

The New Link

St George Association

For People with Physical Disabilities Incorporated

"Capabilities Conquer Disabilities"

Vol. 62 No.38

August 2008

Future Programmes

Aug 2	Sat	10.30 am	Book Club	Belgreen
Aug 2	Sat	2.30 pm	Product Presentation	Belgreen
Aug 13	Wed	10.30 am	Wednesday Group	Belgreen
Aug 17	Sun	12.30 pm	Canada Bay Club	Five Dock
Aug 19	Tues	7.00 pm	Management Committee	Belgreen
Aug 23	Sat	10.30 am	Embroidery Group	Belgreen
Sept 6	Sat	10.30 am	Book Club	Belgreen
Sept 6	Sat	2.00 pm	Hearing Dogs	Belgreen
Sept 10	Wed	10.30 am	Wednesday Group	Belgreen
Sept 16	Tues	7.00 pm	Management Committee	Belgreen
Sept 21	Sun	2.30 pm	Afternoon tea	Engadine
Sept 27	Sat	10.30 am	Embroidery Group	Belgreen

Christmas Luncheon

***Mahogany Room, St. George Motor Boat Club
7th December 2008
12 noon until 5.00 p.m.***

A note from our President

Hi Everyone!

Well, I'm afraid you have me back again for another year. I look forward to the year ahead and hope it will be as enjoyable as the last.

For those members, who have not visited Belgreen recently, we are pleased to announce the installation of a gutter ramp beside the driveway into the property. This will provide better access for everyone. It was installed by Canterbury City Council, and their PAMP funding (Pedestrian Access & Mobility Plan) covered the costs. We are most grateful for their generosity.

At the Annual General Meeting it was agreed that our monthly evening meeting be changed to now be the first Saturday of each month, following the Book Club. Hope to see you there.

Janet Malone

It's pleasing to report the Annual General Meeting was quite well attended and we do thank members for their attendance and support. Congratulations to all the Management Committee members elected on the day.

Members will find enclosed copy of the Minutes of the Annual General Meeting.

At the Association's last Management Committee the following people were re-elected as Honorary Members for the coming year, in recognition of the contribution they have made to our organisation. Mr. Jim Anderson, Miss Daphne Berger, Mrs. Maude Chin, Mr. Albert Foster, Miss Margaret Gray, Mrs. Olive Hale, Mr. Hugh Joy, Mrs. Margaret Lee, Mr. Albert Lewin, Mrs. Coralie Lewin, Mrs. Marge Lotty, Mrs. Janet Meagher, Mrs. Gwen Mitchell, Mrs. Janice Steinfurth, Mr. Jan Steinfurth, Mrs. Yvonne Williams and Mrs. Pat Wynne.

Appreciation is offered to them for their support.

Patricia Byrne

***Planning for your future
Advance Care Decision Making***

Enclosed is a leaflet from Sydney South West Area Health Service about Forums being held within that region. As explained, the Forums aim to bring community members together to discuss ways your voice can be heard at times of critical healthcare decision making. A couple of the dates have passed, but there are Forums being held in August, September and October, which may be of interest to you.

Even though many members do not reside in these areas, we thought it is helpful to know such issues are being discussed and hopefully addressed. Maybe it is something that is needed in your area and you could raise the issue with the appropriate people and similar Forums could be held.

Patricia Byrne

The following article was published in the Sutherland Shire Community Care Forum Weekly Snippets, which I am sure, will be of interest to members.

\$11 MILLION INVESTMENT TO ELIMINATE DISABILITY EQUIPMENT WAITING LIST

NSW Minister for Health Reba Meagher and Federal Minister for Ageing Justine Elliot today announced a one-off \$11 million funding package to support people across NSW living with long-term disabilities.

Ms Meagher said the joint State-Commonwealth funding boost will provide essential equipment for about 5,000 people living with disabilities.

“This investment - \$6 million from the Lemma Government and \$5 million from the Rudd Government – will eliminate the current waiting list for disability aids and equipment,” Ms Meagher said.

“It will deliver essential equipment such as wheelchairs, adjustable beds, communication devices, hoists, and ventilators for people living with disabilities.”

Federal Minister for Ageing Justine Elliot said the money would be provided as a boost to the NSW Program of Appliances for Disabled People (PADP).

"The Australian Governments' allocation of \$5 million will support older people through the provision of equipment to assist with permanent physical disabilities in the areas of mobility, self care and communication," Mrs Elliot said. "The additional funding will help more people maintain their independence by continuing to live within their community and their own homes, as most people tell us they wish to do."

Ms Meagher said the one-off \$11 million funding boost for 2008-09 was on top of the lemma Government's \$25.6 million investment in the PADP program this year.

"We have more than doubled the budget for disability equipment since 2000-01 to provide a better quality of life for people living with a disability and to make sure they have access to the sort of support they need," Ms Meagher said.

Ms Meagher said in addition to increased investment, the lemma Government is making a number of important changes to improve the quality and efficiency PADP and other similar programs. These changes include:

- Establishment of EnableNSW to bring together the administration of five disability support programs including PADP, the Artificial Limb Service and three Home Respiratory Programs
- A new website to be launched in 2009 providing clients and clinicians with information about EnableNSW and about the availability of specialised equipment
- A state-wide information line 1800 ENABLE (1800 362 253), which has been operating since October last year to provide expert advice to members of the public and clinicians

(Source: press release 15/7/08)

The following information has been received from Women With Disabilities Australia -

WWDA member Marge Charlesworth, is undertaking a research study as part of her Honours Degree and is looking for women with disabilities to participate.

The study is titled "Emotion, Women and Disability". It explores the ways that as women with disabilities we are frequently required to express certain emotions or suppress others in order to 'fit in' with society's expectations. The study is open to Australian women who were either born with, or acquired their disability before three years of age. It has been developed so that you can participate online - that way, you can complete the questionnaire in your own time and return to Margie's student e-mail. For further information please contact Marge Charlesworth at eigram22@adsl.on.net

Future Programmes

Book Club

**Saturday Aug 2nd and Sept 6th 10.30 a.m.
Belgreen 40-42 Chalmers St, Belmore**

It was pleasing to have 5 members attend the last Book Club meeting, where there was some lively discussion. We hope the following reviews will be of interest.

"A Glimpse of Eternal Snows" by Jane Wilson-Howarth 2007 – Pier 9 Murdoch Books Pty Ltd.

This is an amazing true story of an English family's journey of love and loss in Nepal.

Jane (a G.P.) and Simon (a civil engineer) have accepted a 2 year contract to work in a remote area of Nepal. They have a 2 yr. old son and are expecting their second child. Previous experience living in third world countries prepare them for this new experience.

Shortly after moving to Nepal the family returned to Cambridge for the birth of their baby. David was born with multiple disabilities (harelip, 2 holes in his heart, 1 kidney, malformed brain and malformed spine). The doctors “considered him an interesting case” with a very short lifespan. After repairing his harelip the doctors continued daily tests even though Jane wanted them to stop due to the pain and terror these tests caused David.

After 7 weeks Jane and Simon removed David from the hospital and returned to Nepal with the desire to give David a happy and carefree life with the family. David’s health improved, his heart healed, and in this unconventional lifestyle he thrived for almost 3 years before his death in Kathmandu. A third son was born when David was nearly 2 yrs old and sibling rivalry ensued. This is a travel book interspersed with David’s life journey. The descriptions of the flora, fauna, Nepalese life and the treks into the foothills of the Himalayas are truly fascinating.

I highly recommend this book – a joyful journey tinged with the sad knowledge that this small boy would not survive to old age but that his short life was a happy one. The story of a mother’s fight to give her son a “happy and normal” life.

Janet Malone

“Dogs that know when their owners are coming home” by Rupert Sheldrake (2000) Arrow Books. A wonderful, scientific, researched and easy to read book about the behaviour of an array of dogs and various other animals that appear to use telepathy, sense of direction and premonition in ways beyond human awareness. He examines many theories and theorists (as far back as Charles Darwin) as well as showing how “Clever Hans” (the horse who could count) would not qualify to be in this heart warming and factual book.

Maura Outterside

As always, members are most welcome to come along. It is a very informal group and people read their own choice of book and then share their thoughts.

Bring your lunch – tea/coffee available at Belgreen.

Saturday August 2nd 2.00 p.m.
Belgreen 40-42 Chalmers St, Belmore

You will have noted in the report from the Annual General Meeting on the front page, Tuesday evening meetings have been replaced by the 1st Saturday afternoon of each month.

Jenny McVeigh is attending from **Product Presentation Circuit**, showing a range of products you can find on your supermarket shelf. It is an opportunity to learn about some new products or possibly an item you have not purchased before.

Afternoon tea will follow the presentation. Hope you are able to come along.

Wednesday Group Aug 13 and Sept 10
10.30 a.m. – 2.00 p.m.
Belgreen 40-42 Chalmers St, Belmore

The Wednesday Group will be gathering again and Jenny Chin will be attending. She has some great ideas for table decorations for the Association’s Christmas luncheon and has offered to help members make these items.

Members had great fun last year with their “craft” endeavours, so here is another opportunity. Hope you can come along.

Bring your lunch, tea/coffee available at Belgreen. Enquiries can be directed to Co-ordinator, Daphne Berger **9718 3678**.

Sunday August 17 – 12.30 p.m.
Lunch – Canada Bay Club
4 William Street, Five Dock

This is a pleasant Club, with a very good Bistro – reasonable prices.

Access is fine, with off-street parking.

We hope you will be able to attend – “lunch” seems to be quite a popular event.

If you are coming, please give me a call so we have some idea of numbers.

Ring Patricia Byrne 9150 5512.

**Tuesday 7.00 p.m. Aug 19 and Sept 16
Management Committee Meeting
Belgreen 40-42 Chalmers St, Belmore**

**Saturday Aug 23 and Sept 27
Embroidery Group
10.30 a.m. – 3.00 p.m.
Belgreen 40-42 Chalmers St, Belmore**

The Embroidery Group continues to provide interested members with an opportunity to get together and share their enjoyment of this craft.

When assistance is required Coralie Lewin (Co-ordinator) is always willing to provide guidance and some great ideas. Coralie has a flare for colour and design and members really appreciate her efforts in giving her time and expertise to the Group.

Bring your lunch – tea/coffee available at Belgreen.

**Saturday September 6th 2.00 p.m.
Belgreen 40-42 Chalmers St, Belmore**

John Chate from Lions Club of Oatley is going to talk about **Hearing Dogs**. John is Chairman of the Sydney Hearing Dogs.

Lions provide and train Hearing Dogs to be donated to people (throughout Australia), who are deaf/hearing impaired and want to manage their lives with as much dignity and independence as possible.

Hearing Dogs commenced as a Lions Project in 1981. The first dog delivered 10/4/82 to a recipient in a northern suburb of Adelaide.

Lions Hearing Dogs are trained in a particular work task, **Sound Awareness**.

Should be an interesting subject – do hope you are able to join us.

**Sunday September 21 2.30 p.m.
2/84 Caldarra Avenue, Engadine**

Janet & Peter Meagher have invited members to their home for **Afternoon Tea**. What a great way to spend a Sunday afternoon – they look forward to you coming along.

As you can appreciate, Janet & Peter would like to know how many will be attending.

Please ring - Patricia Byrne 9150 5512 by the 14th September so your name can be added to the list.

**Sunday December 7 Noon – 5.00 p.m.
Mahogany Room, St. George Leagues Club
– Kogarah**

I know it's hard to even think about “Christmas” – time gallops away, but we have made a booking again for this venue as it is so suitable for members' needs.

Further details will follow in the next newsletter, but thought you might just like to make a note in your diary!!

News from the Sutherland Shire

Festival of Arts & Crafts

1 – 3 September 2008

**Sutherland Entertainment Centre
Eton Street, Sutherland**

An annual event that showcases the Shire's top art and craft creations – all done by local seniors.

Official launch Monday 1st 5.00 – 7.00 pm
Tuesday 2nd 9.00 am – 4.00 pm
Wednesday 3rd 9.00 am – 4.00 pm

Program report

Our “**Soup Lunch**” was again a great success. Many thanks to our “chefs” Janet Malone and Jenny Chin, who prepared the soup, which members thoroughly enjoyed.

Peter Meagher kindly provided the dessert, which was also a great hit.

Thank you to those who assisted on the day with the preparation of tables, serving, clearing up etc. etc. – your help was greatly appreciated.

Following lunch Maura Outterside presented a most interesting talk about her trip to the Antarctic, along with a power point display of her photographs, which had been put together by Maria Long.

The photographs gave you some indication of what a spectacular part of the world this is, and the wonderful wild life.

Maura had planned and prepared for this journey for over 9 months, with Doctors checking her health situation before embarking on this adventure. A great deal of thought had to be given to the equipment she needed to take with her, apart from her clothing.

The experience was wonderful and she obviously gained a great deal from the trip and the other passengers.

Many thanks, Maura for sharing your journey and to Maria for assisting with the presentation of the photographs – our television at Belgreen came in very handy on this occasion.

Fund Raising

A “thank you” is offered to a number of people, who have assisted the fund raising team by way of donations of materials, wool, and made up goods.

Jean Wisby and her friend, Janet Malone, Nancy Mapledoran, Bob Tonazzi and Hazel Newell.

Their support will further assist the efforts of the regular team, Yvonne Williams, Margaret Lee, Marge Lotty and their band of helpers.

Everyone’s contribution is greatly appreciated.

Other News

I understand the **Physical Disability Council of NSW** have received a positive response from people, who completed the survey form in relation to “Ageing with a Disability” and thanks are offered to all who assisted.

An analysis of the information will be carried out and recommendations from the findings will be prepared for discussion later in the year.

This should provide some very interesting and important data.

The **Human Rights & Equal Opportunity Commission** has produced a postcard “Discrimination. Don’t cop it.” Saying “It’s never ok to be treated unfairly because of your sex, pregnancy, age, race, colour, ethnicity, disability or illness”.

“Speak up. Discrimination is against the law”.

“We listen – and can help sort out your complaint – our service is free, fast and informal”.

Get in touch – phone 1300 656 419

email complaintsinfo@humanrights.gov.au

Vale

Sadly I advise the death of another member of the Association – Rosemary Miles, who died on 29th May.

Her son kindly contacted me and I was able to convey our thoughts to him.

Rosemary had been a member for many years and whilst she was unable to attend regular meetings due to distance, she did maintain contact through the New Link. Unfortunately in recent times she did have some health problems.

She was a great lady and our sympathy is extended to her family and friends.

Personal Parts

We are pleased to hear that **Olive Hale** is progressing quite well, following her hip surgery.

Likewise, **Jack Nolan** has recovered well from his surgery late in June.

Unfortunately, not so good news about **Malcolm Carter**, who is currently in Concord Hospital, battling a nasty ulcer on his leg.

Last week I spoke to **Kevin Hollingworth**, who advised me about Malcolm Carter. Kevin is keeping well.

Also, we hear **Nancy Mapledoran** has not been well lately.

Alan Rainnie continues to have some health problems – **Alix Rainnie** has also not been the best, but when I spoke to her recently, she was feeling much better.

We are thinking of you and send our very best wishes.

Travelling news!! Some of our members have been, and will be “on the move”.

Jenny and Ross Chin and Daphne Berger had a wonderful holiday in Canada.

Morrie and Bert Foster are leaving on 3rd August for a Canadian holiday – to stay with her son and family in Calgary.

Rod Kearns and Betty Hill have recently returned from a holiday to Grafton to see family – returning through Tamworth.

Jean Ross is off to Queensland for a couple of months, to spend time with her daughter and family.

Congratulations to grand-parents, Jenny and Ross Chin, their son and daughter in-law (Brian and Lucy) have another son, Nicholas.

Independent Living magazine

An article on Grabrails – headings included

- Grabrails versus Handrails
- Effective and safe use of grabrails
- Correct and wrong alignments of wrist and forearm
- Diameter of grabrails
- Orientation
- Self installation

Another article covered “Getting A Lift” guide to mobile hoists.

Some of the items included in the Product Review –

Adjustable height trolley walker – is height adjustable with lockable hand brakes and has two removable plastic trays. The trolley walker may be used as an indoor walker, traymobile or as a table. Load capacity is 125 kg.

Easywear arm and leg protectors. Pull-on style. These arm and leg protectors provide comfortable and discreet protection from bumps and bruises. They are made from soft cotton beige spandex with a padded front section. Made in small, medium and large sizes.

Ecco Shoes with Velcro fastenings. This range of modern and supportive shoes includes Velcro fastening styles. They are based on forty years of studying the human foot structure and motion.

Their Casual Comfort shoe range has inbuilt shock absorption that helps protect the knees, hips and back. Some styles have enough depth to accommodate orthotics.

Fashion Freaks Clothing Patterns for wheelchair users. This Swedish based Internet resource provides clothing patterns specifically for people in a seated position. The clothes include skirts, pants and jackets.

The site provides basic patterns for downloading and simple instructions on how to sew them.

The web address is www.independentliving.org/fashionfreaks

Klipper shower head with on/off flow control. This shower head has an on-off lever switch on the side of the handle. It gives instant control of the water flow. By pressing and releasing the flow switch the water flow stops. Repeating the action releases the flow of water.

Opticare Arthro Eye Drop Dispenser a plastic device that assists in the administration of eye drops. The eye drop bottle sits within the plastic casing. Extended arms assist the user to instill eye drops with a gentle squeeze.

Oricom NLI night light assists with the location of objects at night. A battery operated oval shaped night light that is placed beside the bed. It illuminates automatically with the wave of a hand. Items such as spectacles or pills can be placed on the flat platform.

They are easily located when the light comes on. The light turns off automatically to restore darkness.

Oricom TP110 big button speakerphone this telephone has large buttons and a backlit LCD display which shows numbers stored in the telephones.

Rug-lock mat underlay, holds rugs securely on carpet. It prevents rugs slipping on carpet and holds down curling edges.

Smart Door – opens in both directions. Smart Door is a pivoting hinged system that allows a door to open in both directions. This is particularly useful for walking frame and wheelchair access. It also enables access to a person who may have fallen and is trapped behind a door.

How To Stay Young

Surround yourself with what you love: whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

Management Committee 2006 –2007

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All Financial matters to: Hon Treasurer 2 Salerwong Place, RYDE NSW 2112

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Welfare Officer: Elizabeth McDonald 02 9747 6268

Patrons: Presidents of –
 St. George Master Plumbers & Mechanical Contractors Association
 Five Dock RSL Sub Branch
 Lions Club of Oatley.

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

Website: Stgeorgeassociation.org.au