

Board of Management and Staff

President :

Mary Bruce

Vice President:

Mario Santilli

Treasurer:

Kristy Price

Board Members:-

Alison Greene

Michael Roberts

Peta Barrie

Centre Manager:

Sue Young

Nursing Staff:

Janine Curtis

Kerry Cattnach

HARP

Co-ordinator:

Jill Turnock

PAG

Co-ordinator:

Sue Mahony

Environmental

Services:

Carol Murray

Business

Manager:

Mandy Preston



March / April 2014

Centre Hours:

Monday—Friday 9:00am to 5:00pm

Open Access Board Meeting

The Board of Management invite members and guests to an Open Access / Special Board meeting to be held at the Centre on 9th April 2014 at 5.30pm.

This meeting will be to adopt changes to the Elmhurst Bush Nursing Centres' Statement of Purpose inline with the *Associations Incorporation Reform Act 2012*.

A copy of these changes can be viewed at the centre prior to this meeting.

Also, following completion of business matters, members will be given the opportunity for question time to Board of Management representatives.

The board will also discuss funding options as EBNC government funding is to change markedly as HACC transitions from State to Commonwealth jurisdiction.

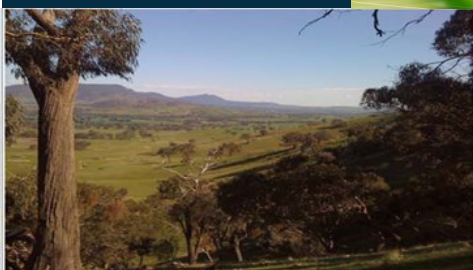
Board Member Profile Mary Bruce - President

Mary is a registered nurse of many years' experience. She has worked in Horsham, Ararat and Stawell in various roles over the last 18 years.

Currently Mary coordinates ACAS (aged care assessments) and TCP (Transition Care Program) for Stawell Regional Health.

She has been a board member since 2009 and president since 2010.

Mary lives in Ararat and enjoys playing sport or visiting family in Melbourne and Geelong.



March 2014

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---------------------------------------|---|---------------------|------------------|-----|-----|
| 3 Strength Training Library | 4 No MCHN | 5 Physio PAG - Fabulous fruit | 6 No Doctor | 7 | 8 | 9 |
| 10 PUBLIC HOLIDAY Centre Closed | 11 | 12 | 13 No Doctor | 14 | 15 | 16 |
| 17 Physio / Strength Training Library | 18 | 19 PAG - Safety Talk with Constable Grant Healey | 20 Dr. Pretorius | 21 Podiatrist | 22 | 23 |
| 24 Physio / Strength Training Library | 25 Dietician/ Diabetes educator | 26 | 27 Dr. Connellan | 28 | 29 | 30 |
| 31 Physio / Strength Training Library | | | | | | |

April 2014

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---------------------------------------|--|-----------------------------------|--------------------------------------|-----|---|
| | 1 MCHN | 2 PAG - Autumn theme | 3 Dr. Pretorius | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 Dr. Connellan | 11 | 12 | 13 |
| 14 Physio / Strength Training Library | 15 | 16 PAG - Outing to Lavender shop | 17 Dr. Pretorius Podiatrist | 18 Good Friday Public Holiday | 19 | 20  |
| 21 Easter Monday Public Holiday | 22 Dietician/ Diabetes educator | 23 | 24 Dr. Connellan | 25 ANZAC Day Public Holiday | 26 | 27 |
| 28 Physio / Strength Training Library | 29 | 30 PAG - Anzac Day Theme | | | | |

Depression

Everyone feels sad sometimes, particularly when faced with loss or grief, but depression is more than low mood and sadness at a loss. It is a serious medical illness. It is the result of chemical imbalances in the brain. A person with depression feels extremely sad, dejected and unmotivated.

Depression is common

One in four women and one in six men suffer from depression at some time in their life. Only about 20 per cent of people are correctly diagnosed, because depression can mask itself as a physical illness (like chronic pain, sleeplessness or fatigue).

Different types of depression exist, with symptoms ranging from relatively minor (but disabling) to very severe.

Symptoms of depression

You may be depressed if, for more than two weeks, you have felt sad, down or miserable most of the time, or have lost interest or pleasure in most of your usual activities, and if you have also experienced several of the symptoms across at least three of the groups of symptoms below. Remember that everyone experiences some of these symptoms from time to time – it may not necessarily mean you are depressed. Equally, not every person who is experiencing depression will have all of these symptoms.

Health Information

Behavioural symptoms of depression

A person with depression may:

- Have stopped going out
- Not be getting things done at work or school
- Be withdrawing from close family and friends
- Be relying on alcohol and sedatives
- Have stopped their usual enjoyable activities
- Be unable to concentrate.

Feelings caused by depression

A person with depression may feel:

- Overwhelmed
- Guilty
- Irritable
- Frustrated
- Unconfident
- Unhappy
- Indecisive
- Disappointed
- Miserable
- Sad.

Physical symptoms of depression

A person with depression may experience:

- Fatigue
- Feeling sick and 'run down'
- Headaches and muscle pains
- Churning gut
- Sleep problems
- Loss or change of appetite
- Significant weight loss or gain.

Things to remember

- Depression is a constant feeling of dejection and loss, which stops you doing your normal activities.
- Different types of depression exist, with symptoms ranging from relatively minor (but disabling) to very severe.
- Generally, depression does not result from a single event, but from a mix of events and factors, which cause chemical imbalances in the brain.
- If you feel depressed, see your doctor for an assessment.
- Don't delay. Tackle depression early to address problems quickly and stop symptoms becoming worse.

Where to get help :



Phone:

1300 22 4636



Phone: 131114



Phone:

1800551800

Central Grampians Psychiatric Services:

Ararat & Stawell Psychiatric Services - Phone: 5352 9710

- Clinical support to clients, Carer or other.
- Crisis assessment & intervention (24/7 on-call service delivery)

Psychiatric Rehabilitation Support:

Grampians Community health - Balgarnie Centre Phone: 5352 6280

- Enhancing self-esteem, socialisation and living skills that contribute to the quality of life.
- Reduce/reverse function eroded by the presence of mental illness and associated psychiatric disabilities.
- Psychiatric disability support programs and therapy that increase skills and resilience.
- Home Based Outreach Support, Day Programs & Activities, 'Drop-in' & Carer Support.

Dual Diagnosis (Mental Illness / Drug & Alcohol)

- comprehensive assessment of both disorders and treatment recommendations
- secondary consultations service development to address care and treatment barriers
- Education & training to mental health, drug and alcohol and health professionals



Further Service Delivery Information

Following on from the February newsletter, I just wanted to follow up on a couple of points regarding our service delivery for 2014.

As previously stated, clinic hours will be from 9am until 3pm. These clinic hours have been set aside for those members who wish to have, for example, their blood pressure checked, their blood taken, or a dressing changed.

If members are unable to make it in between these times, then they only need to ring the Centre and make an alternative time suitable to both parties.

If you wish to come to the Centre for administrative purposes, there will be a staff member available to assist on most occasions.

The Board of Management have made these changes to allow the nursing staff to fulfil other community obligations such as district nursing and emergency responses which could occur at any time.

The Centre will be open from 9am till 5 pm on most days. However, there may be occasions where there will not be staff available from 3pm onwards due to other commitments pertaining to Centre business.

Please ring or come in to discuss these matters further if you need further clarification.

Sue Young

Centre Manager



Scrapbooking workshop Elmhurst Bush Nursing Centre

Thursday 1st May

4 to 6 pm

During a 2 hour workshop you will complete a stunning collage full of colour!!

Learning techniques such as:

Power embossing and use of a heat tool

Stamping and fussy cutting

If you want to bring along one 6x4 portrait and one 6 x 4 landscape to compliment your page, please feel free to do so, but photos can be added later.

Cost \$25.00 per person.

Booking essential, please contact EBNC for further details and to make a booking.



Christmas at EBNC.....



At Your Centre

Our Services

Doctor - Weekly

Dr. Michael Connellan - alternate Thursdays

Dr. Pieter Pretorius - alternate Thursdays

Physio

Weekly Monday mornings

Outreach Library Service

Monday mornings 10:30am to 12 noon

All community welcome, new library cards processed for non Ararat Library members

Podiatrist

Every four weeks

Dietician

Monthly

Diabetes Educator

Monthly

Maternal & Child Health Nurse

First Tuesday each month

When required the following services can attend the

Centre by arrangement:

| | |
|----------------------|------------------------|
| Social Worker | Occupational Therapist |
| Speech Pathologist | Counsellor |
| Psychiatric Services | |

AFL TIPPING

Elmhurst Bush Nursing Centre will once again be holding a footy tipping competition this year. This competition is run in conjunction with our Planned Activity Group and over the last 5 years has been a great source of enjoyment for the participants of this group. This year the competition will be run through the Official AFL Footy Tipping Competition.


You can join this competition by:

- 1) Login or register at <http://tipping.afl.com.au>
- 2) Go to <http://tipping.afl.com.au/comp/ebnc>
- 3) Select 'Join This Comp' and enter **36GreenStreet** in the competition password field.


"Our Community"

Elmhurst Bush


Nursing Centre

 53555000


Elmhurst Police

 53548220

Elmhurst Fire Station


 53548353

Elmhurst Primary
School

 53548252


East Grampians

Health Services

 53529300

Ararat Medical

Centre

 53522311

If you have an urgent health concern and don't know what to do, call the *after hours GP helpline* – for free health information and assistance from a registered nurse, or medical advice from a GP if you need it. The *after hours GP helpline* is open when your GP may not be – at nights, on weekends and on public holidays – 365 days a year.

If you don't know what to do, the *after hours GP helpline* will give you the reassurance and practical advice you

after hours GP helpline
healthdirect
AUSTRALIA
1800 022 222

