

24/7 On-call After Hours Service — Urgent Care Ph: 5237 8500

Location: 75 McLachlan Street, Apollo Bay

Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.au

Apollo Bay Campus Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message from our CEO

We are currently in a mixed respiratory outbreak at our Apollo Bay campus, with our residents and staff recovering from COVID and other respiratory viruses including RSV, Rhinovirus and parainfluenza. WE have also had a gastro outbreak at Lorne. This has certainly highlighted for GORH the need for us to continue with our N95 mask wearing, daily RATs and increased hand hygiene. It is very challenging for staff at present with isolation protocols and increased infection control. Please call before you visit and be extra kind to our staff at present who are somewhat fatigued.

Great news regarding the Apollo Bay Gym tender result, we look forward to working with the new Gym team, Lil and Amy. We also have NDIS accreditation on site at Apollo Bay this week, we provide Aged Care NDIS services at Apollo Bay and expect that is an area we will be increasing our services at both sites in the future, so excited to show the accreditors what we do and what if anything we could do better.

Congratulations to the Winter Wild Committee on another successful event.

Look after your health and wellbeing!

Sandy

Apollo Bay Exercise Groups

Warm Water Exercises Monday at 10.30am and Thursday at 9.30am. Apollo Bay Aquatic Centre. \$10 per class.

Healthy Balance Wednesdays at 11.15am - 12.15pm. Senior Citizen Hall, Whelan Street, Apollo Bay. \$10 per class.

Strength For Life Tuesday and Wednesday at 9.30am - 10.30am. Senior Citizen Hall, Apollo Bay. \$10 per class.

Mixed Gym Group – Monday and Wednesday at 2pm. The Gym, Apollo Bay.

Walking Group – Meet at the information centre at 9.30am on Tuesday mornings. Walk followed by coffee.

For any more information on the above, please call 5237 8575.

Your Questions Answered

Q. Can you explain GORHs connection with the Gym tender in Apollo Bay?

The tender is for the management of the community gym, which includes the delivery of programs, maintenance of equipment and delivery of innovative initiatives. GORH own the building and many larger pieces of equipment in the gym and seeks an external provider to manage the gym. The equipment was purchased through a bequest from Dorthey Isberger, in 20/13 2014. GORH is pleased to advise we have had a high caliber of applications for the Gym tender in Apollo Bay.

Meet our Nurse Practitioner—Brad Pickering

Brad is one of Great Ocean Roads Team of Nurse Practitioners.

A Nurse Practitioner (NP) is a Registered Nurse with the experience, expertise and authority to diagnose and treat people of all ages with a variety of acute or chronic health conditions. NPs have completed additional university study at Master's degree level and are the most senior and independent clinical nurses in our health care system.

Brad is able to provide referrals, prescriptions and diagnostic tests such as X-rays.



Social Support Outings

We will be running a combined Men's and Ladies lunch on Monday the 25th of September due to the AFL Grand final public holiday .

Colac Shopping Bus: on Tuesday 12th September (in replacement for planned shopping trip on Monday 4th September that has been rescheduled.)

– please RSVP to Charlotte on 0439 712 844.