

## NEWSLETTER

On reverse of Notice of Meeting to be held on 1 August 2012

### MONTHLY MEETING 6 June 2012

Lyn Martin and Collette Watson gave an informative presentation on the *St John Lifelink Medical Alerts* which are small, lightweight alarms that connect to a personal response unit that replaces your phone. They also informed us about another St John initiative, the *St John USB stick*. This stick can contain all your medical information and in the case of an emergency will be easily identifiable by the appropriate authorities. You can take it to your GP and he will load your medical history on to the USB stick and hey presto all your medical history will be there for the information of say an ambulance officer or staff at the emergency section of a hospital. I asked our GP what he thought of the idea and he was most impressed and supportive of the idea. He further told me that he thought that it would be a better tool to have than the proposed Federal Government's ehealth system.

There will be a representative from St John's at the 1 August 2012 monthly meeting from whom interested attendees may purchase one of the USB sticks costing \$20.00 each. Lyn has also kindly offered to donate a USB stick as a prize in our raffle held on the day. Lyn is also a great supporter of the GCSSG and it was very enlightening to hear her and Collette talk to the thirty-two attendees at this meeting. It was quite obvious from the large number of questions that were asked of them both that those in attendance were very interested in what they had to say on the day.

We thank Lyn & Collette for the giving up of their time to come and address our group on the day. It is only a pity that we did not have more attendees to hear and learn about the St John products & services.

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 Iced Coffee** 500ml kindly donated by Norco Milk our Local Milk Manufacturer.

### FINGER FOOD LUNCHEON

There will be a Somerville Funerals Finger Food sponsored luncheon after the 1 August monthly meeting. I again repeat and remind those people who will be attending this meeting and the luncheon after to please let me know of your intention to be in attendance. It is imperative that you give me your RSVP for these luncheon meetings for catering purposes as it will greatly help with the numbers for the caterer. Thank you.

### MAILING LIST

In response to the enclosure sent out with the June notices to those people who receive the notices via the Australia Post mail and the paragraph in the last newsletter there have been only 15 responses (12 deletions & 3 to e-mail) to the requests contained therein.

I am of the belief that there are more of you who have an e-mail address and could assist reduce the workload by receiving future notices by e-mail. If you do not intend coming to our monthly meetings please 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 necessary to send notices out in the Australia Post mail.

### 2012 GOLD COAST SENIOR'S FORUM & EXPO

Bev Blair, Muriel Duncan and I conducted a GCSSG Display Stand at Jupiter's Hotel & Casino on Tuesday, 10 July 2012. The event was hosted by Stephen Ciobo MP Federal Member for Moncrieff and Karen Andrews MP Federal Member for McPherson. The event was officially opened by the Hon Bronwyn Bishop MP the Shadow Minister for

Seniors. There was a huge turnout at the event and we handed out a large amount of literature on Stroke on the day.

Stuart Robert MP will host the *Fadden Senior's Expo & Forum* at Jupiter's Pavilion, Parklands Showground's on Wednesday, 1 August 2012 which regretfully is our meeting day

### GUEST SPEAKER

I am advised as follows: -

*Kelcie Howard works at National Stroke Foundation as the Project Officer for the StrokeConnect program and is the primary contact for Qld Stroke Support Groups. Kelcie is based in Brisbane and has been in this role since early 2012.*

*Prior to commencing at NSF she worked clinically as a Speech Pathologist at several of Brisbane's tertiary hospitals and has experience working both in the acute and neuro-rehabilitation settings with stroke survivors and their families. She also has experience working in the areas of general medicine, orthopaedics/geriatrics, palliative medicine, mental health, oncology, extended care & dementia care. Although working in a non-clinical role at NSF, Kelcie remains passionate about patient care & education and provides a weekend service to St. Andrews War Memorial Hospital. She comes to us today to speak about the work of National Stroke Foundation and the latest happenings in Queensland.*

Please endeavour to make an effort to attend this meeting. I believe that the meeting will be very informative to assist us to learn more about the role of the NSF 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. Thank you.

Colin A. Oxenford

Chairman and Co-ordinator

25 July 2012