

November Newsletter

2023



Keep an eye out
for the crafty
Kalat Girls
upcoming Blak
Market stall

Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.



Birthdays

Caitlin Harradine 2nd
Kallinda Clark – Leslie 3rd
Illowra Clark 4th
Jili Smith 9th
Ella Wylie 11TH
Rozanna Harradine 12th
Hayden Harradine 13th
Harmony Smith 13th
Jason Clark 14th
Amy Chatfield 16th
Daniel Fitzgerald 16th
Leonie Chatfield 16th
Rhonda Chatfield 16th
Shakira Chatfield 27th
Albert Clark 28th
Jasmine Wylie 30th

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

What services do we provide?

Community health

- ABORIGINAL Health workers
 - GP'S & RN
 - Optometry etc
- Chronic disease management
 - Health checks & more

Home & community care - CHSP

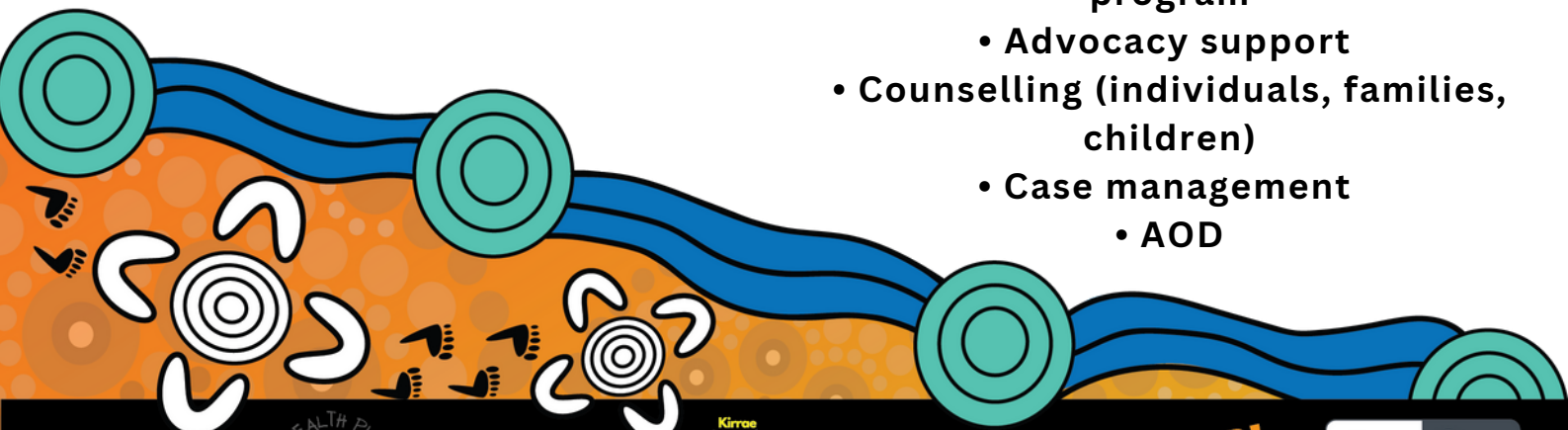
- Assessment
- Home maintenance
- Social support groups
- Access to homecare and personal care
- Planned activity group

Children's activities

- Playgroup
- Holiday program
- Koko blokes

Social emotional and wellbeing program

- Advocacy support
- Counselling (individuals, families, children)
- Case management
 - AOD



Doctors

Dr Hall

Tuesday 7th

Dr Chandan

Tuesday- 7th, 14th,
21st & 28th

Fridays- 3rd, 10th,
17th & 24th

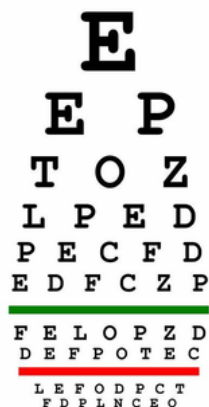
Dr Hedgland

Thursday 16th

Allied Health

Optometry

Tuesday 21st



Medications

All requests for medication must be supplied by 2pm each day. All requests after 2pm will be sorted the following day.

Webster Packs

People receiving fortnightly Webster Packs on a Wednesday must have all scripts in by 2pm the day before. See the calendar page for medication delivery dates

Dr. A Practitioner
99 Station Street
Central NSW 2001
Phone: (02) 9999 9999
Prescriber no.: 123456

Patient's Medicine no.:
Pharmaceutical
benefits
entitlement
number
 Subsy for substance
use & abuse
(insert relevant code)
 Concomitant or dependent
drug treatment or safety net
prescription used (tick)

Patient's name: **Mary Citizen**
Address: **1 Main St
Central NSW 2001**

Date: **03/04/07**
PBS RPPS Brand substitution not permitted

CEPHELEXIN CAPSULE 500mg
1 QID
Qty: 20 1 repeat

SALBUTAMOL SULFATE INHALER
100mcg/dose
1-2 QID PRN
Qty: 2 * 200 dose 5 repeats

2 items

Dr. A. Practitioner
MBBS *A Practitioner*

Doctor to sign original and duplicate Please scan over for pharmacy note





Cancellations

Any clients who do not attend appointments and have not notified Kirrae or the place where the appointment is, in time so they do not incur a cancellation fee, will need to pay the cancellation fee themselves.

Upcoming appointments

Also Just a friendly reminder if you do not give us prior notice of upcoming appointments we are unable to cover costs.

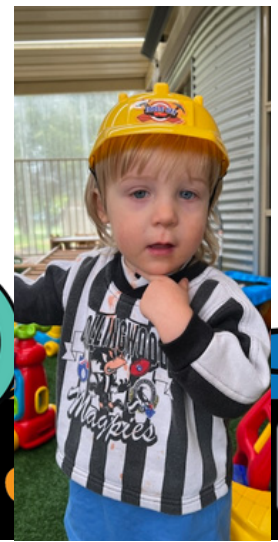
Transport

If you need us to transport you we need at least one weeks' notice due to vehicle shortage.
If you require a petrol voucher, we require at least 24hrs notice.

Playgroup Halloween



Trick
Or Treat





Kalat Girls & Little Sista's

Blak Market

The Kalat Girls are spending the next few sessions making and creating some deadly items to have a stall at the Black Market on **December the 2nd**

Little Sista's Camp

The Little Sista's trip to Melbourne has been booked for January 17th, 18th, and 19th. We are going to gumbuya world, bounce, time zone, ice skating and The Werribee Zoo.

If any of our community members has any feedback or a program that they would like to see in the Kalat Girls or Little Sista program please reach out to Kristy or Joss on 55671270

Melbourne Trip

Over the school holidays the Kalat Girls ventured down to Melbourne for a shopping day. The girls who attended had a fun time shopping and bonding with each other.

Upcoming Dates Little Sista's

October 24th: Cancelled
November 7th
November 21st
December 5th

Upcoming Events Kalat Girls

October 31st: Getting Market Ready
November 14th: Getting Market Ready
November 28th: Getting Market Ready
December 12th: END OF YEAR BREAK UP

Womens & Kalat girl group

Have your say

Kirrae Health Service want to know
how the pandemic affected your life

We want to know:

- How the Governments decisions affected you
- What KHS did well/didn't do well
- Healthcare access than and now
- Ongoing experiences



Information you provide us will inform the programs and activities we can provide in the future!

Free dinner and a yarn

Where: Rafferty's Tavern

Date/Time: 22nd Nov at 5:30pm

Book your spot with reception

5567 1270



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Wotjobaluk woman.





Congratulations

**Kim finished her first ever Marathon
42.2 km in just over 5 hours**

**Her support crew
Troy and Skye
completed
the 5km run**



**MELBOURNE
MARATHON
FESTIVAL**

HACC/CHSP

HACC/CHSP Lunch

Tuesday November
7th & 21st



Communtiy Lunch

Tuesday November
14th & 28th

Bingo

Wednesday November
29th
11am - 2pm

Monthly Members Draw
for Community Lunch
Have to be there to win!





SCAMS

Scams can feel like they're everywhere these days and can be particularly concerning for older Australians. Scammers are becoming more and more sophisticated. Whether they come via email, phone call, text message, or social media, it feels like we have to constantly be on high alert. However, with some caution and awareness you can feel better equipped to tell the difference between the real-deal and a scam.

Knowledge is power, isn't it? To protect Australians over 65 from scams, it's crucial to be educated about scam prevention. Whilst not exhaustive, in this article, we share our top 5 tips on how to best prevent older Australians from falling victim to scams.

While this article offers valuable insights to enhance awareness, it's crucial to remember that it is only meant as a guide and should not be relied on alone to avoid scams.

What are the most common types of scams for over 65's? The most common types of scams are phishing emails, online purchase scams, health scams, tech support scams, and advance fee fraud scams targeted specifically to people in their older age who may be less familiar with technology. Learn more about each one below:

Phishing Emails



Scams cont...

Beware of unsolicited emails that ask for personal or financial information. Always double-check the email address and never click on any links unless you're certain of the sender's identity.

Online purchase scams

Online purchase scams occur when individuals or fake websites offer products or services at attractive prices. After making a payment, you'll receive subpar or counterfeit goods, or more likely, nothing at all. These scams often target online shoppers looking for deals or rare items.

Medicare or health scams

Never give out your Medicare number to anyone over the phone or via email unless you initiated the contact and are certain of the entity you are communicating with. When applying for government funded Aged Care support and funding, My Aged Care will ask for your Medicare card over the phone and this is entirely legitimate if you initiated the contact.

Tech support scams

In tech support scams, people pose as tech support representatives from well-known tech companies or antivirus software providers. They will claim that your computer has a virus or security issue and offer to fix it for a fee. They may ask for remote access to your computer or request payment for fake services.

Advance fee fraud

Advance fee fraud involves scammers promising a large sum of money in exchange for a small upfront fee. You're asked to send money or provide your banking information in order to receive the money – which of course, you never will.



How do I recognise a scam?

Recognising a scam isn't always easy but there are some common themes. Stay vigilant and be wary of any of the following:

1. It sounds too good to be true!

If it sounds too good to be true, it probably is. If someone is offering you a great deal, a high return on investment or sums of money, it's most likely a scam.

2. Urgency and panic

Scammers try to instil fear and create a sense of pressure so that you act quickly and without thinking things through properly.

3. Asking for your personal information

As we mentioned above, any email, text or phone call that asks you to disclose personal information is likely to be a scam. Never give out any personal details without first verifying who you're communicating with and what it's for.

4. Spelling and grammar mistakes

Keep an eye out for misspelled words or awkwardly written sentences. Legitimate organisations are unlikely to have spelling mistakes or incorrectly-worded passages.

Emails or websites that look unusual or unprofessional are also big red flags. If something doesn't look or feel right, it probably isn't! Trust your gut.

Using technology safely: seek advice from experts

So much of our lives are now surrounded by technology. Technology can make daily tasks, social interaction and healthcare so much easier but for those who have not grown up using it, it can be overwhelming.

With so many options as well as such a high risk of being hacked or scammed, many seniors shy away from using technology that can help them.

CareAbout reached out to the experts from Technology Connections to help prepare these Cybersafety tips:

if you provide consent via an app or program such as TeamViewer.



Top 5 tips to help older Australians stay safe at home

1. Context is important

If you receive an email or text requesting something of you or offering you a deal that seems too good to be true, do not respond unless you know the person or can verify that the company is who they say they are.

2. Don't click links from unverified senders

Only click links in emails if they are from a person or organisation that you know. As above, make sure the email address itself matches the person or organisation, not just the "From" name.

3. Use multifactor authentication for financial services

Financial services all offer (or enforce) multifactor authentication when logging in to your accounts, or to confirm the transfer of money. Multifactor authentication means that you'll have to prove who you are in more than one way. For example, you will need to log into your account using your password, and then you will need to provide a code that is sent to your mobile phone.

4. Look for the padlock

'Safe' websites will have a little padlock icon in the address bar. Look for this symbol to feel confident that the site you're visiting is a trustworthy one:

5. Never provide remote access to your computer or phone

A current favourite of scammers is to take over your computer, tablet or smartphone and access all of your information. However, this can only happen



LGBTQI+

Upcoming Events

Transgender Awareness Week

November 13, 2022 - November 20, 2022

The week before Transgender Day of Remembrance on November 20, people and organizations around the country participate in Transgender Awareness Week to help raise the visibility of transgender people and address issues members of the community face.

Transgender Awareness Week is a week when transgender people and their allies take action to bring attention to the community by educating the public about who transgender people are, sharing stories and experiences, and advancing advocacy around the issues of prejudice, discrimination, and violence that affect the transgender community.

Queer-ways: Retracing Ballarat's queer footprints


Queer-ways is a project which aims to document queer stories in communities across the state. The project is coming to Ballarat as part of Victoria's Pride 2024, a collaboration between the Victorian Government and Midsumma. Join Luciano and George Keats to chart your queer stories and sites onto a map of Ballarat.

Saturday November 25

Art Gallery of Ballarat, 40 Lydiard St N

Ballarat Central VIC

Cost: FREE



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proud Gunditjmarra and
Wotjobaluk woman.



Prostate Cancer Foundation of Australia

3 d ·

Every 20 minutes an Australian man is diagnosed with prostate cancer. Take the pledge against prostate cancer and register now to receive a free PSA Pledge Kit and bumper sticker.

When you do, you'll be armed in the fight against prostate cancer. It's Australia's most common cancer, but if we detect it early, we can beat it. Take the PSA Pledge now and learn more about this simple blood test.

Phone 1800 22 00 99



Artwork designed by Tanisha Lovett, proud Gunditjmarra and Wotjobaluk woman.

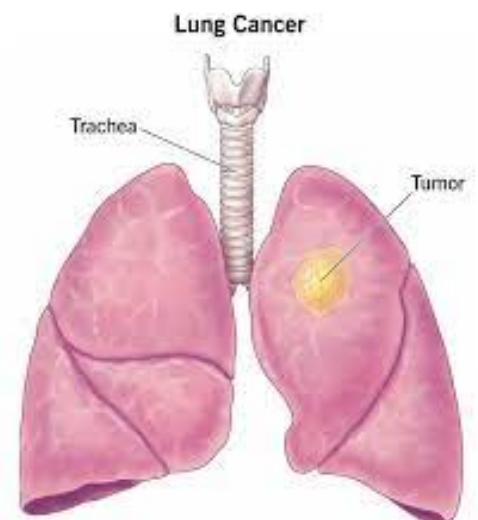


November is lung cancer awareness month

Lung cancer is one of the most common forms of cancer, with more than 2,000,000 people diagnosed worldwide each year, and is the leading cause of cancer death globally. If diagnosed at an earlier stage, patients have a 13 times higher likelihood of living for five years.

Important things to know

- anyone can get lung cancer, even if you have never smoked but it is more common in people who have smoked
 - lung cancer affects both men and women
- lung cancer occurs mostly in people aged 55 or over, although it can affect people of any age.



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If lung cancer is found at an earlier stage, there is more chance of a better outcome.

It's important to know the symptoms of lung cancer as although lung cancer occurs mostly in people aged 60 and over, it can affect people of any age.

New and constantly evolving treatments such as immunotherapy are likely to continue to improve outcomes for people affected by lung cancer.

What are the symptoms?

- coughing up blood
- a new or changed cough that doesn't go away
- chest pain and/or shoulder pain or discomfort – the pain may be worse with coughing or deep breathing
 - trouble breathing or shortness of breath
 - hoarse voice
 - weight loss
 - loss of appetite
 - chest infection that doesn't go away
 - tiredness or weakness

Many conditions can cause these symptoms, not just lung cancer. Anyone can get lung cancer, even if they have never smoked. If you have any of these symptoms and they are persistent, talk to your doctor.



SUMMER FUN

Word Search Puzzle



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



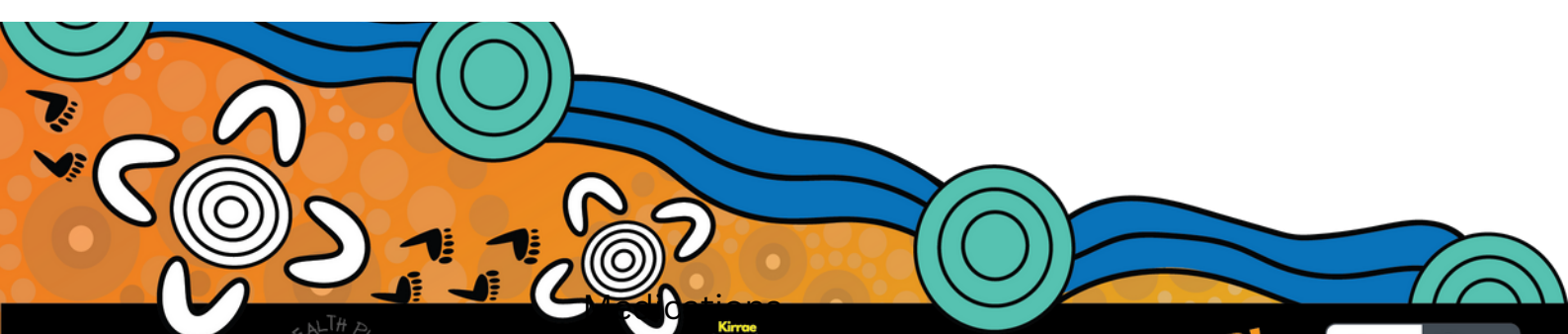
BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

Free printable courtesy of PrintItFree.net



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Dr Chandan	4
5	6	7 Dr Chandan Playgroup Dr Hall	8 Medications	9	10 Dr Chandan	11
12	13	14 Dr Chandan Playgroup Community Lunch	15	16 Dr Hedgland	17 Dr Chandan	18
19	20	21 Dr Chandan	22 Medications	23	24	25
26	27	28 Playgroup Community Lunch	29 Bingo	30		



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Feedback

We love feedback! If you have any feedback for us, please let us know. Just drop it into reception any time or scan the QR code.



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