

2019

Doctors

Dr Hall – Tuesday 1st

Dr Chandan – 3rd, 8th, 22nd

Dr Hedgland – Thursday 17th

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Kirrae Health Service to Framlingham Forest

Date- Wednesday 25th September 2019

Time- 11am – 2pm

Meeting at- Kirrae health service, 1
Kirrae Avenue Purnim

Meals and refreshments will be provided

Koko blokes to give a welcome to country
and traditional dance prior to heading off on
your walk

Tour with Rob Lowe snr
Eel painting

Birthdays

Phyllis Harradine 3rd
Breanna Wackett 5th
Latara Parker–Chatfield 7th
Violet Clark 8th
James Clark 9th
Lucas Harradine 9th
David Chatfield 10th
Amos Atkinson 9th
levi Chatfield 14th
Jerome Atkinson 30th
Rickey Atkinson 13th
Seanna Claridge 13th
Troy Litster 18th
Phillip Chatfield 20th
Scarlett Chatfield 22nd
Hunter Chatfield 24th
Carmel Leslie 28th
Karen Chatfield 28th
Kaawirn Ugle – Hagan 29th
Jarren Harradine 29th
Ashlee Wackett 29th
Adam wheeler 30th



Sorry if any of the Birthdays are wrong. If so can you please come update your details at Reception,
Thanks Admin Team

Community Notices

The Kirrae Health Service exists in order to Service the physical, mental and emotional health needs of the Framlingham Aboriginal Community in a manner that is effective, Culturally sensitive and acceptable to the Community.

What services do we provide?

- Primary health care services such as
- Assessment of health needs of the individual and the Community, and care of everyday health needs.
- Assistance to access specialised health care services at other places.
- Health promotion activities.
- Community playgroup.
- Programs to help families to support each other.
- Chronic disease prevention and management programs.
- In-home HACC services to assist elders live comfortably within their Community.

Remember to let the Reception know of any outside appointments as we need to let the health team know so they can transport you. Thanks

Walking Group

Tuesdays & Thursday 2pm @ Kirrae



Your best friend is reception...

Hey everyone,

A friendly reminder to clients:

Staff work from 9am-4pm during the week, with the majority of staff employed 3 or 4 days a week.

Reception is always manned each weekday, so please ring reception to make any appointments or if you need any medication. Reception are always happy to help you out and are more available than anyone else. If it's after hours or on the weekend and urgent, please call 000. If it's after hours or on a weekend and not urgent, please still call reception and leave a message with your needs. It will be dealt with as soon as we open.

At the moment appointments are also sometimes missed if they haven't come through reception, making it challenging to coordinate our limited vehicles for transport.

Your cooperation is greatly appreciated.

Nonnie



Butt out before you buckle up!

Why is third **hand smoke** my problem?

The chemical residual of tobacco **smoke** clings to clothing, wall, furniture, carpet, cushions, hair, skin, car seats and other materials, for weeks after your cigarette is put out.



Airing a room by using fans or opening windows is not sufficient to rid the third-hand smoke.

Cigarette smoke contains up to 4000 chemicals and over 50 carcinogens – that's BAD!

Infants and children are at highest risk than adults as they have closer exposure to tobacco deposits on surfaces of furniture and clothing and in cars. As they move and play around, they tend to touch and sometimes swallow those dangerous particles, allowing the harmful chemicals to enter their bodies.



BUTT OUT!

Don't forget, in **Victoria** you can cop a fine of over \$500 if you **smoke** in a **car** with someone under the age of 18 present at any time, regardless of whether the windows are up or down. Eek!

**Smoke with kids
in the car & you'll
cough up a fine.**



Fridays @ Kirrae 11am-12pm

Free to attend, mats provided, lunch afterwards!

Provided by:
Harvard Health Publications

Yoga

Health benefits beyond the mat

Better Body Image

Focusing inward during yoga helps you be more satisfied with your body and less critical of it.

Heart Benefits

Yoga can help lower blood pressure, cholesterol, and blood sugar, all of which are good for your heart and blood vessels.

Overall Fitness

Practicing yoga a couple times a week increases muscle strength and flexibility, boosts endurance, and tunes up your heart, lungs, and blood vessels.

Mindful Eating

Being more aware of how your body feels carries over to mealtimes as you savor each bite or sip and notice how food smells, tastes, and feels in your mouth.

Weight Control

Mindfulness developed through yoga can make you more sensitive to cues of hunger and fullness, which help you develop a more positive relationship with food.



Yoga – give it a go!

1. Improves Flexibility

One of the first and most obvious benefits of is improved flexibility.

2. Improves Posture

The spine is the central channel of the nervous system, so when your spine is healthy, pathways of the nervous system are strong clear and vital energy flows more freely. Correcting posture imbalances will also help to prevent and relieve chronic back pain.

3. Increases Strength

The benefit of building strength through yoga is that you balance it with flexibility, compared to just lifting weights at the gym.

4. Improves Sleep Quality

Incorporating yoga into your routine can help promote better sleep. Yoga can help you relax and unwind, helping you to fall asleep faster, sleep longer, and feel more rested when you wake up. Yoga has also been shown to increase the secretion of melatonin, a hormone that regulates sleep and wakefulness.

5. Reduces Stress and Anxiety

Yoga has been shown to act as a self-soothing technique, and can help to manage stress response systems by reducing the heart rate, lowering blood pressure and easing respiration. Yoga can decrease the secretion of cortisol, the primary stress hormone.

6. Improves Concentration and Focus

The practice of yoga requires physical concentration as you learn to bring your focus to your breath as you move through a sequence of poses.

7. Improves Cardiovascular Health

Yoga poses rely on holding muscle tension for a short period of time, helping to improve cardiovascular fitness and circulation. This can help to reduce blood pressure and decrease risk factors for heart disease.

~ Australian Fitness Academy



yoga

and

Playgroup

The kids love homemade marshmallow playdough because its squeezable, cheerfully-colored and a tab bit yummy!!!



Edible Playdough

Recipe

Preparation

1. In a microwave-safe bowl, add the **marshmallows** and coconut oil.
2. Microwave on high for 20-30 seconds, or until **marshmallows** puff up slightly.
3. Add a few drops of food colouring to the **marshmallows**, and mix well until combined.
4. Add 4 tablespoons of corn-starch and stir to combine



HACC/CHSP

Dates for October 2019

8th October

**Social Support Lunch -
Warrnambool RSL - 12pm**

15th October

**Community Lunch -
Zoodle Bolognaise - 12pm
@ Kirrae**

16th October

**Bingo - 11pm to 2pm
@ Kirrae**

Bingo will be held on Thursday this month

22nd October

**Social Support Lunch -
Catered @ Kirrae - 12pm**

29th October

**Community Lunch -
Chicken Sushi Bowl - 12pm
@ Kirrae**



Monthly bingo at Kirrae Health Service is great activity for community members. A reminder that children are not allowed to play bingo when it is held during the school term.



Beef Meatballs with Sweet Potato Mash

Ingredient

2 beef mince
4 sweet potatoes peeled
Mustard
2 tins diced tomatoes
2 zucchinis grated
2 carrots grated
1 bag baby spinach
6 eggs
Tube parsley paste
Tube coriander paste
Fresh basil bunch diced
Butter
Small cream



This photo was taken of the internet as no photo was taken

Method

1. Mix the tomatoes, a squeeze of mustard, parsley and coriander in a bowl and put aside.
2. Put the beef mince into a bowl and add a good squeeze of the parsley, coriander, basil, also add the zucchini, carrot and spinach, eggs, salt and pepper. Mix all the ingredient together and roll into balls
3. Put the rolled balls into an oven proof dish and pour the tomato mixture over the top of the beef meatballs.
4. But the tray into the oven and cook until the meat is cook through.
5. Cut the sweet potato into cube and boil in a pot.
6. Once the sweet potatoes are soft mash together with a spoon full of butter and a splash of cream.
7. Serve meatball onto of sweet potato mash.

Chicken Curry

Ingredients

3 chicken breasts
1 bags quinoa
Jar curry paste
2 tins coconut milk
2 zucchinis
2 broccoli heads



Method

1. Dice chicken, cut veggies in rough shapes.
2. Put the chicken and onion into a frying pan and fry until brown, then add the veggies, curry paste to your liking, tin of coconut milk and let simmer until veggies are cooked.
3. While that is cooking prepare the quinoa as per packet instructions.
4. Serve chicken curry on top of quinoa.

Aged Care Quality Standards

agedcarequality.gov.au

Standard 1

Consumer outcome

I am treated with dignity and respect, and can maintain my identity. I can make informed choices about my care and services, and live the life I choose.

Standard 2

Consumer outcome

I am a partner in ongoing assessment and planning that helps me get the care and services I need for my health and well-being.

Standard 3

Consumer outcome

I get personal care, clinical care, or both personal care and clinical care, that is safe and right for me.

Standard 4

Consumer outcome

I get the services and supports for daily living that are important for my health and well-being and that enable me to do the things I want to do.

Standard 8

Consumer outcome

I am confident the organisation is well run. I can partner in improving the delivery of care and services.

Standard 7

Consumer outcome

I get quality care and services when I need them from people who are knowledgeable, capable and caring.

Standard 6

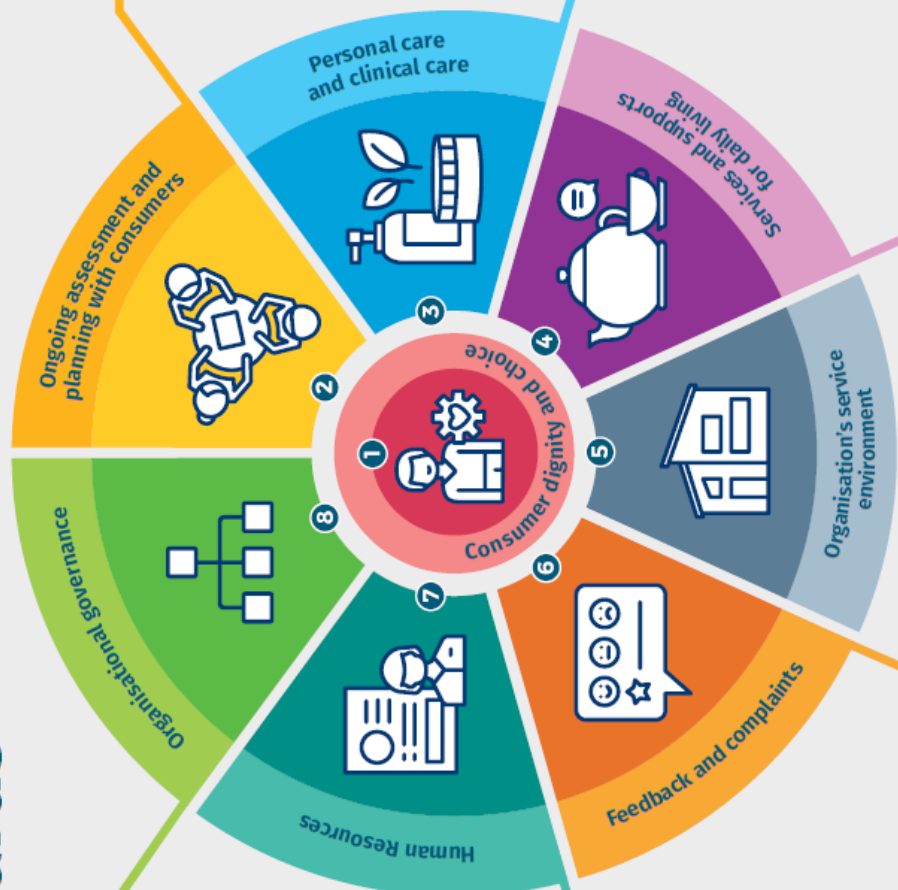
Consumer outcome

I feel safe and am encouraged and supported to give feedback and make complaints. I am engaged in processes to address my feedback and complaints, and appropriate action is taken.

Standard 5

Consumer outcome

I feel I belong and I am safe and comfortable in the organisation's service environment.



Australian Government

Aged Care Quality and Safety Commission

Engage
Empower
Safeguard

The BreastScreen Mobile Screening Service

Is coming to Kirrae Health Service

Tuesday 22nd – Thursday 24th of October



Have you booked your free breast screen yet?

Breast screens take just 10 minutes, are with a woman and you don't need a doctor's referral or Medicare card.

All Aboriginal women who screen on the Mobile Screening Service will be invited to wear a BreastScreen shawl featuring Bec Clayton and Bronwyn Fergusons beautiful artwork (see below) during their screen.* These shawls have been developed to make breast screening more comfortable for Aboriginal women.



To book an appointment or to check that you are eligible visit breastscreen.org.au or call **13 20 50**. Or come in and chat to Kirrae Health Service staff who can help book appointments>

Some walk in appointments will also be available.

10 Tips from the Experts

Be aware of what your children are doing in front of screens.

1

Talk to your children about how much time they should be spending in front of screens and set limits.

Infants shouldn't spend any time in front of screens. Toddlers an hour a day maximum.

2

Think and talk about what children can learn from the play activity.

3

Children who play e-games in their bedrooms are likely to sleep less well and for shorter periods of time. Children active in outdoor play sleep better!

4



We shouldn't be anxious about mobile and tablet play, instead we should look at how we can use these tools to encourage play and add to traditional play.

5

Cyber-play offers children different learning experiences. These different learning experiences are necessary for children to belong in the cyber-world of today.

6

It's not about "to use" or "not use" as much as how can we best use.

10

Children may not realise they are doing maths. ...they see the play as fun!

9

Facebook gives young mums opportunities to discuss child development, parenting skills and seek general support.

8

Parental control is very limited, partly by choice but partly because of the actual nature of the media. For example allowing screens in children's bedrooms is very hard to monitor if we are not there.

7

HALLOWEEN WORD SEARCH

Z R H A L L O W E E N N G H O M
J Y F A K R N B T K I O G Y Q Y
J E B C O H G S N J E U P D H P
X G I A V Z O I V G V D L O T A
T R O U Y H L S S B H E P E G L
T E T G G B M E J F G U P Z Q J
U S Y Q O D T H L P M F L L R Q
S R O G S S A C P P D B U E V G
C O S T U M E T K Z I L T Q C O
G I J X K H F I Z Z L S M X F C
C O Y P P N N W Z H N G M L T T
C Y W M Z V F B L O F O O B C O
M O F X M X U E M T A E R T N B
L M I Z T U N C N D X G M E V E
O F U N W K M Q N J O Q G Z L R
J G H U T B Y O D R U R O L I U



- October
- Ghost
- Costume
- Halloween
- Pumpkin
- Treat
- Monster
- Witches
- Goblin
- Fun
- Trick
- Mummy



YOUBREWMYTEA.COM

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		Dr hall Tim Rayner hearing	Chiropractor	Dr Chandan		
6	7	8	9	10	11	12
	Massage	Playgroup Dr Chandan Social support lunch Homework group		Chiropractor	Yoga	
13	14	15	16	17	18	19
		Playgroup Community lunch Optometry Homework group	Chiropractor	Dr Hedgland Bingo	Yoga	
20	21	22	23	24	25	26
	Massage	Playgroup Social support lunch @kirrae Dr Chandan Homework group		Chiropractor	Yoga	
27	28	29	30	31	1	2
		Playgroup *Halloween dress up* Community lunch Dr Chandan Diabetes ed Dietician Homework group	Chiropractor			

