

Open Garden at Korong Vale

Theresa Nagy once again held an Open Garden and funds raised were donated to Boort District Health.



Above: Ladies Auxiliary volunteers Julie Puttick and Sue Laversha.



Above: Theresa Nagy (centre) presents a donation for \$1600 to DON Judy Keath (left) and CEO Vicki Poxon (right).



Above: Dr Ashraf Takla and Lesley Poxon.

Staying strong, fit & independent



Every Wednesday and Friday mornings between 10 and 15 older members of the community meet together to undertake physical activity or participate in strength building exercises under the supervision of Allied Health Assistant Dee Smith.

Exercise and physical activity are great ways to have fun, be with friends and family. But regular exercise and physical activity can also have a direct impact on the everyday life of older people. The benefits exercise can provide help people to stay strong and fit enough to perform daily activities, get around, and maintain independence.

The aim of the exercise program is to encourage and support people to build exercise into their everyday life. The program concentrates on assisting older people who are inactive to build an exercise routine that focuses on four areas that are important for staying healthy and independent: endurance, strength, balance, and flexibility. Research suggests that people can maintain or at least partially restore these four areas through exercise and physical activity and that doing so improves fitness.

We asked the participants why they came to the exercise classes and the results they experienced. Here are some of their comments:

- "Company and friendship"
- "Enjoy the cuppa and a chat".
- "Exercise gives great results"
- "Age is not barrier" (from a 96 year old)
- "Helps with the pain"
- "(I) feel it when I miss a session"
- "Decreases stiffness and increases mobility"



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DISTRICT HEALTH

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SPRING 2013 EDITION

Welcome to Dr Michelle Medenilla

Boort District Health welcomes our newest GP to Boort - Dr Michelle Medenilla. By now, many of you have had an opportunity to meet Michelle. It is wonderful that Michelle has decided to make Boort home. Michelle is looking forward to joining activities in town and is open to suggestions where she can contribute. Next time you see Michelle, say hello and introduce yourself and welcome her to our town.



Jim Nolan and I would like to welcome you to another edition of the Boort District Health Bulletin.

Daylight saving is now with us and as we say goodbye to the cold weather and welcome warmer days it is reminder to everyone to remember sun safety. After being rugged up over winter the skin is vulnerable in the early weeks of spring as we all wear considerably less layers of clothing. To protect yourself and your family from skin cancer consider doing the following:

1. Slip on sun protective clothing that comfortably protects as much skin as possible.
2. Slop on SPF 30 or higher sunscreen . Put it on 20 minutes before sun exposure and top up every two hours.
3. Slap on a hat that protects your face, head ears and neck
4. Seek shade.
5. Slide on sunglasses to protect your eyes.

And if you have any concerns about anything unusual you notice on your skin please consult Dr Ashraf. He is a local expert on skin cancer.

Thank you to for all your positive comments about the first edition. If you have suggestions for future stories please let myself or Jim know.

**Vicki Poxon
CEO**

WELCOME

★ No. 1

Ladies Auxiliary

Ladies Auxiliary have raised funds to refurbish the treatment and pathology rooms at the Boort General Practice.



FIVE THINGS ABOUT

Boort District Health

★ No. 2

Community Transport

BDH Home and Community Care Services provides a local transport service for shopping/paying bills. This service operates using the hospital car each Friday morning. The car is driven by a volunteer driver. The client specifies pick up times and is transported down the street and home by the volunteer driver.

A second local transport option is available for people who have no other means to get to the medical clinic for appointments. The transport can be arranged prior to the day and a volunteer driver to pick up the client and transport to clinic. Following the appointment the driver will be contacted to pick up client and transport home.

Community Transport

For Medical Appointments Boort District Health provides a transport service, including car and driver, for specialist medical appointments in Kerang and Bendigo.

Who can use this service?

This service is available for existing clients or community residents, who meet the criteria and do not have family/friends able to accompany them.

BDH supports local people to access the Victorian Patient Transport Assistance Scheme as the scheme provides some funding for people requiring transport for medical appointments. This scheme aims to help people in a rural setting overcome some of the financial pressures of having to travel significant distances to access some medical services.



★ No. 3

Scare crow competition at Tarangulla

BDH gardener, Cliff Gleeson designed and decorated a scarecrow with the able assistance from the men at the Hostel. The scarecrow won first prize at the Boort Show. The next project is to enter the scarecrow into a competition at Tarangulla.



★ No. 4



Bike Ride through Boort

Hostel residents decorated bikes, joined the fun and lined Malone Street to welcome the bike competitors through Boort.

★ No. 5

Transition Care Program

The Transition Care Program (TCP) is delivered by BDH in partnership with Bendigo Health to provide options for clients/patients who are unsure whether they should remain at home or need to consider moving into Residential Aged Care.

TCP gives BDH an opportunity to gain a better understanding of what an older person may want and need. All services including meals on wheels, access to community facilities, allied health support and home modifications and maintenance are looked at to ensure they are being delivered in the best possible way.

The program runs for a maximum period of 12 weeks and is tailored to meet the needs of the client/patient at the time of their discharge.

TCP can be delivered into the patient/client's home or within the hostel or hospital.

In 2012-2013, seven clients/patients spent an average of 73.5 days on the TCP program.