

NEWSLETTER

On reverse of Notice of Meeting to be held on 4 May 2011

MONTHLY MEETING 6 April 2011

Jodie Cumming gave attendees at this meeting a Power Point presentation on the various benefits available through Centrelink. It was obvious from the number of question asked of her the level of interest the attendees showed in her presentation. 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 50 attendees to this meeting. [23 Stroke Survivors, 11 Carers & 16 others]. There were 27 apologies [10-7-10] with 4 first time attendees [2-1-1]. The attendance was achieved from 296 Notices - 111 names from the mailing list and 12 telephone contacts posted through the GCH and 8 deliveries (*put into the envelopes by Brian Arnold; June Carroll; my mother & I*) plus 165 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 Lorna Lippold and Violet Atley sold 114 tickets from which we received \$76.00 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) Brian Arnold (2) May Banayos (*Winners 1 & 2 won an Alex Douglas Cooler bag*) (3) Lynda Aldridge (4) June Carroll (5) John Ashcroft (6) Mary Williams (*Winners 3 to 6 won a Home Assist/Secure Pack - Incl CLICK Night Light & Torch*) (7) Brian Stevenson (8) Colin Oxenford (*Winners 7 & 8 won a 'STROKE FOUNDATION' Calico carry bag*) (9) Bert Morris and (10) Don Watson. (*Winners 9 & 10 won a Stroke Association of Queensland Calico carry bag*)

STROKE AWARENESS WEEK 2010

A "Thank You" luncheon for those people who assisted with the activities associated with National Stroke Awareness Week 2010 was held in the parklands surrounding Lake Evandale, next to the GCCC's Arts Centre on Wednesday, 20 April 2011. The

barbecue was organised by me and Linda McGuinn, Service Manager, Gold Coast North, Home Assist Secure. 18 people attended the luncheon, enjoying a feast of Filipino and Indian cuisine expertly prepared by five volunteers (*Mary Aglolo, May Banayos, Sukhman Kaur and Ray & Carmen Razon who were present*) and who are all Diploma in Community Welfare students at Lifetime International Training College, Coolangatta. All those present shared in the fun and laughter and friendship on the day. We thank Linda McGuinn, Home Assist/Secure who funded the barbecue and the 5 students for the preparation of the excellent food served on the day.

NORCO COMMUNITY CASH CAPS

I have received a letter from Liz Mant, Assistant Brand Manager – Beverages Fonterra Dairy for life dated 6 April 2011 which reads as follows: -

"Firstly, I would like to thank you for the support you have shown Fonterra Brands Australia and Norco in participating in the Norco Community Cash Caps programme over the past twelve months. We are pleased to have been able to assist your organisation in raising much needed funds. Over the past six years, this initiative has contributed more than \$1 million to help over one thousand local schools and community groups who have taken part in the programme, and we are very proud of this.

We are now developing a new community focused initiative, which means Norco Community Cash Caps programme is coming to an end. We will be announcing more on this exciting new initiative in the coming months.

From 30 April 2011 the Community Cash Caps lids will no longer appear on the two and three litre Norco Milk products. We ask that all claims be submitted through the usual mechanism before June 30, 2011 in order to ensure prompt processing. ..

Once again, thank you for your continued support of the Norco brand and our quality dairy products and we look forward to the launch of our new community programme and your continued participation."

WESTPAC CHARITY FUNDRAISER

Brian Arnold; Merv Drury; Ron Williams; Ron Whimpey and I handed out information on Stroke at a barbecue fundraiser held at Westpac, Southport on 15 April 2011. We were presented with a cheque for \$163.00 from the proceeds at the end of the barbecue.

YEPPOON TRIP 2011

Only 8 people (*6 have paid the deposit*) have expressed their interest in going on the trip to Yeppoon from **17 to 23 July**.

I have received an invoice from the Iwasaki Foundation for the payment of the deposit due and a request from QR for confirmation of the 30 bookings made to go on the trip. This is the first time that we have had such low interest shown in our 8 trips to Yeppoon to date.

As a result, and regretfully, I have cancelled a trip to Yeppoon for 2011. If more people can show interest next year I will endeavour to make another booking in 2012. Please let me know if you are interested and what month would suit you. Thank you.

GUEST SPEAKER

I am advised as follows: -

"My name is Lisa Mikulandra. I was a teacher for 16 years with a background in Science and an interest in human physiology.

I have worked for Niagara Therapy for 7 years (only one of about 60 therapy consultants around Australia).

I mostly give in-home treatments to clients over the age of 65 primarily for conditions such as Arthritis, Diabetes, Lymphodema, Parkinson's, MS, Stroke, Heart conditions and circulation issues etc focussing on pain relief & rehabilitation in order to improve a person's quality of life and independence. The other part of my job is to give information to various groups such as Lion's Club, Probus, CWA and many specific support groups.

Myself and other consultants also consult with Physiotherapists, Doctors, Nurses and other medical professionals as well as numerous sporting bodies including The Australian Institute of Sport, Australian Cricket Team, The All Blacks, Melbourne Storm and numerous others.

My aim is to educate, share information and help point people in the right direction regarding their various health concerns."

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
27 April 2011

YOUR HEALTH IS YOUR WEALTH