

## NEWSLETTER

On reverse of Notice of Meeting to be held on 6 July 2011

### MONTHLY MEETING 1 June 2011

Jo Setter gave attendees at this meeting a presentation on the various Services and Packages available through Spiritus Care Services. She gave an example of a couple being quoted over seventy dollars for Podiatry for which Spiritus charges \$10.00 each every six weeks. She was asked quite a number of questions in relation to the various services and packages that can be gained through Spiritus. The questions asked demonstrated the level of interest the attendees showed in her presentation. It is a great pity that there were not more people present to listen and learn from what Jo had to inform the meeting. I am sure that everyone in attendance on the day learnt something from what she had to inform attendees and we sincerely thank her for the presentation.

**ATTENDANCE:** June Carroll greeted and welcomed 43 attendees to this meeting. [22 Stroke Survivors, 13 Carers & 8 others]. This included four young people who are all Diploma in Community Welfare students at Lifetime International Training College, Coolangatta.

There were 28 apologies [12-9-7] with 2 first time attendees [0-2-0]. The attendance was achieved from 314 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; June Carroll & I*) plus 184 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 Bill & Caryl Callcott sold 98 tickets from which we received \$66.00 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) Edith Amour (*Won an Alex Douglas Cooler bag*) (2) Doris

Oxenford (3) Sue Grant (*Winners 2 and 3 won a Home Assist / Secure Pack - Incl CLICK Night Light & Torch*) (4) John Edney (5) Brian Arnold (*Winners 4 & 5 won a 'STROKE FOUNDATION' Calico carry bag*) (6) Dell McLay (7) Colin Oxenford (8) Kevin Cleveland (9) Ron Whimpey (*Winners 6 to 9 won a Stroke Association of Queensland Calico carry bag*) and (10) Bert Morris.

### NORCO COMMUNITY CASH CAPS

The Norco Milk Community Cash Caps program finished on 30 April 2011. Our group joined this program in March 2001 and since joining the program we have redeemed over 300,000 caps. At our final redemption on 22 June we redeemed 9,048 caps.

### STRONGER AFTER STROKE

Kevin Cleveland recommends the above book written by Peter G. Levine and published in 2009. Some salient features from the book include: -

*"The most important person involved in the recovery from stroke is you"*

*"The highest level of recovery is only possible with relentless hard work"*

*"Stroke Survivors have half the amount of stamina as age-matched out-of-shape couch potatoes and it takes Stroke Survivors twice the amount of energy to do many daily activities like walking"*

Kevin says that *"All in all it is a really readable book and as the cover says it is 'Your roadmap to Recovery'".* He recommends it to Stroke Survivors and Carers.

### YEPPOON TRIP 2011

We have 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: -

*"The Noel Murphy Variety Group was formed to present professional musical entertainment throughout southeast Qld and Noel has a reputation of putting a smile on people's faces. He was born in Dublin and came to Brisbane in 1950. He joined the Qld Musical & Theatrical Society and moved to Melbourne in 1958 where he worked in the hotel industry. Some of the hotels in which he has worked include the Windsor, Southern Cross, and Licensee of the Queensberry in Carlton and as Assistant Manager, Deputy Manager and Acting Manager of the RACV until 1984 when he returned to Qld to get back into music as rehabilitation for stress related problems. The group has been going for over twenty years providing entertainment to Senior Citizens in Nursing Homes, Retirement Villages etc. The group are very experienced professional group of fine singers, actors and musicians featuring Darryl Stewart who was on the Bobby Limb TV show in Sydney and has performed all over the world. Their chief aim is to bring the wondrous message of musical entertainment to cover the choices of a wide cross section of preferences."*

Noel tells me that all members of the group use music as rehabilitation for stress related problems.

The Noel Murphy Variety Show previously entertained our group at our monthly meeting held on 4 March 2009. Those present that day will remember Vern Edmondson who has no speech singing along with the group. It was a truly amazing scene which had to be seen to be believed. I believe that the presentation will be very enjoyable 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  
29 June 2011

**YOUR HEALTH IS YOUR WEALTH**