



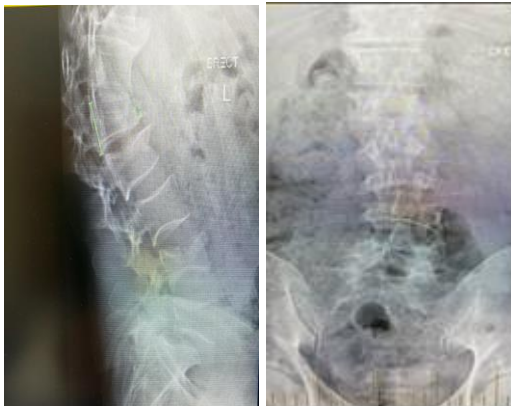
Nunyara House
Specialist Medical Centre
43 Adelaide Road, Gawler South SA 5118
Telephone: 85222899 Fax: 85233659

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I've been meaning to crack out another Nunyara Newsletter for a while now, so here goes! While logging into the computer I thought it's probably only been a year since the last.... Believe it or not, it has been 2! How could that have happened?!

2023 was an interesting year for a variety of reasons. 2024 fortunately has been better. Where should I start!

After having a stable reception team for many years our long-standing receptionist, and more recently, Practice Manager, Alex finished up with Nunyara, leaving for a career change. We knew this was in the pipeline as she had been studying in her free time. Shortly after this, Lisa who had been with the team for a number of years got an offer too good to refuse. We were left in a situation of finding a completely new reception team. This started a process of recruiting a new team. More on this later...



On the 1st of April 2023 after returning home from a weekend bike ride I ventured onto the roof at home to investigate what I thought was a leak. Sadly this didn't end well. Long story short, I had a vertical 3 meter fall through our pergola onto the cement floor below. This resulted in fractures to 2 of my lower thoracic vertebrae and all of my lumbar vertebrae. I spent

Easter in the spinal unit at the RAH which was a humbling experience, experiencing medical care now as a consumer. The ambulance crew, ED attendants, spinal unit nursing staff and ancillary staff were fantastic, and I will forever be indebted to them. Following my discharge I began a long road of rehab and recovery. Trudy, my wife was, and continues to be a lifesaver. My GP, Dr. Anthony Page and Physiotherapist, the famous Rachel McAlister, have been instrumental in getting me back on my feet. Private practice beckoned me back early, without a reliever. My patients were very understanding, sympathetic and helpful, taking their own blood pressures, and calling in the next patient, while I sat uncomfortably on a cushion during consultation.

Since September 2024, I've been back at the Lyell McEwin Hospital, attending to my usual clinical responsibilities. I've dropped a session at both the hospital and Nunyara to allow me time to continue to attend appointments and do my important pilates.



Back to the reception team. While my accident was unfolding, we were in desperate need of finding a completely new reception team. Fortunately for us, some changes had occurred with one of the local GP practices. Karen Wilson, admin officer, extraordinaire, applied for some hours at Nunyara. She runs a tight ship, and prides herself on organization. She is now our new Practice Manager, and has effected some changes that have improved efficiencies, particularly in the booking and billing department, which have saved all of the clinicians some headaches. Rose Armstrong joined us from the Lyell McEwin Hospital, and works on Monday and Tuesdays. It took us nearly 12 months to find a stable 3rd member of the team. Kathy Crowhurst joined us 6 months

ago, and is working on Wednesday and Fridays. Kathy loves organization and the label maker. She also bakes a mean biscuit, which both Dr. Vora and I can attest to. Yum! Karen has continued the tradition of a bakery treat on Fridays, which I then have to exercise off each weekend.



We said goodbye to both Alex and Lisa, having a farewell dinner, and buying them some lovely art to remember us all by.



The Covid pandemic seems like a distant memory. I don't seem to have to fill the hand sanitizer bottle as often at the door entry, and masks are worn infrequently. Sniffly noses make me nervous. When consumers are questioned, it is usually followed quickly by "it's not Covid" but we have no way of knowing if a RAT has really been performed. I think we were very lucky in Australia, and particularly in South Australia, protected by surrounding oceans and good government policy. Yes, there are those who think the response was over the top, but these are the same people who don't appreciate the devastation that occurred in the Northern Hemisphere. I have 2 colleagues who lost young loved ones in the first year of the pandemic, one a graduate of Flinders' University, a young

father and paediatrician. He acquired his Covid in the hospital he was working in in the UK.

Pete our friendly psychologist finished consulting at Nunyara, so consulting room 4 is once again empty. His large 4-wd, always ready for camping no longer sits in our car park. We don't have any new clinicians working at Nunyara since last update, but certainly have room for a few more. Parind and Liesl now drive Tesla's. Fortunately there has been no insistence for a charging station! All of us are busy, busy, busy, with long waiting lists extending out 6 months or beyond. I am sure our consumers are grateful for the hard work, care and dedication the whole team puts in.

We've had our kerb side bin stolen but quickly retrieved by Karen and her husband (Karen was the muscle from all reports!). The cigarette smoking, shirtless man from across the road will think twice about helping himself again in future.

We now have "fibre to the node" thanks to the NBN. I really hope this means faster internet. The last week has been a test as we compete with all the kids home for school holidays.

I am trialing e-Scripts. It took some setting up, much to the delight of our IT man who charges by the 15minutes like a lawyer. If you would like us to set this up for you, please let Karen know. There may be some IT set up fees (hopefully easier now that we know what we are meant to be doing) and some ongoing SMS credits charges that need to be purchased.

Well, it is now the end of 2024 and we have earned ourselves a short break. A special shout out again to our wonderful reception team. I hope you all have an opportunity to recharge for another year ahead.

Wishing you and your families and loved ones a safe and happy Christmas and year ahead, and for goodness sake, stay off of your roof!

Kind Regards,

Anthony Zimmermann

Nunyara: Restored to Health