

RDHS HEALTH NEWS

The Robinvale District Health Services 'community newsletter'



Welcome to the fifteenth edition of 'RDHS HEALTH NEWS'

In this newsletter:

- Community Programs and Events
- Health Tips
- Meals of the Month

If you would like to receive this newsletter via email, please provide your email address to: tmarchant@rdhs.com.au
The newsletter is also available from our website: <http://www.rdhs.com.au/>

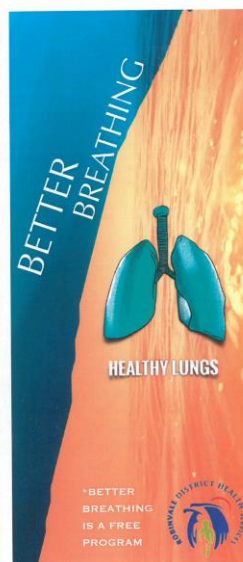
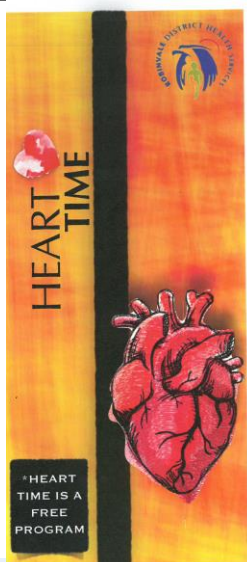
February, 2019

Community Events

Heart Time and Better Breathing Group

Do you have difficulty breathing? Finding it hard to do jobs around the house? Taking medications for your heart? This program is for you!

Be part of a small exercise group supervised by our Accredited Exercise Physiologist and Physiotherapist! This social, gentle exercise has proven benefits for both heart and lungs, keeping you healthier and independent for longer. For more information contact Primary Care 03 5051 8160.



Are you interested in studying online to become an interpreter?

Do you speak a language other than English?

The Victorian Government is offering bursaries to students who are accepted into the online Interpreting Skills for NAATI Certification (Skill Set) course at RMIT University in 2019.

Time

6.00pm – 8.00pm over 10 weekday evenings

Dates

Semester One: 18 March to 31 May

Semester Two: July to September (dates to be confirmed)

Venue

Classes will be delivered online. Further information will be provided to eligible students prior to course commencement.

For more information and to register your interest, please email language.services@dpc.vic.gov.au



The Importance of Dads

Robinvale



In this 2 hour session for Dad's of children 0 - 10 we will:

- Explore the unique role of Dad's in their child's development.
- Consider the benefits of play.
- Learn how Dads can maximise their child's social, emotional and academic growth.

Term 1, 2019

When: Wednesday 20th February 2019

Time: Dinner provided: 6.00pm - 6.30pm
Session 6.30pm - 8.30pm

Where: Robinvale District Health Service, Latje Road, Robinvale

Cost: Free

Childcare: Sorry, no childcare provided

Facilitators: CCS Family and Relationship Services

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

For bookings and enquiries contact Carolyn on Ph: 5026 4128 or Cindy on Ph: 5051 8165
or Email: chinterholz@rdhs.com.au



Connecting With Kids (using Emotional Intelligence)

Parent Workshop

Robinvale



Emotional Intelligence is the ability to identify your emotions, understand them and be in control of the way we express them.

- Do you often wonder why children do what they do?
- Would you like to learn how to help children manage feelings such as worry, frustration and anger?

Come along to this workshop and find out more about how to use emotional intelligence to teach children about managing their feelings.



Term 1, 2019

When: Wednesday 20th February, 2019

Time: Session 10.00am - 11.30am

Where: 13 Watkin Street, Robinvale

Cost: Free

Facilitators: CCS Family and Relationship Services

Childcare: Preschool children welcome, Morning tea provided

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged

For bookings and enquiries contact Carolyn on Ph: 5026 4128 or Cindy on Ph: 5051 8165
Email: chinterholz@rdhs.com.au

2019 Immunisation Campaign



When: 1st and 3rd Tuesday of the month from 9am—11.30am
2nd and 4th Tuesday of the month from 1pm—3pm

♦ **Appointments Required** Please call Primary Care Reception on 5051 8160

♦ **Immunisations may be subject to change**

Please follow the 'Robinvale District Health Services' Facebook page to keep up-to-date with any immunisation changes or alternatively call Primary Care Reception on 5051 8160

January	February	March	April
1 TUE 8 TUE 15 TUE 22 TUE 29 TUE	5 TUE 9-11.30am 12 TUE 1-3pm 19 TUE 9-11.30am 26 TUE 1-3pm	5 TUE 9-11.30am 12 TUE 1-3pm 19 TUE 9-11.30am 26 TUE 1-3pm	2 TUE 9-11.30am 9 TUE 1-3pm 16 TUE 9-11.30am 23 TUE NIL (Easter Leave TBC) 30 TUE NIL
7 TUE 9-11.30am 14 TUE 1-3pm 21 TUE 9-11.30am 28 TUE 1-3pm	4 TUE 9-11.30am 11 TUE 1-3pm 18 TUE 9-11.30am 25 TUE 1-3pm	2 TUE 9-11.30am 9 TUE 1-3pm 16 TUE 9-11.30am 23 TUE 1-3pm 30 TUE NIL	6 TUE 9-11.30am 13 TUE 1-3pm 20 TUE 9-11.30am 27 TUE 1-3pm
3 TUE 9-11.30am 10 TUE 1-3pm 17 TUE 9-11.30am 24 TUE 1-3pm	1 TUE 9-11.30am 8 TUE 1-3pm 15 TUE 9-11.30am 22 TUE 1-3pm 29 TUE NIL	5 TUE MELB CUP PUB HOL 12 TUE 1-3pm 19 TUE 9-11.30am 26 TUE 1-3pm	3 TUE 9-11.30am 10 TUE 1-3pm 17 TUE 9-11.30am 24 TUE NIL 31 TUE NIL

Want to meet new people?

Join the Robinvale Lawn Tennis Club



SENIOR TENNIS

Friday evenings player registrations by 6pm.

Social event, great way to meet new people. You do not have to play tennis to come and enjoy the social aspects of the tennis club. Non-playing members are welcome.

\$10 a game and a one off payment \$30 for insurance
<https://www.facebook.com/RobinvaleLawnTennisClub/>
Info : Joh 0429860775

CARDIO TENNIS

Who's keen?

Message Joh Jukes 0429860775 if you're keen to try out cardio tennis.

Mondays 6pm - 7pm

\$20 per person

Cardio tennis combines tennis with cardiovascular exercise! You don't have to be an ace tennis player, just want to get out and get healthy! Tennis racquets can be supplied.

JUNIOR & SENIOR TENNIS COACHING

Starts this Monday 11th February at the Robinvale Lawn Tennis Courts 4pm - 4:30pm - 5-7yrs - \$12pp (group)

4:30pm - 5:15pm - 8-12yrs - \$17pp (group)

5:15pm - 6:00pm - 13yrs up - \$17pp (group)

Plus \$10 RLTC member fee. *If you've already paid this in 2018 you won't need to pay it again.

Info: Joh 0429860775 or Bill 0419572210

Also, available private lessons 30 minute and 60 minute sessions

JUNIOR MATCH PLAY

Junior tennis match play session. Come down and have a try*

When : 4pm-5:45pm Fridays now until 4th April 2019

Who : 6-13 year old - all skill levels

Where : Robinvale Lawn Tennis Club

Cost : \$60 including RLTC club membership. *\$10 discount if you've already paid your club member in Nov - Dec 2018/19

Info : Kieran 0488661391

Heart Foundation
Walking



Would you like to join a fun,
free walking group?

Heart Foundation Walking groups are a great way to make friends and look after your health. Beginners are welcome and it's free.

What: The Murray Marchers

When: 10:00am Wednesday

Where: Robinvale-NSW Bridge (Under the Windmill)

Who: Anyone! All fitness levels welcome

For more information about joining this group or start your own, contact Tess Marchant at RDHS on: 5051 8142

www.heartfoundation.org.au/walking



Local supporters:



www.heartfoundation.org.au/walk

Robinvale Euston



MEN'S SHED

For men who are looking for a friendly environment
to have a tinker and a chat!

Join us at the 'Robinvale Euston Men's Shed'!

When: Open Thursdays from 1:30pm to 5:00pm (we are planning to expand opening hours)

Where: Find the Shed at the end of Nicholls St within RDHS, opposite the carpark.

To become a member or to find out more please call:

Tess the 'Men's Shed Supervisor' from RDHS: 5051 8142

All new members will need to participate in an induction upon arrival.



Health Tips

Myth Busted: Fresh Fruit and vegetables are more nutritious than frozen fruit and vegetables

Frozen vegetables and fruit are picked and snap frozen quickly. The nutrients are frozen in and contain similar amounts of nutrients compared to their counterparts. Fresh vegetables lose their nutrients the longer it takes to get from the farm to your table. Frozen fruits and vegetables can often be cheaper than some types of fresh vegetables and fruit. Frozen vegetables and fruit can also help to cut down on food waste as they can last for weeks, if not months. Some good recipes for frozen vegetables are to use them in a soups, curry or stir-fry. Frozen fruit can be used in smoothies, muffins and sorbet.

Source:

<https://www.abc.net.au/news/health/2017-05-14/fresh-vs-frozen-vegies/8443310>

Back to School

Make sure your child has a great start to the school year by providing them with a healthy lunch.

TIPS TO EXERCISE SAFELY IN THE HEAT

If you do feel like exercising outside in the heat here are some tips to do it safely:

- **Drink plenty of water** – make sure you're hydrated before you start exercising. Keep water on you and drink often.
- **Wear the right gear** – wear loose, light clothing that is breathable. Light coloured clothing also helps to reflect the heat and sunlight. A hat and sunglasses help to protect against the damaging UV rays from the sun.
- **Choose the right time of day** – exercising in the early morning or evening is best as you are avoiding the hottest part of the day.
- **Choose the right activity** – if possible, exercise indoors with air conditioning. Another option is to go swimming as it can keep you cool while still being active.
- **Know the warning signs** – listen to your body and don't push it to the limits. Heat stress

Source: <https://www.abc.net.au/news/2018-01-23/tips-for-exercising-outdoors-in-the-heat/9352316>

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
FRESH FRUIT <ul style="list-style-type: none"> • Apple • Banana • Mandarin • Orange quarters • Passionfruit halves (with spoon) • Watermelon, honeydew, rockmelon chunks • Pineapple chunks • Grapes • Plums • Nectarines, peaches, Apricots • Strawberries • Cherries • Kiwifruit halves (with spoon) • Pear MIXED FRUIT <ul style="list-style-type: none"> • Fruit salad • Fruit kebabs DRIED FRUIT <ul style="list-style-type: none"> • Dried fruit, nut, popcorn mixes* TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> • In natural juice (not syrup) 	FRESH CRUNCHY VEGIES <ul style="list-style-type: none"> • Corn cobs • Carrot sticks • Capsicum sticks • Green beans • Cucumber sticks • Celery sticks • Snow peas • Tomatoes (e.g. cherry and Roma tomatoes) • Mushroom pieces Can serve with either: <ul style="list-style-type: none"> • Hummus • Tomato salsa • Tatziki • Beetroot dip • Natural yoghurt SALADS <ul style="list-style-type: none"> • Coleslaw and potato salad (reduced fat dressing) • Mexican bean, tomato, lettuce and cheese salad • Pesto pasta salad* BAKED ITEMS <ul style="list-style-type: none"> • Grilled or roasted vegetables • Wholemeal vegetable muffins or scones • Vegetable slice (with grated zucchini and carrot) • Popcorn SOUP (in small thermos) <ul style="list-style-type: none"> • Pumpkin soup • Potato and leek soup • Chicken and corn soup 	<ul style="list-style-type: none"> • Milk • Calcium-enriched soy and other plant-based milks • Yoghurt (frozen overnight) • Custard Tip: <ul style="list-style-type: none"> • Freeze the night before to keep cool during the day <ul style="list-style-type: none"> • Cheese cubes, sticks or slices • Cottage or ricotta cheese • Cream cheese • Tatziki dip Can serve with either: <ul style="list-style-type: none"> • Fruit • Wholegrain cereal, low in sugar • Vegetable sticks • Rice and corn cakes • Wholegrain wheat crackers 	<ul style="list-style-type: none"> • Tinned tuna or salmon in springwater • Lean roast or grilled meats (e.g. beef, chicken, kangaroo) • Falafel balls • Lean meat or chicken patties • Tinned tuna or salmon patties • Lentil patties • Lean deli meats (e.g. ham, silveride, chicken) • Boiled eggs • Baked beans (canned) • Tofu cubes • Hummus dip • Lean meat or chicken kebabs sticks • Peanut butter* Can serve with: <ul style="list-style-type: none"> • Wholegrain sandwich, roll, pita or wrap bread with salad • Rice and corn cakes • Wholegrain wheat crackers • Side salad <ul style="list-style-type: none"> • Vegetable fritata • Skillet chicken drumsticks • Savoury muffins or scones (e.g. lean ham, cheese and shallots) • Homemade pizzas with lean roast or deli meats and vegetables Can serve with: <ul style="list-style-type: none"> • Side salad • Steamed or roasted vegetables 	MAINS <ul style="list-style-type: none"> • Wraps • Sandwiches • Rolls • Toasted sandwiches Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins. <ul style="list-style-type: none"> • Pasta dishes • Rice, quinoa or cous cous dishes • Noodle dishes • Sushi SAVORY BAKED ITEMS <ul style="list-style-type: none"> • Homemade pizzas • Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) • Vegetable based muffins • Pasta or noodle bake SWEET BAKED ITEMS <ul style="list-style-type: none"> • Fruit loaf • Wholemeal fruit based muffins SNACKS <ul style="list-style-type: none"> • High fibre, low sugar cereal (e.g. muesli) • English muffins • Crackers • Crisps/cakes • Rice cakes • Corn thins • Wholemeal scones • Pikelets • Crumpets • Hot cross buns (no icing) 	<ul style="list-style-type: none"> • Take a water bottle (for refilling throughout the day) Tip: <ul style="list-style-type: none"> • Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>



*Check your school's policy regarding the use of nuts and products containing nuts.

Tear off and keep this page

Bean Burritos



Ingredients:

- olive or canola oil spray
- 1 large brown onion
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- 1 medium zucchini, grated
- 1 capsicum
- 400 g can crushed tomatoes
- 1 carrot, grated
- 400 g can no-added-salt corn kernels, drained
- 400 g can no-added-salt red kidney beans, drained
- 12 tortillas
- 1 cup reduced-fat cheddar cheese, grated
- 2 tomatoes, chopped
- 6 lettuce leaves, shredded

Banana Muffins

Method

1. Spray a large non-stick saucepan with oil and place on medium to high heat.
2. Cook onion for 3 minutes, stirring occasionally.
3. Mix through cumin, coriander, paprika and season with pepper; cook for 1 minute until fragrant.
4. Add zucchini, capsicum, carrot, corn kernels, canned tomatoes and beans.
5. Simmer uncovered for 15 minutes, or longer if time permits, stirring occasionally until thickened.
6. If desired, heat tortillas in the microwave for 1 minute on HIGH, or according to packet instructions.
7. To serve, place 2 tortillas on each plate. Top each tortilla with bean mix and sprinkle with cheese. Add tomatoes and lettuce then roll up to enclose filling



Ingredients

- 1/3 cup melted coconut oil or olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup mashed banana (about 3 bananas)
- ¼ cup milk of choice
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 ¾ cups plain whole wheat flour
- 1/3 cup rolled oats

For an egg allergy substitute the eggs for 2 tablespoons chia seeds mixed with 6 tablespoons of water.

Let the mixture sit for 15 minutes until it becomes a gel like consistency.



Method

1. Preheat the oven to 165 degrees Celsius.
Grease all 12 cups of your muffin tin with non-stick cooking spray or use patty pans.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined.
4. Divide the batter evenly between the muffin cups, filling each cup about two-thirds full.
Sprinkle the tops of the muffins with a small amount of oats. Bake muffins for 20 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool.
You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months.