

Deadly Choices Community Day

The next Healthy Active Community Day will be held on April 6 at the Gladstone PCYC starting at 10.30am.

The Mobile Health Van will be in attendance and community members are encouraged to talk to staff about their health and take the opportunity to undergo a 715 Health Check and be rewarded with a Deadly Choices shirt.

Doctors, Nurses and Aboriginal Health Workers will be in attendance to assist you with your health

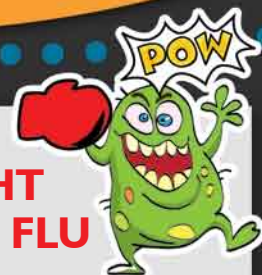
requirements. Staff can also take registrations for general clinic visits as well as providing information on chronic disease, immunisation or other health issues.

The Healthy Lifestyle team will provide activities and education information on quitting the smokes and staying healthy. There will be plenty of interactive games for the children, good food and fun.

Various other community organisations will be in attendance including our local Indigenous playgroup.



The Mobile Health Van will offer community members access to 715 health checks on the day.



FIGHT THE FLU

Get your flu shot today!

Once again Nhulundu Health Service will be providing immunisation clinics for the flu vaccine. These are now available for Indigenous clients who are over 15 years old or who have a chronic disease or for non Indigenous clients, if you are over 65 years of age.

Heart, lung, liver, diabetes, and chronic asthma are all recognised as chronic diseases.

For further information or to organise to have your flu shot, please contact reception on 4979 0992.

Meet Louise Bolger, Dietitian & Diabetes Education at Nhulundu Health Service

Hi my name is Louise. I am a Dietitian and Diabetes educator. I work at Nhulundu Health Service on Tuesday, Wednesday and Thursday. I have met many clients at Nhulundu Health Service already but there are still many I am yet to meet.

People often say to me "I'm not sick, why do I need to see a Dietitian?" My response is that you don't need to be sick to have a chat with me, even if you are healthy and fit I can guarantee you will still learn something useful about improving your health. Some of the topics we can talk about include healthy eating for sports people, when

and how to begin solid food for bubs, healthy foods for school kids, changing recipes to make them healthier and label reading. We can also talk about healthy eating for certain health conditions, such as irritable bowel syndrome, high cholesterol, high blood pressure, kidney disease and diabetes.

I have attached a photo of Eddie Coolwell and myself. Many of you will recognise Eddie as a well respected community member. Eddie and I have been working together for a few weeks now to reduce his blood glucose levels. He has diabetes and wants to improve his health to

prevent any long term damage from diabetes.

Eddie has already done an amazing job cutting out alcohol, soft drinks and junk food and also quitting the smokes. When we catch up we talk about healthy eating and better food choices, we also cover how to manage his insulin to improve his blood glucose levels.

Any Indigenous person, whether young or old who has had their annual 715 Health Check, is eligible to make an appointment to see me. There is no consultation fee involved and I am sure I can help you to make some small changes to ensure you are able to make some healthy choices and feel better.

To make an appointment ask at reception or call 4979 0992. I look forward to seeing you!



NHULUNDU
HEALTH SERVICE

Nhulundu Health Service now has its own Youtube channel – check out our videos www.youtube.com/user/Nhulundu

Monday to Thursday 7.00am to 5.00pm | Friday 8.00am to 5.00pm



Find us on facebook

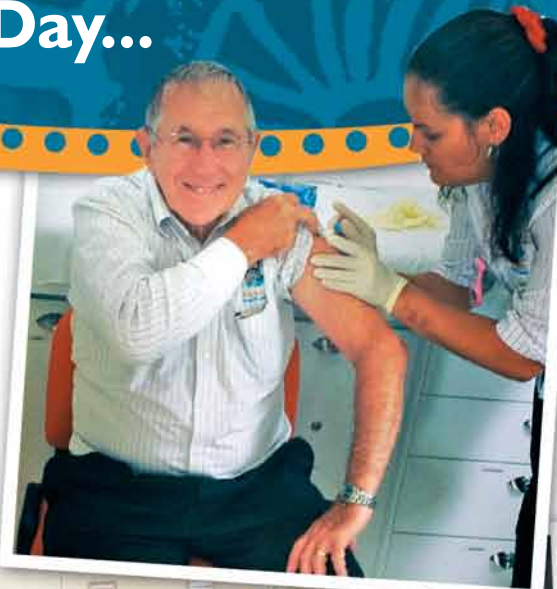
Cnr Manning & Hixon St, Gladstone | Ph: 4979 0992 | Fax: 4979 0967 www.nhulundu.com.au

Staff from Nhulundu Health Service facilitated a flu vaccination clinic utilising the Mobile Health Van to mark National Close the Gap Day.

Senior RN Skye Manthey and Doctor Sabitha Yakkala delivered the immunisations, while trainee Aboriginal Health Worker, Tori Cowburn took observations for all clients pre vaccines.

The Healthy Lifestyle team catered for the day. Morning tea and lunch was on offer in the HACC Day Respite area to all those who received their vaccines.

A total of 79 flu vaccines were given from the Van on the day. This is how we celebrated National Close the Gap day at Nhulundu Health Service – actively working to ‘close the gap’. Thanks to everyone who supported us on this very important day.



What does a healthy meal look like?

Louise Bolger, Dietitian & Diabetes Educator, recently conducted a session on what makes a healthy meal with the Aged Care/HACC staff and clients.

Clients and staff, were surprised at the different types of foods that fell into the various food groups. Everyone who attended agreed that the education was both interesting and an important lesson in the do's and don'ts of how much and what we should be eating.

Below is Louise's presentation...

A good way to ensure you are eating a healthy and balanced meal is to follow the portion plate model. When you eat a meal, fill 1/2 of your plate with non-starchy vegetables, 1/4 of the plate with a serve of starchy foods and the remaining 1/4 with a serve of lean protein.

Examples of non-starchy vegetables include broccoli, zucchini, tomato, carrots, onion, mushrooms and capsicum. These foods are packed with vitamins, minerals and fibre and low in calories or kilojoules, which means filling up on them rather than the starch and protein can assist with weight maintenance. Choose a variety of textures and colours and keep the skin on as much as possible.

Starchy or carbohydrate foods include potato and sweet potato, corn, bread and wraps, rice, cous cous, pasta and noodles. Aim for high fibre low GI versions (slow release) to assist with hunger control and blood glucose management.

Protein foods include beef, lamb, kangaroo, pork, chicken, fish, eggs, lentils and tofu. A suitable serving size is about 100-150g.

Another way of adopting the plate portion model to everyday eating is to think of your hands. Your plate should include at least 2 cups or 2 handfuls of non-starchy veg, a small fist or less than 1 cup of starchy foods and a palm size serve of protein.

Winners are eating healthy

Over the past month, clients who had a 715 Health Check have been automatically entered into the draw to win their choice of \$50 fruit and vegetable pack or a \$50 meat tray (or a combination of both).

Lucky winner for the first week was Aaron Dempsey who selected a \$50 meat tray. Week 2 winner was Colin Lingwoodock who also enjoyed his winning meat tray, while lucky week 3 winner Russel Pholi was excited to take home \$25 worth of fruit and vegetables and a \$25 meat tray.

Congratulations to all our winners. Not only are you looking after your own health but you have the chance to take home an additional prize.



Right: Colin Lingwoodock receives his prize for completing a 715 Health Check.



Dental services now available

A partnership between Nhulundu Health Service and Goolburri Aboriginal Health Advancement Company Ltd, has brought to fruition a long held dream to bring much needed, affordable dental services to the organisation.

Committed to improving health outcomes for Aboriginal and Torres Strait Islander people, Nhulundu Health Service recently launched their dental services with a three week window of appointments.

Moving forward, the dental clinics will operate on a monthly basis and are available to Aboriginal and Torres Strait Islander clients who have completed an Aboriginal and Torres Strait Islander health check (MBS 715).

Featuring a dental chair, sterilisation equipment and an x-ray machine, the new Oral Health Service will provide oral health checks and cleans, as well as tooth extractions

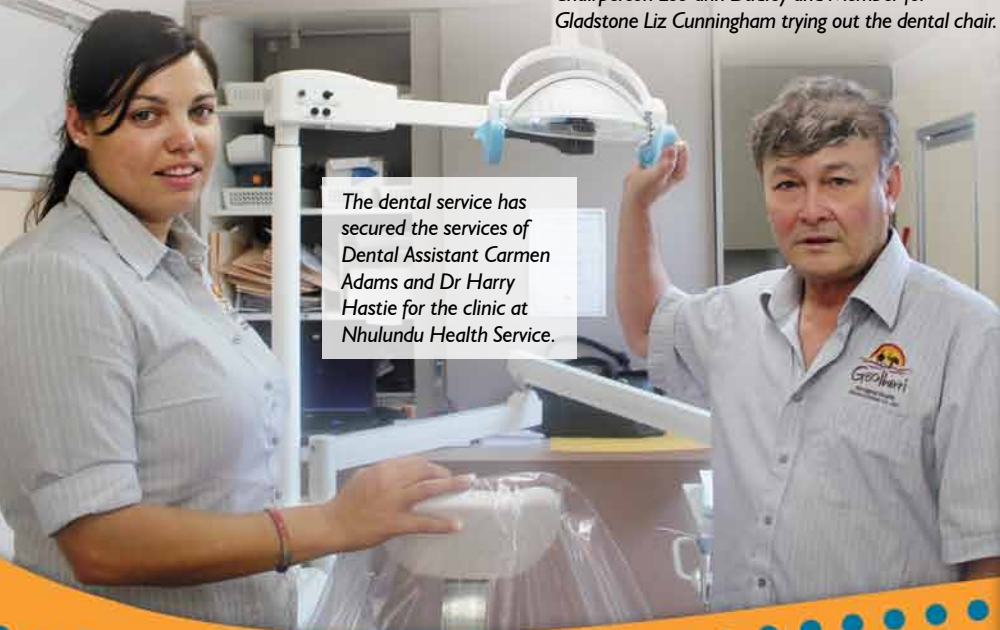
and fillings. Not included are orthodontic or cosmetic services.

The service is based on a broader charter around chronic disease prevention and management.

Carly Cooke, General Manager Health Service Operations, said the new service would target existing clients by providing affordable dental services. "Following the introduction of the new model of care, clients must be active patients at NHS, and have already completed their health check," she said.

The next clinic will be held May 26 – 30. Please phone reception for an appointment.

Top Right: General Manager, Health Service Operations, Carly Cooke, Board of Management Chairperson Lee-ann Dudley and Member for Gladstone Liz Cunningham trying out the dental chair.



The dental service has secured the services of Dental Assistant Carmen Adams and Dr Harry Hastie for the clinic at Nhulundu Health Service.

Congratulations Roxy

Congratulations to Clinic Nurse Roxy Thompson who received the Staff Recognition Award this month for her outstanding efforts within the team.

Roxy is always helping others out and going that extra mile to assist staff as well as clients. Congratulations Roxy we appreciate your effort working in the clinic and assisting GP's as well as Aged Care clients and undertaking home visits.



Children learn through play

The Dhubeelles' play group meets each Wednesday from 10.00am - 1.00pm. Transport and food is provided. It is a relaxed morning full of playful activities for carers and children alike. While playing with the children, parents are not only connecting and

strengthening their relationship with their own children, but are learning about how children grow and learn and how important families are in the a child's development, not only now, but also for their future.

The group enjoys morning tea and lunch together, share stories, music and games, inside and out at the South Gladstone State School.

The play group is facilitated by Lyn Hughes and the co-ordinator is Michelle Chinfat. The group recently participated in National Playgroup Day at the Gladstone PCYC.

If you would like to attend the sessions at South State School, please bring your young children along as it is amazing what you both might learn together!!





Aged Care

Members of the Aged Care Team have recently completed their training in Certificate II in Hospitality (Kitchen Operations) through Rockhampton TAFE College.

Support Workers Kerri Marlin, Cheryl Warry, Lee Anderson, Donna Hamilton, Julie Jones, Lynette Ghee and Linda O'Hagan (absent from photo) and Staff and Quality Co Ordinator Denise Bradshaw enrolled in the course and have studied and supported each other throughout the training.

In order to complete their Certificate II requirements, the ladies were required to undertake and become familiar with both the legislative and practical aspects of food handling safety.

Nhulundu Health Service is very proud of this team of ladies who delivered a 100% success rate in completing and passing the course.

The knowledge gained in this qualification will enable staff to deliver high quality food services to HACC Day Respite clients each Tuesday and Friday.



Above: Nhulundu Health Service clients enjoy some time outdoors during the Live Long, Live Strong program.

Below: Mark's Mowing looks after the lawns of our Aged Care clients as well as the gardens at Manning Street. Mark spent the whole week-end trimming and mulching Nhulundu Health Service gardens to beautify our premises... a job well done.

OFFICE CLOSURE

Nhulundu Health Service clinic will be closed for staff training April 2

Also closed for public holidays

April 18

April 21

April 25

Thank you!



SERVICES AVAILABLE:

MEDICAL CENTRE

General Practice services, immunisation, maternal and child health, mental health support, diabetes support, men's health, women's health, chronic disease support, skin checks, Indigenous health incentives, smoking cessation and healthy lifestyle education.

Nhulundu Health Service is a bulk billing practice. Operating hours are Monday to Thursday 7.00am – 5.00pm and Friday 8.00am -5.00pm - appointments necessary.

This practice is AGPAL accredited for quality assurance and ISO 9001:2008 Management Systems Standards accredited.



INDIGENOUS COMMUNITY LINKS

This service provides a culturally acceptable and readily accessible place for local Indigenous community members, and offers access and referrals to a range of mainstream and Indigenous specific services including health care, child care, court support, education, employment, housing and an internet café.

AGED CARE

Nhulundu Health Service offers a comprehensive community-based aged care program called Community Aged Care Package, designed to improve and maintain independent quality of life for the aged living in their home and residential environment. The Aged Care team also runs the Home and Community Care Program. All clients must have an aged care assessment before being accepted into any program.

Nhulundu Health Service offers a safe and non threatening medical environment where our patients feel cared for and valued in an environment that has a zero tolerance policy of aggressive and threatening behaviour.

Newsletters are now available online - visit our website www.nhulundu.com.au



An Australian Government Initiative



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