



A few minutes with Jodie Curtis from the Cup and Saucer...

If you have been to the Cup and Saucer lately you probably have noticed a board with money taped to it. Curiosity aroused we had a chat with Jodie to find out what was happening.

BDH: Jodie, I have noticed that you are offering free coffees. What is all that about?

Jodie: We are offering a Coffee Bank service where people donate money or pay for a coffee for someone else. They might have a particular person in mind to buy the coffee for or they are happy to donate money for us to decide who can have a free coffee. We have been overwhelmed by the response from people giving us money for the Coffee Bank.

BDH: What has been the response from people when you explain the "free" coffee?

Jodie: When people receive a free coffee they are so excited and grateful. The idea has been very well received.



Above: Jodie Curtis with Robyn McConnell.

Grow Up Smiling - Children's Dental

On 1 January 2014 a new dental scheme was introduced to provide children between the ages of 2 and 17 years of age with \$1000 worth of dental treatment over a 2 year calendar period.

This significant increase in funding will provide patients with the ability to have treatment where required including fillings and extractions in addition to routine services such as dental check-ups and teeth cleaning. Did you know that if you have private health insurance you are eligible to see the BDH dentist, Chetan Bhardwaj, at the Boort Dental Clinic?

For more information please contact Boort Dental Clinic on 54515230



Welcome to our newest Aussies!

"We have completed the paperwork, passed the exam and these two UK citizens have been deemed fit to become Australian Citizens too."



Above: Dr Ashraf Takla and Annalaise Takla.

BDH staff are also getting involved – Dr Chetan Bhardwaj celebrated citizenship in 2013 and nurse Wendy Liu became an Aussie on 26th January. Could you pass the citizenship test? To pass the test applicants must achieve a pass mark of 75%. Try these few "practice" questions.

1. What do we remember on ANZAC Day?
2. What are the colours of the Australian Aboriginal Flag?
3. Which symbol of Australia identifies Commonwealth property?
4. What is the role of the Governor General?
5. What is the name of the proposal to make a law in Parliament

To find out more about anything to do with Citizenship go to www.citizenship.gov.au



Above: Chetan Bhardwaj and Wendy Liu preparing for Australia Day.

bdh.vic.gov.au

boort

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SUMMER 2014 EDITION

New Chair elected for BDH

At the December 2013 Board meeting a new Chair was elected at Boort District Health. The Board welcomed Marlies Eicher into the role.

Jim Nolan after completing another term as Chair said at the December 2013 meeting that he had worked through a very satisfying period on the board. During his recent four year stint as Chair, Jim has steered the health service through a number of changes including the preliminary planning for the proposed re-development of the hospital.

Marlies Eicher was appointed to the board two years ago. Marlies brings a wealth of knowledge to the board particularly with her background running a small business Salut  Oliva and involvement in many community groups and activities in Boort.

Marlies' professional background is a textile engineer in Switzerland and Melbourne. However, once children came along Marlies stepped back and concentrated on the development and marketing of technical textiles. Starting up a business was a steep learning curve, though all the past experiences in engineering, product development, sales and marketing helped the transition to running a small business in Boort.

Peter and Marlies Eicher came to Australia in 1988 and the plan was to stay for two years. And as things often go in life the two years turned into 25 years and now almost 26 years. They first came to Boort in early 1990 as they both flew hang gliders. Out of all the places where they flew their gliders Boort very quickly became the favourite. In 1998 they bought the piece of land they are on now and steadily worked on building Salut  Oliva and this enabled them to live in Boort. They moved permanently to Boort nine years ago and are very proud to be a part of this community.

The Board Executive for 2014 is Marlies Eicher – Chair, Jim Nolan – Immediate Past Chair and Alister McDougal – Deputy Chair.

Did You Know?

Victoria's public health services are independent legal entities established under the Health Services Act 1988. They are governed by a board of directors, the members of which are appointed by the Governor-in-Council on the recommendation of the Minister for Health. This means that the board of directors for Boort District Health are responsible for setting the strategic direction of the health service. The board directors need to be aware of a large array of legislative and other accountabilities and understand the complexities of the health system they help to govern and support. The CEO is appointed by and reports to the board and is responsible for the day to day management of the health service. Accountability for Boort District Health is strengthened by an independent audit and review agencies such as the Victorian Auditor-General and the Health Services Commissioner.

The Board meets 11 times each year and at these meetings considers a number of issues. Four committees report to the Board and the make-up consists of board directors and community representation.

The committees are:

- Finance and Audit Committee – Chaired by Grant Malone
- Quality and Safety Committee – Chaired by Betty Barnes
- Community Advisory Committee – Chaired by Laurie Maxted
- Clinical Governance – Chaired by Dr Paul Francis



It is very exciting to welcome Marlies Eicher as the new Chair of Boort District Health. As you have read in the main article Marlies brings considerable experience to the Board.

2014 promises to be another busy year at BDH. This year will also see the establishment of the Community Advisory Committee that will be chaired by BDH Board member, Laurie Maxted. We are looking forward to working with you in a proactive way and hearing your thoughts about the health service and ways we can improve what we do.

I would like to thank the community of Boort for generously supporting the Australia Day raffle. It was also wonderful to have the many visitors to Boort digging deep to buy raffle tickets. The raffle raised almost \$1,000 and the funds will be used to refurbish a few tired areas of the nursing home. Apart from refurbishing the interior of the nursing home the plans include providing more activity equipment for the residents to enjoy.



Residents at the nursing home were excited to draw the winning tickets. First prize was drawn by Ruby McConachy and the winner was Karen Hunter (c/o Dawn and Max Weaver), second prize drawn by Iris Canfield was won by Lyn Lanyon and third prize winner drawn by Ruth Collins was Callum Oscher (c/o Sharon Martin).

Boort District Health would like to thank the sponsors of the raffle; Elgas, Roley and Michelle Coutts and Arnold Family Butchers for their commitment to the health service and ongoing support.

First prize was drawn by Ruby McConachy and very ably assisted by BDH Activities Staff member, Sandra Poyner (see picture at right).

Vicki Poxon - CEO



WELCOME

The power of the banana!

- As there is no fat in a banana it is almost impossible to get fat on a banana!
- Four bananas have the same number of kilojoules as a medium fries.
- A medium banana will provide about 10% of your fibre needs for a day.
- The riper the banana, the quicker it is digested and converted to muscle fuel.
- The banana is the best fruit source of vitamin B6.
- The average Glycemic Index (GI) of bananas is 52. A GI of 52 is classified as low, meaning that it doesn't cause high blood sugar levels. That makes the banana a good fruit choice for people with diabetes.
- Bananas contain lectins, which have been strongly linked to a reduction in the risk of cancer.
- Bananas are extremely high in potassium and salt free, so perfect to beat blood pressure.

Banana Trivia

- In the United States town of Council Bluffs in Iowa, it is against the law to sell bananas without warning the buyer on the dangers of casting peels on the footpath.
- Bananas are grown in Iceland. The fruit is grown in greenhouses heated by water and pumped up from volcanic underground springs.
- A half-eaten banana was sold on the Internet auction site EBay for US \$2500, with the money going to charity. The successful bidder was a United Kingdom stockbroker.
- The other half of the banana was eaten by a British television presenter!

Source: Department of Health

Highlights from Boort District Health's 2013 Activities Program

People from all walks of life use the services at Boort District Health. Like everyone in the community, people who use BDH services have a range of interests, abilities and hopes. The BDH activities plan provides a program that is based on each person's capabilities, needs and interests.

During the past year, the activities team at BDH have taken various members from the local community to some exciting day trips. When asked to name some of the favourite places that were visited the following are the top five.



Boort District School.

The school continues to be a favourite place for the hostel residents to visit. A number of visits were organised during the year. They have had opportunities to look at the ongoing progress of the community garden, tour the school and be entertained by musical events from children from younger grades. Additionally, Boort District Health has been able to host school visits to the nursing home and hostel. Residents enjoy hearing the musical performances and talking to the children.

The Great Aussie Beer Shed.

The men's group enjoyed a very interesting visit to the beer shed at Echuca. It has over 16,000 beer cans from Australia and around the world, and other brewery related items including beer tap tops and tap handles, trays, old wooden beer barrels, bottles, signs both old and modern, brewery manufacturing equipment and machinery and plenty more.



This museum is enormous and is a walking and talking museum of Australian history. The men were impressed to see old petrol bowlers, washing machines, soda syphons, furphy farm water carts, old butter churns and other equipment that were used on farm



Above: Supporting the Tour De Crawford at Durham Ox



Above: The Old Time Ball - Celebrating with 2013 Debs



Above: The Frog Garden in Quambatook

Preparing for emergencies

Emergencies are an inevitable part of life. Emergencies, whether natural (such as bushfires, floods or storms) or non-natural (such as chemical incidents, transport accidents or major criminal acts of violence), can occur in any community without warning.

Always be ready and make sure you are prepared for the unexpected things that happen. Planning is essential for anyone and every household should have an emergency plan to help prepare and recover from emergency which could be the result of any disaster such as bushfire or flood.

Things to think about:

- Do you have access to your own reliable transport in order to evacuate?
- Do you have a family member, friend or neighbour who can help you if you need to evacuate?
- Are you physically able to look after yourself, should an emergency occur?

As we still have a few months of hot weather ahead it is also worth thinking about what to do in extreme hot weather. Tips to consider in managing heat wave conditions include:

- Check that the fan and air conditioner work well.
- Stock up on food, drinks and medications so that you don't have to go out in hot weather.
- Store medicines safely at the recommended temperature. Please talk to the pharmacist if you are unsure.
- Look at the things you can do to make your home cooler such as installing blinds, shade cloth or external blinds on the side of your home that faces the sun.
- Make sure your pets are comfortable and animals have water.
- And most importantly keep drinking water throughout the hot weather.

Did you know that you can get a text message or email alert from Loddon Shire to notify you of a predicted heat wave event. For more information about receiving advice you can contact the Shire on 1300365 200 (local call) or 5437 7999



Murray to Moyne

The Murray to Moyne is a team relay event that started in 1987 by Hester and Graham "Woody" Woodrup. The event has grown significantly to more than 1200 riders competing in 2013. Since its inception the Murray to Moyne has raised over \$1.3 million for hospitals and health services across Victoria.

The Murray to Moyne has two goals:

1. To raise funds for Hospitals and Health Services throughout Victoria. In the spirit of the Murray to Moyne to raise much needed funds for health care,
2. To continue Woody's dream of getting more people to realise the fabulous health and social benefits of riding a bike.

Five things you didn't know about the Boort Murray to Moyne Team

1. The Boort Team has raised over \$100,000. In 2013, the team raised \$21,673.95!
2. The following is an example of some of the items that have been purchased for the Urgent Care Centre at Boort District Health:
 - i-stat machine (an advanced, handheld blood analyser that provides real-time, lab-quality results within minutes to accelerate the patient care decision-making process)
 - Ultrasound scanner
 - Urgent Care bed suitable for x-rays
 - Procedure lights
 - Ipad for coordinating patient care
3. The entire team including riders, support crew and organisers are volunteers. During the race there is a support crew of between about 15 to 20 people who provide assistance at various stages. It takes several months of hard work to put the whole Murray to Moyne event together. Only one support member has been involved in all five years and is registered again this year: Kelvin Ritchie.
4. The ride is 520 km. This means, that over the years the team has been racing they have covered 2,600km.
5. Only three riders have ridden in all five years: Damien Forster, Lawrence Cameron and Ashraf Takla. They are all riding again in 2014.

"This is an event that really does involve the whole community and benefits the whole community."

Dr Ashraf Takla, Boort M2M team leader



Above: Jim Nolan with Dr Ashraf Takla "testing" the new bed and equipment.