

NUMURKAH

COMMUNITY NEWSLETTER



HIGHLIGHTS



COVID-19 Response



Heather Rice Retires



News From Residential
Aged Care



Community
Engagement

SPRING Edition



NCN
Health

Nathalia
Cobram
Numurkah

COMMUNITY NEWSLETTER

MESSAGE FROM THE CEO

Welcome to Spring Edition of the NCN Health Numurkah Community Newsletter.

It has been a busy three months as we work to balance the demands of COVID-19 outbreak management planning, directions from the Department of Health and Human Services and continuing to provide 'business as usual' health care across our community.

I want to thank the community for their support during these challenging times. We are following the directions from The Department of Health and Human Services which has seen frequent changes to our visiting hours and restrictions.

I am aware the changes have been particularly hard on our aged care residents and their families, and I thank you for working with us as we navigate these unprecedented times.

When we think of health care at the moment, COVID-19 is at the forefront of everyone's minds. However, I want to remind the community not to forget about their everyday health care needs.

The Health Service has seen a decrease in presentations to urgent care, GPs, Community and Primary Health. This may be because of concerns over safety, confusion over COVID-19 restrictions and what you are or aren't allowed to do, or because people are unsure if the health care they need is currently available to them.

I want to reassure you that our services are still operating across all areas and you are allowed to leave your home for medical reasons, regardless what stage of restrictions apply.

If you are isolating at home with symptoms of COVID-19 and awaiting a test result and you need to see a health professional, you can call the health service. We have Personal Protective Equipment (PPE) and resources in place to support your medical care.

July 1st marked one year since Nathalia District Hospital, Cobram District Health and Numurkah District Health Service officially amalgamated to become NCN Health.

I want to congratulate the Board of Directors, staff and community members who have been involved from the very start, who have put in an enormous amount of time and work into making NCN Health possible.

The Board of Directors has provided great leadership to shape NCN Health and we look forward to the next 12 months as we develop our vision and strategic plan.

As an organisation NCN Health has already responded to significant events and challenges, including the bushfire crisis and more recently the coronavirus pandemic.

We welcome new Board Directors Alicia Cunningham and Tricia Quibell and we are delighted with the reappointment of Jennie Gould. Sadly, we farewell Melissa Nicoll and

Susan Logie who have both served terms in excess of 12 years. They have made an enormous contribution to Numurkah District Health Service and Nathalia District Hospital respectively. Both Melissa and Susan were involved in the Governance working group that oversaw the voluntary amalgamation of NCN Health.

Board Director Chair for 2020/21 is Dale Brooks and Vice Chair 2020/21 is Kade Beasley.

NCN Health looks forward to working with the Board of Directors in what will no doubt be a challenging and exciting year ahead.

As we celebrate one year of NCN Health, it is fitting that we prepare to launch 'Our Values'.

Starting in December 2019 the 'Our People' Project group have been working with NCN Health staff and the Board of Directors to form 'Our Values' for NCN Health.

This project has involved taking the Vision, Mission and Values from each of the three campuses and gaining input from all levels of staff and the community.

As a result we can now announce the NCN Health Values, these are;

Respect; Value the rights, beliefs and choices of every individual.

Accountability; Take responsibility for our decisions and actions.

Partnership; Work together to create value in health

Another exciting project is the development of our new NCN Health Website. After a tender process which saw more than 60 applications, we have appointed 'Rock Agency' to build the new site. Rock Agency are working closely with a team of NCN Health staff towards a December 2020 deadline.

It is a big project that will bring together the information and services from across our three campuses. It is another important step in developing the NCN Health community.

I wish you all a happy and productive Spring. I encourage community members to look after their health and contact NCN Health if you have any concerns or questions regarding COVID-19.

It is my sincere belief that in working together our community have shown that we can keep COVID-19 at bay. Well done to you all.

We look forward to a Summer of socialising and a return to restriction-free living.

Jacque Phillips OAM
Chief Executive Officer



**July 1st,
2020**

**Happy Birthday
NCN Health**

**July 1st marks one year since Nathalia,
Cobram and Numurkah Hospital and
Health Services became NCN Health.
Congratulations to all staff for your hard
work, dedication and support.**



**We look forward to
continuing to provide health
care with and for our local
communities.**



**NCN
Health** | Nathalia
Cobram
Numurkah

COVID-19 Response

FREQUENTLY ASKED QUESTIONS

Why are visiting hours limited?

- Due to the COVID-19 outbreaks across Victoria we are trying to manage the amount of people coming and going from the hospital and residential aged care. The fewer visitors we have the less risk of infection to vulnerable patients and residents, staff and the community.

Are there any exemptions to the limited visiting hours?

- Yes, there are a number of exemptions to the restrictions, including people providing end of life support. NCN Health is adhering to the directions from The Department of Health and Human Services and the Victorian Government, these directions are changing often. If you have special circumstances it is best to talk to the Director of Clinical Services. We will support you as much as we can.

Should I wear a mask?

- Yes, all visitors to the health service and residential aged care are to wear face masks.
- It is important to remember that wearing a mask does not replace social distancing or good hand hygiene. You must stay at least 1.5 metres apart from others and always wash or sanitise your hands before putting on your mask and taking it off.

Should I wear my mask the whole time I am in the hospital or residential aged care?

- Yes, definitely. A mask is only useful if used properly. Wear your mask the whole time you are visiting. Do not touch your mask, if you do, wash or sanitise your hands. You should

wash or sanitise your hands before putting the mask on and taking it off.

Can I take the mask home?

- No, the masks handed out by NCN Health are single use only. Please throw them out in the bin provided as you leave the health service.

I can't wear a mask due to health reasons, what should I do?

- You can wear a face shield instead of a mask, ask one of our staff for assistance.

Can I bring a mask from home?

- Yes, we encourage people to bring their own masks. You can find information on what masks you should wear and how to make your own face mask on The Department of Health and Human Services website <https://www.dhhs.vic.gov.au>

Every time I visit the Health Service the rules have changed or the information is different, what is going on?

- NCN Health is adhering to the directions from The Department of Health and Human Services and the Victorian Government, these directions change as the COVID-19 pandemic evolves. We are doing our best to communicate these changes as they happen. We really appreciate your patience. Please be assured all restrictions are in place for the health and safety of residents, patients, staff and the community.

Free re-usable face masks for vulnerable

NCN Health Numurkah is working with The Department of Health and Human Services (DHHS) to distribute re-usable face masks to vulnerable Victorians.

The DHHS wants to protect vulnerable community members who may be more at risk of developing COVID-19 and/or less likely to have access to a face mask. As part of this initiative they have supplied more than 2 million face masks to agencies that deliver services and support to the public. NCN Health Numurkah now has a ready supply of these masks to hand out to eligible community members.

You may be considered vulnerable if you have a chronic condition, for example; poor immunity, heart disease, diabetes, obesity, lung disease, alcohol or drug dependency or frailty. You can also access the free face coverings if you are living in public housing or crisis accommodation, if you are living in supported residential services or are homeless. Other vulnerable groups include; Aboriginal and Torres Strait Islander persons, people living with a disability, people experiencing family violence, people with a mental health condition and their carers.

For more information, or to find out if you are eligible for the free re-usable face masks please contact Primary Health at NCN Health Numurkah on 5862 0560

For more information <https://www.dhhs.vic.gov.au/reusable-face-masks-covid-19#who-is-determined-to-be-a-vulnerable-victorian>

Pictured are The Lodge residents and staff assisting with packaging the face mask packs.





Reduce your risk of coronavirus (COVID-19)

- ▶ **Wash your hands** often with soap and running water for at least 20 seconds. Dry with a paper towel or hand dryer.
- ▶ **Use an alcohol-based hand sanitiser** with over 60 per cent alcohol.
- ▶ **Cover your cough or sneeze** with a tissue or use your upper sleeve or elbow.
- ▶ **Stay at home** when you can. Check our website for reasons to leave home.
- ▶ **Wear a face covering** if you have to leave home.
- ▶ **Don't touch** your eyes, nose or mouth – or your face covering if you're wearing one.
- ▶ **Get help** if you feel unwell, call your GP or the coronavirus hotline for advice. If you're sick, stay home.
- ▶ **Get tested** if you have symptoms and go straight home afterwards.
- ▶ **Go to your medical check-ups** and see if medicines can be delivered to your home.
- ▶ **Continue healthy habits** exercise, eat a balanced diet, get plenty of sleep and stay connected. quit smoking (Quitline 137 848).
- ▶ **Remember your mental health** and do things you enjoy. Check our website for mental health resources and support.



Find out more
www.dhhs.vic.gov.au/coronavirus

For more information, call the

Coronavirus hotline 1800 675 398 (24 hours)

Choose option 0 for translating and interpreting services

Call Triple Zero (000) for emergencies only

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Health
and Human
Services

HOW DO I WEAR A FABRIC MASK CORRECTLY?


Do →




Clean your hands before touching the mask




Inspect the mask for damage or if dirty




Adjust the mask to your face




Cover your mouth, nose, and chin




Avoid touching the mask




Clean your hands before removing the mask




Remove the mask by the straps behind the ears or head




Pull the mask away from your face




Store the mask in a clean plastic, resealable bag



Remove the mask by the straps when taking it out of the bag




Wash the mask in soap or detergent, preferably with hot water, at least once a day




Clean your hands after removing the mask


Do not →




Do not use a mask that looks damaged




Do not wear a loose mask




Do not wear the mask under the nose




Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1.5 metres away from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



For more information:

<https://www.dhhs.vic.gov.au/face-masks-covid-19#how-do-i-wear-a-mask-correctly>



Feeling unwell? Get tested!

If you are feeling unwell it is important you get tested for COVID-19, even if your symptoms are very mild. Symptoms include any one of the following; fever, runny nose, cough, sore throat, loss of the sense of smell or taste and fatigue or tiredness for no identified reason.

Once you have been tested you must stay at home while you wait for your results. This may take 3 to 5 days. Do not go to work, school or attend public places or events. If your symptoms get worse, you should contact your doctor, the hospital where you were tested, or in the case of emergency, 000.

You can get a COVID-19 swab test at NCN Health Numurkah Hospital Car Park, Monday to Friday 1.30pm – 3.30pm. No appointment is necessary.

For more information call 03 5862 0555



GET

TESTED

IF

YOU'VE

GOT

THESE

SYMPTOMS



Fever



Runny nose



Sore throat



Cough



Chills
or sweats



Shortness
of breath



Loss of sense
of smell or taste

STAYING

APART

KEEPS

US

TOGETHER

Numurkah Hospital car park
Monday to Friday
1.30pm - 3.30pm

For details ph: 5862 0555



**NCN
Health**

Nathalia
Cobram
Numurkah

CONGRATULATIONS HEATHER RICE

Moirā Palliative Care Clinical Nurse Specialist, Heather Rice celebrated her retirement recently with an afternoon tea at NCN Health Numurkah, where she has worked for 32 years.

However, Heather's extensive nursing career started further back in 1973 when she began three years of hospital-based training at Albury Base. She graduated as an RN in 1976.

From Albury, Heather moved to Wodonga Hospital, where she worked mostly in the medical wards. Heather then went on to spend 7 years at Corowa hospital and worked across all wards including; theatre, surgical, children's ward, men's ward and the women's ward.

Heather says that the 70s and 80s were a "good time to be a nurse".

"You learnt everything from scratch, you had to boil the pans and sterilise everything".

Heather said the Matron did her rounds every day making sure everything was "ship shape". She remembers when the Matron was on lunch, if a junior nurse came into the lunch room and finished her meal first, she had to stand to attention at the door and wait for the Matron to give the nod of approval to return to work.

"Sometimes she would leave you to stand there for a long time."

Before she was married, Heather lived in the nurse's quarters attached to the hospital. She says there was usually one room where the more senior nurse would sleep, while the second nurse would sleep in the enclosed veranda.

In the nurse's quarters, curfew for the junior nurses was 11pm, while the 2nd year nurses could stay out until 12pm. The nurses on night duty were expected to be in bed by 8am and were not allowed up until 3.30pm. This rule was enforced with random bed checks!

"I can remember nurses sneaking in after hours and we would have to help them get in without getting caught," she says with a laugh.

Once a week, all nursing staff diligently changed their linen to ensure the nursing quarters were always neat and tidy.

Heather married Bernie Rice in 1975 and lived in Balldale

She and Bernie had two children, Kim and Amanda. Heather recalls going back to work when her eldest daughter, Kim, was a baby.



COMMUNITY NEWSLETTER

"I worked a lot of night shift which suited our family as Bernie was working shift work at the time also. I think I went back to work around the time Kim was 3 months old."

Heather said she picked up Kim from her babysitter at 7am after a night shift, then, when it was time for Kim's morning nap, she would rest too. In the afternoon, Heather would sneak in a 2-hour nap with the baby. She would drop Kim off at the babysitter's house at 7.30pm, have another quick 2 hours nap, then head back to work!

The young family moved to Mullengandra between Albury and Holbrook and Heather worked at The Mercy Hospital, run by the nuns. While she worked across rehab, midwifery and surgical, it was on the 4th floor in medical and palliative care Heather says she found her "calling".

"I loved working there, they were really good people to work with, there was a great variety of work, it was a A-1 team. That's where I found my calling for palliative care."

It was on the 11th of January 1988 that Heather started work at the Numurkah District Hospital in the general ward. The letter of appointment from the Director of Nursing at the time, Anne Smith read; 'White uniform is to be worn, with a red cape or cardigan and white or brown shoes'.

Heather says the start of her career at Numurkah was tough.

"I didn't like it for the first 6 months! Coming from NSW to Victoria, the change in nurse levels and pay scales, it was all a challenge."

Heather started in acute and theatre, then in February, 2001 came the opportunity to work in Palliative Care.

From humble beginnings Heather and the team at Moira Palliative Care worked to make the service what it is today. Caring for more than 2000 families, providing palliative care, end of life care, bereavement support and counselling.

Heather said over the years she has met and worked with many wonderful people.

"Palliative Care is a privilege, you are there to support people at the end of their life, caring for them and their families. There have been many people who have come and gone and many people I think of often."

She said while it was emotional saying goodbye to clients who passed away, there would always be another person and family waiting for her care and attention.

"So, you have to let go and move on."

Heather's family have lost count of the times they have been stopped in the street by people who met Heather through her work in Palliative Care. They would say things like "oh is Heather Rice your Mum? She looked after my family member when they were dying and she was just fantastic, she is a really special person." These comments gave Bernie, Kim and Amanda a small insight in to the difference Heather made to all of her clients and their families.



Heather says the best part of nursing aside from her time spent in Palliative Care, has been the staff.

"There is a real camaraderie with nurses and health workers that you might not get in other jobs, we understand each other, you have to have a sense of humour. I have some great friendships, and enjoyed great support."

One such colleague and friend is Deb Morland, who Heather has worked with for the best part of 20 years and describes her as her "backstop".

"Deb has been with me every step of the way during the 20 years at Pall Care."

After 47 years of nursing, Heather is looking forward to spending time with her "beautiful family" including; her husband, children and grandchildren.

The staff and community of NCN Health Numurkah and Moira Palliative Care would like to thank Heather for her significant contribution and wish her the best for her next chapter.



Karinya Nursing Home

NCN Health Numurkah recognised Elder Abuse Awareness day on the 15th of June 2020.

Elder Abuse Awareness Day is a reminder to staff and the community about our responsibility to protect the vulnerable members of our community year-round and report any instances of abuse, or raise any welfare concerns.

Older people are frailer and less likely to stand up for their rights. They are more dependent on others for their needs and more prone to abuse by their carers or family members. It is an important day in our calendar, well done to the staff and residents for participating and raising awareness.

I would like to acknowledge our resident's families, our valued volunteers and the broader community for your ongoing support and commitment to our residents during the various stages of COVID-19 lockdown and visitor restrictions. It has been a difficult and anxious time for everyone.

We appreciate all the kind words, emails, phone calls and zoom calls. If you have any questions about visiting hours or are confused about the current restrictions, please contact us, we are here to help and want our families and community to feel supported.

Over the past weeks the residents have been enjoying many different music sessions with apple iTunes and guessing songs from the past. In addition, we hope to have our "train room experience" up and running soon, offering a special afternoon tea for the residents by our train window.

We recently had a lovely visit from a couple of beautiful little lambs and a Border Collie puppy. These were thoroughly enjoyed with lots of cuddles and bottle feeding happening.

We look forward to a relaxation of restrictions so we can welcome our volunteers and visitors back to Karinya, and get out and about in the warmer weather.

Anita Way

Nurse Unit Manager

Karinya recognises World Elder Abuse Awareness Day



Karinya welcomes special visitors

Residents and staff were happy to entertain some four legged visitors recently.



Pioneer Memorial Lodge Residential Aged Care

Hello and welcome to Spring 2020,

It was Happy Birthday to us in August, with The Lodge turning 44 years old. To mark the occasion the 'Queen' popped in for a visit, former staff member Betty Major cut the cake, family members zoomed in to celebrate and party hats were donned. Happy Birthday and congratulations staff, residents and our community for reaching this milestone.

While there is no doubt residential aged care staff and residents have faced many challenges over the past 3 months including; various stages of lockdown, limited visiting hours, changes to visitors and restrictions and at times limited access to the all-important hair dresser, we are facing each hurdle together, working with and caring for each other.

I want to say a big thank you to our Diversional Therapists, Chris, Pam and John for extending their services to 7 days a week. Our residents so appreciate your positivity and presence, as do we.

While most of winter saw us indoors, there were no shortage of events and celebrations including;

- Jeans for Genes day on August 7th to help Children's Medical Research Institute find a cure for children's genetic diseases.
- Christmas in July celebrations.
- Community engagement opportunities, for example; residents offered their help to support the Face Masks for Vulnerable Victorians program by assisting with packaging up the face masks packs for distribution.
- Weekly dress up theme days including; animal prints and crazy hair day.

Unfortunately, COVID-19 is still causing restrictions especially in Residential Aged Care. We are following the directions from The Department of Health and Human Services around infection control, the use of Personal Protective Equipment (PPE) and visiting restrictions.

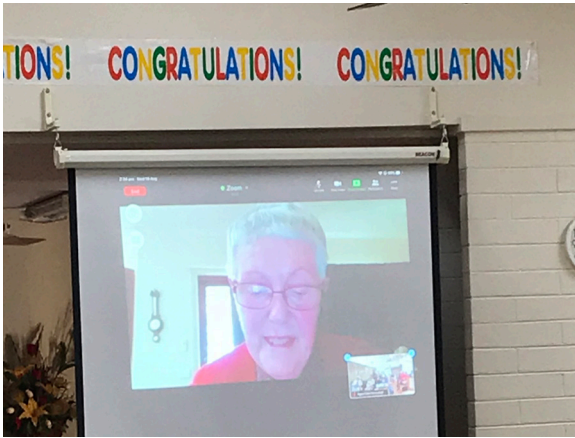
All permitted visitors to the facility are screened before entry and our residents continue to be screened daily, with staff checking temperatures each morning. If you have any concerns or questions, don't hesitate to give us a call.

Our new Spring/Summer menu is being revised at the moment. Thanks to all those who provided feedback.

Kind Regards,

Debra Hitchcock
Nurse Unit Manager

Below: Even the Queen zoomed in!



Majorie Cameron enjoys a slice of birthday cake.



Stylish; staff members, Sophie and Lauren with Lodge resident Lexie.



Betty Major cuts the birthday cake.



We had some puppy love before Stage 3 restrictions came into effect.

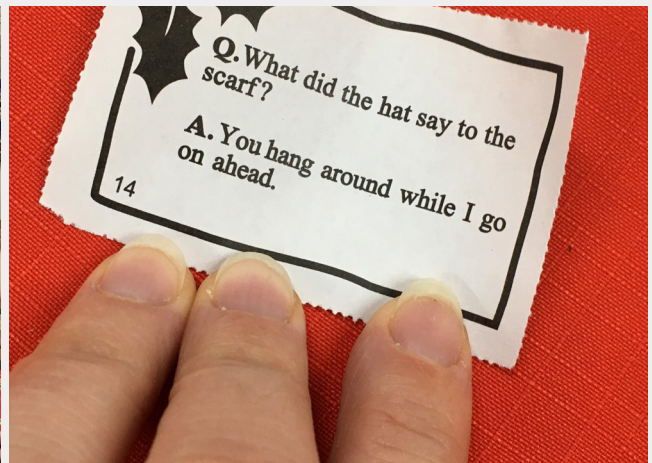


Oldies dress up day!



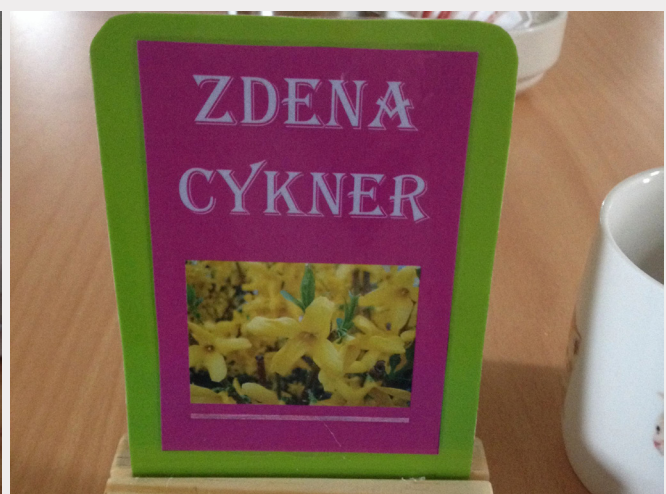
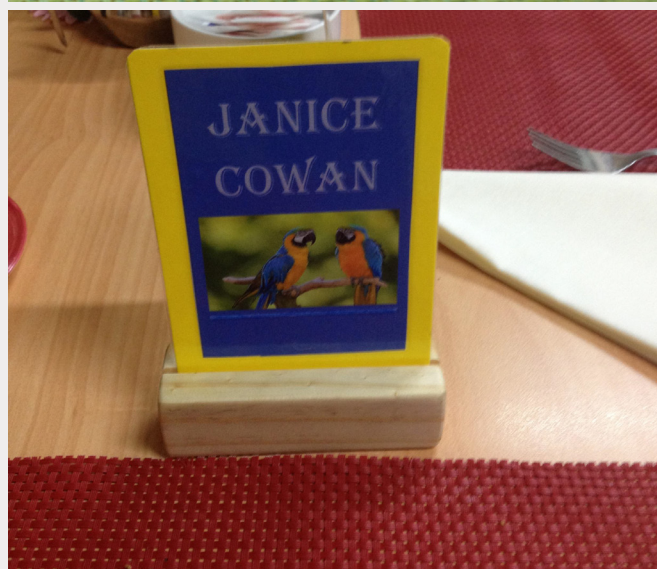
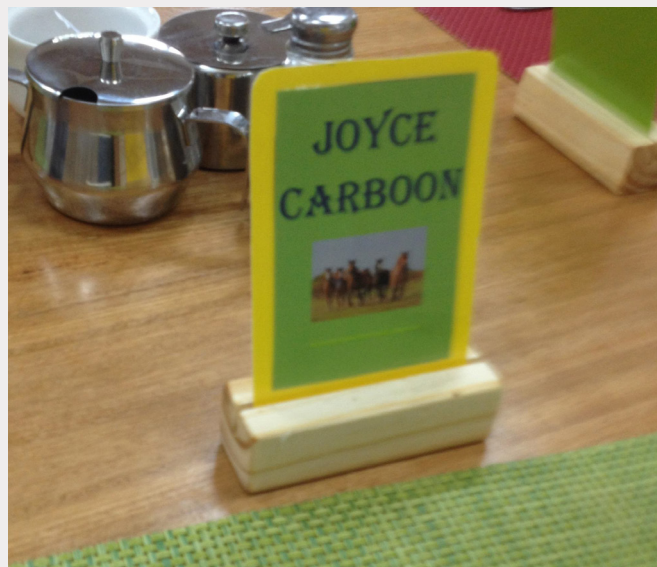


The Lodge celebrates Christmas in July



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Handmade place cards at The Lodge



Messages of Hope

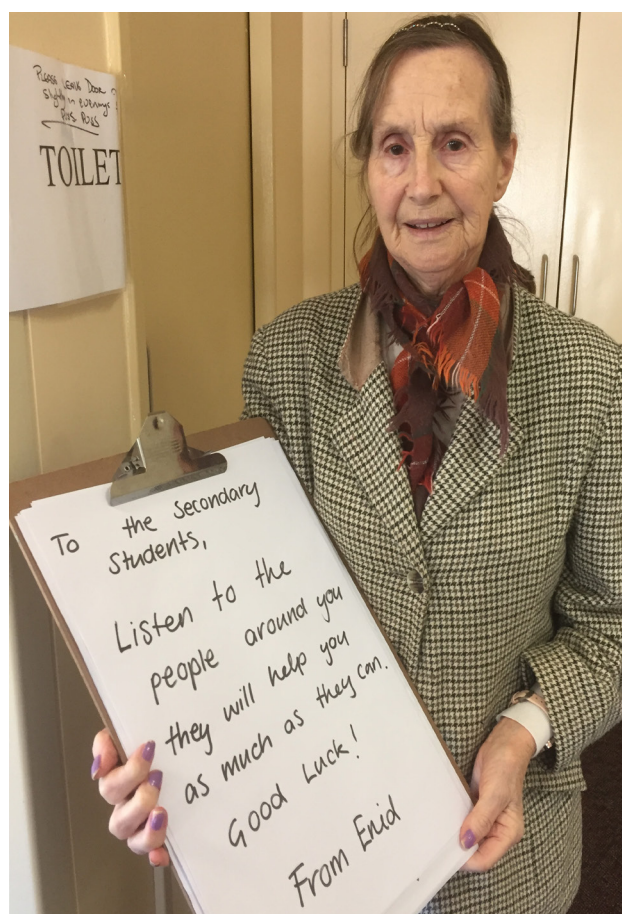
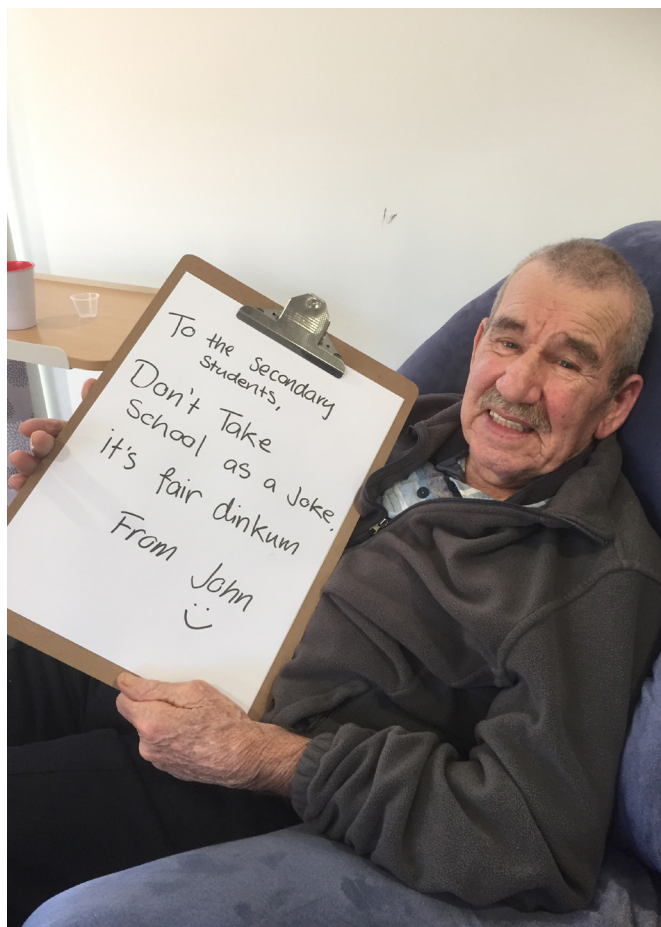
COVID-19 has hit certain groups in our community harder than others.

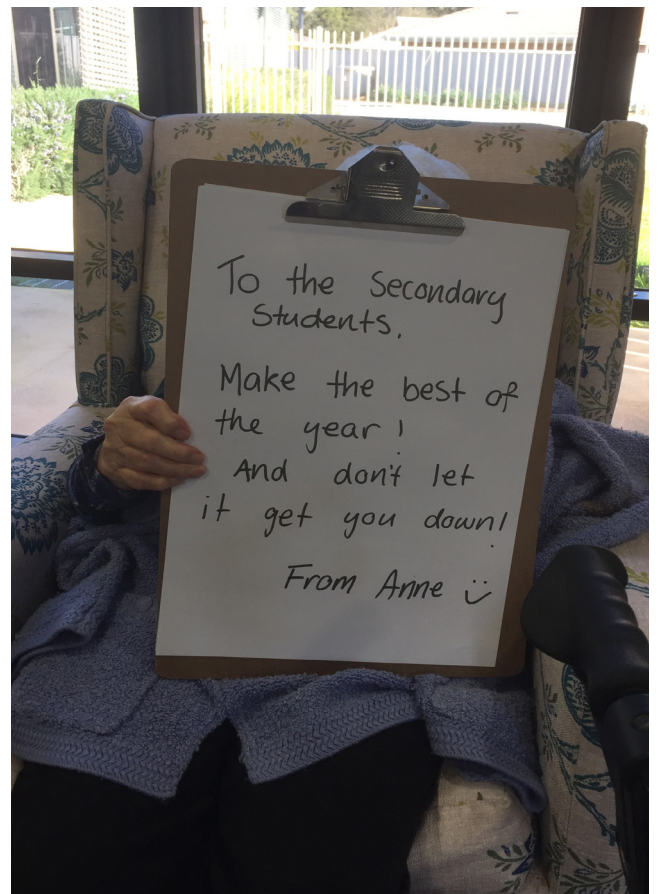
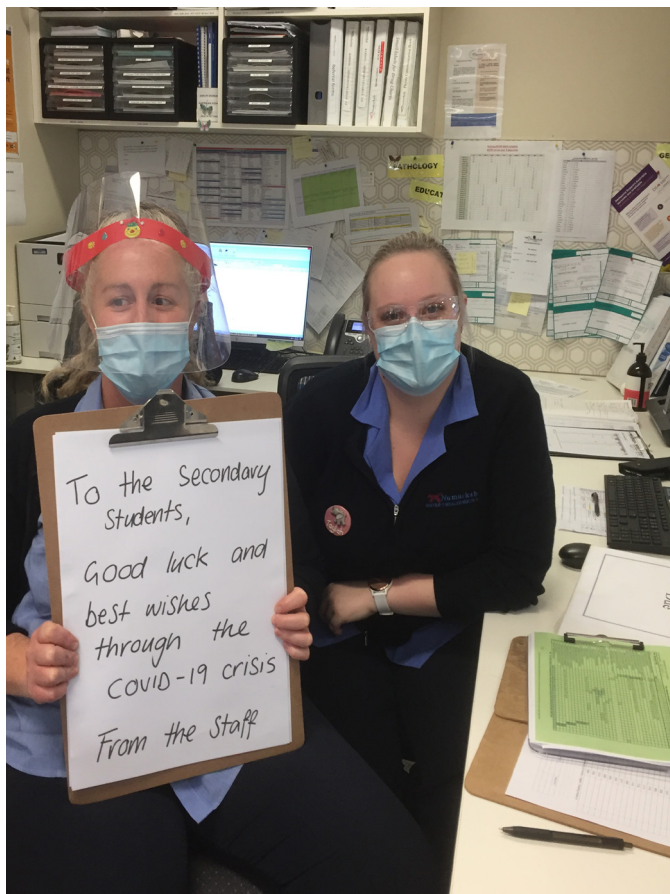
School aged children - particularly high school, are trying to learn remotely, with no social or sporting opportunities. It is also a very difficult time for our elderly, who rely on social connectedness for good mental health and well-being.

So, with the help of our wonderful nurses and Diversional Therapists, the residents put together some words of wisdom and support to our school children. We think you will agree, they are funny, heart-warming and inspiring.

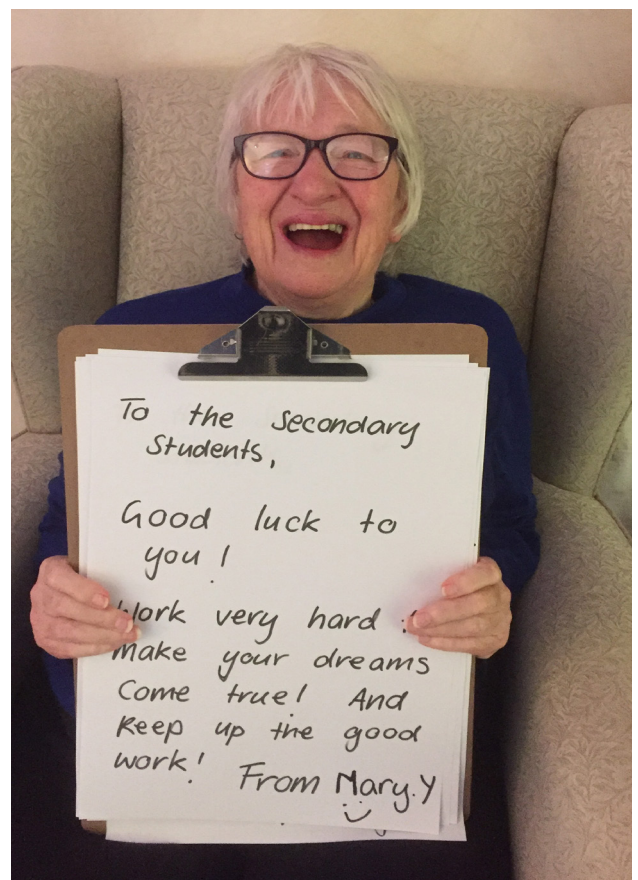
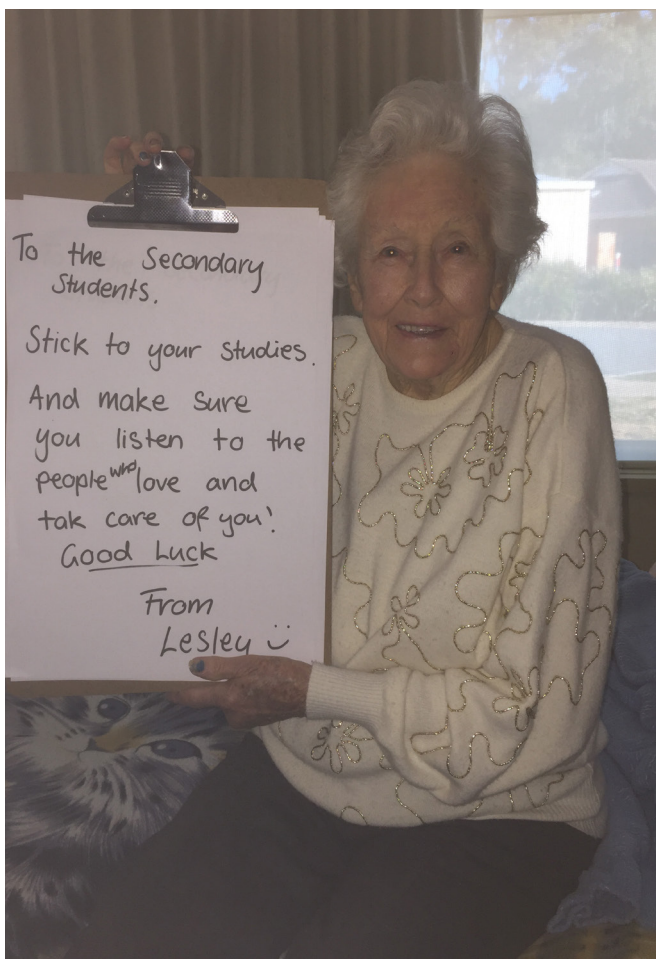
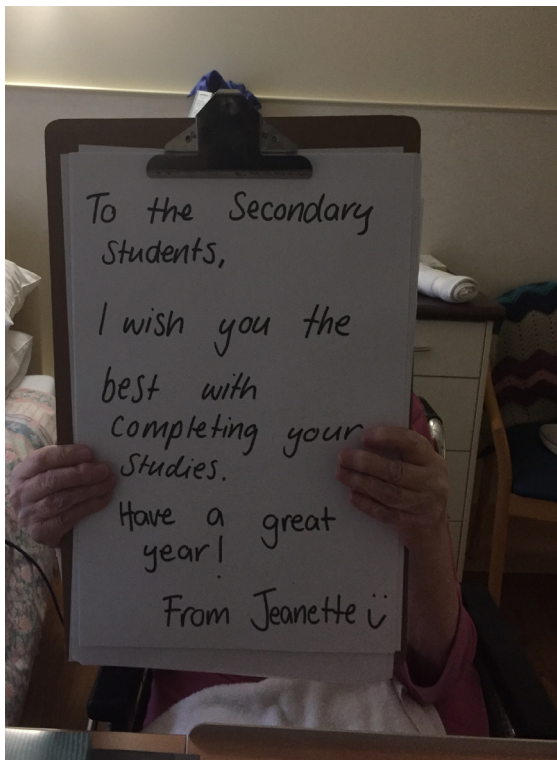
Along with these messages, some of our residents have hand written personalised notes to the year 12 students, which we are in the process of delivering.

We wish all school students the best during these tough times. We greatly admire your resilience and adaptability.





SPRING EDITION 2020



COMMUNITY NEWSLETTER

VOLUNTEERS

Are you interested in Volunteering at NCN Health Numurkah?

We currently have the following vacancies available for volunteers;

- Reading newspapers online to residents, for example – reading The Weekly Times to one of our retired farmers in residence at The Lodge via telephone or zoom.
- Sewing fabric face masks. If you are not sure how, we help you access the approved Department of Health and Human Services pattern.
- Singing or musical entertainment; we are looking for talented volunteers who can sing or play an instrument. At the moment we can only do this via Zoom, but once COVID-19 restrictions relax you can perform in-house!

Have an idea? We'd love to hear any of your ideas or suggestions.

For more information or to volunteer, please contact NCN Health Volunteer Co-ordinator Jacquie Hughes on volunteers@ncnhealth.org.au or 03 5862 0598

FROM THE KITCHEN

CORN FRITTERS

A great breakfast with poached eggs and bacon, a light lunch with avocado and sour dough bread or dinner with some grilled salmon, asparagus or broccolini.

Corn fritters are a versatile meal and a winner with the kids! What's not to love....?

Ingredients

- 2 eggs
- 350g defrosted corn kernels
- 3 spring onions – sliced finely
- ½ cup SR Flour
- Salt and pepper to taste

Method

1. Blitz eggs, flour, ½ corn and salt till it becomes a smoothish puree
2. Add remaining corn and spring onions – mix together till combined
3. Pan fry on a medium heat till golden and cooked through
4. Makes 12



Always Was, Always Will Be.

8 - 15 NOV 2020

#NAIDOC2020



New dates announced for NAIDOC Week 2020

8 - 15 November 2020

NAIDOC Week celebrations are held across Australia each year to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week postponed

The November dates follow the decision by the National NAIDOC Committee (NNC) to postpone NAIDOC Week from the original July dates due to the impacts and uncertainty from the escalating Coronavirus (COVID-19) pandemic across our communities and cities.

The postponement was aimed at protecting our elders and those in our communities with chronic health issues from the disastrous impacts of COVID-19. As cooler weather approaches the need to protect our most susceptible remains.

Further announcements regarding NCN Health celebrations will be made within coming months.

What does NAIDOC stand for?

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

What is the theme this year?

Each year, a theme is chosen to reflect the important issues and events for NAIDOC Week. The National NAIDOC Theme for 2020 is **Always Was, Always Will Be** this recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

#AlwaysWasAlwaysWillBe





VOICE TREATY TRUTH

TREATY NEGOTIATIONS HAVE BEGUN

After over 100 years of campaigning in Victoria for a treaty, the First People's Assembly of Victoria met with the Victorian Government on August 3 to discuss the important next steps in formation of a treaty between the two parties.

What is a treaty and why is it so important?

Australia is the only Commonwealth country not to have a treaty with its Indigenous people.

A treaty can include one agreement, or lots of agreements about issues of sovereignty, the relationship between Indigenous people and the Government, the rights of Indigenous people and decision-making processes.

It allows for strong indigenous voices on key state issues such as education, health and housing.

The meeting, which was held over video conference due to COVID-19 restrictions, set a timeline for negotiations and establish protocols and processes.

Different types

There is different types of treaties that are up for negotiation:

A single statewide treaty: this would be between the Victorian State Government and the First Peoples' Assembly of Victoria, an unified Indigenous Victorian Body.

Multiple treaties between the Victorian Government and local Indigenous groups: this would only be able to address local issues, not state-wide issues.

Both forms of treaties: a more complex model, but this would allow for local discussions as well as state wide policy changes.



Community Engagement

NCN Health Registered Nurse Kathryn Watson has been in town recently chatting to the community about their health. From COVID-19 to managing high blood pressure - and everything in between. She has also been helping members of the public who are eligible for free re-usable face masks as part of the 'Face Masks for Vulnerable Victorians Program'.

NCN Health has had a great response from the community having Kathryn out and about answering questions. The message we want to clearly convey is - COVID-19 should not stop you accessing your health care, or being in good health. If you have been missing regular appointments, or you are not feeling well and putting off seeing your doctor, please make an appointment.

NCN Health services are still operating across all areas and you are allowed to leave your home for medical reasons, regardless what stage of restrictions apply. If you have any concerns or questions about health care, please contact us on 03 5862 0555.





Children's Book Donation

**Do you have any pre loved books, in good condition?
We can use them!**

We are developing literacy programs for the local community and need your pre-loved children's books.

Reading books is a wonderful way parents and carers can spend some special time with their children and help children develop important language skills.

Share the joy of reading by donating your pre loved children's books to NCN Health Numurkah.

You can label your books for donation and drop them at the Numurkah Library, or contact Health Promotions Officer Jenny Burrows to organise drop off or collection.

For more information contact
Jenny Burrows
NCN Health Numurkah
Ph: 5862 0560
jenny.burrows@ncnhealth.org.au

Volunteer for Community Reading Day!

Each year we hold a Community Reading Day. This involves groups of children dressed as story characters visiting local businesses and having a book read to them. This program has been a great way to support literacy and share the love of books and reading with children.

We normally have about 200 children visiting 26 local businesses throughout the day - obviously we cannot run the event as usual this year.

Instead, we are asking for volunteers to be recorded reading a story and briefly telling the children about their job/role in the town.

All the recordings will be put together and provided to children's settings to use during Book Week. For example, day care centres and schools.

Children can still get to know their community and see that many local community members enjoy books and reading.

Interested? We would love to hear from you. You can choose your own book, or we can provide one for you.

For more information, contact Health Promotions Officer Jenny Burrows;
jenny.burrows@ncnhealth.org.au or 03 5862 0571

Stir-fry Hokkien Noodles



Source: The Healthy Mummy

Prep time: 20 mins

Cooking time: 10 minutes

Serves: 5

Ingredients:

- 500g Hokkien noodles
- 15ml vegetable oil
- 1 lightly beaten egg
- ½ teaspoon minced garlic
- ½ teaspoon minced ginger
- 250g chicken breast
- ¼ sliced red capsicum
- ½ shredded cabbage
- ½ sliced zucchini
- 60g grated carrot
- 100ml salt-reduced soy sauce

Method:

Step 1: Soak noodles in boiling water for 5 minutes, then drain and set aside.

Step 2: Heat oil in a large wok over medium heat. Stir-fry egg until cooked and set aside.

Step 3: Add the garlic, ginger, capsicum and chicken. Cook for 3-5 minutes.

Step 4: Add the cabbage, mushrooms, zucchini and carrot and cook for a further 5 minutes.

Step 5: Slowly add the Hokkien noodles a little at a time so they don't stick together. Cook for 5 minutes and add in the egg. Finish with soy sauce.



Save Time

- Use frozen, canned or leftover vegetables
- Use jarred minced garlic & ginger to reduce preparation time

Coronavirus Hotline

'Up for a chat'

Residents of Northern Victoria feeling lonely and socially disconnected due to the COVID-19 pandemic will be able to receive emotional and practical support with a phone call to the Coronavirus Hotline, thanks to a new Victorian government initiative.

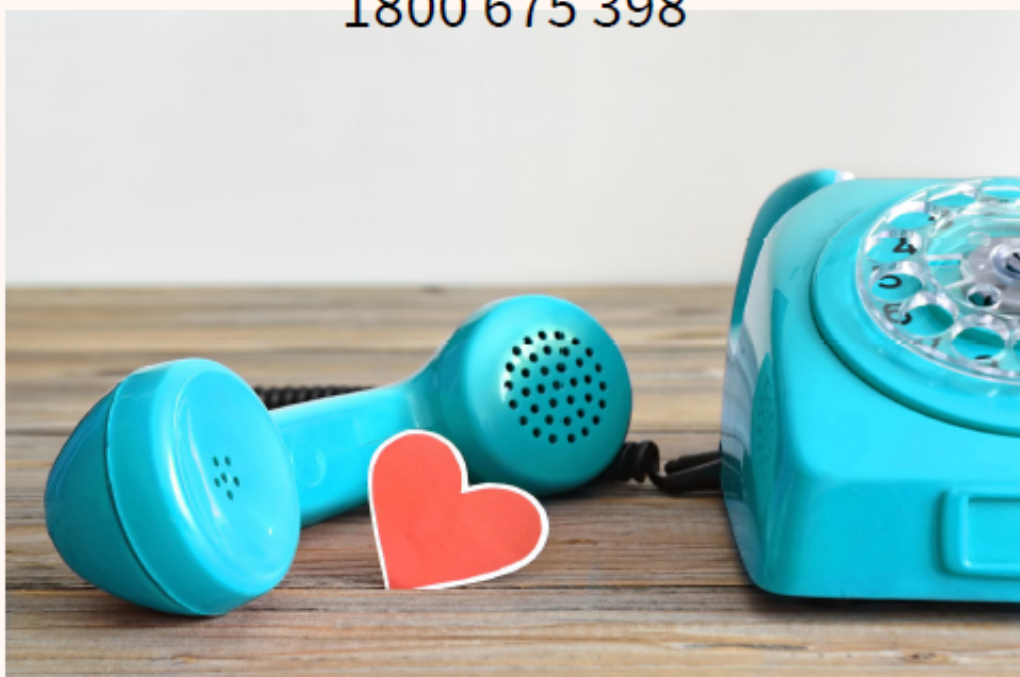
It has been announced the the City of Greater Shepparton will receive monies to act as a 'community connector' for people who may be experiencing social disconnection and loneliness.

The program will partner with psychological first aid-trained Red Cross volunteers to provide support to callers who may be distressed or anxious.

The hotline will also link people in need to community connectors for local practical supports and social activities such as video chats, online book clubs or fitness groups.

For assistance call the Victorian Coronavirus Hotline on

1800 675 398



How are you, really?

How you think and feel can affect your mental and physical health.
Managing your emotions can help keep your mind active and healthy.

Here are some tips:

Connect with others

Put time and effort into building relationships with people around you - at work, at home, in the neighbourhood. Having strong relationships will support and enrich your life.

Do what you enjoy

Take time out to do something that you enjoy. Take a walk in the park, do a crossword, get stuck into a hobby, play with pets, get creative, go for a swim, read a book... Make room for enjoyment every day.

Share your interests

Find like-minded people. Join a club, class or group so you can mix with people with similar interests. A sense of belonging does wonders for wellbeing.

Help out

Volunteer for a cause or issue that you care about. Help out a neighbour, work in a community garden or do something nice for a friend (or stranger). When you help others, it makes you feel good too.

Take care of yourself

A healthy body is linked to a healthy mind: if your body feels good, you will too. Eat plenty of fruits, vegetables and whole foods, and avoid processed food.

Find ways to be active every day, whether that's walking, gardening, vacuuming or dancing.

Challenge yourself

Learning improves your mental fitness. Set goals and challenge yourself. Learn a new skill, enrol in a course, commit to a fitness goal, take up a musical instrument or cook a new recipe. It all counts.

Manage stress

Stress is a part of life and can help us meet challenges. But if it becomes overwhelming it can lead to serious mental and physical health problems. Learn how to identify and manage your stress levels: proven ways to destress and wind down include yoga, physical activity and meditation.

Rest and refresh

It's totally OK to do nothing! In fact you should plan for it. Get your daydreaming on. Make sure you get plenty of sleep to restore both your body and mind.

Live in the present

Our default mode is to think and worry about the past and future. Try to spend more time in the present - smell the roses, feel the sun, listen to the wind, feel the grass under your bare feet. Check out mindfulness. It really works.

Ask for help

It's true, the perfect, worry-free life doesn't exist. Everyone's life journey is different, and sometimes we need help to overcome the really bumpy bits. It's OK to ask for help: speak to your doctor, a friend, a family member or call a help line.

[Ask here for the local support brochure!](#)

NCN HEALTH CAREER PROFILE

Name: John Shrimpton

Position: Activities Assistant and Health Care Worker

Campus: Numurkah

Career Overview: Started off truck driving. I was made redundant and decided to change my career by volunteering at NCN Health Numurkah and completed Cert III Individual Support at Numurkah Community House.

What do you enjoy about your position: Seeing smiles on peoples faces and knowing I have made someone's day.

Career growth: Love to learn new things, currently studying Nursing and looking forward to being able to work across NCN and providing additional care.

****Do you have a career story you would like to share with your peers at NCN Health? Please contact Pina Papalia, Workplace Trainer and Career Advisor.**



WE WANT YOUR FEEDBACK

Please give us your feedback on this newsletter:

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