



# Health and Community Newsletter December 2011

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**Welcome to our first edition** of the Health and Community Newsletter provided by the Edenhope & District Memorial Hospital. We hope to provide you with ongoing happenings at the hospital and the community and encourage healthy living ideas and education. This newsletter will be produced quarterly in conjunction with our Community Consultation committee to ensure we have feedback and advice from our residents throughout our service area. We encourage suggestions and improvements as to the content of this newsletter on an ongoing basis.

Recently the Edenhope & District Memorial Hospital appointed Craig Collins, Builder, for the new medical clinic that is being built at the Elsie Bennett Community Centre (EBCC) end of the hospital.

The new clinic is an exciting project for the local community. As it is a community run clinic, all profits will be reinvested into the Health service. It will include three consulting rooms and a treatment room, a large waiting area, reception area, staff lounge and full disabled access.

We apology for any inconveniences in parking at the EBCC during the building period but it is important to us to ensure that client safety and access is maintained during the build period. All parking will be situated on Lake Street with the disabled parking still available to those that may require this.

This medical clinic will enhance the services already in place in Edenhope.

## 10 Tips for a Healthier Heart

Are you concerned about your heart health?  
Here are ten tips to help you look after your heart.

1. Quit smoking now. Twelve months after quitting, your increased risk of dying from heart disease will be half that of a continuing smoker.
2. Include wholegrain cereals, legumes, fruits, vegetables, seeds and nuts in your diet and lower your risk of heart disease.
3. Walk briskly for 30 minutes a day and reduce your risk of heart attack by one-third.
4. Maintain your friendships. People with supportive friendship networks are at less risk of heart disease.
5. Eat more fish. Oily fish like tuna, sardines or salmon are rich in omega-3 fatty acids and will boost your good cholesterol.
6. Switch from milk to dark chocolate. When eaten in moderation, dark chocolate is good for your heart.
7. Limit yourself to no more than two standard glasses of alcohol a day if you are a man or one glass a day if you are a woman.
8. Avoid salty and high sodium foods and don't add salt when preparing or eating your meals.
9. Have a diabetes test. Uncontrolled diabetes can damage your artery walls and contribute to heart disease.
10. Make fitness fun. Choose activities that combine exercise and socialising like Pilates, water aerobics, dancing, cycling or yoga.

Source: Better Health Channel  
[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)



**Edenhope & District Memorial Hospital would like to wish all our clients and service providers a very Merry Christmas and safe, happy and healthy new year and look forward to continuing to provide our high standard of care and health services.**

## **Community Health**

**Closed: Thursday 22<sup>nd</sup> December**

**Commencing: Tuesday 31<sup>st</sup> January**

## **Day Centre**

**Closed 23<sup>rd</sup> December**

**Commencing 3<sup>rd</sup> January**

**Copies of our Annual Report and Quality Care Report are available online: [www.edmh.org.au](http://www.edmh.org.au) or by contacting 0355859806**

## **Diabetes Support Group**

### **Next Meeting**

**Friday 24<sup>th</sup> February 2012 @  
Edenhope Bakery 12 Midday.**

**Healthy lunch options are available.**

Anyone is welcome to attend with diabetes or family with diabetes to meet and greet with discussions on future planning.

Bring your diabetes meters along and Helen Grummett will control test them to make sure they are reading correctly.

### **Have your Say:**

EDMH encourages community feedback and values community participation in our services.

We would like to know:

- Your feedback regarding our services- positives, complaints or opportunities for improvement.
- Your ideas for the newsletter- what information is useful for you and your family?

### **How to provide this feedback?**

- Call or write to  
Mary Forster Quality Manager  
Ph 0355859806  
Email: [maryf@edmh.org.au](mailto:maryf@edmh.org.au)
- Pick up a form at the front office of hospital and post it back or place it in one of the suggestion boxes located at front office or Elsie Bennett Centre.

# **Edenhope Hospital 2012 Exercise programs**

**Mondays 9.30 am**      **Low Impact Aerobics** Apsley RSL Hall. Rhythmic aerobic exercise with stretching and strength training routines to improve flexibility, muscular strength, and cardio-vascular fitness, performed to music.

**Mondays 2 pm**      **Low Impact Aerobics** Elsie Bennett Community Centre, Edenhope (EBCC)

**Tuesdays 8.30 am**      **Men Only Exercise group** (EBCC) Aerobic exercise with stretching and strength training routines to improve flexibility, muscular strength, and cardio-vascular fitness

**Tuesdays 10 am**      **Falls Prevention Exercise Program** Physio Room EDMH. Balance and strength exercises for those at risk of falling

**Tuesdays 10 am**      **Chair Based Exercises**(EBCC) Gentle aerobic and stretching exercises sitting in chair

**Tuesdays 11 am**      **Gentle Walk Group:** (EBCC) Walk and talk group, no cost

**Tuesdays 4.30 pm**      **Pilates** (EBCC) Develops muscle tone, increased strength and flexibility and improved overall mobility and breathing. Mostly mat based workout.

**Tuesdays 5.30 pm**      **Zumba** (EBCC) dance-fitness to latin dance moves. Get fit with a giggle! Suitable for any fitness

**Wednesday 7.15 pm** **High/Low Impact Aerobics** Harrow Bush Nursing Centre

**Thursdays 9 am**      **Low Impact Aerobics** (EBCC)

**Thursdays 10 am**      **Chair Based Exercises** (EBCC)

**Thursdays 10.15am** **Water Based Exercises** Aquatic Centre Horsham. Bus leaves EBCC to attend a gentle water based program in Horsham, returns 2.15 pm

**Thursdays 10.30 am** **Pilates** Harrow Bush Nursing Centre

**Thursdays 11 am**      **Low Impact Aerobics** Harrow Bush Nursing Centre

**Thursdays 3.15 pm** **Tai Chi** (EBCC) A tranquil, gentle exercise means to attain and maintain health and harmony in mind and body, mobility, suppleness and mental alertness.

**Friday 8.30 am**      **Men Only Exercise group** (EBCC) Aerobic exercise with stretching and strength training routines with the goal of improving flexibility, muscular strength, and cardio-vascular fitness

**Friday 10 am**      **Cardiovascular Health and Lifestyle program** (EBCC): Education and Exercise Program for those at risk, or have had an event like a heart attack stroke, diabetes or high blood pressure.

**Friday 1 pm**      **Pilates** (EBCC)

All programs, all ages, all abilities. Most Classes \$2.00. Enquiries: 55859845, 55859827.



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

# *Take the 2 week \*Zumba December challenge*

Dance away those Christmas Party Kilos

Elsie Bennett Centre \$2

Any age any ability, just have fun

**Monday 12<sup>th</sup> and 19<sup>th</sup> 7 am**

**Tuesday 13<sup>th</sup> and 20<sup>th</sup> 5. pm**

**Wednesday 14<sup>th</sup> and 21<sup>st</sup> 5 pm**

**Thursday 15<sup>th</sup> and 22<sup>nd</sup> 7 am**

Further information contact Cath McDonald

0428 881 762, 55859845

Come to all or some sessions!