



# Health Matters Newsletter

A regional focus on health supporting the needs of the Omeo Region & Dinner Plain Ph: (03) 5159 0100

**Are you passionate about the health and wellbeing of our community?**

## Join Omeo District Health Community Advisory Committee

Omeo District Health is seeking expressions of interest from residents of the Omeo Region who would like to join a team of community representatives to form the new Omeo District Health Community Advisory Committee.

The Committee will be made up of community, consumers and carer representatives whose role will be to communicate, inform and advocate to the Board of Management on behalf of the community.

It will bring a community perspective to the development of priority areas and strengthen effective consumer and community participation at all levels of service planning and delivery.

Membership is sought for the following positions:

- Medical Consumer representative
- Aged care consumer representative
- Dental care representative
- ODH volunteer representative
- Community Health consumer representative
- Aboriginal/Cultural Diversity Representative
- Ministry representative
- Youth representative
- Carer representative

For further information or to obtain an application form or position descriptions please contact Christa Thompson (Quality Coordinator) or Frank Megens (CEO/DON) - (03) 51590100 or download from the ODH website: <http://www.gha.net.au/odh/>

Application Forms can be forward to the Quality Coordinator by **5pm, Friday 29 August 2014**

**Post:**

Christa Thompson  
Quality Coordinator  
Omeo District Health  
PO Box 42, OMEO VIC 3898

**Fax:**

Attention Christa Thompson  
(03) 51590194

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## **Important Telephone Numbers**

Omeo District Health  
51590100

Omeo Medical Centre  
51590140

Swifts Creek Bush Nurse  
Centre 51594210

Ensay Bush Nurse Centre  
51573215

Emergency 000

# Reports from the Health Promotion Desk!

## Getting the Balance Right

On the 8<sup>th</sup> April 2014 (repeated June 2014), Omeo District Health conducted a health information night that focused on getting the balance right- healthy eating and healthy activity.

Presented by ODH Staff- Lou-anne Mooney (Health Promotion Worker), Jill Hill (Physiotherapist) and Nicole Creaser (Dietician) the session included

- An overview of the new Australian physical activity and healthy eating guidelines
- Benefits and contraindications of physical activity and dieting
- The balance between intake and output, and
- How to get and maintain a healthy active life.

In total 15 participants (2 Male; 13 Female) aged between 20 and 70+ years of age attended over the 2 program sessions.

Participant feedback rated the program as good-excellent and participants felt that their expectations were met, which included getting up to date information and knowledge of recommendations; ideas for and understanding about keeping a healthy lifestyle, for motivation, general interest and seeking change.

Participants felt that overall their awareness regarding healthy eating and physical activity had increased moderately.

The best thing about the health night included the speakers; the information and ideas; interactive format; confirmation of current health behaviours; and the conversations and shared thoughts.

Some suggestions for improvement including a change of venue in Swifts Creek; more time; having take-home recipes; and having a larger group.

Thanks for all the speakers and participants for a fun information night.

For information about the Australian Physical Activity or Healthy Eating Guidelines visit:

A Healthy and Active Australia- 'Recommendations and Guidelines': [www.healthyactive.gov.au](http://www.healthyactive.gov.au)

## Project Updates

### Community Food Consultation Project.

Omeo District Health in partnership with the East Gippsland Primary Care Partnership recently conducted a community consultation in the Omeo district that aimed to further understand the local needs related to food access, availability and use of residents and service providers in the community.

The Consultation involved discussions and feedback from:

- Health and Community Services
- Food Services; and
- Community members

There was a great response to the project. Thanks to everyone who participated in the consultation process..

The Final Report will be available for community feedback by October 2014.

Next steps-

- Review recommendations and establish actions.
- Develop a 'Local Food Network' that will oversee the implementation of the identified actions.

### Integrated Walking Track Mapping Pilot Project.

Over the past 12 months Omeo District Health in partnership with the East Gippsland Shire Council, Department of Environment and Primary Industries, Parks Victoria and the Omeo Business and Tourism Association, have been working together to develop an information resource for the Omeo District to help promote and encourage physical activity and to showcase our local walking places.

The project to date has involved a series of mapping tasks and site visits to gather information and the engagement of 2 consultants who will help develop 3 map products for our region. These include Town Signage, a Map Brochure and Track Notes.

This is a very exciting project for our community. Watch this space for details about the launch and how you can get a copy of this fantastic resource in the near future.

**Lou-anne Mooney**  
Health Promotion Worker





# Ways to find your 30!

## Omeo and Swifts Creek Community Gym

Memberships available from Omeo District Health.  
Conditions Apply.

### **Omeo Community Gym @ Omeo District Health**

Operating Hours: Everyday 6am-8pm.

### **Swifts Creek Community Gym @ Swifts Creek Hall.**

Operating Hours 6am-11am and 4pm-8pm, DAILY.

*Note: the gym is closed between 11am-4pm.*

#### **Fees:**

#### **Memberships**

3 months- \$50.00; 6 months \$100.00; 12 months \$200.00.

**New Members Health and Fitness Assessment:** \$20.00

**FREE** Functional Fitness Assessments for Seniors (60yrs +)

Memberships include an initial assessment, Induction orientation, Individual program and access to gym facilities and classes both in Omeo and Swifts Creek.

**You must be a current member to access the community gym facilities for unsupervised gym use.**

## ODH Omeo and Swifts Creek Group Fitness

<u>TUESDAY</u>	<u>WEDNESDAY</u>
<b>Step Up' Gym Class</b> SWIFTS CREEK 9.30am-10.30am Community Hall	
	<b>'Earn your Burn' Gym Class</b> SWIFTS CREEK 5pm-6pm Community Hall

**No Classes run on public holidays or school holidays (unless by prior arrangement)**

**COST: \$5.00 p/p per session or ODH Gym membership**

Participants must be over the age of 13 years.  
Men and Women equally welcome.

#### **What to wear**

Comfortable, non-restrictive clothing and appropriate indoor exercise shoes must be worn.

#### **What to bring**

Please bring along an exercise towel and a bottle of water.

*Please note that the instructor will wait no longer than 10 minutes after scheduled start time(s) for participants to arrive.*

## **EXPRESSIONS OF INTEREST- BOOT CAMP**

8 Week program Starting 13<sup>th</sup> October 2014.  
3 days per week. (Times/Days TBC). Attend one or all sessions.

To register your interest, suggest preferences for days/times of classes contact Lou-anne @ ODH 51590100 or email: [health.promotion@omeohs.com.au](mailto:health.promotion@omeohs.com.au)

## **Other Physical Activity Opportunities in the district:**

### **Gentle Exercise Classes– GOLD COIN**

- Tuesday 9.30am-10.30am Old School, BENAMBRA
- Tuesdays 11am-12pm Bush Nurse Centre, SWIFTS CREEK
- Wednesdays 11am-12noon, ODH Community Gym OMEO

### **Kindy Gym (0-5 yr olds) - GOLD COIN PER FAMILY.**

- Thursdays 10.00am-11.30am, Frosty McCoy Grand Stand Room Recreation Reserve, OMEO
- Every second Thursday of the month, 10.30-11am, Swifts Creek P-12 School, Flagstaff Campus Library, SWIFTS CREEK

### **Yoga– GOLD COIN**

- Thursdays 10am, Bush Nurse Centre, SWIFTS CREEK
- Yoga with Friends, Thursdays 7.30pm-9pm, Memorial Hall, OMEO

### **Karate– \$5.00**

- Thursdays 5pm-6.30pm, Community Hall, SWIFTS CREEK

### **Ballet- Negotiated**

- Wednesdays 3.30pm, Community Hall. SWIFTS CREEK

### **Life Ball– FREE**

- Fridays 11am Netball Courts, SWIFTS CREEK

### **Informal Bike Ride– FREE**

- Fridays from 9.30am, meet at Uniting Church SWIFTS CREEK

### **Walking Group Omeo- FREE**

- Omeo– Mondays and Thursdays 8.30am-9.15am. Meet at the Masonic Lodge, Omeo. Walk along river and Caravan Park.

If you are interested in starting or joining a walking group please contact your Local Heart Foundation Walking Coordinator Lou-anne Mooney @ Omeo District Health.

All these activities are provided for our community by a variety of local people, clubs and organizations.

**For enquires, expressions of interest or general feedback please contact:**

Lou-anne Mooney, Health Promotion Worker

Omeo District Health

Ph: 51590100, Email: [health.promotion@omeohs.com.au](mailto:health.promotion@omeohs.com.au)



## High Country Men's Shed

The High Country Men's Shed is an informal local space in which men of the community can come together to share knowledge and technical skills, work on projects (individual or community) and have a yarn with other like minded blokes.

**When: Wednesdays 10am-3pm**

**Location: 110 Bilton Street Omeo, behind CFA/Ambulance Station.**

All men welcome.  
There is no age limit (or minimum).  
BYO LUNCH.

Pop in for a visit or become a member of the shed. Memberships cost \$10.00 and are valid for 12 months from 1<sup>st</sup> Aug -31<sup>st</sup> July.

### Transport Available

For transport please contact Omeo District Health Reception 51590100 if you would like to access our volunteer driver program.

### **DONATIONS WELCOME**

The High Country Men's Shed welcomes donations of working equipment, tools and/or \$\$\$ to help develop the resources of the shed.

If you would like to make a donation please contact Omeo District Health.

The High Country Men's Sheds thanks all those who have made donations to date. All donations have been greatly appreciated and are being well utilized.

**For all other enquiries regarding the men's shed please contact:**

**Omeo District Health**

**Ph: 51590100**

**Email: [health.promotion@omeohs.com.au](mailto:health.promotion@omeohs.com.au)**

## OME0 KINDY GYM

**Thursdays 10.00am-11.30am** with morning tea and catch up till 12.00pm

**Where:** Frosty McCoy Grand Stand Room, Omeo Recreation Reserve.

Gold Coin donation on entry per family

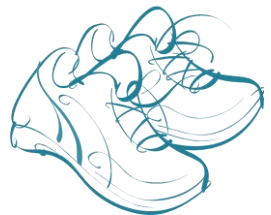
New mums with newborns, babies to toddlers and pre- schoolers all welcome to share in the fun of interaction with others through play time and physical activities.

**Contact: Omeo District Health ph: 51590100**



## WALKING GROUP OME0

**Up and moving again.**



**Mondays and Thursdays  
8.30am-9.30am.  
NO COST.**

**Where:** Meet at the Masonic Lodge, Omeo.  
Walk along river and Caravan Park.  
If inclement weather meet at the Community Gym, Omeo.

All ages and abilities welcome. Children too!

Contact Emma at ODH (03) 51590100



# Keeping Well

## PAP TESTS.

### Every Woman. Every 2 years.

Cervical screening saves more than 1,200 women from cervical cancer each year. Most women who develop cervical cancer have not had regular pap tests.

A pap test is a simple screening tool that is used to check for unhealthy changes to the cells of the cervix that may lead to cervical cancer if left untreated.

It does not test for cervical cancer itself but screening for this is possible because the cervical cells go through a series of changes before they become cancerous.

Most Pap test results are normal. A small number show changes in the cells of the cervix. Most of these changes are minor infections that can be easily treated or clear up on their own.

In a very small number of cases when changes are not treated, they may turn into cervical cancer. That is why having a Pap test every two years is so important.

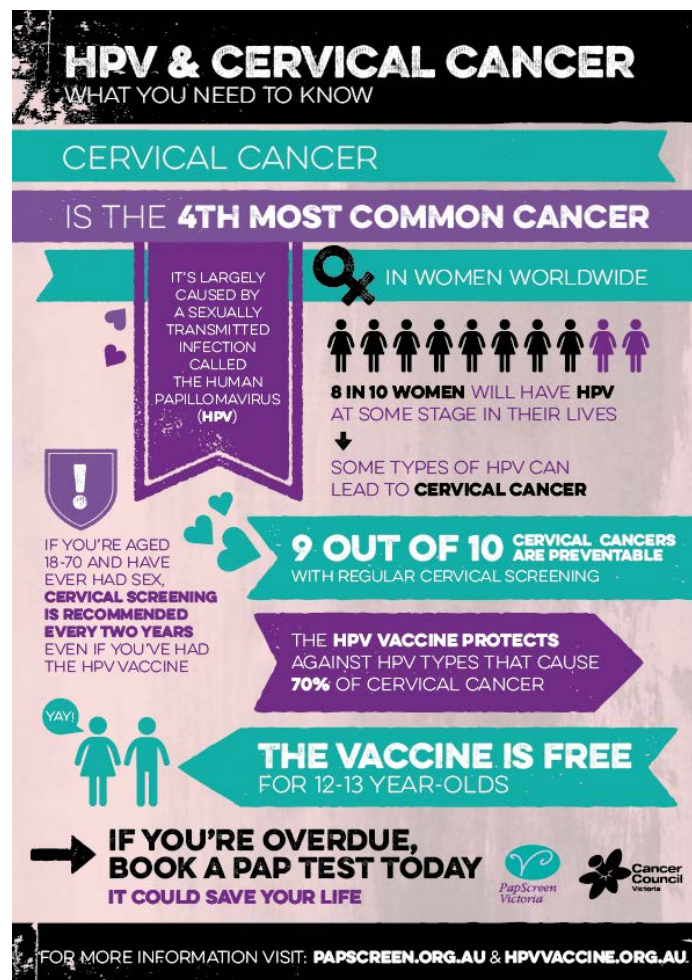
All women between the ages of 18 and 70 who **have ever** been sexually active should have a Pap test every two years.

Regular Pap tests are recommended even if you are currently single, widowed, or have only had one partner. Pap tests are also just as important after menopause and for women who have received the HPV vaccine.

The test and results are confidential and if you prefer, it is fine to ask for a female doctor or nurse to do the test.

**For more information about Pap tests contact your doctor or health service, visit [papscreen.org.au](http://papscreen.org.au) or call the Cancer Council Helpline on 13 11 20.**

Source: Pap Screen Victoria 2014



**HPV & CERVICAL CANCER**  
WHAT YOU NEED TO KNOW

**CERVICAL CANCER**  
IS THE **4TH MOST COMMON CANCER**

IT'S LARGELY CAUSED BY A SEXUALLY TRANSMITTED INFECTION CALLED THE HUMAN PAPILLOMAVIRUS (HPV)

IN WOMEN WORLDWIDE

8 IN 10 WOMEN WILL HAVE HPV AT SOME STAGE IN THEIR LIVES

SOME TYPES OF HPV CAN LEAD TO CERVICAL CANCER

IF YOU'RE AGED 18-70 AND HAVE EVER HAD SEX, CERVICAL SCREENING IS RECOMMENDED EVERY TWO YEARS EVEN IF YOU'VE HAD THE HPV VACCINE

**9 OUT OF 10 CERVICAL CANCERS ARE PREVENTABLE** WITH REGULAR CERVICAL SCREENING

THE HPV VACCINE PROTECTS AGAINST HPV TYPES THAT CAUSE 70% OF CERVICAL CANCER

**THE VACCINE IS FREE** FOR 12-13 YEAR-OLDS

IF YOU'RE OVERDUE, BOOK A PAP TEST TODAY IT COULD SAVE YOUR LIFE

FOR MORE INFORMATION VISIT: [PAPSCREEN.ORG.AU](http://PAPSCREEN.ORG.AU) & [HPVVACCINE.ORG.AU](http://HPVVACCINE.ORG.AU)

## To Book a Pap test today:

**Omeo Medical Centre (03) 51590140.**

**GP's are available on a regular basis or if you prefer a nurse Pap test provider is available on 1<sup>st</sup> Tuesday each month.**

**Ensay and Swifts Creek Bush Nurse Centers also have nurse Pap test providers available.**

**Contact:**

**Ensay Bush Nurse Centre (03) 51573215  
Swifts Creek Bush Nurse Centre (03) 51594210**

# Type 2 Diabetes

## What is it?

Diabetes Mellitus (Diabetes) is the name given to a group of conditions that occurs when the level of glucose from your blood becomes higher than normal.

This is due to the body's inability to make enough insulin or insulin that works properly. Insulin is a hormone that moves glucose from your blood stream into the cells of your body where it is used for energy.

While there are 2 main forms of diabetes, Type 2 Diabetes is the most common form and is known as the lifestyle disease.

## Type 2 Diabetes

Type 2 Diabetes usually develops in adults over the age of 45 years but increasingly occurring at a younger age and is often triggered by being inactive or carrying excess weight around the abdomen. Type 2 diabetes tends to run in families and it is not uncommon to have high cholesterol and high blood pressure as well.

People with type 2 diabetes are still able to produce their own insulin but there may not be enough insulin for the body's needs and/or the cells in the body are resistant to the action of insulin.

## Symptoms

People with type 2 diabetes often have no symptoms so they may have diabetes for a number of years without knowing it. Typical symptoms of type 2 diabetes including

- Thirst
- Tiredness
- Frequent/excessive urination
- Persistent infections, such as genital thrush
- Skin rashes/itching.

## Prevention

1 in 4 adults are in the high risk category for developing Type 2 Diabetes. This is directly related to lifestyle and some family/cultural factor.

You can help reduce your risk of Type 2 Diabetes by

- Improve your diet- particularly reduce fat and calorie intake and eat a wide range of fruit and vegetables.
- Increase physical activity- Exercise regularly. Where possible try to be active every day for 30 minutes each day.
- Stop Smoking
- Achieve weight loss- losing a little weight can help reduce your risk.
- Regular health checks help monitor your basic risk factors including blood sugar, blood pressure and waist measurement (For Men less and 102cm and for women less and 88cm is considered to be low risk).

## Management

Diabetes is a chronic condition that requires long term support and ongoing review and management. Diabetes management is all about self-management. A person with diabetes needs to:

- Understand their diabetes so they can make informed lifestyle and treatment choices
- Learn to solve day-to-day problems that affect diabetes and
- Juggle diabetes with the demands of work/school, family and social life.

Diabetes can be managed better by:

- Making healthy food choices;
- Incorporating physical activity into daily life
- Taking medications/insulin as prescribed
- Monitoring blood glucose levels and using the results to make adjustments
- Taking special precautions for foot care and oral hygiene.
- Extra care might be sought to prevent and treat high and low blood glucose levels, manage your diabetes during illness, when travelling and when playing sport or exercising vigorously.

It's also important to ensure you have a diabetes health care team who can help establish individual management plans, monitor your diabetes and provide advice and education about your condition.

This team might include: GP, Diabetes Educator, Dietician, endocrinologist, podiatrist, optometrist/ophthalmologist, psychologist/counsellor and physiotherapist. Exercise physiologist.

For more information visit Diabetes Victoria at <http://www.diabetesvic.org.au/> or contact your local GP, Diabetes Educator or Chronic Disease Management Nurse at ODH on 51590140.

Source: Diabetes Victoria 2014

# ODH Service News

## SHINE- Supporting Healthy in New Events

After a busy start to 2014 coordinating the ODH Fundraiser Ball held in April the SHINE committee is in recess for the winter and will reconvene in spring with the next meeting scheduled for the 14<sup>th</sup> October 2014.

## Dietician Services

Omeo District Health Dietician services from August 2014 will be available on a quarterly basis. **Next Visit: Friday 8<sup>th</sup> August.**

Our dietician service is free to anyone who wishes to make an appointment and can provide consultations for:

- Specific medical conditions
- Weight loss or weight gain
- General nutritional advice across all ages
- Education on a wide range of issues and chronic disease prevention support

Contact Omeo District Health on 51590100 for an appointment.

## Aged Care Reform and Available Beds at ODH.

### Aged Care Reform

As part of the reforms to the aged care system from the 1<sup>st</sup> July 2014 the following changes have taken place to make aged care more sustainable and affordable.

- Income testing arrangements for home care packages
- Changed means testing in residential aged care
- New accommodation payments arrangements for residential aged care
- Removal of the distinction between high and low care in residential care
- Expansion of the Australian Aged Care Quality Agency- which monitors the standards of Residential Aged Care facilities.

Call 'My Aged Care' on 1800 200 422 or visit the website at <http://www.myagedcare.gov.au/> for more information about aged care support and services available in your local area.

### Residential Aged Care Beds Available

ODH currently has 3 residential aged care beds available and are welcoming applications.

ODH Residential Aged Care features

- 24/7 care by qualified registered nurses.
- In house food preparation;
- Rooms with views;
- Single rooms with ensuites; and
- Regular planned activities by Diversional Therapists.

Contact Frank Megens at Omeo District Health on 51590100 for more information.

## ODH DENTAL CLINIC

Did you know Omeo District Health has a dental service?

Did you know they operate 8 days a month, treating both private and public patients?

Did you know children aged 2-17 are eligible for up to \$1000 in benefits for basic dental services?

Omeo District Health Dental Service is located on site at 12 Easton Street Omeo and operates monthly on a varied timetable.

The ODH Dental Service offers both private and public dental services, treating both private patients and patients holding a Health Care (HCC) or Pension card.

Omeo District Health is also now able to provide treatment to eligible children aged 2-17 under the Child Dental Benefit Scheme (CDBS).

The CDBS provides up to \$1,000 in benefits every 2 years for a child to receive basic dental services provided in a public or private setting including examinations, x-rays, cleaning, fissure sealing, fillings, root canals, extractions and partial dentures. Some restrictions do apply.

If you have any queries relating to eligibility for treatment please give us a call to discuss. Eligible patients would have already received correspondence from Medicare.

We have a team of friendly experienced staff ready to provide you with excellent dental care.

Should you wish to arrange an appointment please call us at Omeo District Health Reception (5159 0100) or the Dental Clinic (5159 0128).

The clinic operating dates are advertised around the district or are available by contacting ODH.





## Get involved and have your say...

ODH have recently received equipment for youth event purposes. Music equipment, outdoor cinema and more...

Are you interested in increasing the social, recreation and leisure opportunities for young people in the area, and helping us run events both locally and across East Gippsland?

### Carla Hall, Youth Worker

Omeo District Health  
PO Box 42 (12 Easton St) Omeo, VIC 3898  
Ph: (03) 5159 0164 Fax: (03) 5159 0194  
E: [youth.services@omeohs.com.au](mailto:youth.services@omeohs.com.au)

### Smiling Mind

Smiling Mind is modern meditation for young people.

It is a unique web and App-based program, designed to help bring balance to young lives.

It is a not-for-profit initiative based on a process that provides a sense of clarity, calm and contentment.

Visit: <http://smilingmind.com.au/>

## Youth Insearch

Youth Insearch is a community organisation that coordinates weekend programs focused on resolving adolescent issues at a peer level for young people aged between 12-17 years.

For further information please visit [www.youthinsearch.org](http://www.youthinsearch.org) or contact Carla Hall

## The Students at Work Program (S@WP)

Are you a student interested in gaining employment? The students at work program can assist.

If you are interested in looking for a job you can....

- Keep an eye on the school notice board for job vacancies.
- Contact possible employers in the area and tell them about the program.
- Contact the S@WP coordinator and lodge an expression of interest, talk about the program or get more information on how to look for work.

