

Talkback



**Talkback
Association
for Aphasia Inc**

Have a Surf Day

Albie takes us
to Nelson Bay
in NSW

Books to read
for people
with Aphasia

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CHAIRPERSONS REPORT

Welcome to our June newsletter. The mid point of the year has crept up on us very quickly, possibly because we have all been fairly busy here at Talkback. Our news is as follows:



**Deborah Hersh
Chairperson**

- A date has been set for the next **National Aphasia Awareness Day – “Wednesday without Words”**. It is going to be on **Wednesday 16th September, 2009**. This date is within Stroke Week. We at **Talkback**, and those in the **Australian Aphasia Association**, all felt it would be good to hold it at this time. Many people have aphasia following a stroke and it is important that we educate people about the fact that **strokes cause aphasia** (as well as many other things such as weakness, swallowing problems and visual problems).
- We are still planning a big fundraising event, a **“pasta and auction” night** and this will be held later in the year. We are looking at October or November.
- We are also looking for involvement in the **City to Bay Fun Run on Sunday September 20th**. We would encourage people to start training for this event and this includes speech pathologists!
- There is a new speech pathologist, Tammy Morrison, starting at the **Paradise Resthaven Group** and we welcome her to our Talkback community.
- We also had a visit in May from the Chair of the Australian Aphasia Association (AAA), Georgi Laney. We had two days of meetings with her to discuss the **idea that the Talkback Association for Aphasia might become the South Australian branch of this national organisation for people with aphasia**. This is still an idea in its early stages but we are keen to see a range of improvements for people with aphasia here in South Australia but also across the country. We will keep you informed of the progress of this idea and **please let us know if you have any thoughts about this** too. Remember that the next AAA conference is going to be in Sydney in September 2010.

CHAIRPERSONS REPORT (cont.)

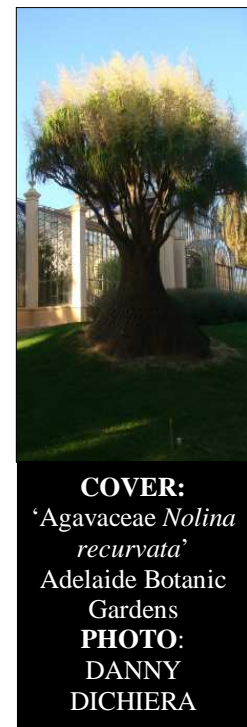


Left: Bev Dodd (Talkback Committee), Danny Dichiera (Talkback Newsletter Editor), Deb Hersh (Talkback Chairperson), Georgi Laney (Australian Aphasia Association Chairperson) & Jeff Bull (Talkback Vice-Chairperson)

- We have been offering **training and information** to the community about aphasia. David Schwier spoke to the speech pathology students at Flinders University and I have given a talk at the WEA and will be speaking to volunteers at the Paradise Resthaven group.
- Our **office** is looking lovely. Thank you to Coralie for the donation of a round table and to Sandy for choosing a new bookcase and working so hard to get everything straight.
- We have been offered some assistance with **upgrading our website** by Joel Bull, Jeff's son who works in Sydney. We are grateful for his expertise and generosity and will let you know about these changes as they occur.

Enjoy this newsletter and be involved in your Association!

Deborah Hersh
Chairperson



COVER:
'Agavaceae *Nolina recurvata*'
Adelaide Botanic
Gardens
PHOTO:
DANNY
DICHIERA

APHASIA ARTICLE

BOOKS TO READ FOR PEOPLE WITH APHASIA

Recently I was given a book to read about ghost stories. It was published by the Cambridge University Press and written in **simple** English for people **learning** how to read.

It was one of a series from very easy to a bit harder. I bought 3 more books at Dymocks in the section "**English as a second language**".

I went to our library (Charles Sturt Council) to see what they had. There were over **20** books listed in this category but they could find only **3** for me. The librarian said there had been little **demand** for them.

I am sure that these books would be very useful for people learning to **read again**. They are short stories and easy to read.

The books that I have are all Cambridge University Press:

- *Tales of the Supernatural* by Frank Brennan (Grade 3)
- *Matter of Chance* by David A Hill (Grade 4)
- *All I Want* by Margaret Johnson (Grade 5)
- *He Knows Too Much* by Alan Maley (Grade 6)

The books that I borrowed from the library are:

- *Around Or Place* (Shopping) by the Council of Adult Education. There are 8 of these published and are very easy to read.
- *Baked Dinner* by Jovita Bargwanna - published by TAFE publications of Victoria. This was also very easy to read. There are 6 books in this series.
- *My Cousin Racheal* by Daphne du Maurier. Published by Heinemann. This is intermediate level and about my standard at this stage. Heinemann has a series from **beginner - elementary - intermediate to upper**.

If you are interested in reading I suggest that you try your local library. It may be of help to you.

Ruth Simmonds
Hendon Group



Ruth Simmonds
Hendon Group

APHASIA ARTICLE (cont.)

HAVE A SURF DAY

Jeanette Oakley is a member of the **Morphett Vale Talkback Group**. On Sunday 22nd March she took part in “**Have a Surf Day**”, put on by The SA Disabled Surfers Association.

This event is held 2 times each year in front of the Moana Surf Life Saving Club, Moana Beach. It is free and is open to any person with a disability, their parents and / or carers.



Jeanette Oakley is a member of the Morphett Vale Talkback Group

Participants get an opportunity to “**catch a wave**”. There are plenty of trained volunteers to help. The key contact person and organiser is Kym Richardson (former Federal Member for Kingston).

Jeanette is not able to use her right arm and is helped to get on to the surfboard and to balance. Some people who are restricted to wheelchairs still get the opportunity to “catch a wave” in a special wheelchair with large, wide wheels.

Jeanette said she **loves the experience** and **can't wait for the next event**. She first took part in the “Have a surf Day” in November 2005 - and has not missed one since!

The day finished with presentations, a free BBQ and soft drinks. All participants received a special medal for the day.

The next “Have a Surf Day” is 29th November 2009 at 1.30pm

Coralie Hayley Committee



Left: Trained volunteers; Jeanette in front of the Moana Surf Life Saving Club, Moana Beach

TALKBACK GROUPS

DISABILITY SERVICES SA FULLARTON GROUP

The group meets on a **Wednesday** from **1.30pm - 3.00pm** until **10th June 2009**.
Our dates for the new Talkback Groups are **22nd July – 9th September, 2009**.

Anne Walter on **ph: 8272 1988** & contact email is anne.walter@dfc.sa.gov.au. The address is **Highgate Park, 103 Fisher St , Fullarton**.

HENDON GROUP

The Talkback Group at **Acacia Court** is 81 Tapleys Hill Road, Hendon.
The Acacia Court Talkback Group is meeting on **Tuesdays** from **9.45 - 11.30am** for the rest of the year.

On Friday May 1 several of the members of the Alwyndor, Hove Group joined the Acacia Court Group. Members enjoyed meeting and getting to know each other. Members also enjoyed finding out what happens at other Talkback Groups.

Enquiries to **Bev Dodd** (Tuesday), Speech Pathologist or **Chris Dejoia** at other times on **8243 1844**



Left: Joseph Bell, Dorothy Staples, Bev Dodd (Speech Pathologist) & Cheryl Mason at Hendon Group



Left: Robert Pascoe (Volunteer) & Paul Johnson



Left: Val Eddy (Volunteer), Ruth Simmonds & Sue Salisbury (Volunteer)

TALKBACK GROUPS (cont.)

HOVE GROUP

The Talkback Group meets at **Alwyndor Rehabilitation and Support Services at Hove** on **Tuesday 10.00 - 11.30am**. Talkback at Hove - will break on **30th June** - for approx 1 month - recommencing the beginning of August.

For information please contact **Coralie Hayley, Speech Pathologist** on ph: **8298 8849**.



Left: Coralie (Speech Pathologist), Kate (Volunteer), Wolf & Bernard

MORPHETT VALE GROUP

The group meets at **Southern Therapy Service on Pimpala Road at Morphett Vale** on **Monday 10.00 - 11.30am**. Talkback at Morphett Vale - will break on **29th June** - for approx 1 month - recommencing beginning of August.

For information please contact **Coralie Hayley, Speech Pathologist** on ph: **8322 5700**.

MURRAY BRIDGE GROUP

The Talkback in Murray Bridge will start again on **Wednesday 14th October** at **10.00 - 11.30am** at the Murray Mallee Community Health Service . We have also planned a trip to **Monarto Zoo** on **Wednesday 28th October**. We were planning to invite others in Talkback if they were interested but will do this closer to the time (and this has **not** been confirmed).

Contact **Sarah Puust, Speech Therapist** on **8595 6000** for session times.

RESTHAVEN PARADISE GROUP

The Talkback Paradise will start again on **17th June to 19th August 2009** on **Wednesday** at **1.30 - 3.30pm** for 10 weeks.

The **new** Speech Pathologist is **Tammy Morrison** on **8337 4371**.

SPECIAL GROUPS

MARDEN COFFEE CLUB

How Coffee started a long time ago

It started in A.D. 800. Kaldi, Ethiopia a goatherd noticed his herd dancing from one **coffee** shrub to another, grazing on the cherry-red berries containing the beans. He copped a few himself and was soon doing the same.



A monk saw him and plucked some berries for his brothers. That night they alert to divine inspiration.

History tells us Africans fuelled up on protein-rich coffee, primitive Power Bars.

On **Tuesday**, we have our usual cup of coffee. Which could be latte, cappuccino, macchiato or white coffee & black coffee.



David Schwier
Committee

Ring **David** on **8362 3914** for a chat at the **Marden Coffee Club**.

David Schwier
Committee

HENDON GROUP COFFEE CLUB

The **Hendon Group Coffee Club** meets every **Thursday** morning at **10.00am** for approximately one hour at *Cinos Cafe*, West Lakes.



Anybody wanting more information or to go along and have a chat, please ring **Jeff** on **0416 307 210**.

Jeff Bull
Vice-Chairperson

SPECIAL GROUPS (cont.)

COMPUTER CLUB

Hi everyone, the Computer Club is going along pretty well at the moment.

We have a pretty good selection of members at the present.

At the present time, we have four computers available at the moment with four students from the **University of Flinders**.

The four students are very helpful at settings up next week **lesson** for us.

If you would feel that you would like to join the Computer Club. We would like to hear from you. Please contact Bev or me. My number is **8132 1834** or call **Talkback** on **8443 5555** if you would like to learn about computers and join us for coffee after each lesson. It's fun.

With thanks,

Vic



**Victor Benefield
Committee**



Left: Sarah Ackroyd, Hui Juine Lei, Vic Benefield (Member Computer Club) and Karlia Blesing - Flinders University Speech Pathology students

SPECIAL GROUPS (cont.)

COMPUTER CLUB - SPEECH PATHOLOGY STUDENTS

As speech pathology students, volunteering with the computer club has been a **great opportunity** to not only meet some **fantastic people** but also to gain practical **experience** in an area that we hope to one day work in. The sessions are a fun and enjoyable way to interact with the members and to also learn about a variety of **topics of interest** to the group. We have really valued this experience and would love to see some new, friendly faces over the coming weeks.

With thanks,

Sarah Akroyd, Hui Juine Lai, Wendy Balfour, Karlia Blesing
Flinders University Speech Pathology



Sarah Ackroyd (left) and Karlia Blesing (right) - Flinders University Speech Pathology students



New Computer Club Member Tom Bunning with Speech Pathology student Wendy Balfour (Flinders University)

TALKBACK NEWS

EMERGENCY FIRST AID TRAINING FOR CARERS

St John Ambulance has received funding to provide **first aid training** for **carers** of frail older people and people with **disability**. The funding - a pilot program - will be used to design and deliver a specific first aid course for up to 2,000 voluntary carers and is part of the **National Respite for Carers Program**.



The training will be delivered by the use of workbooks, CD-ROM or online, followed by a practical workshop. Topics to be covered will include:

- basic CPR;
- injuries from trips and falls (such as fractures and wounds);
- low or high blood sugar levels;
- choking;
- shock (including shock from gastroenteritis); and
- acute asthma and anaphylaxis (a serious allergic reaction).

Further information will be available from St John Ambulance on **02 6295 3777** or enquiries@stjohn.org.au. This NDS Info-e is provided as a service to members. To enquire about Info-e's or if you wish to be removed from this distribution list please contact Emerson Riley, emerson.riley@nds.org.au.

FRIENDS BOOKLET

The **Friends Booklet** has been finalized. Copies are available for purchase from the office.

Phone **08 8443 5555** or e mail talkback@aphasia.asn.au

Organisations: 30 booklets cost \$30.00 plus \$5.00 postage

Individuals: Single copies cost \$1.00 plus \$1.50 postage

**Bev Dodd
Committee**



ALBIE'S SNIPPETS

ON THE ROAD AGAIN

Viv (my wife) and I went to see our son, his wife, and the grandchildren at **Nelson Bay** in **N.S.W.** Our son is in the RAAF and works at the Williamstown Air Base.

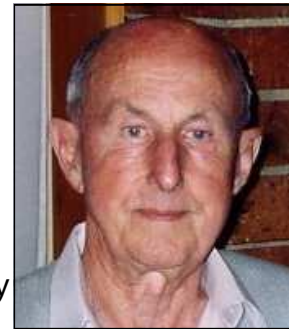
We left on Sunday morning at 8.30am and it was raining. By the time at Murray Bridge the rain finished, we had good weather every day until the eastern coast.

Nelson Bay is very nice. The weather is good, everything is green, most of the houses are modern and it is nice and clean. **Port Stephens** is a good harbour for beaches, yachting, fishing, hills, swimming, etc., and hills to drive or walk. It's nice.

Back to Sunday afternoon. We arrived at **Hay** via **Maude**, which is a very small town on banks of the **Murrumbidgee River**. The Maude weir is an ideal spot for a picnic and lunch. Most of the people in **South Australia** know that the **Murray River** has "locks" to holding the water back, well, the Murrumbidgee River also does the weirs or locks.

The second day (Monday) we headed to Narrandera, Wagga Wagga (lunch), Cootamundra, Young (which is the biggest cherry orchards in Australia), then on to sleep at **Cowra**. Cowra is situated on the banks of the Lachlan River and has landscapes varies from river flats to rolling hills.

Tuesday morning we went to see the Military cemeteries - **Australian and Japanese**.



Albie Turner
Committee



Maude Weir



Japanese & Australian War
Cemeteries

ALBIE'S SNIPPETS (cont.)

The Cowra Breakout

*At 1.50am on the clear moonlit night of **August 5, 1944**, the largest **Prisoner of War** breakout in modern military history occurred at Cowra. More than **1,000 Japanese prisoners** launched a mass "**suicide attack**" on their guards, Australian soldiers on the 22nd Garrison. To the Japanese, the disgrace of capture could finally be overcome by dying in armed battle.*



The Cowra Breakout

*Armed with crude weapons, four groups each of approximately 300 Japanese threw themselves on to barbed wire fences and into the firing line of **Vickers machine guns**. Protected only by baseball mitts, blankets and coats and using their comrades as a human bridge to cross the tangled wire, more than 350 Japanese clawed their way to freedom.*

*All escapees were captured during the **following week**. 107 P.O.Ws were wounded, 231 prisoners died along with four Australian soldiers.*

*(From the **Cowra Breakout Kit**)*

Also to see the **Japanese Gardens**. Mr.Nakajima, after the war, created the "strolling" garden. The garden represents the landscapes of Japan where the hills is the mountain, streams are rivers and ponds and inland lakes and the sea. In the ponds are many carp fish in many colours



Cowra Japanese Gardens

ALBIE'S SNIPPETS (cont.)

Did you know?

'Nishikigoi' (koi carp) are symbols of **courage, strength and persistence**. Some have been known to live for up to 200 years although their average lifespan is 35 years. They are very hardy fish, surviving in water of varying temperatures and purity. Nishikigoi can grow up to one metre in length when the water is deep enough.



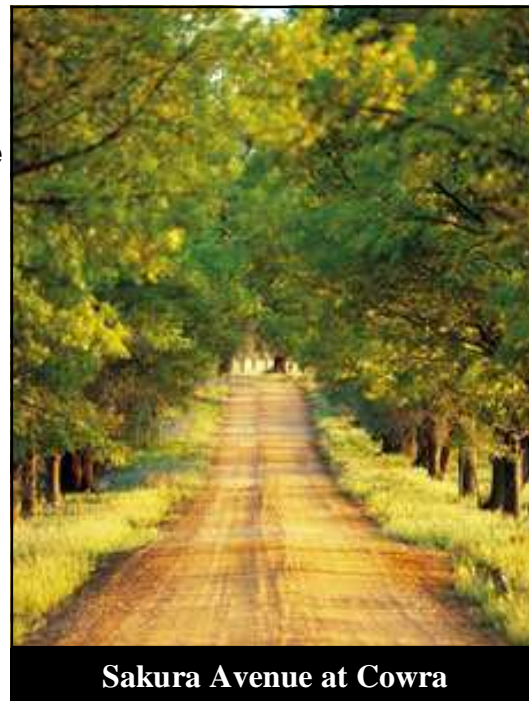
'Nishikigoi' or Fish Carp

With their jewel-like colours, nishikigoi are bred to be viewed from above. They are classified into 14 colour categories with many subdivisions based on the number and placement of colour marking. In Japan, competition among breeders for shape and colour is so intense that some fish have been valued at more than one million Australia dollars.

When completed **Sakura Avenue** will feature **2,000 cherry trees** connecting the **War Cemeteries, P.O.W.campsite** and **Japanese Garden**.

Moving again and in another town we have seen an old different history.
(continued)

Albie Carter
Committee



Sakura Avenue at Cowra

COMING EVENTS

2009 SUNDAY MAIL CITY - BAY FUN RUN

Re **City to Bay** – you must **register** to do it. Course info has not been added to the City to Bay website yet. But I do know that starting time varies depending on whether you are a **runner**, **walker** and whether you do **12km**, **6km** or **3km**. Runners usually start about **8am** (from outside the **Festival centre** on **King William Rd**) and starting times are staggered after that. **6km walk** starts near **Target** on **Anzac Highway**. **3km walk** is further **down Anzac Highway**.

The following info has been taken from the website: <http://www.city-bay.org.au>

Margaret Manning
Secretary



2009 SUNDAY MAIL CITY-BAY FUN RUN

Adelaide's largest fun run

Sunday 20th September 2009

Run or Walk the 12k, 6k or 3k event

RAISE FUNDS FOR CHARITY

Charity Groups

Discover how your organisation can be a part of Adelaide's biggest fundraising event.

This year, The Sunday Mail City-Bay Fun Run is enabling all participants to raise funds online for the cause or charity that most matters to them. All you have to do is pre-register your organisation, free of charge with The City-Bay's online fundraising partner Everyday Hero.

To register your cause, contact Everyday Hero by telephone on 1300 798 768, by email at info@everydayhero.com.au or download the registration forms at http://www.everydayhero.com.au/charity/how_to_register

COMING EVENTS (cont.)

For more helpful information on how to process your registrations, visit the following link : <http://www.city-bay.org.au/team.php#oord>

Entry Fees

	Hard Copy		Online	
	12/6km	3km	12/6km	3km
Adult	\$35	\$27	\$30	\$24
Child under 16 years	\$25	\$17	\$20	\$14
Family 2 adults, 2 children	\$95	\$71	\$80	\$62
Concession	\$30	\$22	\$25	\$19

Entry into The Sunday Mail City-Bay Fun Run as a team member costs the same as for an individual.

A late additional entry fee of \$15 per entry applies after September 13

How To Enter

ENTRIES REQUIRING A COMBINATION OF CASH, CHEQUE OR CREDIT CARD PAYMENTS CAN ONLY BE PROCESSED BY THE CITY-BAY OFFICE, please forward entries either by post or in person.

Entries received in person or via mail must be accompanied by an individual entry form for all participants (children in a pram excepted).

Entry forms are available on the City-Bay Fun Run website or from the office (73 Wakefield St, Adelaide), Joggers World, Mutual Community Outlets, Life. Be in it, major sports stores, fitness centres, Westfield and other Centro shopping centres. They will also be available in The Sunday Mail and The Advertiser Newspapers.

The next ***Talkback Newsletter*** will be published in **EARLY SEPTEMBER 2009**

This is **YOUR** newsletter and we want to **hear from you !!**

**Please send articles to us
by 20th of August 2009 (at the very latest)**

Opinions contained in this newsletter are those of the individual writers, and are not sanctioned by the Talkback Association. Please consult your medical practitioner for any health advice required.