



FIAAI HEALTH NEWSLETTER

You're invited to Fiaai's
Men's Health Night
'In the Shed' at Baileys Garage

It's on Wednesday 19th March from 6.30pm with BBQ
dinner and drinks provided

It's a chance to discuss your health and get your BP
checked by a GP or an RN

Tim [the tool man] New will present a 'slide show' on
Antarctica and Dr Tim Flanagan will spend the evening
with us



shed happens

Health Events
Calender

Epilepsy Awareness
Month

Melanoma Month

9-15 World Glauco-
ma Week

10-16 Brain Aware-
ness Week

13 World Kidney
Day

20 World Oral
Health Day

20 National Close
the Gap Day

Hav'n a Laugh

An elderly husband and wife visit their doctor when they begin forgetting little things. Their doctor tells them that many people find it useful to write themselves little notes.

When they get home, the wife says, "Dear, will you please go to the kitchen and get me a dish of ice cream? And maybe write that down so you won't forget?"

"Nonsense," says the husband, "I can remember a dish of ice cream." "Well," says the wife, "I'd also like some strawberries and whipped cream on it."

"My memory's not all that bad," says the husband. "No problem — a dish of ice cream with strawberries and whipped cream. I don't need to write it down."

He goes into the kitchen; his wife hears pots and pans banging around. The husband finally emerges from the kitchen and presents his wife with a plate of bacon and eggs.

She looks at the plate and asks,
"Hey, where's the toast I asked for?"



Birthday Greetings To

2nd...Leah Barrett

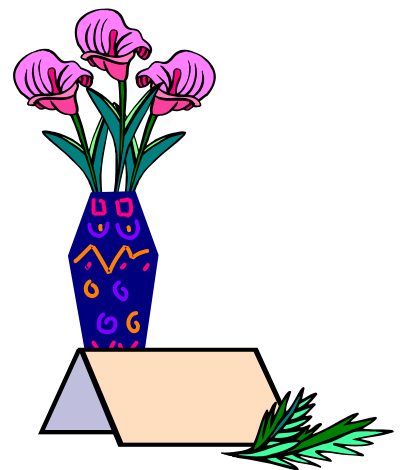
17th...Jack Wheatley

5th...Michelle Woolley

18th...Dylan Purdon

16th...Phil Longey

17th...Dyan Summers



Bodywork

WHAT YOU SHOULD KNOW ABOUT SKIN CANCER

Sun Sense

The sun damages your bodywork by its Ultraviolet Radiation [UV]. There are two types of radiation.

- UVA radiation causes early ageing and skin cancer.
- UVB radiation causes burning and skin cancer

Tanning is a sign that damaged skin is trying to protect itself from the sun's ultraviolet rays.

Skin Cancer

There are two types of skin cancer. Non-melanoma is the most common form of skin cancer. Watch out for:

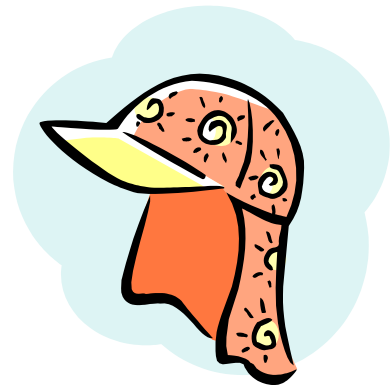
- A new growth or sore that does not heal as it should;
- A spot or sore that continues to itch, hurt, crust, scab or bleed;
- Constant skin ulcers that are not explained by causes.

Malignant Melanoma is the most serious form of skin cancer. Although it is relatively rare, it is on the increase. It most often appears as a changing mole or freckle.

Watch out for: **Size** : bigger than the butt end of a pencil. **Colour variety**: shades of tan, brown, black and sometimes red, blue or white. **Shape**: ragged or scalloped edge and one half unlike the other. **Itchiness; Bleeding**. Look at your moles and watch out for changes in them. The good news is; early diagnosis is likely to lead to recovery.

Follow the SunSmart Code

- ♦ **Seek shade**
- ♦ **Slip on clothing that covers arms, legs and torso, made from closely woven fabric**
- ♦ **Slop on sunscreen SPF 30+ every 2 hours and after swimming**
- ♦ **Slap on a hat, one that covers ears, neck and nose**
- ♦ **Wrap on sun glasses to protect your eyes**
- ♦ **Avoid being in the sun between 10am–3pm—that's when ultraviolet is at its strongest**



Try This Tasty Recipe

Vege Bake

- 2 large carrots [grated]
- 1/2 cup tasty cheese [grated]
- 1/4 cauliflower [cut into small flowerets]
- Small head broccoli [cut into small flowerets]
- Bunch fresh dill heads [chopped] AND OR
- 2 medium zucchini [grated]
- 1/2 cup flaxseed flour
- 1/2 teaspoon baking powder
- Salt and pepper to taste
- 1/4 cup olive oil
- 5 eggs



Preheat oven to 175c and prepare a ring pan [if not available a quiche dish will work]

Separate the eggs and add the beaten yolks to the above ingredients.

Mix together well in a large bowl.

Beat the egg whites till soft peaks form and fold into the above ingredients.

Pack firmly into tin.

Bake for 50 – 60 minutes or until feels firm to touch.

Cut into slices to serve.

Can be served with crispy bacon, steak, fish, chicken or a tossed salad.



IF YOU FANCY MEAT

What's important is the mix of food on your plate. The ideal mix is one-third or less of meat, chicken or fish and two-thirds of vegetables and pasta or rice

Maree's News

We have a couple of people coming over in March to talk to you about different aspects of managing your health.

Want to know how your medications work? Still confused about cholesterol tablets? What are your different puffers for? Could the aches pains you feel be a side effect of a medication?

How do supplements (vitamins and fish oils) affect you, your medications and are they any use?

Amanda, the Pharmacist from Bridport is coming over to give us a chat about medications and supplements.

When—Wednesday March 12 at 1.30 pm

Where—At FIAAI

Come along and have a general chat with Amanda. She'd love to see you and answer your questions.



eHealth Record

What is it? Do you need one?

You may have seen ads on the TV about a health record that any doctor, hospital or Emergency department can look at in a hurry to see what medications you are on and your medical history.

If you travel a lot or see a few different doctors it could be useful to have an eHealth record

A person from Tasmanian Medicare Local will be at FIAAI on **Wednesday and Thursday, March 19 and 20** to talk to people about the **eHealth record**. If you decide you want one, he will also help you apply for one.

Coming Events in March

10th...Public Holiday

12th...Clinical Psychologist

Peter C Browne

12th...General discussion on Heart Medications and Vitamin Supplements with Amanda from Bridport Pharmacy at 1.30pm

14th...Physiotherapy appointments available with Ianthe

15th—23rd...Seniors Week

19th...Andrew from Tas Medicare Local here to promote E—Health Records

19th...MENS SHED NIGHT

Held at Baileys Garage, 6.30pm start with BBQ and drinks supplied

**GET YOUR ENGINE TROUBLE CHECKED
YOUR SHOT SUSPENSION and
YOUR BODY WORK**

20th...Doctors Day

Dr Tim Flanagan will hold his clinic on this day. If you require a consultation longer than 20 minutes with the doctor, please let us know when you make your appointment on **63 593 532**

26th...Clinical Psychologist

Peter C Browne

Regular Events

Mondays...Heart Lung Maintenance at 12.30pm

Mondays...Sizzling Seniors Exercises at 10.30am

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 and Bubs Group at 9.30am

Fridays...Heart Lung Maintenance at 10.00am

Fiaai Farewells Alice

Alice Wise, daughter of Gina and Ronald has been working at Fiaai for over the past 12 months, but as from mid March Alice is off to Deakin Uni in Geelong where she will undertake a Bachelor of Nursing course via correspondence.

The course involves leaving Flinders every month for a week or two where she will stay on campus at Deakin.

Born in Launceston but raised on Flinders, Alice didn't move away until she was 16 to attend Launceston College and since returning in late 2012 she has been working at a few different jobs on Flinders until making her decision to study nursing.

Alice likes to draw in her spare time and can still look forward to spending time on the tranquil beaches of the Island when home.

We asked Alice, if she could spend some time around a campfire, who would it be with?

"It would have to be a really big campfire to fit all my extended family around especially my Mum, Dad and brothers who live here on Flinders and we could all just catch up".

Now that Alice has made her decision to begin her Bachelor of Nursing in March 2014, it will take 3 years to complete. After she is qualified as an RN, Alice says working within some of the smaller Indigenous communities around Australia is her goal.

We wish you good luck in your new career Alice....

