

AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

P.O. Box 1374, BUDERIM QLD 4556



NEWSLETTER

GENERAL MEETING

Meetings are held the 3rd TUESDAY of each month at
10 A.M. at

EDUCATION CENTRE,
HIBISCUS RETIREMENT RESORT
Lakehead Drive, Chancellor Park

For information please contact:
President: 0411 499 488

September 2017 - November 2017

EXECUTIVE COMMITTEE

<u>President:</u>	Brian Poulter	0411499488
<u>Secretary:</u>	Debbie Murr	0416042735
<u>Treasurer:</u>	Bob McClintock	5443 4561
<u>Committee Members:</u>	Joy Laxton	5442 1860
	Graham Flatters	5477 1818
	Alexandria Ward	0439028201

<u>Welfare/Liaison</u>	Brian Poulter	0411499488
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<u>Newsletter Editor</u> Caloundra	With thanks to the Office of Mark McArdle, Member for
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<u>Newsletter Printing</u>	Kindly sponsored by our Patron, Fiona Simpson MP, Member for Maroochydhore.
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<u>Contact</u> debbie@amputeesupport.net.au	Debbie Murr
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<u>Website</u>	www.amputeesupport.net.au
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Patrons:

Fiona Simpson MP Member for Maroochydhore	5443 7995
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Jarrold Bleijie MP Member for Kawana	5478 1189
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Clinics by Appointments Only

Nambour Clinic - 3rd Thursday of each Month
For Appointment Telephone: (07) 3636 7286

Currimundi Clinic, Coora Street, Currimundi - 1st and 3rd Thursday of each Month
For an Appointment telephone: 3266 1255

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President's Report AGM 2017

Hello members and welcome to my final report for the 2016-2017 year.

This year has been a big learning curve for me. I must say, it has been very enjoyable as well. Deb and young Bob keep me on my toes.

During the past year, we had a huge cleanout in our storage shed. We have been able to help amputees in Papua New Guinea by sending unused wheelchairs and walkers to them.

Two scooters were also donated to the Maroochy RSL, to be used by patrons when required. We are unable to store them in the shed as we don't have power and they need to be on charge all the time. If anyone would like a scooter to use, please let me know.

I would like to mention that our storage shed is very generously donated for our use by Keith and Karen at Enterprise Street Self Storage at Caloundra. If you are looking for a storage shed, please give this awesome couple a call on 5499 7673 or email www.enterprise-storage.com.au

This year, sadly we have lost 5 of our members. Unfortunately, none of us are getting any younger.

We have loaned out 10 wheelchairs this year to members, as well as shower chairs and other items for use.

We have also purchased another 2 lightweight wheelchairs. We have found that MASS are taking up to 6 months to supply chairs to new amputees, so they need the loan equipment longer.

I would like to thank everyone for their support, especially the Committee members.

Cheers, *Brian Poulter*

Disabled Surfing Days – Here are the dates: October 28th, Nov 25th and Feb 24th 2018

Disabled Surfers Association Sunshine Coast. Web page:

<http://www.disabledsurfers.org>

It's hard to believe this is my 3rd year as secretary. The weeks and months seem to fly by, because I'm busy.

Tuesday 13th September, we had a lovely lunch at North Shore Tavern, enjoyed by 10 of us.

Sunday 4th December, we had our Christmas lunch at Mooloolaba Bowls Club. We were very well looked after by the lovely staff there and our meals were delicious. Turkey, ham and vegies seem to be suited to most of us.

Our Easter raffle at Kawana Shoppingworld, cyclone Debbie disrupted the first day, 30th March. Some of our volunteers to sell tickets couldn't make it and the centre closed at lunch time due to heavy rain and flooding. The weather improved from then on and we were able to return to normal for 31st March, 1st April, 8th April, 9th April, 10th April and 13th April. This was the first year we tried a Sunday but it was quiet for selling tickets. Thank you very much to everyone who was willing to sell tickets at the centre and to those of you who bought the tickets we sent out with your newsletter.

Tuesday 18th April, we had our second free lunch at North Shore Tavern. 12 of us enjoyed this one.

Sunday 16th July, we had our Christmas in July lunch at Mooloolaba Bowls Club. Turkey, ham and vegies were yummy yet again. Thanks to the staff for looking after us so well.

We have realised it's taking up to 6 months for new amputees to get their own wheelchairs from MASS. I receive phone calls from hospitals and contact Brian for equipment, if he is busy I contact Grahame. Thank you Brian and Grahame.

Sadly, this year we lost Darryl Oliver, Don Thompson, Tony Hyett (who used to be our membership officer until he retired to Hervey Bay), Bob Lemon and John Doran. My mother used to work for John and Corrin Doran when they owned the Yandina Hotel. Our thoughts are with these families.

I organised to have the newsletters printed at Fiona Simpson's office this year. We have had 2 copies printed there by her lovely staff and it is working very well. This is saving Joy time printing the newsletters and we are saving funds for paper and toner cartridges. This is a winner for us!

I would like to thank you all very much for your support as members, the association could not continue without you.

Thank you to Grahame Flatters for taking care of membership. Joy Laxton for printing, stapling, folding and posting the newsletters. Alex Ward, thank

you for moving from Brisbane and now updating our website and facebook page.

Thanks to Maureen Price for supporting Alex with the changeover. Thank you Ruth Jones for ordering and picking up the fruit trays for our General meetings and making the beautiful Birthday cards. Thanks Chris Price for taking care of raffles at our General meetings, until his health wouldn't allow him to continue.

Thank you very much to our President Brian Poulter, for your support and looking after equipment in the storage shed. To our Treasurer Bob McClintock, thank you very much for your continued support and your quick wit and jokes, when I need a laugh.

To Fiona Simpson MP and Jarrod Bleijie MP, thank you both for being awesome Patrons.

I'm happy to continue as Secretary for the association for another year.

Regards, Debbie

Birthdays for September

Tess Bilton, Marc Burton, Eckhard Grabs, Nita Lait,
Chris Price, Emil Wright

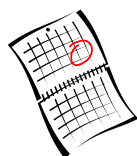
Birthdays for October

Robert Brown, Jane Chaplin, Stan Foxley-Conolly,
Kathleen Harrison, Joy Laxton, Peter Molloy, Joan Pascoe,
Lurline Platten, Brian Poulter, Finn Smith

Birthdays for November

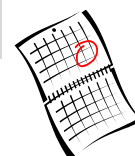
Patricia Gray, Gail Molloy, Tom Muggeridge

Upcoming Events



Tuesday 19th September 2017

General Meeting 10am



Hibiscus Retirement Resort, Education Centre,
Lakehead Drive, Chancellor Park
Morning tea and chat after the meeting,
followed by Free lunch for members and their driver,
12 noon at North Shore Tavern, 698-706 David Low Way,
Pacific Paradise

Tuesday 17th October 2017 General Meeting 10am
Hibiscus Retirement Resort, Education Centre, Lakehead
Drive, Chancellor Park
Morning Tea and chat after the meeting

Tuesday 21st November 2017 General Meeting 10am
Hibiscus Retirement Resort, Education Centre, Lakehead
Drive, Chancellor Park
Morning tea and chat after the meeting

Sunday 10th December 2017 Christmas Lunch 12 noon at
Mooloolaba Bowls Club (name change Club Mooloolaba)
Raffle, lucky door prize and swap a gift valued around \$10

News

The Alfred pioneers thought-controlled prosthesis

In an Australian first, a team of specialists at The Alfred has pioneered a revolutionary prosthetic procedure which enables amputees to gain better and more natural control of their prosthetic arm.

The procedure, targeted muscle re-innervation (TMR), allows the patient's brain to directly control a specially engineered prosthetic limb through a process of surgery, rehabilitation, and brain training. The procedure is often combined with the OPRA (Osseointegrated Prosthetic Rehabilitation of the Amputee) system which was first pioneered at The Alfred in 1995.

The first Australian TMR patient, Alan Newey, was this week fitted with his new prosthetic arm after he underwent surgery at The Alfred in August last year. In total, seven patients have now completed the program.



This exciting procedure is possible thanks to a collaboration between The Alfred Director of Plastic Surgery, Frank Bruscino-Raiola and Steven Gray, Director of Osseointegration/TMR, Epworth HealthCare and ProMotion Prosthetics. Mr Bruscino-Raiola said this procedure was life-changing for patients who had previously been resigned to the limitations of losing one or both arms.

“TMR and osseointegration is a new exciting frontier in the surgical and rehabilitation management of upper limb amputees,” Mr Bruscino-Raiola said.

“All of our patients who have completed the program are really excited about the potential for their new limbs. Where previously their movements were quite limited, this new technology opens up a new realm of what they’re able to achieve.”

Mr Gray said it was rewarding to see Australian patients enjoying the benefits of this innovative technology.

“What we have done here is combine two major surgical developments in collaboration with leading international units,” Mr Gray said.

“There are already trials underway that will take this technology even further and many of our current patients will be eligible for this next step.”

Around six weeks after the surgery, patients work with Epworth Healthcare to begin rehabilitation, movement, strengthening and visualisation – which helps patients to re-learn how to send messages down the native pathways for movement.

Occupational Therapist at Epworth HealthCare Abby Hutchison said patients undergo an extensive virtual training program to help them achieve strong

and consistent control of their new prosthetic, along with a home exercise program that takes for up to 30 minutes, four times a day.

“For someone to be able to imagine a movement, and have their prosthesis intuitively respond in real time is a significant development compared to traditional methods,” Ms Hutchison said.

“With this surgery, rehabilitation and prosthetic technology, the simple act of reaching for someone’s hand or cup of coffee will potentially become simple once again. The meaning of that to someone is profound.”

About the procedure

Targeted muscle re-innervation (TMR) is a surgical procedure that rewires nerves that once controlled the arm and the hand. Doctors can make it possible for people who have had upper-arm amputations to control their prosthetic devices by merely thinking about the action they want to perform.

The OPRA (Osseointegrated Prosthetic Rehabilitation of the Amputee) osseointegration system used by The Alfred plastics unit is a procedure where a titanium implant is ‘integrated’ into the existing bone in an amputated limb. This allows the prosthetic arm to be directly attached to the patient’s body, rather than using a socket, harness or a sling.

By combining the two procedures, doctors are able to give patients better retention and more natural control of their prosthesis. The specially-engineered prosthetic arm used in the TMR osseointegration, through a series of electrodes, is capable of replicating the movements of the human arm - which is a far greater range than traditional prosthetic arms.

Compared to previous systems which may have only utilized two electrodes for prosthetic control, the next generation “Pattern Recognition” control system used in this program feature up to 16 electrodes that map patterns of activity for intuitive complex movements.

This intuitive movement, improved speed of control and ability for simultaneous movement all contribute to considerably better outcomes.

(The Alfred, 4 June 2017, Accessed 8 September 2017 Via: <https://www.alfredhealth.org.au/the-alfred/news/the-alfred-pioneers-thought-controlled-prosthesis/>)

Disease costs woman both hands and feet

IT started with a headache and a sore throat and ended with Marguerite Rampton losing her hands and part of her legs.

Almost four years ago, the Dundathu woman took her grandchildren to hockey but she started feeling unwell.

When she got home Marguerite told her husband Lea she had a migraine and she needed to lie down.

A while later, Lea heard a crash from the direction of the bathroom. Marguerite had collapsed. Lea put his wife in the recovery position and called an ambulance.



"I was just barely hanging on," Marguerite said.

She was raced to Hervey Bay Hospital where tests were carried out that diagnosed her with meningococcal disease.

Marguerite said she woke up in the burns unit at Brisbane Royal and Women's Hospital and saw her extremities deteriorate as septicaemia poisoned her hands and feet.

The doctors caring for her had to wait until the disease had done its worst before they could determine how much of Marguerite's arms and legs they could save.

The couple said without the support of their four children, their grandchildren and the community, they would have struggled to cope.

"That's what kept me going," Marguerite said.

The worst moment for her came when she was fitted for her prosthetic legs.

Seeing the legs she would now need to wear to get around made it all real and as she was wheeled into the cafeteria in the hospital with the legs resting in her lap, she felt as though everyone was looking at her.

She was reduced to tears as the reality of what had happened to her sunk in.

"After that I made up my mind that I would toughen up," Marguerite said. Lea and Marguerite both have a passion for hockey - Lea was president of Maryborough Hockey for four years - and she found that comparing her situation to the game she loved helped get her through.

Marguerite said the doctors and nurses who cared for her were like members of her team.

"And I don't like letting the team down," she said.

Marguerite will undergo further surgery in April to try to increase functionality for one of her hands.

The community has thrown its support behind the couple since Marguerite came home from hospital, with a rotary club helping to make adjustments to their homes and the Maryborough Lioness Club purchasing a special chair for her.

Now Hervey Bay Sunrise Rotary Club is hosting the Phoenix Charity Ball, with funds to go towards assisting with transportation for Marguerite.

Lea and Marguerite said they had loved balls in their younger days and they were thrilled that the community wanted to help them.



Enterprise Street Self Storage advertisement. The image shows a modern, white, single-story building with a blue sign that reads "ENTERPRISE STREET SELF STORAGE". The building is surrounded by a fence and has a paved area in front. The advertisement includes a list of benefits and contact information.

- Safe, secure, clean storage in our modern building
- Large variety of unit sizes
- 7 day access
- Free trailer for move in
- Mention this advertisement to receive 50% off your third month's storage fees

ENTERPRISE STREET SELF STORAGE

07 5499 7673 www.enterprise-storage.com.au

28 ENTERPRISE STREET CALOUNDRA (JUST DOWN FROM THE POST OFFICE DELIVERY CENTRE)

PROUD SUPPORTERS OF:

THE AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

Games - Find Words (use it or lose it!)

Earth Moon and Sun

I	O	R	O	T	A	T	E	W	E	T	N	S	S
S	N	A	O	S	I	V	O	A	C	N	E	U	W
N	O	E	N	O	E	E	U	X	I	E	F	O	B
B	O	T	O	L	W	R	D	I	T	C	N	B	N
S	M	I	E	A	O	N	V	N	S	S	R	B	E
N	L	D	D	R	W	A	B	G	L	E	E	I	A
E	L	A	I	E	A	L	L	G	O	R	V	G	P
W	U	L	T	C	A	E	O	I	S	C	O	G	T
M	F	B	H	L	X	Q	W	B	R	G	L	N	I
O	O	U	G	I	I	U	T	B	E	N	V	I	D
O	G	L	I	P	S	I	I	O	T	I	E	N	E
N	W	G	H	S	N	N	D	U	N	X	S	A	U
V	O	E	D	E	L	O	E	S	I	A	U	W	W
B	V	O	N	M	N	X	O	G	W	W	R	T	E

WAXING CRESCENT
WAXING GIBBOUS
VERNAL EQUINOX
NEW MOON
WANING GIBBOUS
FULL MOON
LOW TIDE
REVOLVE
SOLAR ECLIPSE
NEAP TIDE
WINTER SOLSTICE
TIDAL BULGE
AXIS
ROTATE
HIGH TIDE

The Rain Forest

A	R	N	A	P	N	S	R	E	H	T	N	A	P	UNDERSTORY
C	P	E	N	H	H	L	N	F	T	R	E	N	R	GOBBLE
L	F	N	Y	O	E	M	R	R	I	L	N	B	S	LEAVES
C	R	A	U	A	O	T	E	C	P	G	I	A	O	AVOCADO
C	R	A	U	A	O	T	E	C	P	G	I	A	O	PINEAPPLE
H	O	L	V	N	L	E	S	P	G	O	A	N	D	CANDY
E	G	E	K	L	D	T	A	R	T	P	R	A	A	FLOWERS
E	S	E	M	E	A	E	N	S	E	S	G	N	C	SNAKES
T	Y	E	A	A	N	O	R	E	E	W	A	A	O	MANGO
A	P	V	C	I	C	H	A	S	G	A	O	O	V	BANANA
H	O	N	P	R	G	A	T	N	T	R	M	L	A	EMERGENT LAYER
N	N	D	G	N	A	M	W	O	T	O	E	L	F	MACAW
L	A	G	O	R	I	L	L	A	L	S	R	M	H	SLOTH
N	C	M	A	R	S	E	K	A	N	S	A	Y	E	PANTHER
E	E	A	R	W	N	F	S	U	E	A	R	C	W	MONKEY
C	P	E	N	H	H	L	N	F	T	R	E	N	R	CHEETAH
L	F	N	Y	O	E	M	R	R	I	L	N	B	S	ANTS
C	R	A	U	A	O	T	E	C	P	G	I	A	O	FIG
H	O	L	V	N	L	E	S	P	G	O	A	N	D	RAIN
E	G	E	K	L	D	T	A	R	T	P	R	A	A	FROGS
E	S	E	M	E	A	E	N	S	E	S	G	N	C	
T	Y	E	A	A	N	O	R	E	E	W	A	A	O	
A	P	V	C	I	C	H	A	S	G	A	O	O	V	
H	O	N	P	R	G	A	T	N	T	R	M	L	A	
N	N	D	G	N	A	M	W	O	T	O	E	L	F	
L	A	G	O	R	I	L	L	A	L	S	R	M	H	
N	C	M	A	R	S	E	K	A	N	S	A	Y	E	
E	E	A	R	W	N	F	S	U	E	A	R	C	W	

Support Groups and Resources

Amputee Support Association Sunshine Coast Inc.	0416 042 735
Artificial Limbs & Appliances Pty. Ltd.	3266 1255
Aged & Community Hotline	1300 020 103
Aged Care Queensland	3725 5555
Brisbane Prosthetics and Orthotics	3392 8440
Caloundra Community Health Services	5436 8552
Carers Queensland - Maroochydore	5451 1882
Commonwealth Carelink	1800 052 222
Community Alternative Transport Services (Maroochydore)	5443 2644
Council on the Ageing	1300 738 348
Disability Information Service	1800 177 120
Elder Abuse Helpline	1300 651 192
Goodwill Orthopaedics	3849 8152
Home Assist Caloundra	5491 7489
Home Assist Maroochydore	5476 6130
Home Assist Noosaville	5455 8355
Lifeline Sunshine Coast	13 1114
Maroochy Home Assist Secure	5476 6130
Maroochydore Community Health Services	5459 6901
M.A.S.S. (Medical Aids Subsidy Scheme)	3136 3636
Meals on Wheels Caloundra	5491 6466
Meals on Wheels Coolum Beach	5446 1000
Meals on Wheels Maroochydore	5443 3246
Meals on Wheels Nambour	5441 3543
Meals on Wheels Tewantin-Noosa	5449 7659
Nambour Community Health Services	5450 4750
Nambour & District Care (including Transport)	5441 4441
Noosa Community Health Services	5449 5944
Queensland Amputee Limb Service (QALS)	3136 3660
Royal Brisbane Hospital for Appointments	3636 7286
St Vincent de Paul Caloundra	5491 2800
St Vincent de Paul Maroochydore	5443 1946
St Vincent de Paul Nambour	5459 5202
St Vincent de Paul Noosaville	5449 9980
Suncoast Cabs Ltd, Disabled Person Taxi	131 008
Suncoast Community Cabs	131 008
Suncoast Transport and Care (formerly H.A.C.C.)	5437 9190
Sunshine Orthopaedic Services	5441 2488
The St John's Ambulance - Silver Cord Telephone	1300 360 455
The Salvation Army Currimundi	5493 6053
The Salvation Army Maroochydore	5443 7775
The Salvation Army Community Services Nambour	5441 5538
Veteran's Home Care	1300 550 450
Veteran's Home Maintenance	1800 801 945

AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

NEW APPLICATION Date:

YEARLY MEMBERSHIP: \$15.00 PER PERSON

1. Name:
.....

Address:
.....

..... Post

Code:

Phone No.: Date of

Birth:

e-Mail Address:

Signature:

CARER/PARTNER MEMBERSHIP APPLICATION

2.

Name:
.....

Address:
.....

..... Post

Code:

Phone No.: Date of

Birth:

e-Mail Address:

Signature:

Telephone No. Home:

Business:

Mobile:

Do you have any ongoing illness for which you are being treated?

E.g. diabetes, epilepsy, etc?

.....
.....

If this is being managed by medication please list:

.....
.....
.....
.....

Signature:

This information is strictly confidential and will only be used by Membership officer and Secretary.