

Volunteer @ BDH

At Boort District Health we welcome and value volunteers. There are so many benefits to volunteering for both the volunteers and the people who receive the support.

Volunteers show us how to live well and they strengthen our community through their acts of compassion and commitment. What sets health volunteers apart is their dedication to serve the frail, sick and vulnerable members of the community. They are integral to our health service and provide invaluable support to staff patients and visitors. Volunteers are ordinary people making extraordinary contributions. With our brand new facility open it is the perfect time to get involved and be a part of such an exciting time for BDH.

We would like to hear from anyone who is interested in volunteering. We are keen to hear ideas and explore roles to suit individuals.

Volunteers work in a number of areas at Boort District Health including:

- The Church groups of Boort who provide worship every week at Loddon Place
- Pastoral Care
- Garden Club
- Planned Activity Program including craft and social support
- Transport to attend medical appointments
- Computer and internet tutoring
- Singalong's at Loddon Place Facility
- Regular patient visits
- Pet visiting program
- Meals on Wheels
- Palliative Care Support
- Community Home Visits
- Loddon Place Facility Activities

Please contact the manager of the planned activity program **Maree Stringer 5451 5210** or **Donna Doyle 5451 5282** to find out more about volunteering. We would love to hear from you and have the chance to talk with you about Volunteerism.



DISTRICT NURSING SERVICES AND COMMUNITY REFERRALS @ BDH

Our District Nursing Service (DNS) can be accessed by you in your home, we are here to serve everybody. We have a very clear objective to provide the very best of care, which is directed by you.

Registered nurses will visit you at home on arrangement, reassessment and service provision are reviewed regularly. We also offer specialist advice on diabetes and asthma management as well as providing health promotion and information sessions to the community. Other services include wound management, medication management, nursing support and maintenance to the highly dependent or frail aged person, palliative care, nursing care following hospital discharge, assessment and referral to other service providers.

You can access these services through Boort District Health. Family, you, friends or your GP can make the referral to DNS. Our purpose is to help people stay in their home and local community and we can provide referrals to other relevant services and care. We place a great emphasis on health promotion and disease prevention while recognising people's rights to maintain their own independence and individuality. We practice client directed care by providing support so people can make their own informed decisions regarding their health and well-being. We work closely with all health, education, welfare and other relevant services to provide a coordinated approach to health care. This also includes referrals for Home and Community Care and Home Care Packages.

Please don't hesitate to contact us for any inquiries you have regarding your health, medical and community care needs, we are only happy to help. Please contact **Donna Doyle on 5451 5282**.

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DISTRICT HEALTH

Boort
District Health

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Bowel Screening Awareness Month

Bowel Cancer is the second most common cancer affecting Victorian men and women, and there is strong evidence that when bowel cancer is detected early, over 90% of cancers are treatable.

Cancer Council Australia recommends that Australians aged 50 and over complete a faecal occult blood test (FOBT) every two years. FOBT is the most effective population screening tool for detecting early signs of bowel cancer.

The Australian Government's National Bowel Cancer Screening Program currently provides a free FOBT kit and pathology to all Australians aged 50, 55, 60, 64, 65, 70, 72 and 74. Cancer Council urges all eligible Australians to participate.

The program will be fully implemented by 2020, inviting all Australians aged 50 to 74 to screen every two years with a home FOBT. For more program information, call the government Information Line on 1800 118 868 (9am - 5pm across Australia).

Not yet eligible for the National Bowel Cancer Screening Program?

If you are not yet eligible for the National Bowel Cancer Screening Program but aged 50 or over, you should still have an FOBT every two years. This can be arranged through your doctor.

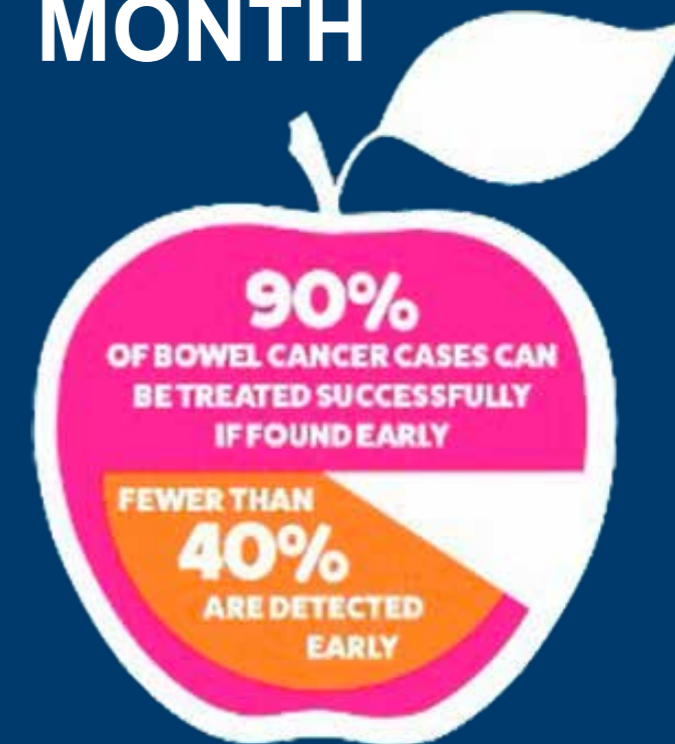
If you have symptoms such as:

- change in bowel habit with diarrhoea, constipation or the feeling of incomplete emptying
- thin bowel movements
- blood in the stools
- abdominal bloating or cramping
- weight loss
- fatigue
- unexplained anaemia.

- Or you may have a family history or are concerned about bowel cancer, speak to your doctor about your options.

For more information on bowel cancer screening, call the Cancer Council 13 11 20 or check the National Cancer Prevention Policy.

BOWEL CANCER AWARENESS MONTH



WELCOME



Thank you to over 80 people who attended the commemoration service held at the Hostel on 3 June 2016. We know how important the Hostel has been in the lives of residents, families and staff since it opened in 1976. I would like to thank Stephen Field who led the service and the many people who agreed to share stories about their years of contact at the Hostel. The day was an important acknowledgement of all the people who have lived and worked at the Hostel.

The Hostel will gardens will live on in a smaller way. Over the next few months the back garden area will come under the management of the Men's Shed and our wonderful volunteers who care for the gardens. It will also provide an opportunity for residents living at Boort District Health to visit the gardens.

A memento of the day will be sent to everyone who requested a badge. Please contact Kathy Velleley on 54515 200 if you would like a memento.

Vicki Poxon - CEO

Montessori Principals in Dementia Care

At BDH we are working hard to provide the best possible environment for people who live in our new ageing in place facility "Loddon Place". Vicki Poxon our CEO has a very strong vision of how we can provide the best possible living environment for the residents. That vision is based around providing client directed care, which strongly includes the Montessori Principles.

The staff at BDH have been strongly supported to undertake extensive training in the Montessori Principles, which has been provided by Alzheimer's Australia. A Montessori approach provides a vehicle for shaping a purposeful, meaningful community in which people with dementia can live.

If we start to see dementia as a disability rather than a medical condition or a disease, we start to think differently. We will begin to ask questions like how to accommodate the person to live independently in their environment.

The principles are designed to focus on the person's capabilities, capturing their interest and showing respect. It is important that the focus builds on the persons strengths. The principles are structured in order that you will use them when interacting with a person with dementia.

1. The activity should have a sense of purpose and capture interest
2. Always invite the person to participate
3. Offer choice whenever possible
4. Talk less. Demonstrate more
5. Physical skills: focus on what the person can do
6. Match your speed with the person you are caring for. Slow down!
7. Use visual hints, cues or templates
8. Give the person something to hold
9. Go from simple tasks to more complex ones
10. Break a task down into steps: make it easier to follow
11. To end, ask: "Did you enjoy doing this?" and "would you like to do this again?"
12. There is no right or wrong. Think engagement

Always consider "Freedom is driven by Choice"



When it comes to salt, don't trust your taste buds

About 75% of salt in our diets comes from processed foods and even the most discerning taste buds often won't be able to taste it. That's why every day Victorians are consuming almost twice the amount of salt recommended. Too much salt increases the risk of high blood pressure a leading cause of death and disability in Victoria.

It's time we got savvy on salt

Humans have a colourful history with salt. In ancient times, it was as valuable as gold for its preservation qualities and in some civilisations a form of currency, creating and destroying empires in their pursuit of it.

Once celebrated and central to a civilisation's survival, today salt is a silent killer. High blood pressure caused by our excess consumption of salt accounts for about half of all strokes, heart disease and chronic disease deaths.

How did our desire for salt get us here? We got efficient in obtaining it and careless in our use of it. And, we got confused by it.

There are many myths or untruths about salt that have developed over the generations. And there are some that have manifested today that have contributed to our excess intake – and our unhealthy relationship with salt.

These truths below will help you sort out the fact from fiction.

Untruth 1: I'm using Himalayan pink salt or sea salt, which are much healthier than table salt

Though these trendy salts look pretty, apart from a few trace minerals, they have no additional nutritional value to table salt. They still add to your daily salt intake, which can be bad for your health when you consume too much.

Untruth 2: Salt is a natural product and I need it for good health

Having a small amount of salt in your diet is important, but overloading on salt is dangerous and can put you at risk of serious health conditions like heart and kidney disease. Salt is naturally found in most foods we eat, but when added to foods, particularly processed; it's often above natural occurring levels. Having such high amounts of salt has negative impacts on our health.

Untruth 3: I'm not having too much salt because I don't add it to my meals

This can be untrue, as most of our salt intake is hidden in processed foods like cereals, breads, cheese and deli meats. To minimise salt intake, minimise processed foods and eat plenty of fresh fruit and vegetables.

Untruth 4: If it's high in salt I'll be able to taste it

Even some mild or bland tasting foods can be high in salt, even if you can't taste it. Breads and some cereals may not taste very salty but are really high in salt. You can't trust your tastebuds. Read the label wherever possible.

Untruth 5: It's the sugar I have to worry about in sweet treats

It's high in sugar, so it can't be high in salt, right? Unfortunately, many sweet foods like donuts, muffins or pancakes are high in salt as well as sugar. Sugar's not the only white additive you need to be wary of.

Untruth 6: I live a very active lifestyle and so do my kids. Eating salt prevents and/or eases any muscles cramps

Living an active lifestyle is something we encourage. But unless you are exercising intensely, like competing in a triathlon, eating a usual meal or snack after exercising and rehydrating with water is a perfectly acceptable way to replace any electrolytes, including salt. A healthy snack and some water is all the refuelling active kids need too!

Untruth 7: I'm young. It's only the elderly or unwell that have to worry

Age is not an issue when it comes to the negative effects salt can have on your health. Excess salt consumption can predispose anyone, children and young adults included, to a range of serious health conditions like high blood pressure and heart and kidney disease.

Untruth 8: I'd feel some symptoms if I was consuming too much salt

One in four Victorians have high blood pressure and many of them do not even know it because they feel well and are not showing any signs or symptoms. The only way to really know is to visit your doctor. High blood pressure accounts for half of all strokes, heart disease and chronic kidney disease deaths.

FARM SECURITY EXPO

14th & 15th of July, 2016

Victoria Police in conjunction with Crime Stoppers and the Victorian Farmers Federation invite you to attend the farm security exhibition.

The expo will include displays highlighting proactive measures and technology to improve farm safety. There will be presentations from a diverse network including Crimestoppers, Victoria Police, Beyond Blue and Farm security specialists. Free health checks will also be available.

Where Bendigo Stadium - 134 Marong Road, Bendigo

When 14th & 15th of July, 2016 - 9am to 3pm each day

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