

# 2021 Community Newsletter - April

## St Anthony's Family

### Medical Practice Pty Ltd

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## Practice Manager

Michelle

## Deputy Practice Manager

Tracey

## Reception Administration:

Tania, Emma, Jade, Jessica,

Shona, Nina

### General Practitioners

Dr Stephanie McIntosh

Dr Jennifer Suzuki

Dr Joshua Cowan

Dr Keerthi Kulasekara

### Consultant Gynaecologist

Dr Shobie Shobanan

### Psychologists

Judy Mann

Subin Mathews

Dr Aaron Grieve

Nathan Mc Govern

Tara Byron

Kathryn Shard

### Occupational Therapists

Abby Kuhne

Miriam Woods

Carly Stasiak

Courtney Ireland

### Paediatrician

Dr Tim Penno

### Paediatric Fellow

Katherine Hyde

### Physiotherapist

Adam Gooding

### Nurse Practitioner— AOD

Cameron Cail

## Happy Easter!

Emu Creek Health Professionals would like to wish all of our patients a very safe and happy easter.

Our clinic will be **closed:**

- **Friday the 2nd of April:** Good Friday

- **Monday the 5th of April:** Easter Monday

*We will re-open Tuesday the 6th of April @ 8.30am.*

### The Bendigo Easter Fair

The Bendigo Easter fair commenced in 1871 and is now one of Australia's longest running community events, which was due to celebrate its 150th Anniversary in 2020. Unfortunately, the event was cancelled due to COVID-19. The City of Greater Bendigo is planning a family-friendly program of activities to celebrate Easter in 2021.



For more information, please visit: <https://www.bendigoeasterfestival.org.au/>

## Anzac day

**Sunday the 25th of April** is a national day of remembrance of Australian and New Zealand fallen soldiers and those who served in all wars.

## Flu Clinics

Our clinic will be running flu clinics this year for the influenza vaccination. To join our waiting list, please speak with our friendly reception staff.

### Benefits of the influenza vaccination:

- \* it protects vulnerable members of the community.
- \* You'll stay productive through the flu season.
- \* It could save your life.



### Podiatry

Rose Gallagher

Nicole Seach—BCHS

### Healthy Sleep Solutions

Jill Maruca

### Geriatrician

Professor Peter Disler

### Dietitian

Lisa Larosa

### Diabetic Educator

Mina Hana

Deb Butcher— BCHS

### Cosmetic Tattooist

Karen Lauder

### Central Victorian Cardiology

### Strathfieldsaye Dental

### Practice

## Recipe of the Month: Classic Millionaire's Shortbread

1 Hour + Chilling // Makes 20 // Easy Recipe

### Ingredients

200g milk chocolate , 200g cold butter, 275g plain flour, 100g caster sugar, 397g can condensed milk, 150g soft light brown sugar, 150g butter, 1/2 tsp sea salt flakes.



### Method

1. Heat the oven to 180C/fan 160C/gas 4. Grease and line a 20cm brownie or square tin. Put the flour, sugar and butter in a food processor and pulse until it forms a dough. Press the dough into the base of the tin, and press into the corners with your fingertips. Prick with a fork and bake for 20 minutes until golden and dry. Leave to cool.
2. Put the caramel ingredients in a small pan over a medium low heat and cook, continually whisking for 2-3 minutes until the sugar has melted. Cook whisking for a further 6 minutes until thickened. Pour over the cooled shortbread, smooth over, cool to room temperature, and chill until set (about 2 hours). You can freeze to speed this up if you like.
3. Melt the chocolate in the microwave or in a heatproof bowl over a pan of simmering water until smooth and glossy. Leave to cool slightly, then pour over the set caramel. Cool again until set. Sprinkle with a pinch more salt and cut into squares with a hot knife to easily go through the chocolate. Best stored in fridge for up to 3 days.

Method: <https://www.olivemagazine.com/recipes/baking-and-desserts/classic-millionaires-shortbread/>

### Staff Profile of the Month - Get to Know Us Better !!!



**Name:** Jessica.

**Job:** Emu Creek Health Professionals Receptionist.

**Favourite Animal:** Horses and Dogs.

**Hobbies:** Camping, Friends and PS4.

**Favourite Food:** Everything and Anything.

**Favourite Drink:** Hot Chocolates and Fruit Tingles

**Interesting Fact About Me:** I am engaged! We just brought our first home together. We also secretly spoil our dog too much.

## Emu Creek Health Professionals Men's Shed

Operating Thursdays 9am - 4pm

It was in June last year, between Victoria's lockdowns, when Dr Asaid started to notice an increase in men living with mental health issues. "Men don't normally talk much, they normally keep it inside them," Dr Asaid said. So Dr Asaid decided to transform a rarely used back shed at his medical practice in Strathfieldsaye into the Emu Creek Men's Shed.



**For more information, please ask our reception team or email Shed member:**

**James Halcas** [halnoe@hotmail.com](mailto:halnoe@hotmail.com)

**If you have any suggestions, comments or feedback, we would love to hear from you.**

**Email us at [emucreek@strathhealth.com.au](mailto:emucreek@strathhealth.com.au) or call 5439 4319.**