

NEWSLETTER

On reverse of Notice of Meeting to be held on 1 June 2011

MONTHLY MEETING 4 May 2011

Lisa Mikulandra gave attendees at this meeting a presentation on the various benefits available with the use of the Niagara therapy equipment. A lot of questions were asked of her confirming the level of interest the attendees showed in her presentation. A number of attendees took up her offer to have a demonstration of the Niagara equipment in the privacy of their own home. I am sure that everyone in attendance learnt something from what she had to inform attendees and we sincerely thank her for the presentation.

ATTENDANCE: June Carroll greeted and welcomed 37 attendees to this meeting. [17 Stroke Survivors, 7 Carers & 13 others]. This was a very poor attendance for one of our monthly meeting as the number included seven young people who are all Diploma in Community Welfare students at Lifetime International Training College, Coolangatta.

There were 16 apologies [7-4-5] with 2 first time attendees [0-2-0]. The attendance was achieved from 307 Notices - 110 names from the mailing list and 12 telephone contacts posted through the GCH and 8 deliveries (put into the envelopes by Brian Arnold; my mother & I) plus 177 e-mails. Brian Arnold & I also delivered or handed out another 125 odd notices to individuals & other organisations (including both hospitals).

RAFFLE: There were ten prizes for the raffle. Tickets were \$1 each or three for \$2.00 Merv Drury & Ron Williams sold 83 tickets from which we received \$55.00 All prize-winners won a (1) one litre plastic container of **NORCO LITE FRESH MILK**; (2) A plastic container of **NORCO VANILLA CUSTARD** 600g; (3) Two **SKI D'LITE (Honey Buzz) YOGHURT 99% Fat Free** 200g & (4) One **NORCO COFFEE CHILL** Real Cool Coffee 500ml. The prize winners also won the prize in brackets after their name. They were: (1) Ray Razon (2) Bill Law (Winners 1 & 2 won an Alex Douglas Cooler bag) (3) Colin Oxenford (4) Ron Williams (5) Merv Drury (6) Barry Mulquin (Winners 3 to 6 won a Home Assist / Secure Pack - Incl CLICK Night Light & Torch) (7) Rebecca Murillo (8) Rebecca Murillo (Winners 7 & 8 won a 'STROKE FOUNDATION' Calico carry bag)

(9) Dell McLay and (10) May Banayos. (Winners 9 & 10 won a Stroke Association of Queensland Calico carry bag)

NORCO COMMUNITY CASH CAPS

A letter from Liz Mant, Assistant Brand Manager – Beverages Fonterra Dairy for life dated 6 April 2011 advised that the Norco Community Cash caps program finished on 30 April 2011. All caps collected have to be redeemed by 30 June 2011. If you have any caps that you have collected on hand it will be greatly appreciated if the caps could be brought to the 1 June 2011 meeting. Those people who are unable to attend the June meeting are requested to deliver the caps to my home or alternatively contact me so that we may make arrangements for the caps to be collected from you in sufficient time to count and redeem them by the nominated date. (30 June 2011)

ALLAMANDA DAY THERAPY

Ben Houghton, Allamanda Day Therapy Coordinator has advised me as follows: -

"Allamanda Private Hospital Rehabilitation Unit offers a unique service for those who have suffered a stroke and who may need specialised therapy to assist with stroke recovery. Allamanda has an outpatient day program where people living in the community can attend weekly gym sessions. At Allamanda day therapy, you can work on things to improve balance, hand function, strength, mobility and speech. If you have private health insurance or know someone who would benefit from specialised stroke rehabilitation, call Ben at Allamanda Rehabilitation to find out more. Alternatively you could ask for a referral from your GP. For any enquiries just call (07) 5591 9408."

YEPPOON TRIP 2011

I have made a reservation for 15 people to go on a trip to Yeppoon under the Iwasaki Foundation's *Disabled Persons' Subsidised Holiday Scheme* from **Sunday, 25 September to Saturday, 1 October 2011**. The holiday will be at Bayview Tower Motel situated on the beach front on the main street in Yeppoon. Bookings are on a twin share basis only. The full details of the trip have already been sent to you in two enclosures last year. Copies can be sent out again if required. Please complete the

reservation booking form and return it to me with your deposit of \$75.00 ASAP to confirm your reservation. Bayview Towers advertised their 2010/2011 5 night tours for \$888 per person and a 4 night tour for \$759 per person twin share. Our cost is less than half of the motel's advertised cost for their own tours.

You are reminded that the full cost of the trip is **\$375.00 per person** twin share for a week away **INCLUDING ALL MEALS AND ACCOMMODATION**. If you have not previously been on one of our trips to Yeppoon I can personally recommend the trip to any interested members.

GUEST SPEAKER

I am advised as follows: -

"After 20yrs of Nursing in different settings and Health Service Districts throughout Australia, I commenced with Spiritus Gold Coast Community & Respite Services in 2008, as a Project Officer for the Chronic Conditions Self Management Project. Following the successful implementation of this program, I became the Operations Coordinator for Northern GC Community & Respite Services. My role is very diverse, overseeing staff and client care for our services that operate out of our Southport Branch, including NRCP, CACPs, HACC, and CCSM.

Spiritus delivers Community Care, helping our clients maintain their independence and live a healthier life in their own homes. Comprehensive nursing and allied healthcare is available, with Social Support Programs from respite care to exercise, from art therapy to stimulating social outings.

Our team of highly-trained and dedicated staff and volunteers are passionate about providing the highest quality care services possible."

It is appropriate to have the opportunity to listen and learn from such interesting guest speakers from whom members may be able to gain valuable information. I believe that the meeting will be very informative and I urge you to attend and remind you: -

"You'll never, never know if you never, ever go".

I look forward to welcoming & seeing you all at this meeting.

Colin A. Oxenford
24 May 2011

YOUR HEALTH IS YOUR WEALTH