

WINDA-MARA



HEALTHY LIFESTYLE NEWSLETTER

August 2018

Are you at risk of DIABETES TYPE 2

Are you eating vegetables everyday, are you exercising for at least 30 mins a day, have you got family members who have been diagnosed with diabetes, are you overweight?

These are some of the lifestyle factors that increase your risk of developing type 2 diabetes. If you think that you are at risk of developing type 2 diabetes, please contact our Aboriginal Health Workers at Winda-Mara to discuss how we can support you on your journey to better health .



Other Services

BLOOD TESTS

FLU VACCINE

DENTAL

PODIATRIST

REFLEXOLOGY

MASSAGES

PSYCHOLOGY

DIETITIAN

HEALTH ASSESSMENT

In this issue

- TIS BLC
- Mens Group
- Sports Carnival
- Ear & Eye Health

A HEALTHY COMMUNITY IS A HAPPY COMMUNITY

MOOD + FOOD Session

Wednesday 29th August 2018

5pm

Winda-Mara Heywood

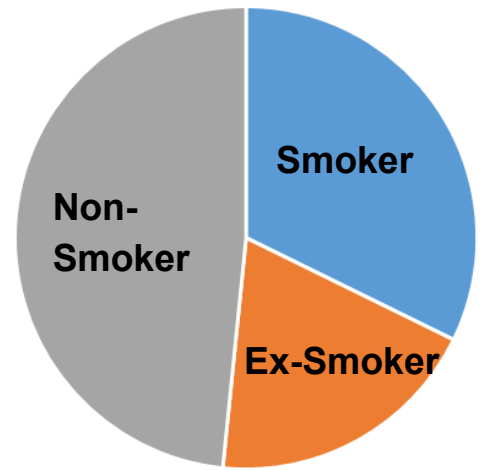
Come along to listen to our dietitian Fiona discuss how foods we eat can affect our mood.

There will also be snacks and meals to try.

Community Dinner will be after the session.

**Winda-Mara service
509 active clients**

**12% of Winda-Mara
active clients
participated in the**



TIS BIGGEST LOSER CHALLENGE



TOP 10

- 1. Tash Nepean**
- 2. Madeline Kinghorn**
- 3. Charmaine Barker**
- 4. Joshua Salzman**
- 5. Talara Harrison**
- 6. Wendy Monk**
- 7. Marley Bryant**
- 8. Carleen Pickett**
- 9. Rhaedel Pickett**
- 10. Sherree Chaudhry**

**Combined total weight
loss of 107.1kg**

**24% of participants
completed 8 or more personal
training sessions**

**273 visits to the personal
training sessions**





The Ear Health Program

- Look for signs of infection or other abnormalities of the external and middle ear.
- To ascertain the function of the middle ear
- To assess the range of sounds you can hear

Hearing Test -The Regional worker performs 3 hearing test

Otoscopy: is the visual examination of the outer ear with a special torch called otoscope.

Tympanometry: is a test of the middle ear function. It measures the movement of the middle ear system. It is not a hearing test. Can only be done on children older than 6 months of age. The ear canal for younger infants are too elastic.

Audiometry: is the measurement of hearing. This will give the client information to take to their GP if they are referred to Australian Hearing Services

The Eye Health Program

- Provide a program of early detection and management of eye disease in people with Diabetes and family members who are risk of diabetes.
- Provide education to the community on the importance of good eye sight.
- Liaise with agencies involved in eye health.

Eye Test: The regional worker will perform a 3 meter visual acuity test with the eye chart.

Then take photos of your eyes with the retinal Camera, looking at the Optic Disc and the Macular. Hearing and Eye test can be arranged for Free.

You receive a copy of the information to take back to your optometrist or your GP. Just contact your local Aboriginal Co-op to make an appointment.

Anne-Marie Banfield Regional EYE and EAR Coordinator
21 Scott Street, Heywood 3304 Email: annemarie@windamara.com
Mobile: 0408 948 576 Phone: (03) 5527 0055

Low Intensity Exercise Class

Every Thursday

11am

Winda-Mara Heywood

The sessions will run for 45 mins and include a gentle warmup, range of seated and standing exercises, stretches and educational material.

The sessions help improve muscle strength, cognitive function and energy levels. Also a great class for anyone who wishes to begin exercising but needs support getting started.

Please contact Jessica on 5527 0000 if you wish to attend.



Winda-Mara Men's Group

Friday 31st August 2018

**Please contact Shane for more information on
5527 0090.**

VACSAL Statewide Junior Football & Netball Carnival

3rd & 4th October 2018

Echuca

Please contact Caitlin at
Winda-Mara if your child would
like to play.

Victorian Statewide Football and Netball Carnival

13th & 14 October 2018

Ballarat

Please contact Caitlin at
Winda-Mara if you would like to
play.

VACSAL Victoria Statewide Koorie Women's Football Carnival

10th & 11 November 2018

Melbourne

Please contact Jessica at
Winda-Mara if you would like to
play

Looking for motivation to QUIT smoking!

Please see incentives below if you sign up with Winda-Mara QUIT program today.

Stepping Stones on the Quit Journey

1 month: \$20 Woolworths Voucher

3 month: \$40 Sports Power Voucher

6 month: \$60 Butcher voucher

9 month: \$80 Village cinema gold class voucher x2

12 month: \$100 Dinner voucher for 2 at Edwards/Macs

To be eligible for the incentives clients must:

- ♦ Sign up to Winda-Mara's Quit program
- ♦ Quit for that period of time
- ♦ Attend regular 1 on 1 session with the TIS worker
- ♦ Blown green in the smokerlyser at random testing times
- ♦ Complete a spirometry & peak flow test
- ♦ Be up to date with a health check

For more information please contact:

Edith

TIS Co-ordinator Winda-Mara

55270000

Contact Us

Give us a call for more information about our services

Winda-Mara

Heywood Office

03 5527 0000

Hamilton Office

03 5527 0090

Visit us on the web at
www.windamara.com.au



Charmaine Barker has now been smoke free for 299 days, she's lost 17kg and saved \$7072 .

"I FEEL AMAZING.... AND IS TRULY VISIBLE.... Not only that I am less stressed now that I have quit smoking. I'm so proud of myself and urge my friends and family to join me on the journey of a smoke free life".