

Volume 6, Issue 4 - May 2024

# Community Newsletter

by East Wimmera Health Service (EWHS)



[www.facebook.com/east.wimmera.health.service](http://www.facebook.com/east.wimmera.health.service)



[www.ewhs.org.au/](http://www.ewhs.org.au/)



Donald Meals on Wheels volunteers L-R back row – John, Peter, Leslie, Jenni. Front row – Lesley, Mary, Leonie, and Sue.



Residents at Kara Court were visited by St Arnaud Debs, on April 7

## MAY 2024

Sunday, May 5 was Hand Hygiene Day. Local schools acknowledged the day by decorating the stenciled hands that are now on display at Charlton, Birchip and Donald campuses.



EWHS Charlton Campus would like to thank

Charlton College & St Joseph's Primary Charlton

For creating hands to promote World Hand Hygiene Day - 5<sup>th</sup> May 2024



**Welcome to May. Already.**

**Out on the EWHS Facebook page last month, was the reminder that we offer social worker services to the community.**

The social worker at East Wimmera Health Service offers counselling for low to mild mental health issues, including help with grief & loss, depression and anxiety. They can also assist with the filling out of a variety of forms, like pension applications, income & asset, and many more.



Did you know?



**EWHS has a social worker available**

All services are offered for a short term of 3-6 sessions, depending on need and preference, and further referrals can be organised if required.

To access any of these services, please contact the friendly intake team on 5477 2222 or talk to your GP for a referral.

# ASTHMA & COPD

**Asthma is a common condition that affects the airways in your lungs. People with asthma have sensitive airways that become inflamed when exposed to triggers. Inflamed airways make it difficult to breathe.**

Asthma affects 1 in 9 Australian adults, and 1 in 5 children. However, anyone can develop asthma, even if you didn't have it as a child.

Chronic obstructive pulmonary disease (COPD) is an umbrella term that includes a number of long-term lung conditions such as emphysema, chronic bronchitis and chronic asthma. The main cause of COPD is smoking. COPD causes narrowing of the airways in the lung, making it difficult to breathe. It gets worse over time.

## Symptoms of Asthma or COPD may include:

- Feeling breathless
- Wheezing
- Chest Tightness
- A new or persistent cough
- Producing a lot of phlegm
- Wheezing
- Chest Tightness

## Do you have a current Asthma or COPD action plan?

## When was the last time it was reviewed?

## Book an appointment to see your doctor to update or plan!

For more information  
[ambulance.vic.gov.au](http://ambulance.vic.gov.au). Follow  
the Buloke Paramedic  
Community Support  
Coordinator (PCSC) on  
Facebook  
([facebook.com/pcscbuloke](https://facebook.com/pcscbuloke))

Saving lives is a team effort  
and the community is a vital  
part of the team.

## 4 STEPS OF ASTHMA FIRST AID



**1** Sit the person upright

**2** Give **4** separate puffs of blue/grey reliever puffer

- Shake puffer
- Put **1** puff into spacer
- Take **4** breaths from spacer

Repeat until **4** puffs have been taken  
Remember: **shake, 1 puff, 4 breaths**

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

**3** Wait **4** minutes

If there is no improvement, give **4** more separate puffs of blue/grey reliever as above

OR give 1 more dose of Bricanyl or Symbicort inhaler

**4** If there is still no improvement dial Triple Zero (000) for an ambulance

Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

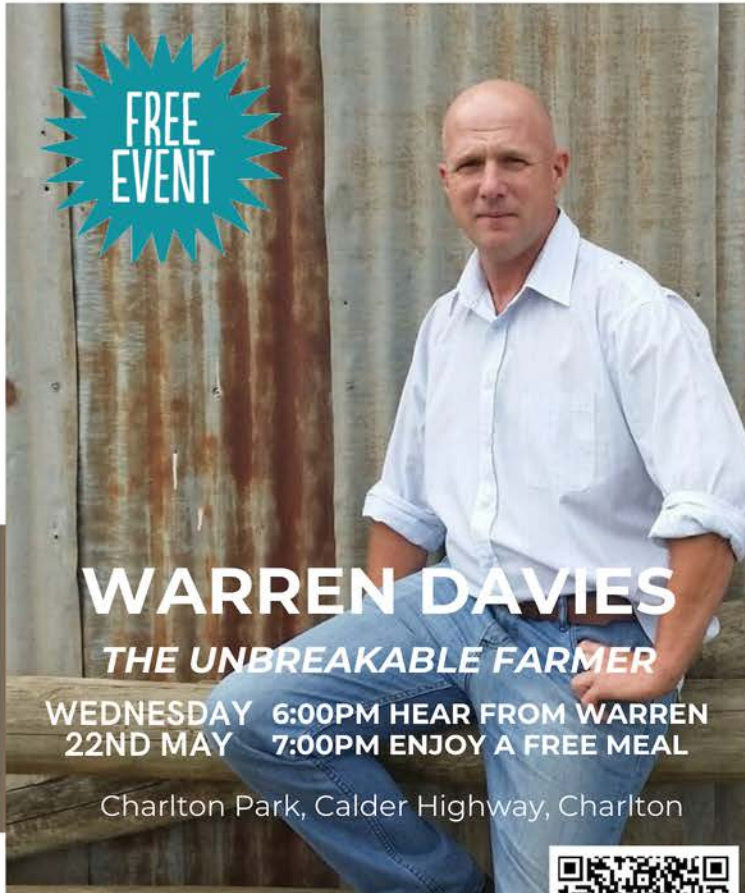
**Call emergency assistance immediately. Dial Triple Zero (000):**

- If the person is not breathing.
- If the person's asthma suddenly becomes worse, or is not improving.
- If the person is having an asthma attack and a reliever is not available.
- If you are not sure if it's asthma.
- If the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid. Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

# Around the grounds

## COMING TO CHARLTON

THE UNBREAKABLE FARMER | MAY 22, 2024 | A FREE COMMUNITY EVENT



**WARREN DAVIES**

**THE UNBREAKABLE FARMER**

WEDNESDAY 6:00PM HEAR FROM WARREN  
22ND MAY 7:00PM ENJOY A FREE MEAL

Charlton Park, Calder Highway, Charlton



RSVP BY  
SCANNING  
THE QR CODE

**Resilience, Persistence and Determination** are words used to describe Warren Davies. But he is also a farmer, husband, father of five, son, brother, mate, neighbour, and everyday bloke.

Warren's keynote topics focus on resilience; persistence; determination; leadership; and wellbeing. These are relevant to people of all ages and backgrounds, from all communities.

The Unbreakable Farmer will be heading to Charlton to speak at a free community event on May 22, sponsored by East Wimmera Health and Bendigo Health.

Warren is a not your average farmer and his down-to-earth approach makes his story and strategies relevant to everyone; whether you're from the country or city, a small business owner, the CEO of a large corporation, or just someone looking for some clear direction, his story is one not to be missed.

Gather your mates, bring your family and join us for this FREE community event.

# Volunteer

At East Wimmera Health Service



*"Volunteers are ordinary people who do extraordinary things"*

**ROLES ON OFFER:**

- Friendly Visitor
- Community Car Driver (St Arnaud only)
- Administration
- Maintenance
- Planned Activity Group
- Wycheproof Drop-in Centre
- Community Newsletter Delivery
- Meals on Wheels (Birchip and Donald)



FOR MORE INFORMATION  
PLEASE CONTACT  
MADDIE

CALL:  
5477 2100 (ask to speak to  
the Volunteer Coordinator)

EMAIL:  
volunteer@ewhs.org.au

**BENEFITS OF VOLUNTEERING:**

- Meaningful and rewarding roles
- Make a difference in peoples lives
- Opportunity to meet new people
- Flexibility to suit your lifestyle
- Try something new and exciting
- Contribute to your community

# Around the grounds

## DEB'S VISIT KARA COURT

Residents of Kara Court were delighted to receive a visit from the St Arnaud Deb set on April 7.

Ten couples were formally presented at the April 6 Debutante Ball and their time at Kara Court was well spent, the visitors sparking memories of dances of old, beautiful dresses and debonair gentlemen.



# Around the grounds

## AND CHARLTON AGED CARE

The Charlton Debutante Ball was also held recently on Friday April 12, where nine couples were formally presented against a striking Art-Deco inspired back drop.

To the delight of staff and residents, the deb's visited prior to their presentation evening and performed their dances.



# Around the grounds

## WHAT'S HAPPENING THIS MONTH AT ST. ARNAUD PAG

**St Arnaud Planned Activities Group have been keeping busy over the past month, marking several special occasions on the calendar.**

*Right and below: St Arnaud PAG's creative commemoration for ANZAC Day.*



*Below: A visit from the Easter Bunny was a joyous occasion, Easter was also celebrated with an egg hunt.*



## Supporting Dementia Carers and Families

**FREE COMMUNITY EVENT & MORNING TEA**  
Tuesday 28 May 2024 | 11am  
Skipton Day Centre | 2 Blake Street, Skipton



**BOOKINGS ESSENTIAL TO REGISTER CLICK HERE**  
[trybooking.com/CRDMR](https://trybooking.com/CRDMR)  
or 5349 1659

**LIMITED TRANSPORT IS AVAILABLE FROM BEAUFORT**  
*As limited spaces are available  
Please call 5349 1659 to book a seat*

**Guest Speaker | Anne Tudor OAM**  
2021 Victorian Senior of the Year and Dementia Advocate

Anne has contributed for many years, locally, nationally and internationally, to increasing Dementia awareness and understanding about the importance of inclusion and empathy in the community.

Join us for an insightful informal discussion about the services available to support you or someone you know caring for a person with Dementia.



# FREE TRAINING, YOUR TOWN.

*Lifeline is bringing fully funded training to local towns.*



## FULLY FUNDED

*Lifeline Loddon Mallee is coming to your area and offering a range of training deliveries in your town. These are fully funded places, all you need to do is register.*

## MENTAL HEALTH FIRST AID

*You will learn how to assist an adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.*



## SAFETALK

*Most people with thoughts of suicide don't truly want to die but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.*



# ACCIDENTAL COUNSELLOR

*Ever had to step in the shoes of an accidental counsellor?*

*The Accidental Counsellor Foundations Workshop will provide you with the necessary skills and tools to be able to step into the shoes of an accidental counsellor momentarily, respond appropriately, efficiently and effectively to people in crisis or distress when there may not be a professional immediately available.*

## WHEN & WHERE

*Goornong - 18th April & 6th June.*

*Axedale - 24th April & 16th May.*

*Kyabram - 6th May.*

*Wycheproof - 13th May.*

*Wedderburn - 13th May.*



## REGISTER NOW

*Find out more and register on our website:*

*<https://www.lifelinelm.com/workshops>*

*[Contact our office: 03 5406 0506](tel:0354060506)*



## EWHS FEATURED AUSTRALIAN AGEING AGENDA MAGAZINE

**The March-April edition of the Australian Ageing Agenda magazine is hot off the press, hitting mailboxes and inboxes around the country.**

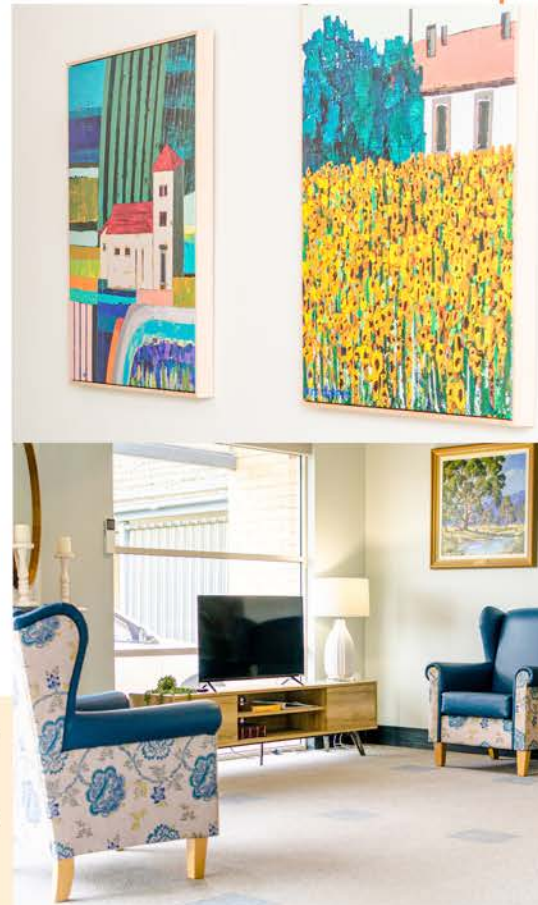
Inside, readers will find an article on Aged Care design principles, with the recent refurbishment project for the

EWHS Aged Care facilities showcased as a shining example of “what to do!”.

Quality and Risk Manager, Scott Wilson shares the journey with magazine contributor, Kate Lamont, the accompanying photographs worthy of a home beautiful magazine.

Congratulations Scott and team!

*Photos from EWHS archives: left, sitting nooks (Birchip pictured) and other additions, such as gas log fire-places and mantles (Donald, at right), create a homely space. Artwork assists wayfinding (St Arnaud, above right).*



## MAY IS

### MAY 1-7 NATIONAL HEART WEEK

Heart Week is an opportunity for health professionals and the Australian public to start a conversation about heart health and the steps needed to reduce the risk of heart disease.



<https://www.heartfoundation.org.au/heart-week>

## OTHER HEALTH EVENTS

- May 5** International Day of the Midwife
- May 5** World Hand Hygiene Day
- May 7** World Asthma Day
- May 8** World Ovarian Cancer Day
- May 8** World Red Cross Day
- May 11-17** Kidney Health Week
- May 12** International Nurses Day
- May 15-21** National Volunteer Week
- May 17** International Day Against Homophobia, Transphobia, and Biphobia (IDAHOBIT)
- May 25** Australia's Biggest Morning Tea



East Wimmera Health Service acknowledges the Traditional Owners: the Dja Dja Wurrung Peoples, Djaara Peoples, Jaara Jaara Peoples, Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk Peoples and Custodians of the land in which we work and live, and pays respect to their Elders past, present and emerging. We acknowledge their significant cultural heritage, their fundamental spiritual connection to the country, and value their contributions to a diverse community. We are proud to embrace the spirit of reconciliation, and learn more from the local Aboriginal and Torres Strait Islander Communities, on how best to improve their health, social and economic outcomes.



East Wimmera Health Service is proud to support and provide care for all lesbian, gay, bisexual, trans and gender diverse, intersex, queer and/or questioning and asexual (LGBTQIA+) staff, consumers and communities. We are committed to ensuring our services are welcoming, safe, inclusive and respectful for everyone.