



yackandandah health

Volume 6 Issue 2

May 2018

Building Update

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Keep the Date Free

Join us on Saturday November 10th for a fun packed day to celebrate the opening of our new building and the launch of Stage 2—the community building. We are finalising guest speakers and an exciting program that will be finalised for the next newsletter.

A Reminder.....

Member fee renewals are due 1st July 18. A letter and payment slip will be sent out towards the end of May.

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Our new car park is now finished. A huge thank you to everyone for their patience over the last few months. You will notice that the parking has been altered to parallel parking in front of the medical centre. This was a Vic Roads requirement, to ensure safe exit from these parks.

A disabled park has been added across the road and the access path altered to the park. The road and entrance has been a drawn-out process due to permits and changes required by Indigo Shire. We apologise for the delay but this has been beyond our control.

A lot is happening out the back. The building is taking shape, with wall and roof framing now being installed on the upper floor. Downstairs, the windows are going in and the layout of the apartments is now clear. The soft furnishing brief is now ready to go to tender. We will continue to follow our current furnishing theme and create a modern and colourful environment. In this building.

The apartment brochures are ready for the printer and copies we will be forwarded to those who have already made enquiries by the end of the month. If you would like to be added to the list, please give us a call.



The Flu Vaccine

Your Best Shot At Stopping The Flu.

What is the flu?

The flu is not the same as the 'common cold'. Influenza (or the flu) is caused by a virus that can infect your nose, throat and sometimes lungs. It spreads easily from person to person through coughing, sneezing and close physical contact.

Flu symptoms like fever, headache, tiredness and muscle aches can start suddenly. Elderly people might also experience confusion. Symptoms can last for a week or more. When severe, complications such as pneumonia and worsening of existing medical conditions can lead to hospitalisation and sometimes death.

Why Should I get the flu shot?

Every year the flu vaccine changes to match the flu viruses that are most likely to be circulating during the flu season. Getting vaccinated every year is the best way of preventing flu and any associated illness.

Can I get the flu from the vaccine?

The flu vaccine does not contain any live virus, so you cannot get the flu from the vaccine. Common side effects may happen within one or two days after flu vaccination. These may include soreness, redness, discomfort and swelling at the injection site, tiredness, muscle aches and low fever. These side effects are usually mild and go away within a few days, and do not normally require any treatment.

Other ways to stop the spread of flu

Practicing good personal hygiene is also an important way to prevent the spread of flu in the community and shared facilities. This includes:

- Washing your hands regularly with soap and water before and after contact with others, and before handling food. If available, use alcohol based hand wash if washing facilities are not nearby.
- Stay at home when you are sick
- Covering your nose and mouth with tissues or your elbow when you sneeze or cough. Make sure you throw tissues away and wash your hands immediately afterwards.
- Not sharing personal items such as cups, plates and cutlery.

Flu vaccinations are available from the Yackandandah Health Medical Centre.

The vaccine is free for the following groups:

- Everyone aged 65 years or over
- Children 6 months to <5 years of age
- People who have specific medical conditions that can lead to complications from influenza—severe asthma, lung or heart disease, chronic neurological disease, impaired immunity.
- Pregnant women (at any stage of pregnancy)

The following fees apply for 2018 Influenza vaccinations:

Standard Fee	\$25
Health care card holders	\$20
Members of Yackandandah Health	\$20

Please make an appointment by phoning 02 6027 1404 for your vaccination.

A French Luncheon

We have been very fortunate to have Michel Renoux standing in as our chef for the last month. Michel has brought his French flair to the kitchen, with residents enjoying the flavours and presentation of the meals.

A French luncheon, on Wednesday 2nd May was enjoyed by our residents and staff, who dressed a little bit French for the occasion. Champagne (the real thing!) was served with Lunch - Boeuf a la Provencale and Strawberry & Grape Crepes with Coulis Sauce, and Dinner - real French Onion Soup, Tartuflette (chicken and vegetable gratin) and Allumette pastries. YUM!!!!



We need you!

We are planning to produce a recipe book that celebrates food and cooking in Yackandandah and surrounds

Do you have a recipe for tomato sauce that has been handed down through generations in your family?

Or does your father make the best scones for miles?

If your family or friends have an amazing, 'best-ever' recipe, Yackandandah Health would love to hear from you.

Many of our residents, family members and staff talk of their favourite recipes, either from their families or someone in their community. And they usually come with a very interesting personal story. You might have one of your own. We want to collect these recipes for our cookbook that will be launched in November.

Please submit your recipe under one of the following categories: Starters, Mains, Cakes, Desserts, Jams, Sauces & Condiments and Special Occasions. We have put together a small group of "experts" to select the best of the best.

Please submit your recipe(s) to info@yackhealth.com.au or drop off at the admin office by 30th June.



Ben Gilbert

We are excited to welcome Ben Gilbert to our Committee of Management. Ben is a renowned sculptor, family man and long term Yackandandah resident.

Ben is internationally recognised, and has “a passion for sculptural form coupled with pragmatic rural sensibilities”. Ben has designed and created many iconic works. He is currently working on a playground project catering for children and their wheelchairs for the Cardinia Shire Council.

Ben will bring a new perspective to the organisation’s strategic discussions and vision. We will be drawing on Ben’s business and design skills as we progress through our master plan—particularly in relation to Stage 2, the community buildings.

Ben grew up in a home that borders our site and has a real connection here and to the local community. His brother was born at Yackandandah Health, his mother worked as a nurse and his uncle now lives in Yackandandah Health.

With Ben’s appointment, the Committee of Management is now complete.



Nicole Thorpe, Naturopath



We welcome Nicole Thorpe to Yackandandah Health.

Nicole brings a wealth of knowledge as a complementary medicine practitioner from her extensive education and experience.

Nicole is a qualified clinical naturopath registered with Australian Natural Therapist Association, Australian Natural Register of Accredited Natural Therapist & the Complementary Medicine Practitioner Association Council. She has over 20 years of experience in the health & fitness industry, including nursing, pathology, personal training, fitness instructor, youth worker & community services.

Nicole has also spent many years working in mental health, rehabilitation and correctives services where she was able to hone her naturopathic clinical skills.

Nicole works within the fundamental principles that underpin naturopathic medicine:

* Supporting the body’s innate ability to self-regulate and repair given the right remedies, nutrition and monitoring; * Looking beyond the symptoms to identify and understand the cause; * Utilising the most natural, non-invasive therapies; * Educating clients in the steps to achieving and maintaining health; * Focusing on overall health, wellness and disease prevention by viewing the body as a complex integrated system.

Nicole will hold a free information session for the community on
Tuesday 15th May from 9 am -12 midday, and 2 pm–5 pm.

(This will be an informal chat about what a naturopath does and the services she offers.

Nicole joins our existing Primary Health providers currently being run out of the old hospital building. **She will be available for appointments on Tuesdays and Thursdays from Thursday 17th May.** Please phone Nicole on 0420 974 238 with any enquiry.