



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

Vineyard Medical Centre
Opening Hours
Monday - Friday 7:30am to 6:00pm
Saturdays - 8:30am to 4:30pm
Sundays & Public Holidays – CLOSED



We would like to give a big warm Welcome Back to Dr Anthony Bianco. He will be returning on the 15th of August. We look forward to having him back on the Team.

Please also give a big Welcome to Dr Noushin Sattar. She will be joining our team on the 9th of August. We look forward to having her joining the Team aswell.

Tuesday September 20th 2022

Our annual fundraiser will be held on Tuesday 20th September to raise money for The Kids Cancer Project. Please join us and dress up in your best superhero costume and “Let’s punch kids cancer in the face”.

Donation boxes will be at reception





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IMPORTANT CHANGES TO FEES

From Thursday 1st September 2022 our clinic will be going completely private meaning this practice is no longer able to bulk bill our patients.

The reality is that Medicare rebates do not cover the cost of providing you with a safe and high-quality service. The fees charged by this practice have to cover all of our practice costs including employing receptionists and practice nurses, and meeting our operating expenses such as rent, medical equipment, electricity, computers and insurance.

From the 1st of September, our practice will be charging you the following fees for our most common services:

- Children 15 years and under – Rebate plus \$20 gap
- Private patients – Overall fees will increase by \$5 with concession card holders continuing to receive a \$10 discount
- 65 years and over with a valid pension or concession card – Rebate plus \$20 gap

For more information, please speak with our receptionists.

August2022 Issue



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STAFF PROFILE:

Podiatrist – Katie Knuiksis

Katie graduated from La Trobe University with a Bachelor of Health Science (Rehabilitation Counselling) and Masters of Podiatric Practice.

Katie is a passionate Podiatrist who enjoys all aspects of the field, with interests in biomechanics, footwear and diabetes. She is considerate and respectful of her patients and takes their needs and beliefs into account when planning their treatment.

Having played several sports over the years, Katie understands the demands placed on a person's body as well as their feet while playing sport and knows the importance of injury prevention.

Katie has volunteered at the Peter MacCallum Weekend to End Women's Cancers walking events and has seen first-hand how important people's feet can be in completing the day. This experience has given her vital experience in the podiatry field; treating many aches, pains and skin problems.



**Katie is available Monday
to Fridays. To make an
appointment please call
9216 5600**





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VMC NURSES



Sigvaris Stockings

Vineyard Medical Centre is a stockist of Sigvaris compression products. Sigvaris is a Swiss company founded in 1864 that specialises in medical compression stockings that improve venous function and heavy legs (great for those who are on their feet all day, pregnant, or travelling!); relieve stasis, skin changes, and conditions such as varicose veins, spider veins, lymphoedema, lipoedema, deep vein thrombosis, and leg ulcers; and assist with recovery from vein procedures. We are able to order a range of products which includes different styles of stockings, socks, tights, pantyhose, sleeves, and wraps. These are available in different materials, sizes and compression levels, allowing us to obtain the perfect product for you. For more information, please contact Ashleigh (Practice Nurse), or if you would like to have a discussion and measurement for compression garments, please book in with Ashleigh on either a Monday, Thursday, or Friday.

Cervical Screening

Having a Cervical Screening Test is now easier than ever!

As of the 1st of July 2022, if you are between the ages of 25-74, you now have a choice between completing a HPV Self-Collected sample or a Health Care collected sample if your previous Cervical Screening was normal.

Research shows that both methods have the same accuracy in detecting the HPV Virus (A common virus that causes cervical cancer)

Please call 9216 5600 to book an appointment with our lovely Nurse Kerry or Nurse Lauren.



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MAKING PLAYDOUGH

INGREDIENTS:

- 2 ½ cups of water
- 1 ¼ cup of Salt
- 1 ½ tablespoon cream of tarter
- 5 tablespoons of vegetable oil
- 2 ½ cup of flour (All purpose is preferred but wheat flour will also work)
- Food Colouring

METHOD:

1. Place all the ingredients but the food colouring together in a large pot and stir until somewhat smooth. It will be lumpy. Not to worry, the dough will get smoother as it cooks.
2. Place the pot on the stove and cook over a low heat. Stir frequently with a large spoon. The water will slowly cook out of the mixture and you'll notice it starts to take on a sticky dough appearance. Keep mixing until the edges of the dough along the side and bottom of the pan appear dry. Pinch a piece of dough. If it's not gooey, the dough is ready.
3. Place the dough on a counter top, baking sheet, or large cutting board that can withstand a little food colouring.
4. Knead the warm dough until it's smooth and then divide it into the number of colours that you'd like to make. I divided mine into four balls, flattened each of them, added a little bit of food colouring, and then kneaded it in. I added more food colouring to get the desired shades of yellow, pink, teal, and lavender. If you don't want paint-stained hands, you could wear gloves for this step.
5. Play with the dough right away or store it in a large Ziplock bag or sealed container. Unused, it'll keep for months.

Name: _____ Date: _____



HEALTHY FOOD WORD SEARCH



Can you find types of healthy food? The words can read horizontally, vertically or diagonally. Circle each word as you find them.



vegetables
fruit
legumes

grains
poultry
fish

eggs
tofu
seeds

milk
yoghurt
beans

FUN FACT:

A sneeze generates a wind of 166 km per hour, and a cough moves out at 100 km per hour.

