

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 80 No.58

August 2010

Future Programmes

Aug	7	Sat	10.30 am	Book Club	Belgreen
Aug	7	Sat	2.00 pm	Wendy Cornish	Belgreen
Aug	8	Sun	2.00 pm	Theatre Organ Concert	Marrickville
Aug	11	Wed	10.30 am	Wednesday Group	Belgreen
Aug	17	Tues	7.00 pm	Management Committee	Belgreen
Aug	28	Sat	10.30 am	Embroidery/Handcraft Group	Belgreen
Sept	4	Sat	10.30 am	Book Club	Belgreen
Sept	4	Sat	1.00 pm	To be confirmed	Belgreen
Sept	8	Wed	10.30 am	Wednesday Group	Belgreen
Sept	18	Sat	12.30 pm	Lunch - Café	Kokoda Track
Sept	21	Tues	7.00 pm	Management Committee	Belgreen
Sept	25	Sat	10.30 am	Embroidery/Handcraft Group	Belgreen
Oct	2	Sat	10.30 am	Book Club	Belgreen
Oct	2	Sat	12.00 noon	Maude Chin	Belgreen

Lions Club of Oatley Festival – Saturday 16th October

Christmas Luncheon – Sunday 28th November 2010

St. George Leagues Club – Mahogany Room

Productivity Commission

As mentioned in the June newsletter the Productivity Commission is undertaking a public inquiry into a long-term disability care and support scheme. Submissions can be forwarded to the Commission – the original closing date in June has been extended to the 16th August, 2010.

On behalf of the Association Pat Davies recently attended one of the Commission's Forums where numerous individuals and organisations were represented – the Commissioners present were John Walsh and Patricia Scott. It was an opportunity to raise many issues and it was agreed it is a very complex subject. Some points raised were -

- the need for the scheme to be national
- eligibility should be more broad than profound and severe disability
- individual support
- existing service providers must be flexible
- the scheme to be funded by taxation
- the current insurance model of Life Time Care is seen to be a good model with regard to formulating policy
- should housing be part of the scheme

Just a few of the points raised – Pat will be providing the Management Committee with a written report.

I received the following email recently – I don't have any other information about the event, but thought you may be interested in attending.

Patricia Byrne

Sydney's CAREX 2010
"Australia's Premier Health & Aged Care Expo!"
Stand 65

This Expo represents a unique, professional development opportunity not to be missed – review/invest in products and services, learn, network, research and much more.
 The Expo will be held on August 11 & 12 – Rosehill Racecourse, James Ruse Drive, Rosehill (0930-1600) and is **FREE** to attend!

Future Programmes

Book Club 10.30 am
Saturday, August 7 and September 4
Belgreen 40-42 Chalmers St, Belmore

A few reviews follow, which we hope will be of interest to you. As previously mentioned, if you would like to write a book review for inclusion in the newsletter, please send it to me, even though you may not be able to attend the Book Club. From members' comments it appears the reviews are enjoyed so if we can cast our net a little further and capture reviews from other members that would be great.

"The Time Traveller's Wife" by Audrey Niffenegger Vintage – 2009.

I thoroughly enjoyed this well written and unusual love story.

Time travel between the past, future and present is an amazing concept, which I found intriguing – it was very part to put down.

Romance began when Clare was six and Henry thirty six and were married when Clare was twenty two and Henry thirty. Henry suffers from a rare disease where his genetic clock periodically resets and he reverts suddenly to his past or future. Clare and Henry struggle to lead normal lives, which makes for a moving and unforgettable romantic fantasy.

Janet Malone

"People Who Say Goodbye" (memories of childhood) by P.Y. Betts (1991) Futuria. A lovely little volume describing the life of a four

year old in England, which gives a detailed social history, domestic history and family history through the eyes of an intelligent, lovable child. So much humour and such an imaginative story giving details of a culture that, whilst it is anglo-celt and similar to our own, it is fundamentally different.

Delightful, heart warming and a fun read. I have included the other title in brackets – get your local librarian to track it down, it is really worth the trouble.

Maura Outterside

"Other Anzacs: Nurses at War 1914-1918" by Peter Rees. This fascinating, eye-opening compilation based on diaries and letters gives another dimension of the generation whose lives were disrupted by World War I.

In 1914 the Australian Army Nursing Services (AANS) and the New Zealand Army Nursing Services (NZANS) were established. The AANS provided at least 2,498 nurses and NZANS 610 (other allied services 720 and 100, respectively) who were hospital trained and had little or no knowledge of military affairs. Their upbringing as Victorian/Edwardian ladies had prepared them for a role as dependents of men and thereby were considered as "secondary" to the needs of soldiers.

By the end of the war over 200 nurses had been decorated for bravery, 45 had died and many were injured – many whilst serving on the front lines.

Maura Outterside

**Afternoon Meeting 2.00 pm
Saturday, August 7
Belgreen 40-42 Chalmers St, Belmore**

We are fortunate to once again have Wendy Cornish as guest speaker. On this occasion Wendy's talk is entitled "Stone the flaming onions" – reminiscences of childhood through the war years.

This will be both interesting and entertaining (I am sure) as Wendy is an excellent speaker.

Come along and share the afternoon with us.

**Theatre Organ Concert Sunday
August 8 – 2.00 pm
Marrickville Town Hall, Marrickville Road
Marrickville (NOTE CHANGED VENUE)**

The organist is David Gray a Scottish superstar, an accomplished pianist, cellist and classical organist, David first played Theatre Organ near his home in Scotland in 2004.

**Wednesday Group 10.30 am – 2.00 pm
August 11 and September 8
Belgreen 40-42 Chalmers St, Belmore**

The Wednesday Group will be gathering on these dates. Come along and enjoy catching up with one another.

Bring your lunch, tea and coffee available at Belgreen.

Enquiries can be directed to **Daphne Berger** telephone **9718 3678**.

**Management Committee Meetings
Belgreen 40-42 Chalmers St, Belmore**

**Tuesday August 17 7.00 pm
Tuesday September 21 7.00 pm**

**Embroidery/Handcraft Group 10.30 am –
3.00 pm Saturday Aug 28 and Sept 25
Belgreen 40-42 Chalmers St, Belmore**

The Group will be gathering as usual and working on their individual projects.

At the July meeting we had a surprise visit from Coralie and Albert Lewin – it was great to see them after so many months.

They both have their health problems (as you know) but are managing and Coralie was to have her last treatment recently so let's hope it won't be too long before she is feeling much better.

Iris Ramsay had her wonderfully piece of framed embroidery there, which Coralie enjoyed viewing, having seen it at the beginning.

Coralie is hoping to attend more regularly so we look forward to her visits and the sharing of her expertise.

Bring your lunch – tea/coffee available at Belgreen.

**Afternoon Meeting 2.00 pm
Saturday, September 4
Belgreen 40-42 Chalmers St, Belmore**

Guest speaker to be confirmed.

**Lunch – Café at Kokoda Track Rhodes
Saturday September 18 12.30 pm**

Jack Nolan has told up about the Café and we thought it sounded like we should pay it a visit.

We have been to the picnic area a number of years ago and walked along the track, which is most interesting. However, on this occasion we thought instead of a picnic we would visit the Café.

If you would like to come please let me know so we can make a booking. **Ring Patricia Byrne 9150 5512**.

**Lions Club of Oatley Festival
Saturday 16th October**

This is a great day – the Lions Club serve the community in such fine style and are great supporters of St. George Association. The Association will be holding a stall at the Festival this year. So put this date in your diary – tell your family and friends.

**Christmas Luncheon 12 noon – 5.00 pm
Sunday 28th November
Mahogany Room
St. George Leagues Club**

The luncheon is an opportunity to get together to celebrate the coming Christmas and festive season, as well as catch up with friends who we may not often see. Always an enjoyable afternoon and we trust this will be another one of those occasions.

It will be a 2 course meal (main and dessert) - cost \$30.00 per head.

It is essential we book – please ring Patricia Byrne 9150 5512 and send payment to Jenny Chin (prior to the day).

We look forward to seeing you there!

Personal Parts

I am pleased to report **Betty Alwin** is home from hospital and feeling much better. She is recovering slowly, and with support is managing quite well. She is very happy with the in-home service she is receiving, which is good to hear. We all send our very best wishes Betty – keep up the good work!

Unfortunately “falls” seem to be on the calendar lately, and **Jack Nolan** is in Concord Hospital following a recent fall. He has fractured his pelvis. So sorry to hear this news, Jack – our thoughts are with you, as we wish you a speedy recovery.

Janet Malone has still been having problems following her fall, but is improving and we hope it won't be long before she is “back to normal” – “normal” being a wonderful word!! Our thoughts and good wishes are also with you, Janet.

Program Report

The “**SOUP DAY**” – again a very enjoyable afternoon, although not as many were able to attend this year. However, those who did, savoured the soup provided by our cooks, Janet Malone and Maura Outterside. Many thanks.

Thank you also to Peter Meagher, who came armed with scones, which were certainly enjoyed.

We also offer our thanks to Carolyn Malone for her assistance on the day.

LUNCH at Mancini's Italian Restaurant Belfield went well. The food good and plentiful – an accessible venue, and the staff make us most welcome. Always worth a visit!

Independent Living magazine

Featured articles in this edition covered the subject of incontinence and are most interesting.

The edition also included a 5 year cumulative index covering a variety of products and topics, detailing in which volume they appeared. This is a very useful reference.

Following are some of the items in the Product Review.

Dreamfarm Oni Knife – versatile kitchen knife. This knife is designed with a combination of functions needed to make a sandwich. It has a stainless steel blade with a spreading edge on one side and cutting edge on the other side. The tip is designed for scraping the last contents out of container without causing damage. The cutting edge is shaped to cleanly cut foods like tomato and cheese. The end of the handle contains an in built plastic wrap cutter. A sheath protects the blade when the knife is not in use. Approx. price \$29.95.

Elbowlift Suspension Pad – protects the elbow. Elbowlift cushions and elevates the elbow to minimise surface contact. Centre holes create a non-contact area. This protects the elbow from pressure and friction. The pad is made from medical grade, latex free foam. The smooth non-friction backing allows for freer movement on armrests or a bed. A padded Velcro strap holds it in place. The pad is machine washable and dryer safe. Approx. price \$30.00.

Healthaid Non Slip Socks These socks have a slip resistant tread on both the top and bottom of the socks. This is to provide a continuous grip to help prevent falls. The terrycloth on the inside absorbs perspiration and provides warmth.

The socks are colour coded for easy size identification. Sizes range from small to bariatric. A one-size-fits-most red colour can

be used discreetly to identify patients at high risk of falling. Approx. price \$5.00 each.

Lever Handle Garden Tap This stainless steel garden tap has a 90mm long lever handle with a rubber coating. The quarter turn tap features a 90 degree turn for full on/off. The existing garden tap can be unscrewed and replaced with the new tap. Approx. price \$22.00.

PadNavigator Assists in Selecting a Contenance Pad PadNavigator is a clinical tool developed at BrightSky Australia. It is designed to help healthcare professionals find the right continence pad for a person. It consists of a diagnostic wheel on a chart and a Product Guide booklet. The user's individual details are used to select the appropriate product category and code from the wheel. They then refer to the Guide for products within that category.

In the Product Guide, more than 350 continence pads are categorized.

This is according to their working capacity (absorbency) and size. By following four steps, it is possible to "narrow down" the most suitable range of products. Approx. price free of charge.

Progressive I-Can Opener Uses A Ratchet Mechanism This is a manually operated handheld tin opener. It has large slip resistant plastic, contoured handles. These handles open wide for positioning on the can.

The opener is locked onto the can. The user then moves the ratchet lever forwards and backwards to remove lid. Pressing a button on top of the opener, releases it from the can. It is suitable for right or left handed use. Approx. price \$30.00.

Therma Tape – Insulates Rails This slip resistant adhesive tape can be wound around external handrails. It reduces heat on the rails, making them more comfortable to use. It is available in one or three metre lengths with 103mm width. Approx. price \$25.30 for one metre, \$75.00 for three metres.

Friends bring out the beautiful things in each other that no one else looks hard enough to find.
Anon

Management Committee 2010– 2011

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Patrons: Presidents of – Five Dock RSL Sub Branch and Lions Club of Oatley

Telephone - Belgreen Meeting Room (at meeting times only) 02 9759 9061