

## Flinders Island Emergency Relief Program

### Happy Easter

FIAAI Health Office will be closed on Friday 18th and Monday 21st of April for the annual Easter break



For After Hours, Week-ends and Public Holidays, please call the Multi-purpose centre @ Whitemark on **63592122**

The Emergency Relief Program assists people to overcome short-term crisis situations through financial and/or material aid. It is primarily in the form of:

Purchase vouchers of a fixed value [e.g. for food, assistance with rent/accommodation, part-payment of utility accounts. Food parcels also available.

### **Who can access emergency relief?**

Anyone in immediate financial crisis who has no other means of assistance. It is available to singles, couples or families.

### **Location**

### **FLINDERS ISLAND EMERGENCY RELIEF PROGRAM**

Is available through the Flinders Island Aboriginal Association Incorporated, 16 West St, Lady Barron, Flinders Island Tas

**Contact us on: 03 63 593 532**

**Contact Person: MARGUERITE BAILEY**

## Aromatic Prawn Curry



1/4 cup red curry paste   1 brown onion [cut into wedges]  
750g whole medium green prawns [shelled, deveined and tails left intact]  
3 baby bok choy [cut into quarters]  
1 red capsicum [cut into strips]   1 cup bean sprouts   375ml can reduced fat evaporated milk   basmati rice to serve

Lightly spray a frypan with cooking spray. Add curry paste and onions and cook on medium heat until onions are tender. Add prawns and cook for 1 minute or until fragrant.  
Pour in evaporated milk, bok choy, capsicum and bean sprouts. Simmer until prawns are cooked through and vegetables are tender. Serve with basmati rice



**Easy & Delicious**

**LOW FAT**

**15 min prep time**

### Nutritional Information [per serve]

Energy...1410kJ   Total sugars...13g   Protein...49g   Sodium...1355mg  
Calcium...555mg

Total fat...9g   Saturated fat...2g   Iron...3mg   Carbohydrate...14g   Fibre...3g

## HAV'N A LAUGH



### The Reason I'm Tired

For a couple of years I've been blaming it on lack of sleep and too much pressure from my job, but now I found out the real reason: I'm tired because I'm overworked.

The population of this country is 237 million. 104 million are retired. That leaves 133 million to do the work.

There are 85 million in school, which leaves 48 million to do the work. Of this there are 29 million employed by the federal government, leaving 19 million to do the work.

2.8 million are in the armed forces, which leaves 16.2 million to do the work. Take the total, the 14,800,000 people who work for the state and city governments and that leaves 1.4 million to do the work.

At any given time there are 188,000 people in hospitals, leaving 1,212,000 to do the work.

Now, there are 1,211,998 people in prisons. That leaves just two people to do the work.

You and Me.

And you're sitting down reading jokes!



## Coming Events in April

**3rd...**Quit Café, Information Session at 1.30pm

**9th...**Clinical Psychologist, Peter C Browne

**11th...**Physiotherapist, Ianthe here for Heart/Lung Program

**18th...**Public Holiday  
[Good Friday]

**21st...**Public Holiday  
[Easter Monday]

**23rd...**Clinical Psychologist, Peter C Browne

**25th...**Public Holiday  
[Anzac Day]

**Doctors Day to be announced**

## Regular Events

**Mondays...**Sizzling Seniors Exercises at 10.30am

**Mondays...**Heart Lung Maintenance at 12.30pm

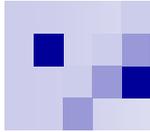
**Wednesdays...**Aged Care Craft Group at 10.30am



**Thursdays...**Shopping Bus Trip to Whitemark, leaves FIAAI at 10.00am and returns at 2.00pm

**Fridays...**Mums & Bubs Group at 9.30am

**Fridays...**Heart Lung Maintenance at 10.00am



## ***Hello To You All***

Most of you know me but for those of you who don't, here's a bit of a story.

I have just started working at FIAAI and will be working every Monday as Maree has decided to work four days a week. I have been nursing for six and a half years. Five of these years have been at the Multi Purpose Centre in Whitemark. Before that, I worked at the Campbell Town Hospital, the Launceston General Hospital and I spent three months at the Royal Darwin Hospital.

My grandparents moved to the island in the sixties through the soldier settler's scheme. Out of their four children, dad was the only one who chose to live here. Lucky for me I say!

Up until around seven or eight years ago, I lived a transient lifestyle, working in many different places in Australia. No matter where I was working or how much I loved my job, come October, the call of Flinders became too much for me and home I would come. I would work on Flinders up until Easter time and then I'd head off for new adventures. BUT now I'm settled into life as a permanent resident and have been home for five and a half years. My daughter Iris is nine months old and she certainly occupies my time.

I feel lucky to be joining FIAAI and look forward to catching up with you all in person over the next few months either over the phone, at FIAAI or a home visit.

Thanks for your time  
Janey Macqueen

## ***Mens Health Night in the Shed***

Another successful night was held at Bailey's Garage with 25 men attending and taking advantage of mini healthchecks and information bags. As well as a free feed, good company and a beer, they were entertained by Tim New's Antarctica Adventure picture show. Dr Tim Flanagan was on hand for advice, Andrew and Sue from Launceston were there to chat to people about the eHealth record and we had Jade from Healthy Lifestyle Launceston to "man" the Smokalyser measuring carbon monoxide in your breath. Our trainee Aboriginal Health Worker, Marley was on hand doing blood pressures. Thanks to the Health Team for organising all this, it wouldn't happen without you. Thanks to Rite and Bev for cooking the barbie. Thankyou to Bailey's for once again making your Garage a wonderful venue. Thanks to Tim for your slideshow and chat, complete with some shapely additions you weren't expecting.

Lastly, a big thankyou to all of you who have given us such nice feedback about how you enjoyed the night.

# FLU SEASON 2014

Influenza affects up to 15% of adults and 30% of children each flu season in Australia and early indications suggest we could be facing a severe season. The 2014 seasonal influenza vaccination is now available at F.I.A.A.I free of charge, just come in and see one of the health staff about getting the flu vaccination today! The flu virus particularly infects your respiratory system, so the nose, throat and in some cases, the lungs are also affected.

There is a significant difference between the “flu” and a common cold, as symptoms such as fever, sore throat and muscle aches develop suddenly and can last for up to a week. The flu can cause mild to quite severe illness, and at times can cause complications like pneumonia and bronchitis which can require hospitalisation, and sometimes these particular complications can ultimately lead to death.

The flu will most likely also make underlying medical conditions worse, this is the exact reason why you should get vaccinated and keep getting vaccinated annually! The flu virus continually circulates throughout the community changing and immunity from the vaccine doesn't last a long time, It is especially important that people at risk be vaccinated each year.



## Who are the people most at risk?

People with underlying medical conditions such as:

- Heart conditions
- Severe asthma
- COPD and other lung conditions
- Diabetes (type 1 and type 2)
- Kidney problems
- Impaired immunity such as HIV infection
- People with cancers
- Chronic neurological disorders
- Pregnant women

People  $\geq 65$  years of age, residents of nursing homes and other long-term care facilities, and Aboriginal and Torres Strait Island adults aged over 15 years are also at increased risk of severe complications from influenza.

Even if none of the above apply to you, it is better to be safe than sorry!

Vaccines, like other medicines, can have side effects, however the majority of side effects are minor. The most common side effects following flu vaccination include soreness, redness, pain and swelling at the injection site and a slight fever. These side effects are usually mild and resolve within a few days, without any treatment.

You should contact your doctor if you are concerned about you or a family member with a consistently high temperature.

This years flu season is shaping up to be a good one by the sounds of it, so come on down and get your flu shot today!

It will help you fight off the flu virus, prevent you from contracting it at all and it is free!

pop in to FIAAI any time from Tuesday– Friday between 8.30 and 4pm to get your flu shot!

Or call 63593532 to arrange a time when Maree will be free to see you.

Marley Clark,  
Trainee Aboriginal Health worker.

# FIAAI Healthy Lifestyle Quit Cafe

*Have you ever thought about the damage that smoking is doing to your body?*

**Have you ever thought about possibly quitting?**

*Are you aware of the different types of Nicotine Replacement Therapies (NRT)?*

**Is there somebody close to you that might want to quit?**



*Do you want tips on cutting down the amount you smoke?*

**Do you feel pressured to quit when talking to a GP about quitting?**

*Do you want help or support on your quit journey?*

**If so, then this is the perfect opportunity for you!**

**On the 3rd and 4th of April, Tania Wheatley from FIAAI's Healthy Lifestyle team will be coming to FIAAI alongside DHHS' Clinical Nurse Consultant Penny Prebble, who specializes in smoking cessation.**

**They are coming to FIAAI to provide you with an informal quit café session, in which you can come along, have a yarn and find out everything you need to know about smoking and quitting.**

The Quit Café at FIAAI will run on Thursday the 3rd from 1.30 onwards, afternoon tea will be provided.

Just bring yourself and all of your questions and concerns!

*Penny will also be available to do in home visits to you on Friday the 4th of April incase you cant make it to the Quit Café, or would feel more comfortable having a yarn with her in your own home.*

**Pleas contact the FIAAI Health Staff if you would like to come along , for catering purposes or if you wish to organize an in home visit.**

**PH: 63593532**

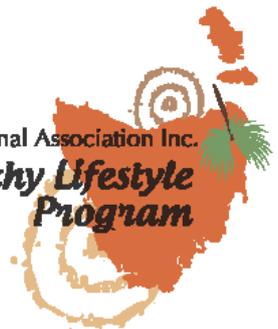
**If you have any concerns or queries don't hesitate to call us, we are happy to answer any questions you may have.**

**See you there!**

**Marley Clark,  
Trainee Aboriginal Health Worker.**

Flinders Island Aboriginal Association Inc.

**Healthy Lifestyle  
Program**



## Birthday Greetings To

2nd...Jo Willis

3rd...Jamie Pianta

3rd...Gina Green

3rd...John Cook Jnr

4th...Toni Wood

8th...Margaret Purdon



14th...Bob Harris

15th...Mark Newman

15th...Zac Longey

24th...Luke Newall

27th...Margaret Goss

28th...Gwen Wheatley-Turnbull

The health team welcome you to call in for a chat and / or cuppa.

You may want to pick up some medication, health information, purchase something from the pharmacy cupboard, borrow an interesting book or DVD from our resource library, look up some information on the NET, have your blood pressure checked or make an appointment for the next doctors clinic or visiting specialist.

Whatever it may be—our door is open and we welcome your visit.

Alternately we offer home visiting to you, sometimes people can feel more comfortable in the privacy of their home.

It's an interesting read  
Friendly Food from Food for Life

With comprehensive and easy to use food charts, sensible nutrition advice and lots of helpful lifestyle tips, leading allergy experts explain the difference between food intolerance and allergy, what food chemicals are, how they affect us, and our daily life and diet in order to avoid them.

You can borrow this book NOW from our Resource Library in the Health Office.

Our hours are from 8.30am till 4.30pm Monday to Friday, call us on

**63 593 532**