

# Generous Contribution but end of an era....

A generous donation from the Borung Mechanics Institute Committee of Management symbolised the end of an era for the community of Borung. The donation to Boort District Health was only possible as a result of the closure of the hall in 2011. The cheque of remaining funds was presented to Boort District Health board chair Mr Jim Nolan by the outgoing hall president Mr Jose Perryman and secretary Mrs Sharon Coghill. Mr Perryman and Mrs Coghill who have over 60 years of service between them working as members of the hall committee, expressed regret at the closure but stated that cost and increasing regulations and flood damage in early 2010 had made the continuing of the hall, unviable.

The hall was built in 1942 after fire destroyed the original building. The hall has been a symbol for the community and has witnessed many events. During the World War II the hall was the site of many sad farewells as local young men went away to fight, but it has also been the scene of many happy occasions when the district celebrated kitchen teas, 21st birthdays and in recent years weddings and antique auctions. Mr Perryman can remember concerts and balls held in the hall in the 1950's and 1960's, when the hall was packed with locals enjoying the social events. Badminton was also played in the hall through this time.

The ladies of the district contributed to the running of the hall through the "Busy Bee Club" with many fundraising events including Bingo afternoons and antique auctions in later years.

Mrs Coghill stated that it was a unanimous decision to donate the remaining funds to the Boort District Health Hostel for the purchase of equipment or furnishings.

Mr Nolan thanked the Borung Mechanics Institute Committee on behalf of the Boort District Health Board of Management and staff.



Above: Mrs Judy Keath (DON, Boort District Health), Mr Jim Nolan (Board Chair Boort District Health), Mr Perryman and Mrs Sharon Coghill (Borong Mechanics Institute Committee of Management)

# Women's Health and Wellbeing ... We're listening to you!

Over the past few months women across the region have been meeting to discuss health and social needs. The culmination of months of activity led to the production of a report called Around the Table. Marg Van Ween led the project in communities spread across the northern Loddon area. On Wednesday 17th July local women gathered at the Durham Ox Hall to network and hear about what women said in the report.

Basically, women of all ages talked about the need to feel connected, explored opportunities for themselves and their families and the importance of access to preventative health programs. There was further discussion about the importance of reliable mobile and internet connections. Additionally, women mentioned the need for child care and more social activities. There was also recognition that women who move to our communities can feel isolated and unsure how to join in. There was lots of discussion on how we can work together to ensure that local women feel connected to their communities.

While Boort District Health provides a number of health and social programs, we also acknowledge the need for more GP services. We all appreciate how hard Dr Ashraf Takla works as our sole general practitioner. It is with great excitement that the Board of Boort District Health announce that a new GP will soon be moving to Boort, Dr Michelle Medenilla. Michelle has a medical degree from the Phillipines where she worked in paediatric practice (children's specialty) and as a general practitioner. It will be a wonderful opportunity for Ashraf to have much needed support.

While Michelle has been waiting to move to Boort she has been working in emergency medicine at Bendigo Hospital and the intensive care unit at the Alfred Hospital. On behalf of the community of Boort we welcome Michelle.

Boort District Health acknowledges The Victorian Department of Health in the publication of this newsletter

# what's happening?

....lately at the Day Centre

Maree Stringer, Carmel Allison, Julie McGrath and the team of volunteers who work tirelessly at the Day Centre have provided the following activities so far this year.

- Trips to Bendigo • Afternoon teas at the hostel • Biggest 'afternoon tea' in support of local BIGGEST MORNING TEA
- Trip to the local olive grove • Thai Lunch at Korong Vale hotel • BDH 'Old Time Ball' – wonderful afternoon with approximately 70 people in attendance. • Trips to Kerang
- Masquerade dinner • Trip to Charlton museum and Rex Theatre • Film sessions • Trip to Cohuna for lunch
- Country drives, including out to Lake Leaghur where everyone saw an abundance of bird life, including nearly 200 pelicans sitting in a fallowed paddock and hundreds of teal ducks.

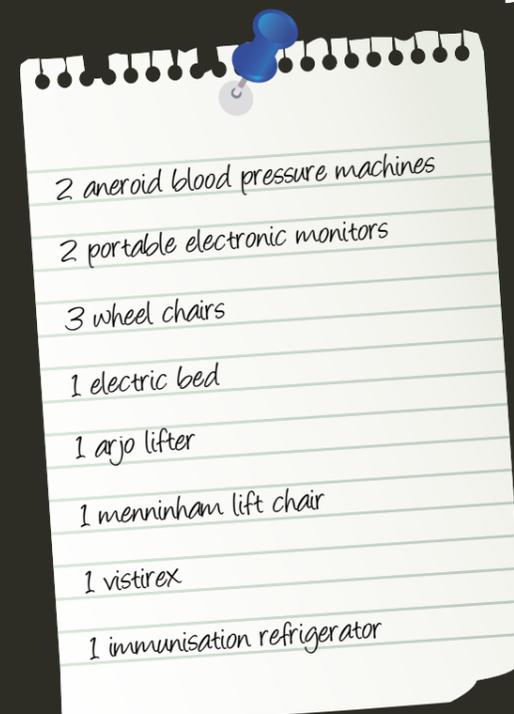
Further activities have included:

- Theme days, games days, bring your favourite recipe day, craft days, quiz, joke and music afternoons.
- And of course Staying Strong, the strength building classes, is always popular. And when you can have that many laughs, while stretching and bending, who wouldn't want to come!

If you would like more information about the Day Centre, please contact Maree Stringer on 54515200.



# Looking After the Community



What would we do without them? The Ladies Auxiliary is pivotal to the success of Boort District Health. The ladies work tirelessly in the Op Shop cleaning, sorting and selling clothes, shoes and other odds and ends.

They do this to ensure patients and residents at the hospital, nursing home and hostel have access to the latest equipment. At every monthly meeting they diligently work through their finances and work out the next funding target. Next time you are walking past the Op Shop have a look in the window at the list of equipment that has been purchased over the years to benefit the local community. It is incredible.

- 2 aneroid blood pressure machines
- 2 portable electronic monitors
- 3 wheel chairs
- 1 electric bed
- 1 arjo lifter
- 1 menninham lift chair
- 1 vistirex
- 1 immunisation refrigerator

# WELCOME

Mr Jim Nolan and I would like to welcome you to the Winter (and first) edition of the Boort District Health Bulletin.

2013 has been an incredibly busy year and there doesn't seem to be an end in sight. The year commenced with news that funding to hospitals was in jeopardy with cuts planned. Fortunately, at the last minute there was a reprieve and funding was restored to all hospitals across Victoria. However, this looks like to be an ongoing issue. As you are aware we were unsuccessful in achieving our aim of getting funding for the hospital redevelopment. But, we are working hard to ensure we don't miss out next year! But, there are plenty of positive things happening to keep us focussed.

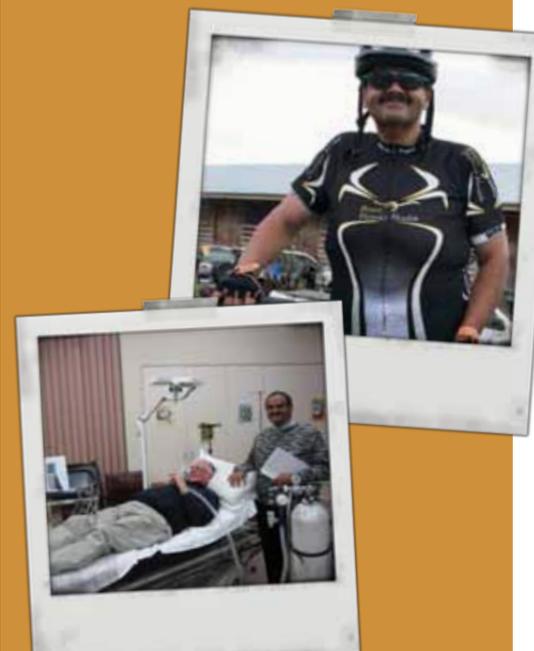
This edition looks at the importance of doing everything you can to keep the flu bug away. Immunisation is the best form of protection. But, if you end up with a cold during winter nothing beats rest and fluids as a way to bounce back to good health. Dr Ashraf and Boort's new pharmacy team can also advise on this. It is with great pleasure that we welcome our new pharmacists to Boort. Already they are making an impact. Simon O'Callaghan who you have probably met is involved with a safety committee at the hospital and working with Dr Ashraf to ensure all of our residents and patients in the hospital receive the highest standard of care.

And a first edition cannot go by without acknowledging and thanking all of you for your ongoing support. The donations we receive are very important. We buy medical equipment and other resources for our patients and residents in the hospital, hostel and nursing home. From the Board and staff – thank you!

We would also like to hear your suggestions. We can only make ongoing improvements by hearing about your concerns. Both Jim and I are very happy to talk to you about any issue in relation to Boort District Health. To further ensure we hear from the community, we are establishing a Community Advisory Committee. We will be advertising for committee members and look forward to having our first meeting in August.

If you have ideas for stories you would like in future editions please let me know – all ideas very welcome.

**Vicki Poxon**  
CEO



## Community Spirit – Murray to Moyne

The Murray to Moyne is a much anticipated annual event. Not only is it an opportunity fund raiser for the Boort District Health but it is a chance to bring people together. About 1300 riders participated in the 2013 Murray to Moyne and they raised over 1 million dollars for various health services across Victoria. 2013 was the 27th year that the race has been run.

The team participating from Boort have been involved for the past five years. During that time they have raised about \$100,000. The funds have been used to buy medical equipment for the Urgent Care Centre. As Dr Ashraf said, "The equipment we now have means that the local community can have many tests done in Boort where a few years ago they had to go to Bendigo." An example, of the importance of the equipment that has been purchased from the Murray to Moyne fundraising is the i-STAT system which is an advanced, handheld blood analyzer that provides real-time, lab-quality results within minutes to accelerate the patient care decision-making process. It is fast, accurate, and provides reliable test results that give our doctor and nursing team the confidence they need to make critical patient care decisions. The iSTAT machine cost \$12,000 and this would not have been possible to purchase without Murray to Moyne funds.

As this edition goes to print people are planning the 2014 Murray to Moyne challenge. This is to be expected from a dedicated group of keen bike riders.



WHY DON'T YOU.....

# Get a flu shot

Flu puts about 18,000 Australians in hospital every year.

### What is it?

Influenza is a respiratory infection, the vaccine for which changes yearly, depending on which strains of virus are circulating.

### Should you get a jab?

"Flu is a very bad disease," says immunologist Professor Peter Doherty of the University of Melbourne. "It can be OK but it does put fit young adults in hospital." Most people should get the shot – particularly if they spend time around people older than 65 or pregnant women or anyone with pre-existing conditions that put them at greater risk of complications."

### It's a myth...

That the shot makes you sick. "None of the vaccines that we use in Australia will give you a mild case of the flu," says Doherty. He says the only thing people have to worry out for is, are they allergic? "The Australian vaccine most widely used, the CSL vaccine is made from embryonated hens' eggs. But there are other vaccines made in tissue culture."

### Other measures

Wash your hands, avoid touching your face and cough in to your sleeve if you don't have a hanky. If you do get sick, rest and keep up your fluids. "Fever is nature's way of telling you to slow down," says Professor Doherty

Source: The Age June 2013

## Men's Shed

Every Tuesday and Thursday a very dedicated group of men come together to work on various projects. Many of the handiworks can be seen around Boort. Recently a small group were restoring a rocking horse for the pre-school and a number of planter boxes have been made for the school. The Boort's Men's Shed is now established as part of the health infrastructure that provides opportunities to improve men's health and well being.

The Men's Shed is a social enterprise that creates value. This can be seen in the number of successful enterprises where the men work together to build various projects and sells these to the community. This forms the basis of ongoing revenue that benefits from the shed's activities. Every Thursday men from the Hostel visit the Shed and are encouraged to participate in a range of activities. And equally the men are very happy sharing a coffee with mates and talking over current issues. It is incredible how coffee also expands the list of things that they can do together!

At the heart lies some common interest that is shared, and often involves activities built around arts, crafts and technical skills – the kind of things done in the backyard shed. Rather than work on those interests alone, the Men's Shed introduces a social interaction among the participants that is an important part of well being.



## Community Advisory Committee

Are you keen to be involved in your local health service? We are looking for people to help set up a Community Advisory Committee

**For more details email Carol Mullins at** corporateadmin@bdh.vic.gov.au **or phone:** 5451 5200

# Dental Service

## This story is about Boort's recipe for providing dentistry at the community's doorstep.

It is about making sure Boort District Health (BDH) provides services for the health and wellbeing of the entire community. Rural communities are like that – they take care of each other.

Dr Chetan Bhardwaj is the sole dentist in Boort and not only does he see public and private patients in Boort he provides outreach to communities such as Pyramid Hill, Kerang and Cohuna.

The dental service creates an awareness of dental health issues, improves access to dental services and provides the community with an understanding of the importance of early intervention in treatment and prevention.

"We provide school dental services to clients with healthcare cards as well as people with teen dental vouchers and a private dental service," Dr Bhardwaj said.

As part of BDH's program to increase awareness, BDH has provided free dental checkups, education and follow up appointments. The program has been welcomed by the community so enthusiastically that BDH is exploring options to expand the service.

BDH has realised the importance of partnerships with different health agencies and eventually gaining the confidence of the local community who now accept that good, accessible dental care can be at their doorsteps.

