



REDHS OT student Allie Kellow and Occupational Therapist Casey Jame



REDHS staff

Throughout the week of 25 to 31 October REDHS participated in Occupational Therapy Week. The activities around REDHS highlight the important job our Occupational Therapists (OTs) do not just at REDHS but also out in our community. OTs assist people to regain mobility and function for daily living and work tasks. Clients of OTs may have issues arising out of accidents, surgery or even inherited medical conditions such as arthritis or musculoskeletal injuries. Throughout OT week, REDHS staff took part in games such as OT Wheel of Therapy involving staff members from each department answering questions relating to OT practice and also a mobile photo booth with staff displaying their knowledge of what Occupational Therapy is. Videos were also played on the television screen in REDHS reception for community members to improve their knowledge of Occupational Therapy. For more information on Occupational Therapy and appointment times, please contact the REDHS Primary Care team on 5484 4465

## STAYING HEALTHY IN THE HEAT

With record high temperatures in October and more extreme heat predicted leading up to and after Christmas, it is important to remember how to keep healthy in the hot weather. Some people are at greater risk of becoming ill during hot weather, in particular people aged over 65 years, anyone with a medical condition or people taking medications which affect the way the body reacts to heat, overweight people, pregnant and breastfeeding women and babies and young children.

During extreme heat remember to drink plenty of water, even if you don't feel thirsty, keep yourself cool by using wet towels and taking cool showers, spend as much time as possible in cool/air-conditioned buildings, block out sun at home by closing curtains and blinds, avoid strenuous activity and stay informed of weather forecasts. Remember to NEVER leave children or animals alone in vehicles.

For more information, visit [www.health.vic.gov.au/environmental/](http://www.health.vic.gov.au/environmental/) heatwaves or collect a Staying Healthy in the Heat brochure from REDHS reception.

## REDHS AGM 2015

REDHS Annual General Meeting was held on Thursday 12 November with approximately 60 people in attendance including Board members, staff, volunteers and the REDHS Sing Out Loud Choir.

The following staff were recognised and thanked for their years of loyal and dedicated services to REDHS:

### 10 Years of Service

Emma Brentnall, Linda Costello, Leanne Gledhill, Millie Hayes, Glenys Lampard, Elizabeth Moulden, Rhonda Nalder, Rebecca O'Sullivan, Jasmin Powles, Kim Powles, Jennifer Ryan, Debra Shreeve

### 15 Years of Service

Jeannie Holmberg, Heather Johnstone, Pauline Jones, Philippa Kirk, Carol Little, Susan Ludbey, Megan O'Brien, Karen Tognolini

### 20 Years of Service

Wendy Kneebone, Janet McArdle, Dorothy Smith

### 25 Years of Service

Heather Wickham



## CURB YOUR CRAZY CHRISTMAS CRAVINGS

Christmas is a time when we often overindulge, food is in abundance wherever we go. The festivities of Christmas seem to start earlier each year with office parties to attend in November and December, Christmas drinks and family get-togethers where we are surrounded by finger foods, buffets or those calorie-dense Christmas food hampers and drinks. On average, Australians gain 0.8 - 1.5kg over the Christmas period. While this may not sound like a great deal, research shows that weight gained over the Christmas period is rarely lost. While Christmas is hardly the time to be trying to lose weight, it is realistic to maintain your weight over the festive season.

Follow these simple tips this Christmas:

- Never go to parties hungry
- Keep up your exercise regime
- Don't overindulge too early in the festive season
- Avoid snacking on nibbles high in fat, salt and sugar
- Drink in moderation
- Don't let poor diet and exercise choices run into January

Remember that everything is ok in moderation and you can still enjoy a few treats without overindulging.  
 Katherine Watson  
 Accredited Practising Dietitian  
 Rochester and Elmore District Health Service