

NEWSLETTER YOUR HEALTH

ISSUE #8 | Winter 2021

Health and social equality for our communities

SCHS and COVID-19 Update

Time to dust off your beanies and make a hot cuppa as we welcome the cold mornings of winter. We have also welcomed a number of new staff to the organisation, should any of you notice a new face or two, introduce yourself and say hello!

Upcoming Awareness Days

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JUNE	14 th MND Big Freeze 7
	14-20 th Men's Health Week
	21-27 th World Continence Week
JULY	Dry July Month – 'Go dry this July'
	10-17 th National Diabetes Week
	23 rd National Pyjama Day
AUGUST	6 th Jeans for Genes Day
	13 th Red Nose Day
	27 th Daffodil Day

We thank the community for their patience during both the AstraZeneca & more recent Pfizer roll out.

AstraZeneca: Anyone **over 60 years** is eligible to get vaccinated. To book into Dr Kelechi's clinic, phone 5022 5444. Please note that this clinic is separate from our Respiratory Assessment Clinic.

Pfizer: Anyone 40-59 years old and anyone eligible under the 1a & 1b guidelines is encouraged to get vaccinated. Check your eligibility and register for an appointment allocation through our website (appointments **cannot** be made by phone) <https://schs.com.au/service/covid/covid-19-vaccinations>

All vaccinations are by appointment only.

The **Mildura COVID Testing Clinic** continues to operate Monday to Friday, appointments can be made using our link <https://www.hotdoc.com.au/>

Our walk-in clinic operates between 3.30pm to 4pm daily. You can also phone the clinic hotline **5021 7653**, to book your COVID test. If you have



any COVID symptoms please get tested and stay home. **Take care of yourself and those around you.**

Now, to make you smile...

Six-thirty is the best time on a clock...
hands down!



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A Note from our Continence Nurse

Good Toilet Habits to keep your Bladder and Bowel Healthy

Go to the toilet when your **bladder feels full** – and don't go just in case.

When you get the urge to open your Bowels – **don't put it off**, as this can lead to constipation!

Take the time to **completely** empty your bladder and bowel. Relax.

Use the **correct sitting position** when on the toilet:

- Sit on toilet with elbows on knees,
- Leaning forward with your knees higher than your hips
- You may need a footstool to support your feet properly.



**Feeling unwell?
Get tested.
Stay home.**

5021 7653



Nutrition

Healthy Vegetable Soup

Ingredients

- 1 tbs olive oil
- 1 onion, diced
- 2 sticks celery, thickly sliced
- 2 tsp dried Italian herbs
- 3 cups reduced-salt vegetable stock
- 400 g can no-added-salt diced tomatoes
- 1 tbs no-added-salt tomato paste
- 3 cups water
- 5 cups mixed fresh or frozen vegetables



Instructions

1. Heat oil in a large pot over medium heat.
2. Add onions, celery, and Italian herbs. Season with pepper.
3. Cook, stirring frequently, for 5 to 8 minutes.
4. Add stock, tomatoes with juice, tomato paste and 3 cups water; bring mixture to a boil.
5. Reduce heat to a simmer and cook, uncovered, for 20 minutes.
6. Add vegetables to pot, and return to a simmer.
7. Cook, uncovered, for 20 to 25 minutes or until vegetables are tender. If using frozen vegetables, cook for 5 minutes.
8. Season with pepper.



Colour In



Did you know: No single intervention has greater promise than exercise to reduce the risk of virtually **all** chronic diseases simultaneously #ExerciseRight

Physical Activity

Staying physically active is the single most important thing we can do to **stay well and independent**, particularly during colder months.

Balance exercises are paramount for all individuals; but as we age, they become increasingly important to reduce the risk of falls.

FALLS ARE PREVENTABLE!

Below are balance activities to practice at home to help maintain balance and prevent falls:

Heel-Toe Walk (3 x 2 minutes)

Walk heel-to-toe along the length of your kitchen bench. Remember holding on is not cheating! Maintain a tall stance and as you improve, try to hold on with just fingertips.

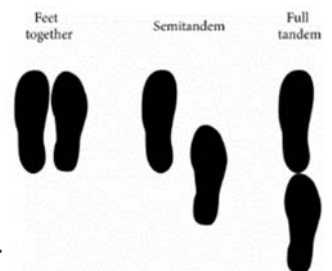


Sit-to-Stand (3 x 5-10 repetitions)

Sitting in a chair, shift your weight forward and raise to standing. If appropriate, try standing without using your arms. Keep movement slow and controlled.

Standing Balance (3 x 2 minutes)

Practice your standing balance by changing your foot positioning (as shown). Use the kitchen bench for balance support and safety.



Ensure the environment is safe & without clutter. Complete exercises within your own ability, with a chair behind and support from a fixed object (i.e. kitchen bench).

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 **5021 7653**

