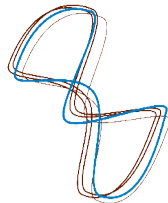


Community Health News

June 2010



Mitchell
Community Health

Providers of health and social support services within the shires of Mitchell and Murrindindi. Working actively with communities to improve health and wellbeing outcomes and prevent illness.

Kinglake Ranges Health Centre

Mitchell Community Health Service is also located in the Kinglake Ranges Health Centre. Our hours are 9am to 5pm Monday to Friday. We have a range of services available by appointment at this location, including trauma counselling, general counselling, drug and alcohol workers, family violence workers, HACC podiatry (1 day a month), HACC dietitian (1 day a month) and financial counselling.

If you would like to make an appointment for these services, please call our Service Access and Care Coordination team, on 1300 773 352.

Services available

Mitchell Community Health Service (MCHS) provides a range of services to the Murrindindi community. These include:

- Bushfire Counselling & Support Services
- Bushfire Case Management
- Family Violence Outreach Service
- Problem Gambling Counselling
- Disability Case Management
- Rural Access Project
- Financial Counselling
- Drug and Alcohol Treatment Services
- Rural Allied Health Team (available to aged, frail and disabled members of the community and their carers) including: Podiatry, Occupational Therapy, Physiotherapy, Speech Pathology, Continence Nurse Advisor and a Dietitian.

Services are currently available in Alexandra, Yea, Marysville, Flowerdale, Kinglake Ranges and other sites by arrangement. For more information about how we can help, please contact the Service Access and Care Coordination team on 1300 773 352.

Energy Concessions

Winter energy concessions and council rate concessions: if you have a Pensioner Concession Card, a Health Care Card or a DVA Gold Card you should contact your electricity or gas retailer and arrange for the concession to be automatically deducted. The winter energy concession provides a discount or 17.5% off mains electric and mains gas on bills from May 1st to 31st October of each year.

If you have a Pensioner Concession Card or a DVA Gold Card (War Widow and TPI card holders are also eligible) you can contact your local council for an application form to apply for a Municipal Rates concession. The concession provides a 50% discount off council rates up to a maximum of \$184.30 in 2009/2010. This amount is increased each year in line with inflation.

Further information can be obtained by contacting the Victorian Government Concession Information Line on 1800 658 521.

Men's Golf Day: blokes get together

Mitchell Community Health Service held another Men's Golf day on Friday 23rd April 2010. This was a chance for men who have been effected by the Black Saturday bushfires in any way to catch up over a day of golf and understand some of the services that are on offer.

Following the 9 holes, of golf, 26 men heard Richard Weld-Blundell, Bushfire Recovery counsellor and Peter, Drug and Alcohol counsellor, speak about their role in the bushfire recovery process while enjoying a BBQ. Marysville Golf Club generously supplied golf clubs and a buggy for those who didn't own any. This day was supported by Berry Street, the Salvation Army, Men's Get Away, CentaCare and the Marysville Community Golf and Bowls Club.

Service Access and Care Coordination (SACC)

For all MCHS enquiries and bookings, phone the SACC team on: 1300 773 352
Mitchell Community Health Service is located in Broadford, Wallan, Seymour, Kinglake, Alexandra, Yea, Marysville, Flowerdale and other sites in Murrindindi by negotiation.
Broadford Reception: 5784 5555 Web: www.mitchellchs.org.au

Look Good Feel Better

Ladies ~ Are you currently undergoing treatment for cancer? We have a great morning out for you!

A Look Good... Feel Better workshop gives you the opportunity to look and feel your best as you undergo chemotherapy or radiation treatment.

In a relaxed, fun atmosphere learn to apply make-up, scarves and wigs in a way that deals with appearance changes you may undergo as a result of treatment. As well you will meet other local ladies undergoing cancer treatment ~ Letting you know you are not alone!

When: Monday June 7th 2010. Where: Kilmore Hospital. This workshop is free and includes a fabulous morning tea provided by Lyme Synder Café, Kilmore.

For full details and to register please phone Mitchell Community Health on 03 5784 5555. Feel free to bring a friend/support person (just let us know when you register so we can cater for them).

STOP PRESS - MORE INFORMATION COMING SOON ABOUT OUR JULY DIABETES EXPO!

Healthy Eating

Fruit and vegetables - choosing and preparing. Vegetables and fruit are a handy snack food and are easily carried to work or school. Include them in everyone's meals and most snacks for a healthy well-balanced diet. Some suggestions include:

- Keep snack-size fruit and vegetable portions easily accessible in your fridge.
- Keep fresh fruit on the bench or table.
- Add fruit and vegetables to your favourite family recipes or as additions to your usual menus.
- Use the colour and texture of a variety of fruit and vegetables to spice up your meals.
- Think up new ways to serve fruits and vegetables, including:
 1. Fruit and vegetable salads
 2. Vegetable stir-fries
 3. Raw fruit and vegetables
 4. Vegetable soups
 5. Snack-pack, stewed or canned fruits or dried fruits.

Limit fruit juice, as it does not contain the same amount of nutrients as fresh fruit and contains a lot of sugars, even though they may be 'natural'. Choose water and a serve of fruit.

Preparation and cooking

Cooking and processing can damage some nutrients and phytochemicals in plant foods. It is important to prepare and cook your fruit and vegetables to retain maximum vitamin and mineral content. Some suggestions to get the best out of your fruit and vegetables include:

- Many vegetables and fruits can be eaten raw or pureed into smoothies.
- Use a sharp knife to cut fresh fruits to avoid bruising.
- Cut off only the 'inedible' parts of vegetables - sometimes the best nutrients are found in the skin, just below the skin or in the leaves.
- Use stir-fry, grill, microwave, bake or steam methods with non-stick cookware and mono-unsaturated oils.