

NEWSLETTER

On reverse of Notice of Meeting to be held on 4 April 2012

MONTHLY MEETING 7/3/2012

Tina Parker gave her address on *“Exercise for the Elderly”*. Her presentation was very thorough and much enjoyed by those in attendance. Regretfully, there were only thirty people in attendance on the day to hear what Tina had to tell us. Those people who were not able to attend missed a very informative and enjoyable presentation. It was quite obvious from the number of questions asked of Tina that those in attendance were very interested in what she had to say to us. In fact two people came up to me after the meeting to inform me that *“the guest speaker today was one of the best that you have ever had at our monthly meetings”*. I also had a couple of phone calls after the meeting telling me similar things. Tina reminded us all that she is: *passionate for getting older people moving as I have seen the benefits of exercise first hand throughout my experience. She stressed that one of her favourite sayings is: -*

“If you can’t find time to exercise now

You need to find a lot of time to be ill later”.

We thank Tina for the giving up of her 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 MAMMOTH FUEL Iced Coffee** 500ml kindly donated by Norco Milk our Local Milk Manufacturer.

“DREAM, BELIEVE, ACHIEVE”

THE STROKE SELF MANAGEMENT PROGRAM

I again mention the above program to you all. Some Survivors and Carers from our group have already joined the program. I remind you that 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 are available to interested Stroke Survivors.

YEPPON TRIP

We were allocated a booking from 11 to 17 March 2012. Regretfully, this booking had to be cancelled due to a lack of interest shown in these dates. Only two other people expressed their interest to me in the cancelled March dates previously offered.

Wendy Handley from the Iwasaki Foundation has offered new dates for a week in Yeppoon for our group. The dates are from Sunday 22 April 2012 to Saturday 28 April 2012. The booking is for sixteen people and we have four (4) vacancies at this date. This will be the last week of the Iwasaki Foundation’s Subsidised Holiday Scheme as the scheme will be finishing on 28 April 2012. Being the very last week under the scheme I believe that the week should be very memorable for those in attendance. You are urged to come along to be part of history in the making. Surely there are four (4) interested members of our group who would like to go on our last trip to Yeppoon.

Twelve (12) people from our group have already booked and either paid a deposit or paid the full amount to go on the trip to Yeppoon on the new dates

offered.

To those people who have not as yet been on one of our previous nine trips to Yeppoon I can personally recommend the trip to you.

If you would like to join the group please let me know ASAP. The all inclusive cost is \$375.00 and full payment is required on or before our next monthly meeting. (4 April 2012) Thank you.

GUEST SPEAKER

Anna Arden, Rehabilitation and Allied Health Manager, Allamanda Private Hospital has advised me as follows: -

“Dr Michael Johnson is a Rehabilitation Physician and is the Medical Director at Allamanda Private Hospital Rehabilitation Unit. His special interests include Neuro rehabilitation, particularly following stroke, and amputee rehabilitation.”

Please endeavour to make an effort to attend this meeting. Dr Johnson should prove to be a very interesting guest speaker especially for all Stroke Survivors and/or their carers. 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 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

28 March 2012

YOUR HEALTH IS YOUR WEALTH