



Lake Bolac Bush Nursing Centre

155 Montgomery St, Lake Bolac VIC 3351

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lbbnc@lbbnc.org.au | www.lbbnc.org.au



Connect with us on



SERVICES

Nurse Led Clinic

9:00 AM— 5:00 PM

Monday—Friday

*Closed Weekends
& Public Holidays*

Pathology

9:00 AM—12:30 PM

Monday—Friday

Please ring to make an
appointment

District Nursing

Mon, Weds, Fri

Exercise Classes

Thursday

9:30 AM and 10:30 AM

Cost: \$2

Planned Activity Group

Tuesday 11:30 AM

Cost: \$10

Mortlake Pharmacy

Delivery of medication to LBBNC

Wed & Fri 2:00 PM

Maternal & Child Health Nurse

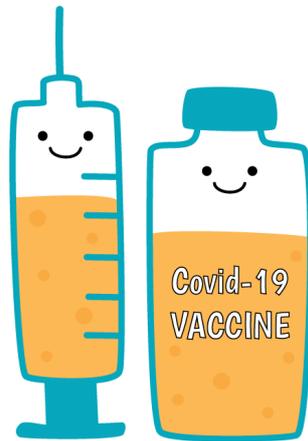
2nd & 4th Tues of the month

9:30 AM—3:30 PM

Podiatry, Physiotherapist,

Mental Health Clinician

Regular appointments
available at Centre. Cost: \$10



THANK YOU!

As Victoria celebrates over 80% of the adult population being fully vaccinated, we would like to thank YOU - the people of Lake Bolac and surrounds - for happily (and occasionally hesitantly) rolling up a sleeve to receive the COVID-19 vaccinations.

Since 15 April this year, the Lake Bolac Bush Nursing Centre has played its part in the vaccine roll-out by making the process of getting vaccinated quick and convenient for those in our community. We have partnered with East Grampians Health Service to hold a number of vaccination outreach clinics at our Centre over seven dates so far. Over those dates we had five clinics offering the AstraZeneca vaccine, and four offering the Pfizer vaccine. With four Nurse Immunisers on our team here at LBBNC, we were sufficiently skilled to help vaccinate sometimes as many as 80 people in one day.

186

doses of
AstraZeneca
administered



80

doses of
Pfizer
administered

Getting a needle can be distressing for some people, and it is estimated that as much as 20% of the adult population in Australia suffers from trypanophobia (fear of needles). This fear, on top of misinformation spread via social media and anti-vaxxers, made it very difficult for some people to even consider booking their COVID-19 vaccination. However, many people were able to overcome these mental obstacles with their commitment and determination to play their part in keeping themselves and others safe during the coronavirus pandemic. For this we admire you and sincerely thank you.

An update from our CEO

Over the next several months (during transition), and in anticipation of herd immunity against COVID-19 throughout Australia, the LBBNC will continue to be vigilant in keeping the community and our staff as safe as possible from COVID infections. This will mean that staff will ask for the vaccination status of clients and patients as they enter the clinic. Providing evidence of such will be necessary, but if you can't, the staff member on duty will be able to verify same by accessing the Australian Immunisation Register.

For people who present to the clinic who may be only partially vaccinated or non-vaxxed against COVID19, this will mean that staff members will have to adorn full Personal Protection Equipment (PPE) to attend any clinic activity (wounds, pathology etc.). LBBNC staff already don full PPE to attend emergency situations so we are well versed in this.

The LBBNC PAG program will continue with lunches on a Tuesday (numbers compliant), but once again will only be available to fully vaccinated community members.

We're all looking forward to a brighter, happier and more open society for 2022. Once again, thank you to everyone who has complied with the Australian and Victorian Governments recommendations to vaccinate against COVID19.



Information overload?

With the enormous amount of information (and sometimes misinformation!) about COVID-19 and vaccinations available, it can sometimes be difficult to know where to go to in order to get the facts. Below is a list of a few websites you can visit to get trustworthy answers to your COVID-19-related questions. Also, your GP and the staff at Lake Bolac Bush Nursing Centre can answer health-related questions you may have.

www.health.gov.au

www.dhhs.vic.gov.au/coronavirus

www.coronavirus.vic.gov.au



Introducing Lyn



We are delighted to welcome new Lake Bolac resident, **Lyn Jeffery**, to our team at the LBBNC as Assistant Activities Coordinator and Personal Care Assistant.

Anyone who has been attending our PAG lunches will have already met Lyn who has been helping Briony with preparing the meals, as well as preparing and delivering meals on wheels on Thursdays.

Lyn's enthusiastic and caring nature has made her a wonderful addition to the Bush Nursing Centre.

Changes to the LBBNC Board of Management

In mid October some changes were made to our Board of Management. Lisa Wills' role has been changed from President to Treasurer, and Davina Stacy's role has been changed from Treasurer to President! For the past two years Lisa has done an excellent job as President, and her leadership and dedication has been highly appreciated. We welcome Davina to her new role and know that she will do a sterling job.



Davina Stacy
President
Finance & IT



Chris MacRae
Vice President
Community Engagement



Lisa Wills
Treasurer
Safety & Quality



David Hucker
Junior Vice President
Finance & IT



Kaye Blackburn
Secretary
Community Engagement



Mark Veale
Member
Finance & IT



Sean Duggan
Clinical Representative
Community Engagement



Malcolm Sanders
Member
Safety & Quality



Collette Dawson
Consumer Representative
Safety & Quality

PAG Lunches and Exercise Classes Back On!

With the easing of COVID-19 restrictions, the LBBNC has been able to resume Planned Activity Group lunches on a Tuesday, and exercise classes on a Thursday.

Recently, some of our community members enjoyed a meal made with fresh spinach and rhubarb supplied by John Kennett—see photo.



HOW TO KEEP YOUR EYES HEALTHY?



Did you know that your eyes can give clues to your overall health? Here are tips to look, see and feel better!

What you should Consume

- Eat A Balanced Diet
- Avoid Smoking And Liquor
- Stay Hydrated



Practice Good Hygiene



- Get Your Eyes Checked
- Keep Your Eyes Clean
- Maintain A Healthy Sitting Posture
- Sleep for 8 hours

The 20-20-20 Rule

- 20 Every minutes
- 20 Break for seconds
- 20 Look at feet away



20 Minutes



20 Seconds



20 feet

Did you know....?

- Your eyes focus on 50 different objects every second.
- The only organ more complex than the eye is the brain.
- Your eyes can distinguish approximately 10 million different colors.
- It is impossible to sneeze with your eyes open.
- Ommatophobia is a fear of the eyes.
- 80 percent of all learning comes through the eyes.
- Your eyes can detect a candle flame 1.7 miles away.
- Your iris (the colored part of your eye) has 256 unique characteristics; your fingerprint has just 40.
- Heterochromia is the medical term for having two different colored eyes.
- Only one sixth of your eyeball is visible.
- Your eyes are comprised of rods and cones. Rods allow you to see shapes, while cones are responsible for detecting and deciphering colors.
- The average person blinks 12 times a minute (bet you just blinked!).
- The shark cornea is nearly identical to the human cornea, and has even been used in human eye surgery!
- Your eye is the fastest contracting muscle in the body, contracting in less than 1/100th of a second.
- The optic nerve contains more than one million nerve cells.

