

COUNSELLING SERVICE

Tuesday
8.30am – 5pm

DIABETES EDUCATOR

Thursday
9.30am – 4.30pm

DIETITIAN

Tuesday & Wednesday
8.30am to 5pm

DRUG & ALCOHOL COUNSELLOR

Thursday
10.30 - 3.30pm

FOAP EXERCISES

Thursday
10am to 11am
Boardroom

HEALTH PROMOTION ACTIVITIES

Monday & Friday
8.30am to 5pm

NEEDLE SYRINGE PROGRAM

Monday to Friday
8.30 am to 4.30 pm

OCCUPATIONAL THERAPIST

Tuesday
8.30am to 5pm

PHYSIOTHERAPIST

Wednesday
8.30am to 12.30pm

PLANNED ACTIVITY GROUP

Monday, Wednesday & Friday
9.30am to 3pm

PODIATRIST

Monday
HACC 10am to 4pm
Phone 54 84 4465 (Community Health)

Shepparton Private
Bi-monthly (by app.)
Ph; 58221855

PSYCHOLOGIST

Tuesday to Friday
9am to 5pm
Appt. necessary (Private)
0438 180 548

RADIOGRAPHER – XRAY

Tuesday
9.30am to 4pm
Thursday
9.30am to 2.30pm
Appt. Necessary
(Bulk Billed)

SOCIAL WORKERS

Wed & Fri
9.00am - 5.00pm

STRENGTH & BALANCE

Monday 9am to 10am
Community House

FOR ALL COMMUNITY HEALTH
APPOINTMENTS 5484 4465

What's happening at your health service

REDEVELOPMENT

Kanes and their subcontractors are now back to a full work program although the recent excessive heat has resulted in a few short working days.

At last REDHS are able to feel that the gardens have been given the priority they deserve and weeding and mowing have fortunately exposed many healthy plants and the promise of delightful gardens in the future. The plants that have not survived will be replaced when the weather cools down. An ongoing maintenance plan has also been put into place. We thank the community for your interest and concern about this matter.

Stage 2 will be completed in approximately two months. The Acute Ward and Administration areas are approximately 80% painted. Floor coverings and electrical and joinery fittings having just commenced and window furnishings have been ordered. Painting has almost finished in the theatre block and vinyl is currently being installed. Most of the doors have been hung and joinery will be the next task. Also next week will see some of the highly technical equipment installed in the theatre.

Roadwork at the Village Drive side of the facility is now underway, and this will be followed by further roadwork on the east side of the buildings. Because there is a limited area on this side, the roadworks will be staged and a traffic controller and signs will be in place. As this road is the main access road to the Support Services building, this information is relevant to our suppliers, our trade contractors, delivery services and meals on wheels volunteers. We trust that once again we can rely on your co-operation during this period.

COMMUNITY GARDEN SUBMISSION

A submission has been made to the Department of Human Services for funding to develop a community garden. The aim of the project is to provide a working community garden and outside meeting place in the nursing home grounds to encourage community groups, clubs, schools, family and friends to spend stimulating and enjoyable time with residents, a pastime even the most frail and vulnerable residents can participate in.

If we are successful in our submission for funding, it is anticipated that the project would commence in May 2009.

HEALTH SERVICE HISTORY

Volunteer Archivist Eve Salter has been working hard compiling a history of health services in Rochester and District, which is expected to be completed in time for the opening of the new facility in 2009. Eve is usually at the Health Service on a Wednesday and can be contacted on 5484 4432. Any persons who have an interest in the history, or who can assist with photographs/ memorabilia are invited to contact Eve direct, or Di Niven on 5484 4451.

Any community members who have knowledge of the location in the main building, of at least one, maybe two time capsules should contact Di Niven to confirm the known details. A new time capsule is also being prepared to be laid down when the redevelopment is completed.



• Board Member Mrs Heather Acocks and REDHS' newest Life Governor Mrs Val Griffith, cutting the cake on Volunteers Day

International Women's Day

International Women's Day draws women together in unity and friendship to commemorate past achievements and highlight current social, economic and political issues. REDHS will be celebrating International Women's Day on Thursday 5th March 2009, commencing at 7.30 pm. The evening will be held at the Rochester Sports Club

Our guest speakers will be : **Linda Beilharz (Mountain Climber/ Adventurer),**
Dionne Higgins (CEO Penguin Books Australia)

International finger food will be supplied.

Bookings Essential (Limited tickets)

For further information or bookings phone Community Health on 5484 4465

REDHS Volunteers Day Celebration

A delightful morning tea was held in December to acknowledge the contribution given by REDHS Volunteers. This day is not just about celebrating volunteers' work one day of the year, it is about recognising their ongoing contributions.

The date for the next annual orientation session for Volunteers is scheduled for Tuesday 24 February 2009.

Counselling/ Social Work

This service is available to anyone who has issues: it could be that the drought is causing you stress, the loss of a relative, financial difficulties or any other emotional upheaval.

Appointments can be made by phoning Community Health on 5484 4465

Diabetes Educator

A Diabetes Educator attends REDHS Community Health Thursdays.

Clients are able to attend with a GP's referral or self referral is accepted.

For further information or bookings please phone Community Health on 5484 4465

Dietitian

The Dietitian can help you make informed and practical choices about food and your lifestyle, to enhance your wellbeing and assist in the dietary treatment of disease.

Referral or self referral by appointment. Phone Community Health on 5484 4465.

REDHS Radiology Service (X/Ray)

REDHS Radiology Service is held on Tuesday & Thursdays at Elmore Primary Health, Elmore by appointment with a referral from a GP or other Health Professional.

For appointments or any queries phone Community Health on 5484 4465.

ALL X/RAYS AT REDHS (ELMORE) ARE BULK BILLED.



Meet the Staff...

Newly appointed podiatrist **Lisa Farrant** shall be servicing REDHS five days per fortnight (each Monday and Friday, and every second Wednesday). Lisa's duties also include outreach clinics at Stanhope and Rushworth.

Originating from Gunbower, Lisa completed her studies at Charles Sturt University, Albury. "It was always my intention to return to work in the rural area."

Lisa Farrant, Podiatrist

As a podiatrist a lot of the work involves preventative care and assessments, such as vascular assessments on the lower limbs, neurological and gait assessments. This is particularly important in those with diabetes, or other conditions such as past polio, Parkinsons, Rheumatoid Arthritis, etc.

For further information, or for appointments, please ring Community Health on 5484 4465.