

February 2019 Newsletter

Doctors

• Dr Hall – Tuesday 5th

Dr Chandan – 7th, 12th & 26th

• Dr Hedglan – Thursday 21st

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**Playgroup X-mas Break–
up 2018**

Birthdays

February birthdays

Phillip Chatfield 1st

Sam Clark 2nd

Jaxx Chatfield 3rd

Alice Clark 4th

Timothy Chatfield 4th

Katie Clark 14th

Kane Clark 17th

Trent Clark 27th

Jack Claridge 28th

Nerinda beard 28th

Dakoda Chatfield 27th

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



Fruit Delivery

We will be changing fruit delivery to Mondays, starting on Feb 4th.
Here's to a year of yummy fruit!



REMINDER

SNAKES are out and about! Remind your children of the dangers of snakes, people have spotted a few snakes around the place so be careful.



Steps to take if bitten by a snake

Step 1

Lay the victim down and provide reassurance. CALL 000. Do not move the victim unless further danger is present.

Step 2

With a broad (minimum 7.5cm wide) elastic bandage such as set press, start at the toes (or hand if bitten on the arm) and wrap the bandage very firmly up the entire limb. If the bandage does not cover the entire limb, start with a new bandage at the point the last bandaged finished until the entire limb is covered. The compression bandage should be firm enough to reduce lymphatic movement but not constrict blood flow. Ensure you leave the tips of the toes/fingers out to monitor circulation.

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Step 3

Once the entire limb has been covered, mark the bite site with a pen or some dirt from the ground. This is helpful for emergency services personnel.



Step 4

Once the entire limb has been covered, mark the bite site with a pen or some dirt from the ground. This is helpful for emergency services personnel.

Splint the limb (including joints) to prevent movement. For bites to the leg, this can be achieved by strapping the legs together using slings or other suitable material.

Bites to the arm can be supported in a sling or splinted. Do not remove the bandage once applied.

Make the victim comfortable and continue to provide reassurance until arrival of emergency services.



DO NOT wash the bite site

DO NOT attempt to cut the venom out of the limb

DO NOT attempt to suck the venom out of the limb

DO NOT apply a tourniquet to the limb

DO NOT move the person unless in immediate danger

DO NOT try to catch and identify the snake

Check your Moles

SIGNS AND SYMPTOMS OF SKIN CANCER

Abnormal

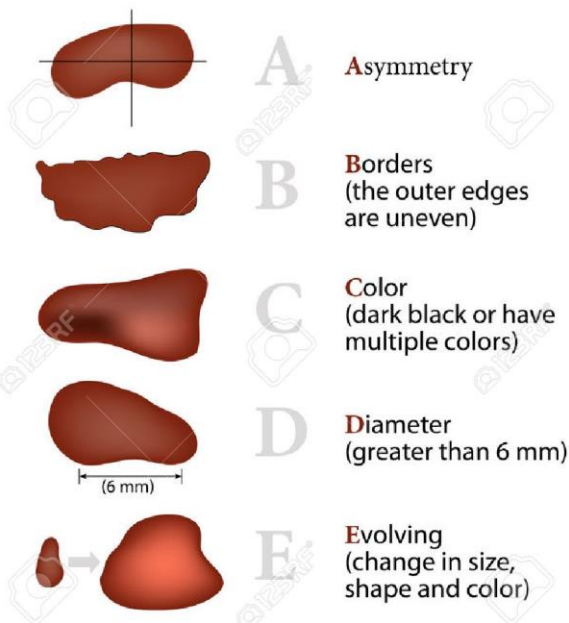
1. Asymmetry
2. Uneven borders
3. Color variation
4. Diameter (greater than 6 mm)
5. Evolving (change in size, shape and color)

Normal mole

1. Symmetry
2. Even borders
3. Color uniform
4. Diameter (smaller than 10 mm)
5. Normal mole



ABCDE rule for the early detection of melanoma



CHIROPRACTOR NOW VISITING KIRRAE



Dr. Yoshi Inada-Lane Chiropractor

B.Hsc., M.Clin.Chiro.

Hi there, my name is Yoshi and I am passionate about improving your health and wellbeing. I have a Masters in Clinical Chiropractic and am currently completing a 2 year post graduate Diplomate in Neuro-Developmental Pediatrics.

Since I was a child, I had the dream of becoming a commercial pilot, until medical tests confirmed colour-blindness. Around the same time of hearing this news, I suffered from a painful jaw issue. I visited many different health care practitioners, however could only find relief with chiropractic care. This incidence would turn out to be a blessing in disguise and lead me into chiropractic studies (I couldn't imagine sitting in a cockpit for over 12 hours! I'm still an aviation geek though!).

When I'm not in the office, you'll find me rolling out the yoga mat, surfing or fishing.

My focus of care is to optimise your health and wellbeing by working with your body as a whole. I aim to do this by identifying any of the physical, nutritional or emotional imbalances that may be preventing you from expressing optimal health.

Yoshi is trained in a variety of techniques which he will adapt specifically to you, ensuring the best possible outcome. This may include:

- manual joint adjustments or mobilisations
- biomechanical blocking
- soft tissue and myofascial release techniques
- exercise rehabilitation
- Dry needling

Yoshi's focus of care is to allow people to take an informed and empowered approach to their health, to prevent and manage injuries and live optimally.

**CALL KIRRAE
NOW TO BOOK
YOUR
APPOINTMENT**

**Yoshi will be at 'Kirrae'
every 2nd week beginning
Wednesday the 23 of
January from 2:00 – 4:00
PM**

 **LANE CHIROPRACTIC**
WARRNAMBOOL

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Email: info@kirrae.org.au

Servicing the Framlingham Community Since 1976



MASSAGE AT KIRRAE

We are having onsite massage sessions again!
There will be two sessions per month

Each visit there will be 6 available appointments.

If you have a current (715) Health Assessment you can ring and book for a massage appointment at Kirrae.

If you don't have a current Health Assessment please call reception on 55671270 to book in.

Spots will fill fast so be quick 😊



Massage is great for helping with stress and anxiety, chronic disease, soft tissue injuries and more.

You need to have a current Health Assessment to book an appointment

HACC/CHSP

Dates for February 2019

5th Feb –

**Community Lunch – 12pm
@ Kirrae**

12th Feb –

**Social Support Lunch – 12pm
@ Allansford Hotel**

19th Feb -

**Community Lunch – 12pm
@ Kirrae**

20st Feb –

**Bingo – 11pm to 2pm
@ Kirrae**

26th Feb –

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

Make 2019 a golden year with these exercise tips for seniors

Monday 7 January 2019

You can exercise as part of a group for even more fun.

Regular physical activity isn't just for young twenty-somethings working on their beach bods.

Being active most days, or preferably every day, is good for us at any age and it's never too late to start – even in our golden years.

As you celebrate the beginning of 2019, it's the perfect time to start thinking about your daily activity goals for the year ahead.

As we get older we might find ourselves impacted by more aches and pains, health issues or by a fear of falls and injuries. But rather than being barriers to staying active, these are all reasons why exercise is so important to our health as we age, due to its role in keeping us strong, mobile and independent for longer.

If you're a senior who would like to be more active and don't know how, check out our list of exercise tips to get you motivated.

Firstly, how much physical activity should I be doing?

Being physically active is fundamental to ageing well.

Provided you are generally healthy and have no limiting health conditions, adults aged 65 or older should try to build up to [at least 30 minutes of moderate intensity physical activity on most days or, ideally, every day](#). The key is to make moving a habit.

Your 30 minutes can be done all at once or broken into smaller increments, such as three 10-minute sessions per day. Of course, everyone has their limits, and it's always best to start slowly. If, currently, you are not physically active, start by doing some exercise and gradually build up to the recommended amount. Remember, doing some physical activity is better than doing none.

Don't forget to check with your doctor about suitable activities for you. If you've been inactive for a while, have a health problem, or are concerned about the safety of a new activity or being more active (e.g., doing something more vigorously), it can be helpful to receive some advice.

Why is exercise good for me – what will it do for my body as I age?

Physical activity is beneficial for Queenslanders of all ages. It can make you feel better, is good for your mind and body and improves physical functioning.

Regular physical activity can help reduce the risk of diseases like [heart disease and stroke](#), [Type 2 diabetes](#), [high blood pressure](#), some cancers and [depression](#) and [dementia](#). It improves wellbeing, assists in weight management and can also improve bone health. In older adults, regular physical activity helps reduce the risk of falls and fall-related injury.

Find ways in your day to get more exercise in, like walking the grandchildren to and from school.



Exercise ideas

Feeling motivated, but don't know where to start? We've put together a list of fun fitness ideas to put on your to-do list. You don't have to stick with the first activity you try, or do what everyone else is doing. Have fun exploring what kinds of exercise make you feel good.

- **Walking:** Walking is suitable for people of all ages and fitness levels, can be done just about anywhere and is free. You can walk as an individual or join a community based walking group for the opportunity to make new friends as you walk. The Heart Foundation offers walking groups all over Australia.
- **Tai Chi:** [Tai Chi](#) is an ancient Chinese martial art. Regardless of age or level of fitness many people can benefit from it.
- **Group exercise:** Do your exercise as part of a group for even more fun. Whether you're looking for a motivating fitness class that incorporates dance, music, and movement, or doing a group outdoor exercise session, chances are there's one happening in your area. Many [councils](#) run free or low-cost group activities for seniors, while many private gyms also cater for older Queenslanders with programs and classes designed with seniors in mind.
- **Weight, strength or resistance training exercises.** Strength and resistance training is a good way to stay healthy and strong as you age. Remember if you are starting resistance training or wanting to do resistance training more intensively talk with your doctor or a health professional first. There are many ways you can strengthen your muscles, whether at home or in the gym. Examples include lifting weights; dragging, pushing and pulling objects; or using your body weight for resistance activities, such as push-ups and sit-ups.
- **Aqua aerobics:** The supportive nature of the water provides ease of movement and reduces impact on your joints. And you get to do it in a fun group environment. Find a class at a swimming pool near you.
- **Gardening:** Depending on the size of your [garden](#), maintaining it can also be a great way to be physically active. This could be as strenuous as mowing the lawn, or as gentle as getting a good stretch and practice stabilising yourself while kneeling, sitting or reaching. Just make sure you stay hydrated and [Slip, Slop, Slap, Seek and Slide](#).
- **Dancing:** Many types of dance exercise programs are available from salsa, jazz and tap, to ballroom and ballet. This is a great way to add exercise and social interaction to your weekly routine.
- **Lawn bowls:** Get involved in this low-impact sport. [Lawn bowls](#) can be played for the challenge and competition, personal enjoyment, the pleasure of spending time outdoors and for social interaction.
- **Masters Sports:** If you enjoy competitive sport, there are many options available. Some sports have Masters competitions, like rowing, [swimming](#) and [athletics](#). Others have several grades, so you can compete at whatever level you feel most comfortable. [Contact the state organisation](#) for the activity that interests you the most to find out how you can get involved.



Homework group

Homework group will be starting back up in February 5th 4:30pm-5:30pm we are working on some cool new ideas to get family & kids involved in our homework group. Homework group will run every Tuesday but not on holidays & public holidays

We hope to see some new faces at homework group.



Tackling indigenous smoking program

“Quit now or die trying”

2019 will be a year of making s**t happen! Let's get involved in quitting as a community! TIS has some great new ideas that will run across the year & educations session for kids during homework group & school holiday programs!

If you're keen to give smoking up and not sure how to do it, contact Kirrae health service and speak with Tanaya or, any of our health team.

55671270 we can help you & point you into the right direction on your quitting journey

BE SMART DON'T START

REMINDER

Please keep the kiddies away from the smoking area at Kirrae



Lung of Non-smokers exposed to 2nd hand smoke



Did you get your Kirrae gym or swim back pack at Christmas?
We have half a dozen left, come and ask for a bag and water bottle if you missed out!

STOP VIOLENCE AGAINST WOMEN





Name: _____

Back to School Wordsearch

Directions: Find the school words below. The words will be vertical or horizontal.

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



GOAL
SCHOOL
READ
WRITE
ADD



SUBTRACT
COLOR
DESK
GLOBE
PENCIL



CRAYON
COMPUTER
PLAY
LEARN
FRIENDS



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February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	Massage @ Kirrae	Playgroup Community lunch Homework group Dr Hall	CHIROPRACTOR @ Kirrae	Dr Chandan		
10	11	12	13	14	15	16
		Playgroup Social support lunch Dr Chandan Homework group				
17	18	19	20	21	22	23
	Massage @ Kirrae	Playgroup Community lunch Optometry @ Kirrae Homework group	Bingo CHIROPRACTOR @ Kirrae	Dr Hedgland		
24	25	26	27	28	1	2
		Playgroup Dr Chandan Social support lunch @ Kirrae				

