

## Introduction

Are you **Fire Ready**? As the weather heats up and the countryside dries, this is a very important question. You should have a **personal emergency management plan** and also be prepared for **heatwave situations**. You need to identify your risk, plan for what you will do in an emergency or extreme weather event, and *importantly* discuss this with your family, friends and neighbours so that your plans are realistic and are able to be implemented.

The Victorian Government **Official Fire Ready Guide** is a resource that can assist you in your planning. It was recently featured in the Herald Sun and is still available at Australia Post outlets, IGA stores, Victorian newsagencies and online at [www.health.vic.gov.au/bushfire](http://www.health.vic.gov.au/bushfire)



It aims to help Victorians prepare for this summer's bushfire season through raising awareness and providing valuable information on *how* to be **Fire Ready** this summer, including how to prepare and monitor the bushfire risk to your property, your physical health and your emotional health. Please procure a copy!

Annual reporting meetings are currently occurring at the health centres in Loch Sport and Rosedale, as well as Stretton Park in Maffra, Heyfield Hospital and of course Central Gippsland Health Service Annual Reporting (details follow). You are most welcome.

Please note the closing days over the Christmas and New Year periods. I wish you all the very best for the festive season.

**Mandy Pusmucans**  
Director Community Services



## Diary Dates

### CGHS Annual Reporting Meeting

Thursday 3 December, 4.30pm

Conference Room

All Welcome

### Division of Community Services Christmas/New Year Closures

Community Services Reception will be closed on the following public holidays:

- Christmas Day – Friday 25 December, 2009
- Monday - 28 December, 2009
- New Years Day – Friday 1 January, 2010

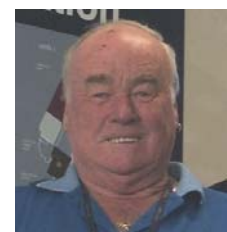
Please note that no home care (cleaning) or respite services are provided on public holidays. Limited personal care and Meals on Wheels are available over the Christmas period and will be arranged according to individual requirements. A staff member will be 'on call' for emergencies only and can be contacted on 0408-343-144.

Home Nursing will operate as usual over Christmas and New Year, except for the Continence Advisor and the Home Nursing Clinic – both services will not be available on the dates as above. Clients who would normally visit the clinic will be seen at home as required.

A reminder to all clients to advise us if they are to be away over any of the holidays.

## Consumer Advocate

Central Gippsland Health Service has appointed a Consumer Advocate who will support consumers of the Health Service to ensure they receive the services they need. Alan Murray (pictured) is the



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inaugural Community Advocate. Alan is a long term volunteer of the Health Service with a passion for supporting people. His advocacy role may include providing information about services, facilitating feedback to staff and the CGHS Board of Management regarding consumer issues and assisting in quality improvement processes. Alan will also have input into agency policies to ensure consumer issues receive priority.

Alan can be contacted by leaving a message at email [alan.murray@cghs.com.au](mailto:alan.murray@cghs.com.au) or on mobile telephone 0408 581 711.

**Julie McInnes - Project Coordinator  
Chronic Disease Network and Consumer  
and Carer Consultative Committee**

They will work throughout the Allied Health range of services over the course of the next year while at the same time gaining a Certificate IV qualification in Allied Health Assistance through the Australian Institute of Flexible Learning.

Pictured back row left to right: Jacob Tilley and Dell Colcott, and seated left to right: Emma Schroeter, Melanie Hawthorn and Marney Dee.



**Maureen Wilson Manager, Allied Health**

## Home Maintenance

Our Home Maintenance Worker continues to be busy with rails and ramps requests. With water conservation so important, now is the time to replace tap washers in dripping taps.



If you need assistance with this please contact the Home Care Coordinator on 5138 8417.

**Belinda Greening - Manager  
Home Support and Service Co-ordination**

## Allied Health

There are a number of new faces in Allied Health that we would like to introduce.

Keren Fuhrmeister commenced as the Senior Dietician in early November. Keren has worked for a number of years at Bairnsdale Regional Health Service and brings with her a wealth of experience and lots of enthusiasm!

Allied Health Traineeships have commenced! This is an exciting new initiative at Central Gippsland Health Service – five young people have been recruited to the service. They are a vital component of a new “workforce innovations” project aimed at ensuring sustainability and enhancement of allied health services to our community.

## New Dental Facility

Health Minister Daniel Andrews visited CGHS on Friday 6 November to announce \$1.39million in funding from the State Government and turn the ceremonial sod for the new dental services building. Dental Health Services Victoria will locate a \$750,000 four chair relocatable dental clinic at CGHS as part of its school dental services infrastructure program. This will enable the relocation of both school dental (currently at Guthridge Primary School and the Community Dental Service to combine on one site – this will likely occur in early 2010.

**Ruth Churchill  
Manager, Community Health and  
Partnerships**

## Lap the Lakes



For the 69 teams that took part in this year's 'Go for your life' Lap the Lakes event, the day provided all with the opportunity to walk, jog, stroll and roll around the stunning surrounds of Lake Guthridge and Lake Guyatt.

The event saw in excess of 280 people decked out in green 'Go for your life' t-shirts make their way around the 3.3km circuit on Wednesday 21 October. Participants came from a range of

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groups across the local community, including Primary and Secondary schools, businesses, disability groups, amateur running groups and local government as well as those with four-legged counterparts.

The contribution from local volunteers was vital in staging this community event and one quarter of the proceeds will go to the Salvation Army.

*Pictured left to right:*

*Rachel Dooley (WPCP), Patrick Kilday (GippSport) & Brett Belot (Kids go for your life)*



**Rachael Dooley**  
Health Promotion Worker  
Wellington Primary Care Partnership

## Festive Season

The Festive Season is not the easiest time to be watching your waistline but remember, Christmas is just **one day**, not six weeks. Here are some tips to help keep yourself and your kids a healthy weight over the break.

If you have been trying to lose weight, your main goal over this period should be at least to maintain your current weight.

On Christmas Day, try these tips:

- Start your day with a low fat, high fibre breakfast (you will have enough treats later on).
- Go for a walk before you go to your party or before your guests arrive.
- Buy treats in small amounts for the festive season and place a limit on how many treats you and your children will eat each day.
- Don't buy too much junk food – if it's there in the fridge or on the pantry shelf – it will be eaten.



- Try not to snack on unhealthy foods before lunch. Instead try vegetable sticks with low fat dips, rice crackers, fresh fruit and berries.
- Have something to eat before you go to a party, as chances are there will only be high fat choices to eat once you are there.
- If you are in charge of the Christmas meal, think of low fat options such as the increasingly popular seafood and salad.
- Try not to overeat at the main Christmas meal. If you are heating high fat options, try to keep them to a minimum. If the main meal is at lunch, make dinner very light, or vice versa.
- Play outside with the kids, before and after lunch. Start a game of cricket or football.

**Karen Templeton**  
Community Health Nurse

## Victorian Seniors Festival 2009

The 2009 Seniors Concert featured Debra Byrne. Around 500 local seniors attended the event. The pre concert entertainment was provided by Rebels. Rebels are a local band whose music was well appreciated by the audience. Debra Byrne then sang many songs but the draw card was *Memories* from Cats which was a real crowd pleaser. Throughout the show, Debra spent much of the time in the audience and sang Happy Birthday to Thelma who turned 90 on the day! Debra's daughter came out on the stage and while she didn't want to sing a song, she did tell a joke to the audience which was very sweet.

Each year there is a new performer and we are looking forward to seeing who will come to Sale next year.



*CGHS Volunteers  
Carole Thorp (left)  
and Al Murray with  
Debra Byrne (middle)*

**Angie Collins**  
Volunteer Program Co-ordinator

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## Wellington Supported Couples Retreat

This is an innovative, responsive program designed to support Carers. We offer 1 or 2 night packages for couples to have a break away from the home environment with the support of a personal care worker.

We have been to Yarram, Port Albert, Lakes Entrance and Phillip Island.



The program recognises the needs of Carers to have access to a break from their caring role but wish to enjoy their partners company.

This truly flexible approach to respite care, allowing recipients and their carer to experience a relaxing break; thereby revitalising the carer's health and wellbeing through a change in their environment. Support of the personal care worker allows the couple to rest, socialise and enjoy recreational activities.

If you require more information or are interested in this program please contact Home Support and Service Coordination Intake on 5143-8488.

**Kym Wilson**  
Social Support Co-ordinator

## Planned Activity Groups – **ADVENTURES**

This is a new group offering activities throughout 2009/2010, for those who are still involved within their community and don't wish to attend a weekly group or participants who are looking for an adventure. We are looking at a range of possible adventures from theatre trips, museums, Paddle Boat 'Curlip' and a gourmet food trail, these activities will depend on interest.

If you require more information or are interested in this program please contact 5143 8488.

**Kym Wilson**  
Social Support Co-ordinator

## Planned Activity Groups

It has been a very busy and productive year for our Planned Activity Groups and they will all enjoy celebrating the end of the year with group break-ups.

Our centre based Groups in all areas (Heyfield, Loch Sport, Maffra, Sale, Stratford), and our Music/Singing, Gardening and Out to Lunch groups will be closed from Monday 21 December, 2009 resuming on **Tuesday 12 January, 2010**. All our staff would like to wish all participants a Merry Christmas and Happy New Year.

**Kym Wilson**  
Social Support Co-ordinator

## Some of your Consumer Rights and Responsibilities

### You have a right to:

- Health services that are based upon your assessed clinical need rather than your right to pay.
- Information about health care, and if required, a second opinion regarding this.
- Information about activities that CGHS does to improve its quality of care.

### You have a responsibility to:

- Attend appointments punctually.
- Pay accounts in full and on time.

**Angie Collins**  
Quality Officer

### Ron Duck

We are very saddened at the passing of Ron Duck on the 10 November 2009. Ron has been an enthusiastic member of the long distance driving program here at Central Gippsland Health Service since 1990 and will be sadly missed.