

Heart Support Australia - Rochester Branch Newsletter March 2011**Address:- PO Box 24 Rochester 3561. - Phone/Fax 5482 5196.****Patron : Wendy Fimmel****President: Gwen Houlden: 54841648****Secretary: Mary Flynn: 54843831.****Treasurer: Margaret Moylan: 54843166****HHSS: Fred Lindner: 54825229.****Editors: Bill and Annie: 54825196.****"Coming Events"**

Since the reformation of the Rochester Branch we have been very lucky to have a number of excellent speakers at our meetings, and thanks to Wendy our patron, and Gwen our President we are happy to announce the following speakers for our next three meetings.

*All of the following meetings will be held at the Rochester Community House
Commencing at 2.00pm.*

Tuesday 22nd March 2011**Annie Galvin - supported by Sharron.**

*We will be taken through the trauma of Annie's car accident, her survival and rehabilitation process.
Annie will be supported by Sharron, a Registered Nurse who will stress the importance of a carer*

Tuesday 26th April 2011.**Robyn Falls****Dingies Biggest Morning Tea.**

*Robyn is a Registered Nurse, Cancer Counsellor and Fund raiser.
This is an event that we can all become involved in.*

Tuesday 24th May 2011**Danielle Paterson****Dietician at the Rochester Hospital.**

All of these speakers are highly qualified in their field, and they each have a great deal of knowledge to pass on to us, and we hope for a very large attendance at each meeting.

As always we will supply a "Happy Heart" afternoon tea whereby we have the opportunity to get to know our guest speakers, and to enjoy a happy social occasion among ourselves.

President Gwen and all members of the Committee ask all members who possibly can to attend these meetings. By a large attendance we will be able to attract quality guest speakers. Support Service Volunteers are always there to offer a helping hand and a word of encouragement to all of those members who seek it.

Come one, come all - and support your Committee!

"Our February Meeting"

All of the Clans gathered for this our February meeting, and what a rewarding day it turned out to be! We had a full house of members an excellent guest speaker, two new members in attendance, and a delightful afternoon tea presented as usual by the ladies of the group. An additional bonus was that our Patron Wendy also found time to be in attendance. Altogether a very satisfactory afternoon well spent!

We were indeed honoured to have Mrs Lyn Morgan as our guest speaker who is the Senior Information Officer for the Commonwealth Respite and Carelink Centre, Bendigo, and what a wonderful speaker she was.

Lyn took us through the whole range of things we need to know with regards to "Living Independently". The wealth of her knowledge was amazing, and her delivery of this knowledge was much appreciated by all present as Lyn explained these complex issues in a language we could all understand.

We were all presented with a "Show Bag" full of items of interest to help guide us through the mine field of things that we usually put in the "Too hard basket" and without doubt many of us have been completely unaware of the help and guidance that is available to us.

The booklet Victorian Concessions – A guide to discounts and services for eligible households in Victoria, as presented by Human Services, should become the number one reading item for all of those present. An instance of "Things we don't know" became very apparent to me when I discovered in this booklet an item telling me that if you suffer with "Post-Polio Syndrome" you can claim 17.5 per cent on your electricity costs from November to April every year. I am a member of the Post-Polio support group, and was completely unaware of this claim being available. I will now be reading every word contained in this gem of a booklet.

In the main we are an aging support group, and as time passes we may all become in need of more help so that we can stay in our own home, and not clog up the system by going into care, something which many of us are afraid of. Lyn took the pain out of this possibility by fully explaining the workings of the various methods of care, and how we could all retain our dignity and quality of life if ever we were in that position, especially if we require Respite Services.

Lyn has very kindly offered to periodically submit articles for the Newsletter which I will be only too happy to print. So please watch this space for information as it comes to hand.

Lyn also explained that the service is funded by the Federal Government, is Australia wide, is available to all Australians, and encouraged those in need, or seeking advice on all matters of concessions, living independently, or Respite services to ring the magic number below, and you will be connected to the nearest Centre in your town or region.

President Gwen then called for questions, and this kept Lyn busy for a considerable time, and in thanking Lyn presented her with a Heart Support Executive Pen, and this followed with a big round of applause for Lyn for her time and wonderful presentation.

The magic number to call 1800 052 222 free call to connect to your nearest Office, or (03) 5480 1742 to contact Lyn direct.

Lyn was then invited to join us all for a "Happy Heart" afternoon tea and social gathering. Again Lyn fielded a number of questions, and by popular demand we are going to try to get Lyn to come back in the not too distant future to go over it all again.

Beware - take care

With the summer rains we have an increase in the mosquito population.

Mosquitoes can carry diseases including Ross River virus, Barmah Forest virus and Murray Valley encephalitis. The best way to avoid disease is to avoid being bitten.

- Avoid going outside when the mosquitoes are the most active—dusk and dawn.
- Wear long loose fitting clothing in light colours.
- Use mosquito repellents that contain DEET and follow the directions.
- Spray your bedroom half an hour before going to bed.
- Check your fly wires are intact and well fitting.
- Have someone check the garden for containers with water sitting, they make ideal breeding grounds.
- Empty bird baths weekly.

Leftovers

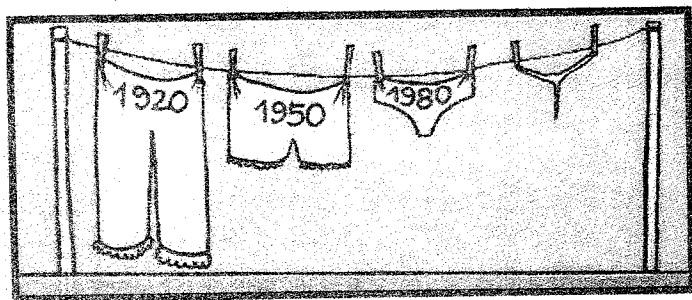
- Always refrigerate.
- Cover and date.
- Reheat to hot.
- Do not eat leftovers cold.
- Toss out after 3 days.

Reminder

Are your details correct for your emergency planning?

Be prepared.

Get your emergency plan our now and check it.



"Letter To The Editor"

On March 26th 1991 a public meeting was held in the Echuca Council Chambers to test public interest in forming a branch of the Australian Cardiac Association. Interest was high and the inaugural meeting was held in the Rochester Council Chambers four weeks later. A branch was duly formed, and at a later date the name was changed to Heart Support Australia, and so it still remains.

Mary Flynn, Wendy Fimmel, Pam Fry, Annie and Bill Whitehead are founding members of ACA – HS-A.

Time moves on very quickly, and it is now 20 years since I edited the first edition of this Newsletter and in all that time I have made it a rule never to write about politics or religion, and have been very careful regarding jokes etc as all of these subjects can prove to be offensive to someone.

However, with apologies if it does offend, I am going to break that rule and publish an article sent to me from the Sutherland Branch with whom we swap Newsletters.

Why you should Honk if you love the Lord.

The other day I purchased a bumper sticker which said "HONK IF YOU LOVE THE LORD" Boy am I glad I did. What a wonderful uplifting experience followed.

I was stopped at an intersection on a red light, and didn't notice the light had changed. It was a good thing somebody else loves the Lord because while I was sitting there the guy behind me started honking like crazy, and then leaned out of the window and screamed "For the love of God woman, Go! Go! Go!

What an exuberant Cheer Leader he was! Everybody started honking! I just leaned out of my window and waved and smiled at all of these loving people. I even honked my horn a few times to share in their love.

There was a driver with a surfboard on his car who must have had a disappointing day at the beach who kept yelling something about "The stupid Beach", I just smiled and waved. Then I saw another guy waving in a funny way with his middle finger stuck up in the air. I asked my teenage son what this meant. He said it was probably a Hawaiian good luck sign or something. Well I have never met someone from Hawaii, so I leant out of the window and gave him the good luck sign back. Mt son burst out laughing. Even he was enjoying this religious experience.

A couple of people were so caught up in the joy of the moment that they got out of their cars and started to walk towards me. I noticed at that moment that the light had changed again, so I waved and smiled at them, and drove off through the intersection before the light changed again. I noticed that mine was the only car that that got through the intersection before the light changed again, and I felt sad that I had to leave them, so I slowed the car down, leaned out of the window, honked the horn a few times, and gave them all the Hawaiian good luck sign one last time before I drove off.

Praise the Lord for such wonderful people.

Author unknown – I wonder why!

Sorry if the content of the Newsletter has crashed to an even lower level than before, but a few articles form the members of a higher quality could soon correct this transgression.

Hope to see you al at the March meeting, which should be a real winner.

Bill W Ed.

“Are You Financial?”

Treasurer Margaret sends her thanks to all of those members who have already paid their annual subscription, and sends a gentle reminder to those who have not yet done so.

As strange as it may seem, we the Committee of HS-A, do occasionally make mistakes (?) - and so it is with our membership lists.

If you see a “Little Red Heart” attached just here..... it means that our records show that you have not yet renewed your membership.

As we said above it is quite possible that we are mistaken, so if you have already paid, and we have not registered your payment, then we humbly apologise for the error, and request that you notify us accordingly and we will correct that error. No red heart – then you are financial until January 2012.

At this time of the year we always seem to lose a few members, be it lack of interest, unhappy with the Newsletter, moved from the area, or just plain forgot. This is always a big concern to us all because we hate to lose old friends, and please if you are in any way unhappy with the way HS-A runs we do ask you to let us know, so that we have the opportunity to correct any failures on our behalf.

If at any time any member requires help, or just wishes to have a chat with a person who has suffered some form of heart trauma, then a phone call to any of the numbers on the heading of this Newsletter will connect you with a very empathetic ear.

Bill Whitehead – Support Services Manager.

“On the Sick List”

Fil Cappellano:

We were very sorry to hear that Fil has had another spell in hospital, and we hope that he is now well on the way to recovery. The best wishes of all members have been conveyed to Fil by our ever active Secretary Mary Flynn, and we thank her for the Stirling work she performs in this area.

President Gwen:

Gwen is still waiting to have a valve replaced, and delays for this to happen were caused by the Rochester floods. Fortunately during this waiting period Gwen did not take a backward step, and continued with her duties with HS-A, and the many other activities she is involved in. Thank you Gwen for “Hanging in” when under a great deal of stress. Your efforts are much admired and appreciated, and we look forward to hearing that “Mission accomplished” in the very near future, and you are back to being your, as always “Bundle of energy”

To all members who are unwell:

With so many of our members living so far away, we do not always hear of those who are a little under the weather, and to all of these people we send our best wishes for a speedy recovery, and we do ask that if you know of someone in this category please contact our very active Secretary Mary Flynn, and she will arrange contact.

Bill W. Editor.

Thought For The Day!

The problem with doing nothing is not knowing when you are finished

"New Members"

On behalf of President Gwen and all of the members of HS-A I would like to welcome the following new members to the Rochester Branch:

Irene Ellis, and Glenda Watson from Rochester, together with Rhys Jenkins from Nanneella, and Anita Bassu from Trinity Beach in Far North Queensland.

It is great to see our membership increasing, (90 financial Members) and we now have five members in Far North Queensland. This of course is down to the sterling work undertaken by our Patron Wendy Fimmel, and we look forward to the day when we can form a Branch in the region.

We are now have a number of members joining the Branch who have attended the rehabilitation programme in Echuca, and these new members are the future of HS-A, and we welcome them one and all.

HS-A presents a short programme at each of the Rehabilitation Programmes in Echuca in which we distribute DVDs, Carers brochures, and Newsletters. All members of the programme are sent a copy of the Newsletter for three months, and it is hoped they will join our group, or elect to receive the Newsletter by joining as a member. The \$11 membership just covers the cost of the Newsletter, and is a wonderful way in which to keep in touch with other folk who have suffered a heart event.

New members can join by sending their names and addresses to The Secretary, HS-A PO Box 24 Rochester 3561. We are not a fund raising group, and all of our services are free of charge.

Bill W. Editor

"Have The Telemarketers"

Are you troubled by these annoying phone calls from people trying to sell you something or trying to get you to change Electricity Company etc? They always seem to come just as you are serving dinner, or engaged in something important. (Having a snooze), and then they just rant on at a fast rate so that you cannot get a word in edgeways, and to confuse matters all the more are usually from China or some other far distant land.

Well help is at hand! A good friend of mine when asked for by name, replies "Sorry she is not at home, this is the Maid speaking" – end of conversation!

I decided to copy this idea, and now reply "Sorry Mr Whitehead is overseas, this is the Head Butler speaking can I help you? The conversation is usually ended before I finish.

However I now find there is a better way. Just register on the "Do not call register" by phoning 1300 792 958 and that is the last you will hear from these annoying pests. You can of course register on line.

Bill W. Editor.

Disclaimers

The views and opinions expressed in this Newsletter are those of the authors, and do not necessarily represent the views and opinions of Heart support Australia. While every effort is made to check the accuracy of the information contained in this Newsletter readers are advised to check with the original source before acting on it.

Bill Whitehead Editor.

Not For The Faint Hearted

In the May issue of the Newsletter was a recipe "Chicken Wraps and Salsa" This recipe used a Micro Wave chicken purchased from Safeway. I must admit I love to use these chickens mainly because when you micro wave them yourself all of the fat is drained into the micro wave dish, and can be easily poured away. Just remove the skin before using, and you have a real "Happy Heart Chicken" This recipe was taken from the book "365 Easy Slow Cooker Recipes" and is printed below. However not having the ingredients to hand we changed this, and quite by chance came up with a dish which proved to be far superior to the original – so I will also print both.

Turkey Cassoulet

Ingredients:

- 2 cups (280g) cooked cubed Turkey
- 280g smoked turkey sausage meat
- 3 carrots sliced
- 1 onion halved, sliced
- 1 can (425g) butter beans.
- 1 can (424g) cannellini beans
- 1 can (230g) tomato soup.
- 1 teaspoon dried thyme and ¼ teaspoon ground allspice.

Method:

Cut turkey sausages into bite size pieces. Combine all ingredients in a sprayed slow cooker. Cover and cook for 4 to 5 hours on low. Serves 4 people.

"Annie's Happy Heart Chicken and Italian Sausage Delight"

Ingredients:

- Half of the microwaved chicken, all fat, skin, and bone removed.*
- Half of the chicken stuffing.*
- 1 packet (375g) extra lean Italian style sausages, with Heart Foundation Tick. – Safeway.*
- 6 Dutch carrots – Washed and sliced.*
- 1 red onion sliced.*
- 1 can (425g) cannellini beans.*
- 1 can (410g) no added salt crushed tomatoes.*
- 3 tablespoons sweet chilli sauce.*
- 2 teaspoons hot English mustard.*

Method:

Cut the sausages into bite size pieces.
Combine all ingredients in the sprayed slow cooker except the chilli sauce and mustard.
Cover and cook on low for 4 to 5 hours.
Blend the mustard and chilli sauce with a little water and stir into the cooker.

To serve:

This dish will serve 4 people, and I like to have as an accompaniment some small streamered red potatoes, microwaved frozen peas, and micro waved fresh asparagus, not tinned. I micro wave the peas for 2 minutes on high; add the asparagus and micro wave for a further 2 minutes. Be careful not to overcook because asparagus is ruined if it is overcooked.

More next month, happy cooking,

"Annie"

GENERAL MEETING OF ROCHESTER BRANCH OF HEART SUPPORT-AUSTRALIA AT 2PM IN ROCHESTER COMMUNITY HOUSE 22/02/2011

PRESIDENT GWEN welcomed everybody with a special welcome to new member, Irene Ellis.

APOLOGIES: Anne Whitehead, John Prigg, Rhys Jenkins, Eric & Shirley Kneebone, Glenda Watson and Fil Cappellano (in hospital).
Pres. Gwen asked for a motion that apologies be accepted. Moved by Shirley Nelson,
Seconded by Margaret Hitchcock. Carried

MINUTES: As the minutes are in the Newsletter, Secretary asked that they be taken as read. Pres. Gwen then asked that the minutes be accepted as a true and correct record. Jan Browning moved, seconded by Barbara Wolfe. Carried

BUSINESS ARISING FROM THE MINUTES: Badges! As we have decided to order the badges from Badgeman in Cessnock NSW, we need the names of those willing to pay \$6:60 for their own badge on a list so it can be forwarded with the order.
Bill Whitehead enquired about Newsletters from other branches. Secretary said she had a bunch of them and would be glad to give them to Bill so he could check whether he is sending our Newsletter to branches who may not reciprocate.

TREASURER'S REPORT: Balance as@ 31/1/11\$18,912.05
Cheques outstanding.....\$30.04
Adjusted Balance.....\$18,882.01
After payment of Accounts.....\$18,487.06
Treasurer Margaret Moylan moved that the report be accepted. Seconded by Len Aicken. Carried

CORRESPONDENCE: Email from Badgeman re badges and a thank you card from Norm & Dos Hansen for a condolence card for the death of Dos' brother, Murray Milgate. Moved that the correspondence be received, Jan Browning; seconded, Graeme Wolfe. Carried

GENERAL BUSINESS: Bill Whitehead presented the HHSS Certificates to those members who completed the training: Fred Lindner, Betty Blow, Margaret Hitchcock, Margaret Moylan, Mary Flynn. John Prigg was an apology.
Bill then asked for a member or members to think about volunteering to accompany Bill to Echuca Rehab to get an idea of what Bill does there (tells those in the Rehab, all about HS-A and invites them to join) in case Bill was unable to go one day.
Another request from Bill was for items of interest suitable for the Newsletter. If you find an article of interest, please send it to Bill in Echuca. You'll find him at Unit 2,
104 George St. Echuca Vic 3564.

GUEST SPEAKER: Lyn Morgan, Senior Information Officer from the Commonwealth Respite and Care Link Centre gave a most interesting talk on her work and the services that are available for those people in need of respite care or help to stay in their own homes. The address in Echuca is 227 Service St, Echuca Vic. 3564. PHONE: **FREECALL 1800 052 222**
Following Lyn's talk, Pres. Gwen thanked her and gave her a Heart Support-Australia Pen in appreciation of her giving her time to us.
The meeting closed at 3:30pm.

AFTERNOON TEA WAS SERVED
NEXT MEETING IS ON MARCH 22ND AT 2PM AT THE ROCHESTER COMMUNITY HOUSE
MACKAY ST. ROCHESTER