

FREE

HEALTHY community

UFS MEMBER MAGAZINE, AUTUMN/WINTER 2019

'LIKE' TO
WIN!
MEMBERS
Mother's Day
GIVEAWAY



mother's day gift vouchers at eden

give mum the gift of zen

our new-look pharmacy

come in and see

you never forget the flu

how to avoid it



UFS
PHARMACIES

VIEW ST.
PHARMACY
OPEN

24/7



Welcome

It's that time of year again. Get your flu shot.

As winter is nearly upon us, now is the time to get your flu shot. If you have never had this before turn to page 5 for more information about why it's recommended.

Our new Health Hub will be open from May within our Hargreaves Street location, to support better health outcomes for the community and our customers. See page 8.

Mother's Day is only weeks away, don't forget all members receive 10% discount on all products and services at Eden including the two amazing specially designed Mother's Day packages on page 6.

Bronwyn Capewell
UFS Pharmacist



Member benefits



UFS Members enjoy a 6% discount on GMHBA Health Insurance*.



As a UFS member, you'll receive \$100 off the joining fee at Fernwood Fitness*.

Visit us in store

UFS Pharmacies Hargreaves St 379 Hargreaves Street _____ 03 5443 6430

UFS Pharmacies View St Cnr View & Barnard Streets _____ 03 5443 4610

UFS Pharmacies Strathfieldsaye 32 Blucher Street _____ 03 5439 3513

UFS Pharmacies Maiden Gully Shop 2, 741 Calder Highway _____ 03 5449 7149

UFS Optical Suite 1, 379 Hargreaves Street _____ 03 5441 8077

Eden Body and Soul Essentials Suite 3, 379 Hargreaves Street _____ 03 5443 6997



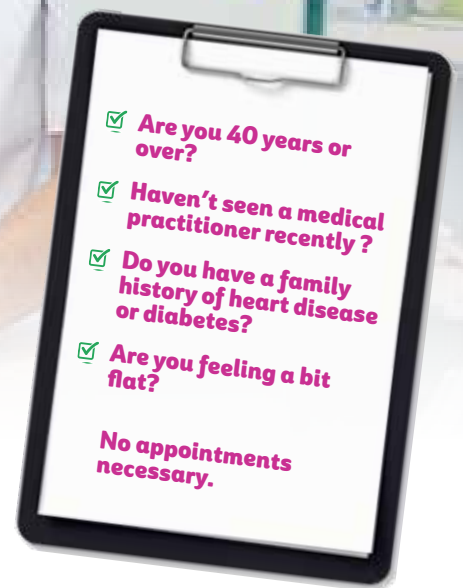
Find UFS, UFS Optical and Eden on Facebook: facebook.com/bendigoufs, facebook.com/ufopticalbendigo, facebook.com/eden.d.spa

*Conditions apply.

Everything contained in this magazine is intended as helpful information only and is in no way a medical recommendation. Please always consult your GP and your UFS Pharmacist or UFS Optometrist for professional advice in the first instance.



Health screening checkups



We now offer health screening check-ups at our Maiden Gully pharmacy.

People with a family history of diabetes, who are overweight or over 40 years old and have not seen a medical practitioner recently would benefit from a health screening test.

A thorough health screening check-up takes about 15-20 minutes and includes weight/height measurements, a quick and painless blood glucose test, blood total cholesterol levels, HDL cholesterol levels and cardiovascular risk.

We also offer a separate quick and painless blood glucose test. Results are printed, explained and then handed to the patient instantly.

These check-ups are designed to improve your health & wellbeing by finding out any potential health issues early, so that you can address and prevent any complications.

For more information contact David at UFS Maiden Gully. Phone: 5449 7149

Thorough health screening check-ups members \$44.95 non-members \$49.95, blood glucose check members \$14.35 non-members \$15.95.

We are here to help!

For more information contact David at UFS Maiden Gully Ph: 5449 7149

You never forget the flu!

Influenza is a highly contagious viral illness caused by the influenza viruses. It causes a range of symptoms, some of which are shared and often confused with the 'common cold' virus. In comparison to a common cold, the flu has a more sudden onset and is accompanied by severe symptoms. These often include:

- Sudden appearance of a high fever (over 38°C) and chills
- Muscle and body aches
- Headache
- Chest discomfort
- Fatigue and weakness
- A dry cough and or sore throat
- Runny or stuffy nose.

Every year, the flu causes widespread illness and serious health complications worldwide, especially in **high risk groups** such as:

- People over 65
- Young children aged up to 5 years
- Pregnant women
- People with chronic medical conditions
- Aboriginal and Torres Strait Islanders

How is the flu spread?

The flu spreads through tiny droplets in the air-made when people cough, sneeze or talk. The virus can also be spread by touching surfaces or objects where infected droplets have landed.

How long will I be contagious?

It is possible to pass on the flu virus before you even know you're sick! Infected people can be contagious from 1 day before symptoms develop to 5-7 days after becoming unwell. People with the flu are most contagious in the first 3-4 days of the illness.

What to do if you have the flu?

- Rest! The flu can make you feel very weak and tired until your temperature returns to normal. Resting and getting sleep will allow your body to use its energy to fight the infection.
- Drink plenty of fluids. Extra fluids are required to replace those lost due to fever and sweating. As well as plenty of water, an oral rehydration solution such as Hydrolyte can help replenish lost electrolytes.
- Check with your pharmacist what over the counter products are safe and effective for you. These may include pain relieving medications, such as paracetamol and ibuprofen, cough medicine, decongestants and nasal sprays.
- Most people who are otherwise generally healthy won't need to see a doctor. However, if you experience any of the following symptoms, immediate medical attention is required:
 - * Difficulty breathing
 - * Chest pain
 - * Sudden dizziness
 - * Confusion
 - * Severe vomiting
 - * Fever associated with a rash
- Anyone who falls into a 'high risk group' should see their doctor as soon as possible.
- It is important to note that antibiotics are not affective against the flu as it is a viral infection. Antibiotics are only effective against bacteria. Although not prescribed for the flu, a doctor may prescribe an antibiotic for a secondary bacterial infection.

- Stay at home if you are unwell. In particular, avoid going to work or school or visiting nursing homes, hospitals and any busy public places. It is best to stay at home for at least 24 hours after your fever has gone.

How to avoid catching the flu?

The first and most important step to avoiding the flu is to be vaccinated! As the influenza virus mutates and changes from year to year, it is important to be vaccinated before every upcoming flu season begins. Although the flu shot is not 100% effective, it protects against the 4 most common influenza virus strains that extensive research suggests will be the most common. The flu vaccination is recommended for everyone over the age of 6 months. It is especially important for those in the previously listed **high risk groups**. Infants younger than 6 months are too young to be vaccinated, but research shows that vaccination of the mother during pregnancy can protect the baby for several months after birth.

How do I get my flu shot?

Visit a friendly UFS pharmacist to receive your flu vaccine and protect yourself against the flu this winter! No appointment necessary! Our highly trained pharmacists can vaccinate anyone over the age of 16 years in store, no prescription required! For adolescents and children under the age of 16, the flu vaccine is available on prescription from a GP.

The Flu

Defend your workplace

The flu (influenza) is caused by a viral infection that is easily spread from person to person. The flu is a serious condition and complications arising from the flu can be debilitating.

UFS Pharmacies have made it easier for you to protect your employees by offering pharmacist administered influenza vaccinations across our four locations. Thus improving the health of your employees, in addition to minimising potential employee sick days for your business.

Contact us to arrange your staff's vaccinations by emailing Cheryl at csmith@bendigoufs.com.au.

Vaccinations will be administered by a qualified pharmacist at a time and location at your employees convenience, no appointments necessary.



WHY FERNWOOD?

Training in a female-only facility reduces the intimidation factor, giving you the freedom to explore new things and get the results you want.

We also know you're busy, so we make it easy to fit exercise into your day:

- Unlimited group fitness classes
- 30-minute training sessions
- Nutritional support
- Functional training
- Complimentary breakfast
- Free WiFi
- Online and in-club programs
- Exclusive member offers
- Secure 24-hour access
- Infrared Sauna
- NDIS registered
- Complimentary use of hairdryers, straighteners and toiletries
- Caring supportive staff catering to all ages and fitness levels

52
group fitness
classes
every week

UFS
members
receive \$100
off the joining
fee

**CONTACT US
TO GET STARTED
TODAY**


Fernwood Bendigo
Call 5441 8008
Level 1, 358 Hargreaves St

fernwoodfitness.com.au

fernwood FITNESS

Mother's Day

Body & Soul



FREE GIFT
with \$100
Gift Voucher*

TRANQUIL ZEN

45 mins

- Relax with a shoulder, neck and head massage, while relaxing in a magnesium foot bath
- Finishing with an Image facial designed just for you
- Take home a FREE gift - 175g Like Zen, Dream Time bath flakes.



Only \$99*

SERENE ZEN

75 mins

- De-stress with a shoulder, neck and head massage while soaking in a magnesium foot bath
- Revitalise with an Image signature hydrating facial using a rose quartz face roller
- Relax with an amazing hot stone foot massage while wearing a biomolecular anti-aging hydrogel sheet mask
- Take home a FREE gift - 1kg Like Zen, Dream Time bath flakes.



Only \$149*

 edenbody.com.au

 03 5443 6997

 3/379 Hargreaves St Bendigo 3550

relax | revitalise | refresh

THE FINE PRINT

6 **CONDITIONS APPLY:** The offer shown is valid until 12/05/19; are not valid with any other offer; non-transferable; no substitutions; not redeemable for cash or product; while stock lasts. \$100 gift voucher free gift is one gift for any voucher \$100 or more. Customer can choose from a Royal Essence body scrub, bath crumble or Say it polish nail varnish while stock lasts. Prices above are member prices. Tranquil Zen non member price is \$110 and Serene Zen non member price is \$165.

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MINERAL COSMETICS



Experience the Youngblood difference for yourself.
Book your complimentary colour match today call 5443 6997 or
book online at edenbody.com.au/book/

IN THE SPOTLIGHT



The UFS Health Hub

UFS are developing a Health Hub to support better health outcomes for the community and our customers.

Customers will have access to a range of health services with the convenience of one location and where health professionals may collaborate in order to provide the best care possible.

All services that will be offered aim to improve the health and wellbeing of our community.

The Health Hub is in the heart of the Bendigo CBD, located within our Hargreaves Street pharmacy. This brand new facility will be opening from May.

Your health & wellbeing destination!

Are you
an Allied Health
Professional
looking for
a room in the
CBD?

Join the UFS Pharmacies Health Hub.

Our goal is to create a hub of activity where a diverse range of health related providers run successful businesses, collaborate with other tenants and the UFS businesses. There will be six consulting rooms initially with flexible options to rent from one day a month to full-time if required. We are also able to provide tailored levels of support depending on the businesses requirements. If this model suits you then please submit an expression of interest via our website - bendigoufs.com.au/health-hub

**Flexibility, Collaboration,
Exclusivity.**



A new look for our



Hargreaves pharmacy

UFS Pharmacies would like to thank their members and regular customers for their support during the recent renovations at Hargreaves Street.

The wait was worth it! After many months of hard work and organisation during our recent renovations we are confident our new look pharmacy will meet the health needs of our members. The new store is so much brighter with many new features including:

- Webster patient window with direct access to the Webster team and on duty pharmacist. This will make changing or discussing your or a loved one's medication packs a lot more convenient. Our Webster team can organise your medications and vitamins in a handy Webster-Pak. The day-by-day breakdown will tell you if you've missed a dosage and give you confidence that you are taking the right medicines at the right time.

- Direct access to a pharmacist when you drop off and collect your prescriptions - Providing additional advice to customers helping them understand and manage their medications, to achieve better health outcomes.
- MedsChecks - The effects of some medications can counteract the benefits you are getting from others our new consultation room will allow a pharmacist to review and discuss how to manage and get the best benefits from your medicines.
- Sleep apnoea consultations, health consults, leave certificates and vaccinations are all available from our new health focused pharmacy.
- Health Hub – we are introducing access to other health services in our new purpose built consultation rooms at the rear of the pharmacy which will be ready in May.



Maiden Gully Fire Brigade

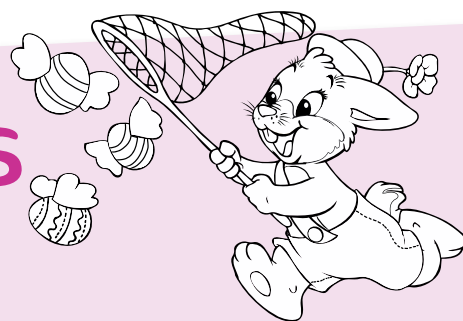
“The Building a Healthier Community Program helps us to create a Safer Community,” says Maiden Gully Fire Brigade Captain, David Mustey. “The very significant contribution that this Program provides us annually is being used to purchase new equipment such as tablets in our big Tanker and in the Pumper. This exciting innovation will give us ready access to maps, directions to the incident, where the nearest fire plug is along with operational pre-plans.”

Twenty years ago, the CFA formed a new fire brigade to serve the growth area of Maiden Gully. Maiden Gully Fire Brigade began with minimal equipment and an obsolete tanker kept in a carport. Today, it operates four appliances from a large, attractive fire station in Beckhams Road and responds to around 60 incidents annually. This has only been achieved through the dedication of the Brigade’s members and strong community support.



Then and Now

Vision Australia's Easter Egg Hunt



This year we are excited to be proud sponsors of the Vision Australia easter egg hunt that is happening Good Friday. All proceeds go to Vision Australia, a not-for-profit organisation. The Easter egg hunt is one of Vision Australia's largest individual fundraising events nationally. It's run by volunteers, with all proceeds going towards Vision Australia's services to the blind and low vision community to support them to live the lives they choose.

Check out the Bendigo Easter Festival website for times and get involved.

Did you know we are a not-for-profit organisation and have been serving the local community for 147 years?

Thanks to UFS Pharmacies members participating in our Building a Healthier Community Program, over \$73,000 was distributed to local not-for-profit organisations last year.

Hearty & Warm for Autumn & Winter!

Shepherd's Pie

Low fat, saturated fat, salt and sugar

Ingredients

2 teaspoons canola or olive oil
200g lean minced veal or beef
½ cup thinly sliced carrots
125g can salt-reduced diced tomatoes
1 ½ cup diced celery
1 chopped onion
1 ½ tablespoons chopped fresh thyme
1/2 beef stock cube dissolved in 1/4 cup hot water
300g hot cooked peeled potatoes
¼ cup reduced fat milk
pepper and garlic salt, to taste

Method

Heat oil in non-stick frypan, add minced meat and stir-fry for 5 minutes or until browned.
Stir in carrots, tomato, celery, onion, tomato paste, thyme and stock. Reduce heat, cover and cook stirring often for 15 minutes.
Meanwhile place potatoes, milk, pepper and garlic salt in a bowl and mash until smooth.
Place veal mixture into a casserole dish and arrange mashed potato decoratively over veal mixture. Place under griller and grill 2 to 3 minutes or until the potato is golden brown.
Garnish with a sprig of thyme.

Hearty Vegetable Soup

Low saturated fat, fat and sugar / med salt

Ingredients

1 chopped onion
½ cup macaroni
2 chopped carrots
300g peeled and chopped pumpkin
1 large chopped zucchini
4 stalks chopped celery
4 cups vegetable stock
400g can chopped tomatoes
1 teaspoon dried oregano
2 cloves finely chopped garlic
300g can rinsed and drained butter beans
2 tablespoons chopped fresh parsley

Method

Heat the oil in a large pan and cook the onion over medium heat for 3 minutes or until soft.
Add the garlic and cook for 1 more minute.
Add the carrot, celery, pumpkin and zucchini and stir into the onion mixture.
Add the stock, tomatoes and oregano, and bring to the boil.
Reduce the heat and simmer, partially covered, for 10 minutes.
Add the pasta and cook a further 10 minutes or until the pasta and vegetables are tender.
Stir in the butter beans and heat through. Just before serving, stir in the parsley.

For more recipes visit betterhealth.vic.gov.au/healthyliving/receipes



Don't risk your eye health.

The skin, eyes and area around the eyes are very sensitive to UV radiation.

Most of us know that UV radiation harms the skin, causing photoageing, wrinkles and, in severe cases, skin cancer. Although it's invisible, long-term UV exposure can cause various eye diseases such as cataracts, macula degeneration and accelerated aging of the tissue surrounding the eyes.

48% of world blindness is caused by cataracts.*

UV rays between 380 and 400 nanometres (nm) are responsible for most UV-related eye damage. For this reason health organisations recommend protection up to 400nm. Currently up to 80% of clear lenses do not offer full UV protection.

ZEISS sets a new standard by offering sunglass-level UV protection in clear lenses – full UV protection up to 400nm.

UV radiation is always there. All year round, in sunny and overcast conditions.



DID YOU KNOW?

One square metre of the sun's surface shines brighter than a million light bulbs.

Full UV protection for your eyes in ZEISS branded clear lenses.
All day. Every day.
At UFS Optical.**



UV rays are not only harmful to your skin but also your eyes and surrounding area.

A UV camera can reveal what is invisible to the naked eye.

**CALL TO
BOOK YOUR
EYE TEST
TODAY!
5441 8077**

* Source: World Health Organisation – "Causes of blindness and visual impairment." WHO, 2017.

** UV Protect Technology is not available on Aphal, Bifocal and Glass lenses.



This picture was taken with a UV camera fitted with a UV transmitting filter, allowing ultraviolet light to pass.

Partial UV protection

Full UV protection


Clear lenses with partial UV protection appear transparent when taken with a UV camera.

It reveals that UV rays are only marginally blocked by the lens.

This means that UV rays are transmitted through the lens and can potentially harm the eye and surrounding area.

Clear lenses with ZEISS UVProtect appear as dark as sunglasses when taken with a UV camera.

The ZEISS promise

-  UV rays are completely blocked by the lens.
-  Full UV protection of the eyes and surrounding area.
-  Clear, all-day spectacle lenses offer the same UV protection as premium sunglasses.

Hand Hygiene - Keep the Bugs Away Today!

Did you know that washing your hands properly is the **SINGLE** most effective action to help reduce infection?

What is hand hygiene?

Generally, just washing your hands with a cleanser.

Is there a **RIGHT** way to wash your hands?

Yes!

- For visibly clean hands, use an alcohol based rub like Aqium gel
- For visibly dirty hands or if you've just gone to the toilet, wash with warm soapy water.



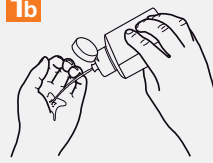
If you can follow these steps you'll get the best results!

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

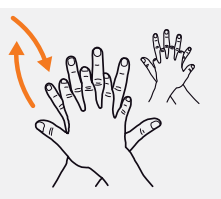


2



Rub hands palm to palm;

3



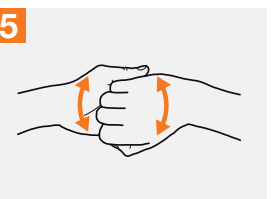
Right palm over left dorsum with interlaced fingers and vice versa;

4



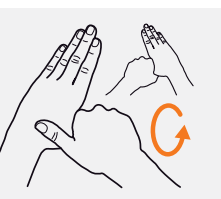
Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



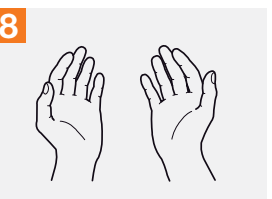
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



Once dry, your hands are safe.

Winners are Grinners

Congratulations to all our lucky winners!

Eden's rebook and win \$500 travel gift card winner: Chevonne Strauch.

Eden's facebook competition - Tag your bestie to win two Youngblood mineral makeup applications for that special occasion winners: Bronte Castle and Cassie Ann.



Congratulations to Gail Sanderson our 1st lucky winner of \$1000 travel gift card from our Members Christmas Draw.



Congratulations to Heather Brisbane our final lucky winner of \$1000 travel gift card from our Members Christmas Draw.



Genevieve Somerville, winner of the 'Like to Win' members and friends Facebook giveaway.



Amanda Bicknell, mother of Nikita accepting her Eden's rebook & win gift box.



Follow our socials to be one of the first to hear about competitions and promotions as they happen, as well as the latest health and beauty tips from our amazing team.

'LIKE' TO
WIN!
MEMBERS
Mother's Day
GIVEAWAY

WIN A NESPRESSO ESSENZA MINI, 3 MONTH
FERNWOOD VOUCHER & \$100 EDEN BODY
AND SOUL GIFT VOUCHER!

OVER
\$500
TOTAL VALUE

FEEL FIT &
FABULOUS

'Like' our Facebook page and 'Like' our competition post and you could be our lucky winner!

Find us at [facebook.com/bendigoufs](https://www.facebook.com/bendigoufs)

*Conditions apply. Competition open to UFS Pharmacies members, their family and friends. See online for full competition details. Competition runs from 15/04/19 to 12 midday 12/05/19. Drawn on 13/05/19.



Bendigo's only 24 hour pharmacy

We're open when you need us.

What our customers are saying...

"Professional team, polite and understanding."

"The staff were super friendly and knowledgeable."

-Google reviews



UFS View Street Pharmacy

24 HOUR PHARMACY

Corner View and Barnard Streets, Bendigo • Phone 5443 4610



SAVE TIME! GET THE FLU SHOT AT UFS PHARMACIES



No need to make a doctors appointment, simply drop into UFS and one of our fully trained UFS Pharmacists will administer a flu shot – no booking or prescription necessary!

Avoid down time. Visit UFS Pharmacies for a flu shot today.

UFS Hargreaves Street 379 Hargreaves Street | 5443 6430

UFS View Street Cnr View & Barnard Streets | 5443 4610

UFS Maiden Gully Shop 2, 741 Calder Highway | 5449 7149

UFS Strathfieldsaye 32 Blucher Street | 5439 3513



* Conditions apply, Cost \$29.95, UFS members receive 10% discount & further discounts may apply, vaccination clinic opening hours may vary between stores.

bendigoufs.com.au