you are promoting health for all in the best possible way... keep it up!

THANK YOU!



Some tips from our Health Promotion team!

HEALTH PROMOTION

Active April

What is Active April?

Premier's Active April campaign encourages all Victorians to do 30 minutes of physical activity every day during April. It is a part of the Victorian Government's ongoing commitment to boost physical activity participation.

How do I register?

You can register via the Active April website:
<http://www.activeapril.vic.gov.au>

Make sure you join the West Wimmera Health Service team when you register by using the team ID:

- wwhs
- wwhs-community
- minyipmurtoarupanyup
- dunmunklefarmers

How do you track your activity ?

You can track your activity levels on the Active April mobile or web app throughout April.

Simply log on via your Smartphone, tablet or computer and hit the 'Track Activity' button on the Dashboard. By tracking your activity it means you can not only see how you're going but also your teammates. This can be a great way for you and your teammates to encourage each other along the way.

The Active April mobile app is available to make it easier for you to track your activity, available for both iOS and Android.

How is WWHS getting involved?

This year WWHS will be taking part in Active April as a health service, getting employees involved and motivated to get moving!

Keep your eyes out for information on simple ways you can increase your physical activity every day and some fun lunchtime activities coming your way throughout April.

Don't forget to check out My Offers for Active April local events, activities and participating organisations. You can also find great tips and inspiration on how to get moving on the Premier's Active April website or Facebook page for tips and inspiration on how to get moving and other information and help with the program.

COMMUNITY HEALTH CENTRES

SUPPORTING YOUR HEALTH NEEDS

As you already know, the current coronavirus pandemic has forced a number of restrictions and changes to local public services. We would like to inform you of the current procedures operating at local community health centres.

The community health centres (CHC) are currently in lockdown mode. That does NOT mean the community health centres are closed. It does mean that at the current time, there are restrictions on who is allowed to enter the buildings. It is important to remember that the centres are still operating. There are staff on duty and the centres are able to offer the following services to the community:

Pathology

If your GP needs you to have blood or any other specimens collected for a pathology test, please contact WWHS reception.

You can then arrange for a community health nurse to come to your home to collect the sample at a suitable time and date.

Support Hotline Details

Lacking support in isolation

Help Hotline (Wimmera):

1800 195 114

Christian Emergency Food Centre: 03 5381 2311

Free Financial Counselling National Debt Help Line
1800 007 007

Suicide Callback Service
1300 659 467

For all emergencies - 000



Allied Health

Due to the current coronavirus lockdowns, West Wimmera Health Allied Health face-to-face appointments have been temporarily postponed until further notice. This includes appointments with WWHS Podiatrists, Physiotherapists, Dieticians, Diabetes Educators, Speech Therapists and Occupational Therapists.

The Allied Health professionals at WWHS remain on duty and can be contacted by phone. If you have any concerns or queries, please contact the relevant Allied Health professional with whom you can discuss your situation and receive any assistance or advice that is required.

Either contact one of the community health centres or ring WWHS Nhill reception on 5391 4222 who will put you in touch with the relevant practitioner.

Wound Dressing

If you have a wound dressing that needs to be dressed regularly, please contact your nearest community health centre by phone.

Please note, that restrictions apply as to whether a nurse is able to attend to your home. If you have recently returned from overseas, have had recent contact with a person diagnosed with coronavirus or if you have any cold/flu-like symptoms associated with the virus, it may not be possible for the nurse to attend your home, in which case alternative arrangements will have to be made.

Flu Immunisations

If you need a flu shot this winter, these will be available soon. Please ring your local GP or the nearest community health centres so you can have your name and contact details added to the list. When the vaccines arrive, the immunisation nurse will contact you and organise a time and location for you to have your flu injection.

GP Clinics

The GP clinic at Minyip will operate on Tuesday from 9am to 11am. Murtoa will continue to operate on Tuesdays and Fridays and at Rupanyup Doctor's surgery on Thursdays. Please phone Rahim Medical Services on 5385 5730 to make an appointment.

If you have any general concerns or issues about your health, please phone the community health centres first. If it is safe to do so, a community health nurse can attend to you at home. If you think it's an emergency or if you are experiencing chest pain or breathing difficulties, ring 000.

For General Health Concerns & Advice

If you visit one of the centres, the entrances are currently locked. Please ring the buzzer and a receptionist or nurse will attend to you. If you have recently returned from overseas, have recently come into contact with another person diagnosed with coronavirus or if you have any cold/flu-type symptoms, you will not be allowed access into the building and alternate arrangements will have to be made. It is best to phone the centre first.



Iona Family Tree – The residents & staff dedicated the Family Tree to all their loved ones to let them know they are thinking of them & are missing their visits.



Iona Staff have placed teddy bears & toys in the windows at Iona & registered for the Hindmarsh Shire Bear Hunt.



A very touching special way for loved ones to communicate has been through Iona's "Back in Touch Room".



Pizza time at Rupanyup



Elva celebrates her birthday in lock down with her Kaniva Hostel family. Happy Birthday Elva!!

HAPPY SNAPS FROM ACROSS OUR AGED CARE FACILITIES

MEDICAL CLINICS UPDATE



The Rural doctors are still open for phone consults and Flu vaccines.

New patients are welcome and same day appointments are available.

Please give us a call to organise your appointment.

Nhill Medical Centre

Ph 03 5387 9900

Open Monday-Friday 8.30-5.30 & Saturdays 9-12

Address: 45 Nelson Street, NHILL VIC, 3418

Goroke Community Health Centre

Ph: 03 5363 2200

Open Monday-Friday 8.30-5.00

Address: 54 - 62 Natimuk Road, GOROKE VIC 3412

Kaniva Medical Centre

Ph: 03 5323 5770

Open Monday-Friday 8.30-5.30

Address: 9 Farmers Street, KANIVA VIC, 3419

Lister House Medical Clinic

We will now be providing you with assistance from a distance!

To keep everyone safe Natimuk Surgery will be closing temporarily due to COVID 19.

All patients are to ring Lister House Clinic in Horsham on 5382 0011 for a telephone or telehealth consult.

Telehealth consults are available if you have access to a smart phone, tablet or computer.

During the consult, if your Doctor deems it necessary, face to face appointments will be arranged for you at the Horsham clinic.

Horsham Lister House Clinic is open Monday to Thursday.



Rahim Medical is now operating in Minyip!

The clinic opened its doors on Tuesday 14 April.

Dr Mohamed will commence consulting from 9:00am – 11:00am each Tuesday.

Telehealth appointments will be available for all clinics in Rainbow, Jeparit, Minyip, Murtoa and Rupanyup.

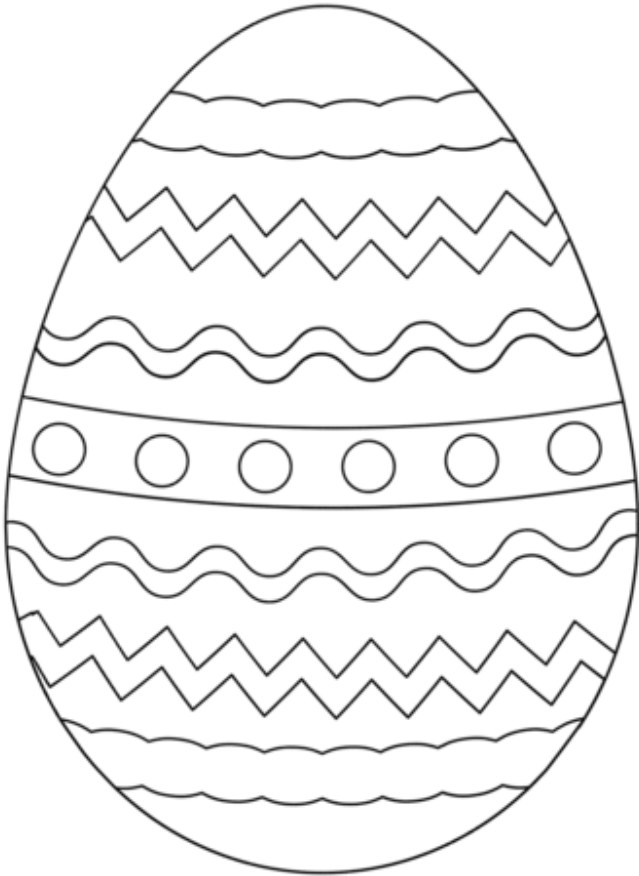
Please call our friendly receptionist, on 5385 5730, to book an appointment.

We are open Monday to Friday from 9:00am to 5:00pm.

Sudoku

Sudoku #1 , Puzzle No. 519724

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



Just add some colour...

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

Sudoku #1, Puzzle No. 519724

TEST YOUR
BRAIN

Did you
know?

When you sneeze your body is getting rid of infected cells and an average sneeze will spread over 100,000 virus cells up to nine metres. On average, adults catch two to three colds each year. School-age children can have 12 or more colds in a year.

When we touch something, we send messages to our brain at 200 km/h.

You are about 1cm taller in the morning than in the evening.

Health Word Search



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

ALLERGY	OXYGEN
BACTERIA	STRESS
BLOOD	SYMPTOMS
BODY	VIRUS
COLD	WATER
DISEASE	
DOCTOR	
EXERCISE	
FOOD	
HEART	
HOSPITAL	
HYGIENE	
LUNGS	
MEDICINE	
NURSE	

KAREN COMMUNITY

ဝုမရၢမုၢ်န့ၣ်ဆူၣ်ချူကရၢကျဲးစးမၤတုၤထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအကျိၤအကျဲၤအကလုာ်ကလုာ်လၢနထံၣ်န့ၢ်အိၤသ့ဖဲ **facebook** အပူၤလၢအမ့ၢ်တၢ်ကစီၣ်လၢပှၤကညီအကျိၢ်န့ၣ်လီၤ

Stage 3 restrictions are now in place

Here are only 4 reasons to be out:

တၢ်တြီၢ်ဃာ်(တၢ်ဖိၣ်ဃံး)တၢ်အပတီၢ်သၢလၢအမၤအသးခဲအံၤ

အဝဲအံၤမ့ၢ်တၢ်ဂ့ၢ်လွံၢ်ထံၣ်လၢနလဲၤထီၣ်ဆူတၢ်ချာသ့.

- လဲၤပှၤတၢ်လၢနလိၣ်ဘၣ်သ့ၣ်တဖၣ်-ဒ်အမ့ၢ်တၢ်အိၣ်တၢ်အိၣ်ဒီးတၢ်လိၣ်လၢအရူဒိၣ်
- လဲၤတၢ်ဆါဟံၣ်(တၢ်အိၣ်ဆူၣ်အိၣ်ချ့), တၢ်ကွၢ်ထွဲကဟုကယာ်ပှၤလၢအလိၣ်ဘၣ်တၢ်မၤစၤ
- မၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤဒ်ကျဲလၢသဲးတၢ်ဘျၢဟ်လီၤဃာ်အသး(နီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤဒ်တၢ်ဟးလိာ်ကွဲး)
- တၢ်ဖိးတၢ်မၤဒီးတၢ်မၤလိ

တၢ်လီၤဒ်အမ့ၢ်ဖိသ့ၣ်တၢ်လိာ်ကွဲးလီၤ, တၢ်ဒီးစကးလီၤဒီးတၢ်ဂဲၤလိနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤလီၤသ့ၣ်တဖၣ်ဘၣ်တၢ်ပတုာ်ကွဲးအိၤန့ၣ်လီၤ. ဒ်န့ၢ်အသးတၢ်ဂ့ၢ်အကၢဒ်အမ့ၢ်တၢ်လဲၤတခွဲညၣ်, တၢ်ဟးအိၣ်သကိးလိာ်သးဒီးတၢ်ဟးထီၣ်တၢ်ချာလၢအတမ့ၢ်တၢ်အရူဒိၣ်သ့ၣ်တဖၣ်လုၤတက့ၢ်တၢ်တတူၢ်လိာ်အိၤလၢဘၣ်. ပှၤတကၤကလၢတၢ်မ့ၢ်ထံၣ်န့ၢ်အိၤလၢမၤကမၣ်သဲ စးတၢ်ဘျၢလၢတၢ်ဟ်လီၤအိၤအံၤန့ၣ်ကဘၣ်တၢ် စံၣ်ညီၣ်အိၣ်လိးအိၤလၢစု ၁၆၅၂ဒီလၣ်လၢနီၢ်ကစၢ်တက, မ့ၢ်လၢတၢ်ကရၢကရိန့ၣ်လၢစု ၉၉၁၃ဒီလၣ်န့ၣ်လီၤ. နဟးထီၣ်လၢတၢ်ချာသ့ဒ်ထဲတၢ်ဂ့ၢ်လွံၢ်ထံၣ်လၢအဘၣ်တၢ်ဟ်ပနီၣ်အိၤန့ၣ်လီၤ.

