

December 2021

RDHS Community Newsletter

If you would like to receive this newsletter via email, please send your email address to: jlotika@rdhs.com.au



The risk of dementia increases with age

Over the age of 65, dementia affects almost one person in ten.

Over the age of 85, dementia affects three people in ten.

People under the age of 65 can experience dementia, although it is less common.

Dementia Australia supports people living with all types of dementia, and their families and carers.
National Dementia Helpline:: 1800 100 500.

Dementia Workshop

RDHS in partnership with Dementia Australia delivered a Dementia Awareness workshop on 17th November. The turnout was great and we appreciate everyone who attended.

For information and support you can contact the Social Work Team and Home and Community Care Support Worker on (03) 5051 8160

Index	Page
Remembrance Day	2
16 Days of Activism	3
November & Men's Health	4
Good Sleep	5
Health Promotion Initiatives	6
Healthy Eating	7
Community Notices	8
RDHS Shut Down	9

Remembrance Day



At 11 am on Thursday **11 November 2021**, community members gathered and assembled at the Cenotaph for the Remembrance Day service, in a very COVID safe prepared ceremony.

The flags were flown at the Cenotaph and Memorial Park and crosses displayed. The local CFA fire siren sounded at 11 am for those to observe a 1 minute silence. Last Post and Reveille was then played at the Cenotaph.

RDHS attended with CEO Mara Richard and Board Chair Bruce Myers and Board Member Jack Dang, laying a wreath at the Cenotaph.

At our Aged Care Campus a display to acknowledge the service of nurses during the war, was placed in the Lounge area for our residents to view.

**"They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."**

16 Days of Activism

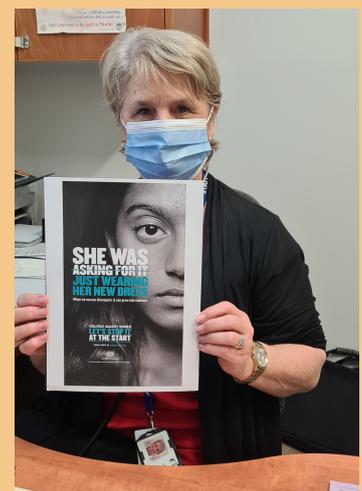
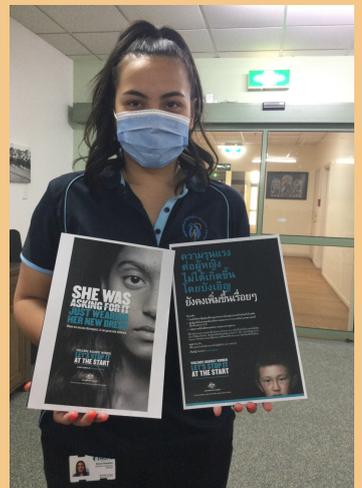
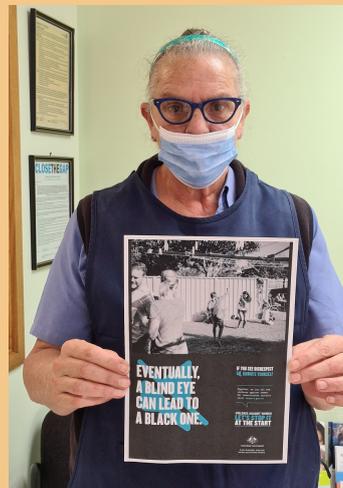
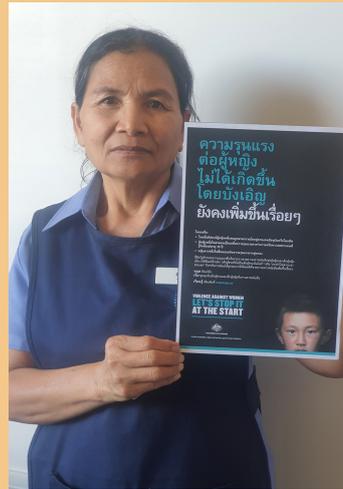
If you or someone you know is experiencing family violence, help is available.

If you believe someone is in immediate danger call Triple Zero (000) and ask for the police.

Safe Steps (1800 015 188)
safesteps.org.au

Safe Steps is Victoria's 24/7 family violence support service.

For a more comprehensive list of support services see page 36 of this toolkit.



Where R U???

Why haven't U messaged me!?

RU with someone else???

MESSAGE ME BACK NOW!!

IT'S STILL DISRESPECTFUL, EVEN WHEN IT'S ONLINE.

Our young people can learn disrespect towards women when they are young. We might fear what could happen, or what others might say or think if we get involved. But staying silent tells our young people disrespect is OK. Talking to young people about respectful relationships can help stop the cycle of disrespect.

VIOLENCE AGAINST WOMEN LET'S STOP IT AT THE START

IF YOU SEE DISRESPECT UNMUTE YOURSELF, SPEAK UP

For tools and resources visit respect.gov.au

Australian Government
A joint Australian, state and territory government initiative.

The 16 Days of Activism Against Family Violence occurs from November 25th until December 10th.

This year's theme is "Respect is...". The campaign aims to promote conversations and action against gender based violence. Have a think and start a conversation with others about what respect looks like, and how we can build a respectful community. Each year RDHS puts up a banner on the bridge for the duration of the 16 days to remind the community to start conversations around family violence.

Movember & Men's Health

Prostate cancer is the most commonly diagnosed cancer in men in Australia

Men die on average 5 years earlier than women

Testicular cancer is the most common cancer in young Australian men



We need to talk and take action to reduce the rate of male suicide

Globally, on average, 1 man dies by suicide every minute of every day

3 out of 4 suicides in Australia are by men

If you're ever worried that someone's life is in immediate danger, call 000 or go directly to emergency services.

Lifeline

Call: [13 11 14](tel:131114) Available 24/7

Call 24/7 for crisis support and suicide prevention services

Suicide Call Back Service

Call: [1300 659 467](tel:1300659467) Available 24/7

If you think you, or someone you know, may be thinking about suicide, call the Suicide Crisis Helpline for support.

Beyond Blue Support Service

Call: [1300 22 4636](tel:1300224636)

Call 24/7 for advice, referral and support from a trained mental health professional

Open Arms - Veterans & Families Counselling

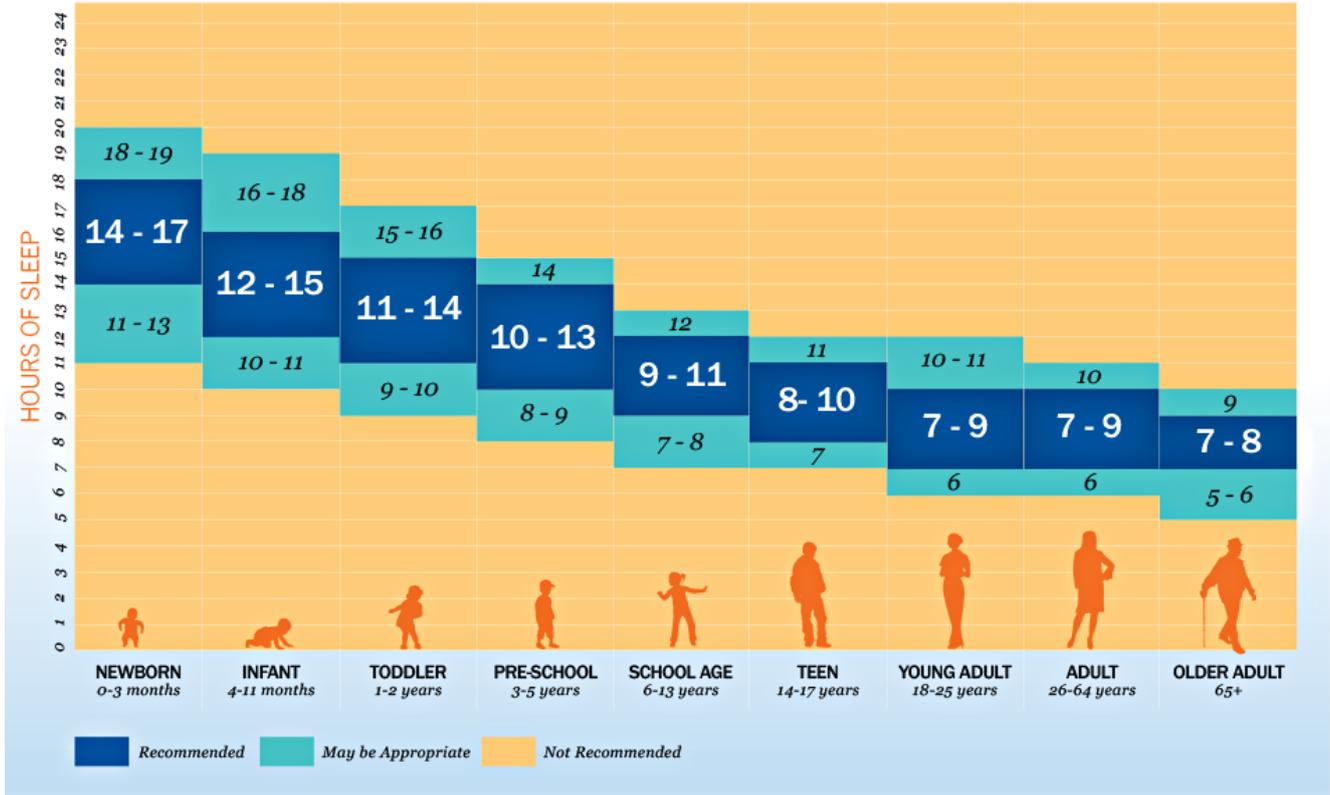
Call: [1800 011 046](tel:1800011046)

24/7 support for current and ex-serving ADF personnel and their families



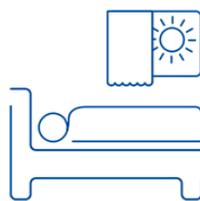
Good Sleep = Good Health

SLEEP DURATION RECOMMENDATIONS



21 minutes extra sleep per night

Teenagers who stopped using their phones just one hour before bedtime gained 1 hour and 45 minutes extra sleep over a school week



Adolescents are only getting between 6.5 and 7.5 hours of sleep on school nights



Technology use, caffeine consumption and stress may contribute to later bedtimes and sleep difficulties among young people

4 Tips For Better Sleep



1. Create a caffeine cut-off time



2. Establish a regular bedtime and waking routine



3. Find a comfortable sleep temperature setting and keep the room well ventilated



4. Block out all distracting noise and eliminate as much light as possible

Smoothie Bike

We are so excited - our smoothie bike has arrived!!

The bike will be available for the Robinvale/Euston community to hire (for free, of course) from **January 2022**.

The Smoothie Bike is a Fun and Interactive Way to promote healthy eating through exercise.

It is simple and easy to use. Load your Smoothie ingredients into the blender and then peddle away for around 30 - 60 seconds to make your perfect smoothie drink.

Contact our health promotion team to make a booking.



Smiles 4 Miles - Oral Health



Smiles 4 Miles is an oral health promotion program for preschool-aged children developed by Dental Health Services Victoria and implemented in partnership with Robinvale District Health Services (RDHS) throughout the region.

The implementation of the program has been successful in 2021. We currently have 192 children registered in the program. **We hope to have more children registered in the program in the new year!**

Healthy Eating

Food Safety Week

13 to 20 November 2021

This year's theme 'Food safety – be prepared' is aimed at building resilience in the community, especially after disasters, by setting up a basic food safety toolkit and encouraging public engagement with food safety courses.

We want our community to be prepared for these with a simple food safety toolbox that you can put together in advance and use in these 4 simple stages:

- 1. Buy thermometers:** purchase a fridge thermometer and a cooking/meat thermometer which are available from kitchenware, hardware and BBQ/outdoor stores
- 2. Use your cooking/meat thermometer:** Use it to check that high risk foods such as poultry, mince, sausages, hamburger patties, liver, leftovers and rolled roasts reach at least 75°C in the centre. Egg dishes need to be at least 72 °C in the centre (or until the white is firm and the yolk thickens)
- 3. Check your fridge temperature:** Use your fridge thermometer to check your fridge is running at 5°C or below to stop the growth of most food poisoning bacteria and reduce food waste
- 4. Take a food safety course:** This will help keep you and your family safer and open up job opportunities for you as food handlers in cafes and restaurants or in the child care, aged care and disability sectors

Some Christmas tips to stay healthy and on track this year!

1. Salad or veggies.

Try to fill half your plate with raw or cooked vegetables for as many meals as you can.

2. Choose plain mineral water over soft-drink or diet soft-drink

3. Aim for weight maintenance

It may be unrealistic to try to lose weight over Christmas. If you're still on your weight loss journey, how about aiming for weight maintenance during the festive season.

4. Make healthy desserts as an option for Christmas events

5. Plan ahead

Knowing what Christmas parties, family events and other celebratory events you have ahead of time will help you decide how much to eat and when.

6. Stay active

Gather the family and just move as much as you can! Keep it fun!

Source: healthyeatinghub.com

Festive Summer Snacks

Watermelon Christmas Trees

Try cutting slices of watermelon into the shape of a Christmas tree for your "plate to share" at the next Christmas party!



Fruit Skewers

Swap some of those Christmas cakes for these yummy fruit skewers. You can make these festive skewers from sliced up strawberries, oranges, kiwi fruit, grapes and blueberries. Or, create your own fruit skewer mix.



Australian Food Safety Week 13–20 November 2021

Food safety – be prepared



Find out more



"Christmas is a time where people often over-indulge in food and drink and they don't feel that great about it. It doesn't need to be that way."

Community Notices

STOP SMOKING START REPAIRING

EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD

Quitline 13 7848
quitline.gov.au/quitline

Advised by the Australian Government, Capital Hill, Canberra
Photo: iStockphoto.com/Chris White/Photo Library Ltd

Australian Government

Timeline:

- In 1 week:** your sense of taste and smell improves
- In 3 months:** your lung function begins to improve
- In 8 hours:** excess carbon monoxide is out of your blood
- In 1 year:** a pack-a-day smoker will save over \$4,000
- In 1 month:** skin appearance is likely to improve
- In 5 days:** most nicotine is out of your body
- In 12 months:** your risk of heart disease has halved
- Today:** quit before getting pregnant and your risk of having a pre-term baby is reduced to that of a non-smoker



The job's not done until we're all safe in the sun

More than 1 in 4 Aussies admit that sun protection isn't part of their daily routine in summer.



RDHS DROP IN CLINIC

Supporting community mental health and wellbeing

9 AM - 1 PM
MONDAYS, WEDNESDAYS & FRIDAYS

128-132 Latje Rd, Robinvale
Tel: (03) 5051 8160

1800 595 212

Head to Help

- 1 Have a conversation**
- 2 Determine the level of help that you need**
- 3 Connect to the best service for you**

To find out more go to: headtohelp.org.au

Sharps Disposal

→ Small yellow sharps disposal units are available from the Health & Wellbeing Centre for free

→ These can be disposed of in the orange bin at the Health & Wellbeing Centre

Containers may be collected from the Health & Wellbeing Centre 8:30am-5pm, Monday-Friday excluding Public Holidays

We care about what you think.

Did you know that you can now provide your feedback to RDHS via their website www.rdhs.com.au.

Feedback regarding your visits or appointments to RDHS are important to help us know what is working well and what improvements we can make. All feedback including concerns, complaints, suggestions or compliments are welcome.

We take complaints seriously and aim to resolve them quickly and fairly. If you are not satisfied with our service, please contact us via our feedback form.

Just click On-Line Consumer Feedback / Complaints form to complete the form or scan the QR Code below

SCAN THE QR CODE TO TAKE YOU TO THE FORM

We would love to hear from you!

1800 my options

1800 696 784

For information about contraception, pregnancy options and sexual health.

RDHS Christmas Shut Down



The **Health and Wellbeing Building** will be closed for Allied Health Services over the Christmas period. We will be closed from **Monday 20th of December** to Monday the 3rd of January, Returning to normal services on Tuesday the **4th of January**.

The **Royal Flying Doctor's Service GP** will only be available via telehealth on **Monday 20th of December** and face-to-face appointments on **Tuesday 21st and Wednesday 22nd of December**.

The **Antenatal Clinic** will run on the **23rd of December**.

For **Mental Health services** over the Christmas shutdown, **Head to Help** will be available on **1800 595 212**.

For more information or to book appointments, please call Primary Care on 5051 8160.

We hope everyone has a safe and happy holiday break.

Mental health support (available 24/7):

- **In an emergency call 000**

- Lifeline: **13 11 14**
- Suiceline: **1300 651 251**
- Suicide Call Back Service: **1300 659 467**
- Talk it Out: **1300 022 946** is a free 24/7 phone and online counselling service for people 15 years and older
- HeadtoHealth can help to find **digital mental health resources** for your needs
- Kids Helpline: **1800 187 263** - for young people aged 5 to 25 years old
- headspace: **1800 650 890** provides young people aged 12 to 25 years old and their families with support
- Mens Line Australia: **1300 789 978** online support, information and referral service for men with family and relationship concerns
- Open Arms Veterans & Families Counselling: **1800 011 046** mental health assessment and counselling for Australian veterans and their families
- 1800 Respect: **1800 737 732** is the national sexual assault, domestic and family violence counselling service