

# HS-A National Newsletter



MARCH 2010

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Eli Lilly Pharmaceuticals (Cardiology) is delighted to support the production of this newsletter



## From the CEO's Desk



Peter McIntyre  
President



Tony Arvidsson  
Vice President



Frank Dobosi  
Secretary



Lynette Boerth  
Treasurer

Welcome to the 2010 New Year edition of the Heart Support-Australia newsletter. Those who attended our Annual Conference and AGM in Ipswich in October 2009 will know that I stepped down from the Board to take up the position of Acting CEO for a period of 3 months during a time of significant transition for our organisation. Last year was certainly hectic as we acquitted the Self-Management Project after distribution of training and equipment to Branches. The office staff will be contacting all Branch Presidents in February and March 2010 to find out how Branch Executives are faring in the new IT environment. Feedback will assist us to help your Branch Executives obtain full benefit from the use of the equipment provided for both communication and training purposes.

At the 2009 AGM, we welcomed new Board Members including our new Company President and Board Chairman, Mr Peter McIntyre. Many members will recall that Peter was on our Board about 5 years ago and made a significant contribution at that time to our organisation. Peter is keen to help the organisation move forward with planning for the next decade, a time when the services of Heart Support-Australia will become more important than ever in the area of chronic disease arising from cardio-vascular events. Much of the groundwork for growth has been put in place and National Office hopes over the coming year to work closely with all Branch Executives to improve the delivery of services and to support our members.

I was particularly delighted with the Branch forums which took place at Ipswich on the Sunday following the 2009 AGM. The feedback and participation of those attending was wonderful and we thank all for their contributions. This newsletter highlights some of the contributions and contributors.

Our Office Manager, Martine Heales, supported by our Administration Officer, Megan Miller, did an excellent job organising the Annual Conference and AGM and I thank them for all their efforts during last year. I also thank John Bishop, the Brothers League Club and the Ipswich Branch for hosting the 2009 AGM.



Ruth Carter  
Acting CEO

## From the CEO's Desk continued

Tony Arvidsson has remained with the Board and is busy developing new projects which you will hear about in 2010. Frank Dobosi from Sydney brings his experience to the Board in the area of managing depression in connection with cardio-vascular events. Frank has experience in partnering with other organisations and is presently working on an initiative with "Beyond Blue" to assist our trainers and members of the Heart Health Support Service. Lynette Boerth from Adelaide comes to the Board with significance skills

in the chronic disease area, previous nursing experience and work in the pharmaceutical industry. Her knowledge is enhanced by the work she undertakes in her own business assisting people to manage their medications.

Staff at National Office and the Board of Directors look forward to an exciting time of growth and renewal for HS-A with particular emphasis on engaging younger members and identifying the strengths of our organisation as we build new projects.

Most importantly both Board members and the staff of National Office have heard very clearly that communication with our members needs to be at the forefront during this period of change and we look forward to receiving your feedback over the coming year to assist us in growing the organisation.

I do hope you enjoy this New Year edition of our newsletter concentrating on the Annual Conference and the AGM. I take this opportunity to wish you all a safe and prosperous 2010.

Ruth Carter

Acting CEO, HS-A

## 2009 AGM | PSWICH AGM



Tony Arvidsson, Colin and Maureen Stubbins



Judy Edvye and Joan Berry



Rex Oram and others at the 2009 AGM



Melanie McAndrew, Veronica Thomas, Betty Swan and Martine



Perth Caboolture and Bundaberg Branches at the AGM



National Office Staff Megan and Martine

## 2009 Annual Conference and AGM Ipswich QLD Day 1

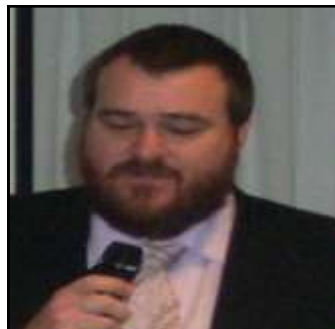
### WELCOME

HS-A Office Manager Martine Heales acted as Master of Ceremonies for the day and invited the Mayor of Ipswich, the Honourable Mr Paul Pisasle, to provide the opening address. Mayor Pisasle warmly welcomed all participants of Heart Support and shared his knowledge of the local community with us inviting visitors to join in community events in Ipswich while we were there. Mayor Pisasle kindly donated \$1000 to the Ipswich Branch of Heart Support Australia and invited us to share any ideas with him going forward.



Mayor of Ipswich  
Paul Pisasle

Nominated for QLD  
Australia's  
Local Hero 2010  
Australian of the Year  
Awards



Dr Michael Batzloff

### DR BATZLOFF

Keynote speaker Dr Michael Batzloff provided a fascinating PowerPoint presentation of his work in researching a group of infectious diseases to assist in the development of the vaccine to prevent rheumatic heart disease. Michael explained that during the 1980's and the 1990's there has been a resurgence of invasive diseases arising from "strep" infections which can lead to toxic shock. Rheumatic fever is a motor immune disease with symptoms of fever, joint inflammation and inflammation of the heart leading to congestive heart failure. There is a high incidence of this disease in the indigenous community leading to early death in the Aboriginal male population. There are 250 strains of disease that need to be combined into a vaccine but significant progress in the research will aid to development of the special protein used to make this vaccine. We thanked Michael for his love affair with bacteria as he spoke with such enthusiasm on his topic and for his excellent presentation.

### TONY ARVIDSSON

Tony Arvidsson addressed the conference on projects including building on the Self-Management Project by developing an extension of services to engage the medical professionals with our project through the use of the DVD and improved communication between Heart Support and the Cardiac Care Community.



HSA Director  
Tony Arvidsson



## 2009 Annual Conference and AGM Day 1 continued

### MELANIE McANDREW

Melanie McAndrew, Nurse Unit Manager at the Ipswich Hospital, is clearly well connected with the community and provided us with an overview of the types of work undertaken in the Ipswich Coronary Care Unit and the rise in TIAs (Trans-ischemic attacks). In 2007, 500 people went through cardiac rehabilitation at Ipswich. This figure is anticipated to rise to about 2000 by the year 2026. Our children and grandchildren need to understand the nature of chronic heart disease to reduce the risk to our community. Ipswich Hospital was keen to train 2 assistants in the use of the Self-Management Programme and the Training DVD as it is difficult for ward nurses to educate patients during a short stay in hospital. The hospital has a good relationship with the Division of General Practice & the Queensland Government Health Authority. By working together, the hospital has obtained a 30% less chance of a secondary event after hospitalisation. 52% of those going through rehabilitation continue with the exercise program and gain access to many health professionals. All participants are encouraged to maintain their program 6-12 months after their event. Working with our HHSS Manager, Melanie is looking at the risk factor profile of heart event candidates and working to tell the Heart Support story to connect patients to our programmes. The

Ipswich Council is proactive in supporting this work. We thanked Melanie for her PowerPoint presentation of statistics and congratulated her team on the work to assist heart patients to connect with our organisation.



Melanie McAndrew

### GOVERNANCE PRESENTATION BY RUTH CARTER

Our Constitution is more than two decades old and basically sets out the rules that help us cooperate to our mutual advantage. The Constitution gives us the capacity for regional and state executives and for the Board to use advisory groups and subcommittees. These have not been fully utilised. Our challenges include the increasing age of our members, many of whom suffer from chronic disease, putting pressure on who can assist at an executive level in branches. Some parts of the Constitution are outdated. A review during the coming year of our organisation's governance and Constitution, including membership fees, will occur.

We need a solid base for ongoing education about our diet, the food we grow and eat, how to cook healthy food for the heart and maintaining our health record. There will be opportunities for members to become involved in education projects. The new Board will improve our membership information database to clarify the skills out there in our organisation.

In the future, we need to move beyond government funding to work in partnership with other not-for-profit organisations in the chronic disease field. We will look at sponsorship for projects including an extension of services for the Self Management Project, a multilingual production of our DVD, follow-up training for the SMP and supporting our carers. It is essential for this purpose that the skills on the Board are a proper fit for the work of the next decade. Risk and compliance issues are very important for Directors who must report to ASIC and understand their responsibilities in corporate law. We also require skills in organisational development including management, marketing and sponsorship, audit and risk management and across the range of our projects for cardio-vascular care. Many of those skills are now located on the new Board and we look forward to taking full advantage of those skills as we progress into 2010.

## 2009 Annual Conference and AGM Day 1 continued Branch Reports

Branch reports can be read in full in our Annual Report for 2009. Members spoke from the floor on behalf of various branches in alphabetical order.

### ADELAIDE BRANCH

Ruth Carter from the Central Adelaide Branch particularly thanked Tony de Chellis and his wife Josie for his 11 years as the SA President. Josie has also undertaken many executive jobs including secretary, treasurer and telephone contact making sure our members were encouraged to attend branch meetings. Our new President John Kennedy is keen to improve our connection with local medical clinics.

### ACT BRANCH

Rex Oram spoke on behalf of the ACT Branch highlighting the present work of the branch in maintaining an active “walking trail”, recruiting HHSS members for hospital visits and undertaking social activities. Rex’s concern for the group was the aging membership.



Rex Oram ACT



Pat Laugher Brisbane

### BRISBANE BRANCH

Pat Laugher from Brisbane has been actively engaged in promoting the DVD in the Queensland Health sector and arranging shared Christmas parties for Ipswich and Caboolture. Pat mentioned a number of activities of the branch including a breakfast barbecue, a recycled can collection, weekly raffles, raising funds and goods for the bush-fire appeal, working with other service clubs and holding social functions for members. Pat particularly mentioned the unbroken 20 year membership of Arthur Duke and Peter Traynor. Brisbane branch has an association with the Redlands Hospital and Pat is working to build a “Heart Failure Support Group” as a satellite of Brisbane. Pat was pleased to donate \$5,000 to the National Office on behalf of Queensland Health and the Brisbane Branch.

### BUNDABERG BRANCH

Fred Archer from Bundaberg spoke of their well attended meetings and the work of their Heart Health Support Service workers. They meet monthly at the Friendly Society Hospital and hear from speakers on lifestyle issues. Sometimes hospital visiting is difficult as the patients are not quite ready to talk. He told us the heart wrenching story of a patient who thought he was going to die 10 years ago but found the courage to continue after a visit from a Heart Health Support member named Joe. Fred heard from him again when this patient was most recently hospitalised when the patient again asked if Joe could come to visit him.



Fred Archer Bundaberg



## Branch Reports

### CABOOLTURE BRANCH

Gilbert Neilson of the Caboolture Branch spoke of their hospital and other care visits, the community groups that support Heart Week and the “Seniors Expo”. Gilbert’s sister Cecil has been training more HHSS workers. The Branch raised funds to buy hospital equipment including a defibrillator. They also have a mobile resource library (“suitcase on wheels”) full of DVDs, books on heart conditions, cookbooks, newspapers articles and so forth. The branch has guest speakers attend as well as social functions.



Gilbert Neilson  
Caboolture

### GOLD COAST BRANCH

Barrie Miller spoke for the Gold Coast, one of our most recent Heart Support branches only about 9 months old. Gold Coast is making many contacts with heart patients but finds that retention is difficult. Barrie is happy to hear from any members on what can be best done to retain new members.



Barrie Miller Gold Coast

### IPSWICH BRANCH

Our host and organiser John Bishop from the Brothers League Club where we held our conference spoke on behalf of the Ipswich branch. John welcomed all members to the Ipswich AGM although had hoped for greater numbers. John spoke of the fundraising undertaken by Ipswich plus the bus trips, raffles and sale tables to raise money.

**Brother’s League Club** has been supportive of the Ipswich branch. The branch held a “**Christmas in July**” function and a sausage sizzle at Buntings to raise money. Some members also participated in the game called “**gate ball**” winning a championship at Rockhampton. HHSS members attend Ipswich Hospital twice a week, and occasionally at St Andrews Hospital and run a walking group three times a week.

### SUNSHINE COAST

Colin Stubbins from the Sunshine Coast mentioned that 25 years ago their branch was one of the first Heart Support Groups. They battle for membership because their hospital is small. They have persevered and still remain a strong branch today although membership has remained static. Fund-raisers include sausage sizzles and partnering with the Lions Club. The Branch hopes to grow in the future **and can’t wait for the new hospital to be built.**



Colin Stubbins  
Sunshine Coast



John Bishop  
Ipswich Branch



David McAndrew  
Perth

PERTH BRANCH

David McAndrew spoke on behalf of the Perth branch. Many country folk are rarely seen in the city although the branch produces a newsletter with some educational material. The branch is struggling for a meeting room at the St Charles Governor Hospital. As the hospital is under renovation, they find their meeting room changes each time they attend and this probably explains some of the drop off in attendance

CENTRAL SYDNEY BRANCH

New Board member Frank Dobosi spoke on behalf of Central Sydney about social activities and fundraising and the partnership with Rotary. They have a walking trail on Thursdays and an exercise class on Mondays, meeting at the Kokoda trail café to have a chat. The branch is organising a heritage cruise next month and working to create a local website to enhance internet communication with the National Office. The branch made donations to the Repatriation General Hospital from which Professor Sidonas is their patron. The branch supplied equipment to the cardiac and rehabilitation areas such as blood pressure monitors. They are raising funds for a cardiac pacemaker simulator to training nurses how to insert pacemakers (rather than practise on real people!) The branch celebrates its 10<sup>th</sup> anniversary next year and is working on the issue of depression related to

heart events.

At the end of these reports, members discussed how the laptops and DVDs can be used to take to the community clubs to demonstrate our DVD. Pat Laughter spoke of members joining together on a cruise in the Pacific with a percentage of the fees donated back to HS -A. Pat will present her idea to the Board to undertake the appropriate risk management before it can be badged an HS-A event.



Frank Dobosi  
Central Sydney

AGM IPSWICH 2009



Graham Neville  
National President 2009



Ruth Carter  
Director 2009



The Board and Office  
Manager Martine Heales