

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

December 2017 – February 2018

EXECUTIVE COMMITTEE

<u>President:</u>	Brian Poulter	0411499488
<u>Secretary:</u>	Debbie Murr	5478 9286
<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
-------------------------------	---------------	------------

Newsletter Editor With thanks to the Office of Mark McArdle, Member for Caloundra

Newsletter Printing Kindly sponsored by our Patron, Fiona Simpson MP, Member for Maroochydore.

Contact Debbie Murr debbie@amputeesupport.net.au

Website www.amputeesupport.net.au

Facebook Amputee Support Association Sunshine Coast

Patrons:

Fiona Simpson MP Member for Maroochydore	5443 7995
Jarrold Bleijie MP Member for Kawana	5478 1189

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

Disclaimer: The material contained in this publication is in the nature of general comment only and never purports, nor is intended to be advice on any particular matter. Readers should not act or rely upon any matter or information contained or implied by this publication without taking appropriate professional advice which relates specifically to their particular circumstances. The Association expressly disclaims all and any liability to any person whether an Association member or not, who acts or fails to act as a consequence of reliance upon the whole or part of the publication.

President's Report

Well we have come to the end of another year.

We have had some lovely lunches and gatherings.

We had a lot of help from members for our Easter raffle and Christmas in July lunch.

I have assisted about 15 people this year.

This month I visited a lady in hospital who had an above knee amputation. She required a few visits before she was happy with the chair I loaned her. I will be meeting her when she comes out of hospital to help with anything she requires at home.

I helped a past member's daughter, purchase a chair with wide wheels, for her mother to use on her travels.

I spoke to Jacko, who is a double amputee, I had visited earlier and supplied a chair to. He is slowly gaining use of his arms, with a lot of physio and doing well. His good attitude is really helping him.

I would like to thank everyone for their help and support during the year and look forward to working with you all next year.

I hope to see you all at the Christmas lunch.

Cheers,
Brian

Brian Poulter



Secretary's Report.

Here we are, already in November, having had our last General meeting for the year. I don't know where the weeks and months have gone!

Thank you to those of you who support our meetings. It's always good to catch up after the meeting and enjoy a cuppa, and of course, we do have to eat the lovely sandwiches Ruth makes. Thankyou Ruth!

Thanks to those of you who buy the raffle tickets at our meetings. The fruit trays we get from **Howard Street Markets** in Nambour are awesome. These guys are very generous, always great quality and putting extra on the trays. Thanks to Ruth for ordering and picking these up.

I organised to get our newsletters printed at Fiona Simpson's office. This is working out very well, her staff do a great job and it is saving us time and money. The newsletters are put together by Shari at Mark McArdle's office, thank you Shari! We are very lucky to have this support.

We had our second free lunch at North Shore Tavern in September. This was another lovely meal, enjoyed by those that went. It seems like all we do is eat! Our **Christmas lunch is Sunday 10th December** at Club Mooloolaba (Mooloolaba Bowls Club) 12 noon. Adults \$15 and kids \$10.

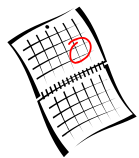
We'll have raffle and lucky door prizes. Please bring a gift to around \$10 value so everyone receives a gift. Please mark for male or female if required. I hope to see all of you there to celebrate another successful year for the association.

I'd like to wish you all a Happy, Healthy and Safe Christmas. I hope you get to spend some quality time with your family and friends. May 2018 be very kind to us all. Thank you all very much for your support in 2017.

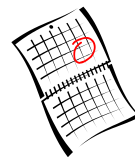
To our President Brian and Treasurer Bob, thank you for your support. To our Executive team, Alexandria, Grahame and Joy, I couldn't be Secretary without your help.

THANK YOU! You are a great team.

Regards, Debbie



Upcoming Events



Sunday 10th December 2017

Christmas lunch at Club Mooloolaba
(Mooloolaba Bowls Club)

12 noon, 70 Brisbane Road,
Mooloolaba.



Raffle and lucky door prizes. Please bring a gift around \$10 value, so everyone has a gift to take home.

Let's get in the Christmas spirit and celebrate another successful year. Phone or text Debbie 0416042735

No meetings in December or January.

Tuesday 20th February 2018

General meeting 10am, Hibiscus Retirement Resort
Education Centre, Lakehead Drive, Chancellor Park.
Morning Tea and chat after the meeting.



Easter raffle March 2018

at Kawana Shoppingworld

We will be sending out books of tickets and be in contact with those that normally help sell tickets.

Tuesday 20th March 2018

General meeting 10am, Hibiscus Retirement Resort
Education Centre, Lakehead Drive, Chancellor Park.
Morning tea and chat after meeting.

Calls to address 'staggering' number of Australians losing limbs to diabetes

What began as a pin-hole sized lesion on the bottom of Alan Tillotson's foot quickly turned into a nasty infection, leading to the amputation of his leg.

Like many people with diabetes, the 65-year-old country Victorian truck driver isn't quite sure how the wound first developed.



It might have been something as minor as a small stone in his thong. But poor circulation meant the tiny ulcer would not heal, and quickly turned into to a much larger problem.

"I was first diagnosed with diabetes when I went to have my eyes checked," he said. "It wasn't until four years later, two years ago, that all the ulcers started. I'd come into hospital, they'd keep me in for three or four weeks. These ulcers kept on flaring up.

"The last ulcer affected the bone ... so it was either get rid of it earlier, or lose the whole leg completely."

Having already had his toes removed, Mr Tillotson decided to have his leg removed beneath the knee to prevent further spread.

His surgery is one of just an estimated 4,400 diabetes-related amputations occurring in Australia each year.

"It's a staggering number," Diabetes Australia CEO Greg Johnson said. According to Diabetes Australia, the problem is on the rise, and is the focus of this year's National Diabetes Week campaign.

People who have type 1 and type 2 diabetes are at risk.

However, there is no formal national reporting system to monitor the problem. "There's many anecdotal reports from hospitals and diabetes clinicians saying they're seeing more and more of these amputations," Mr Johnson said.

"And we do know that diabetes is continuing to grow as an epidemic, so in the past year alone we've seen another 100,000 Australians diagnosed with diabetes.

"We need to now establish a national initiative; we need to create clear accountability and responsibility in our health system so that primary health networks and health systems are responsible for collecting this information and doing more about prevention."

With most amputations occurring on lower-limbs, health specialists are urging people with diabetes to carefully manage their condition, as well as maintaining good foot health.

It can be as simple as regular moisturising and daily foot checks for lesions.



Melbourne man Jake Williams knows all too well the problems that come from not staying on top of his diabetes. The 40-year-old Melbourne father-of-two has had ongoing problems with his feet, which left him without many of his toes in his 20s.

In more recent years it spread into other parts of his left foot.

"This amputation started with a tiny nick — my son knocked my foot with the bathroom door," he said.

"It's a disease that can catch on pretty quick and the aftermath it can cause is amazing.

"I've had the full ring, I've had the kidney transplant, spent time on dialysis, had my eyes operated on and also a toe and foot amputation."

Mr Williams said he wished he could speak to his younger self.

"I was a young lout, enjoying my mates company with a bit of invincibility I suppose. I'd eat what I wanted to eat, and would skip insulin," he said.

"If I could take it all back, I'd be checking my sugars regularly, eating that healthy diet, taking my insulin — don't take anything for granted.

"I just thought it would never happen to me."

The Camp Giving Young Amputees New Courage and Abilities

When a teenager has an amputation, life contains challenges that most other young people don't experience.



There are physical limitations, as well as social difficulties, and self-esteem issues that only another person with a similar disability really 'gets'.

That's why every year, Teen Ranch in Cobbitty hosts Amp Camp—an annual camp for teens with an amputation or any other kind of 'limb difference'—missing fingers, or a loss of a foot, leg or arm, for example.

The annual weekend camp was started by Russell Hodge, who is an amputee himself since a motorbike accident that claimed his leg over 10 years ago. In a chat with Hope 103.2, Russell [shared his inspiring story](#) and explained how he was inspired to start Amp Camp.

"I was at Teen Ranch in 2010 as a camp speaker for one of their school holiday camps," Russell said. "One of the other guys who was with me there, watched me as I was up on the high ropes, needing to be rescued because I'd fallen off the ropes and was dangling. After I got down, he said, 'you should do something like this for teenagers who have had amputations'."

The first camp was in 2011 and it's been so successful that it's now an annual event held every March. Amp Camp gives young people a chance to try physical activities, without fear of embarrassment. These include high ropes, abseiling, horse riding, canoeing and more.

"We do all the activities that Teen Ranch have got on offer," Russell said. "They get to do those activities with others who are in the similar situation to them. A lot of the kids actually say they go to camps with school but they hold back, because other kids just do activities so much easier, so they don't have a go, they're intimidated."



The other benefit of the camp is the relationships that form.

“Young people get a sense of a peer group that is for them, and is championing them and is interested in them...an ongoing support network that they can call on all year,” he said.

“It’s about building a community, offering hope that you’re not journeying it alone. There’s lots of challenges that amputees face that people really don’t understand or know about. This gives them other people to talk to.”

A prosthetist is on hand at every Amp Camp to help work with young people on their prosthetic limbs when necessary. Russell said this has led to significant breakthrough for some young people.



“We had one girl from Perth and she had lost both legs below the knee; she got hit by a train,” he recalled. “She came to Amp Camp and one of the leaders had the same amputation: two legs missing below the knee.

“This girl was struggling with the feet she was wearing to walk. The prosthetist took the feet off the leader’s legs and put them on this young lady’s legs, and she was just amazed at the difference. She could dance, she could run, she could jump, just with having different feet.

“As a result of that moment people at Amp Camp got behind her and organised for her to be funded with much better feet than what she was wearing. So amp camp is an opportunity to try different things, and see what can be done.”

This year’s Amp Camp is on at Teen Ranch in Cobbitty from March 10 to 13, and Russell’s dream is that it will be accessible to every young Australian who has a need for the experience.

While camp organisers apply for grants, this year they need around \$20,000 in donations by March to cover costs.

Christmas Jokes



Q. Who is Santa's favourite singer?

A. Elf-is Presley.

Q. Why was Santa's little helper feeling depressed?

A. Because he had low elf esteem.

Q. What kind of bike does Santa Claus ride?

A. A Holly Davidson.

Q. What nationality is Santa Claus?

A. North Polish.

Q. What's Santa's dog's name?

A. Santa Paws.

Q. Why does Santa have elves in his workshop?

A. Because the Seven Dwarfs were busy.

Q. How do you know Santa Claus is good at karate?

A. He has a black belt.

Q. What is a lion's favourite Christmas carol?

A. Jungle Bells.



Enterprise Street Self Storage building at night, illuminated by streetlights. The building is white with blue accents and features the company logo. A sign above the entrance reads '28 ENTERPRISE STREET SELF STORAGE'.

- 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.

Happy Birthday!!

Birthdays for December

Antony Bilton, Sheree Bochow, Grahame Flatters, Mike Gillooly, Paula Gowland, Wendy McLean, Noel Nash, Steve Saroglia

Birthdays for January

Kane Bilton, Frank Connolly, Anne Deans, Daphne Gillooly, Bob McClintock, Jason Smith, Geoff Todd, Alexandria Ward, Peter Williams

Birthdays for February

Tony Enchelmaier, Maryke Franz, Peter Franz, Heppy Kelly, Maureen Price, Sarah Smith



Support Groups and Resources

Amputee Support Association Sunshine Coast Inc.	5478 9286
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

☐ NEW APPLICATION Date:

YEARLY MEMBERSHIP: \$15.00 PER PERSON

1. Name:
Address:
..... Post Code:
Phone No.: Date of Birth:
e-Mail Address:
Signature:

2. **Name:**
Address:
..... **Post Code:**
Phone No.: **Date of Birth:**
e-Mail Address:
Signature:

Cause of Amputation:

LEG: **Left / Right** **Above knee / Below knee**
ARM: **Left / Right** **Above elbow / Below elbow**

OR Direct Deposit, donations are always welcome

BSB: 084 756 A/C: 631195916

Do you wish to order Name Tags: \$10.00 each*

* Preferred name for Name Tag: (1)

(2)

Return form to: The Secretary
Amputee Support Association
Sunshine Coast Inc.
P.O. Box 1374
BUDERIM QLD 4556

Office only:

Receipt

Letter

Address List

Card Index

ADDITIONAL INFORMATION REQUIRED

MEMBER'S NAME:

In Case of Emergency contact:

Not living with you, if possible

(1) **Name**

Address

.....

Telephone No. **Home:**

Business:

Mobile:

(2) **Name**

Address

.....

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 the President and Secretary.