

## Board of Management and Staff

### President :

Mario Santilli

### Vice President:

Peta Barrie

### Treasurer:

Graeme Ferguson

### Board Members:-

Michael Roberts

Alison Greene

Amanda Harrison

Kristy Price

### Centre Manager:

Alison Dyer

### Nursing Staff:

Janine Curtis

Kerry Cattanach

Sue Andrews

### HARP

### Co-ordinator:

Jill Turnock

### PAG

### Co-ordinator:

Kathie Vines

### Environmental

### Services:

Carol Murray

### Business

### Manager:

Mandy Preston



May / June 2015

Centre Hours: Monday - Friday 9:00am to 5:00pm  
Nurses Clinic 9:00am to 3pm  
Closed weekends & Public Holidays



Elmhurst Bush Nursing Centre held an ANZAC Commemorative service in conjunction with their fortnightly Planned Activity Group, on Wednesday. The Centre was fortunate to have Mr. Gary Edwards from Landsborough join them for the day and conduct the service. Highlights of the day included a visit and song from the students at Elmhurst Primary School, Joshua O'Brien from the school read the ANZAC requiem and Jordan Greene read the names of those that paid the ultimate sacrifice in the Elmhurst area. The PAG group participants were also joined by Senior Constable Grant Healey and Wendy Altman from the Department of Health for lunch at the Centre.









# ELMHURST COMMUNITY ANZAC DAY COMMEMORATION CEREMONY

25th of April 2015



# May 2015

Mon Tue Wed Thu Fri Sat Sun

				1	2	3
4 Exercises/ Library / Physio	5	6	7 Dr Connellan	8	9	10
11 Exercises/ Library / Physio	12	13	14 Dr Pretorius	15	16	17
18 Exercises/ Library / No Physio	19 Diabetes Educator	20 Podiatrist	21 Dr Connellan	22	23	24
25 Exercises/ Library / Physio	26 Diabetes Educator	27 Dietician	28 Dr Pretorius	29	30	31

# June 2015

Mon Tue Wed Thu Fri Sat Sun

1 Exercises/ Library / Physio	2	3	4 Dr Connellan	5	6	7
8 Exercises/ Library / Physio	9	10	11 Dr Pretorius	12	13	14
15 Exercises/ Library / Physio	16	17 Podiatrist	18 Dr Connellan	19	20	21
22 Exercises/ Library / Physio	23 Diabetes Educator	24 Dietician	25 Dr Pretorius	26	27	28
29 Exercises/ Library / Physio	30 Diabetes Educator					



# Elmhurst Bush Nursing Centre

## Fee Schedule Effective from 1<sup>st</sup> August, 2013.

Family membership	\$ 60.00
Single Membership	\$ 30.00
Corporate Membership	\$200.00

### Non member fee for consultation

In Centre	\$30.00
Out of Centre	\$40.00

### Nursing & Clinical Care

Simple Dressing	\$5.00 per visit
Complicated Dressing per visit	\$10.00
Visiting specialist fee per visit	\$10.00
Dressing consumables at item cost	

### Planned Activity Group

Planned Activity Group	\$10.00
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### Hire of Equipment

Per item / per month	\$ 5.00
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### Hire of function room

Room Hire Full day	\$ 100.00
Room Hire Half Day	\$ 50.00
Room Hire for Party / wedding	\$ 200.00
Other Rate per hour	\$ 20.00
Hire of crockery and cutlery will be included in this cost.	

### Photocopying

Single copy	.20c per page
Own paper	.15c per page
Double sided	.30 per page
Own paper	.25 per page

### Fax

Incoming fax	\$1:00 per page
Outgoing fax – first page	\$2.00
Outgoing fax – 2 <sup>nd</sup> or more	\$1.00

### Community Computer / Internet

Use of Computer and Internet	Free
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## Beef - honest to goodness stew

Preparation time: 15 minutes    Cooking time: 120 minutes

### Ingredients

- 500 g blade bone steak, trimmed and cut into 3 cm cubes
- 2 tablespoons plain flour
- 2 onions, finely chopped
- 1 stalk celery, sliced
- 2 cloves garlic, finely chopped
- 1/2 teaspoon fennel seeds
- finely grated zest and sliced flesh of 2 oranges
- 1 tablespoon balsamic vinegar
- 1 cinnamon stick
- 1 cup red wine
- 1 cup water
- 1 large sweet potato, cut into chunks
- 1 cup cooked or canned beans, such as cannellini beans, drained
- 2 tablespoons chopped parsley, to garnish
- pepper, to taste

### • Cooking method

1. Preheat the oven to 170°C. Toss the meat in the flour, season with the pepper and place in an ovenproof dish.
2. Add the remaining ingredients except for the beans and parsley. Cover with a tight-fitting lid and cook in the preheated oven until the meat is tender, about 2 hours.
3. Add the beans for the last 10 minutes of cooking. Sprinkle with parsley before serving.

### Recipes



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# Defibrillator for EBNC



Elmhurst Bush Nursing Centre have been extremely fortunate to have received a very generous donation from the Ambulance Victoria, Ararat Auxiliary of a ZOLL Automatic External Defibrillator (AED) for use at the Centre. Staff from the Centre were presented with the AED recently at the Auxiliary's meeting in Ararat.



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## Elmhurst Playgroup visit to EBNC



Elmhurst Bush Nursing Centre enjoyed the company of the Elmhurst Playgroup this week. The playgroup children loved the passage for their bike races!





## Colds

Colds, or upper respiratory tract infections, are the most common cause of illness in children and adults. Most colds are caused by a virus. There are over 200 types of viruses that can cause the common cold, which is why it's not possible to be immunised against a cold. Colds are more common in the winter months. Cold weather by itself does not increase the chance of getting a cold. People are in closer contact with each other at this time of year, because they stay indoors, and so are more likely to infect each other. The viruses that cause colds are spread by sneezing, coughing and hand contact.

### Symptoms of colds

The symptoms of a cold include various combinations of:

- A stuffy or runny nose
- Sneezing
- Sore throat
- Cough
- Headache
- Red eyes
- Swelling of lymph glands
- Fever (occasionally)
- There may be loss of appetite and, sometimes, nausea and some vomiting.

The actual symptoms will vary from person to person and from illness to illness. Usually, the symptoms will last from a few days to a week or more and the person recovers fully without any ongoing problems.

### There is no cure but symptoms can be relieved

There is no cure for the common cold. There is no specific treatment that will make the cold go away more quickly.

Symptoms can be relieved in a number of ways:

- Paracetamol can be given in appropriate doses if fever is present.
- Warm drinks will ease a sore throat and dry mouth.
- Nasal drops or spray will ease a blocked nose.
- Lozenges – the cheapest ones from the milk bar are equally as good as the expensive ones from the chemist.

### Children with a cold don't need bed rest

There is no need for bed rest if your child has a cold – let the child decide how much activity they want to take part in. Although children are unlikely to be hungry, make sure they drink lots of fluids. Appetite will return as the child starts to feel better.

### Don't use medications

These treatments are **not** necessary and should be avoided:

Colds Page 1 of 3

- **Antibiotics** – colds are caused by a virus and antibiotics will not help, even though they are often prescribed.
- **Cough medicines** – these are of no benefit. The cough is caused by irritation of the trachea (windpipe) or excess mucus, and cough medicine does not affect either of these symptoms.
- **Cold remedies and tablets** – preparations that can be bought over the counter at the chemist are usually not helpful and should be avoided.
- **Aspirin** – do **not** give children aspirin as it may lead to a serious acute illness called Reye's syndrome.

### When to see the doctor

Virtually all upper respiratory tract infections get better without any specific treatment. See the doctor if the child or adult:

- Refuses to drink fluids
- Vomits frequently
- Complains of intense headache
- Is pale and sleepy
- Has difficulty breathing
- High fever that does not respond to paracetamol
- Shows no improvement in 48 hours
- Shows any other signs that you are worried about.

### Prevention

It is virtually impossible to avoid getting upper respiratory infections. There is no value in giving vitamins in the mistaken belief that this will increase resistance.

For the vast majority of children, flu injections are not necessary, but may be helpful for elderly people.

### Where to get help

- Your doctor
- Pharmacist

### Things to remember

- There is no cure for the common cold but symptoms can be relieved.
- Most people recover in about a week.
- Don't use medications like antibiotics or cough mixtures.

## Our Services at your Centre

### Doctor - Weekly

*Dr. Michael Connellan - alternate Thursdays*

*Dr. Pieter Pretorius - alternate Thursdays*

### Physio

*Weekly Monday Afternoon*

### 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

*2nd Friday of each month*

*When required the following services can attend the Centre by arrangement:*

Social Worker

Occupational Therapist

Speech Pathologist

Counsellor

Psychiatric Services



Reminder  
Flu Vax  
still available -

Please check with Centre to  
see if you are eligible for  
free flu vax.



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 need.

**after hours GP helpline**  
**healthdirect**  
AUSTRALIA  
**1800 022 222**


## “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

