

Common Sense Comes Before a Fall

“A serious fall can lead to long-term hospitalisation, loss of independence and, in some cases, premature death,” said Lorraine Lovitt, Leader of the NSW Falls Prevention Program.

One in three people older than 65 have a fall each year, but some falls aren't caused by tripping over a dog or cat. Medicine could be the culprit.

Ms Lovitt said some medications, such as sleeping tablets, pain killers, high blood pressure medication, fluid tablets and some mood disorder medications (e.g. for depression) may increase a person's fall risk.

“These can cause unwanted side-effects such as drowsiness, dizziness, poor balance, frequent/urgent urination and changes to eyesight, such as blurry vision.”

That's why this year's theme for April Fools Day® is 'Medicate right to stay upright'. It's a new campaign by the Clinical Excellence Commission to promote the safe use of medicines.

“If you start taking a new medicine, change brands, take multiple medicines, or change your normal dose, you have an increased chance of experiencing the above side-effects,” said Ms Lovitt. “These can lead to a fall. If you are experiencing any side-effects, talk to your doctor or pharmacist.”

For more information on falls prevention visit www.cec.health.nsw.gov.au and click on the April Falls Day® 2014 link. For more information about Falls Prevention initiatives happening in Southern NSW Local Health District please contact Falls Prevention Coordinator Niccola Follett on 02 4475 1639.

Want to Stay Fab, Get Your Flu Jab

For almost 3,000 Australians each year, the flu can be much worse than feeling crook for a few days. “Approximately 2,800 Australians die every year, either directly from the seasonal flu, or complications due to the flu, or pneumonia,” said Tracey Oakman, Director Public Health southern NSW Local Health District. According to Ms Oakman, flu vaccinations are the single most effective way of helping fight the disease. This year's Influenza vaccine is now available and everyone in the Southern NSW Local Health District, should think about getting their shot.

Ms Oakman said the flu vaccine is recommended for everyone from 6 months of age upwards but it is free for people at high risk of complications. These high-risk groups are:

People 65 Years and Over

People aged 65 years and over have the highest risk of complications associated with seasonal flu.

Aboriginal and Torres Strait Islander Persons

All Aboriginal and Torres Strait Islander persons 15 years of age and over are eligible for free flu shots. Influenza is a major cause of preventable sickness and death amongst Aboriginal and Torres Strait Islander people.

Pregnant Women

The flu vaccine can be safely given during any stage of pregnancy. Pregnant women are at higher risk of severe complications associated with the flu. Vaccinating against flu during pregnancy also provides protection for babies during their first vulnerable months of life.

People Medically at Risk

People with some existing medical conditions are more likely to experience complications from flu. These include anyone who is 6 months of age and over who has:

Heart disease.

Severe asthma.

Chronic lung condition.

Chronic illness requiring medical follow-up or hospitalisation in the past year.

Diseases of the nervous system.

Impaired immunity.

Diabetes.

Children aged 6 months to 10 years on long-term aspirin therapy are also at risk.

Volunteer Thank you.

Without the help given by volunteers the world would be a very different place. In Bendoc we like to acknowledge the people who make our Centre work a little better.

This month The Bendoc Progress association would like to thank three people for their help.

Charlie Burton who each month drives the Bendoc Bus to Merimbula never asking for payment. Charlie is always very organised, reliable and helpful. Also this month Charlie has been out and sprayed the weeds at the Centre and is never far away when the working bees are on... Thank you Charlie...

Secondly we would like to thank Susan Phillips who on several occasions now has driven the Bendoc Bus to Merimbula. During this month Susan transported the Seniors to Merimbula for a pleasant day out which included lunch and shopping. Susan always goes out of her way to make sure everyone is safe and happy. Thank you Susan.

Last but not least Cleo Jamieson. Thank you Cleo for coming to the recue with your pressure cleaner and spraying down the Bendoc Resource Centre building. The clean was well over due and it was great to have some extra help. Thank you Cleo you performed a champion job.



“The Termite Specialist”

Is now servicing Bendoc!!!

We offer Prompt, Reliable Service for all of your pest control needs.
Domestic and Commercial.

Spider Treatment Inside and outside \$210.00

Spiders outside only \$198.00

Full Termite Inspection including report \$260.00

Or the package

Termite inspection and Spider Treatment Package \$360.00

All prices include GST and all treatments come with a

FREE roof void rodent treatment.

We can also take care Rodents, Fleas, Crickets, Termites and nest locations, Cockroaches, Pre-Purchase Inspection and Pre and post construction

Please Call **0428 638 925** to book your treatment.

Bendoc Ladies At Lunch



Pictured above.
Denise Nichol
Maribel Cameron
And Aurora Reed.

Noeline and Cleo

Any excuse is a good excuse for lunch for the ladies from Bendoc picture here at the International Women's Day which was held on the 5th of March 2014.

The day commenced at The Delegate School of Arts Hall, there were stalls and Information stands, hand massages and more.

Bronwyn Wright was the Guest speaker at the Morning Tea sharing more of her incite into her Grandmothers life.

Then it was down to the Delegate Country Club for a delicious meal for over 70 ladies. The ladies listened to the Guest Speaker for the afternoon session, Noeline Dahlen-Maclean.

Noeline is a women of many talents and loads of life experience. Olympic Diver, Gallery Owner, Farmer, Educator, and champion to the disabled. It was an experience not to be forgotten in a hurry. To top off all her many talents Noeline has a lovely warm and friendly nature and was a fantastic choice for International Women's Day and will be welcomed back to the area anytime. Thanks to those who coordinated such a wonderful day for the ladies in the area.

Playgroup 2014

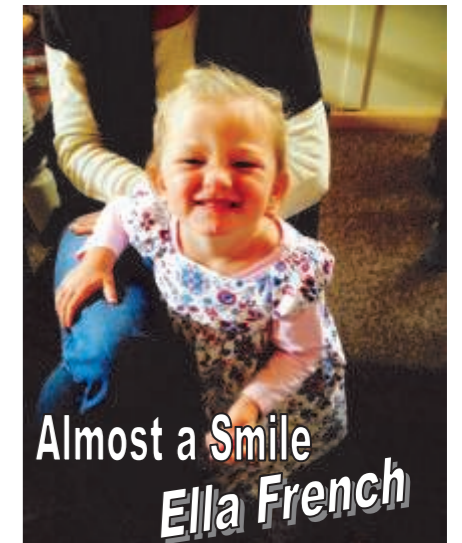
On several occasions during 2013 the Bendoc Resource Centre hosted a Playgroup in con-junction with the Little Green Frog. The Delegate Playgroup have been invited out by the Bendoc Resource Centre to join with the Green Frog to give the children a different experience and giving the opportunity for parents in the Bendoc area to become a part of this group.

The change of venue has always been something that is enjoyed by all parents and children. There have been parents in the Bendoc area who had not attended the Delegate Playgroup and this has been a really good introduction to how important these groups can be in our isolated area.

During March this year the Playgroup was held again at the Bendoc Hall. Unfortunately due to road closures the Green Frog was not able to attend however the group met and had a very enjoyable couple of hours. Lunch was provided by the Centre and the Mums who attended had a very relaxing morning. The new Play Group Co-ordinator for Delegate is Mary Marrapodi (Pictured below sitting with the children), Mary enjoyed the day and it is hoped that dates for the future for Bendoc visits will be confirmed before the next edition of the Bendoc Wheel.



Mary caring for the Children



Almost a Smile
Ella French

Bendoc Craft Launch and Expo

As the Bendoc Craft Group has been slow getting together and launching the 2014 year due to circumstances beyond control this year. It has been decided that a special Mini Craft Expo will be held at Bendoc on Tuesday the 8th of April. Anyone and everyone's welcome to attend. The event will be held at the Bendoc Hall from 10am till 2pm with a light lunch provide by the Bendoc Progress Association. Everyone are encouraged to bring along their craft or just come along and take a look at what others in the region are capable of achieving. Visitors can take a look at what the person is demonstrating and ask questions on how to make the item as well as perhaps even arranging to meet the exhibitor at the Centre for a demonstration on another occasion. This will be a really enjoyable way for those in our community to share their talent as well as give the Bendoc Resource Centre a better idea about what people are wanting the centre to offer for Workshops during 2014 Come along and bring a friend.

Special Invitation

Two of our Bendoc ladies, Cleo Jamieson and Maribel Cameron where invited along with several of their friends to attend a Multi-cultural Affair Day in Cooma during March.

The day is organised each year to celebrate the mixed cultures in our community and allow these cultures to share their experience, clothing, food and dance with the greater community.

The ladies have been approached to dance as part of this day next year and we hope they will allow the Bendoc residents a sneak preview should they take up the invitation..



Bendoc Resource News

Seniors Adventure

March has been all go at the Bendoc Resource Centre. With Seniors Week nationally being celebrated between the 16th and the 22nd of March this year it was decided that a Seniors Week trip be organised for the week prior to go to Merimbula so that people would not miss out on events in Bombala. The trip took place on Monday the 10th of March and 15 Seniors from throughout the Bombala, Delegate, Bendoc area attended. There were some unexpected last minute cancellations however the seats were quickly filled with shopping.

The day started off with a stop at Wyndham for coffee, then on to Pambula to the specialty shops in the main street. Then back on the bus and out to the Wharf Restaurant at Merimbula for delicious lunch for one and all. Lunch was followed by a tour of the Aquarium below the Wharf Restaurant and then just enough time for a power shop in Merimbula.

To recuperate after the shopping it was out to Oaklands Nursery, Gallery and Coffee Shop at Pambula.. Then a relaxing drive home on the bus for everyone. The definite PLAY OF THE DAY goes to one of the ladies who managed to find 2 outdoor chairs at the Red Cross in Merimbula for the bargain price of just \$2.00 each and even more fun fitting them on the bus. Made for few laughs and a cosy trip home but worthwhile for the extremely happy purchaser.

The entire days activities only cost each Senior \$10 thanks to funding from the East Gippsland Council , The Delegate RTC, The Bendoc Progress Association and the NSW Government Seniors Week Grant Funding.



Biggest Morning Tea

Last year a Biggest Morning Tea was held at the Centre and another is planned for early May. A final date for the celebration will be finalised before the next Bendoc Wheel. Last year \$195.00 was raised **for the Cancer Council and it is hoped to raise even more this year. It's a great way to catch up with** those that may live close to you but you never get to see. Just stop in a have a catch up and a coffee and make a donation if you wish. Remember that cancer touches everyone and the more money raised the more research and the closer it will be for a cure.

Recipe Of The Month

10 Minute Breakfast Muffins

1 3/4 Cups self raising flour

1 tablespoon caster sugar

100gm reduced fat, artificially sweetened yoghurt

1 egg

3/4 cup light milk

1 cup canned pie apples or apple sauce

2 Tablespoons low-joule caramel Toppings

2 tablespoons low joule caramel topping, extra for topping

Lightly coat 6 microwave-safe muffin pans or ramekin dishes with cooking spray.

Sift the flour into a medium bowl and stir in the sugar.

Combine yoghurt, egg, milk, apples and caramel topping in a separate bowl, then add to the flour mixture. Stir gently until just combined.

Spoon mixture into the prepared pans and microwave on high for 6-7 minutes

Serve with extra caramel topping.

Cooking time of about 5 1/2 minutes will be required in a 1000w microwave.

Birthday For April

Happy Birthday Russell Jamieson

JOKES

With computer technology being so important these days it's good to sit back and laugh at ourselves. This joke will relate to all those who struggle with remembering passwords.

My memory is getting so bad that I had to change my password on the computer to make it easier for me to remember . The best option by far I thought would be to change the password to yes you've guessed it "Incorrect" so that way when I log in with the wrong password the computer tells me that I have it incorrect and that would remind me.

One women told another "my neighbour is always talking badly about her husband, but look at me, my husband is foolish, lazy, ugly, smell, rude, obnoxious and a coward but have I ever said anything bad about him!"

Wife... "Wake up, honey! Some thieves have broken into our house and I think they're eating the food I made last night".
Husband... "Then we better call an ambulance then."

I used to have a real ly good handle on life but it broke.

The Delegate Multi Purpose Service

The Delegate Multi Purpose Service has lots to offer on a daily and weekly basis below is a listing of services available to the Community as well as a Visiting Staff Profile.
Delegate Multi Purpose Service

Wellness Clinic is held at the MPS, in Craigie Street Delegate. People come to the clinic for procedures and assessment by nursing staff.

The clinic is open
 Mon 9am -10.30am Tues 9am – 10am
 Thur 9am – 10.30am Fri 9am – 10am

Every week except public holidays. No Appointments necessary.

A variety of procedures are available.

- Wound care
- Blood pressure readings
- Blood sugar readings
- Non-urgent ECG's
- Suture or clip removal
- Injections – with Dr's written order
- Other procedures that do not require a Dr.

Pathology clinic

Wednesday 9.30am – 10.30 am. No appointment necessary. Closed public holidays.

Other Services

- Women's Health Nurse – 3rd Wed of the month
- Dietician and Diabetes Educator – 2nd Thur of the month
- Immunisations – 4th Fri of the month
- Podiatry – for HACC clients – monthly
- Ring the MPS for appointments for the dietician, diabetes, immunisation, podiatry and women's health 6459 8000

Child and Family Health

Visit Delegate MPS on a regular basis ring Kirsty on 6458 5777 for an appointment.



Community Bill Board

LIBRARY VAN. The Library Van will visit Bendoc on Thursday the 10th and again on Thursday the 24th of April 2014.

BENDOC PROGRESS ASSOCIATION MEETING. Thursday the 1st of May 2014.

BENDOC CRAFT GROUP. The Bendoc Craft Group will return to meeting on the 2nd and 4th Tuesday of each month next year as the weekly program has not been as successful with groups not being able to schedule in advance to coordinate days. The Groups first Tuesday for 2014 will be Tuesday the 8th of April 2014 with lunch and Craft Expo at the Bendoc Hall at no charge all welcome. .

BENDOC BUS The Merimbula Bus will resume running the second Friday of the month. Phone Claire on 6458 1433 or Nola on 6458 3285 for details.

For Further Information Phone Bendoc Resource Centre 64 58 1402
 TUESDAY—9.30am-3pm WEDNESDAY—10am-2pm THURSDAY — 9.30am-3pm
 Email.... bendocpa@bigpond.com

BENDOC WHEEL

bendocpa@bigpond.com

Bendoc Fishing Club

The Bendoc Fishing Club held there Annual wind-up over Friday and Saturday the 21st and 22nd of March. The Old Bendoc School House and grounds were the back drop and the weather was just what was needed. Lunch time Saturday was the weigh in after which the celebrations started with raffles and the usual games. It was really good to see some of the bush crew from years gone by come back and get involved on the day.

Katrina and Wayne Jamieson won the major raffle and Maribel Cameron the \$1000.00 cash. Congratulations to all and well done to the fisher man and women.

The results were as follows.

- Junior Biggest Trout Janine Jamieson 255gms
- Biggest Redfin Junior Aiden Camm 345gms
- Biggest Black Fish Russell Jamieson 445gms
- Biggest Red Fin Joe Camm 395gms
- Biggest Black Fish Sandy Stokes 400gms
- Biggest Bag Eels Junior Nicholas Camm-Ohehir 1115gms
- Biggest Bag Eels Senior Joe Camm 1665gms
- Senior Biggest Trout Jessie-Rey Abinal 695gms

Jake Jamieson Memorial Trophy Most Consistent Fisher Person

- Junior Russell Jameson 725 points
- Senior Jessie-Ray Abinal 695 points

- Biggest Off Comp Trout Nichols Camm-Ohehir 820gms
- Junior Encouragement Bryson Phillips Jones.

All the children had a great day, the stick cubby house was a huge team effort and (pictured below) was definitely bigger than the fishing comp.

Kathy Smith and the other committee members would like to say a big thank you to everyone who helped throughout the year. Special thanks to those who organise raffles and catering on the day and wish everyone the best for the next season. New members are always welcome, phone Kathy Smith for details. 02 6458 8233



March 2014



THIS ISSUE

Volunteer Thank you ... Pg 5

Health Tips ... Pg 4

Community Bill Board... Pg 8

REGULAR FEATURES

Recipe

Joke

Social

RESOURCE CENTRE

Open 3 days

Tuesday

Wednesday

Thursday

10am - 2pm