

FREE

HEALTHY

# community

UFS MEMBER MAGAZINE, SPRING/SUMMER 2019/20

'LIKE' TO  
**WIN!**  
MEMBERS  
& friends  
GIVEAWAY

Maui Jim

**measles - what  
you need to know**

**welcome bridge st  
pharmacy**



VIEW ST.  
PHARMACY  
OPEN  
**24/7**



# Welcome

## Get ready to spring clean your health.

Start with adding in season fruit & veges to your diet this Spring such as brussel sprouts, peas, silverbeet, spinach and oranges. The warmer weather will make it easier to become more active, try going for a walk everyday.

UFS Pharmacies welcomes Bridge St to the UFS family. With this addition we now have five pharmacies in the Bendigo area, so you are more likely to have one near you. Read more on page 4.

Summer means time to travel so if you or a loved one has asthma please read page 6 before you set off.

*Alana Mitton*  
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 Bridge St** 40 Bridge Street \_\_\_\_\_ 03 5444 1988
- 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](https://facebook.com/bendigoufs), [facebook.com/ufopticalbendigo](https://facebook.com/ufopticalbendigo), [facebook.com/eden.d.spa](https://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.



### PROTECT YOURSELF AND OTHERS

Measles is highly contagious so call before entering a health care facility if you think you have symptoms.

# What you need to know about Measles

**Measles is a highly contagious viral illness that is spread via respiratory droplets. Measles begins with cold-like symptoms (fever, cough, runny nose, red eyes), followed by a red blotchy rash a few days later.**

## Who:

Measles containing vaccine is recommended for:

- Children 12 and 18 months of age (as part of the national immunisation program for children)
- Anyone who has not received **TWO** measles vaccines
- Women planning pregnancy or after the birth of their child (but not currently pregnant women)
- People who identify as either Aboriginal or a Torres Strait Islander
- Refugees and asylum seekers
- Travellers.

**Since the early 1990s, two doses of measles vaccine have been a part of the National Immunisation Program for children. Prior to this only one dose was offered.**

**People born during or after 1966 may not have had two measles vaccinations – if you are unsure if you have had two vaccinations and lack this documentation, it is recommended to have a measles vaccine.**

## How:

Get vaccinated to avoid measles! A person who receives the recommended 2 doses of the measles vaccine has 99% immunity against the measles infection (note: if you have been infected with measles, you will usually have lifelong immunity).

## Why:

It is estimated that a single person with measles will infect 9 out of 10 people they contact who are not immunised or immune to measles. Measles can be serious and fatal. Luckily measles is rare in Australia due to the national immunisation program, however it is important to continue to immunise individuals as the infection can be brought into Australia from overseas and cause outbreaks.

## If:

If you think you may have measles:

- Call before attending/entering any health care facility (pharmacy, medical clinic or hospital) and tell them you think you have measles so appropriate steps can be taken to avoid contact with other people.
- Wear a mask - you may be given a mask and put in a separate area before the health professional sees you.
- Use the Drive Thru window at our View Street Pharmacy to minimise contact with other people.

# Welcome Bridge Street

## UFS Pharmacies purchase the Bendigo Day and Night Pharmacy.

UFS Pharmacies are pleased to announce the purchase of the Bendigo Day and Night Pharmacy from Life Pharmacy in New South Wales which occurred on the 15th April 2019.

UFS Pharmacies Bridge St is now a part of our local group of pharmacies who have serviced the Bendigo Community for over 146 years. Bridge St will continue to provide the same great service and advice.

The Bridge Street team lead by Katherine Hancy have joined our group, therefore existing customers will continue to see the same faces that they have dealt with in the past. Katherine and her team have a strong track record of providing high quality service and advice which is consistent with the UFS Pharmacies brand and we are excited to have them as part of our team.

We would like to welcome all of our new Bridge Street staff members to our UFS family and thank them for accepting the changes during this transition.

As our group includes the 24 Hour Pharmacy at the corner of View and Barnard Streets we have changed the hours of this store to:

Opening hours: Monday – Friday 8:30am-6:00pm  
Saturdays 8:30am-1:00pm  
Closed Sundays and Public Holidays.

All of Bridge Street's existing services will continue including Webster packs, deliveries & vaccinations. You may run into a couple of new faces in our View Street 24/7 pharmacy, in our specially designed Webster room in Hargreaves St and helping out in Strathfieldsaye & Maiden Gully.

Thanks again to all of our new Bridge Street customers & staff for their patience and understanding during this time.

*Welcome to our newest team members.*



LEFT: You will see Laura and Dean's happy faces at View St.

**UFS Pharmacies  
Bridge Street new  
opening hours:**  
8.30am – 6pm weekdays  
8.30am – 1pm Saturdays  
Closed Sunday and  
Public Holidays.  
**UFS Pharmacies View St  
is open  
24/7.**



ABOVE: You will continue to see Lareina, Natalie, Carliah, Lana and Kat's smiling faces in the Bridge Street Pharmacy.

Megan (RIGHT) and Wendy and Stephanie (BELOW) are welcome additions to our very busy Webster team in Hargreaves St.



# Asthma and Travel

- Make sure your day-to-day management of asthma is under control before you travel.
- Visit your doctor for an asthma review to fine tune your asthma management and update your asthma action plan.
- Your doctor can also provide you with a letter describing your asthma and your current medication.
- Check that your travel insurance policy specifically includes asthma, and that it offers the cover you need.
- Take more asthma medication away with you than you think you'll need, and always carry some with you.
- Carry your asthma medication in your hand luggage.
- Take your asthma medication prescriptions with you in case you lose some or all of your supplies.



*Be prepared!*

Compact anti-bacterial collapsible spacers are available at all UFS pharmacies, a smaller more convenient sized spacer to take in your hand luggage.

Be prepared when arriving at any new destination as conditions such as dramatic changes in temperatures, air pollution & pollen can be different at every new holiday location.



Reference: [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)



## TUSCAN TAN<sup>®</sup>

spray tan · self tan · skin care

*Free*  
Spray Tan  
when you purchase  
3 Tuscan Tan  
products\*.

\* Conditions apply, see in store for details



[edenbody.com.au](http://edenbody.com.au)



03 5443 6997



3/379 Hargreaves St Bendigo 3550



**NEW**  
**Webster Window**  
 at Hargreaves St  
 Direct access for  
 all enquiries and  
 collections.

## 4 great reasons to choose UFS & Webster-pak®

**FREE DELIVERY\***  
 Available within the Bendigo area

Webster-pak® is a sealed weekly calendar pack designed to help you or a loved one take medication correctly.

- 1. Safety.** Our Webster-pak® service is recognised for its distinctive visual cues. You can see at a glance if you have or haven't taken a medication, plus it is easy to see if you are taking your medication correctly.
- 2. Convenience.** It's simple to use. You simply push the designated medication out through the foil backing. Doctors can review, change dosage and add medication easily.
- 3. Flexibility.** Our service can cater to specific medication requirements such as before food, antibiotics and sliding scale doses.
- 4. Free Flu shot.** Available to all UFS Webster patients.



# UFS and Webster-pak®

**Medications need sorting?  
 UFS make it easy for you.**

Webster-pak® is the simple and safe way of keeping track of your own or a loved one's medications.

The daily breakdown on the pack tells you what time of day to take it ensuring no mistakes are made with dosage.

**ONLY**  
**\$20<sup>65</sup>**  
**PER MONTH**  
**FOR UFS MEMBERS**

Call us today on 5442 0401 and we'll get you sorted.

\* Conditions apply, see in store for details

**FREE FLU SHOT** included.

UFS members receive \$100 off the joining fee

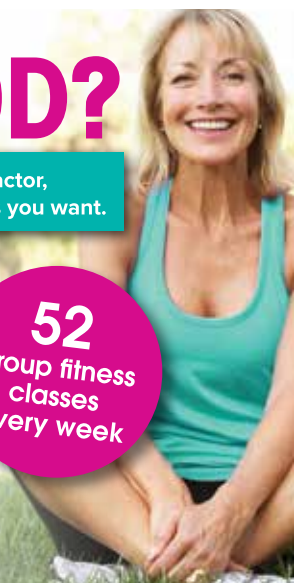
## WHY FERNWOOD?

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



**CONTACT US TO GET STARTED TODAY**

Fernwood Bendigo  
 Call 5441 8008  
 Level 1, 358 Hargreaves St

[fernwoodfitness.com.au](http://fernwoodfitness.com.au)





# Maui Jim PolarizedPlus2<sup>®</sup> Sunglasses

*The view's better from here*

**All Maui Jim lenses block 100% of all harmful UV rays, protecting your eyes from damage and long-term health risks.**

Maui Jim sunglasses can be custom made with your prescription\*, our specially trained staff can assist you in selecting the correct frame and lens to suit your specific needs.

\*subject to your prescription

#### FUN FACT

The company's roots began in 1980 when a fisherman named Jim Richards began selling sunglasses on the beaches of Maui, Hawaii. He was known as the original "Maui Jim."





## Protect your eyes from harm.

Maui Jim stock a wide range of leading polarised sunglasses, which blocks 100% of harmful UV rays, 95% of HEV (high-energy visible radiation) and reduced glare by 99.9%.



## Protect your eyes whilst driving.

Brightness and glare directly from the sun and reflecting off the road, buildings and water can greatly interfere with your ability to see and react to other vehicles or hazards on the road.



## Did you know you're exposed to more sunlight than you think.

Maui Jim sunglasses are meant to be worn, on sunny and cloudy days, on the beach and city streets.



## Top 5 Reasons to Wear Sunglasses

### 1. UV Protection

The sun's harmful UV rays can lead to serious, and in some cases, long-term health issues.

### 2. Skin Cancer

5% to 10% of skin cancer occurs around the eyes. Always wear quality protective sunglasses when outdoors – even on overcast days.

### 3. General Eye Comfort

The sun's brightness and glare interferes with comfortable vision.

### 4. Dark Adaption

Spending even a relatively short time in intense sunlight can hamper the eyes' ability to adapt quickly to night time or indoor light levels.

### 5. Blue-Light Protection (HEV: high-energy visible radiation)

Use outdoor lenses to absorb the HEV, as accumulated exposure has been associated with age-related macular degeneration.



## Protect your place in the sun.

All Maui Jim sunglasses have been recommended by The Skin Cancer Foundation as an effective UV filter for the eyes and surrounding skin.





# St Killians Primary School

100% of the funds given go directly back to our St Killian's School Care Team.

The team is our Pastoral Care initiative to welcome and support all members of our school community. Most of the funds are put towards food vouchers of equal value to help when babies arrive, there is illness in a family or other assistance in difficult times is required.

This is generally done without the family's knowledge. A card will arrive home with a voucher and a note offering further help if needed.

Thanks to the generosity of the UFS initiative this is a much appreciative pastoral care service we can offer. Families are most grateful for the gesture and it helps strengthen St Killian's reputation as a welcoming, compassionate school.

Lara Knight

Administration Officer  
St Killian's Primary School.

*Helping out families*



# Holy Rosary School

We would like to formally acknowledge the support that Bendigo UFS Pharmacies provide to Holy Rosary School on an annual basis in the form of your generous donation.

Our school provides a fresh fruit program to our students on a weekly basis and the funds raised by you each year are a very welcome addition, to enable us to continue providing this healthy program to our students.

Please accept this letter as a token of our gratitude and we hope to continue our relationship with you in the years to come.

Paul Wilkinson  
Principal.

# Vision Australia's Easter Egg Hunt

This year UFS Pharmacies proudly sponsored the Vision Australia easter egg hunt, this annual event is held in Rosalind park and is a part of the Bendigo Easter Festival.

There was lots of fun and laughter and all the children enjoyed hunting for eggs.

All proceeds went to Vision Australia, a not-for-profit organisation who support people who are blind or have low vision live the life they choose.



*Easter fun & celebrations*

# Maiden Gully Fire Brigade

For Maiden Gully Fire Brigade "Building a Healthier Community" also means building a safer community! Two important projects will benefit from this year's annual payment from the UFS fund. The necessary tools to help community members who find their children accidentally locked in a car have been purchased.

The second project will improve safety lighting around entrances to the fire station including extra exit lights that can be critical if the power goes off. Brigade Captain, Peter Dole, says "The lighting works will not only make it easier and safer for our own members but will make the facility safer for community groups who regularly use our meeting room."



Several brigade members have entered the Melbourne Firefighter Stair Climb this year. The climb involves ascending 28 floors of the Crown Metropol Hotel in full turnout gear and breathing apparatus. Funds raised from sponsorship will be used to fight depression, PTSD and suicide that is all too common in firefighters. The event takes place on Saturday, September 7th. Community members can support these super fit Maiden Gully Fireys to take on this gruelling stair climb by going to [www.firefighterclimb.org.au](http://www.firefighterclimb.org.au) and selecting donate.

Andrew Howlett  
Maiden Gully Fire Brigade.



# Experience the Eden difference

## Eden Body & Soul FUN FACTS:

We have  
96 years of  
experience across  
our therapists  
Almost 100  
years!!!

### Our Gift Vouchers never expire!

Did you know? We have removed the expiry dates on all of our Gift Vouchers meaning the recipient can use the voucher anytime at their convenience.

### We use disposable nail equipment.

Hygiene is important so Eden use a disposable pack including file, buffer and cuticle pusher that you can also take home with you.

### We did 1,486 tans last financial year.

Need a spray tan? Eden are highly experienced and will have you beautifully bronzed for that special event.

### You receive 10% off treatments and services when you're a UFS member.

Did you know that with your UFS Pharmacies membership you receive a discount at Eden as well?

### You receive a complementary herbal tea and chocolate after your treatment.

The pampering doesn't stop when you finish your treatment. Take your time and relax in our lounge with a cup of tea and a treat.

 edenbody.com.au

 03 5443 6997

 3/379 Hargreaves St Bendigo 3550

relax | revitalise | refresh

# Refresh

your skin this

# Spring

Book our O2 or OMG Facial and receive a FREE Image post treatment pack.

Valued at \$58



### THE FINE PRINT

CONDITIONS APPLY: The offer shown is valid while stocks last. The offer is not valid with any other offer; non-transferable; no substitutions; not redeemable for cash or product. Limited packs available. The O2 facial is \$99 for members and \$110 for non members. The OMG facial is \$148.50 for members and \$165 for non members.

Our traditional and digital gift vouchers are both available online [edenbody.com.au](http://edenbody.com.au)



DID YOU KNOW?

Our gift vouchers never expire!

# Eat Well, Feel Well

## Thai Beef Salad

*Low fat, sat fat and sugar / Med salt*

### Ingredients

500 g rump steak, trimmed of all visible fat  
200 g rocket or mixed lettuce leaves, washed and drained  
2 Lebanese cucumbers, thinly sliced  
1 punnet cherry tomatoes  
2 tablespoons mint leaves, finely sliced

### Thai-style dressing

2 cloves garlic, crushed  
1/4 cup coriander leaves  
1 small red chilli, seeds removed and chopped, (use 2 chillies if you like it spicy)  
2 tablespoons lime or lemon juice  
1 tablespoon fish sauce  
1 tablespoon palm or brown sugar  
6 spring onions, sliced  
Pepper to taste

### Method

Season the meat with pepper.

Cook in a non-stick pan over a high heat until well browned on both sides but rare inside. (Depending on the pan used, you may need to brush the pan surface lightly with oil to prevent the meat from sticking). Transfer the meat to a plate and allow it to rest for 4 to 5 minutes.

In a bowl create a salad by combining the rocket (or mixed lettuce leaves), cucumber, cherry tomatoes and mint.

Slice the meat thinly across the grain and add to the salad mix.

To make the dressing, place the garlic, coriander, chillies, lime juice, fish sauce, sugar and spring onions in a food processor and process until well blended, about 1 minute.

Pour the dressing over the salad and toss lightly. Serve.

For more recipes visit [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)



## Roasted vegetables, chick pea and couscous salad

*Low sat fat, fat, salt and sugar*

### Ingredients

2 medium (peeled) potatoes  
1 can (440g) drained and rinsed chickpeas  
1 large (peeled) sweet potato  
1 tablespoons extra virgin olive oil  
1 diced (optional) red onion  
4 handfuls baby spinach  
1 cup (dry) couscous  
1 cup basil leaves  
1 red capsicum

### Method

Dice potatoes and sweet potato.

Cut capsicum into 1 cm squares and add to diced sweet potato and potato with the red onion. Brush with a little olive oil. Roast in an oven-proof pan at 180 degrees for 40 minutes or until cooked and golden.

Cook couscous according to instructions on packet.

Gently mix roasted vegetables (slightly cooled) with couscous, chickpeas, spinach and basil leaves (mint and coriander can also be added).

Serve in a wide bowl and sprinkle with extra fresh herbs for garnish.

# Winners are Grinners



## Congratulations to all our lucky winners!

Eden Youngblood mineral make up winners: Bronte Castle and Cassie Ann.



Chevonne Strauch Eden rebook and win \$500 travel voucher winner.



Erin Lockhart winner of the 'Like to Win' members and friends Facebook giveaway.

## Building a Healthier Community Survey

We recently invited our members to take part in a survey that considered our Building a Healthier Community Program where 50 percent of the membership fee is contributed to nominated schools and groups in our community.

We were overwhelmed by the number of members who took the time to participate. It demonstrated that your membership is something you value. The information we gained will be invaluable as we undertake our review of this program and our plans to make it bigger, better and more effective than ever. Our mission of being a Health and Well Being destination resonated with members, however we learned from the survey that not enough members know about number of groups that gain support from the program or how much money is shared to help the various groups.

So a big thank you to all the members that gave us their time to complete the survey. The survey is an important part of us learning the best way forward to support health and well being issues and priorities in our community.

The review is underway and we'll be keeping members informed as we make progress.

Thanks again for your input.



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  
& friends  
GIVEAWAY

Maui Jim

WIN A PAIR OF MAUI JIM SUNGLASSES, 3 MONTH FERNWOOD VOUCHER & \$100 EDEN BODY AND SOUL GIFT PACK!



OVER  
**\$900**  
TOTAL VALUE

'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 12 midday 14/09/19. Drawn on 14/10/19. Maui Jim sunglasses may be chosen by the winner up to the value of \$449. Eden gift pack is 4 Pure Fiji mango products.

UFS  
optical

eden  
BODY & SOUL ESSENTIALS

UFS  
PHARMACIES

# Bendigo's only 24 hour pharmacy

We're open when you need us.

## What our customers are saying...

*"So grateful to have a pharmacy open 24/7. Im fighting a post tooth extraction infection and run out of pain medication at 7pm on a Sunday. Thank you :)"*

-Google reviews



## UFS View Street Pharmacy

### 24 HOUR PHARMACY

Corner View and Barnard Streets, Bendigo • Phone 5443 4610



## DO YOU NEED A TOP UP?

Those born between 1966 and the early 1990's may not be fully vaccinated against measles! You need 2 doses to be 99% covered.

## MEASLES BOOSTER

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

**Protect yourself and others today, visit UFS Pharmacies for your measles vaccine today.**

UFS View Street Cnr View & Barnard Streets | 5443 4610

UFS Hargreaves Street 379 Hargreaves Street | 5443 6430

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

UFS Strathfieldsaye 32 Blucher St | 54393513

UFS Bridge St 40 Bridge St | 54441988

\* Conditions apply. Government funded vaccine categories apply, ask in store for details. Vaccination clinic opening hours may vary between stores & all vaccinations are subject to stock availability.



[bendigoufs.com.au](http://bendigoufs.com.au)