

NEWSLETTER

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

MONTHLY MEETING 6 June 2012

Kelli Carson gave a most informative address on *The Role of the Speech Pathologist Post Stroke*. She is a passionate supporter of our group and it was very enlightening to hear her talk to the forty-three attendees at this meeting. If more health professionals were as willing to give their help and support to groups such as the GCSSG I am confident that we would have more attendees to our monthly meetings. It was quite obvious from the large number of questions that were asked of Kelli that those in attendance were very interested in what she had to say on the subject. In fact a couple of people told Kelli that she was one of the most informative guest speakers that had addressed our monthly meetings.

We thank Kellie for the giving up of her time to come and address our group on the day.

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 FM REAL STRONG Iced Coffee** 500ml kindly donated by Norco Milk our Local Milk Manufacturer. There were also five TLC Roast Lamb meals as prizes.

FINGER FOOD LUNCHEON

As already stated on the reverse the next Somerville Funerals Finger Food sponsored luncheon will be held after the monthly meeting on 1 August 2012. I again repeat and remind those people who will be attending this luncheon to please let me know of your attention to be in attendance. Despite my frequent requests we still had ten (10) of those attendees who stayed for the last luncheon and who did not give me an RSVP or let me know their intentions.

I repeat that it is imperative that you give me your

RSVP for these luncheon meetings for catering purposes. This will greatly help with the numbers for the caterer. Thank you.

MAILING LIST

Last month I asked those people who receive monthly notices via the Australia Post mail service and who no longer desire to receive notices to let me know. Additionally I asked those of you who have an e-mail address to also let me know. I was disappointed to only receive four responses. I firmly believe that a lot more of you have an e-mail address. If you do not intend coming to our future monthly meetings just send me an e-mail or phone call and I will remove your name from our mailing list. This will greatly help to reduce the cost and workload of sending notices out in the Australia Post mail. Thank you.

SENIOR'S WEEK DISPLAYS

Last year our group had a Display Stand at four (4) events to celebrate Senior's Week. I have so far this year accepted invitations for three (3) events. The details are as follows: -

- ❖ Tuesday, 10 July 2012 – Hosts - Steve Ciobo MP & Karen Andrews MP – *Gold Coast Forum & Expo* at Jupiter's Hotel & Casino;
- ❖ Wednesday, 1 August 2012 – Host – Stuart Robert MP – *Fadden Senior's Expo & Forum* at Jupiter's Pavilion, Parklands Showgrounds;
- ❖ Thursday, 23 August 2012 – Host – Southern Gold Coast 60 and Better Program Inc *Senior's Week at The Pines* at The Pines Shopping Centre, Elanora.

Mark your diaries if you desire to attend any of these events as they were all very highly attended events last year with the numbers exceeding over a thousand people at each event.

GUEST SPEAKER

I am advised as follows: -

Personal alert service when you need us most

For older people, people with disabilities, or those in poor health living alone, the concern is who comes when you need help? With a St John lifelink medical alert, that worry is taken away, with a 24 hour, 7 day a week service that responds instantly to any call for help.

The St John lifelink medical alerts are small, lightweight alarms that connect to a personal response unit that replaces your phone. In the event of an emergency, the alarm (worn as a pendant, wristband or brooch) activates an emergency call to St John. Within minutes, our operators can direct a relative, friend, neighbor or even the emergency services to your home.

St John lifelink can also offer clients a daily security call or a weekly friendship call through the St John Silver Cord Service. This valuable service connects volunteers with the elderly and people with a disability in the community. Silver Cord volunteers ensure clients are safe and well by phoning them each day for a friendly chat (HACC eligible clients may receive subsidies for this service). For some clients, it may be the only call they receive all day.

Please endeavour to make an effort to attend this meeting. 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 as many of you as is possible at this meeting.

Colin A. Oxenford

Chairman and Co-ordinator

26 June 2012

YOUR HEALTH IS YOUR WEALTH