



COMMUNITY NEWSLETTER

West Wimmera Health Service

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

Truck wheels land on Iona roof!

It was with some degree of initial disbelief to have heard the news that a set of truck wheels had become lodged in the roof of our Iona Digby Harris Nursing Home at the end of April.

From what we can gather the wheels became detached from a truck as it was driving along the highway, bounced upwards off a brick garden feature and came to rest in the roof. The ceiling of the room below the affected roof space was broken leaving quite a degree of plaster on the floor below.

Thankfully the room below was unoccupied at the time and no-one was injured. The SES came to assist our maintenance staff with the initial clean up and it is likely that a structural engineer will be required to assess what if any particular repairs may be required other than resealing the roof and fixing up the plasterwork.



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INTERNATIONAL YEAR OF THE *Nurse & Midwife*

Each month we will showcase a group of Nurses at WWHS. This month we will focus on the Community Health Nurses...

It's hard to describe a typical day in the life of community health nurses, because every workplace is different and every community's needs are different.

Working rurally, nurses need to be generalists. What I love most about working as a community health nurse is that you learn something new every day.

The first thing I learnt when I began working in community nursing was the fact that people have their own ideas of how their lives and their health should be managed.

Working in community health means that nurses juggle two different but overlapping roles – firstly looking after individuals who live in the community, and secondly understanding what care and services the whole community requires.

In the first role we deal with individuals. This can include, taking blood for pathology, providing support to someone on their cancer journey, providing wound care, providing reassurance (or calling an ambulance) if someone has presented with a health issue that can not

be managed locally or providing basic education on how to manage asthma, diabetes or heart disease.

We organise transport to appointments or to hospital, help people off the floor after a fall, and visit people to offer support after a bereavement or a cancer diagnosis. Sometimes we need to be advocates, saying no, this person cannot be expected to go to Melbourne four times in two weeks. In these cases we can assist with telehealth use.

Our second role, is supporting the health of the community. In order to meet the needs of the community, we need to be in touch with them, know what the local issues and problems may be and work with the community on ways to resolve those issues.

We might arrange a community health or well-being event, facilitate a mental health program, puberty program in schools, nutrition program in kindergartens, attending local shows and Field Days to conduct health screenings, or developing an advertising campaign on a current health issue to name a few.

It's fun, always busy, and incredibly varied - which is why I like it!

Article by: Di Knoll, Registered Nurse, Minyip.



West Wimmera Health Service celebrated International Day of the Midwife (5 May 2020) and International Nurses Day (12 May 2020) over Zoom.

94 AND ZOOMING

COVID-19 has been a difficult time for all but June Jackson has not let this stop her from participating in her usual activities; it is just a little different.

June, 94, from Nhill shared her experience with us using Zoom and how she has been spending her time during the pandemic.

Zoom is a video communication program, where people can connect online - all you need is a computer or smart device, internet and a little bit of patience.

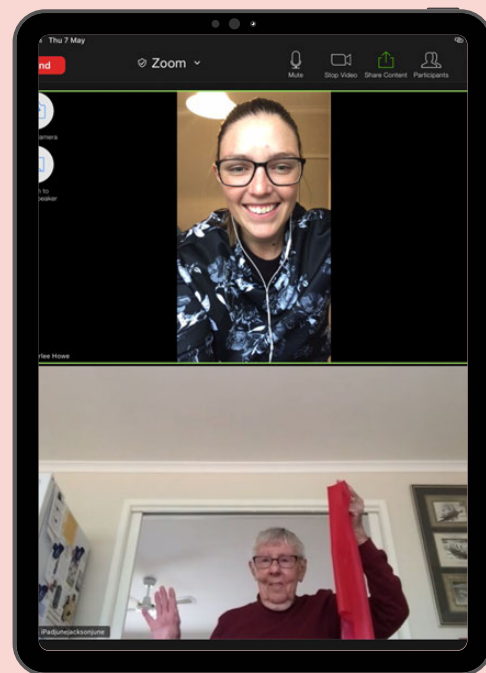
Before the pandemic, June would regularly attend our Falls and Balance class hosted by our exercise physiologist, Kim. June also attended a weekly Tai Chi Class with Janine, one of our Community Health Nurses. The social distancing restrictions saw a change in the way West Wimmera Health Service could safely deliver these classes. Zoom was introduced and June thinks it is *"rather marvellous"* and enjoys these catch-ups.

Since 2011, June has attended a computer and technology program through the Nhill Learning Centre to better understand technology, to use her iPad and as a chance to socialise. That time has certainly paid off.

Like many, June had never heard of Zoom until the virus struck, but she agrees *"it is an asset"* and a *"great way to connect with people"*. Kim helped her set up the Zoom program on her iPad.

June agrees that it does not come without problems, as with all things in life, *"sometimes the connection drops out but we are able to muddle our way through"*. Regardless of the slight hiccups, June would still recommend using Zoom.

June also uses her iPad to speak with her daughter, complete online banking and a variety of other activities such as reading. June believes that Zoom *"seems to be the in thing at the moment"* and that you have to *"keep with the times"*.



June and Kim on Zoom

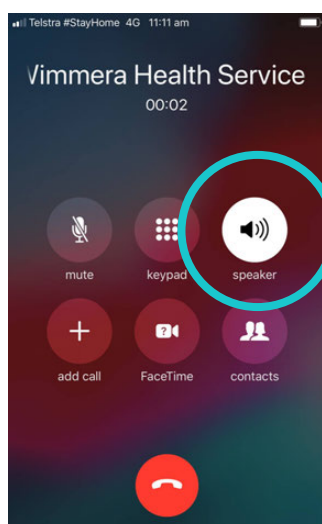
June has been keeping busy during this uncertain time and occupies herself by constantly being on the phone and keeping in touch with her loved ones, watching TV and knitting coats for newborn lambs.

West Wimmera Health Service is also using telehealth services where possible to deliver Allied Health appointments. If you would like to join our Zoom classes or make an appointment, please contact our Allied Health reception on (03) 5391 4222.

QUICK TECHNOLOGY TIPS

How to put your iPhone on speaker:

- You can turn your iPhone speaker on, when you make a call or receive a call.
- In both cases a menu screen appears on your phone.
- To switch to speaker phone, tap the speaker button, which turns white when activated.
- Turn off speaker phone at any time during a call by tapping the button again.



KNITTED NEWBORN LAMB COAT

June is giving away knitted newborn lamb coats. If you are interested please contact June on 0408 302 298



Message from the CEO

Coronavirus

As would be expected, a significant amount of management time continues to be devoted to planning for the possibility that the coronavirus will become prevalent in our local communities and our facilities at some stage in short to medium term.

At the time of writing there are no known current cases of the virus in any of the local government areas in which the Service operates. Nevertheless, the threat remains relatively serious and is likely to stay so until a vaccine or effective treatment is found, which could take many months. At this stage it's not clear as to whether once a person has recovered from the virus they can contract it again, so that cannot yet be factored into any consideration as to when the threat might significantly subside.

With the initially feared large surge of coronavirus cases now appearing to have been avoided across Australia we are now seeing signs of a return to business as usual in various aspects of our operations.

Coronavirus – Residential care

From 13 May we lifted some of the restrictions around visiting our aged care facilities with the revised revised conditions now applicable until further notice. These conditions have been communicated to our residents and their families and are available on our website.

We are also looking to again permit visits to the Nhill Hospital in the near future subject to similar controls that are in place for our aged care facilities.

We understand that restrictions on visiting present an extra demand on staff and we will continue to monitor the situation to look for more efficient and effective ways to facilitate visits. Once again we can only thank people for generally taking this latest change in their stride and getting on with the job for the benefit of those we serve and each other.

Coronavirus - Elective surgery

The Department of Health and Human Services (DHHS) recently advised that elective surgery can now recommence subject to various restrictions.

Accordingly, planning is now underway to recommence the provision of ophthalmology surgical services, which largely means restarting cataract surgery in late May. A service limited to the provision of injections required to prevent macular degeneration has continued uninterrupted in order to prevent patients' irreversible deterioration of sight that would have occurred without it.

We are looking to recommence dental surgery in early June and orthopaedic surgery in late June. Obviously extra precautions will be taken in relation to infection control during this recommissioning phase, which will only continue in the absence of coronavirus appearing in the local community.

Coronavirus – Other services

As the apparent risk of contracting and spreading of coronavirus in our communities has diminished sufficiently, we are also now permitting community access to our community health centres. At this stage such access will be allowed primarily for appointments to take pathology specimens (mostly blood).

Previously this service was being provided by our district nursing staff who visited the home of each client on top of their normal workload.

Meet the Board Director

Name : Michelle Coutts

Town where I live: Rupanyup

Occupation: Registered Nurse/Midwife

Favourite things to do: First & foremost spending time with those I love the most; studying history, art & design, travel, music, being on the farm, gardening, shooting.

Favourite sporting team: Geelong Cats

Favourite Australian icons: The late Dr Catherine Hamlin and Sister Vivian Bullwinkel

A favourite meal: Moroccan lamb and a glass of Tempranillo

Time on the board: 9 months

Why did you join the Board?

Being a member of the Board is my way of contributing to and making a difference in my community. I have a passion for people and very much want individuals to achieve what 'good health' means to them - and that means different things to different people.

Where do you see WWHS in 10 years?

Among many things, I would like to see many of our clinicians being enabled and trained to have an enhanced scope of practice - especially because of the doctor shortage that is the crisis facing rural Australia. I would like to see the service develop even stronger connections with other organisations within each of our towns and for us to be service that other health services aspire to be.



**Michelle Coutts,
Board Director**

Further, our allied and community health staff are now cleared to commence travelling to our various hospitals and aged care facilities to provide services for conditions considered to be of sufficient risk to the short-term health and wellbeing of our patients and residents to warrant such travel and contact.

In the meantime, significant use of telehealth continues to all other clients who require allied and community health type services.

We had expected by now to have had both our Nhill based hydrotherapy pool and gym in full use however these have been delayed until further notice because of the coronavirus.

Coronavirus – Regional cluster planning

As previously advised, differing views across the region existed about what might be the most safe and effective region and sub-region wide approach to planning for the possibility of coronavirus appearing in the Grampians region in greater numbers.

It has always been our view that it would make most sense that smaller agencies and facilities, particularly those that combined residential aged care with hospital inpatient care such as we have at Jeparit, Kaniva, Rainbow and Rupanyup, be kept coronavirus free for as long as reasonably possible.

That is, such facilities should not be required to admit coronavirus positive patients and if any existing patients or residents tested positive they should be transferred to a larger facility and ideally a facility with a co-located Intensive Care Unit (ICU).

This approach should mean a reduced spread of the virus in the community and in particular into our aged care facilities where we know from what has been reported in other countries that it is usually much more lethal than normal. It also means that if a patient quickly deteriorates the time taken for them to be admitted to and ICU should be much less than would otherwise be the case.

Of course under a worst case scenario with coronavirus widespread across Victoria this approach is unlikely to be relevant as it is unlikely any larger facility would have capacity to take in such patients. However, as we are seeing, it is unlikely now that the worst case scenario will materialise which is why we have been planning for multiple scenarios.

Ballarat Health Services continues to lead planning at the regional level and we are grateful for their ongoing work and commitment to ensuring our communities will have access to a well-coordinated and properly resourced regional health system able to deal as best it can with any coronavirus outbreak.

GET ON BOARD



West Wimmera Health Service is currently seeking expressions of interest to join the Board of Directors.

West Wimmera Health Service is a small regional health service which provides health and community care services within the Hindmarsh, West Wimmera, Yarriambiack and Horsham Rural City local government areas with campuses in Nhill, Gorokey, Jeparit, Kaniva, Minyip, Murtoa, Natimuk, Rainbow and Rupanyup.

We provide a broad range of health services including acute care, urgent care, aged care, primary and preventative health, dental, disability services and community programs.

Victorian public health service Board Directors play an integral role in guiding our health service and are appointed by the Minister for Health The Hon. Jenny Mikakos MP.

Our Board helps to:

- Govern our health service
- Develop strategies
- Oversee our financial and service performance
- Respond and adapt to challenges such as population and changing demographics
- Meet regulatory and government policy requirements and standards

These positions provide an exciting opportunity for suitably qualified and experienced persons to contribute and provide high level advice on the delivery of public health care to our community.

For more information regarding the role of a Board Director please go to the Get on Board website <https://getonboard.vic.gov.au/advice-on-applying/>

For more information and to register your interest please do not hesitate to contact Anne Rogers, Board Chair via email board.chair@wwhs.net.au

Coronavirus – Scenario planning

Work continues on a scenario planning for the Service, which is intended to indicate possible responses given certain sets of conditions. These range from what is currently in place to what might take place in a worst case type scenario.

The document remains a work in progress and will also continue to be updated as circumstances change and if and when more and better relevant information becomes available. Importantly, it also includes provision for planning for recommissioning of services as and when it becomes appropriate to do so.

Financial Performance

The Service's financial performance remains of some concern given the likelihood we will now record a substantial full year operating deficit, in the absence of any significant extra funding from either the state or federal governments in the remaining two months of the financial year.

The primary factor contributing to the above outcome is a much lower than anticipated level of funding received for the provision of our residential aged care services which has been substantially brought about by lower occupancy rates over the past 12 or so months and over which we don't have much control. Thankfully, occupancy rates have started to improve in recent months so we're hopeful any negative financial impact will be relatively short term.

Work continues on ensuring we optimize the level of funding received for the residents that do occupy our beds but any improvement in that area obviously does not increase funding for empty places.

Planning has commenced on a financial performance improvement plan, which will help guide decision making about what services we should continue to provide into the long term.

We are in advanced stages of planning to take on Edenhope Hospital's financial management and reporting function with effect from 1 July 2020.

The expansion of our own Finance Department to undertake this work will result in a net financial benefit to the Service as well as enhancing the level of self-sufficiency within the sub-region. Self-sufficiency essentially means our capacity to stand on our own two feet locally without requiring assistance from outside the area.

Communication with the community

The recent publication of our inaugural community newsletter has been met with positive feedback from various quarters and we believe it will be a welcome source of important health related information for our

communities particularly so in the current times of reduced social interaction. The next edition is due out mid June.

Communication generally has been a major focus during recent months with Facebook being an easy source of media information for many people in our catchment area.

In the months of March and April (to 24th) 2020 WWHS posted 103 Facebook posts, up 229% from January and February. With this increase in post frequency our post reach has also significantly increased (up 243%), reaching over 154,000 views with an average of 1,510 users viewing each post during the March and April period.

An excellent example of one of these initiatives was the development of a series of videos (4) which were translated into the Karen language. These videos are designed to educate our Karen community members about the coronavirus and best practices to reduce the spread and have been very well received.

Our top Facebook posts for this period have been:
"Some Coronavirus advice for our Karen community" 15,520 people reached.
"Unwelcome refurbishment to Iona's roof" 12,571 people reached.
"Coronavirus Notice to the community No.1" 11,720 people reached.

We have also significantly increased the amount of content provided to local media and also by way of household letter drops for community members that do not utilise social media.

Conclusion

All in all the Service continues to manage reasonably well having regard to the significant extra challenge presented by COVID-19. It's not too much to say that staff have responded magnificently to what has been quite an extraordinary set of circumstances in recent times.

In some ways the coronavirus has forced us to better utilise available technology for service provision and communication generally. If nothing else, many of us will now have a much better understanding of the importance of maintaining good infection control processes at work and at home which can only be a positive for all concerned.





A MESSAGE TO ALL STAFF

FROM THE WEST WIMMERA
HEALTH SERVICE
BOARD OF DIRECTORS

We write to express our **heartfelt gratitude** for the way you have responded to the serious threat we all face in the coronavirus pandemic.

The planning, lockdowns and social distancing measures taken to date have significantly affected the work and home lives of all of us and our loved ones. Yet in the face of adversity you have shown **great fortitude** and **resilience** to minimize their impact on your colleagues, the people we care for and the broader community.

Times like these remind us of how fortunate we are to be associated with organisations such as West Wimmera Health Service. Although the potential danger of the coronavirus will be with us for some time, we could not be more confident in the **skill and ability of each and every one of you** to successfully navigate this extraordinary challenge.

And there is no right or wrong way to be affected by situations such as the one we now face, so please do not hesitate to reach out for psychological help at any time if you feel you might need it.

TO EACH AND EVERY ONE OF YOU WE SAY THANK YOU

RADIOLOGY

Monday: 9:30am - 5pm
Tuesday to Friday: 8:30am - 5pm
There is no after hours service.

The WWHS Nhill Radiology department is still open. We have a team of 5 radiographers and sonographers who rotate through weekly, all with many years of experience.

We offer X-Ray, OPG/Ceph (dental x-rays), Ultrasounds and CT Scan examinations. All examinations are available Monday to Friday. Ultrasound are only available Monday to Thursday.

We replaced our Ultrasound Machine with a new unit in July 2017 and received a new CT machine in March 2018.

We are able to provide the following Ultrasound imaging -

- General
- Obstetric & gynaecological (including transvaginal scans)
- Musculoskeletal
- Breast
- Some arterial and venous exams.

We are able to provide the following CT scans -

- Both non contrast and intravenous contrast exams, including CTPA for pulmonary embolus studies.
- Chest/Abdominal/Pelvis post cancer follow up scans.
- More complex vascular specific studies are referred to Horsham in the first instance.

Our imaging is reported by radiologists at Lake Imaging, based in Ballarat. All images are available online to referrers via Visage, (secure logon required). Visage will send results direct to the referrer's computer when setup correctly. Urgent results can be obtained within an hour of the completion of the examination.

Pensioners and Health Care card holders are bulk-billed, private gap fees are charged otherwise.

For further information or to book an appointment, please call our friendly receptionist on 03 5391 4241.



Midwife Pregnancy Care Clinic

Our Maternal and Child Health Nurses, who are also qualified midwives, provide antenatal care for pregnant mothers. These Pregnancy Care Clinics reduce the need for mothers to travel long distances for care during pregnancy.

The nurses meet with mothers regularly throughout the pregnancy, liaising with the patient's doctor, and regional specialists if required. Outreach clinics are also available on an "as needs" basis.

The Pregnancy Care Clinic is often the first experience of some women and families entering a health service.

The clinic gives opportunity for both the midwife and families to develop a partnership that will continue after the baby is born.

If this is something you are interested in, please ask your Doctor to refer you to our clinic. These clinics take place every Wednesday morning from 8:30am - 12:00pm by appointment in Nhill Hospital. You can also arrange an appointment in Jeparit and Rainbow.

Please call our friendly receptionist for more information or to make an appointment on **(03) 5391 4241**.

Community Health

Our full array of Allied Health Practitioners can assist if you have a health issue or want a health and well-being program to support your best health.

Our highly skilled team provides:

- Cancer Support Nurse
- Cardiac Rehabilitation
- Continence Nurse
- Diabetes Educator
- Dietetics
- District Nursing
- Exercise Physiology
- Exercise Classes
- Falls Balance Group
- Hydrotherapy
- Occupational Therapy
- Physiotherapy
- Podiatry Social Work
- Speech Pathology
- Wound Care

To book an appointment please call our Allied Health Reception on (03) 5391 4267.

*Eligibility criteria applies for My Aged Care programs.



Understanding Home Care – Supporting you to Live Well

This week at West Wimmera Health Service we caught up with Julie Worsley, our Case Manager for the health services community aged care programs. Julie has been working in community aged care for a number of years now and she has a good understanding of how it all works.

Thanks so much Julie for chatting with us. Can you start by letting our readers know just what you do at West Wimmera Health Service?

Julie: Thanks for the opportunity to tell you all about community aged care. I'm the Community Care Case Manager, which really means that it is my job to manage the services a person desires to access with their Home Care Package.

The big question is, how much will it cost to have a Home Care Package?

Julie: Sure. A Home Care Package is a program that the Commonwealth offers which supports people to stay living in their homes longer. Some people as they get older just need a little help around the house and have some extra health needs. A Home Care Package provides extra money to pay for those things.

Can you please explain what are some of the services that a Home Care Package would pay for?

Julie: Well there are really a large number of difference services a Home Care Package can pay for but let me tell you about the most common services people have. People can find it difficult to maintain their gardens so can use the funds to pay for a Gardener. Some people need some minor modifications to their house like a ramp to the front door. Nursing services in your home as well as support for showering or cleaning your house are all options. Some people don't feel comfortable driving anymore so a support worker can take you to Horsham for appointments or shopping.

Wow, so there's plenty of options for anyone thinking about home care! Choosing a home care provider is a big decision! What sets West Wimmera Health Service's Home Care Package program apart?

Julie: We are dedicated to supporting people to maintain their independence and creating a safe way for people to continue enjoying living at home. Our clients are at the heart of what we do, and we're committed to partnering with people to meet their individual needs. The benefit of being a part of our health service is that our clients can have access to our team of allied health professionals too and we also offer Social Support groups.

I understand that at West Wimmera Health Service you have a number of towns you can offer Home Care Package supports too.

Julie: Yes, that's right. West Wimmera Health Service operates in Kaniva, Nhill, Jeparit, Rainbow, Minyip, Murtoa, Goroke, Rupanyup and Natimuk. Since Home Care Packages are based in a person's home we also offer this program to people living in Horsham, Edenhope and other surrounding areas.

The big question is, how much will it cost to have a Home Care Package?

Julie: That's such a common question. There is a daily fee which ranges from \$9.44 to \$10.75 per day of service that people have to contribute but a package can provide between \$8,000 to over \$50,000 per year, depending on the level of the package received. For high income earners there is an additional income tested fee.

That sounds fair. So how would I access one of these amazing Home Care Packages?

Julie: You need to contact My Aged Care on 1800 200 422 and request an Aged Care Assessment Team referral. Our staff are here to support you with this step, so they can just give me a call and we can start the process.

Wow, thanks Julie, this has been such an informative chat! Thanks again for your time!

For more information or to speak with Julie or the WWHS team please phone 5391 4222



Mental Health is Always Important but Especially Now

Looking after your mental health and wellbeing is always important, but with the current global health climate bringing greater stress and anxiety it is more important than ever to look after your mental health. You can do this in many different ways and how you do it is individual to you but here are some general tips from VicHealth on staying mentally healthy:

- Keep socially connected via phone, email, social media or using other platforms
- Take a break from the news if it is bothering you or study if you can do so from home.

- Create a routine to help keep a sense of normalcy, such as regular physical activity, cooking healthy meals, continue to work.
- Focus on what you can control, for example washing your hands and physical distancing, rather than what you can't control
- To avoid panic, get your information from reliable sources such as Government websites
- Practice mindfulness: focus on the moment you're in. meditation and breathing exercises can help calm your mind and reduce anxiety.
- Take stock of your emotions: it is completely normal to feel concerned or upset about what is happening.

Family Violence is NEVER OK

West Wimmera Health Service would like to spread the word that it is a SAFE PLACE from someone who uses violence.

The Government has put in place rules around social distancing and staying at home in order to help stop the spread of COVID-19. This could mean you are at higher risk of family and domestic violence, because you are spending more time inside with people who use violence.

Whilst many businesses and services have stopped

running due to COVID-19, specialist family and domestic violence services are still open and available to provide support and advice to help you stay safe. The services outlined here are available 24/7 if you or come you know needs support.



Health Promotion



We have seen some great participation across the Wimmera in Active April this year.

Many of us have continued the exercise routines we have held for a long time, whilst others have refound the joy in exercises they had long left behind and others have used the chance to try something new.

All movement is good movement so well done everyone!!!

Active April has been so positive that the Premier has decided to continue it to help keep Victorians motivated throughout the lockdown.

Exercise has fantastic benefits for all aspects of your health, especially your mental health.

Did you know that exercise can help you relax, improve your mood, reduce stress and helps improve your self-image, confidence and outlook?

You'll still have access to the Activity Tracker, Virtual Teams and Get Active Workout videos beyond April. So you can stay connected with your virtual teams and keep tracking your activity.

Remember you can still join Active April, even though April is over, or there are some other great programs you can join in like the Dementia Australia Memory Walk, which you join online to support you moving through the website below:

Dementia Australia Memory Walk
www.memorywalk.com.au



Too risky to smoke during COVID 19 & Flu season

The current COVID-19 pandemic is especially dangerous for smokers. Smoking is a significant risk factor. Smokers are more likely to contract respiratory illness and more likely to become dangerously ill with Covid 19. A Chinese study found that of those who died of COVID-19 in the initial outbreak, 9% were current smokers.

The Victorian Population Public Health Survey 2017 indicates smoking in the Hindmarsh Shire is currently 18%, which is 6% higher than the Victorian state average and smoking rates across the whole of the Wimmera subregion are concerning.

All form of tobacco usage increases your risk of developing a wide range of diseases. These include: cigarettes, vape, hookah, shisha, e-cigarettes, and weaker cigarettes.

While smoking rates have declined over the last two decades, more recently that decline has slowed. The current 18% rate of smoking is high and represents a very real risk for increased impact from Covid 19 on smokers, their families, and local health services.

Smoking primarily affects the respiratory apparatus (lungs, heart and circulation) and weakens the immune system. Current smokers also have a higher risk of contracting and transmitting the COVID-19 virus due to elements of the physical act of smoking and touching contaminated fingers to the mouth and nasal area.

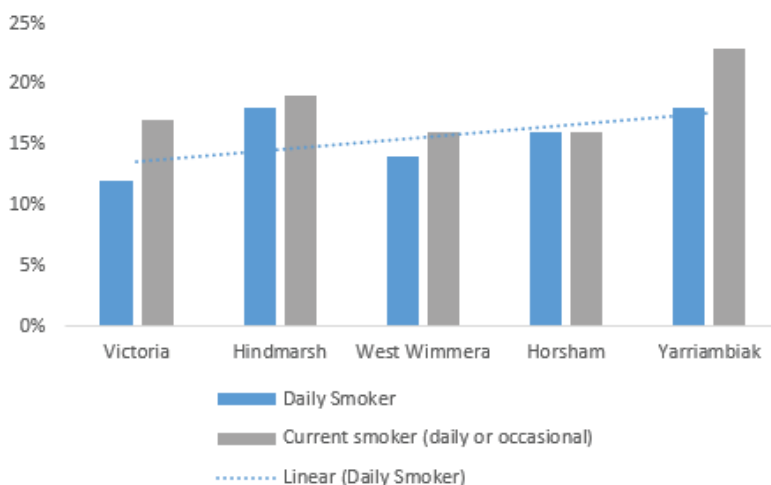
Anytime is a good time to quit smoking, but this pandemic is the perfect time.

If you smoke, consider reducing or stopping. It is in your hands to take a decision to be kind to yourself, your family and the community.

If you are ready to try, take your phone and call Quitline-137848 for assistance.

Graph indicates proportion (%) of smoking for adults (18+ years)

Stay tuned to learn more about the financial and social consequences of smoking.



We know that many people are working from home at the moment and we know that while it has some perks, it also has some problems.

One of them is making sure that you still have a good desktop setup and work routine. A poor posture at your computer and too much sitting can lead to headaches, neck pain and back pain.

It can also be difficult to get motivated if you are working on your laptop on the couch in your pjs.

Working from home?

Tips for a successful home 'office':

Try to emulate a good desktop set up:

You can use books or other objects to prop up your feet, computer, keyboard or forearms. Make sure you sit at a table, rather than on the couch, floor, bed or beanbag. Sit up tall and straight.

Take regular breaks from sitting:

Our body is like a toddler, it hates sitting still! Get up from your desk and change position regularly. It doesn't have to be a big walk or take up much of your time.

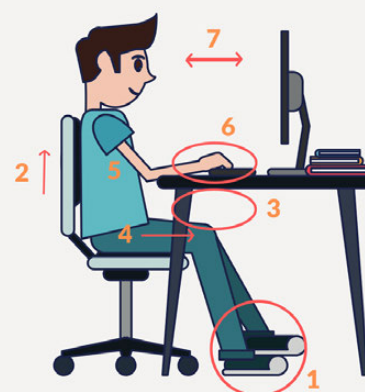
Try to work your scheduled hours, or make a new schedule:

It can be difficult to separate your work and life when they are all happening in the one place, trying to have specified work and home hours can help.

Stick to a routine:

Get up at a usual time, get dressed, make time to exercise, try to work your regular hours and enjoy your weekends at home.

"GREAT WORK. GREAT POSTURE"



1. Flat feet on floor
2. Supportive backrest
3. Enough leg room
4. Thighs parallel to the floor
5. Elbows bent to 90-120 degrees
6. Wrists relaxed and neutral
7. The top of your computer screen should be at eye level



A: _____

B: _____

C: _____

D: _____

Guess which sites where our service friends reside?



E: _____

F: _____

G: _____

MEET OUR SERVICE FRIENDS

AN UPDATE FROM OUR AGED CARE FACILITIES



Mary Tickner with sons Wes and Ash on Mother's Day at Rupanyup



Beverley



Ellen with Grandson Brandon and partner Michael on Mother's Day at Rupanyup



ANZAC Day was celebrated in our Aged Care facilities. Pictured: Gay



Nellie, Joan, Shirley (activities coordinator), Eunice, Mable and Ollie making wreaths and poppies at Rainbow.



Colin



Zona



Jan had a lovely time with Jess during our pampering afternoon.



Iona: Lets get physical
Back Row: Morris, Pat, Graham, Win, Lyle
Front row: Joan, Una, Noreen & William



Stan, Kevin, Charlie and Ray enjoying our High tea at Natimuk.



Fun and ages at Jeparit



Dulcie, Eunice and Stella ready for scones and biscuits for Mother's Day at Rainbow.

The background of the entire page is dark blue. It is decorated with several stylized eyes in teal and orange, some with long eyelashes. There are also small white stars and dots scattered throughout. The text is in white and orange, with orange lines separating sections.

**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: PLEASE SEE OVER FOR MORE DETAIL

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



HELP US RESTORE SIGHT

In our beautiful Nhill Hospital we are increasingly able to offer life changing surgery to our local and surrounding communities, both by the changing technology available to us and the skillful hands of our visiting surgeons.

For those of you who may have already had surgery here, or had a member of your family benefit from these services, you know only too well the **advantage of having surgery close to home and family.**

Dr Mark Chehade is a highly respected Ophthalmologist who is credentialed by West Wimmera Health Service to provide cataract surgery at Nhill Hospital.

We currently perform between 24 and 30 cataract surgeries per month. For 20 years, Mr Chehade has been the only ophthalmologist servicing the area and allowing hundreds of patients every year to have their eye sight restored or saved.

The **IOLMaster 700** is a **key piece of equipment** that has been identified as being of high priority. In Dr Chehade's words, for cataract surgery:

"It is state-of-the-art accuracy for determining the most appropriate lens implant"

An IOLMaster 700 offers a highly accurate, non-invasive automated method for measuring the anatomical characteristics of the eye. Unusual eye geometries, if left undetected can lead to an unsatisfactory post-operative experience. Accurate measurements are critical when operating on an eyeball! Sounds wonderful, but as you can imagine it comes with a significant price tag. **Over \$70,000!**

So we need your help!

It is so reassuring to be able to have required surgery in a hospital of your choice, with your family close by to assist and provide care during those first few post-operative days/weeks. Many will hear stories of patients who have undergone cataract surgery, only to hear them remark on "what they have missed" - from the ability to function for a significant part of their day to day routine without spectacles to seeing all that dust on the shelves at home!

This indeed can be considered **"life-changing"**, especially if you have been spectacle dependent for a significant period of time. Good eyesight is key to living a full independent life.

Please help us raise money for this important cause.

THE VALUE OF SIGHT

Richard Adamson's greatest fear was to go blind.

After a football injury to his left eye at the age of 12, Dick required 6 weeks of treatment in Melbourne. As a result of the loss of vision to this eye Dick always appreciated and valued his remaining eyesight and the independence it gave him.

Unfortunately, as for most of us, as we age our vision sometimes deteriorates and requires the treatment of an ophthalmologist. In Nhill, this care was provided to Dick by Dr Mark Chehade.

When Dick's vision was at its worst, Dorothy, Dick's wife, remembers returning home after golf to a request from Dick for a lift. Dick needed to collect a gopher he had hired as he felt he didn't have sufficient vision to safely drive his ute anymore.

In May 2018 Dr Chehade performed cataract surgery on Dick's right eye to restore this loss of vision. Dr Chehade continued to provide treatment as required until Dick's sad passing in April this year.

Speaking with Dorothy, Dick's wife, the importance of this service is highlighted by her recollection of Dick expressing that his experience was like going from near darkness into the light again.

This surgery restored Dick's vision which allowed him to drive again, something that most of us take for granted but for Dick it allowed him great freedom and a renewed sense of independence.

As Dick told Dorothy, "it gave him life again."



HOW TO SUPPORT US!

Please help us by making a fully tax deductible donation by one of the following options:

Visit www.wwhsdonate.net.au to donate

Direct Deposit to our bank account:
CBA BSB: 063728
Account Number: 1014 3019
Reference: Your Name

Credit Card & some Debit Cards payments:
Phone Reception 5391 4222
Receipt type: My Eyes

Posting a cheque to West Wimmera Health Service PO Box 231, Nhill, 3418 and payable to West Wimmera Health Service Fundraising.

Every donation matters!

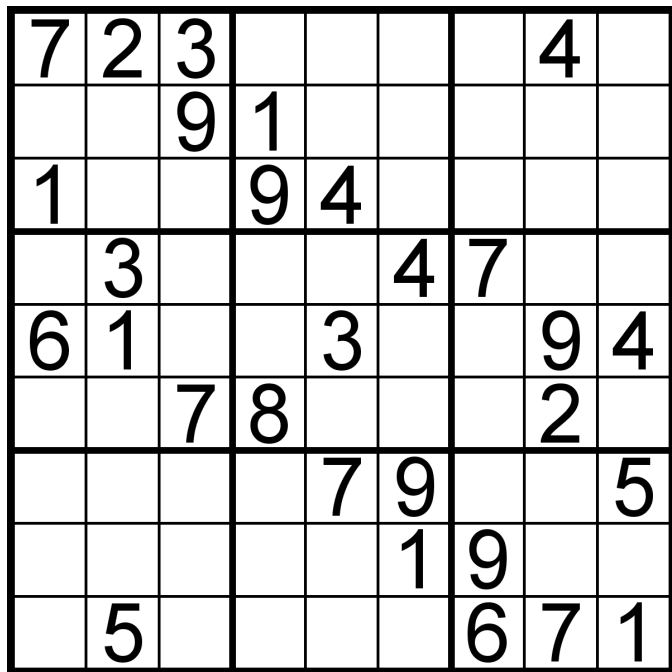
Please help us save more sight.

100% of your tax deductible donation will go to restoring sight.

If you have any suggestions about how you can support us please call WWHS on 5391 4222

www.wwhsdonate.net.au

THANK YOU



Aged Care animal answers

A: Iona (Robyn & Robin)

E: Rupanyup (MOUSE)

B: Kaniva (Hazel & Mable)

F: Iona

C: Rainbow Hostel

G: Iona (stewie)

D: Kaniva Hostel (Mitchel)

Quiz Questions!

Q1. What type of beans are in canned baked beans?

Q2. Which male artist kicked off 2017 with the release of Shape of You and Castle on the Hill?

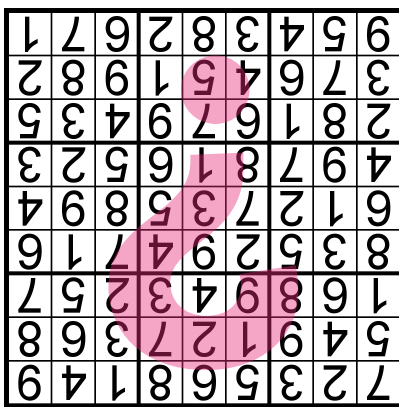
Q3. If you face north, how many degrees would you have to turn in an anticlockwise direction to face East?

Q4. Raymond Reddington features as a lead character in which American thriller series?

Q5. The River Amstel flows through which European capital city?

Q6. How many events form an Olympic heptathlon?

Q7. Which body organ is affected by glaucoma?



Solution

TEST YOUR BRAIN



WWHS Word Search

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

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ANGER
BITTERNESS
CHARACTER
COMFORT
CONDUCT
CONFIDENT
CONFORMITY

CONVICTION
COUNTEenance
EARTHQUAKES
EMOTIONS
FAMILY
FORGIVING
FRIENDSHIP

GUILT
HEALTH
HUMBLE
INFLUENCES
LIFESTYLE

Did you know?

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. Haricot beans (navy beans)

Q2. Ed Sheeran

Q3. 270 degrees

Q4. The Blacklist

Q5. Amsterdam

Q6. Seven

Q7. Eye