

HEALTHY LIVING IPSWICH



www.ihfoundation.org.au

Ben Ungermann
Master Chef of Ipswich



1 September 2018

10am - 1pm | University of Southern Queensland

Special Guest Cooking masterclass by Ben Ungermann

Interactive full body health checks available



ST ANDREW'S IPSWICH
PRIVATE HOSPITAL



EDITOR'S NOTE

As this edition goes to print, 2000 members of the Ipswich community and some who travelled from afar, might be waking up with stiff muscles after tackling the challenging Ipswich Hospital Foundation Park2Park course on Sunday 29th July. Sensational weather and a dedicated team of volunteers, sponsors and supporters ensured the event was a success. Your commitment to your own health and the health of our community is to be congratulated! Results, race photographs and finishers' certificates are now available at www.park2park.com.au.

The next health focused event Ipswich Hospital Foundation is proud to present in collaboration with University of Southern Qld and sponsors St Andrews Private Hospital and supporters Darling Downs West Moreton Primary Health Network, West Moreton Hospital and Health Service and Kambu Health is the 2018 annual "Health for Life Festival" on

Saturday 1st September 2018 at USQ Ipswich Campus. We'll give you a month to recover before we look forward to seeing you at the Health for Life Festival!

For right now, I encourage you to enjoy Healthy Living Ipswich as your first point of call for healthy recipes and low cost fitness activities. This month find out how to ensure your medical records are managed through My Health Record.

Chelsea Rees

HEALTHY LIVING IPSWICH TEAM

Editor: Chelsea Rees
Photographer: Talitha Rice

CONTACT US

Phone: 07 3466 5002
E: healthyliving@ihfoundation.org.au
W: www.ihfoundation.org.au
PO Box 878, Ipswich 4305
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TALKIN' IT UP FOR MENTAL HEALTH REGIONAL YOUTH MENTAL HEALTH FORUM 2018

More than 300 West Moreton youth came together on Thursday 26th July to talk it up about mental health to reduce the stigma around the important topic.

Ipswich Hospital Foundation is proud to have funded the 'Talkin' it Up' Regional Youth Mental Health Forum 2018. IHF CEO Phillip Bell said the mental health and wellbeing of young people in the region is worth prioritising.

"We know we can make a very positive difference by working with West Moreton Health and our other partners to remove the stigma associated with mental illness and to provide a great day of entertainment and information for local young people," Mr Bell said.

Students and other young people learned and talked about mental health wellness at a series of interactive workshops.

A keynote presentation was delivered by Livin' co-founders Sam Webb and Casey Lyons, who have championed the "it ain't weak to speak" message to make sure young people with mental health issues do not suffer in silence.

If you are struggling and need support or advice contact Headspace Ipswich 07 3280 7900, headspace.ipswich@aftercare.com.au or drop in 26 East St, Ipswich.

Other avenues for help include: Lifeline 13 11 14, Suicide Call Back Service 1300 659 467, and Kids Help Line 1800 55 1800.



PARK2PARK RESULTS

Ipswich Hospital Foundation Park2Park 2018 – results are in. Brand new features, including stadium seating, healthy food options, GPS tracking and enhanced stage zone, were hard to miss at this year's Park2Park, presented by University of Southern Qld.

Ipswich Hospital Foundation Board Chair Neil Harding thanked volunteers, sponsors, service providers and the participants for helping make the event a success.

"The enhanced event is made possible thanks to our wonderful sponsors USQ, City of Ipswich, Walker Pender Group, Catalyst Church and the Bendigo Bank."

"Roughly 2000 competitors walked and ran their way to better health today. Myself and the organising committee would like to thank you all for making the effort! As for the elite athletes there certainly were some close calls across the line and superior shows of athleticism!"

"Importantly the funds raised will go to benefit West Moreton Health for their work in the digital hospital and research space, together we are becoming the healthiest community in Australia."

Next year's Park2Park will return on Sunday 28th July.

OFFICIAL RESULTS

City of Ipswich Half Marathon Male

Glen Yarham 1:13:31
Brendan Press 1:15:16
Andrew Dey 1:15:47

City of Ipswich Half Marathon Female

Alex Blake 1:25:56
Solveig Litchfield 1:32:03
Taryn Axelsen 1:33:42

University of Southern Qld 10KM Male

Jack Anstey 00:33:48
Damon Bruce 00:35:32
Clay Dawson 00:36:01

University of Southern Qld 10KM Female

Tamara Carvolth 00:37:04
Sara Parkinson 00:40:50
Anna Mayr 00:44:24

University of Southern Qld 5KM Male

Jude Thomas 00:16:09
Peter Bracken 00:16:18
Allen Dennis 00:16:24

University of Southern Qld 5KM Female

Amelia Partridge 00:20:07
Paige O'Connor 00:20:27
Kirsten O'Connor 00:20:31



IMPROVING YOUR HEALTH

TAKE A STEP FORWARD WITH 'MY HEALTH RECORD'

If you had to describe Bill Hardy's passions, they would be fitness, health and travel.

After retiring, the 70-year-old now runs over 50s fitness classes after completing a Diploma of Fitness five-years ago.

"I have always been interested in health, which is why I started training mature aged men and women in strength and conditioning. It's so important that as people get older, they keep active and look after their health."

Bill's passion for health extends to his My Health Record, where he keeps a summary of his health information securely online and can choose which medical professionals can see it.

"I think My Health Record is a great step forward in healthcare, making it easier for people to keep track of their key health information," Bill said.

"I recently had my whooping cough and tetanus immunisations so I could visit some friends and their young baby in Melbourne. This information will go on My Health Record, so I know when my immunisations are due as they can be hard to remember.

"I can go to a doctor or hospital at any time, anywhere and they will know my health problems and what medications I am taking, which makes the whole process easier," Bill said.

My Health Record brings together health information such as medical conditions, medicines, allergies and test results which can be viewed securely online. It can also contain your immunisation history, whether you choose to be an organ donor, and you can include your Advanced Care Plan.

It's your choice about which medical professional can see your My Health Record, and what information you wish to share with the healthcare providers involved in your care. Some key things to remember about My Health Record:

- Your important healthcare information is available online, and easily accessible by you,



your doctors, specialists or hospitals.

- When moving interstate or travelling, the information can be viewed securely online.

- In emergency situations, treating doctors can view information such as current medications.

- You don't need to remember the dates of tests, medicine names or dosages.

- Because healthcare providers have access to clinical information prepared and shared by other health professionals, they may have a more detailed picture with which to make clinical decisions, diagnose and provide treatment.

By the end of 2018, a My Health Record will be created for every Australian, unless they choose not to have one. If people choose not to have a My Health Record, they will be able to opt out during a three-month period starting on Monday 16 July and ending on October 15 2018.

For more information visit: MyHealthRecord.gov.au or contact the Helpline on 1800 723 471.

DR M'S TIPS TO MAXIMISE HEALTH

Whether you are looking to optimise your body's natural healing ability, or you are looking to help speed recovery from injury or illness, these tips may help you reach your goals more completely and rapidly.

PERSISTENT CONSISTENCY

Following care recommendations as they are given will give you the best chance of maximizing your results. The benefit is lost unless you are persistent and consistent.

PROPER SLEEP

If you aren't getting enough restful restorative sleep, your hormones, mood, energy and more will be negatively affected, massively impairing your ability to heal.

REGULAR EXERCISE

This may be a formal program, class, or small sustained daily activities, walking, swimming, weights. The body needs both rest and motion to heal properly.

ADEQUATE WATER INTAKE

Our body needs water for proper cellular function, nutrition transport, waste elimination, temperature regulation, digestion, ec. A general guide is 1 litre of water for every 20-25 kg of body weight.

QUALITY NUTRITION

Where possible try to source organic, local, vine-ripened, in season, grass rather than grain fed land animals, and wild caught fish. This approach provides a variety of micro and macronutrients at the same time as being more sustainable and environmentally friendly.

STRESS RELIEF

Do something that helps you to relieve stress: meditation, prayer, exercise, a hobby, alone time, or something else.

MORE ON THIS SUBJECT

For Dr M's full article on maximising health go to www.lifestyleqld.com.au/healthy-living.

My Health Record

An online summary of your key health information



A secure system

My Health Record has various safeguards in place to protect your information.



Personally controlled

It's your choice who sees your My Health Record and what's in it.



This year, you will get a **My Health Record** unless you tell us you don't want one by 15 October 2018.

For more information go to:

MyHealthRecord.gov.au | Help line 1800 723 471



IHF DONATIONS MAKE HOSPITAL LIFE EASIER

Ipswich Hospital now has a brand new, larger fridge for the parents lounge in the Children's Sunshine Ward, a microwave to heat up baby food and brand new baby swings

Acting Nurse Unit Manager Karen Freed said the fridge in the parents lounge will be well utilised.

"Many of our parents stay overnight so a fridge that can house their meals and the breakfast foods and snacks we provide is so worthwhile."

"The microwave will be used each day to heat up baby food and the baby swings are so handy for settling our smallest patients!

"These items are simple but are so key to helping our patients and their families have a more comfortable stay at what can often be a stressful time," she said.



NOT ALL BACTERIA ARE BAD FOR YOU

❖ with Dee Taylor, Nutritionist

AS WE TRANSITION FROM WINTER INTO THE WARMER MONTHS AHEAD WE START TO THINK ABOUT SPRING CLEANING OUR DIETS.

In doing this, often the focus is placed on foods that will help us trim down before summer or to generally improve our diet and creating a healthy gut environment is sometimes over looked.

We need good bacteria in our digestive tract to support our digestion and help our body absorb nutrients. Probiotics are live bacteria that help to balance and maintain a healthy gut. They have been used since the early ages to provide benefit to the digestive tract and are commonly known to provide health benefits to the body by balancing gut microbiota.

One of the primary functions of these bacteria is to assist our gastro-intestinal health and support the body's immune system. They are, however, positively known for their effects on gastro-intestinal disorders including that of bloating and gas.

Increasing our intakes of food sources that are abundant in probiotics are also linked to more positive mental health and well-being.

The strong link between our mind and the gut means that what we eat has an affect on us emotionally not just physically and out gut flora makes up a component of this connection.

FOOD SOURCES

Probiotics primarily come from fermented food sources. They are readily available in the foods we eat on a daily basis therefore if you believe your diet may be lacking in



'good' bacteria, it is easy to start now in improving your gut health.

Dairy, particularly yoghurt is one of the more commonly known food sources of probiotics. As yoghurt is made from fermented milk, it is a reliable source of live bacteria that is easily accessible in our supermarkets plus tastes great!

Look for yoghurts that contain Lactobacillus acidophilus, Bifidus and Lactobacillus Casei. Buttermilk is another great source as it contains live cultures. It can be used to make muffins, pancakes and pikelets.

Kefir is a fermented milk drink similar to yoghurt but it is made from both bacteria and yeast and is thinner in texture. It is derived from kefir grains that interact with different milk sources such as cows, coconut, rice and soy and can be found in the yoghurt section of the supermarket – it is a great tasty drink to start the day!

If you are not after a liquid or dairy based probiotic food source, why not try sauerkraut! This fermented cabbage can be either purchased with your weekly shop or you can make it yourself. It has a distinctively sour taste and great on a sandwich or tossed through a salad.

Our gut health is not something that we should neglect, more than just digestion, increasing your 'good' gut bacteria is integral component of nutritional health.



GET SET FOR 'HEALTH FOR LIFE' FESTIVAL

THE 2018 HEALTH FOR LIFE FESTIVAL ON SUNDAY 1ST SEPTEMBER IS ONE TO MARK IN YOUR CALENDAR IF YOU WANT A FREE FULL-BODY HEALTH CHECK...

The Health for Life Festival will offer interactive general health checks including mental health and ways to combat chronic disease indicators.

The experience will be complete with a passbook led tour, fitness and cooking demonstrations and access to some of the region and nations best health experiences. Walk through 'The Big Bowel' and take a tour of the BreastScreen Van and much more.

The day will also exclusively feature MasterChef's Ben Ungermann who will offer a healthy cooking masterclass.

You will also have an opportunity to check out the University of Southern Qld Ipswich Open Day being held at the same time.

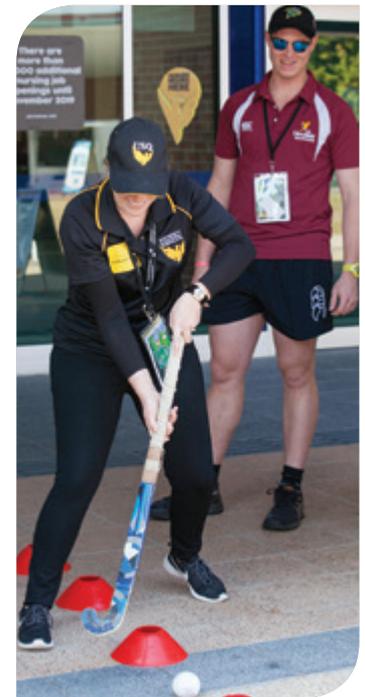
USQ Ipswich is known as the hub to the variety of health and wellbeing programs available to study.

Explore state-of-the art paramedic and nursing labs, check out sport and exercise facilities and if you are a prospective student of any age we would love to welcome you to the campus.

Visit USQ's website to register your interest for the Ipswich Open Day and 'like' Ipswich

Hospital Foundation Facebook page and visit the website www.ihfoundation.org.au for more information.

Stallholder opportunities are available, contact Chelsea Rees on (07) 3466 5002 or chelsea@ihfoundation.org.au.



FIT4LIFE Fitness Activities

Fit4Life is an Ipswich Hospital Foundation initiative providing low cost fitness sessions to the community. All classes are run by a qualified personal trainer and have a maximum cost of \$5. Every session is suited for all ages and fitness levels, all you need to bring is a towel and water bottle. For more information visit www.ihfoundation.org.au.

Winter Schedule	MON	TUES	WED	THURS	FRI	SAT
Queens Park, Nature Centre Ipswich				Mums & Bubs 8.30am		
Leichhardt Community Centre	Circuit 5.30pm		Boxercise 5.30pm			
Leichhardt Swim Centre					Aqua Fitness 9.00am	
Bundamba State Primary School		Zumba 5.30pm		Full Body Fitness 5.30pm		
Ecco Ripley Brooking Parklands, Ripley	Low Impact 5.30pm					Circuit 7.00am
Bill Paterson Oval Limestone Park	Running 5.30pm		Running 5.30am	Running 5.30pm	Running 5.30am	Park Run 7.00am
Robelle Domain stage Springfield Lakes					Mums & Bubs 9.00am	
Amberley District State School	Energiser 5.30pm			Energiser 5.30pm		
Riverlink Shopping Centre		Walking 7.00am		Walking 7.00am		
Redbank Plaza Shopping Centre	Walking 7.00am				Walking 7.00am	
Glebe Road Uniting Church		Pilates 6.00pm	metafit™ 6.00pm			



Nutritious, healthy recipes

❖ with Nutritionist, Sabra Manttan

Sabra is a local Ipswich resident who is a bit of a health nut, foodie and Pilates enthusiast. In 2017, she completed a Bachelor of Nutritional Medicine as well as her international mat Pilates instructor training. She spent the last four years devouring all things health & wellness and is eager to put her passion into practice.

Sabra hopes to educate and inspire the people of Ipswich on how best to fuel their bodies to suit their individual needs, and how to squeeze in a workout to stretch those tired limbs and start uncovering those sneaky abs.

Sabra's **Turkey Mince Spaghetti** is one of her favourite recipes: simple-to-make and delicious.

Ingredients:

- 500 grams Turkey mince
- 1 onion

- 2 carrots
- 2 celery stalks
- 1 clove of garlic
- 1 basil stalk
- 2 zucchini
- 300 grams tomato paste

Method:

1. Cut up the onion and garlic and brown on a frypan
2. Cut up the carrot and celery in sticks or small bite size pieces, whichever you prefer, and add them to the frypan. Cook for 5 – 10 minutes until they begin to soften
3. Add in the turkey mince and tomato paste. Mix through and place the lid on your frypan and leave to simmer
4. If you have one, use a vegetable twister to spiralise the zucchini. If not, simply use a every day vegetable peeler to peel narrow strips.
5. Once the mince has cooked through, serve on top of the zucchini for a pasta free spaghetti dish.



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