

Heart to Heart

**Newsletter of the Orange Branch of Heart Support Australia
June 2011**

Dear Heart Friends,

This month we record our deep sorrow at the death of our very active Secretary Pat. For most of us it was quite a shock and totally unexpected. It creates something of a hole in our group which will be hard to fill. Pat has managed the job of keeping the various Heart Support administrative items under control, both on the local and the national scene – minutes, correspondence, filling in forms. She has been inspirational in her conduct of the various fund raising efforts, and all the details needed to get them under way – booking sites, providing and delivering the gear, collecting it all up, getting the results of raffles to the media, and getting people to collect their prizes. We extend our sympathy to Bill and the family. A number of us were able to attend the funeral service on 30th May, as were also representatives of the other groups for which she also worked.

At the May meeting we had Chris Patrick, the district manager for the Ambulance Service, informing us about their work. One of the significant messages he wanted us to get on to was that in case of emergencies we should call 000 (triple ZERO, not triple 'OH'), and then how important it is to give good clear and correct directions to the operator. These days all ambulances have computers on board, which allows the paramedics to store and access information more efficiently. One of the sad things he informed us about was that some people attempt to use the ambulance as a kind of a taxi, trying to take them to hospital – especially since the new 'Orange Health Service' is some distance away, a taxi is a bit expensive and buses are too infrequent. The trouble is that this ties up an ambulance and crew who may be needed for a real emergency.

The major item for discussion was our meeting times. We explored various possibilities, because there a few problems which have arisen as a result of the move of the 'hospital' out to the Bloomfield site. Finally we decided to try meeting on the third Monday of the month from 2:00 pm till 3:30 pm; that means we will not take our lunch, but have afternoon tea. However this new plan will not start till the JULY Meeting (18th July). This month, we will still meet on Thursday, 16th June, at 12:30 pm for lunch, and we hope that Alison will be able to talk to us about the Ronald MacDonald project. (Joan and I will have to apologise for that meeting since we will be visiting our son and his family in Germany.)

We had Barbara with us at the last meeting but without George who, sadly, is not really improving. Cecilia was able to come along, together with her yummy pastries! And of course we still miss the members who help out with the Healthy Life style group. We hope that the 3rd Monday change will allow them to join us again. Fifth Tuesday lunch at Patmos Gardens was great – 7 of us went.

Keep active,
Howard

Happy Birthday in June

to:

BARBARA ENSOR 8TH



Ramblings from the President...

As I put fingers to keyboard tonight, I do so with some sadness. I refer, of course, to the recent passing of our long-term secretary, Pat Penrose. While we can reflect that her death was both quick and, probably, only of limited duration for pain, there is no time that we can ever truly say that we would have wished for more time with our friend or loved one.

As you will note below, I have already had an instance where I could have resolved a question about our group.

However, let us take a moment to reflect on the contribution Pat made, not only to Heart Support – Orange, but to several other organisations in Orange. I first got to know Pat in my role as principal of Glenroi Heights PS. While I was never there when she was involved with P&C, I did approach her to join us as the community representative on our School Council. This fitted with advice I had received from members of the school community, but also my experience that it is always more effective to ask a busy person to help as they are usually organised enough to give you a straight yes-or-no answer, and if they say yes they give you the help you require.

I next became aware of Pat's involvement with St John's Ambulance, the body I tended to use for First Aid training for school staff and for my own training.

Then, after retirement and my becoming involved with, first, the Healthy Lifestyle Group, and then with Heart Support – Orange, I was able to re-introduce myself to Pat.

Since becoming president, I have depended upon Pat to have the meetings organised, with agenda, minutes, correspondence, etc., prepared beforehand.

I have no doubt that we will not be the only organisation facing a real gap in their service to members over the next month or so.

So, I take this opportunity to celebrate the life and the service to the community of Pat Penrose. Pat, you are already sorely missed.

Now this brings me to the next issue. As many of you will know, I cannot keep myself out of schools, despite retirement. In particular, I have a busy role at this time of the year as part of the Premier's Debating Challenge as an adjudicator for debates and public speaking competitions. This means that I will be unable to attend the June meeting as I will be adjudicating three debates during the day out at Molong. Now I would have called Pat to check on vice presidents, one of whom is John Pritchard who will be volunteering at the Healthy Lifestyle Group sessions, to find who can chair the meeting. I have asked Darby to approach Alison Wilkins (dad to daughter) to come along to speak to us about Ronald McDonald House in Orange, but I am embarrassed that I will be absent from the meeting. I suggest that the meeting revolve around the guest speaker, and that the only decision that really needs to be voted on is the matter of meeting times.

Motion: That Heart Support – Orange change its meetings times to the third Monday in the month from 2-3.30pm at the HACC Centre from the July meeting onwards.

I have talked with Dorothy, John and Allan, and this works for them, but the decision needs to be formalised. Over to you.

P.S. Fifth Tuesday lunch at the Patmos Garden Café was superb – let's make it permanent.

Jim Norman

Recipe of the Month: Masterful Meat Balls

Ingredients

1 kg lean beef mince	4 crushed cloves garlic
810 g tin peeled tomatoes (no added salt)	1 tspn oregano or thyme
2 large onions	½ cup extra virgin olive oil

Method

1. Roll up mince into meatballs, 2 to 3 cm in diameter.
2. Finely chop onion and garlic. Pour olive oil into large frypan and heat. Add onion and garlic and fry 4-5 minutes. Do not let oil burn.
3. Add meat balls and roll around by shaking the pan.
4. In a large bowl purée the tinned tomatoes with a fork or whisk and pour over the meatballs. Add herbs and simmer for 40 to 60 minutes. Add water if the dish is drying out.
5. Serve on a bed of rice with steamed green vegetables. Serves 4 to 6.

Joke Corner:

Getting Married

Jacob, age 92, and Rebecca, age 89, are all excited about their decision to get married.

They go for a stroll to discuss the wedding, and on the way they pass a chemist. Jacob suggests they go in. Jacob addresses the man behind the counter: "Are you the owner?" The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart medication?" Pharmacist: "Of course we do."

Jacob: "How about medicine for circulation?" Pharmacist: "All kinds"

Jacob: "Medicine for rheumatism?" Pharmacist: "Definitely."

Jacob: "How about suppositories?" Pharmacist: "You bet!"

Jacob: "Medicine for memory problems, arthritis, and Alzheimer's?" Pharmacist: "Yes, a large variety. The works."

Jacob: "Everything for heartburn and indigestion?" Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?" Pharmacist: "All speeds and sizes."

Jacob: "We'd like to use this store for our wedding presents register..."



Don't Forget
 This month we meet
 again at the HACC
 Centre
 16 June at 12.30 pm

At our last meeting Secretary Pat recommended a publication called "Medicines Talk", a publication from NPS, an independent not-for-profit organisation funded by the Australian Government Dept of Health and Aging. Here are some extracts from a recent edition:

Seeing eye to eye with your medicines

Eyesight problems are common in older age. This can make managing medicines and reading labels difficult. Here are some hints that might help you avoid mistakes and make life easier.

- Keep all the medicines you use regularly in one place.
- Mark similar medicine containers, so you know which is which and don't confuse them. For example, you could distinguish similar packets by wrapping a rubber band around one, sticking a brightly coloured dot on their lids or bases, or using a thick felt pen to write a single letter on their lids or bases. Just make sure you don't cover the medicine label or the instructions.
- Keep your medicines in their original containers, unless you use a medication organiser, or dose administration aid.
- Store medicines that aren't used regularly in a cool dry cupboard.
- Take any unused medicines to a pharmacy for disposal.
- Ask your pharmacist to give you the information that's on the medicine label on a separate sheet of paper in large print. Unfortunately, pharmacists are not able to enlarge the print on the label, because there's not enough space for all the information that's legally required.
- Tell your pharmacist if you have any difficulties with your medicines. They may have some suggestions.

ORANGE BRANCH COMMITTEE

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