



# BeWell news



## Welcome to BeWell News for April 2022

The challenges and uncertainty we've faced over the past two years has highlighted just how important it is to be prepared.

As we approach winter, the changing of the seasons provides us with a timely reminder about reviewing our vaccination status, not only for a COVID booster that might be due, but for the coming flu season.

Taking steps to be ready for any challenges ahead includes reviewing your first aid kit and having essential supplies on hand, including insect repellent. As the weather gets milder, and there's a lot more water around, the number of mosquitoes will start increasing. Every day brings its own new challenges, and we're still facing a great deal of

uncertainty. Connecting with family, friends and neighbours can help boost confidence and reduce anxiety in these difficult times. Our social inclusion team is also helping, by offering a friendship group (bookings are required).

And finally, more and more of our world is being connected using digital devices. If you need help with technology, support is available at our local libraries.

Wishing you all the best for the coming year.



Mayor Stuart James

### IN THIS EDITION

- What to add to a First Aid Kit
- Preparing for Hospital – What to pack in overnight bag
- What happens on a Public Holiday?
- Tech Help
- Keep Moving Monash – Carers Class
- Advance Care Planning (ACP) is about you
- Friendship Friday Update

Feedback on 9518 3553  
[communitysupport@monash.vic.gov.au](mailto:communitysupport@monash.vic.gov.au)

Next edition, August 2022

#### Public Holidays 2022:

- Friday 15 April, Good Friday
- Saturday 16 April, Holy Saturday
- Sunday 17 April, Easter Sunday
- Monday 18 April, Easter Monday
- Monday 25 April, Anzac Day
- Monday 13 June, Queen's Birthday

**Council's Domestic Assistance and Respite Services are not available on Public Holidays.**



CITY OF  
**MONASH**

# WHAT TO ADD TO A FIRST AID KIT

Home kit contents: A household first aid kit should include these 16 items

- 1 Adhesive tape** 
- 2 Anaesthetic spray (Bactine) or lotion (Calamine, Campho-Phenique) for itching rashes and insect bites.**
- 3 5cm, 7.6cm and 10cm ACE bandages for wrapping sprained or strained joints, for wrapping gauze on to wounds, for wrapping on splints.** 
- 4 Scissors** 
- 5 Fexofenadine (telfast), Lorabandine (claratyne) or Cetrizine (zyrtec) oral antihistamine for allergic reactions, itching rashes. Avoid topical antihistamine creams because they may worsen the rash in some people.** 
- 6 10cm x 10cm sterile gauze pads for covering and cleaning wounds, as a soft eye patch.** 
- 7 Examination gloves for infection protection, and can be made into ice packs if filled with water and frozen.**
- 8 Normal Saline to cleanse wounds.** 
- 9 Non-adhesive pads (Melolin) for covering wounds and burns.** 
- 10 Pocket mask for CPR.**
- 11 Ziplock bags as a container for contaminated articles, can become an ice pack.** 
- 12 Tweezers for splinter or stinger or tick removal.**
- 13 Safety pins (large and small) for splinter removal and for securing triangular bandage sling.** 
- 14 Triangular bandage as a sling, towel, tourniquet.**
- 15 Adhesive bandages (all sizes).** 
- 16 In case of a medical or trauma related emergency, a list containing medical history, medications, doctors, insurance company, and contact persons should be readily available.** 



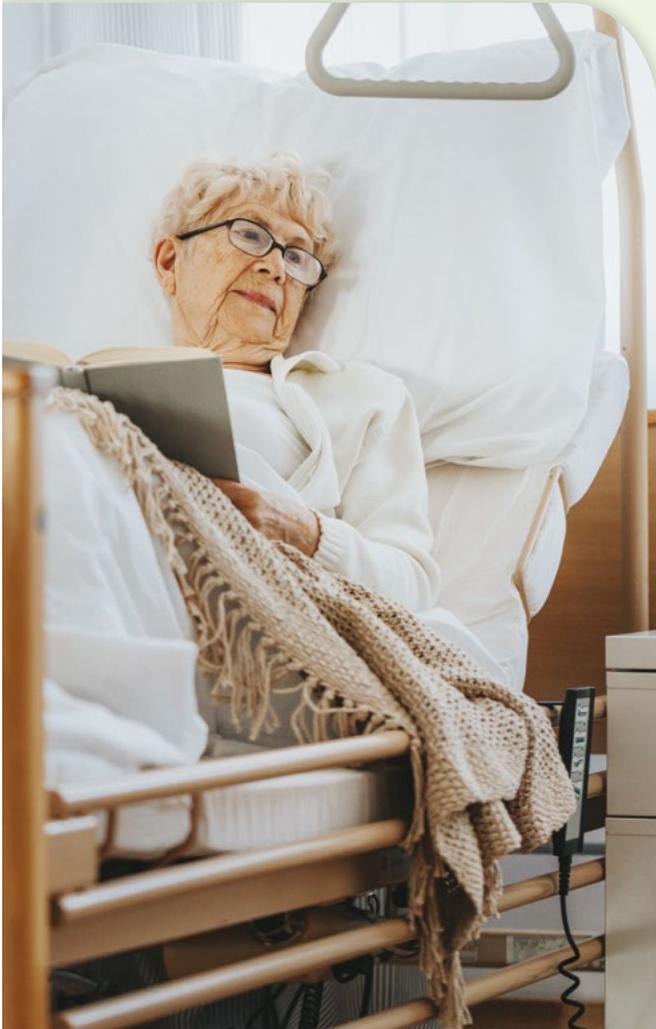
Source: [www.emedicinehealth.com/first\\_aid\\_kits/article\\_em.htm](http://www.emedicinehealth.com/first_aid_kits/article_em.htm)

LANGUAGE ASSIST

普通话	9321 5485	සිංහල	7005 3002	Việt Ngữ	9321 5487	한국어	9321 5484
Ελληνικά	9321 5482	Italiano	9321 5483	தமிழ்	7005 3003	Bahasa Indonesia	7005 3001
廣東話	9321 5481	हिंदी	7005 3000				

## PREPARING FOR HOSPITAL – WHAT TO PACK

Hospital rooms don't have a lot of personal space, so take only the personal things you need for your hospital stay. Items you may want to take in an overnight bag could be:



- your address book with important details, including your local doctor's name, address and telephone number
- a notebook to record important information, such as questions to ask medical staff
- pyjamas
- toothbrush, hairbrush, deodorant, razor and soap
- comfortable clothes that are not too tight
- books or magazines
- eyeglasses
- healthy snacks
- Medicare card, healthcare card, Veterans' Affairs card
- any equipment you need to help you move (such as a walking stick) or communicate (such as a hearing aid)
- mobile phone or tablet and charger
- any paperwork the hospital has asked you to fill out.

### Do not bring:

- a lot of money
- expensive things, like jewellery and watches
- too much clothing
- alcohol.

[www.betterhealth.vic.gov.au/health/servicesandsupport/preparing-for-hospital#what-to-take-to-hospital](http://www.betterhealth.vic.gov.au/health/servicesandsupport/preparing-for-hospital#what-to-take-to-hospital)

## WHAT HAPPENS ON A PUBLIC HOLIDAY?

**During the year there are a number of public holidays where our CHSP services are reduced. On declared public holidays, only the essential service, personal care, is supported. Other services are cancelled.**

In the office, staff work up to two weeks prior to a public holiday to ensure clients needing support receive the personal care services they require on public holidays when a smaller number of care workers are available.

Meals services offer a meal the week prior to the public holiday, and do not deliver on the day.

Care workers and administration staff take a break on a public holiday to visit family and friends or take part in other significant cultural events.

**Please take note of public holidays in your diary or calendar.**



## TECH HELP

### Tech help program will recommence in 2022

Tech Help is a weekly, casual session where you can seek help to troubleshoot technology. A library volunteer can assist you with your questions about a range of topics.

Topics include:

- Computers
- Email and social media
- Smartphones and tablets
- eLibrary resources

Bookings essential as numbers are limited. Phone the branch to book, up to one week before the session.



#### Clayton Library

Phone: 9541 3120

Weekly sessions during term times.

Time: 2pm-3pm, Monday

#### Oakleigh Library

Phone: 9518 3970

Weekly sessions during term time.

Time: 1pm-2pm, Tuesday

#### Glen Waverley Library

Phone: 9518 3030 (commencing after Easter)

Weekly sessions during term times.

Time: 10.30am-11.30am, Monday

#### Mount Waverley Library

Phone: 9518 3950

Weekly sessions during term time.

Time: 2pm-3pm, Wednesday

#### Wheelers Hill Library

Phone: 9265 4877

Weekly sessions during term time.

Time: 2pm-3pm, Friday



## KEEP MOVING MONASH

**ACTIVE  
MONASH**



### Carers Class

Carers play an important role and need time out to look after their own health and wellbeing as well as having a place to network with other carers to feel supported and rejuvenated.

The new Carers Class at Monash Aquatic and Recreation Centre is designed for carers who hold a carers card and live, work or play in the City of Monash.

The class is a fun class including a mix of cardio, strength, balance and coordination exercises that are easy to follow and suitable for all levels of fitness.

**When: Starts Wednesday 2 June at 11.30am**

**Location: Monash Aquatic and Recreation Centre**

**Cost: \$7.80 per session or 10 visit pass \$70.20**

Any full members are able to access this class as part of their membership if they show a carers card.

## ADVANCE CARE PLANNING (ACP) IS ABOUT YOU

Everyone has the right to make their own decisions. Life is unpredictable, and you may experience an injury or illness that causes you to be unable to make decisions, either temporarily or permanently.

In Victoria, there are a number of laws that enable you to plan ahead, should a time come when you are unable to make certain decisions for yourself.

Ways that you can plan ahead include:

- appointing a medical treatment decision maker
- completing an advance care directive
- appointing a support person
- making an enduring power of attorney.

By completing these forms, you are appointing someone you trust to make the decisions you would make for yourself if you were able. Documenting your preferences and decisions helps guide this person.

The Advance Care Planning Service at Monash Health (a part of Monash Hospital) assists people who wish to make a plan for their future healthcare.

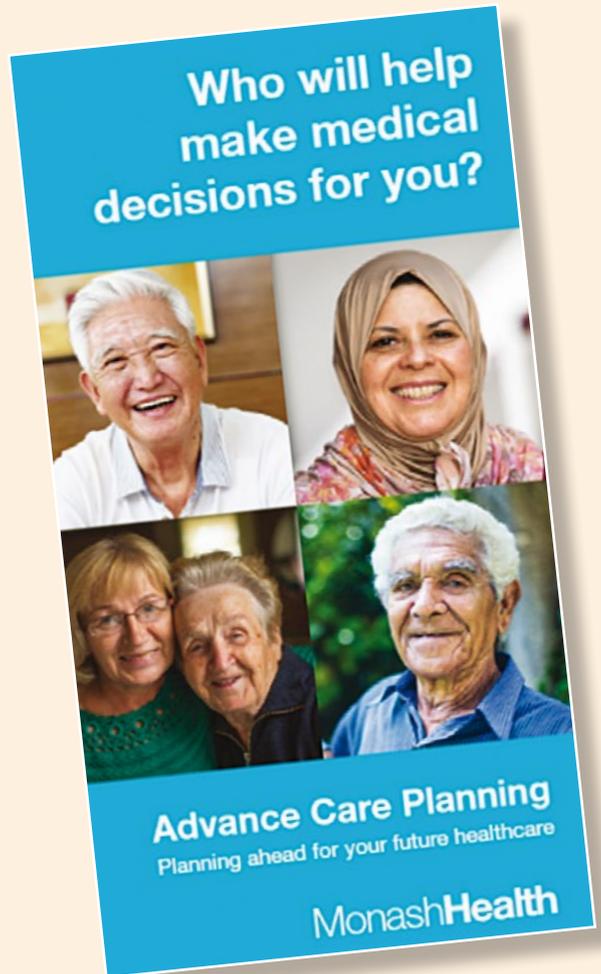
**The service is provided free of charge.**

**For more information, or to arrange an appointment:**

**Phone: 9594 3475**

**Email: [acp@monashhealth.org](mailto:acp@monashhealth.org)**

**Website: [Advance Care Planning \(ACP\) Monash Health](#)**



## FRIENDSHIP FRIDAY UPDATE

Friendship Friday has moved to weekly sessions, due to popular demand. The sessions will run from 9.30am to 12.30pm every Friday.



Come and enjoy this relaxing place where you can pop in at any time, meet like-minded people, make new friends, socialise and try your hand at the vast array of activities on offer.

These include exercise, knitting circle, technology support, arts and crafts, exercise, gardening and so much more.

**Bookings are required. For more information and to book phone (03) 9518 3555 or visit [www.trybooking.com/BTNUU](http://www.trybooking.com/BTNUU)**