February 2020

Doctors

• Dr Hall – not out this month

Dr Chandan- 6th, 11th & 25th

• Dr Hedgland – Thursday 20th

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Kirrae Health Service Inc.
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Email: info@kirrae.org.au

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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

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

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SEWB

Hey I'm Mel and I have just started at Kirrae as an AOD worker. I will be working alongside Brian, Aaron and Maddie in the SEWB team. I will be here Tuesday through to Friday each week. I'm currently studying for my diploma in Community Services & Cert IV in mental health.

I have 4 sons 13, 15, 17 & 18 and live in Warrnambool with my husband and 3 of my sons.

I look forward to meeting everyone and helping the community as much as I can in my new role.

Reminder

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

If you need us to transport you we need at least one weeks' notice due to vehicle shortage.

If you require a petrol voucher, wee require at least 24hrs notice.

Thanks for you cooperation!

Chiropractor

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Koko Blokes

12 and Over Koko Bloke of the year Jyah Chatfield and Runners up Kaawirn Ugle-Hagan and Kayden Edwards

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Under 12s Koko Bloke of the year Kobi Chatfield & Runner up Xavier Chatfield.

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How’d ya go with the Doctor?

Anytime you see a Doctor at Kirrae you are welcome to fill in our quick online survey about your experience. It takes less than a minute, all done on one of our trusty Tablets. Tap the screen a few times and you are done!
You all know we LOVE to hear when you’ve had a good experience and we love to hear if there is any way we can help make things better.
Ask at reception at any time.

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HACC/CHSP

Community Lunch - Tuesday 4th Feb
Kirrae Health Service @ 12pm

Social Support Lunch - Tuesday 11th Feb
Warrnambool Football Club

Community Lunch – Tuesday 18th Feb
Kirrae Health Service @ 12pm

Bingo – Thursday 20th
Kirrae Health Service @ 11am to 2pm

Social Support Lunch Catered – Tuesday 25th
Kirrae Health Service @ 12pm

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AGED CARE

Standard 2. Ongoing assessment and planning with consumers

Purpose and scope of the Standard

Planning care with the client - Organisations need to plan care and services with clients.

Despite health challenges, you will still have goals you want to achieve, roles that have meaning, and want to live as well as you can.

We need to listen to what the consumer wants and look at what they can do (their abilities).

Plans need be regularly reviewed so that changes in a consumer's health or abilities are picked up and care and services are identified and put in place to minimise the impact of any loss of ability, and to support consumers to live their day-to-day lives with dignity.

The level of assessment and planning will depend on the level of care and services

In line with Standard 1, it's expected when planning or making changes to care and services plans, consumers are given options and helped to make informed decisions about their options. This includes how much they want to be involved in managing these options themselves.

Playgroup

Term 1 Dates

Tuesday 4th February

Tuesday 11th February

Tuesday 18th February

Tuesday 25th February

Tuesday 3rd March

Tuesday 10th March

Tuesday 17th March

Tuesday 24th March

Good luck for this year to Wirann, Jnaallii and Nyree who are all starting prep, and to Nikahlee who has started Kinder.

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KEY TIPS TO MINIMISE THE EFFECTS OF BUSHFIRE SMOKE:

1. **Know your risks**

Children, the elderly and people with respiratory conditions including asthma are the first to feel the effects of smoke and particle pollution. They need to take extra care. If you have asthma, or if you are responsible for a child or elderly person with asthma, be aware of the risk and be prepared.

2. **Stay on top of your asthma management**

If smoke is a known trigger for you or a loved one, it is recommended that you use a preventer during bushfire season or if you live near an area where hazard reduction burns are planned.

The risk of an asthma flare-up after exposure to smoke may be reduced by maintaining good asthma control.

Symptoms can occur for several days after smoke is inhaled, so people need to be aware of any signs or symptoms of their asthma worsening and follow their Asthma Action Plan. Seek emergency medical help if symptoms are severe.

3. **Be Prepared**

Make sure you have access to blue reliever medication and continue to use your preventer medication.

Inform others around you that you experience asthma, and where they can access your blue reliever medication, written Asthma Action Plan or the Asthma First Aid plan.

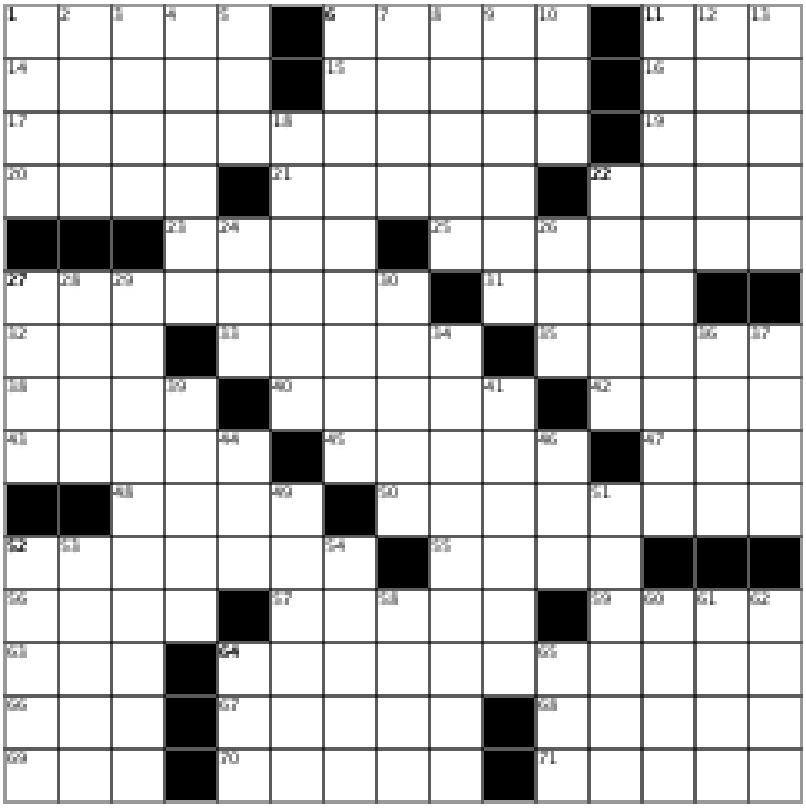
4. Avoid Smoke

- When smoke is in the air, but a fire is not directly threatening you, stay indoors and close all windows and doors.
- Use air conditioner on recycle if available
- If in the car, close windows and use air conditioner, on recycle
- Avoid doing any physical activity outdoors.
- Consider moving to a public air conditioned space such as a library or shopping centre if smoke is too intense at home
- Portable air cleaners can be effective to provide refuge from hazardous smoke inside homes. They are only useful for use in isolated places and not a safeguard covering the whole house. Air cleaners are different to purifiers or filters but do use HEPA filters to filter the harmful particulates from the air.

5. Action

- If you develop symptoms such as coughing or wheezing, chest tightness or shortness of breath, follow your written Asthma Action Plan or commence Asthma First Aid.
- If your reliever medication isn't reducing your asthma symptoms, call the ambulance and continue with the Asthma First Aid process until the ambulance arrives.

CROSSWORD Puzzle : 1



ACROSS

1. Flood
6. Abyss
11. Tibetan gazelle
14. Oilcan
15. Passageway
16. Flow back
17. Easily decided
19. Born
20. Golf mounds
21. Relaxes
22. Authenticating mark
23. Rowing implements
25. Put into a sheath
27. Temperance
31. Abominable snowman
32. Exclamation of surprise
33. Rustic
35. Lawful
38. Seizures
40. Palatable
42. Egypt's river
43. Main artery
45. Having lobes
47. Title of a knight
48. Yelp
50. State in Malaysia
52. Lighted by the moon
55. Vex
56. Parched
57. Bird homes
59. Boss on a shield
63. Spanish hero
64. Poverty
66. Meadow
67. Consumed
68. Monetary unit of Lesotho
69. Former measure of length
70. Hold responsible
71. Regions

DOWN

1. Smoke deposit
2. Hollow cylinder
3. On sheltered side
4. Muscle
5. Period of history
6. Pertaining to a cadastre
7. Sibilate
8. Remains of a fire
9. Sloppy
10. Encountered
11. Specialist in genetics
12. Belief involving sorcery
13. White poplar tree
18. Sea god
22. Glossy
24. Atmosphere
26. Snakelike fish
27. Couch
28. State of USA
29. Formed in grape-like clusters
30. Aquatic opossum
34. Rake
36. Hip bones
37. Web-footed aquatic bird
39. Rise to one's feet
41. Delete from a list
44. Tool for making holes in leather
46. Indian dish
49. Resembling a pine cone
51. Asexual
52. Twinned crystal
53. Bay window
54. Outer coat of a seed
58. Stalk
60. Pit
61. Goatskin bag for holding wine
62. Singles
64. Debutante
65. North American nation

February 2020

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

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We're on the Web!
See us at:

WWW.KIRRAEHEALTH.COM

Feed Back

Do you have any feedback on our:

- Services?
- Ideas?
- Suggestions?

Let us know!!

Phone: (03) 5567 1270
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Or Drop in our feedback box at reception.