

NEWSLETTER

On reverse of Notice of Meeting to be held on 2 May 2012

MONTHLY MEETING 4/4/2012

Dr Michael Johnson the Rehabilitation Director at Allamanda Private Hospital was the advertised guest speaker at this meeting. Regretfully, he was unable to fulfil the role due to his commitments at the hospital with case conferences which clashed with the time of our meeting. Dr Johnson arranged for his colleague Dr Ganesh Granasekaran to address our group. Dr Ganesh gave a very interesting address on the subject of Stroke and rehabilitation after Stroke.

His presentation was very comprehensive and was much enjoyed by those in attendance.

If you were not there to hear Dr Ganesh you missed a very informative and enjoyable presentation. It was quite obvious from the number of questions asked of Dr Ganesh that those in attendance were very interested in what he had to say to us.

We thank Dr Ganesh 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 MAMMOTH FUEL Iced Coffee** 500ml kindly donated by Norco Milk our Local Milk Manufacturer.

ANNIVERSARY

Last month I celebrated twenty years since I had my major Stroke on 28 March 1992. Even though I say so myself I believe that it is milestone of which I am very proud when I consider the huge obstacles that I have had to overcome since I had the Stroke.

When I was delivering the notices for the April meeting in the Stroke ward of the Gold Coast Hospital last month I came across a man who was in the ward after having had a Stroke after having previously had a prior Stroke. He appeared despondent and when I told him that I myself had been in the same ward some twenty years earlier his face lit up and he said to me – “If you can do it I certainly have something to look forward to”.

I have written an article captioned – “Colin’s Stroke Story” in an endeavour to spell out to those people who have had Stroke that there is a life after Stroke. A condensed version of the article appears in the April edition of the Gold Coast / Tweed Senior’s newspaper. Those people with an internet connection can read the full article by logging onto our web site.

“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.

GUEST SPEAKER

I am advised as follows: -

“Andy Turner from Surgical Synergies will be talking about and demonstrating the Bioness L300 device. The Bioness device is a unique wireless electrical stim foot drop device which allows the user to walk without the aid of an AFO and can lead to improvements in walking and functional activity.

There is now a new fitting centre in the Gold Coast and anyone interested in pursuing this further can now get fitted at this centre. I will demonstrate the device so you can see how it works, what it looks like and the costs of such a device. We also have the Bioness H200 for the hand which (if I have available) will show briefly for those interested.”

Please endeavour to make an effort to attend this meeting. Andy Turner 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 about a new device that 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 especially those people like myself who have difficulty with their mobility. Remember, you’ll never ever know if you never ever go.

Colin A. Oxenford

20 April 2012

YOUR HEALTH IS YOUR WEALTH