

# Iona

MARCH / APRIL

## AUTUMN

# HAPPY EASTER



Time to get egg-cited for our Easter Chocolate Competition!  
Get the family involved and guess how many chocolates in the jar to win!  
Starting: 4th March  
Winner drawn: 22nd March  
The winner will be contacted and their lucky guess will be announced on Instagram & Facebook!

### Winter Warmers Wanted!

During the months of March - May, we will be collecting winter clothing and donating them to the Base Services for anyone who may be in need this winter.

Some suggestions:  
Jumpers, coats, beanies, scarves, gloves, socks, slippers.

### Dr Maria Haase

Due to family commitments, Maria will be finishing work at Iona within the next few months. Her exact finish date is yet to be confirmed and may change. Until a replacement doctor is found, please be assured your health care needs will be met by one of the other doctors at Iona.

Alternatively, we are happy to transfer your records to a GP outside of the practice. Please see reception staff to arrange this.

Maria will be sadly missed by her patients and all of the staff at Iona. Thank-you for your understanding.

### Did you know?

Iona has Instagram and Facebook pages!

Like and follow us to keep up to date with patient news, what is happening around the practice and any tips and tricks you might need to know.

Friday 8th March

Inspire Inclusion

INTERNATIONAL  
WOMEN'S DAY



### Our Doctors

Dr Clinton Dowling  
Dr Daniel Rouhead  
Dr James Ingram  
Dr Allan Wong  
Dr Megan Poppi  
Dr Tony Ferris  
Dr Valerie Chua  
Dr Maria Haase  
Dr Ria Pai



### Doctors on Leave

**Dr Haase:** 8th March  
returns 26th March

**Dr Rouhead:** 8th April  
returns 15th April



**Proudly AGPAL  
Accredited**

Our commitment to  
your safety and care



# Easter Egg Cheesecake

Serves 10



## Ingredients

Vegetable Oil

200g Digestive biscuits

80g Unsalted butter, melted

250g Mini chocolate eggs

400g Full-fat cream cheese

150g Icing sugar

1 tsp Vanilla bean paste

400g double cream

## Method

**Step 1:** Oil a 20cm deep springform cake tin and line with baking parchment. Tip the digestive biscuits into a food bag or the bowl of a food processor and crush or blitz to a fine crumb. Mix with the melted butter, then press into the base of the prepared cake tin and chill for 30 mins.

**Step 2:** Roughly chop half the chocolate mini eggs. Beat the cream cheese with the icing sugar and vanilla until just combined using an electric whisk. Clean the beaters, then beat the double cream to stiff peaks in a separate bowl. Gently fold the whipped cream into the soft cheese mixture along with the chopped chocolate mini eggs. Spoon the cheesecake mixture over the biscuit base, then smooth the surface with a palette knife or spatula. Chill overnight.

**Step 3:** The next day, carefully release the cheesecake from the tin (you may need to run a cutlery knife around the edge to loosen it) and top with the remaining whole chocolate mini eggs to decorate.

## OPENING HOURS

Monday - Friday

8:30am - 5:00pm

## DR DOWLING'S JOKE OF THE MONTH

What do you call  
an Alligator that  
solves mysteries?

An investigator

### Public Holidays

Good Friday - CLOSED

Friday 29th March

Easter Monday - CLOSED

Monday 29th March

Show Holiday - CLOSED

Friday 19th April

Anzac Day - CLOSED

Thursday 25th April

### Patient Reminder

In practice consultations and phone consultations will NOT be bulk-billed, unless the patient holds a current concession card (Pension Card, Healthcare Card, Commonwealth Seniors Card), or is under 16 years of age. Bulk-billing outside of these parameters will be at the discretion of the GP.

#### Phone Consultations

To be eligible for a Medicare rebate, you must have been seen in the practice for a consultation in the previous 12 months.

Our reception team will contact you directly after your appointment time for collection of payment.

Fees for phone consultations vary depending on your GP and the length of your appointment. For more information, call reception on 4632 2331.

### Kids Easter Colouring

See reception for colouring pencils



We send reminders by  
SMS. If you do not wish  
to continue receiving  
reminders via SMS,  
please speak with  
reception.

SMS



### Chest Pain



If you or a loved one experience any chest pain (including tightness in the chest)  
**please call 000 immediately.**

You can also present to the Rapid Access Heart Centre located at St Andrew's  
Hospital

### My Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

With: \_\_\_\_\_