

NEWSLETTER

On reverse of Notice of Meeting to be held on 7 March 2012

MONTHLY MEETING 1/2/2012

Rob Molhoek commenced his address by telling attendees of his background of working in the business community and how and why he decided to enter local Government and now run for State politics. He outlined the plans of the LNP to form Government in Queensland at the forthcoming State election to be held on 24 March 2012. It was quite obvious from the number of questions asked of Rob that those in attendance were very interested in what he had to say on the day. We thank him for the giving up of his time to address our group.

There were ten prizes in the raffle held on the day. Prizes consisted of dairy products of 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 kindly donated by Norco Milk our Local Milk Manufacturer.

QLD STROKE SUPPORT GROUPS

Bev Blair and I attended a meeting with representatives from The National Stroke Foundation (NSF) and various members of Stroke Support Groups in Qld after Queensland Health requested the NSF to provide additional support for Stroke Survivors and carers in Qld after the Department's decision to terminate its agreement with the Stroke Association of Queensland.

The meeting was very informative and it is to be hoped that as a result Qld Stroke Survivors and their Carers will be able to receive additional support commencing with the Stroke Survivor's time in hospital.

"DREAM, BELIEVE, ACHIEVE"

THE STROKE SELF MANAGEMENT PROGRAM

The NSF has developed a self management education program tailored to the needs of Stroke Survivors which has been tested in SA & Victoria and demonstrated positive outcomes. It is now being trialled in a variety of Qld sites to examine the most

sustainable delivery method. The program is open to any Stroke Survivor over the age of 18 yrs who is returning home to the community. Carers are also invited to participate. Participants are asked to come along for 2.5 hours / week for eight weeks to learn new ways of managing their lives after stroke, find services and programs in their local area that may help in the recovery journey and learn how to reduce their risk for further Stroke.

Flyers on the program will be available to interested Stroke Survivors at the next meeting.

YEPPOON TRIP

There has been a lack of interest in a trip to Yeppoon from Sunday, 11 to Saturday 17 March 2012. As a result and regretfully I have cancelled *The Subsidised Holiday Scheme* holiday offered to our group through the Iwasaki Foundation.

POEM

My late father had a passion for reciting poetry to us. One his favourite poem in his later years applies to each and every one of us as we all grow older. I would like to share it with you all.

*A man is not old when his hair turns grey,
Nor is he old when his teeth decay
But he is fast approaching that long last sleep,
When his mind makes appointments,
His body can't keep.*

GUEST SPEAKER

I have been doing the "*Finding Your Feet*" program run from the BlueCare, Southport offices. This is a program which aims to assist people from having & preventing falls. I met Tina Parker on this program and she is one of the presenters of the program and gave a presentation that I thought would be most applicable to a number of our members. She has also done a lot of work with people who have had Open Heart Surgery. She advises: -
Occupation – physiotherapist, currently working part time

at Spiritus Gold Coast – Nursing and Allied Health, as well as in the rehabilitation unit at Allamanda Private Hospital.

Mother of 3 children – aged 6, 10 and 12. I studied physiotherapist as a mature-age student when my son was 8 months old. I did 5 years university full time having my 2nd child in my 3rd year, and completed two degrees concurrently, Bachelor of Exercise Science and Bachelor of Physiotherapy.

I have always been passionate about exercise and rehabilitation and was determined to enter the rehabilitation field when I graduated. On graduating I started working with a private organisation as a mobile physiotherapist and also started teaching Physiotherapy 4th and 5th year students at Griffith University in the rehabilitation and neurological subjects.

I have worked mainly in rehabilitation and community physiotherapy services throughout my career apart from 2 years working in paediatrics (in a different kind of rehabilitation).

I am passionate for getting older people moving as I have seen the benefits of exercise first hand throughout my experience.

One of my favourite sayings is: -

***"If you can't find time to exercise now
You need to find a lot of time to be ill later".***

Please endeavour to make an effort to attend this meeting. With such an interesting and passionate guest speaker it will be a good meeting to attend to learn how you may be able to improve and assist your daily living requirements. 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 February 2012

YOUR HEALTH IS YOUR WEALTH