



FLU FACTS: to vaccinate or not ?

In the lead up to winter there's a lot of talk about whether or not it's worth getting the flu vaccination. The Influenza Specialist Group estimate 1,500 deaths are caused by influenza every year (similar to the number of Australian road traffic fatalities). Sadly the toll in early May 2019 showed ten people died in South Australia and three children and 23 aged care residents died with the flu in Victoria.

1. The flu and the common cold are both respiratory illnesses but are caused by different viruses. A common cold can make you feel miserable however the Influenza virus can be potentially fatal, with 18,000 hospitalisations and 300,000 GP consultations annually in Australia.
2. You can not catch the flu from the vaccination as the vaccines do not contain live virus so therefore cannot cause the flu.
3. The flu vaccine reduces your risk of getting the flu, the vaccination is updated to contain strains of flu expected to occur in a particular year, no vaccine gives complete protection. Regardless the Department of Health say that the flu shot is "your best shot at stopping the flu" and preventing the spread of flu, recommending vaccinations from 6 months old onward.
4. Most people don't have any side effects from the vaccine. The most common reaction to a flu jab is some pain, redness and swelling at the injection site, which lasts a few days at most.
5. You need to get vaccinated every year because the virus can change its structure.
6. April onwards is a good time to get the flu shot, emerging evidence shows that the vaccine gives the most protection within the first 3-4 months after it's given.
7. It does not weaken your immune system, according to the South Australian Health website, rather than compromising your immune system "the vaccine prepares and boosts the immune system to help fight the virus if you are exposed to it".

Always consult your doctor first, prevention is better than cure.



For clients who are receiving Centrelink or DVA entitlements

Please note that as part of your Annual Review we update your Centrelink records. We ask that you please bring your most recent bank statements for all personal banks accounts so we can provide current balances (Centrelink require this documentation as proof).

How something ends up **never** depends on how much you worry about it!

Around the office:



Worthy recipient for contribution to local sport award!

At the recent 2018/19 Kyabram & District Sportstar of the Year Awards Peter was honoured to receive the "Best Contribution to Local Sport Award". Peter has been involved in many aspects of both local football and cricket spending many hours volunteering with both coaching and team/club management. Congratulations, on a most well deserved honour.

Congratulations Courtney!

Courtney joined the Girgarre Football Netball Club in 2001 and has had two breaks from

the sport whilst having her children. Running out on court recently she reached her 150th game milestone for B Grade. Courtney is also the treasurer for the club so weekends are spent as a family affair at the footy with husband Brendan coaching the seconds footy team. Great commitment, well done!



Slow Living - are you wondering what the popular trend is all about?



No, it's not about lying about doing nothing! Slow Living is a lifestyle emphasizing a slower and more intentional approach to aspects of everyday life. Life can feel chaotic, with the pace of life and the demands on our time ever increasing. Slow living encourages you to take a step back, to start enjoying life and being conscious of sensory excess. Slow living can encourage us to be more appreciative of our time and more selective as to how we spend it. Now is the perfect time to start living life with more intention, be inspired, read, create or learn something that's meaningful to you, get out or invite good friends and family in. Don't waste even one day of this precious life.

**"Happiness can be found in the darkest of times,
if one only remembers to turn on the light"**

Dumbledore



A man well into his nineties asks his wife: "Phyllis, doesn't it make you sad when you see me running after those young girls sometimes?"

"Not in the least, George," replies Phyllis, "our dog chases cars all the time and there's also no chance he could manage to drive one!"