

Healthy Living

Becoming the Healthiest Community
An initiative of the Ipswich Hospital Foundation

IPSWICH



facebook.com/healthylivingipswich

Image by Talitha Rice Photography

A tax deductible donation to Ipswich Hospital Foundation makes Christmas giving all that more special! Visit our website ihfoundation.org.au today!

Stay safe this summer

- Dom's wish comes true
- Healthy eating over Christmas
- Stay hydrated this summer
- Thank you to IHF donors

It's going to be a long, hot summer so it's important to stay hydrated and protect yourself from the effects of heat and the sun. See inside for details.



Be healthy, be safe, be happy, be resolute

The holiday season is upon us. It can be a very joyous time of year or for some it can be a very trying time of year.

If you keep yourself and your family safe it will give the opportunity for the season to be joyous and happy. There are obvious ways to be safe:

- Practice safe travel. Many of us are traveling in cars this time of year, often driving long distances, or just visiting the local shopping centres. No matter where you or going or when, please follow the rules of safe driving.
- Practice patience. If you're trying to find a park in the pre-Christmas rush just remember a few more minutes will not make a great deal of difference and by staying calm it can make a difference to your whole day.
- Practice safe full sun protection. Originally I am from the Northern Hemisphere where a white Christmas is possible and it is hard to get used to having Christmas in the full- sun. I have though learned that the sun here is deadly and that covering up, using sun screen and even avoiding the mid-day sun is the way to go.
- Practice water safety. The beach, waterways and pools are very popular in the heat of the summer, but take extra care of yourself and others in your family.
- Practice common sense. It can get very crazy this time of year and I know



it is very possible to get carried away partying, eating and drinking. It is all very enjoyable but using some common sense will make this time of year more enjoyable.

- Practice mindfulness.

Also thanks for all you have done to further better health in the community this past year. 500 people now participate weekly in the Fit4Life sessions. The playground at the Children's Ward will be taking shape in the coming weeks. The Ipswich 100; the Park2Park; Tuff Kidz; the All Things Healthy Expo and the One Mile Gift all saw record holiday numbers participating. Volunteers, Donations and Sponsorships for healthy activities and support to the hospital continue to grow. Thanks.

Now it is time to be RESOLUTE again as we start off a New Year. Let us see this coming year as the best yet.

I hope you have a happy and joyous holidays. You deserve it.

Tom Yates, Executive Officer, Ipswich Hospital Foundation | Tel: 1300 736 428
E: healthyliving@ihfoundation.org.au | W: ihfoundation.org.au

Stay safe this summer

As this magazine goes to print Ipswich has just arrived on the other side of a heat-wave with temperatures soaring to 10 degrees above average.

The warning from local health and care services is clear – stay cool, drink plenty of water and check on your neighbours!

Healthy Living editor Chelsea Rees spoke with QAS Ipswich Advanced Care Paramedics Scott Warner and Megan Goudsouzian about calls for assistance in the warmer months.

"People are outside enjoying the nice weather so we do receive quite a few calls for help from an exposure point of view," Scott said.

"For the most part we see the two vulnerable groups, the elderly and young being affected by the heat.

"There is a really key role for neighbours to be aware of elderly and family should be reminding elderly to reframe their thinking in the summer time and wear cooler clothing, hydrate and change into summer bedding.

"Symptoms to look out for are confusion, disorientation or they might have a severe headache but could be taking medication for another ailment that is masking the pain.

"They can get quite sick and quickly and the common factor with the elderly is that they are

locked up in their homes and their houses are sweltering.

"As for children, if your child is ill and under the age of 5, throwing everything up and not letting you feed them, something as simple as a Hydralite ice block could be enough to replenish their stores – a lemonade ice block is not effective!

"It is natural to want to seek relief in the form of water parks and dams in the warmer weather and West Moreton is a popular destination for water-activities with Wivenhoe, Somerset and Moogerah dams offering boating, fishing and jet-skiing."

"For those boating, water skiing and tubing the role of the spotter and the driver is very important -they need to be the right age, paying attention and only performing that role.

"Everything about an injury on the water is a whole lot more serious due to being in the water.

"If kids are going to lakes and pools by themselves they need to know the safe order in which you approach a dangerous situation, clear it for safety and call for safety and how to do that.

"It is Important for kids to know where they are and to have a method of reaching help like a phone or somebody with them who does as seconds and minutes can

sometimes be the difference. If you are spending time at home this Christmas it is vital to remember that backyard items can be a hazard for small children.

"Any vessel that can hold water like water features or buckets can easily become a drowning hazard for toddlers and small children.

"Toddlers can easily fall in and not have the wherefore to raise themselves out. If you do see your child fall into water keep a close eye on the child in the hours after and be extra vigilant.

"A drowning does not have to take place in the water, it can actually occur in the hours after if inhalation has occurred. "Seeing someone drown or have a near drowning can be very distressing and it is important to make your children aware of what to do," she said.

QAS are now offering CPR awareness classes in the community and at schools.

Register your interest for CPR Awareness at:
www.ambulance.qld.gov.au/cprawareness
In the event of an emergency, always call Triple Zero (000) immediately.
If you need medical advice call Queensland Health's phone service 13 HEALTH (13 43 25 84) which is available 24 hours a day, seven days a week.



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FUN & FITNESS In the park

FUN & FITNESS in the park at ECCO Ripley

Monday	5:30pm Low Impact
Thursday	9:30am Mums & Bubs
Saturday	7am Circuit in the Park

**Fun Family Fitness sessions 9:30am
Sunday 11 December & Sunday 15 January**

All sessions will be held in Brooking Parklands. Check the back page for Christmas break details. www.ihfoundation.org.au for more information.





Share the Christmas spirit



Homemade gift from Hospital patients are made with love and care.

IHF Volunteers and patients in Ward 6B have really felt the Christmas spirit this year.

Patients regularly spend creative time together with volunteers painting and doing

arts and craft to assist in the rehabilitation of fine motor skills. Their handmade gifts and decorations are for sale in the Chelmsford Avenue entrance at Ipswich Hospital – they are

spectacular and we don't expect them to last much longer. Especially everyone's favourite magazine trees!

No charge to charge in kid's ward



No phone is left uncharged in the Sunshine Children's Ward these days. Thanks to generous donors (see pages 6-7) the ward now has a permanent phone charging station for parents and caregivers.

Grabbing a phone charger as you race out the door when your child is being taken to hospital is

the last thing on your mind and this often leaves parents with no way to contact relatives freely. We are sure many of our readers will be able to relate to this.

If you would like to see more stations around the hospital, contact IHF or place a donation through our website labelled 'charging station'.

IHF welcome Laing O'Rourke as community partners in good health

With operations around the world, Laing O'Rourke has the unique potential to play an important role in many different communities. They take a proactive approach to creating local employment and business opportunities, supporting local community initiatives and engaging with community organisations to progress shared sustainability principles.

Their sustainability strategy and targets drive their commitment to sustainability, where they use the EPIC (Environment, People, Industry and Community) pillars as their framework to report on how they care for our environment, nurture people, challenge and change the construction industry and enrich the communities where we live and work so they leave the world in better shape for future generations.

Their Battlefield Airlifter Project delivery team's initiative of forging a community partner pledge with the Ipswich Hospital Foundation (IHF) is

symbolic of the deep engagement they have developed with the local Ipswich community over the past few years. During the construction of the Train Maintenance Centre at Wulkuraka their team supported 7 local Special Olympians in their fundraising efforts to attend and compete in the 2014 Special Olympics in Melbourne, as well as the volunteering to construct a new outdoor learning centre and making an employee donation to establish an enduring foundation to support disadvantaged students at Ipswich Special School.

Laing O'Rourke's Project Director Craig Simpson said "the Community Partner Community Pledge with the IHF is a natural progression of our commitment to identify how we can best support and lend our expertise and experience to the communities we work in. We are delighted to be working collaboratively with such a critical support agency to improve the health of our workforce and the greater Ipswich region."



West Moreton Hospital and Health Service

Keep Emergency for emergencies.

Our Emergency Departments across West Moreton are here for one thing only – medical emergencies. Anything else just takes away from more serious patient needs.

If you're not sure, call 13 HEALTH (13 43 25 84) and a qualified registered nurse will help to direct you to the right care, whether it's a GP, pharmacy or Emergency.

Call 13 HEALTH for the cost of a local call 24/7





Fit ball workout to challenge your body



Overhead squat



Overhead squat



Back extension



Back extension



Triceps dip



Triceps dip



Bent knee hip extension



Bent knee hip extension



Sit up



Sit up



Susan Yates
Body Joy Personal Trainer

Ipswich is blessed with at least 500 neighbourhood parks throughout the region. These leafy spaces are ideal for enjoying fresh air, sunshine (vitamin D) and exercise. Here are 5 resistance moves you can mix with your walking/running to give your body a fitness boost. Be sure to apply sunscreen before heading to the park.

Body Joy Fitness For All
Telephone 0417 750 364
www.bodyjoy.com.au

Working out with a fit ball is an excellent way to challenge your body, and have some fun along the way. An important outcome of all fit ball exercising will be a stronger core, which, in turn, will support your body to develop good balance skills. As we age, these skills become more important. So, if your fit ball hasn't seen the light of day recently, it's time to give it a bit of attention. The workout below is the second in a series of three ball workouts presented in your *Healthy Living* magazine.

Overhead squat

Hold the ball overhead between your hands with arms straight. Step your feet wider than hip width apart and only slightly turned out. Keep the ball stable over your head, while slowly lowering your body toward the ground into a squat. Lower the hips well behind your heels and don't allow your knees to go forward of your toes. Push through your heels as you rise. Do 10 – 15 reps.

Back extension

Place your torso on top of the ball, just below the upper chest, extend the legs behind you with toes on the ground – squeeze your thighs and gluts together. Place your fingertips at your temples and lift your elbows outward. Maintain this position while lifting your upper body away from the ball – hold at the top of the lift for 5 seconds before lowering back to the ball. Do 10 – 15 reps.

Triceps dip

Sit on the ball with hands flat and fingertips facing forward. Place feet flat on the ground, parallel and hip-width apart, toes pointing forward. Draw your hips away from the ball as you straighten your arms, then bend your elbows to 90 degrees as you lower the hips and bend the knees. Make sure your knees do not go forward of your toes. Continue to lift and lower the hips as you bend and straighten your elbows. Do 10-15 reps.

Bent knee hip extension

Lie the front of your torso on the ball – hands and toes on the ground (hands slightly wider than shoulder width, and toes hip width) crown of the head facing front. Lift one leg off the ground, bending the knee at a right angle, (sole of the foot flexed and facing the sky) then lift the thigh off the ball and press the heel toward the sky feeling a deep contraction in the gluts. Lift and lower for 5 reps then change to the other leg. Repeat 10 sets on both sides.

Sit up

Lie on the ground with lower calves and heels on the ball. Place the hands on top of the thighs. Deeply contract your abdominal muscles as you slowly slide your hands up your legs toward your ankles, lifting the torso as you go, and then slowly return to the start. Don't worry if you can't reach your ankles. Sliding the hands to the knees and back is also very effective in strengthening your abdominal muscles.



Wish comes true for nine year old "Iron Boy" Dom

Make-A-Wish® makes the cherished wishes of children and teenagers battling life-threatening medical conditions come true.

Every day, six families in Australia receive the news that their child is facing a life-threatening medical condition.

For these kids, a Make-A-Wish wish is a must-have. We carefully design each wish journey to ignite positivity and fight within each child, helping them battle for their health. We work with them one-on-one, tapping into their imagination to capture their true cherished wish and take them on a wondrous journey of anticipation in the lead up to their wish coming true.

Wishes are as unique as the imaginations of the children who make them – and we've had some pretty incredible wishes! From wishing to meet a dinosaur, be a 'plane driver', see snow in Cairns – we make the impossible possible. We think outside the box to craft an amazing experience for each child and teenager – always staying true to their cherished wish.

The vast majority of wish families



Nine year old Dom's wish came true thanks to Make-A-Wish when he became Iron Boy at the Sydney Opera House.

tell us they've seen ongoing improvements in their child's emotional and physical health as a result of their wish journey. As one wish mum told us: "We're eternally grateful for having his wish granted. It was the turning point during his treatment. Maybe that's a coincidence, but I honestly don't think so."

Dom's wish to be Iron Boy

Dom, 9, has been battling cystic fibrosis his whole life, enduring hours of treatment every week. He

has always been fascinated with Iron Man, and this led him to his wish: to be Iron Boy.

In the lead up to his wish coming true, Dom participated in Super Hero training, and fittings for his tailor-made Iron Boy costume. Dom's excitement grew by the day, and gave him something wonderful to focus on during treatment. When Dom transformed into Iron Boy, his wish captured hearts all across Australia and around the globe.

The highlight of this unforgettable day was the showdown between Iron Boy and his arch nemesis, Ultron, on the steps of the Sydney Opera House. With newfound strength and courage from his wish, and a huge crowd cheering him on, Iron Boy fought Ultron and his henchmen – and came out victorious!

Dom was awarded a Medal of Valour from the NSW Police Commissioner for his heroic efforts in saving Sydney. Then Dom

received a wonderful surprise video from Iron Man himself – Robert Downey Jr – welcoming him as an honorary member of The Avengers!

For Dom's mum, Nichole, the best part about their wish experience with Make-A-Wish is the powerful impact she has seen, and continues to see, on her son. "In the lead up, Dom was determined to stay healthy for his wish. It kept him going, and gave him a real boost.



Can you lend a Helping Hand?

VOLUNTEERS NEEDED for the Ipswich Hospital Foundation



Helping Hands volunteers provide supplementary care to elderly patients, primarily focusing on those who are confused or cognitively impaired. The volunteers assist in maintaining safety and improving the hospital experience by providing practical support, comfort and supervision.

If this sounds like something you would be passionate about please contact Judy Andrews on 3466 5004 or judy@ihfoundation.org.au

Phone 3466 5004 or visit www.ihfoundation.org.au to learn how you can help!



Generous donations make kid's Christmas

Bob Green is a long-time friend of the Ipswich Hospital Foundation and has paid many charitable visits to the Ipswich Hospital and he still gets emotional about his connection to the two organisations.

Ipswich Hospital has provided care to him and his family over the years and Bob continues to pledge funds raised through his Happy Wanderers bus tour to the Ipswich Hospital Children's Ward.

His recent donation of \$8500 has purchased a Maxtec Low Flow Blender with Max O2 Monitor and Portable Patient Monitoring System for the Special Care Nursery at Ipswich Hospital.

Acting Service Director Women and Children's Services Lynette Barratt said these pieces of equipment mean that caring for premature babies in Special Care Nursery will be easier.

"We are so very grateful for groups like Bob's. It is great that money can be raised while seeing the great sights of Queensland."

To book your seat on Happy Wanderers Trip 2017, contact Bob on 3281 1296. The trip leaves Ipswich on 10th May.

West Moreton Anglican College Students brighten day

West Moreton Anglican College Year 8 students Sharni Woods and Emily FitzGerald jazzed up the afternoon for patients of Ipswich Hospital's Sunshine Children's Ward and Stroke Ward.

As part of a leadership challenge the girls used \$10 gifted to them by the school to help make a difference in the community. Collectively they raised over \$400 for the Sunshine Children's Ward. The funds are being used to purchase brand new baby baths and a bounty of children's toys. Thanks girls! We can't wait to have you back for another performance.

Gabriella Rae, also a West Moreton Anglican College student in Year 8 and is looking to pursue a leadership role in 2017. Through Gabriella's Talents Challenge, she raised \$730 through organising a working bee at her parents property at Thornton.

The task was to pick up sticks to get the paddock ready for ploughing and seeding. (Five truck loads of sticks were picked up that day.) She was paid \$15 per hour per person and used the initial \$10 given to print invitations to invite as many friends and family members to take part in the day. With the \$15 per hour per person, Bella had to decide how much was a fair and reasonable price to pay for their assistance and the remainder was to go to outgoings and donating to the charity of choice. Out of the remainder she budgeted for meals, refreshments, treats, gloves and sunscreen for the day. What a clever business idea!

Cuppa Club raise their cups to one last donation

Christine Dunsmore, owner of Riverview News harnessed the power of a spectacular group a few years ago when her newsagent became a popular meeting place for residents after buying their morning newspaper.

Locals joked about Christine putting on breakfast for them while they caught up over the newspaper and before too long breakfast BBQ's were held most Saturday's with the money raised coming to Ipswich Hospital's Sunshine Children's Ward.

Christine said it has been a pleasure to work with such a great group over the years. "This group is so hard working and committed, you have no idea! We decided to pledge our last



Bob Green's Happy Wanderers are long-time supporters of IHF and donate year after year.



Local craft group Friday's Child were generous donors.

fundraising effort to the Sunshine Children's Ward which amounted to \$4000 – I am so pleased," she said.

Riverview Cuppa Club Honour Roll: Alex Johnstone, Steve Siggers, Anne Francis, Pat Young, Christine and Wayne Dunsmore, Denis and Bev Floyd, Murray and Monic Lebeter, Wayne and Colleen Lebeter, Maree and Kev Chalk, Elain and Nev McInally.

Friday's Child make baby's day

Thanks to Friday's Child, a local craft and hobby group based in Redbank Plains, the babies in Ipswich Hospital's Special Care Nursery and children in Sunshine Children's Ward will have toys to cuddle and beautiful outfits to wear at Christmas. Ward 6B also received some knitted goodies to keep their knees warm.

Minden Baptist

Minden Baptist Church Valley Kidz have shown their Christmas spirit in the last term through a program run on each Sunday morning.

Cathi Henley of Minden Baptist Church said each term they decide as a group some way that we can be a help and give blessing to others by giving.

"As we had recently given towards various needs overseas, we felt that we could help somewhere local!"

"A few older girls were keen to collect for a care package and we thought that it would be great to not only bring along money but for us all to purchase items that would help someone who was struggling with their health and bring a



Minden Baptist Church Valley Kidz shared the Christmas spirit!

bit of cheer their way!"

"It was great to see the kids along with their families jump on board to collect and help out," she said.

The funds are being used to update the Ipswich Hospital Day Procedures waiting room with toys, new seating, learning equipment and storage. The unit caters for children between 2 and 14 years.



If you'd like to make a tax deductible donation to the Ipswich Hospital Foundation to support our work please visit www.ihfoundation.org.au



West Moreton Anglican College Year 8 students brightened the day of patients in the Ipswich Hospital's Sunchince Circle Children's Ward and the Stoke Ward when they recently visited.



Riverview Cuppa Club generously donated to the Ipswich Hospital Children's Ward.



Local craft group Friday's Child were generous donors to the Ipswich Hospital Children's Ward.



Rosewood Rural Fire Brigade made a generous donation this year to make life more enjoyable for patients in the Ipswich Hospital's Sunshine Circle Children's Ward.



OUR STORY



"I like being a volunteer because of the people you meet, and it is lovely to be able to help someone. Particular when visitors have been in palliative care, they are upset and sometimes you are the first people they see. Sometimes they get a cuddle, or just a chat."
- Anne Maria | IHF Volunteer

Have you been helped by an Ipswich Hospital Foundation program or donation?

Do you have great memories of an Ipswich Hospital Foundation event?

We'd love to hear from you!

Submit photographs and a brief description to chelsea@ihfoundation.org.au to contribute to the IHF Story.

September 2017 signifies the 20th anniversary of Ipswich Hospital Foundation and to celebrate, IHF will be creating a video story to share great memories of healthy events, fundraising and giving to the local hospital services from the past 20 years.



Raise your glass to water over the summer



Deidre Taylor
Nutritionist

With summer upon us, it is important that we all consider the need for our bodies to be adequately hydrated. Water is essential for human life, without it, an adult's survival rate would be just a few days. Refreshing, thirst quenching and essential to our health, the best part about this precious liquid is that not only does taste great and but is provided free by Mother Nature.

Our bodies need water to function. Maintenance of cells, blood volume, digestion and waste elimination all require an intake of water. It dramatically

assists body temperature regulation, critical in the fast approaching summer months. If we fail to drink enough water on a daily basis, we may suffer symptoms of headache, fatigue, dry mouth, constipation and decreased urination. These are only some of symptoms of dehydration but if left untreated they can ultimately progress further to exhaustion and collapse. The simple solution to preventing this is to ensure we drink enough water in our day.

How much water we require is dependent on our environment and our level of physical activity. We need to be drinking an average of 8 - 10 cups of water per day. Men require a slightly greater intake due to higher body mass but generally speaking this would equate approximately 2.1L/day for women and 2.6L/day for men. But for those who are physically active, remember your needs will be increased to accommodate perspiration and water losses.

Some may be wondering how they could possibly manage to drink this much water in one day. Approximately 20% of these amounts will come from the foods



we eat. Fruits, vegetables, even steak and chicken contribute to our daily water intake and the rest we gain from daily fluids. Tea, coffee, milk, soups and liquid foods such as smoothies all contribute to our daily water intakes, however sipping a plain glass of water throughout the day is so easy, you will be surprised how a glass here and there will

easily add up to ensure adequate hydration.

Although most people love the refreshing taste of water, others find it bland. So if plain tap water sounds unappealing, here are a few tasty nutritious ideas to flavour your next glass of water:

- Lemons, limes & orange slices give water a zesty zing and refresh

the palate.

- Strawberries with mint chopped added to cold water add fresh delicate fruity flavours.
- Cucumber slices bring a refreshing flavour on a warm day.
- Save the water from boiled vegetables and cool in fridge to make cooled vegetable water.
- Fruit and herbal teas are delicious warm or cold
- Add grated ginger to boiled water allow to stand then strain – drink water warm or cool.
- Puree fruits into ice cube trays then add to water as naturally flavoured ice cubes.
- Apple cider vinegar is a great energizer early in the morning, a refreshingly tart flavor that will surprise you.

And for those of us keeping an eye on our waistline, thirst can sometimes be mistaken for hunger. Sometimes a glass of water can help with cravings and stop unnecessary snacking between meals. Try to limit soft drinks and sweetened cordials. Packed with sugar, they may fill you up and temporarily quench your thirst but they are a nutrient poor substitute for water that can lead to long term weight gain if not consumed in moderation.

Make 2017 your year of fitness with Body Joy!

We help people of all ages look and feel their best.

Personal Training Group Fitness Yoga



We are a boutique fitness company dedicated to helping people of all ages feel wonderful.

We offer individual and group training sessions which are tailored to your needs and aspirations.

The Body Joy method is focused on:

- Developing cardio-vascular health
- Building physical strength and endurance
- Improving flexibility and balance
- Creating a personal sense of well-being and confidence

We support you to achieve optimal health and fitness through a combination of traditional training methods (like walking, running, circuit

training and resistance exercise) combined with the ancient practice of Yoga.

We prefer to train outdoors, and Ipswich is blessed with some 500 parks including award-winning spaces of national significance.

Our goal is to fill you with a sense of JOY in being a strong, healthy, confident member of the world community.



Phone Susan
0417 750 364
bodyjoy.com.au

Ipswich Hospital Foundation Board Member Vacancy



The Ipswich Hospital Foundation (IHF), a statutory authority established under the Hospital Foundations Act 1982, is canvassing the community to fill a number of vacancies for membership on its Board in the spring of 2017. Members serve voluntarily and without any compensation. The Minister of Health and Ambulance Services will determine the successful candidates.

These members must either be:

- An employee of a university or other body providing education at a tertiary level;
- An officer or employee of the West Moreton Hospital and Health Service; or
- Leaders from the general community who have an interest in and ability to assist with attaining IHF goals and objectives.

The IHF's vision is to support and facilitate healthier lifestyles so our community can become the healthiest in Australia. The voluntary Board helps to guide the Foundation and utilise their individual expertise to achieve this goal. The successful candidate will have the following responsibilities:

- Attend monthly meetings of the Board and an annual planning weekend;
- Review and approve/ comment on Board minutes and agenda items;
- Participate in ad hoc working groups focusing on specific strategic objectives;
- Assist the Board in assessing its existing programs and being proactive in the development of innovative new programs.
- Participate where possible in the health promotion and fund raising activities of the IHF.

Interested candidates can contact Tom Yates, Executive Officer, before the end of January 2017 at 1300736428 or by email tom@ihfoundation.org.au. Additional information (including copies of the Hospital Foundations Act 1982 and Annual Reports) are available at www.ihfoundation.org.au.

Interested candidates should submit by the end of January 2017 (31/01/17 at 5:00 PM) a two-page maximum curriculum vitae; work, two character references; and a brief statement on why they are interested in serving on the Board. Candidates should also be aware that a request for police clearance and other forms will be required as part of the process.

Join us in Becoming the Healthiest Community in Australia





No reason not to eat healthy at Christmas time



Susan Bowen
Food & Lifestyle Coach

Healthy Living Ipswich contributor Susan Bowen of Food Fix 4 Life is a professional specialising in weightloss, healthy eating and sports training. Finding the right balance of food is important to the quality of our lives. Good health is not only dependent on a healthy diet, exercise is important too. Exercise helps increase vitality and metabolic rate. A healthy balanced diet combined with regular exercise goes a long way to ensure a healthy body. Keep reading *Healthy Living Ipswich* magazine for more of her healthy life tips in coming months.

Find out more at www.foodfix4life.com.au

The Christmas - New Year festive season is a tricky time for anyone trying to maintain a healthy diet. With seasonal goodies and often excessive amounts of food around, how can you make it through this time of year without regrets?

Susan from Food Fix 4 Life has some tips for a happy healthy festive season.

Snacks and platters

- Avoid potato chips (no nutritional value) instead try raw nuts or small serve of cheese (feta or cheddar, not brie or camembert) and grain/ seed crackers.
- Prepare a dip platter using veg such as carrot and celery and non-creamy dips like salsa or hummus.
- Keep track of how much you are eating – use a small plate rather than just grazing from the main platter.

Main meals

- Roast/ BBQ lean meat with vegetable or salad are ideal - stay away from pork crackling and chicken skin.
- Swap potato or pasta salad for slaw or green salads. If you want the creamy dressing drizzle combine mayo with natural or greek yoghurt, wholegrain mustard and thin with water or



- lemon juice.
- Watch serving sizes - start with a smaller plate, a huge helping makes you more likely to overeat and not stop when full.

Sweets/ Dessert

- Combine cocoa, dates, almond meal and coconut to make a nutritious truffle or 'rum ball'

- Prepare a fruit platter

Food Safety

- Temperature Danger zone (bacteria start to multiply) = 5° - 60°C
- Potentially hazardous foods include meat, fish and poultry, dairy, cooked rice and pasta (incl salads), pre-packaged salads (including spinach/ lettuce leaves).

- If these foods have been at room temp (including preparation/ serving) for:
 - 2 hours – either refrigerate or cook ASAP
 - 2-4 hours – consume immediately
 - 4 hours – discard, do not re-refrigerate/freeze. Freezing may stop bacterial growth but will not kill existing bacteria.

Delicious open fruit mince pies for Christmas

Makes 12 serves

Pastry:

- 2 cups spelt flour
- 2 egg yolks
- 1 tsp vanilla extract
- 1 tsp allspice
- ½ cup butter (or coconut oil)
- 2 Tbs muscovado sugar
- 1-2Tbsiced water

Filling:

- 2 apples, core removed & diced
- 1 cup sultanas
- ½ cup currants
- 2 oranges, zest and juice
- 2 tbs pepitas
- 1 cinnamon quill
- 2 tsp nutmeg
- 1 tsp allspice
- 1 tsp fresh ginger, finely grated
- ½ cup water
- Dark chocolate, to drizzle over the top

Place all of the filling ingredients into a large bowl and stir well.

Cover and leave in the fridge to sit overnight. Then, in a pot on low heat, simmer the filling for around 15minutes, or until softened, stirring frequently.

Set aside to cool until ready to use.

Preheat the oven to 180C. Place all of the pastry ingredients, except the iced water, into a food processor. Using a low setting, process the ingredients until they come together to form a dough. If required, pour in some iced water to combine.

Halve the mixture, wrap in glad wrap and place in the fridge for 10 minutes. Meanwhile, heavily grease mini tart cases or a muffin



tray. Remove one half of the dough from the fridge, and, working quickly, press enough mixture into the cases to cover the bottom and sides about 1cm thick. Repeat with the second half. Place pie weights into the bottom of

each base and bake for 10 minutes. Remove the weights and bake for a further 5 minutes if required. The bases should be lightly browned. Set aside to cool. To assemble the pies, place a

generous amount of filling into each base. Melt the dark chocolate and drizzle over the top of each pie with a spoon. They are best stored in an airtight container in the fridge.



IPSWICH 100 BIKE RIDE

SUNDAY 23RD APRIL 2017

Online registration now open!

www.ipswich100.com.au



169km Heritage Bank
Imperial 100 Challenge

6.00am
\$90.00 pp



101km St Andrews Hospital
Classic 100

6.30am
\$80.00 pp



Exact Radiology
CLINICS

50km Exact Radiology
Fun Filled 50

7.00am
\$60.00 pp



25km 24//7 CSF
Esprit 25

8.00am
\$20.00 pp



5km 24//7 CSF
Fun 5

9.00am
\$5.00 pp

REGISTER A TEAM TO BE PART OF THE **mylifemedical** TEAM VILLAGE

*Conditions apply





Get Fit4Life for less cost

Ipswich Hospital Foundation provides a variety of affordable fitness activities each week. For detailed information visit www.ihfoundation.org.au or phone 1300 736 428. Maximum class cost \$5.

For just a \$15 donation per fortnight you are entitled to unlimited Fit4Life classes, discounts to IHF healthy events and merchandise, member's prize draws and your own membership card.

The IHF membership will not only save you money if you are a regular attendee at IHF activities, it will mean you have membership to a group which is striving to Become the Healthiest Community in Australia.

Visit www.ihfoundation.org.au to join.

FIT4LIFE Low Cost Fitness Activities

Summer Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Fitness Bundamba State Primary School				5.30pm		
Redbank Walking Redbank Plaza	7.00am				7.00am	
Boxercise Lobley Park Churchill			5.30pm			
Running Bill Paterson Oval Limestone Park	5.30pm		5.30am	5.30pm	5.30am	
Energiser Amberley District State School	5.30pm					
Riverlink Walking Riverlink Shopping Centre		7.00am		7.00am		
Circuit in the Park Lobley Park Churchill	5.30pm					
Mums & Bubs Fitness Queens Park Nature Centre				8.30am		
Mums & Bubs Robelle Domain stage					8.30am	
Park Run (near) Bill Paterson Oval Limestone Park						7.00am
Aqua Fitness Bundamba Swim Centre			6.00pm	9.30am		
Zumba Bundamba State School		5.30pm				

Ecco Ripley Fun & Fitness in the Park

Low Impact Brooking Parklands, Ripley	5.30pm					
Mums & Bubs Brooking Parklands, Ripley				9.30am		
Circuit in the Park Brooking Parklands, Ripley						7.00am

FIT4LIFE
Fitness Activities

Final 2016 IHF Fit4Life sessions are the week of 12-17 December and return Tuesday 3rd January 2017.

*Some sessions may vary. Check with your IHF trainer to confirm. These dates include sessions at Ecco Ripley. For 60 & Better Christmas break details contact 3282 8644.

Tried everything? **NOW TRY**

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at Karana Downs

NOW OPEN 6 DAYS PER WEEK

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Sciatica, upper/lower/mid back pain, hip, leg, groin, knee, ankle & foot pain Shoulder, elbow, wrist, neck & jaw pain. Digestive, circulatory, elimination & lymphatic (fluid) issues, eyes, ears, sinus, and just about any imbalance in the body both Inside and out!

For a Bowen appointment or to request your Student info pack please phone **Sue Hamilton 3201 1959**
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*No prerequisites required to commence training
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Qualifies you to work in the Natural Health Industry or just treat Family & Friends

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60 AND BETTER
You can't turn back the clock, but you can wind it up again!

Weekly fun fitness activities for the 60 and better!

Square Dancing

Beginners Monday 12.00-1.00pm
1.00-3.00pm
\$3, \$6 Caller costs
Annex, Humanities Building
56 South Street Ipswich

Boccia

Tuesday 9.00-12.00pm
\$2 donation welcome
Includes morning tea
Annex, Humanities Building
56 South Street Ipswich

Table Tennis

Tuesday 1.00-4.30pm
Friday 1.00-4.30pm
\$2 donation welcome
Bring afternoon tea to share
Annex, Humanities Building
56 South Street Ipswich

Tai Chi for Diabetes

Wednesday 2.00-3.00pm
\$5 instructor costs
Cafeteria, Level 1,
Humanities Building
56 South Street Ipswich

For further information please contact Ipswich 60 and Better Program on 3282 8644 or www.60andbetteripswich.com.au

IPSWICH HOSPITAL FOUNDATION

CHRISTMAS APPEAL



Consider giving a gift this year that will last beyond Christmas
Help us raise an extra \$20,000 for the Playground Project

How?

- **Donate online**

www.ihfoundation.org.au

- **Contact IHF**

1300 736 428



Christmas appeal will run until Christmas Eve, 24th December.

If you would like to visit the ward to drop off gifts and spread Christmas cheer, contact Ipswich Hospital Foundation.

Friday 9th, 16th & 23rd will be days available for visits - by appointment.