



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

# Patient Newsletter

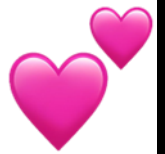
www.vineyardmedicalcentre.com.au

2-6 Sussex Court,

Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699



## WELCOME

VMC would like to give a big warm welcome to 3 new registrars that will commence on the 5<sup>th</sup> of Feb!

Dr Binari Wijesundara

Dr Eleanor Tangas

Dr Sofie Mikosza

We are all so excited for them to join the team!

*goodbye*

We sadly say goodbye to our dearest Dr Alexandra McCutchin!

Thank you, Alex, for joining the team from the last 6 months! We hope to see you back here soon and we wish you the world on your next adventure!

## Happy Valentine's Day

Happy Valentine's Day to all. Valentine's Day is a sweet reminder to slow down and bask in the love, throw a few extra compliments as you walk around town and switch your usual black t-shirt for a bright pink one! It is a motivator to be smiley, giggly and full of love!

## CONGRATULATIONS!

A big congratulations to receptionist Sarah Y who has welcomed a beautiful baby boy into the world on January 4<sup>th</sup>

Mum and bub are doing great!

## Doctor's Availability for 2024

Doctor	Monday	Tuesday	Wednesday	Thursday	Friday
Dr Joseph Horvat	8.30am-6.00pm	7.30am-3.30pm	7.30am-3.30pm	7.30am-3.30pm	
Dr Jim Lupton	8.00am-4.00pm	8.00am-4.00pm	9.30am-6.00pm	8.00am-1.00pm	8.00am-4.00pm
Dr Rory Bartlett	8.00am-5.00pm	7.30am-3.30pm	7.30am-3.30pm	7.30am-3.30pm	8.00am-6.00pm
Dr Erica Halligan	9.30am-2.00pm	9.30am-2.00pm	9.30am-2.00pm	9.30am-2.00pm	9.30am-2.00pm
Dr Anna Proietto	9.15am - 2.30pm	7.30am-2.30pm	7.30am-2.30pm		
Dr Trisha Cunningham	8.00am - 2.00pm	8.00am - 2.00pm		8.00am - 2.00pm	8.00am - 2.00pm
Dr Chantal Gangemi	8.30am-5.30pm	8.30am-5.30pm	8.30am-5.30pm		
Dr Faith Drew		8.30am-4.00pm		8.30am-4.00pm	
Dr Anthony Bianco	8.00am-5.00pm	8.00am-6.00pm	7.00am-3.30pm		7.00am-4.00pm
Dr Kirsten Jensen	8.00am-4.30pm				9.30am-6.00pm
Dr Eleanor Tangas	10.00am-6.00pm	8.30am-4.30pm	8.00am-4.00pm	9.00am-5.00pm	
Dr Sofie Mikosza	7.30am-3.30pm		8.30am-4.30pm	10.00am-6.00pm	
Dr Binari Wijesundara	9.00am-5.00pm	8.00am-4.00pm	10.00am-6.00pm	8.00am-4.00pm	8.30am-4.30pm



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

## Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,

Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699



# Nurse Updates

## Self-collecting cervical screenings

Cervical Screening Tests as the best way to protect yourself against cervical cancer. Did you know - most cases of cervical cancer occur in people who have never screened or are not up-to-date with their screening.

### What is self-collection?

Self-collection is when person takes their own sample for cervical screening. The sample is taken with a long cotton swab and can be done here at VMC in a private room, or you can take it home to complete.

### Who is eligible for self-collection?

People with a cervix are eligible from ages 25-74, to do a self-collection if they are not experiencing any unusual bleeding, pain or discharge. Our GP's and nurse cervical screening provider Lauren are able to discuss your options with you.

### Is a self-collected sample as effective as a sample taken by my GP?

When a GP / nurse takes a sample for cervical screening, they are collecting a sample of cells from your cervix. If you take your own sample via self-collection, you are collecting cells from your vagina. HPV can be found just as well in both cells from your cervix and cells from your vagina.

If HPV is found on a self-collected sample, you may be referred to a specialist for further tests, or you will need to go back to your GP to have a sample of cervical cells collected, to see if there are any abnormal changes to your cervix.

For more information visit <https://www.cancer.org.au/cervicalscreening>

Cervical  
Screening Self  
Collection





Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

## Patient Newsletter

[www.vineyardmedicalcentre.com.au](http://www.vineyardmedicalcentre.com.au)

2-6 Sussex Court,  
Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699



# Primary Health Care Nurse **DAY**

## Wednesday 7<sup>th</sup> of February 2024



The first Wednesday in February each year is Primary Health Care Nurse Day, where we celebrate the amazing work that nurses do outside of the hospital setting, in aged care, community, general practice, custodial, schools and a range of other primary health care settings.

Primary health care is the cornerstone of our health care system, but most people think 'hospitals' when they think 'health'.

Primary health care is the first point of contact for individuals and families with the health care system and plays a pivotal role in prevention, early intervention, and ongoing care.

Primary Health Care Nurses Day is our chance to shed light on the incredible work being done by 96,000 primary health care nurses nationwide and highlight the vital work that they do that positively impacts the health and wellbeing of every Australian.

On Primary Health Care Nurses Day, join the vibrant celebration by wearing primary colours. Embrace the power of red, blue and yellow on the first Wednesday in February to symbolise gratitude for all primary health care nurses and the important work that they do in proactive wellbeing and keeping Australians out of hospitals.

Thank you to our wonderful nurses, Cathy, Lauren, Erin and Ashleigh for the work you guys do day in and day out. On this day we celebrate these lovely ladies for the amount of work that you guys do behind the scene to make our work day flow!



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

## Patient Newsletter

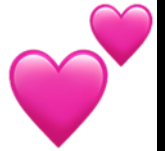
[www.vineyardmedicalcentre.com.au](http://www.vineyardmedicalcentre.com.au)

2-6 Sussex Court,

Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699



# STAFF PROFILE

## *Nurse Lauren*



I am lucky to have found my home in general practice nursing and am fortunate to be able to work as part of the VMC nursing team. I have been nursing for 17 years in both acute and community settings.

Practice nursing has enabled me to join all of my passions together. My background is in Medical and Palliative Care Nursing which I love. I enjoy developing rapport with my patients and having a good laugh together!

One of my roles at VMC is being the Comprehensive Veterans Care (CVC) Program nurse. This program is aimed at our providing additional support to our veterans who hold a GOLD card and have chronic medical needs.

I am also accredited Cervical Screening Nurse and Sexual Health Provider. Outside of VMC, I enjoy working with local primary schools providing Sexual Health and Adolescent programs to Grade 5 & 6's.

Cervical Screenings are Bulk billed if done by the nurse!

Our lovely Nurse Lauren works on a Tuesday!



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

## Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,  
Sunbury, 3429.  
Ph: 9216 5600

Fax: 9216 5699



# Sarah's Kitchen

## Frosted Sugar Cookie Bars

### Ingredients:

- ½ Cup unsalted butter softened to room temp
- ¾ Cup granulated sugar
- 1 Large egg + 1 egg yolk
- 2 Teasp vanilla extract
- 1 and ½ Cups all-purpose flour
- ¼ Teasp salt
- 1 Teasp baking powder
- ½ Teasp baking soda
- 1 and ½ Teasp cornstarch
- ½ Cup rainbow sprinkles

### Vanilla Frosting

- ¾ Cup unsalted butter – room temp
- 2 and ¼ Cups confectioner's sugar
- 3 Tablespoons heavy cream
- 1 Teasp vanilla extract
- Optional – food colouring (red)



### Method

1. Preheat oven to 180C. Line an 8-inch square pan or 9-inch square pan with aluminium foil, making sure to leave enough overhang on the sides. Set aside.
2. In a large bowl using a handheld mixer or stand mixer fitted with a paddle attachment, cream the softened butter for 1 minute on medium speed. Get it nice and smooth, then add the sugar on medium speed until fluffy & light in colour. Beat in egg, egg yolk and vanilla.
3. In a medium bowl, whisk together the flour, salt, baking powder, baking soda and cornstarch. With the mixer running on low speed, slowly add the dry ingredients to the wet ingredients in 3 different parts. The dough is quite thick. Once combined, gently fold in ½ cup sprinkles.
4. Press the cookie dough evenly into the prepared baking pan. Bake for 24-25 minutes or until very lightly browned on the top. Allow bars to completely cool.
5. Beat the butter on medium speed until creamy, about 2 minutes. Add confectioners' sugar, cream and vanilla extract. Increase speed to high and beat for 3 minutes. Beat in food colouring.
6. Frost the bars with a thick layer of frosting and decorate with extra sprinkles. Cut into squares and enjoy!!



Vineyard  
**MEDICAL CENTRE**  
*Your health is in our hands*

# Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,  
Sunbury, 3429.

Ph: 9216 5600

Fax: 9216 5699



## Valentines Day

F K H S W F E B R U A R Y M D R M  
 X J L K J T A L S N O O L L A B G  
 O K D K W O R R A Q U D X Y R N M  
 K P A N C L W D E R Z C A Y I B U  
 D E N S S E N I P P A H G O M E W  
 F D P S O U L M A T E B N W O W B  
 L L D Q C P G W V P S T K U Y L X  
 O B R C X H K U E T A D R E V O L  
 W S W E E T H E A R T D R O S E S  
 E J E W E L R Y Z F G C P W L Y O  
 R P I N K K X N B X B S U A G Q S  
 S T R E L A T I O N S H I P Y T T  
 H N S Y D N A C E N I M E B I U R  
 P I J P A E T A L O C O H C X D A  
 J A K Q E U Y R C A R D S A H J E  
 L S G U H Q Y V A L E N T I N E H  
 D T G F W V W M R A E B Y D D E T

Arrow

Balloons

Be Mine

Candy

Cards

Chocolate

Cupid

Date

February

Flowers

Happiness

Hearts

Hugs

Jewelry

Love

Pink

Red

Relationship

Roses

Saint

Soulmate

Sweet Heart

Teddy Bear

Valentine

