

NEWSLETTER

On reverse of Notice of Meeting to be held on 5 October 2011

MONTHLY MEETING 7 September 2011

Senator Sue Boyce was the guest speaker at this meeting. The main topic of her address was on Palliative Care. It was interesting to learn that there is a shortage of Palliative Care beds required to meet the Community requirements. This is yet another section of our Health System that appears to be severely underfunded. Senator Boyce was asked and answered a number of questions on the subject. Her address was very much enjoyed by those in attendance and we thank her for the giving up of her time to come and address our group. It was very much appreciated.

ATTENDANCE: June Carroll greeted and welcomed 25 attendees to this meeting. [15 Stroke Survivors, 4 Carers & 6 others]. There were 25 apologies [9-7-9] with 3 first time attendees [0-0-3]. The attendance was achieved from 368 Notices - 113 names from the mailing list and 11 telephone contacts posted through the GCH and 4 deliveries (*put into the envelopes by Brian Arnold; Kaye Ryan & I*) plus 240 e-mails. Brian Arnold and 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 sold 70 tickets from which we received \$49.50 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 & (5) 1 block of Mainland **"Tasty Aged Cheese"** 250g.. The prize winners also won the prize in brackets after their name. They were: (1) Bob Jefferies (*Won a thirteen strand Necklace made and donated by Sylvia Dick*) (2) Colin Oxenford (3) Lyn Aldridge; (4) Dell McLay (5) Brian Stevenson; (*Winners 1 to 5 won a Stroke Association of Queensland Calico carry bag*). (6) Patricia Stevenson; (7) Frank Mellican; (8) June Carroll; (9) Kaye Arnold and (10) Doris Oxenford (*Winners 6 to 10 won a Queensland Government Dept of Communities Calico carry bag*)

NATIONAL STROKE AWARENESS WEEK
John-Paul Langbroek MP State

Member for Surfers Paradise launched the opening of National Stroke Awareness Week here on the Gold Coast at a Barbecue Luncheon held at the Southport Tiger's Rugby League Club on Monday, 12 September 2011. There were 46 people (11-4-31) in attendance at the Launch with 36 apologies (4-8-24). It was pleasing to have three of our elected representatives at the launch. This was a first. As someone said to me there must be an election in the wind!!! There were also a number of people from other organizations that I had networked with at the four Senior's Expos at which we had a Display Stand this year. I can only hope that more people from these other organizations continue to attend our monthly meetings. It certainly proves that networking pays off. While thirty-eight (38) of those in attendance remained for the Barbecue Luncheon it would have been pleasing to see more of our members in attendance on the day.

A Display Stand was conducted at the Southport Park Shopping Centre on Wednesday, 14; Thursday, 15 and Friday, 16 September 2011 at which free blood pressure tests were given. Volunteers manned the Display Stand for two shifts on each day from 9:00 am to 1:00pm and from 1:00 pm to 5:00 pm. We took approximately 234 blood pressures over the 3 days and found a few people with very high blood pressure with the highest reading being 220/111. It was suggested to the gentleman that he should immediately see his GP and/or doctor.

Channel Nine Gold Coast Local News featured a segment on our Display Stand in its Thursday evening's news. As a result there were a number of people waiting to have their blood pressure taken on the Friday. It was a pity that they could not have attended the GC Launch of SAW when more people may have come to our Stand.

I take this opportunity to thank all those who assisted at the Display Stand during the week. A large number of Stroke brochures & other literature were handed out on the three days.

RAFFLE 5 OCTOBER 2011 MEETING

Niall Geoghegan has kindly donated five TLC **"Roast Lamb"** meals as

prizes for our raffle at this forth-coming meeting. The five TLC **"Roast Lamb"** meals will be in addition to our normal Dairy Products prizes. This should encourage a large attendance on the day. Come along, buy a raffle ticket and give yourself a chance to win a TLC **"Roast Lamb"** meal.

GUEST SPEAKER

I am informed as follows: -

"Niall Geoghegan has recently taken up a franchise to distribute meals for Tender Loving Cuisine (known as TLC Meals) on the Tweed and Gold Coasts. He has been working with TLC for over 2 years now, first of all as their Business Development Manager based in Sydney and now as their exclusive distributor in this region. TLC meals were founded in 1995 through seed money from the Royal North Shore Hospital in Sydney to provide a home delivered meal service for discharged patients from the hospital. The focus from day one was to provide a range of healthy nutritious meals that were adequately portioned and well balanced in terms of proteins and carbohydrates to assist patients to build and maintain their strength following their stay in hospital. Since then, TLC meals have become a private organisation that has spread north along the east coast of NSW and within Victoria due to the success of the meals they have created. They are particularly popular with health professionals in these areas as they provide meals for those who need to follow strictly controlled diets such as gluten free, suitable for diabetics, low salt, dairy free, high energy, easy chew and vegetarian. Niall will be talking about how TLC meals can significantly help people, who for whatever reason, no longer cook meals for themselves, or if they do, find it difficult to ensure they are getting the right nutritional balance in the meals they prepare. Find out how the service operates and why they have been successfully growing over the past 15 years and if you are lucky in the draw on the day you may even win one of their tasty meals to take home and try for yourself."

I look forward to welcoming & seeing a large attendance at this meeting to learn how TLC Meals may help and assist you with your daily and/or weekly meal requirements and remind you: -

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

Colin A. Oxenford
21 September 2011

YOUR HEALTH IS YOUR WEALTH